

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

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

April 2024



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**
Friday, April 5th at 9:30
- **The Listening Space Compassionate One-on-One Listening Sessions**
Wednesdays 9:30-11:30 & Thursdays 1:00-3:00
 - **Tech Café Technology Assistance**
Thursdays from 1-2
 - **City Councilor Liz Breadon Office Hours**
Friday, April 19th at 9:45
- **Seniors Addressing Concerns Together (ACT) Meeting**
Monday, April 29th at 11:00
- **Center Closed for Patriots Day on Monday, April 15th**



Community Health Forum With St.
Elizabeth's

Wednesday, April 10th from
10:30-12:00

Blood Pressure, Skin Checks, and
Educational Presentations



Remember Rabbit Ears? Presentation
with Stanley Forman
Tuesday, April 16th at 11:00
The History of Television & How It Was
Invented!

Name: _____ Date: _____

What's in Your Vegetable Garden?

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



Word List:

CARROTS
 ZUCCHINI
 BEETS
 CORN
 ONION
 RHUBARB

PEPPERS
 SQUASH
 BROCCOLI
 CUCUMBER
 POTATO
 KALE

BEANS
 PUMPKIN
 PARSNIP
 EGGPLANT
 RADISH
 SORREL

PEAS
 ASPARAGUS
 CAULIFLOWER
 LETTUCE
 TURNIP
 TOMATO

SENIOR SPOTLIGHT

The Veronica B. Smith Senior Center

Deputy CommissionerMelissa Carlson
 Executive DirectorLauren Basler
 Assistant DirectorJackie McLaughlin

Board of Directors

Anthony D'IsidoroPresident
 Marisa AngilletaVice President
 Judy Rufo.....Secretary
 Curt Bletzer, Jennifer Christie, Eleanor Greene,

Mark Handley, Anna Leslie, John Reen, Kathy Reilly
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**

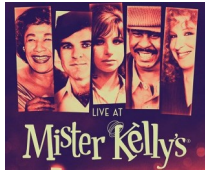
*City of Boston Age Strong Commission | Boston City
 Hall Rm. 271 | Boston, MA 02201 | (617) 635-4366*

Live At Mister Kelly's Movie Screening

Thursday, April 18th at 1:00

Live at Mister Kelly's is a testament to the lasting impact of renowned cultural icons and the unexpected origins of legendary musicians, comedians and the cultural history of the 50's and 60's. Owned and operated by two Jewish brothers, George and Oscar Marienthal, Mister Kelly's changed show business and became one of American entertainment's greatest proving grounds.

Followed By A Virtual Q&A With Producer David Marienthal



Richard Wood Photography Exhibition

Opening Reception Monday, April

22nd at 1:00



Richard Wood Is A Member Here at the Senior Center & In the 1960's Spent Time in NYC

Taking Street Photography!

Come & See His Photos!

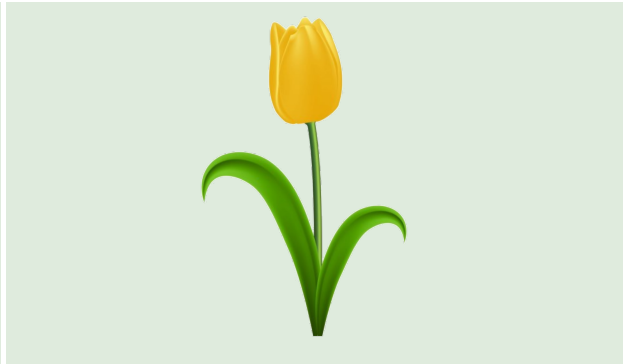
Street Scene, Summer 1965 (Pictured Above)

APRIL

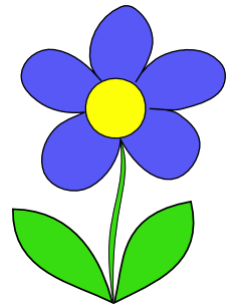
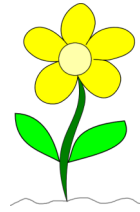
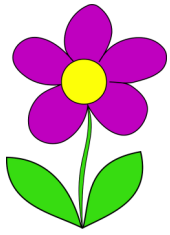
MONDAY	TUESDAY	WEDNESDAY
<p>1 9:30 Strength Training with Suzi 11:00 Zumba! *NEW TIME* 11:00 Guitar Class with Academia de Musica 12:00 Lunch 12:45 Russian/ English Yoga with Tatiana 1:00 Cara Club 2:00 Book Club: "The Gardner Heist"</p>	<p>2 NO EXERCISE TODAY WILSON BUS LINES TRIP TO CAL'S WOOD FIRED GRILL AND MGM SPRINGFIELD! 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>3 9:00 Yoga with Be 9:30-11:30 The Listeni 10:00 Breakfast Gather 11:00 Dan Dunn: "Ant 12:00 Lunch 1:00 Bingo 1:00 SHINE (By. Appt.) 2:00 "The Crown"</p>
<p>8 9:30 Strength Training with Suzi 11:00 Zumba! *NEW TIME* 11:00 Guitar Class with Academia de Musica 12:00 Lunch 12:45 Russian/ English Yoga with Tatiana 1:00 Cara Club 2:00 Book Club: "The Gardner Heist"</p>	<p>9 NO EXERCISE TODAY 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>10 9:00 Yoga with Be 9:30-11:30 The Listeni 10:00 Breakfast Gather 10:30-12:00 Communit Elizabeth's 12:00 Lunch 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 "The Crown" 3:00 Pet Pals Visit from</p>
<p>15 PATRIOTS DAY CENTER CLOSED</p> 	<p>16 NO EXERCISE TODAY 11:00 "Remember Rabbit Ears?" Presentation with Stanley Forman 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>17 9:00 Yoga with Be 9:30-11:30 The Listeni 10:00 Breakfast Gather 11:00 Boston Conserv Concert 12:00 Lunch 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 "The Crown"</p>
<p>22 9:30 Strength Training with Suzi 11:00 Zumba *NEW TIME* 11:00 Guitar Class with Academia de Musica 12:00 Lunch 12:45 Russian/ English Yoga with Tatiana 1:00 Cara Club 1:00 Richard Wood Photography Exhibit Opening Reception! 2:00 Book Club: NEW Selection!</p>	<p>23 9:30 Exercise with Jackie 11:00 Indoor Gardening Workshop with Therapy Gardens 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>24 9:00 Yoga with Be 9:30-11:30 The Listeni 10:00 Breakfast Gather 12:00 Lunch 12:30 Boston College with Winship Elementa 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 "The Crown" 3:00 Pet Pals Visit from</p>
<p>29 9:30 Strength Training with Suzi 10:00 Age Strong Shuttle Outing: Mt. Auburn Cemetery Walking Tour 11:00 Zumba *NEW TIME* 11:00 Guitar Class with Academia de Musica 11:00 Seniors ACT Meeting 12:00 Lunch 12:45 Russian/ English Yoga with Tatiana 1:00 Cara Club 2:00 Book Club</p>	<p>30 9:30 Exercise with Jackie 10-12 City Hall On the Go Truck 11:00 "Asking for Help" Workshop with Julie from Help My Aging Parents 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:00 Cognition Corner with Corinne 1:30 Arts & Crafts</p>	

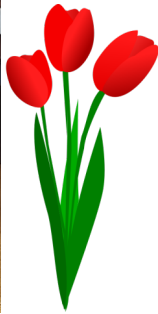
| 2024

ESDAY	THURSDAY	FRIDAY
<p>th ng Space ring iques & Collectibles”</p>	<p>4 NO EXERCISE TODAY 11:00 Qi-Gong 11:00 Abigail by Gail Living History Presentation” “Freedom Trail” 12:00 Lunch 1:00-3:00 The Listening Space 1:00 Indoor Tai Chi with Parks Department 1:00 Japanese Folk Music Class with Mikiko 1:00 Tech Café Technology Assistance 2:30 Match Game</p>	<p>5 9:30 Blood Pressure Clinic with Tracy 10:00 Art Class with Dawn 10:00 MIT MemPal Presentation 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 Drama Therapy with Aaron 1:00 Academy Award Winning Movie Matinee: “The Holdovers”</p>
<p>th ng Space ring ty Health Forum with St.</p> <p>m Brodie!</p>	<p>11 NO EXERCISE TODAY 9:30 Coffee Hour with Antioch Community Church 10-11:30 Live Jazz Music Session 11:00 Qi-Gong 12:00 Lunch 1:00-3:00 The Listening Space 1:00 Jan-Marie O. In Concert! 1:00 Tech Café Technology Assistance 2:30 Scattergories</p>	<p>12 10:00 Art Class with Dawn 12:00 Ballroom Dance with Michael 12:00 Lunch 1:00 Drama Therapy with Aaron 1:30 St. Columbkille’s Choir Performance & Craft!</p>
<p>th ng Space ring atory “BoCo Cabaret”</p>	<p>18 NO EXERCISE TODAY 10-11:30 Live Jazz Music Session 11:00 Qi-Gong 12:00 Presentation Rehabilitation Grab & Go Luncheon 1:00-3:00 The Listening Space 1:00 “Live At Mister Kelly’s” Movie Screening & Live Talk With Producer David Marienthal! 1:00 Tech Café Technology Assistance</p>	<p>19 9:45 City Councilor Liz Breadon Office Hours 10:00 Art Class with Dawn 12:00 Ballroom Dance with Michael 12:00 Lunch 1:00 Drama Therapy with Aaron 1:00 Academy Award Winning Movie Matinee: “Good Will Hunting”</p>
<p>th ng Space ring</p> <p>Theater Performance ary: “Seussical”</p> <p>m Brodie!</p>	<p>25 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong 12:00 Lunch 12:00 Lunch & Learn with Bath Busters 1:00-3:00 The Listening Space 1:00 Japanese Folk Music Class with Mikiko 1:00 Tech Café Technology Assistance 2:30 Wheel of Fortune</p>	<p>26 10:00 Art Class with Dawn 10:00 “KevTech” iPhone & iPad Tutorial 12:00 Ballroom Dance with Michael 12:00 Lunch 1:00 Marty Gitlin Presents: “Funniest Moments in Film” 1:00 Drama Therapy with Aaron</p>



“Scene at the Center!”







**Antiques & Collectibles
Presentation with Dan
Dunn**

**Wednesday, April 3rd
at 11:00**

**Bring Your Own
Antique or Have a
Look at Dan's
Interesting Collection!
Can You Guess What
the Item Is?!**



**Boston Conservatory
"BoCo Cabaret" Show
Wednesday, April 17th
at 11:00**

**Don't Miss This
Fantastic Vocal
Performance from
Boston Conservatory
at Berklee Students!!**



**Indoor Gardening
Workshop With
Therapy Gardens
Tuesday, April 23rd at
11:00**

**Learn How To Grow
All Kinds of Flowers,
Herbs & Vegetables
In the Comfort of
Your Home!**

VERONICA B. SMITH

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