

SENIOR SPOTLIGHT

June 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

- **Medical Debt Presentation w/ Beal Bank**
Thursday, June 5th at 11:00

- **Age Strong Advocate Office Hours**
Fridays– June 6th and 20th from 10-3

- **Nonpharmacological Pain Management Presentation**
Monday, June 23rd at 11:00

- **Cognition Corner With Age Strong Staff**
 - **Tuesday, June 24th at 10:30**
- **Blood Pressure Clinic w/ RN Tracy Quinn**
 - **Friday, June 27th at 9:30**

**THURSDAY JUNE 19TH CENTER CLOSED FOR
JUNETEENTH**



Matt York Presents: The History of Country Music

Tuesday, June 17th at 11:00

Longtime New England musician/
author Matt York will perform the songs
of classic country and honky-tonk artists
and tell stories of their careers



Trevin Nelson & Maxfield Anderson in Concert!

Friday, June 20th at 1:00

Bluegrass, Americana, Folk & More!

Name: _____ Date: _____

Favorite Cocktails



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

Word List:

MARTINI
NEGRONI
SAZERAC
BELLINI
SPRITZ

MARGARITA
MANHATTAN
SIDECAR
CAIPIRINHA
FUZZY

DAIQUIRI
COSMOPOLITAN
MAITAI
PALOMA
COLADA

MOJITO
OLDFASHIONED
GIMLET
PISCO
JULEP

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

Celebrate Father's Day!
For the Men of the Senior Center
Father's Day Men's Breakfast
Thursday, June 12th at 9:45
(Spouses Welcome)
Followed By Presentation From
Marty Gitlin:
"Boston Sports Heroes" at 11:00
RSVP (617) 635-6120



Celebrate Pride Month!
Drag Brunch With Miss
Mizery & Friends!
Wednesday, June 18th at
11:00

Enjoy A Delicious Brunch & An
Incredible Show from Some of
Boston's Best Drag
Performers!



MONDAY	TUESDAY	WEDNESDAY
<p>2 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Guitar Concert with MOAB Students! 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"</p>	<p>3 9:30 Exercise with Jackie 10:45 Stanley Forman Presents: "Clash of the Titans" 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:30 Arts & Crafts</p>	<p>4 9:00 Yoga with La... 10:00 Breakfast Gather... 10:30 Theater Class w... 12:00 Lunch 1:00 SUMMER SOIREE... MODERNISTICS! 1:00 Simple Guitar & S... 1:00 SHINE (By Appt.) 2:00 "Upstairs, Downs...</p>
<p>9 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"</p>	<p>10 9:30 Exercise with Jackie 11:00 Japanese Folk Music Workshop with Mikiko Sato 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:00 NEW! Climate Change Club with Haydee 1:30 Arts & Crafts</p>	<p>11 9:00 Yoga with La... 9:45 Tower Hill Botani... Keolis MA Adventures... 10:00 Breakfast Gather... 12:00 Lunch 1:00 SHINE (By Appt.) 1:00 Bingo 1:00 Simple Guitar & S... 2:00 "Upstairs, Downs... 2:00 BRIGHTON FARM... 3:00 Pet Pals Visit from...</p>
<p>16 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"</p>	<p>17 NATIONAL ROOT BEER DAY! 9:30 Exercise with Jackie 11:00 Matt York: The History of Country Music 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch & Root Beer Floats! 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:30 Arts & Crafts 1:30 BPD Cooper the Comfort Dog Visits!</p>	<p>18 9:00 Yoga with La... 11:00 PRIDE MON... WITH MIZER... 12:00 Lunch & June B... 1:00 SHINE (By Appt.) 1:00 Bingo 1:00 Simple Guitar & S... 2:00 "Upstairs, Downs... 2:00 BRIGHTON FARM...</p>
<p>23 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Nonpharmacological Pain Management Presentation w/ Serenity PACE 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"</p>	<p>24 9:30 Exercise with Jackie 10:30 Cognition Corner with Corinne 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:00 Joe Malone Presents: "Carole King" 1:30 BPD ICE CREAM TRUCK! 1:30 Arts & Crafts 2:00 OPEN MIC- SHARE YOUR TALENT!</p>	<p>25 9:00 Yoga with La... 10:00 Breakfast Gather... 10:30 NEW! Bead Ther... 10:30 Theater Class w... 12:00 Lunch 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Simple Guitar & S... 2:00 Wellness Worksh... 2:00 "Upstairs, Downs... 2:00 BRIGHTON FARM...</p>
<p>30 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"</p>		

WEDNESDAY	THURSDAY	FRIDAY
<p>ura ring ith Lauren</p> <p>E WITH THE</p> <p>Songwriting w/ Dave</p> <p>stairs"</p>	<p>5 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Medical Debt Presentation w/ Beal Bank 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Cat Picture Bingo with Prizes!</p>	<p>6 10:00 Art Class with Dawn 10-3 Age Strong Advocate Office Hours 10:30 Coastal Garden Workshop with Therapy Gardens 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch NATIONAL DRIVE IN MOVIE DAY 1:00 Movie Matinee: "Grease" 1:00 Stand Up Comedy Class w/ Bob 2:00 Gentle Yoga on the Mat</p>
<p>ura ic Gardens Outing w/ s ring</p> <p>Songwriting w/ Dave</p> <p>stairs"</p> <p>ERS MARKET</p> <p>n Brodie the Dog</p>	<p>12 9:30 Exercise with Jackie 9:45 FATHER'S DAY MEN'S BREAKFAST 11:00 FATHER'S DAY PRESENTATION W/ MARTY GITLIN: "Boston Sports Heroes" 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Juneteenth Lecture from Muqeedah Salaam 2:30 Match Game</p>	<p>13 10:00 Art Class with Dawn 10:00 "KevTech" iPhone & iPad Tutorial 10:30 JOY WALK with Jackie! 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 The Beatles Sing-along with Ruth Rappaport 2:00 Gentle Yoga in the Mat</p>
<p>ura (Outside) TH DRAG BRUNCH Y & FRIENDS! irthday Party!</p> <p>Songwriting w/ Dave</p> <p>stairs"</p> <p>ERS MARKET</p>	<p>19</p> <p>JUNETEENTH CENTER CLOSED</p> 	<p>20 9:45 Councilor Liz Breadon Office Hours 10:00 Art Class with Dawn 10-3 Age Strong Advocate Office Hours 10:30 JOY WALK! With Jackie 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Concert with Trevin Nelson & Maxfield Anderson & Celebrate the Summer Solstice! 2:00 Gentle Yoga on the Mat</p>
<p>ura ring rapy With Zangar! ith Lauren</p> <p>Songwriting w/ Dave</p> <p>op w/Community Clinic</p> <p>stairs"</p> <p>ERS MARKET</p>	<p>26 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Sheryl Faye Presents Historical Women: Laura Ingalls Wilder 2:30 Word In A Word</p>	<p>27 9:30 Blood Pressure Clinic w/ Tracy 10:00 "KevTech" iPhone & iPad Tutorial 10:30 *Age Strong Shuttle Outing to Castle Island* (Sign Ups Begin One Week in Advance) 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Movie Matinee: "Nonnas" 2:00 Gentle Yoga on the Mat</p>
		<ul style="list-style-type: none"> • Sign Ups for Age Strong Shuttle Trips Begin A Week Prior to the Outing* <p>*All Activities Are Subject to Change*</p>

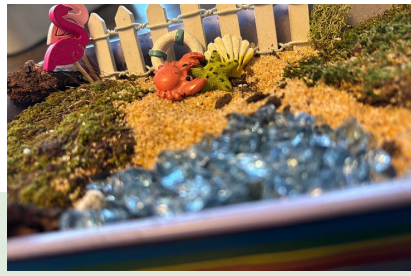
“Scene at the Center!”







**Summer Soiree with
The Moderistics!
Wednesday, June 4th
at 1:00 on the Patio!
Enjoy the Smooth
Sounds of This
Accomplished Jazz
Trio While Sipping On
a Refreshing Summer
Mocktail!**

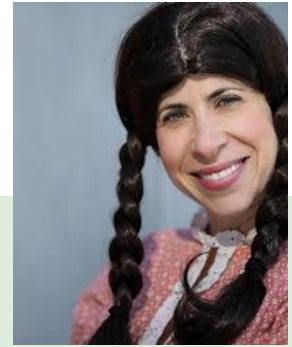


**Coastal Garden
Workshop With
Therapy Gardens
Friday, June 6th at
10:30**

**Create A Tiny Coastal Garden
In This Fun & Relaxing
Workshop!**

**It sparks joy, relieves stress,
and leaves everyone smiling—
and maybe a little bit dirt-
under-the-nails happy.**

Limit 20 Participants



**Sheryl Faye Presents:
Laura Ingalls Wilder:
The Writer of the
Frontier
Thursday, June 26th
at 1:00**

**Do Not Miss Another
Incredible
Performance From
Sheryl!**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

NON-PROFIT ORG
U.S. POSTAGE

PAID

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