

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

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



January 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

- **Fire & Home Safety Presentation with DEAF, Inc.**
Thursday, January 9th at 11:00
- **Blood Pressure Clinic with RN Tracy Quinn**
Friday, January 10th at 9:30
- **MGH & MA Alzheimer's Disease Research Center:**
"Exercise and Dementia"
Tuesday, January 28th at 11:00

WEDNESDAY JANUARY 1ST: CENTER CLOSED FOR NEW YEARS DAY

MONDAY, JANUARY 20TH CENTER CLOSED FOR MARTIN LUTHER KING, JR. DAY



Presentation From Bob Rebello: Friday January 3rd at 1:00

Mr. Rebello Has Run A Marathon On Every Continent (Including Antarctica!) In Memory of His Brother. Join Us To Hear His Fascinating Story!



Good Shepherd Hospice Presentation: "Complexities of the Grieving Brain" **Thursday, January 23rd at 1:00**

What Happens to Our Brains During Grief?
Why Do We Experience So Many Different Emotions?

Name: _____ Date: _____



Library Things

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



Word List:

- | | | | |
|-----------|--------------|------------|----------|
| BOOKS | LIBRARIAN | SHELVES | CATALOG |
| CARD | FICTION | NONFICTION | MAGAZINE |
| NEWSPAPER | ENCYCLOPEDIA | AUDIOBOOK | BOOKMARK |
| REFERENCE | CHECKOUT | QUIET | STUDY |
| RESEARCH | COMPUTER | READING | |



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

Thank You To All Our Former Board Members For Your Hard Work And Dedication To Our Community!

Music & Fun In the New Year!

Jan Marie O. In Concert!

Thursday, January 9th at 1:00



Sing-along with Anne Silverman

Tuesday, January 21st at 11:00



Midwinter Tea Party

Friday, January 24th at 1:00



Try Something New!

**Two-Day Tee-Shirt Screen Printing
Workshop With Artisans Asylum
Wednesday, January 15th and Friday,**

January 17th at 1:00

**Please Sign Up– Limited to 15
Students**



**Clay Pinch Pot Workshop With Art
Therapist Erica Curcio**

Monday, January 27th at 1:00

Please Sign Up– Space Is Limited



JANUARY

MONDAY



TUESDAY



WEDNESDAY



6 9:30 Strength Training with Suzi
10:30 Zumba!
11:00 Guitar Class w/ Academia de Musica
12:00 Lunch
12:30 Chair Yoga w/ Tatiana
1:30 Cornhole w/ Jackie!
2:00 Book Club

7 9:30 Exercise with Jackie
11:00 TED Talk & Discussion with Lauren
12:00 Lunch
12:30 Knitting Group
12:30 Tai Chi with Jamee
1:30 Arts & Crafts

8 9:00 Yoga with Be
10:00 Breakfast Gather
11:00 WVBS Radio Pla
12:00 Lunch
1:00 Guitar Class with
1:00 Bingo!
1:00 SHINE (By Appt.)
1:00 NEW! Fit For Life
2:00 "All Creatures Gr

13 9:30 Strength Training with Suzi
10:30 Zumba!
11:00 Guitar Class w/ Academia de Musica
12:00 Lunch
12:30 Chair Yoga w/ Tatiana
1:30 Cornhole w/ Jackie!
2:00 Book Club
6:00 Amidon Violin Studio Recital

14 NO EXERCISE TODAY
10:00 WINSHIP ELEMENTARY SCHOOL
SPELLING BEE
12:00 Lunch
12:30 Knitting
12:30 Tai Chi with Jamee
1:30 Arts & Crafts

15 9:00 Yoga with Be
10:00 Breakfast Gather
11:00 WVBS Radio Pla
12:00 Lunch & Januar
1:00 Screen Printing V
Asylum: Part One
1:00 Guitar Class with
1:00 Bingo!
1:00 SHINE (By Appt.)
1:00 NEW! Fit for Life
2:00 OPEN MIC- COM
TALENT!!

20
**REV. DR. MARTIN LUTHER KING
JR. DAY
CENTER CLOSED**



21 9:30 Exercise with Jackie
11:00 Sing-along with Anne Silverman!
12:00 Lunch
12:30 Knitting Group
12:30 Tai Chi with Jamee
1:30 Arts & Crafts

22 9:00 Yoga with Be
10:00 Breakfast Gather
11:00 WVBS Radio Pla
12:00 Lunch
1:00 Guitar Class with
1:00 Bingo!
1:00 SHINE (By Appt.)
1:00 NEW! Fit for Life
2:00 "All Creatures Gr
3:00 Pet Pals Visit from

27 9:30 Strength Training with Suzi
10:30 Zumba!
11:00 Guitar Class w/ Academia de Musica
12:00 Lunch
12:30 Chair Yoga w/ Tatiana
1:00 Clay Pinch Pot Workshop with Art
Therapist Erica Curcio
1:30 Cornhole w/ Jackie!
2:00 Book Club

28 9:30 Exercise with Jackie
11:00 MGH & MA Alzheimer's: "Healthy Body:
Healthy Brain"
12:00 Lunch
12:30 Knitting Group
12:30 NO TAI CHI TODAY
1:30 Arts & Crafts

29 9:00 Yoga with Be
10:00 Breakfast Gather
11:00 WVBS Radio Pla
12:00 Lunch
1:00 Guitar Class with
1:00 Bingo!
1:00 SHINE (By Appt.)
1:00 NEW! Fit for Life
2:00 "All Creatures Gr

2025

WEDNESDAY	THURSDAY	FRIDAY
<p>ARS DAY CLOSED</p> 	<p>2 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Scattergories 2:00 Wheel of Fortune</p>	<p>3 10:00 Art Class with Dawn 10-3 Age Strong Advocate Office Hours 12:00 Ballroom Dance Class w/ Michael 12:00 Lunch 1:00 Bob Rebello Presentation: He Ran A Marathon On Every Continent! 2:00 Gentle Yoga Class on the Mat</p>
<p>th ring ayers Rehearsal</p> <p>Aaron</p> <p>w/ Parks Department eat & Small”</p>	<p>9 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 11:00 Fire & Home Safety Presentation with DEAF, Inc. 12:00 Lunch 1:00 JAN MARIE O. IN CONCERT! 2:30 Word In A Word</p>	<p>10 9:30 Blood Pressure Clinic with Tracy 10:00 Art Class with Dawn 10:00 “KevTech” iPhone & iPad Tutorial 12:00 Ballroom Dance Class w/ Michael 12:00 Lunch 1:00 Movie Matinee: “Here” 2:00 Gentle Yoga Class on the Mat</p>
<p>th ring ayers Rehearsal y Birthday Party! Workshop w/ Artisans</p> <p>Aaron</p> <p>w/ Parks Department E SHARE YOUR</p>	<p>16 9:30 Exercise with Jackie 10:00 Age Strong Shuttle Outing: Tour of WGBH Studios! 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Presentation Rehabilitation Grab & Go Luncheon 1:30 Winter Picture Bingo with Prizes!!</p>	<p>17 9:45 Councilor Liz Breadon Office Hours 10:00 Art Class with Dawn 10-3 Age Strong Advocate Office Hours 12:00 Ballroom Dance Class w/ Michael 12:00 Lunch 1:00 Screen Printing Class w/ Artisans Asylum: Part Two 1:00 Movie Matinee: “Blitz” 2:00 Gentle Yoga Class on the Mat</p>
<p>th ring ayers Rehearsal</p> <p>Aaron</p> <p>w/ Parks Department eat & Small” n Brodie</p>	<p>23 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Good Shepherd Hospice Presentation: “Complexities of the Grieving Brain” 2:30 Wheel of Fortune</p>	<p>24 10:00 Art Class with Dawn 10:00 “KevTech” iPhone & iPad Tutorial 12:00 Ballroom Dance Class w/ Michael 12:00 Lunch 1:00 Midwinter Tea Party!! 2:00 Gentle Yoga Class on the Mat</p>
<p>th ring ayers Rehearsal</p> <p>Aaron</p> <p>w/ Parks Department eat & Small”</p>	<p>30 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 NO QI-GONG TODAY 12:00 Lunch 1:00 WINTER DANCE PARTY WITH DJ GEORGE!!!</p>	<p>31 10:00 Art Class with Dawn 12:00 Ballroom Dance Class w/ Michael 12:00 Lunch 1:00 Movie Matinee: “Lee” 1:00 Townhouse Beauty Bar Workshop: Beauty Tips for Mature Skin 2:00 Gentle Yoga Class on the Mat</p>

“Scene at the Center!”







**FIRST EVER SENIOR
CENTER "OPEN MIC!"
Wednesday, January
15th at 2:00!**

**Do You Sing? Dance?
Play An Instrument?
Tell A Joke? Whatever
Talent You Want To
Share, Come and Join
Us In A Fun &
Supportive Space!**



**Winter Dance Party!
Shake Off the Winter
Blues With DJ George
and Have Fun on the
Dance Floor!
Refreshments Provided
Thursday,
January 30th at
1:00**



**Townhouse Beauty
Bar Workshop:
"Beauty Tips for
Mature Skin"
Friday, January
31st at 1:00
Come & Learn How to
Keep Your Skin
Healthy & Glowing!**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

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