

# SENIOR SPOTLIGHT

VERONICA B. SMITH  
MULTI-SERVICE SENIOR  
CENTER

Ph: (617) 635-6120

NEW TEMPORARY  
LOCATION

77 WARREN STREET  
3RD FLOOR  
BRIGHTON, MA 02135



## August 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

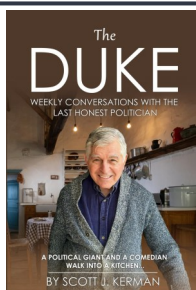
Trips

Recreational Activities

Volunteer Opportunities

Wellness

- Age Strong Advocate Office Hours  
Friday, August 7th from 10:30-3
  - Inside Edge Consulting Presentation w/ Jon Marx  
Wednesday, August 12th at 10:30
  - B.U. Alzheimer's Disease Research Center  
Tuesday, August 18th at 11:00
  - Summer Fire Safety Presentation with BFD  
Wednesday, August 19th at 11:00
  - Boston Energy Saver Presentation  
Wednesday, August 26th at 10:30
- Wellness Workshop with Charlette Parker-Edwards**  
Wednesday, August 26th at 2:15



**Author Talk With Scott Kerman:**  
**"The Duke: Conversations With the Last  
Honest Politician"**

Friday, August 21st at 1:00

Join the Author for An Interactive, Funny & Engaging  
Presentation About His Weekly Conversation With Governor  
Dukakis



**Harvard Alpaca Ranch Visit!**  
**Wednesday, August 26th at 1:00**  
**Come Learn About, Pet & Enjoy These  
Amazing Animals!**

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



# AUGUST

## Word Search Puzzle



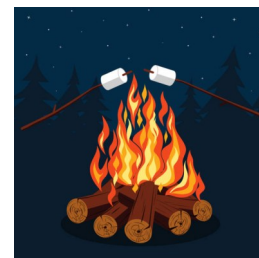
I Z Z S S H G T R T G E Y O G B P P  
 A Y B U H M D A N E I W R Q V A B B  
 C Y C O I A W O R R A Z Y E J R E I  
 Z T P Q A S D Z R D W D I W T B Y K  
 E X O S P T W E P N E T I I K E J I  
 B S P W S O E I G X A N N N Z C G N  
 R O U S E O P N M O M F M E G U A G  
 D V S N N L I S L M M O R L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

Find these words related to the month of August

|          |                       |           |         |
|----------|-----------------------|-----------|---------|
| BOAT     | KAYAK                 | SUN       | WARM    |
| GARDEN   | BARBECUE              | SHADE     | LAKE    |
| CAMPFIRE | OCEAN                 | VACATION  | TOWEL   |
| BIKING   | CANOE                 | SWIMSUIT  | POOL    |
| FLOATIE  | PICNIC                | SWIMMING  | PARK    |
| FISHING  | BEACH                 | POPSICLES | CAMPING |
| RIVER    | ICE (as in ice cream) | READING   | SUNSET  |
| AUGUST   |                       |           |         |



The words may be hidden vertically, horizontally or diagonally.



## 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, 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



My place is too much to manage.



It's not easy to carry groceries with no elevator.



My rent is going up.



**Allston Brighton seniors, be early birds and get free housing application support with us.**

We're also building an affordable, independent-living apartment for seniors in Lower Allston.

This could be your home! ¡Este podría ser tu hogar! 这可能是你的家! Это может стать вашим домом! এটি আপনার বাড়ি হতে পারে!



Get on our early bird list at our information sessions, with language services provided:

- Thursday, July 30, 6:30–7:30 p.m. – Brighton Branch Library
- Friday, July 31, 10:30–11:30 a.m. – Honan-Allston Library
- Friday, July 31, 2:00–3:00 p.m. – Faneuil Branch Library
- Saturday, August 1, 2:00–3:00 p.m. – Brighton Branch Library
- Monday, August 3, 4:30–5:30 p.m. – Faneuil Branch Library
- **Tuesday, August 4, 11:00 a.m.–12:00 p.m. – Veronica B. Smith Center (Coffee Hour)**
- **Wednesday, August 5, 10:30–11:30 a.m. – Veronica B. Smith Center (Vision Boarding)**
- Tuesday, August 11, 10:30–11:30 a.m. – Honan-Allston Library



You can also reach us in the following ways:

617-787-3874 ext. 249



seniorappsupport@allstonbrightoncdc.org

allstonbrightoncdc.org/sas



# Butterfly Release Memorial

**Wednesday, August**

**19th at 2pm**

**Come & Remember Those We Have Lost This Past Year And Release A Butterfly In Their Memory**



| MONDAY                                                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3 9:30 Strength Training with ThriveHub<br/>10:30 Zumba!<br/>11:30 Guitar Class w/ Academia de Musica<br/>12:00 Lunch<br/>12:30 Chair Yoga with Beth<br/>1:30 Monday Cornhole Crew<br/>2:00 Book Club: Life At Colonial Harvard Presentation!</p> | <p>4 9:30 Exercise with Jackie<br/>11:00 Chinese Dance Class w/ Philippina<br/>11:00 Allston Brighton Community Development Corp. Coffee Hour<br/>12:00 Piano Lunch with Joe D'Amore!<br/>12:30 Knitting Group<br/>1:00 Tai Chi w/ Jamee<br/>1:00 Piano Lessons w/ Joe (Sign Up w/ Lauren)<br/>1:30 Arts &amp; Crafts<br/>2:00 Readers Theater Rehearsal: "Keep Cool In the Pool"</p> | <p>5 9:00 NO YOGA OR<br/>10:00 Continental Breakfast<br/>10:30 Allston Brighton Community Development Corp. Vis<br/>12:00 Lunch<br/>1:00 Guitar Class with<br/>1:00 NO BINGO TODAY<br/>1:00 SHINE (By Appt.)<br/>1:30 BEANTOWN S<br/>IN CONCERT</p>                               |
| <p>10 9:30 Strength Training with ThriveHub<br/>10:30 Zumba!<br/>11:30 Guitar Class w/ Academia de Musica<br/>12:00 Lunch<br/>12:30 Chair Yoga with Beth<br/>1:30 Monday Cornhole Crew<br/>2:00 Book Club: VOTE FOR NEW SELECTION!</p>               | <p>11 9:30 Exercise with Jackie<br/>11:00 Chinese Dance Class w/ Philippina<br/>12:00 Lunch<br/>12:30 Knitting Group<br/>1:00 Tai Chi with Jamee<br/>1:00 Piano Lessons w/ Joe (Sign Up w/Lauren)<br/>1:30 Arts &amp; Crafts<br/>2:00 Readers Theater Dress Rehearsal: "Keep Cool in the Pool"</p>                                                                                    | <p>12 9:00 Chair Yoga w<br/>10:00 Continental Breakfast<br/>10:30 Jon Marx from I<br/>10:30 READERS THE<br/>AT BRIGHTON LIBR<br/>THE<br/>12:00 Lunch<br/>12:00 NO LINE DANCE<br/>1:00 Guitar Class with<br/>1:00 NO SHINE TODAY<br/>1:00 Bingo<br/>2:00 Lemonade &amp; Snacks</p> |
| <p>17 9:30 Strength Training with ThriveHub<br/>10:30 Zumba!<br/>11:30 Guitar Class w/ Academia de Musica<br/>12:00 Lunch<br/>12:30 Chair Yoga with Beth<br/>1:30 Monday Cornhole Crew<br/>2:00 NO BOOK CLUB TODAY</p>                               | <p>18 9:30 Exercise with Jackie<br/>11:00 Chinese Dance Class w/ Philippina<br/>11:00 B.U. Alzheimer's Disease Research Center: Community Brain Health<br/>12:00 Lunch<br/>12:30 Knitting Group<br/>1:00 NO TAI CHI TODAY<br/>1:00 Piano Lessons w/ Joe (Sign Up w/ Lauren)<br/>1:30 Arts &amp; Crafts<br/>2:00 Theater Class with Lauren</p>                                         | <p>19 9:00 Chair Yoga w<br/>10:00 Continental Breakfast<br/>11:00 Summer Fire Sa<br/>Department<br/>12:00 Lunch &amp; August<br/>12:00 Line Dance Clas<br/>1:00 NO SHINE TODAY<br/>1:00 Bingo<br/>2:00 BUTTER<br/>MEMORIAL</p>                                                    |
| <p>24 9:30 Strength Training with ThriveHub<br/>10:30 Zumba!<br/>11:30 Guitar Class w/ Academia de Musica<br/>12:00 Lunch<br/>12:30 Chair Yoga with Beth<br/>1:30 Monday Cornhole Crew<br/>2:00 Book Club New Selection!</p>                         | <p>25 9:30 Exercise with Jackie<br/>11:00 Chinese Dance Class w/ Philippina<br/>11:00 Robert Rivest Presents: "The Art of Living Joyfully"<br/>12:00 Lunch<br/>12:30 Knitting Group<br/>1:00 Tai Chi with Jamee<br/>1:00 Piano Lessons w/ Joe (Sign Up w/ Lauren)<br/>1:30 Arts &amp; Crafts<br/>2:00 Theater Class with Lauren</p>                                                   | <p>26 9:00 Chair Yoga w<br/>10:00 Continental Breakfast<br/>10:30 Boston Energy S<br/>12:00 Lunch<br/>12:00 Line Dance Clas<br/>1:00 SHINE (By Appt.)<br/>1:00 Bingo<br/>1:00 HARVARD AL<br/>2:00 OPEN MIC- SHAR<br/>2:15 Wellness Worksh</p>                                     |
| <p>31 9:30 Strength Training with ThriveHub<br/>10:30 Zumba!<br/>11:30 Guitar Class w/ Academia de Musica<br/>12:00 Lunch<br/>12:30 Chair Yoga with Beth<br/>1:30 Monday Cornhole Crew<br/>2:00 Book Club New Selection!</p>                         |                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                              |

| WEDNESDAY                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>LINE DANCE TODAY<br/>Breakfast<br/>Community<br/>Visioning Conversation</p> <p>Professor Grey!<br/>Y</p> <p>SWING ORCHESTRA<br/>ON THE PATIO!</p>                               | <p>6 9:00 SHUTTLE OUTING TO GEORGES<br/>ISLAND</p> <p>9:30 NO EXERCISE WITH JACKIE TODAY</p> <p>10-11:30 Live Jazz Music Session</p> <p>11:00 Qi-Gong with Jamee</p> <p>12:00 Lunch</p> <p>1:30 Match Game</p>                                          | <p>7 9:45 Councilor Liz Breadon Office Hours</p> <p>10:00 "KevTech" iPhone &amp; iPad Tutorial</p> <p>10:30 Joy Walk with Jackie</p> <p>10:30-3 Age Strong Advocate Office Hours</p> <p>12:00 Lunch</p> <p>1:00 Abigail by Gail Presents: "Trail of Freedom"</p> <p>2:00 NO MAT YOGA TODAY</p> <p>2:30 Readers Theater Rehearsal: "Keep Cool In the Pool"</p> |
| <p>with ThriveHub<br/>Breakfast<br/>Inside Edge Consulting<br/>WATER PERFORMANCE<br/>DARY: "KEEP COOL IN POOL"</p> <p>E TODAY<br/>Professor Grey<br/>Y</p> <p>cks on the Patio</p> | <p>13 9:30 Exercise with Jackie</p> <p>10-11:30 Live Jazz Music Session</p> <p>11:00 Story Share With the Bridge Project</p> <p>11:00 Qi-Gong with Jamee</p> <p>12:00 Lunch</p> <p>1:30 Summer Picture Bingo with Prizes!</p>                           | <p>14 10:30 Joy Walk with Jackie</p> <p>12:00 Lunch</p> <p>12:00 Ballroom Dance with Steps In Time</p> <p>12:00 Lunch</p> <p>1:00 Movie Matinee: "The Sheep Detectives"</p> <p>2:00 Gentle Yoga Class on the Mat</p>                                                                                                                                          |
| <p>with ThriveHub<br/>Breakfast<br/>Safety with Boston Fire</p> <p>Birthday Party!<br/>s with Jonathan<br/>Y</p> <p>FLY RELEASE<br/>L SERVICE</p>                                  | <p>20 9:00 SHUTTLE OUTING TO GEORGES<br/>ISLAND</p> <p>9:30 Exercise with Jackie</p> <p>10-11:30 Live Jazz Music Session</p> <p>11:00 NO QI-GONG TODAY</p> <p>12:00 Presentation Rehabilitation Grab &amp; Go Luncheon</p> <p>1:30 Wheel of Fortune</p> | <p>21 9:30 Blood Pressure Clinic with Tracy</p> <p>10:00 "KevTech" iPhone &amp; iPad Tutorial</p> <p>10:30 Joy Walk with Jackie</p> <p>12:00 Lunch</p> <p>1:00 Scott Kerman Presents: "Conversations with The Duke"</p> <p>2:00 Gentle Yoga Class on the Mat</p>                                                                                              |
| <p>with ThriveHub<br/>Breakfast<br/>Saver Presentation</p> <p>s with Jonathan<br/>)</p> <p>PACA RANCH VISIT!<br/>RE YOUR TALENT<br/>op with Charlette</p>                          | <p>27 9:15 KEOLIS MA ADVENTURES<br/>OUTING TO HERITAGE MUSEUM<br/>AND GARDENS</p> <p>9:30 Exercise with Jackie</p> <p>10-11:30 Live Jazz Music Session</p> <p>11:00 Qi-Gong with Jamee</p> <p>12:00 Lunch</p> <p>1:30 Match Game</p>                    | <p>28 10:00 Joy Walk with Jackie</p> <p>11:00 Boston Latin School "Classique" Performance</p> <p>12:00 Lunch</p> <p>1:00 Bead Therapy with Zangar!</p> <p>2:00 Gentle Yoga Class on the Mat</p>                                                                                                                                                               |



# “Scene at the Center!”







**Beantown Swing  
Orchestra Concert  
Wednesday,  
August 5th at 1:30**

**Don't Miss An Incredible  
18-piece Orchestra!  
Beantown Swing are  
Young Musicians With  
Vintage Instruments  
Making 1930s-40s Music  
Relevant Again  
"Classic Swing For A New  
Generation"**



**Abigail by Gail  
Presents:  
"Trail of Freedom"  
Friday, August 7th  
at 1:00**

**Discover how Abigail is  
connected to Boston's  
Freedom Trail, her role  
in the American  
Revolution, and how  
she provided for her  
family's basic needs.**



**Robert Rivest  
Presents:  
"The Art of Living  
Joyfully"  
Tuesday, August 25th  
at 11:00**

**The Rivest Method of  
Joyful Living is a synergy  
of Robert Rivest's  
extensive experience in  
the performing arts, the  
healing arts, and the art  
and science of laughter.**

**VERONICA B. SMITH**

**MULTI-SERVICE SENIOR-CENTER**

77 Warren Street 3rd Floor | Brighton, MA 02135

NON-PROFIT ORG  
U.S. POSTAGE

**PAID**

BOSTON, MA  
PERMIT NO.  
59853