

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

20 Chestnut Hill Avenue,
Brighton, MA 02135

Ph: (617) 635-6120



March 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

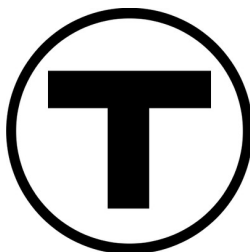
Trips

Recreational Activities

Volunteer Opportunities

Wellness

- **SHINE (Serving the Health Insurance Needs of Everyone) Appts. Available on Wednesdays– Call (617) 635-6120**
- **Tech Café Technology Assistance with Local College Students on Thursdays at 1:00**
 - **Blood Pressure Clinic**
Friday, March 8th at 9:30
- **City Councilor Liz Breadon Office Hours**
Friday, March 15th at 9:45
- **Seniors Addressing Concerns Together (Seniors ACT) Meeting**
Monday, March 25th at 11:00



MBTA Presentation & Senior Charlie Card Assistance

Thursday, March 7th at 10:30

Learn About the MBTA Mobility Center & What It Provides & Get Assistance Applying or Renewing Your Charlie Card!



Pizza Party Sponsored by The Brighton House!

Thursday, March 21st at 12:00

Who Doesn't Love A Good Old Fashioned Pizza Party?!



AGE STRONG UPDATES



FREE VIRTUAL WELLNESS CLASSES

Did you know Age Strong offers free virtual wellness classes weekly online? Choose from chair yoga, zumba, Latin dance, Latin fiesta, yoga, and meditation. Weekday mornings, join any class without registration at bit.ly/ZoomAgeStrongVirtual. Call 617-635-3979 for more information.



MEMORY CAFES/COGNITION CORNER

Join us on Wednesday, March 13, for our free monthly Memory Café gathering, for those living with memory loss & their caregivers, at the Codman Square Branch of the Boston Public Library from 10 a.m. to 12 p.m. Connect with others also navigating memory loss, learn tips, get resources. For more information, call Corinne White at 617-635-3745 or visit boston.gov/departments/age-strong-commission/memory-cafes

WINTER SAFETY TIPS



Make sure you are in the know for winter weather, potential power loss, frostbite prevention & more by visiting boston.gov/winter



BECOME AN AGE STRONG VOLUNTEER!

Did you know we offer many different ways you can help older residents? Choose the program that interests you & fits your schedule. Call Age Strong to learn more at 617-635-4366.



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

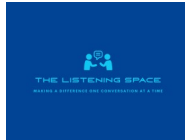
The Listening Place

The Listening Space, a volunteer program of trained compassionate listeners, invites you to make a date for conversation.

A volunteer will be available to chat with you on Wednesdays between 9:30 and 11:30, and Thursdays between 1:00 and 3:00,

beginning on March 20th.

Each session is 25 minutes long. If you are interested, please sign up on The Listening Space sign-up sheet on the bulletin board at the Senior Center! We look forward to chatting with you!



**WVBS Radio Players: "Live & On-Air!"
Wednesday, March 27th at 1:00**

And

Thursday, March 28th at 6:30pm

**Our First Ever Senior Theater
Production!**

**Live, Script-In-Hand Performances of
Agatha Christie's Hercule Poirot & Fibber
McGee & Molly!**

**Live Sound Effects! Live Music!
Don't Miss This World Premiere
Production Featuring Your Friends from the
Senior Center As You've Never Seen Them
Before!**



MARCH

MONDAY



4 NO STRENGTH TRAINING

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"

11 9:30 Strength Training with Suzi
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"

18 9:30 Strength Training with Suzi
10:15 Outing to Coolidge Corner Theater:
Academy Awards Private Screening of
"Green Book!"
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"

25 NO STRENGTH TRAINING
11:00 Seniors Addressing Concerns
Together (ACT) Meeting
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"

TUESDAY



5 ELECTION DAY

NO EXERCISE TODAY

11:00 MA Alzheimer's Disease Research Ctr.
12:00 Lunch
12:30 Knitting Group
1:00 Joe Malone Presents: "Neil Diamond"
1:00 Tai Chi with Jamee
1:30 Arts & Crafts

12 9:30 Exercise with Jackie
12:00 Lunch
12:30 Knitting Group
1:00 Tai Chi with Jamee
1:30 Arts & Crafts

19 9:30 Exercise with Jackie
11:00 "No Irish Need Apply" Presentation with
Christopher Daley
12:00 Lunch
12:30 Knitting Group
1:00 Tai Chi with Jamee
1:30 Arts & Crafts

26 9:30 Exercise with Jackie
10:30 Cognition Corner w/ Corinne
12:00 Lunch
12:30 Knitting Group
1:00 Tai Chi with Jamee
1:00 WVBS Radio Players Dress Rehearsal
1:30 Arts & Crafts

WEDNESDAY



6 9:00 Yoga with Be

10:00 Breakfast Gather
11:00 Theater Class w
12:00 Lunch
1:00 NO ZUMBA
1:00 An Afternoon
Party! (Re
1:00 SHINE (By Appt.)
2:00 "The Crown"

13 9:00 Yoga with Be
10:00 Breakfast Gather
11:00 WVBS Radio Pla
12:00 Lunch
1:00 Zumba!
1:00 Bingo
1:00 SHINE (By Appt.)
2:00 "The Crown"
3:00 Pet Pals Visit from

20 9:00 Yoga with Be
9:30- 11:30 The Listen
10:00 Breakfast Gather
11:00 Theater Class w
12:00 Lunch
1:00 Zumba!
1:00 Bingo
1:00 SHINE (By Appt.)
2:00 "The Crown"

27 9:00 Yoga with Be
9:30-11:30 The Listeni
10:00 Breakfast Gather
12:00 Lunch
1:00 SHINE (By Appt.)

**1:00 WV
Players Pe**

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WEDNESDAY	THURSDAY	FRIDAY
		<p>1 10:00 Art Class with Dawn 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 WVBS Radio Players Rehearsal 1:00 Women's History Month Movie Matinee: "Erin Brockovich"</p>
<p>th ring ith Lauren</p> <p>in Paris Valentine's (scheduled)</p>	<p>7 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 10:30 MBTA Presentation & Senior Charlie Card Assistance 12:00 Lunch 1:00 Japanese Folk Music Class with Mikiko 1:00 Tech Café Technology Assistance 1:00 Indoor Tai Chi with Parks Department 2:30 You Be the Judge</p>	<p>8 9:30 Blood Pressure Clinic with Tracy 10:00 KevTech iPhone & iPad Tutorial 10:00 Art Class with Dawn 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 WVBS Radio Players Rehearsal 1:00 Women's History Month Movie Matinee: "Nyad"</p>
<p>th ring ayers Rehearsal</p> <p>n Brodie!</p>	<p>14 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 12:00 Lunch 1:00 Tech Café Technology Assistance 1:00 Indoor Tai Chi with Parks Department 1:00 Board Games & Mocktails with Sigma Kappa Sorority!</p>	<p>15 9:45 City Councilor Liz Breadon Office Hours 12:00 ST. PATRICKS DAY CELEBRATION!!!! Luncheon, Music, Dancing & More 1:30 St. Columbkille's Choir Performance!</p>
<p>th ing Place ring ith Lauren</p>	<p>21 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 12:00 Pizza Party Sponsored by The Brighton House! 1:00 Japanese Folk Music Class with Mikiko 1:00-3:00 The Listening Place 1:00 Tech Café Technology Assistance 1:00 Indoor Tai Chi with Parks Department 2:30 Wheel of Fortune</p>	<p>22 8:45 Winship Elementary School Event 10:00 Art Class with Dawn 10:00 KevTech iPhone & iPad Tutorial 11:00 Bowling Outing with Jackie 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 WVBS Radio Players Rehearsal 1:00 Women's History Month Movie Matinee: "Respect"</p>
<p>th ing Place ring</p> <p>WVBS Radio Performance!!</p>	<p>28 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 12:00 Presentation Rehab Grab & Go Lunch 1:00 Tech Café Technology Assistance 1:00 Indoor Tai Chi with Parks Department 1:00-3:00 The Listening Place 6:30 WVBS Radio Players Performance!</p>	<p>29 10:00 Art Class with Dawn 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 WVBS Radio Players Cast Party! 1:00 Women's History Month Movie Matinee: "Suffragette"</p>

"Scene at the Center!"







**Joe Malone Presents:
"Neil Diamond"**

**Tuesday, March 5th at
1:00**

**Enjoy The Music &
Memories of Neil
Diamond With An
Interactive Presentation
from Historian Joe
Malone**



**St. Patrick's Day
Celebration!
Friday, March 15th at
Noon!**

**Our Biggest Party of The
Year Featuring Corned
Beef & Cabbage Lunch,
Music from Mossie
Coughlan & Much More!**



**"No Irish Need Apply"
Presentation with
Historian Christopher
Daley**

**Tuesday, March 19th at
11:00**

**The History of The Irish
In Boston Including
Migration,
Assimilation, and
Politics.**

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