

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

20 Chestnut Hill Avenue,
Brighton, MA 02135
Ph: (617) 635-6120

February 2025



Michelle Wu, Mayor
Age Strong
Commission

Emily Shea,
Commissioner

OUR SERVICES & PROGRAMS

Art Instruction

Information & Referral

Bingo

Group Games

Computer Tutoring

Collaborative Programs

Educational Workshops

Fitness Classes

Hot Lunch Program

Ballroom Dance Classes

Nutrition Program

Taxi Coupons

Free Health Screenings

Trips

Recreational Activities

Volunteer Opportunities

Wellness

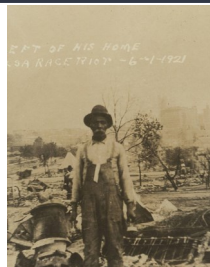
- **Blood Pressure Clinic with RN Tracy Quinn**
Friday, February 7th at 9:30
- **City Councilor Liz Breadon Office Hours**
Friday, February 21st at 9:45
 - **Age Strong Advocate Office Hours**
Friday February 7th and 21st from 10:00-3:00
 - **Cognition Corner with Age Strong Staff**
Tuesday, February 25th at 10:30
- **Presentation With Julie from Help My Aging Parents:**
“Planning for Your Longevity”:
Thursday, February 27th at 11:00
MONDAY, FEBRUARY 17TH: PRESIDENTS DAY CENTER
CLOSED



Tech Café Is Back!

Mondays at 1:00 Starting
February 3rd

Bring Your Devices & Questions &
Receive Assistance From College
Volunteers!



Black History Month Presentation:
“Historic All Black Towns of Oklahoma”
Thursday, February 6th at 1:00

Listen to local speaker, Muqeedah Salaam, describe the successful and wealthy community of Greenwood, Tulsa, Oklahoma, also know as the “Black Wall Street,” and how it was destroyed in the Tulsa Race Riot of 1921.

Name: _____

Date: _____

Sewing Things

E N I H C A M S P O O L
 N O T T U B A T A P E N
 R E P P I Z A M E H T R
 E T E S N O I T O N H E
 S S C I S S O R S N I T
 E E T H R E A D E T M T
 R F A B R I C E S H B A
 G N O R I E D E N C L P
 E M E E B L A I A T E R
 R S E E E M P A B I R H
 E G N I T L I U Q T M I
 T B O B B I N A I S R I



Word List:

- | | | | | |
|---------|----------|--------|----------|---------|
| NEEDLE | THREAD | FABRIC | SCISSORS | BOBBIN |
| THIMBLE | PATTERN | SEAM | PIN | BUTTON |
| ZIPPER | NOTIONS | HEM | SPOOL | MACHINE |
| IRON | QUILTING | TAPE | SERGER | STITCH |

SENIOR SPOTLIGHT

The Veronica B. Smith Senior Center
 Deputy CommissionerMelissa Carlson
 Executive DirectorLauren Basler
 Assistant DirectorJackie McLaughlin
 R.S.V.P. Volunteers
 Janet Riordan, Shashi Gudapakam, Judy Gavin,
 Mary Villani, Loretta Carey, Shelly Ferrari, Mary
 Regan, Bob Tomposki, Pat O'Connor, Kevin
 Montague, Sandra Hudson, Tracie McCray, Diane
 Elliott

City of Boston Age Strong
 Commission | Boston City Hall
 Rm. 271 | Boston, MA 02201 |
 (617) 635-4366

Valentines Dinner

**Celebrate the Month of Romance
With An Italian Trattoria!**

Wednesday, February 26th at 4:00

**Dinner from Carlo's Cucina and
Entertainment from
Vittorio di**

Carlo- "The Graceful Tenor"

"That's Amore!"

This Event Will Be Capped at 80



Pajama Day

**Ever Feel Like Staying In Your
Pajamas All Day?**

**On Tuesday, February 25th You
Can!**

**Prizes For Best Pajama Ensemble!
Pajama Party at 1:00!**



FEBRUARY

MONDAY	TUESDAY	WEDNESDAY
		
<p>3 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Guitar Class with Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Tatiana 1:00 Cara Club 1:00 Tech Café Technology Assistance 1:30 Cornhole with Jackie! 2:00 NO BOOK CLUB TODAY</p>	<p>4 9:30 Exercise with Jackie 11:00 Japanese Folk Music Concert with Mikiko Sato 12:00 Lunch 12:30 NO TAI CHI TODAY 12:30 Knitting Group 1:30 Arts & Crafts</p>	<p>5 9:00 Yoga with Lauren 10:00 Breakfast Gathering 10:30 WVBS Radio Play 12:00 Lunch 1:00 Fit For Life w/ Pam 1:00 Guitar Class with 1:00 SHINE (By Appt.) 1:15 Bingo! 2:00 "All Creatures Great and Small" 3:00 Pet Pals Visit from</p>
<p>10 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Guitar Class with Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Tatiana 1:00 Cara Club 1:00 Tech Café Technology Assistance 1:30 NO CORN HOLE TODAY 2:00 NO BOOK CLUB TODAY</p>	<p>11 NO EXERCISE WITH JACKIE TODAY 11:00 Stanley Forman Presents: "Clash of the Titans" 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:30 Arts & Crafts</p>	<p>12 9:00 Yoga with Lauren 10:00 Breakfast Gathering 10:30 WVBS Radio Play 12:00 Lunch 1:00 Fit For Life w/ Pam 1:00 Guitar Class with 1:00 SHINE (By Appt.) 1:15 Bingo! 2:00 VBS OPEN MIC— YOUR TALENT!</p>
<p>17</p> <p>PRESIDENT'S DAY CENTER CLOSED</p> 	<p>18 9:30 Exercise with Jackie 11:00 TED Talk & Discussion with Lauren 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:30 Arts & Crafts</p>	<p>19 9:00 Yoga with Lauren 10:00 Breakfast Gathering 10:30 WVBS Radio Play 12:00 Lunch & February 1:00-3:00 NEW! Tech H 1:00 Fit For Life w/ Pam 1:00 Guitar Class with 1:00 SHINE (By Appt.) 1:15 Bingo! 2:00 "All Creatures Great and Small"</p>
<p>24 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Guitar Class with Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Tatiana 1:00 Cara Club 1:00 Tech Café Technology Assistance 1:30 Cornhole with Jackie! 2:00 Book Club: "A True Account"</p>	<p>25 PAJAMA DAY! WEAR YOUR PAJAMAS AND YOU COULD WIN A PRIZE!!</p> <p>9:30 Exercise with Jackie 10:30 Cognition Corner with Corinne 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:00 PAJAMA PARTY!!!! 1:30 Arts & Crafts</p>	<p>26 9:00 Yoga with Lauren 10:00 Breakfast Gathering 10:30 WVBS Radio Play 12:00 Lunch 1:00 Fit For Life w/ Pam 1:00 Guitar Class with 1:00 SHINE (By Appt.) 1:15 Bingo! 2:00 "All Creatures Great and Small" 4:00 ITALIAN ROAST & MUSIC FROM CALIFORNIA</p>

Y 2025

WEDNESDAY	THURSDAY	FRIDAY
		
<p>9:30-11:00 Radio Players Rehearsal Parks Department Aaron</p> <p>12:00 "Eat & Small" in Brodie!</p>	<p>6 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Black History Month: Muqeedah Salaam Lecture: "Historic All Black Towns of Oklahoma" 2:30 Wheel of Fortune</p>	<p>7 9:30 Blood Pressure Clinic with Tracy 10-3 Age Strong Advocate Office Hours 10:00 Art Class with Dawn 10:00 "KevTech" iPhone & iPad Tutorial 12:00 Ballroom Dance with Michael 12:00 Lunch 1:00 Movie Matinee: "Wicked" 2:00 Gentle Yoga Class on the Mat</p>
<p>9:30-11:00 Radio Players Rehearsal Parks Department Aaron</p> <p>COMING AND SHARE</p>	<p>13 NO EXERCISE WITH JACKIE TODAY 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Show & Tell and Presentation with the Real Pirates of Salem! 2:30 Word In A Word</p>	<p>14 10:00 Art Class with Dawn 12:00 Ballroom Dance with Michael 12:00 Lunch 1:00 Black History Month Movie Matinee: "Sounder" 1:00 WVBS Radio Players Rehearsal 2:00 Gentle Yoga Class on the Mat</p>
<p>9:30-11:00 Radio Players Rehearsal Birthday Party! Help With Marissa Parks Department Aaron</p> <p>12:00 "Eat & Small"</p>	<p>20 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 LUNAR NEW YEAR LUNCHEON SPONSORED BY PRESENTATION REHAB 12:30 LUNAR NEW YEAR ENTERTAINMENT!</p>	<p>21 9:45 Councilor Liz Breadon Office Hours 10-3 Age Strong Advocate Office Hours 10:00 Art Class with Dawn 10:00 "KevTech" iPhone & iPad Tutorial 12:00 Ballroom Dance with Michael 12:00 Lunch 1:00 Black History Month Movie Matinee: "The Six Triple Eight" 1:00 WVBS Radio Players Rehearsal 2:00 Gentle Yoga Class on the Mat</p>
<p>9:30-11:00 Radio Players Rehearsal Parks Department Aaron</p> <p>12:00 "Eat & Small" ROMANCE DINNER M VITTORIO DI ARLO!</p>	<p>27 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Julie from Help Your Aging Parents: "Planning for Your Longevity" 11:00 Qi-Gong with Jamee 12:00 Lunch 12:30 Shuttle Outing: Self Guided Art & Architecture Tour at Boston Public Library 1:30 Wheel of Fortune</p>	<p>28 10:00 Art Class with Dawn 12:00 Ballroom Dance with Michael 12:00 Lunch 1:00 WVBS Radio Players Rehearsal 1:00 Black History Month Movie Matinee: "The Immortal Life of Henrietta Lacks" 2:00 Gentle Yoga Class on the Mat</p>

“Scene at the Center!”

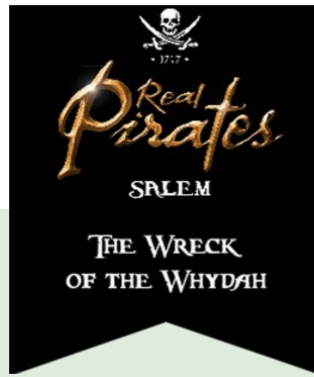






**Japanese Folk
Music Concert**
Tuesday, February
4th at 11:00

**Celebrate the Seasons
With Japanese Singer
Songwriter and
Composer Mikiko Sato**



**Show & Tell and
Presentation With
the Real Pirates of
Salem**
Thursday, February
13th at 1:00

**Learn the Story of the
Whydah and See Artifacts
Like Coins and
Cannonballs!**



**Lunar New Year
Celebration!**
Thursday,
February 20th at
12:00

**Celebrate the Year of
the Snake With A
Luncheon &
Entertainment!**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

NON-PROFIT ORG
U.S. POSTAGE

PAID

BOSTON, MA
PERMIT NO.
59853