

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

Ph: (617) 635-6120
NEW TEMPORARY
LOCATION
77 WARREN STREET
3RD FLOOR
BRIGHTON, MA 02135

September 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

- **Lunch & Bingo Sponsored by Brighton Post-Acute**
Tuesday, September 1st at 12:00
 - **Age Strong Advocate Office Hours**
Friday, September 4th from 10-3
- **MGH Psychiatry: A Holistic Approach to Memory Loss**
Tuesday, September 8th at 11:00
- **Alzheimer's Association: Building Brain Health**
Wednesday, September 9th at 10:30
- **"Aging in Place: What Does It Mean to Me?"**
Wednesday, September 16th at 10:30
MONDAY SEPTEMBER 7TH
CENTER CLOSED FOR LABOR DAY



Drumming With Pasha Is Back!
Starting Thursday, September 10th
at 1:00

Join Pasha and Experience The How
Drumming Can Be A Tool for Meditation
& Self-Healing



Suffolk County D.A. Office
Fraud Fighters: Scams Part Two
Thursday, September 24th at 11:00
Protect Yourself & Learn About Scams
To Watch Out For!

Name: _____

Date: _____



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

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

ACORNS
APPLES
AUTUMN
BACKPACK
BONFIRE
BREEZY
CIDER
COOLER
CORN
CRISP
EQUINOX
FALLING
FARMERS
FOLIAGE
FOOTBALL
GOURDS
GRAPES
HARVEST
HAYRIDE
LABOR DAY
LEAVES
MIGRATION



SCHOOL
SEPTEMBER
SQUIRREL
SWEATER
ORCHARDS
PUMPKINS
RAKE
SCARECROW



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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

September Concerts!

Join Us For Some Great Music!

Joe Pete

Friday, September 4th at 1:00

Hank and the Victors

Thursday, September 17th at 11:00

Catherine Psarakis, Soprano &

Leona Cheung, Pianist

Thursday September 17th at 3:00

Ruth Rappaport

Tuesday September 29th at 11:00



Hispanic Heritage Month Celebration

**Friday, September 25th at
3:00**

**Come & Celebrate The
Different Cultures That Make VBS
So Special!**

**Music From Veronica Robles
Mariachi & Food From Peka
Restaurant!**



MONDAY	TUESDAY	WEDNESDAY
	1 9:30 Exercise with Jackie 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch & Bingo Sponsored by Brighton Post-Acute 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:00 Piano Lessons w/ Joe 1:30 Arts & Crafts	2 NO YOGA OR LINE DANCE TODAY 10:00 Continental Breakfast 11:00 Age Strong Shred Elephant Migration & I 12:00 Lunch 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:00 Wednesday Sip &
7 LABOR DAY CENTER CLOSED 	8 9:30 Exercise with ThriveHub 11:00 MGH Psychiatry: A Holistic Approach to Memory Loss 11:00 Chinese Dance Class w/ Philippina 12:00 Piano Lunch w/ Joe D'Amore 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:00 Piano Lessons w/ Joe 1:30 Arts & Crafts	9 9:00 Chair Yoga w 10:00 Continental Breakfast 10:30 Alzheimer's Association Brain Health" 12:00 Line Dance Class 12:00 Lunch 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:00 Wednesday Sip &
14 9:30 Strength Training with Suzi 10:30 Zumba 11:30 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Beth 1:30 Cornhole w/ Jackie! 2:00 Book Club: "James"	15 9:30 Exercise with Jackie 11:00 Chinese Mid-Autumn Festival With Entertainment & Refreshments! 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:00 Piano Lessons w/ Joe 1:00 MUSIC WITH HEART PERFORMANCE! 1:30 Arts & Crafts	16 9:00 Chair Yoga w 10:00 Continental Breakfast 10:30 "Aging in Place: Me?" Presentation 12:00 Line Dance Class 12:00 Lunch & September 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:30 OPEN MIC- SHAR
21 9:30 Strength Training with Suzi NO ZUMBA TODAY 11:30 Guitar Class w/ Academia de Musica 12:00 Lunch NO CHAIR YOGA TODAY NO CORNHOLE TODAY 2:00 Book Club: "James"	22 NO EXERCISE WITH JACKIE OR CHINESE DANCE TODAY 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:00 Piano Lessons w/ Joe 1:30 Arts & Crafts	23 NO YOGA OR LINE DANCE TODAY CAPE COD CENTER LUNCHEON TRIBUTE TO WILSON E 12:00 Lunch 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:15 Wellness Worksh
28 9:30 Strength Training with Suzi 10:30 Zumba 11:30 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Beth 1:30 Cornhole w/ Jackie 2:00 Book Club: "James"	29 9:30 Exercise with Jackie 11:00 Chinese Dance Class w/ Philippina 11:00 Ruth Rappaport In Concert! 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:00 Piano Lessons w/ Joe 1:30 Arts & Crafts	30 9:00 Chair Yoga w 10:00 Continental Breakfast 10:30 "The Challenge with Sisters of St. Jos 12:00 Line Dance Class 12:00 Lunch 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:00 Wednesday Sip &

2026		
WEDNESDAY	THURSDAY	FRIDAY
NO BALLROOM DANCE TODAY Breakfast Little Outing: The Great Lunch at Wahlburger's Professor Grey Snack!	3 NO EXERCISE WITH JACKIE TODAY 10-11:30 Live Jazz Music Session 11:00 Qi-Gong w/ Jamee 12:00 Lunch 1:30 Cosmic Picture Bingo With Prizes!	4 10:00 Age Strong Advocate Office Hours 10:00 "Spice of Life: A Journey Through the Healing Kitchen" With Anjana 10:30 Joy Walk with Jackie 12:00 Lunch NO BALLROOM DANCE TODAY 1:00 Joe Pete In Concert! NO MAT YOGA TODAY
/ ThriveHub Breakfast Association: "Building s w/ Jonathan Professor Grey Snack!	10 9:30 Exercise with ThriveHub 10-11:30 Live Jazz Music Session 11:00 Qi-Gong w/ Jamee 11:00 Story Share with The Bridge Project 12:00 Lunch 1:00 DRUM CIRCLE WITH PASHA! 2:00 Wheel of Fortune	11 10:00 Art Class w/ 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 Movie Matinee: "The Devil Wears Prada 2" 2:00 Gentle Yoga on the Mat
/ ThriveHub Breakfast What Does It Mean to s w/ Jonathan Member Birthday Party Professor Grey RE YOUR TALENT!	17 9:30 Exercise with Jackie 11:00 HANK AND THE VICTORS IN CONCERT! 11:00 Qi-Gong w/ Jamee 12:00 Presentation Rehabilitation Grab & Go Luncheon 1:00 DRUM CIRCLE WITH PASHA 2:00 Match Game 3:00 CONCERT WITH CATHERINE PSARAKIS, SOPRANO & LEONA CHEUNG, PIANO	18 9:30 Blood Pressure Clinic w/ Tracy 9:45 City Council President Liz Breadon Office Hours 10:00 Art Class w/ Dawn 10:30 Joy Walk @ Arsenal Yard w/ Jackie 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Marty Gitlin: "From Doormats to Dynasty: A Patriots Celebration Presentation" 2:00 Gentle Yoga on the Mat
NO BALLROOM DANCE TODAY CENTRAL RAILROAD TRAIN TRIP WITH BUS LINES! Professor Grey op w/ Charlette	24 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Scams Part Two w/ Suffolk County D.A's Office 11:00 Qi-Gong w/ Jamee 12:00 Lunch 1:00 DRUM CIRCLE WITH PASHA 2:00 Word In A Word	25 10:00 Art Class w/ Dawn 10:00 "KevTech" iPhone & iPad Tutorial 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 What Is Music Therapy? with Ali, MT-BC 2:00 Gentle Yoga on the Mat 3:00 HISPANIC HERITAGE MONTH CELEBRATION WITH VERONICA ROBLES & FOOD FROM PEKA!
with ThriveHub Breakfast & Gift of Aging" Group eph s w/ Jonathan Professor Grey Snack!		
		

“Scene at the Center!”







“Spice of Life”

**An Ayurvedic Journey
Through the Healing
Kitchen with Anjana
Bhargava
Friday, September 4th
at 10:00**

Warm, educational, and
uplifting, “Spice of Life” turns
cooking into self-care and
transforms
every meal into an
opportunity for vibrant
aging.



**Music With Heart
Tuesday,
September 15th at
1:00**

Join In the Fun With
This Crowd Pleasing
Local Group and Sing
Along to Your Favorites!



**The Gift and
Challenge of Aging
Support Group with
The Women's Table—
Sisters of St. Joseph
Wednesday,
September 30th at
10:30**

We Feel Many Emotions
As We Age. Join This
Supportive Space To
Share Your Experience

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

77 Warren Street 3rd Floor | Brighton, MA 02135

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