

# SENIOR SPOTLIGHT

VERONICA B. SMITH  
MULTI-SERVICE SENIOR  
CENTER

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



March 2026



**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

- **Mental Health & Aging Presentation with MGH Psychiatry**  
**Tuesday, March 3rd at 11:00**
- **Blue Cross Blue Shield of MA Dental Presentation**  
**Thursday, March 5th at 11:00**
- **Age Strong Advocate Office Hours With Daisy Grijalva**  
**Fridays- March 6th and 20th from 10:30-3**
  - **Heart Health Presentation with Serenity PACE**  
**Thursday, March 12th at 11:00**
  - **“Asking for Help, Accepting Care, Advocating For Yourself” Presentation**  
**Friday, March 20th at 11:00**
  - **Cognition Corner with Age Strong Staff**  
**Tuesday, March 31st at 10:30**

**Nolan Demott Violin Concert**  
**Friday, March 6th at 1:00**



Mr. Demott is a local violinist and educator whose mission is to bridge music & minds!



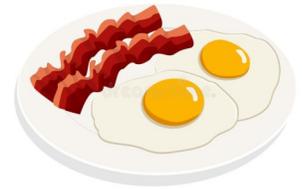
**The Modernistics In Concert!**  
**Friday, March 20th at 1:00**

Welcome The First Day of Spring With  
“Music For the Birds- High-Flying Classics  
From the Great American Songbook”

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

## Breakfast!

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



**Word List:**

- |           |            |         |            |
|-----------|------------|---------|------------|
| BREAKFAST | PANCAKES   | BACON   | HASHBROWNS |
| POTATOES  | HAM        | SAUSAGE | BENEDICT   |
| OMELET    | BRUNCH     | JUICE   | ORANGE     |
| FRUIT     | PASTRY     | OATMEAL | WAFFLE     |
| TOAST     | BISCUIT    | COFFEE  | TEA        |
| CEREAL    | CREPES     | DONUT   | EGGS       |
| FRITTER   | GRAPEFRUIT | GRITS   | JELLY      |
| SYRUP     | MARMALADE  | MELON   | MILK       |
| QUICHE    | YOGURT     | GRANOLA | MUFFIN     |

### 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, Tracie McCray, Diane Elliott

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

GET RELIEF FROM RISING COSTS AT  
**COST-SAVING  
CLINICS!**

Scan to visit  
program webpage!



Call 617-635-4366 to register for cost-saving clinics where Boston residents aged 55+ can find help lowering everyday expenses. For details, visit [boston.gov/cost-saving](http://boston.gov/cost-saving).  
**Transportation is available to and from sites.**

**MARCH 2**

10am-3pm

Veronica B. Smith Center  
20 Chestnut Hill Ave., Brighton



Mayor Michelle Wu



CITY of BOSTON

WVBS RADIO PRESENTS

**“Tune In To  
The Memories”**



Join the WVBS Radio Players  
As They Change The Dial to  
See What's On the Airwaves!  
Classic Scripts and New  
Surprises With Live Sound  
Effects & Music!



**Wed. Mar. 11, 2pm  
Thur. Mar. 12, 6:30pm**



**RSVP by March 10**  
[vbsseniorcenter@boston.gov](mailto:vbsseniorcenter@boston.gov)  
or 617-635-6120



**Veronica B. Smith Senior Center**  
20 Chestnut Hill Ave., Brighton



AGE+

City of Boston  
Age Strong Commission

MONDAY	TUESDAY	WEDNESDAY
<p>2 NO STRENGTH , ZUMBA, YOGA OR CORNHOLE TODAY</p> <p><b>AGE STRONG COST-SAVING BENEFITS CLINIC</b></p> <p><b>10-3</b></p> <p>11:00 Guitar Class w/ Academia de Musica                      12:00 Lunch                      1:00 Cara Club                      2:00 Book Club: "Main Street"</p>	<p>3 9:30 Exercise w/ Jackie                      11:00 Chinese Dance Class w/ Philippina                      11:00 "Mental Health &amp; Aging w/ MGH Psychiatry                      12:00 Lunch With Entertainment From Joe D'Amore                      12:30 Knitting Group                      1:00 Tai Chi w/ Jamee                      1:30 Arts &amp; Crafts                      2:00 WVBS RADIO PLAYERS REHEARSAL</p>	<p>4 9:00 Chair Yoga w/ ...                      10:00 Breakfast Gather...                      12:00 Lunch                      12:00 Line Dance Class...                      1:00 Tai Chi w/ Parks D...                      1:00 Bingo                      1:00 SHINE (By Appt.)                      1:00 Guitar Class with...                      2:00 Agatha Christie's</p>
<p>9 9:30 Strength Training with Suzi                      10:30 Zumba                      11:00 Guitar Class w/ Academia de Musica                      12:00 Lunch                      12:30 Chair Yoga with Beth                      1:00 Cara Club                      2:00 NO BOOK CLUB OR CORNHOLE                      2:00 WVBS Radio Players Sound Rehearsal</p>	<p>10 9:30 Exercise w/ Jackie                      11:00 Chinese Dance Class w/ Philippina                      11:00 Winter Learning w/ Hub Town Tours: "Lucy Stone"                      12:00 Lunch                      12:30 Knitting Group                      1:00 Tai Chi w/ Jamee                      1:30 Arts &amp; Crafts                      2:00 WVBS Radio Players Dress Rehearsal                      2:00 MA Senior Action Council Budget Zoom</p>	<p>11 9:00 Chair Yoga w/ ...                      10:00 Breakfast Gather...                      12:00 Lunch                      NO AFTERNOON PR...                      1:00 SHINE (By Appt.)  <b>2:00 WVBS RA...                      PERFORMANC...                      THE ME...</b></p>
<p>16 NO REGULARLY SCHEDULED PROGRAMMING</p> <p><b>ST. PATRICK'S DAY LUNCHEON &amp; CELEBRATION!</b></p> 	<p>17 9:30 Exercise w/ Jackie                      11:00 Chinese Dance Class w/ Philippina                      12:00 Lunch                      12:30 Knitting Group                      1:00 Tai Chi w/ Jamee                      1:30 Arts &amp; Crafts                      2:00 BOOK CLUB: "MAIN STREET"</p>	<p>18 9:00 Chair Yoga w/ ...                      10:00 Breakfast Gather...                      10:30 City of Boston H...                      11:30 Pet Pals Visit wit...                      12:00 Lunch                      12:00 Line Dance Class...                      1:00 Tai Chi w/ Parks D...                      1:00 Bingo                      1:00 SHINE (By Appt.)                      1:00 Guitar Class with...                      2:00 OPEN MIC- SHAR...</p>
<p>23 9:30 Strength Training with Suzi                      10:30 Zumba                      11:00 Guitar Class w/ Academia de Musica                      12:00 Lunch                      12:30 Chair Yoga with Beth                      1:00 Cara Club                      1:30 Cornhole with Jackie                      2:00 Book Club: "Main Street"</p>	<p>24 9:30 Exercise w/ Jackie                      11:00 Chinese Dance Class w/ Philippina                      11:00 Winter Learning w/ Hub Town Tours: "Suffrage Politics"                      11:30 Age Strong Shuttle Outing to IHOP                      12:00 Lunch                      12:30 Knitting Group                      1:00 Tai Chi w/ Jamee                      1:30 Arts &amp; Crafts</p>	<p>25 9:00 Chair Yoga w/ ...                      10:00 Breakfast Gather...                      10:30 Senior Medicare Presentation                      12:00 Lunch                      12:00 Line Dance Class...                      1:00 Tai Chi w/ Parks D...                      1:00 Bingo                      1:00 SHINE (By Appt.)                      1:00 Guitar Class with...                      2:00 Agatha Christie's                      2:15 Wellness Worksho...</p>
<p>30 9:30 Strength Training with Suzi                      10:30 Zumba                      11:00 Guitar Class w/ Academia de Musica                      12:30 Chair Yoga with Beth                      1:00 Cara Club                      1:30 Cornhole with Jackie                      2:00 Book Club: "Main Street"</p>	<p>31 9:30 Exercise w/ Jackie                      10:30 Cognition Corner with Corinne                      11:00 Chinese Dance Class w/ Philippina                      12:00 Lunch                      12:30 Knitting Group                      1:00 Tai Chi w/ Jamee                      1:30 Arts &amp; Crafts</p>	

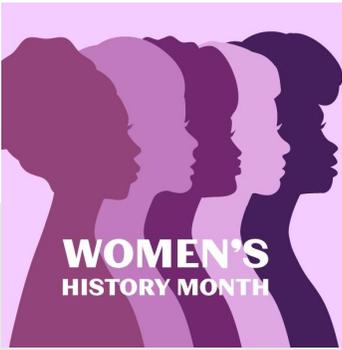
WEDNESDAY	THURSDAY	FRIDAY
<p>Thrive Hub ring</p> <p>s with Jon Department</p> <p>Professor Grey "Seven Dials"</p>	<p>5 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 10:30 Technology Assistance with Daniel 11:00 Blue Cross/ Blue Shield "Dental Blue" 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Drum Circle w/ Pasha 2:00 St. Patrick's Day Picture Bingo With Prizes!</p>	<p>6 9:30 Blood Pressure Checks With Tracy 10:00 Art Class with Dawn 10:30 WVBS Radio Play Rehearsal 10:30-3 Age Strong Advocate Office Hours 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Nolan Demott Violin Concert! 2:00 Gentle Yoga On the Mat</p>
<p>Thrive Hub ring</p> <p>PROGRAMMING TODAY</p> <p>RADIO PLAYERS E: "TUNE IN TO MEMORIES"</p>	<p>12 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 10:30 Technology Assistance with Daniel 11:00 Heart Health Presentation w/ PACE 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Drum Circle w/ Pasha 2:00 Left, Center, Right Game <b>6:30 WVBS RADIO PLAYERS PERFORMANCE: "TUNE IN TO THE MEMORIES"</b></p>	<p>13 10:00 Art Class with Dawn 10:00 "KevTech" iPhone &amp; iPad Tutorial 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Movie Matinee: "Wicked: For Good" 1:00 WVBS Radio Players Cast Party! 2:00 Gentle Yoga On the Mat</p>
<p>Thrive Hub ring</p> <p>azard Mitigation h Brodie</p> <p>s with Jon Department</p> <p>Professor Grey E YOUR TALENT!</p>	<p>19 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 10:30 Technology Assistance with Daniel 11:00 Japanese Folk Music w/ Mikiko 11:00 Qi-Gong with Jamee 12:00 Presentation Rehabilitation Grab and Go Luncheon 1:00 Bingo Event w/ Gather Health 1:00 Drum Circle w/ Pasha</p>	<p>20 9:45 Councilor Breadon Office Hours 10:00 Art Class with Dawn 11:00 Help My Aging Parents: "Asking For Help, Care and Advocating For Yourself" 10:30-3 Age Strong Advocate Office Hours 12:00 Lunch 1:00 The Modernistics In Concert: "Music For the Birds" 2:00 Gentle Yoga on the Mat <b>*HAPPY SPRING!*</b></p>
<p>Thrive Hub ring</p> <p>Patrol Fraud</p> <p>s with Jon Department</p> <p>Professor Grey "Seven Dials" op w/ Charlette, LMHC</p>	<p>26 NO EXERCISE WITH JACKIE TODAY <b>9:30 WILSON BUS LINES OUTING TO APPLECREST ORCHARDS, OLD SALT RESTAURANT &amp; PONTINE THEATER!</b></p> <p>10-11:30 Live Jazz Music Session 10:30 Technology Assistance with Daniel 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Drum Circle w/ Pasha</p>	<p>27 10:00 Art Class with Dawn 10:00 "KevTech" iPhone &amp; iPad Tutorial 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Movie Matinee: "Song Sung Blue" 2:00 Gentle Yoga on the Mat</p>



# “Scene at the Center!”







**Winter Learning Series  
With Hub Town Tours  
Tuesday March 10th at  
11:00: "Lucy Stone"  
Tuesday, March 24th at  
11:00: "The Politics of  
Suffrage"  
Celebrate Women's  
History Month With  
These Fascinating  
Lectures**



**St. Patrick's Day  
Luncheon &  
Celebration!  
Monday, March  
16th at 12:00  
Join Us For the  
Biggest Party of the  
Year!  
RSVP Required: (617)  
635-6120 Starting On  
3/2**



**Hazard Mitigation  
Workshop With City of  
Boston Office of  
Emergency Management  
Wednesday, March 18th  
at 10:30**

This Workshop begin with a brief overview of the City's plan to be better prepared for natural events like extreme heat, heavy rain flooding, and winter storms – and how to reduce the harm these events cause to the community. After the presentation, we'll host small-group discussions to hear directly from you about how extreme weather and natural hazard events have impacted your life and your community.

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