

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

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



May 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

- Please Join Us On Tuesday, May 5th at 1:00
For A Town Hall Meeting To Discuss
The Planned Renovation of the Senior Center and
Temporary Relocation to 77 Warren Street
Scheduled To Begin In June
City of Boston Staff Will Be Present To Answer Your
Questions

Refreshments Provided

- City Councilor Liz Breadon Office Hours
Friday, May 15th at 9:45
 - Monday, May 25th

MEMORIAL DAY CENTER CLOSED



Living While Mortal Presentation
Wednesday, May 20th at 10:30

This 1-hour session invites you to get some practice bringing the taboo topic of mortality into the room. Meet death doulas from Living While Mortal — a local community initiative to explore death, dying, and grief, together. Ask whatever's on your mind.



Elder Law Attorney Tim Loff:
“Long-Term Care & Protecting Your Assets From Nursing Home Costs”
Thursday, May 28th at 11:00



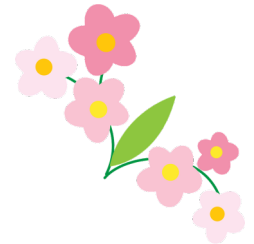
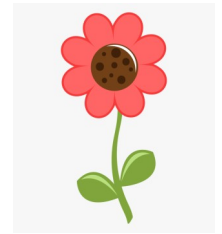
May Word Search



Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!

W	A	J	L	H	D	F	G	N	I	T	N	A	L	P	M	M	G	S	G	I	E	Q	Y	S
Q	S	Y	D	F	A	I	I	S	D	R	I	B	P	A	C	S	N	N	U	Y	L	S	Y	A
S	N	A	I	L	S	W	H	F	L	I	O	S	R	A	R	G	I	B	T	S	K	C	S	Y
L	A	D	Y	B	U	G	T	C	T	L	E	I	G	E	N	S	H	G	B	M	C	Z	B	K
I	N	I	M	E	G	A	V	H	R	H	G	G	W	O	B	S	S	N	J	O	U	L	B	M
N	O	I	L	E	D	N	A	D	O	O	M	O	N	U	Y	Y	I	U	Q	S	S	I	A	E
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B	S	O	Q	B	E	O	P	M	V	I	C	T	O	R	I	A	D	A	Y	B	T	T	I	I
E	N	A	H	R	Z	N	E	E	X	M	R	H	I	F	Y	P	E	A	E	G	A	U	O	C
D	T	Y	F	Q	B	M	U	N	V	Z	M	E	U	L	N	S	R	V	N	O	U	L	L	W
R	A	L	L	I	P	R	E	T	A	C	M	R	W	H	O	O	I	I	J	N	R	I	B	J
K	Y	D	A	F	F	O	D	I	L	P	J	S	A	O	R	O	P	A	Z	E	U	P	S	L
H	X	O	G	L	U	B	G	E	E	U	R	D	B	W	L	R	F	G	D	E	S	I	E	F
C	I	R	I	Q	R	K	U	K	V	N	Q	A	O	E	I	F	A	A	C	R	B	C	E	H
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G	D	L	S	Z	R	T	C	R	H	S	I	Q	C	N	D	Z	L	U	E	D	D	F	Q	S
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- | | | | | |
|-------------|-------------|-------------|------------|-------------|
| ANTS | CINCODEMAYO | HAWTHORN | MOTHERSDAY | SPRING |
| BASKET | DAFFODIL | HONEYSUCKLE | ORCHID | SUNFLOWER |
| BEEES | DAISY | IRIS | PANSIES | TAURUS |
| BIRDS | DANDELION | LADYBUG | PLANTING | TREES |
| BLOSSOMS | FIFTHMONTH | LAVENDER | ROSE | TULIP |
| BUDS | FISHING | LAWN | SEEDS | VICTORIADAY |
| BUTTERFLY | FLOWERS | LILAC | SHOVEL | VIOLET |
| CAMPING | GARDEN | LILY | SHRUBS | WARM |
| CATERPILLAR | GEMINI | MARIGOLD | SNAILS | WATER |
| CHIRPING | GREEN | MEMORIALDAY | SOIL | WORMS |



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, Mary Villani,
 Loretta Carey, Shelly Ferrari, Mary Regan, Bob
 Tomposki, Kevin Montague, Tracie McCray, Diane
 Elliott

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

*MOTHER'S DAY GARDEN PARTY
ON THE PATIO
FOR THE WOMEN OF THE
SENIOR CENTER*

*FRIDAY, MAY 15TH AT
1:00*

*A CASUAL OUTDOOR MOCKTAIL PARTY
WITH HORS'DEUVRES AND MUSIC
FROM THE JOE D'AMORE TRIO*



VBS SENIOR PROM 2026

"Let's Go To The Hop!"

Friday, May 29th at 1:00

**Enjoy Music from The Blue
Hotel, Refreshments & Floats,
Crowning Our King & Queen,
And a Trip Back to the Days of
the Car Hop!**

Let's Go To The Hop!



MONDAY

TUESDAY

WEDNESDAY

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026



4 9:30 Strength Training w/ 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 Monday Cornhole Crew
 2:00 Book Club: Finish "Main Street" & Vote For A New Selection!

5 9:30 Exercise w/ Jackie
 11:00 Chinese Dance Class w/ Philippina
 12:00 Piano Lunch w/ Joe D'Amore
1:00 SENIOR CENTER RENOVATION & RELOCATION TOWN HALL MEETING
NO KNITTING, ARTS & CRAFTS OR TAI CHI TODAY
 1:00 Piano Lessons w/Joe (Sign Up w/ Lauren)
 2:30 Readers Theater Rehearsal

6 9:00 Chair Yoga w/ Jackie
 10:00 Breakfast Gathering
 10:30 Downsizing & Senior Moms House
 12:00 Lunch
 12:00 Line Dance Class
 1:00 NO SHINE TODAY
 1:00 Bingo
 1:00 Guitar Class w/ Philippina
 1:00 Technology Help
 2:00 Masterpiece: "The

11 9:30 Strength Training w/ 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 Monday Cornhole Crew
 2:00 NO BOOK CLUB TODAY

12 9:30 Exercise w/ Jackie
 11:00 Chinese Dance Class w/ Philippina
 12:00 Lunch
 12:30 Knitting Group
 1:00 Piano Lessons w/Joe (Sign Up w/ Lauren)
 1:00 Tai Chi with Jamee
 1:30 Arts & Crafts
 2:00 Readers Theater Dress Rehearsal: "A Buggy Picnic"

13 9:00 Chair Yoga w/ Jackie
 10:00 Breakfast Gathering
 10:00 READER'S THEATRE PERFORMANCE AT THE SENIOR CENTER "A BUGGY PICNIC"
 12:00 Lunch
 12:00 Line Dance Class
 1:00 SHINE (By Appt.)
 1:00 Bingo
 1:00 Guitar Class w/ Philippina
 2:00 Masterpiece: "The

18 9:30 Strength Training w/ 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 Monday Cornhole Crew
 2:00 Book Club: NEW SELECTION!

19 9:30 Exercise w/ ThriveHub
 11:00 AARP Presentation: "Downsizing & Decluttering"
 11:00 Chinese Dance Class w/ Philippina
 11:30 Age Strong Shuttle Outing: Larz Anderson Auto Museum & Picnic in the Park
 12:00 Lunch
 12:30 Knitting Group
 1:00 Piano Lessons w/Joe (Sign Up w/ Lauren)
 1:00 Tai Chi with Jamee
 1:30 Arts & Crafts

20 9:00 Chair Yoga w/ Jackie
 10:00 Breakfast Gathering
 10:30 Living While Moving
 12:00 Lunch & May Birthdays
 12:00 Line Dance Class
 1:00 SHINE (By Appt.)
 1:00 Bingo
 1:00 Guitar Class w/ Philippina
 2:00 OPEN MIC- SHARON
 3:00 Pat Pals Visit from

25

MEMORIAL DAY CENTER CLOSED

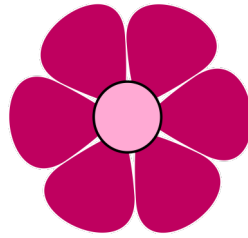
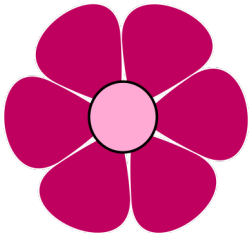
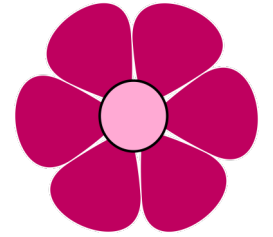


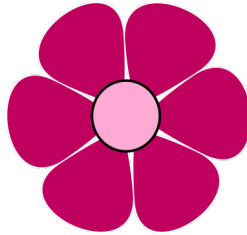
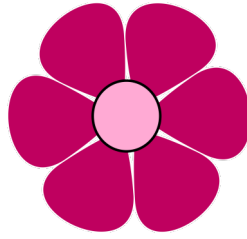
26 9:30 Exercise w/ Jackie
 11:00 Cognition Corner with Corinne
 11:00 Chinese Dance Class w/ Philippina
 12:00 Lunch
 12:30 Knitting Group
 1:00 Piano Lessons w/Joe (Sign Up w/ Lauren)
 1:00 Tai Chi with Jamee
 1:30 Arts & Crafts

27 9:00 Chair Yoga w/ Jackie
 10:00 Breakfast Gathering
 10:30 Women's Bar Food
 12:00 Lunch
 12:00 Line Dance Class
 1:00 SHINE (By Appt.)
 1:00 Bingo
 1:00 Guitar Class w/ Philippina
 2:00 Masterpiece: "The

WEDNESDAY	THURSDAY	FRIDAY
<p>MENTAL HEALTH AWARENESS MONTH</p>		<p>1 9:30 Blood Pressure Checks w/ Tracy 10:00 Art Class w/ Dawn 10:30 Joy Walk with Jackie 10:30-3 Age Strong Advocate Office Hours 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Movie Matinee: "EPIC: Elvis Presley In Concert" 2:00 Gentle Yoga on the Mat</p>
<p>/ ThriveHub ring elling Seminar w/ Sell s w/ Jonathan Y rofessor Grey with Marissa e Forsytes" Ep. 1</p>	<p>7 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 11:00 Robert Rivest: "How To Be Happy In Difficult Times" 12:00 Lunch 1:00 Trivia w/ Gather Health 2:00 Word In A Word</p>	<p>8 10:00 Art Class w/ Dawn 10:00 "KevTech" iPhone & iPad Tutorial 11:00 Bowling Outing to Flatbread! 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Movie Matinee: "Moving On" 2:00 Gentle Yoga on the Mat</p>
<p>/ ThriveHub ring ERS THEATER BRIGHTON LIBRARY: Y PICNIC" s w/ Jonathan rofessor Grey e Forsytes: Ep. 2</p>	<p>14 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 10:30 Daniel's Domain Technology Help 11:00 Qi-Gong with Jamee 11:00 Story Share with The Bridge Project 12:00 Lunch 1:00 Spring Picture Bingo With Prizes!</p>	<p>15 9:45 City Councilor Breadon Office Hours 10:00 Art Class w/ Dawn 10:30 Age Strong Advocate Office Hours 10:30 Joy Walk with Jackie 10:30 "Rediscovering the T" Presentation w/ the MBTA 12:00 Lunch 1:00 MOTHER'S DAY GARDEN PARTY ON THE PATIO 2:00 Gentle Yoga on the Mat</p>
<p>/ ThriveHub ring rtal Presentation irthday Party! s w/ Jonathan rofessor Grey RE YOUR TALENT! n Brodie</p>	<p>21 NO EXERCISE TODAY 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 11:00 Grief Support Group w/ Carmel 12:00 Presentation Rehabilitation Grab and Go Luncheon 1:00 PATRICK TOBIN SINGS FRANK SINATRA!</p>	<p>22 10:00 Art Class w/ Dawn 10:00 "KevTech" iPhone & iPad Tutorial 10:30 Joy Walk with Jackie 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Bead Therapy with Zangar 2:00 Gentle Yoga on the Mat</p>
<p>/ ThriveHub ring oundation Presentation s w/ Jonathan rofessor Grey e Forsytes" Ep. 3</p>	<p>28 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 11:00 Attorney Tim Loff: "Protecting Your Assets From Nursing Home Costs" 12:00 Lunch 1:00 CHOP BREAK DUO CONCERT! 2:00 Left, Right, Center</p>	<p>29 10:00 Art Class w/ Dawn 12:00 Lunch 1:00 SENIOR PROM "Let's Go To The Hop!" Music From The Blue Hotel, Refreshments, King & Queen & More! 2:00 Gentle Yoga on the Mat</p>

“Scene at the Center!”







Robert Rivest: How To Be Happy In Difficult Times

Thursday, May 7th at 11:00

Inspirational Stories, Humorous Tales & Practical Tools On Cultivating Happiness Even On Our Darkest Days

AARP[®] Massachusetts

**AARP: “Downsizing & Decluttering”
Tuesday, May 19th at 11:00**

This Engaging Presentation Explores Why Stuff Is So Important For Some People And Teaches Ten Easy-To-Follow Tips On Downsizing & Decluttering. Learn How To Get Started, Stay Organized, And Have Some Fun Doing It!



**Patrick Tobin Sings Frank Sinatra!
Thursday, May 21st at 1:00**

Don't Miss An Incredible Concert From The Region's Best Crooner!

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

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