

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

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



August 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

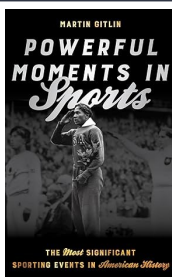
Trips

Recreational Activities

Volunteer Opportunities

Wellness

- **Women's Bar Foundation Presentation**
Wednesday, August 6th at 10:30
- **Hydration & Sun Safety w/ Serenity PACE**
Tuesday, August 12th at 11:00
- **American Lung Cancer Screening Initiative**
Wednesday, August 13th at 10:30
- **Cognition Corner w/ Age Strong Staff**
Tuesday, August 26th at 10:30
- **Wellness Workshop w/ Charlette Parker-Edwards, LMHC**
Wednesday, August 27th at 2:15



Marty Gitlin Presents:
"Sporting Events That Rocked The World"

Tuesday, August 5th at 11:00
See How Many You Remember!



D.I.Y. Sunscreen With AMAL Creams
Make Your Own Sunscreen With All Natural Ingredients!
Tuesday, August 19th at 11:00

Name: _____ Date: _____

Library Things

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



Word List:

BOOKS

CARD

NEWSPAPER

REFERENCE

RESEARCH

LIBRARIAN

FICTION

ENCYCLOPEDIA

CHECKOUT

COMPUTER

SHELVES

NONFICTION

AUDIOBOOK

QUIET

READING

CATALOG

MAGAZINE

BOOKMARK

STUDY



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

ROCK OF AGES

AUGUST 2025

ISSUE NO. 2



EXCLUSIVE INTERVIEW WITH THE VERONICA'S

FREE CONCERT
FRIDAY, AUGUST 15TH 5:00-7:00 PM
VERONICA B. SMITH SENIOR CENTER

RATCITYARTSFESTIVAL.COM
[@RATCITYARTSFESTIVAL](https://www.instagram.com/RATCITYARTSFESTIVAL)



"A SHOW NOBODY WILL WANT TO MISS" - LAUREN BASLER

FEATURING MUSICAL ACTS:
WE BECAME WHALES
SONS OF LEVIN

LITTLE BROTHERS
FRIENDS OF
THE ELDERLY
BOSTON

LBFE

RSVP BY AUGUST 6
lbfeboston.org/augustmixer



Join Us!

LITTLE BROTHERS - FRIENDS OF THE ELDERLY'S

2025 Multigenerational Mixer Series

FREE EVENT | LIGHT REFRESHMENTS | ALL AGES WELCOME

AUGUST 13

VERONICA SMITH
SENIOR CENTER
BRIGHTON

Wednesday
1:00 PM - 2:30 PM

SPONSORED BY

AARP
Massachusetts



MONDAY



4 9:30 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
1:30 Cornhole with Jackie!
2:00 Book Club: "The Grapes of Wrath"

11 9:30 Low Impact Aerobics w/ Juliana
11:00 Guitar Class w/ Academia de Musica
12:00 Lunch
12:30 Service Stars Summer Camp Visits!!!
1:30 Cornhole w/ Jackie
12:30 NO CHAIR YOGA
2:30 Book Club "The Grapes of Wrath"-
Please Note Later Start Time

18 9:30 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
1:30 Cornhole w/ Jackie!
2:00 Book Club: "The Grapes of Wrath"

25 9:30 Low Impact Aerobics w/ Juliana
11:00 Guitar Class w/ Academia de Musica
12:00 Lunch
12:30 Chair Yoga
1:30 Cornhole w/ Jackie!
2:00 Book Club: NO BOOK CLUB

TUESDAY



5 9:30 Exercise with Jackie
11:00 Marty Gitlin: "Sporting Events That
Rocked the World"
11:00 Chinese Dance Class w/ Philippina
**12:00 SUMMER COOKOUT ON THE
PATIO!!**
12:30 Tai Chi w/ Jamee
12:30 Knitting Group
1:30 Arts & Crafts

12 9:30 Exercise w/ Jackie
11:00 Hydration & Sun Safety w/ Serenity
PACE
11:00 Chinese Dance Class w/ Philippina
12:00 Lunch
12:30 Tai Chi w/ Jamee
12:30 Knitting Group
1:30 Arts & Crafts

19 9:30 Exercise w/ Jackie
11:00 D.I.Y. Sunscreen Workshop w/ AMAL
Creams
11:00 Chinese Dance Class w/ Philippina
12:00 Lunch
12:30 NO TAI CHI TODAY
12:30 Knitting Group
1:00 Max & Trevin In Concert!
1:00 Tech Help with Marissa
1:30 Arts & Crafts

26 9:30 Exercise w/ Jackie
10:30 Cognition Corner w/ Corinne
11:00 Chinese Dance Class w/ Philippina
12:00 Lunch
12:30 NO TAI CHI TODAY
12:30 Knitting Group
1:00 Climate Change Club/ Haydee
1:30 Arts & Crafts

WEDNESDAY



6 9:00 Yoga w/ Laura
10:00 Breakfast Gathering
10:30 Theater Class w/ Philippina
10:30 Women's Bar Food
12:00 Lunch
1:00 Flamenco Class w/ Philippina
1:00 Guitar Class w/ Philippina
1:00 SHINE (By Appt.)
1:00 Community Volunteer
2:00 "Upstairs, Downstairs"
2:00 Brighton Farmers Market

13 9:00 Yoga w/ Laura
10:00 Breakfast Gathering
10:30 American Lung Association
12:00 Lunch
1:00 Flamenco Class w/ Philippina
1:00 Guitar Class w/ Philippina
1:00 Bingo
1:00 SHINE (By Appt.)
1-2:30 Little Brothers & Sisters
2:00 Brighton Farmers Market

20 9:00 Yoga w/ Laura
10:00 Breakfast Gathering
10:30 Theater Class w/ Philippina
12:00 Lunch
1:00 Drum Circle w/ Philippina
1:00 Guitar Class w/ Philippina
1:00 Bingo
2:00 OPEN MIC- SHINE
2:00 Brighton Farmers Market

27 9:00 Yoga w/ Laura
10:00 Breakfast Gathering
10:00 Healing Arts Practice
12:00 Lunch
1:00 Drum Circle with Philippina
1:00 Guitar Class w/ Philippina
1:00 Bingo
1:00 SHINE (By Appt.)
2:00 Brighton Farmers Market
2:00 "Upstairs, Downstairs"
2:15 Wellness Workshop



**Sign Ups for Shuttle Trips Begin A Week Prior to the Outing
One Island Trip Per Summer Per Person**

All Activities Are Subject to Change

1 10:30 Joy Walk with Jackie!
12:00 Lunch
12:00 NO BALLROOM DANCE TODAY
1:00 Patrick Tobin "Frank Sinatra In Concert!"
2:00 Gentle Yoga Class on the Mat

a
ring
/Lauren
oundation Presentation

w/ Yosi!
rofessor Miguel

nteeding: Food Pantry
stairs"
s Market

7 8:45 SHUTTLE OUTING TO GEORGES ISLAND

9:30 Exercise w/ Jackie
10-11:30 Live Jazz Music Session
11:00 Qi-Gong w/ Jamee
12:00 Lunch
1:00 Wheel of Fortune

8 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: "Aunt Mary"
1:00 Readers Theater w/ Lauren
2:00 Gentle Yoga Class on the Mat

a
ring
Cancer Screening

w/ Yosi!
rofessor Miguel

Community Mixer!
s Market

14 9:30 Exercise w/ Jackie
10-11:30 Live Jazz Music Session
10:30 Place-Based Stories Group
11:00 Qi-Gong w/ Jamee
12:00 Lunch
1:00 "Swingin' Summer" Concert with the Beantown Swing Band!

15 9:45 Councilor Breadon Office Hours
10:30 Summer Picture Bingo w/ Prizes!
12:00 Lunch
12:00 Ballroom Dance Class w/ Steps In Time
1:00 Beading Therapy Workshop with Zangar!
2:00 Gentle Yoga Class on the Mat
5:00 ROCK OF AGES COMMUNITY ROCK CONCERT!

a
ring
/ Lauren

asha!
rofessor Miguel

RE YOUR TALENT!
s Market

21 8:45 SHUTTLE OUTING TO GEORGES ISLAND

NO EXERCISE WITH JACKIE TODAY
10-11:30 Live Jazz Music Session
11:00 NO QI-GONG TODAY
12:00 Lunch

22 9:30 Blood Pressure Clinic w/ Tracy
10:00 "Kevtech" iPhone & iPad Tutorial
12:00 Lunch
12:00 Ballroom Dance Class w/ Steps In Time
1:00 Sing-along with Anne Silverman!
2:00 Gentle Yoga Class on the Mat

a
ring
ject

Pasha!
rofessor Miguel

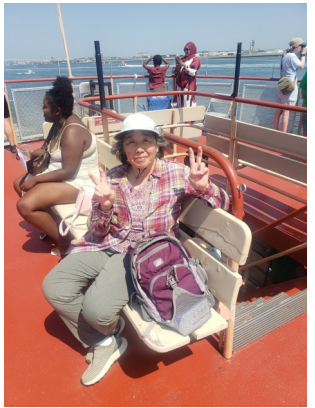
s Market
stairs"
op w/Community Clinic

28 9:30 Exercise w/ Jackie
10-11:30 Live Jazz Music Session
10:30 Place-Based Stories Group
11:00 NO QI-GONG TODAY
12:00 Presentation Rehabilitation Grab and Go Luncheon
1:00 Japanese Folk Music Concert w/ Mikiko
2:00 Word In A Word

29 10:30 Joy Walk w/ Jackie
12:00 Lunch
12:00 Ballroom Dance Class w/ Steps In Time
1:00 Movie Matinee: "Arthur's Whisky"
2:00 Gentle Yoga Class on the Mat

“Scene at the Center!”







**Patrick Tobin
Presents:
"An Afternoon With
Frank Sinatra"
Friday, August 1st at
1:00
Do Not Miss This
Incredible Tribute
Concert to "Ol' Blue
Eyes!"**



**Summer Cookout
on the Patio!
Tuesday, August
5th at 12:00
Hot Dogs,
Hamburgers, Sides
& More!
Please RSVP:
(617) 635-6120**

BEANTOWN SWING ORCHESTRA

**"A Swingin' Summer"
With The Beantown
Swing Orchestra
Thursday, August
14th at 1:00**

The 18-piece Beantown Swing Orchestra specializes in the performance and education of big band swing, one of the most popular and sophisticated forms of American music ever created.

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