

# SENIOR SPOTLIGHT

VERONICA B. SMITH  
MULTI-SERVICE SENIOR  
CENTER

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



May 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

- Senior Living Options With Springhouse Assisted Living

Thursday, May 1st at 11:00

- City Hall On the Go Truck On Site

Wednesday, May 14th from 10-11:30

- Age Strong Advocate Office Hours

Fridays– May 2nd & 16th from 10:30-3

- Scam Prevention with Suffolk County Sheriff's Office

Thursday, May 22nd at 11:00

- Charles River Watershed Presentation

Wednesday, May 28th at 10:30

MONDAY, MAY 29TH MEMORIAL DAY CENTER CLOSED



**Hands Only CPR & Be Red Cross  
Ready Training With the Red  
Cross of MA**

**Friday, May 9th at 11:00**



**alzheimer's  
association®**

**Alzheimer's Association Presentation:  
"The Impact of Alzheimer's & Dementia  
in Your Community"**

**Thursday, May 29th at 11:00**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Hidden Herbs

E	T	P	A	R	S	L	E	Y	D	I	L	L
V	E	E	M	A	R	O	J	R	A	M	A	O
M	M	E	L	E	M	O	N	G	R	A	S	S
T	N	I	M	R	E	P	P	E	P	I	T	E
C	N	L	A	V	E	N	D	E	R	I	S	R
H	T	O	L	I	S	A	B	R	O	I	O	O
A	H	C	G	A	L	Y	O	N	N	S	B	R
M	Y	H	M	A	A	E	A	A	E	I	E	T
O	M	I	I	B	R	G	N	M	E	G	L	N
M	E	V	N	A	E	R	A	N	A	O	O	A
I	E	E	T	R	A	R	A	S	E	S	C	L
L	M	S	O	A	Y	R	T	T	R	F	L	I
E	Y	N	A	R	E	D	N	A	I	R	O	C



### Word List:

BASIL  
SAGE  
MINT  
FENNEL  
LAVENDER

CILANTRO  
THYME  
CHIVES  
LEMONGRASS  
PEPPERMINT

PARSLEY  
ROSEMARY  
TARRAGON  
BAY  
ANISE

DILL  
OREGANO  
MARJORAM  
CHAMOMILE  
CORIANDER

## SENIOR SPOTLIGHT

The Veronica B. Smith Senior Center  
**Deputy Commissioner** .....Melissa Carlson  
**Executive Director** .....Lauren Basler  
**Assistant Director** .....Jackie 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**

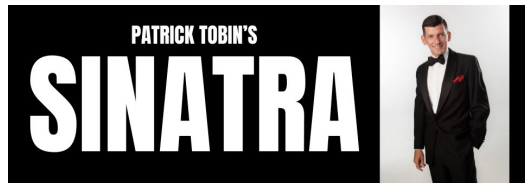
**Mother's Day "Mocktail" Hour &  
Concert from "Frank Sinatra**

**Aka Patrick Tobin**

**For the Women of the Senior Center  
(Spouses and Partners Welcome)  
Enjoy A Mocktail & Cheese Reception  
and Listen to the An Amazing Concert  
from "Old Blue Eyes!"**

**Tuesday, May 13th at 1:00**

**(Event Capped at 70)**



**Veronica B. Smith Senior  
Center**

**2025 Senior Prom**

**"Moonlight Masquerade"**

**Friday, May 30th at 1:00**

**Refreshments, Dancing, King  
& Queen & Much More!**

**Wear Your Best  
Masquerade Mask!**



## MONDAY



5 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  
1:30 Cornhole in the Common!  
2:00 NO BOOK CLUB

12 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  
1:30 Cornhole in the Common!  
2:00 Book Club: "Farewell to Manzanar"

19 9:30 Strength Training with Suzi  
10:30 Zumba!  
11:00 Guitar Class with Academia de Musica  
12:00 Lunch  
12:30 NO Chair Yoga Today  
1:00 Fire Safety & Prevention with BFD  
1:00 Watercolors & Embroidery Workshop w/ Erica Curcio  
1:00 Cara Club  
1:30 Cornhole in the Common!  
2:00 Book Club: "Farewell to Manzanar"

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## MEMORIAL DAY CENTER CLOSED



## TUESDAY



6 9:30 Exercise with Jackie  
11:00 Stanley Forman Presents: "Up, Up, and Away"  
11:00 Chinese Dance Class w/ Philippina  
12:00 Lunch  
12:30 Knitting Group  
1:30 Arts & Crafts

13 9:30 Exercise with Jackie  
11:00 Richard Amir Presents: "The Great American Songbook"  
11:00 Chinese Dance Class w/ Philippina  
12:00 Lunch  
12:30 Knitting Group  
1:00 MOTHERS DAY "MOCKTAIL" HOUR  
WITH FRANK SINATRA AKA PATRICK TOBIN  
1:30 Arts & Crafts

20 9:30 Exercise with Jackie  
11:00 Disaster Preparedness with Beal Bank  
11:00 Chinese Dance Class w/ Philippina  
12:00 Lunch  
12:30 Knitting Group  
1:00 WINSHIP ELEMENTARY SCHOOL PRESENTS: ALICE IN WONDERLAND  
1:30 Arts & Crafts

27 9:30 Exercise with Jackie  
10:30 Cognition Corner with Corinne  
11:00 Chinese Dance Class w/ Philippina  
12:00 Lunch  
12:30 Knitting Group  
1:30 Arts & Crafts

## WEDNESDAY



7 9:00 Yoga with La...  
10:00 Breakfast Gather...  
12:00 Lunch  
1:00 Bingo  
1:00 Guitar Class with...  
1:00 SHINE (By Appt.)  
2:00 Drum Circle with...  
2:00 "Upstairs, Downs...

14 9:00 Yoga with La...  
10:00 Breakfast Gather...  
10-11:30 City Hall On t...  
10:30 Theater Class w...  
12:00 Lunch  
1:00 Bingo  
1:00 Guitar Class with...  
1:00 SHINE (By Appt.)  
2:00 Drum Circle with...  
2:00 "Upstairs, Downs...  
3:00 Pet Pals Visit from...

21 9:00 Yoga with La...  
10:00 Breakfast Gather...  
10:30 Senior Charlie C...  
Brownsberger's Office...  
10:30 Theater Class w...  
12:00 Lunch & May Bir...  
1:00 Bingo  
1:00 Guitar Class with...  
1:00 SHINE (By Appt.)  
2:00 OPEN MIC! SHAR...

28 9:00 Yoga with La...  
10:00 Breakfast Gather...  
10:30 Charles River W...  
10:30 Theater Class w...  
12:00 Lunch  
1:00 Bingo  
1:00 Guitar Class with...  
1:00 SHINE (By Appt.)  
1:00 Tech Help with M...  
2:00 Upstairs, Downst...



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Aaron

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/ Lauren

Aaron

Pasha  
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irthday Party!

Aaron

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Aaron

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1 9:30 Exercise with Jackie  
10-11:30 Live Jazz Music Session  
11:00 Springhouse Assisted Living: "Senior Living Options"  
11:00 Tai Chi with Jamee  
12:00 Lunch  
1:00 Springtime Concert with Jan-Marie Olowinia!  
2:15 Word In A Word

8 9:30 Exercise with Jackie  
10:00 Live Jazz Music Session  
11:00 Tai Chi with Jamee  
12:00 Lunch  
1:00 Japanese Folk Music Concert with Mikiko Sato  
2:15 Match Game

15 9:30 Exercise with Jackie  
10-11:30 Live Jazz Music Session  
11:00 Tai Chi with Jamee  
12:00 Presentation Rehabilitation Grab and Go Luncheon  
12:30 Visit From the Brimmer School Third Graders- Lego Project!

22 9:30 Exercise with Jackie  
10-11:30 Live Jazz Music Session  
11:00 Scam Prevention w/ Suffolk County Sherriff's Office  
11:00 Tai Chi with Jamee  
12:00 Lunch  
1:00 Spring Picture Bingo with Prizes!

29 Mayor's Coffee Hour in Brighton Common  
9:30 Exercise with Jackie  
11:00 Alzheimer's Association: "The Impact of Alzheimer's & Dementia In Community"  
10-11:30 Live Jazz Music Session  
11:00 Tai Chi with Jamee  
12:00 Lunch  
1:00 Scattergories  
2:00 Wheel of Fortune

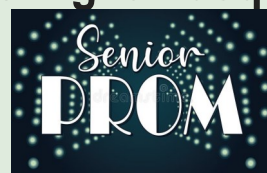
2 9:30 Blood Pressure Clinic with Tracy  
10-3 Age Strong Advocate Office Hours  
10:00 Art Class with Dawn  
10:00 "KevTech" iPhone & iPad Tutorial  
12:00 Ballroom Dance Class w/ Steps In Time  
12:00 Lunch  
1:00 Stand-Up Comedy Class w/ Bob  
1:00 Movie Matinee: "West Side Story" (2021)  
2:00 Gentle Yoga on the Mat

9 10:00 Art Class with Dawn  
11:00 Red Cross Training: "Be Red Cross Ready" and "Hands Only CPR"  
12:00 Ballroom Dance Class w/ Steps In Time  
12:00 Lunch  
1:00 Stand Up Comedy Class with Bob  
1:30 St. Columbkille's Choir & Dance Club Performance!  
2:15 Gentle Yoga on the Mat

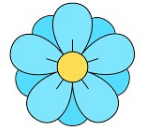
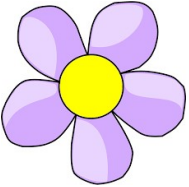
16 9:45 Councilor Liz Breadon Office Hours  
10:00 Art Class with Dawn  
10-3 Age Strong Advocate Office Hours  
12:00 Ballroom Dance Class w/ Steps In Time  
12:00 Lunch  
1:00 Stand Up Comedy Class w/ Bob  
1:00 Movie Matinee: "The Color Purple" (2023)  
2:00 Gentle Yoga on the Mat

23 10:00 Art Class with Dawn  
10:00 "KevTech" iPhone & iPad Tutorial  
10:45 Age Strong Shuttle Outing to WNDR Museum  
12:00 Ballroom Dance Class w/ Steps In Time  
12:00 Lunch  
1:00 Stand Up Comedy Class w/ Bob  
1:00 Movie Matinee: "Chicago" (2003)  
2:00 Gentle Yoga on the Mat

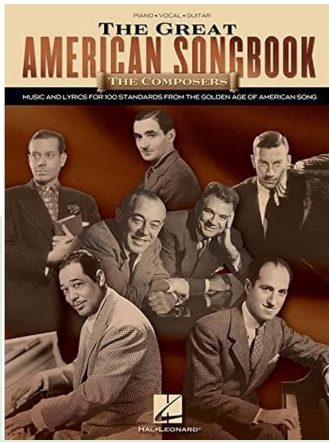
30 9:30 Blood Pressure Clinic with Tracy  
12:00 Lunch  
**1:00 SENIOR PROM 2025:  
"Moonlight Masquerade"**



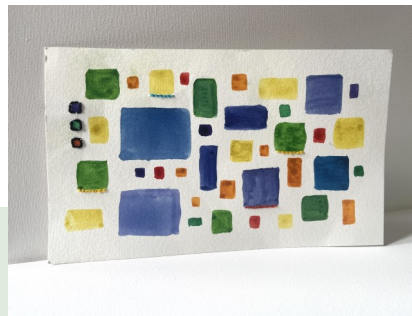
# “Scene at the Center!”







**Richard Amir Presents:**  
**"The Great American Songbook"**  
**Tuesday, May 13th at 11:00**  
**Come & Enjoy These Classic American Songs with Richard Amir on the Piano!**



**Watercolors & Embroidery Workshop**  
**With Art Therapist Erica Curcio**  
**Monday, May 19th at 1:00**  
**Join Us As We Combine the Arts of Watercolor & Embroidery on Watercolor Paper. No Skills required.**  
**Capped at 12 Participants**



**Senior Charlie Card Event With Senator Brownsberger's Office**  
**Wednesday, May 21st at 10:30**

Staff from the Office of Senator Will Brownsberger will be on hand to take photos and process applications, which will be provided. No advance sign-up required – interested adults age 65 or older just need to bring a valid, state-issued photo ID that includes date of birth. New cards will be sent by mail, and may take six to eight weeks to process

**VERONICA B. SMITH**  
**MULTI-SERVICE SENIOR-CENTER**  
 20 Chestnut Hill Avenue | Brighton, MA 02135

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 U.S. POSTAGE  
**PAID**  
 BOSTON, MA  
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