

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

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



July 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

- MA Senior Medicare Patrol Fraud Presentation
Wednesday, July 10th at 10:30

- City Councilor Liz Breadon Office Hours
Friday, July 18th at 9:45

- Brighton Farmers Market
Wednesdays from 2-6:30 in Brighton Common

- Blood Pressure Clinic with RN Tracy Quinn
Friday, July 25th at 9:30
- Blue Cross Blue Shield of MA: "Exploring Medicare Advantage Plans"
Thursday, July 31st at 6pm
FRIDAY JULY 4TH- CENTER CLOSED



Flamenco Dance Class Is Back!
Join Instructor Yosi Karahashi for
A Six-Week Series on Wednesdays
at 1:00 Starting July 2nd!
(No Class on July 16th)



Origami Class w/ Lily
Tuesday, July 1st at 11:00
Origami Is About M&M- Mindfulness and Math! Keep Your Mind Sharp & Exercise Creativity & Flexibility

Name: _____ Date: _____

Jungle Animals

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



Word List:

JAGUAR
SLOTH
ANACONDA
MACAW
CHAMELEON

MONKEY
PANTHER
TAPIR
CAIMAN
ARMADILLO

PYTHON
GORILLA
PARROT
TIGER
BABOON

TOUCAN
LEOPARD
COBRA
ANTELOPE
IGUANA



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

Place Based Stories Series
Edward Pazzanese, Teaching Artist
and Judy Battat,
Oral History Developer Will Guide
Story Sharing & Art
Activities Throughout This Four
Week Series in July & August
July 17th and 31st at 10:30
On July 31st, David McCann,
Korean Poetry expert, Will Share
the Tradition of Sijjo (similar to
Haiku)



Butterfly Release Memorial
Service
Thursday, July 31st at
1pm

Come and Release A
Butterfly In Memory of A Loved
One, And Remember Those We
Have Lost This Year From Our
Community



MONDAY	TUESDAY	WEDNESDAY
	<p>1 9:30 Exercise with Jackie 11:00 Chinese Dance Class/ Philippina 11:00 NEW! Origami Class w/ Lily 12:00 Lunch 12:30 Tai Chi w/ Jamee 12:30 Knitting Group 1:30 Arts & Crafts</p>	<p>2 9:00 Yoga w/ Laura 10:00 Breakfast Gathering 10:30 Theater Class w/ P 12:00 Lunch 1:00 FLAMENCO CLASS 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Guitar Class w/ P 2:00 "Upstairs, Downstairs" 2:00 Brighton Farmers</p>
<p>7 9:30 NEW! Low Impact Aerobics w/ Juliana 10-3 Age Strong Advocate Office Hours 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga 1:00 Cara Club 1:30 Cornhole in the Common! 2:00 NO BOOK CLUB</p>	<p>8 9:30 Exercise with Jackie 11:00 Curious Creatures Visit! 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Tai Chi w/ Jamee 12:30 Knitting Group 1:30 Arts & Crafts</p>	<p>9 9:00 Yoga w/ Laura 10:00 Breakfast Gathering 10:30 MA Senior Medicine 12:00 Lunch 1:00 FLAMENCO CLASS 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Guitar Class w/ P 2:00 "Upstairs, Downstairs" 2:00 Brighton Farmers</p>
<p>14 9:30 NEW! Low Impact Aerobics w/ Juliana 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga 1:00 Cara Club 1:30 Cornhole in the Common! 2:00 Book Club</p>	<p>15 9:30 Exercise with Jackie 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Tai Chi w/ Jamee 12:30 Knitting Group 1:00 Climate Change Club w/ Haydee! 1:30 Arts & Crafts</p>	<p>8:45 SHUTTLE TRIP: S 9:00 Yoga w/ Laura 10:00 Breakfast Gathering 12:00 Lunch 1:00 Tech Help With M 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Guitar Class w/ P 2:00 "Upstairs, Downstairs" 2:00 Brighton Farmers</p>
<p>21 9:30 NEW! Low Impact Aerobics w/ Juliana 10-3 Age Strong Advocate Office Hours 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga 1:00 Cara Club 1:30 Cornhole in the Common! 2:00 Book Club</p>	<p>22 NO EXERCISE WITH JACKIE WILSON BUS LINES TRIP- LOBSTER ROLL CRUISE & WHYDAH PIRATE MUSEUM 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Tai Chi w/ Jamee 12:30 Knitting Group 1:30 Arts & Crafts</p>	<p>23 9:00 Yoga w/ Laura 10:00 Breakfast Gathering 10:30 Theater Class w/ P 12:00 Lunch 1:00 FLAMENCO CLASS 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Guitar Class w/ P 2:00 OPEN MIC- SHAR 2:00 Brighton Farmers</p>
<p>28 9:30 NEW! Low Impact Aerobics w/ Juliana 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga 1:00 Cara Club 1:30 Cornhole in the Common! 2:00 Book Club</p>	<p>29 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 w/ Jamee 12:30 Knitting Group 1:30 Arts & Crafts</p>	<p>8:45 SHUTTLE TRIP: 9:00 Yoga w/ Laura 10:00 Breakfast Gathering 12:00 Lunch 1:00 FLAMENCO CLASS 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Guitar Class w/ P 2:00 Wellness Workshop 2:00 Brighton Farmers</p>

WEDNESDAY	THURSDAY	FRIDAY
<p>Lauren with Lauren</p> <p>SS WITH YOSI!</p> <p>Professor Miguel stairs" Market</p>	<p>3 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong w/ Jamee 12:00 Lunch 1:00 Fourth of July Picture Bingo w/ Prizes!</p>	<p>4</p> <p>FOURTH OF JULY CENTER CLOSED</p> 
<p>Lauren care Patrol Fraud</p> <p>SS WITH YOSI!</p> <p>Professor Miguel stairs" Market</p>	<p>10 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong w/ Jamee 12:00 Lunch 1:00 Wheel of Fortune</p>	<p>11 10:00 "Kevtech" iPhone & iPad Tutorial 10:30 Joy Walk w/ Jackie 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Movie Matinee w/ Popcorn: "The Help" 2:00 Gentle Yoga Class on the Mat</p>
<p>SPECTACLE ISLAND</p> <p>Lauren</p> <p>Marissa</p> <p>Professor Miguel stairs" Market</p>	<p>17 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 10:30 NEW! Place-Based Stories Group 11:00 Qi-Gong w/ Jamee 12:00 Presentation Rehabilitation Grab & Go Luncheon 1:00 CHRISTMAS IN JULY PARTY!</p> 	<p>18 9:45 Councilor Liz Breadon Office Hours 10:30 Coastal Gardens Workshop with Therapy Gardens! 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Movie Matinee w/ Popcorn: "Billy Elliott" 1:00 Reader's Theater Info Session w/ Lauren 2:00 Gentle Yoga Class on the Mat</p>
<p>Lauren / Lauren</p> <p>SS WITH YOSI!</p> <p>Professor Miguel RE YOUR TALENT! Market</p>	<p>24 9:30 Exercise with Jackie 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 Summer Concert with Jan-Marie Olownia! 2:30 Word In A Word</p>	<p>25 9:30 Blood Pressure Clinic w/ Tracy 10:00 "KevTech" iPhone & iPad Tutorial 10:30 Joy Walk w/ Jackie 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Movie Matinee w/ Popcorn: "The Way Way Back" 2:00 Gentle Yoga Class on the Mat</p>
<p>SPECTACLE ISLAND</p> <p>Lauren</p> <p>SS WITH YOSI!</p> <p>Professor Miguel op w/Community Clinic Market</p>	<p>31 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 10:30 Place-Based Stories Poetry Workshop 11:00 Qi-Gong w/ Jamee 12:00 Lunch 1:00 BUTTERFLY RELEASE MEMORIAL SERVICE 3:00 Blue Cross Blue Shield of MA: "Exploring Medicare Advantage Plans"</p>	<ul style="list-style-type: none"> • Sign Ups for Shuttle Trips Begin A Week Prior to the Outing • One Island Trip Per Summer Per Person <p>*All Activities Are Subject to Change*</p>

“Scene at the Center!”







**Curious Creatures
Visit!**
Tuesday, July 8th at
11:00
**New England's
Original Interactive &
Educational Live
Animal Program!**



**Christmas in July
Party!**
Thursday, July
17th at 1pm
**Music from DJ
George, A Visit from
Summer Santa,
"Snowball" Fight &
More!**



**Jan Marie Marie
Olownia in Concert**
Thursday, July
24th at 1pm
**Summer Concert on
the Patio!**
**Refreshments
Provided!**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

NON-PROFIT ORG
U.S. POSTAGE

PAID

BOSTON, MA
PERMIT NO.
59853