

# SENIOR SPOTLIGHT

VERONICA B. SMITH  
MULTI-SERVICE SENIOR  
CENTER

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



February 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 w/ Daisy Grijalva  
Monday, February 2nd from 10:30-3
- Fire Safety Presentation with The Boston Fire Department  
Thursday, February 19th at 11:00
- Elder Law Presentation w/ Spano, Dawicki & Witt  
Wednesday, February 25th at 10:30
  - Technology Assistance w/ Daniel  
Thursdays at 10:30

MONDAY FEBRUARY 16TH

PRESIDENTS DAY CENTER CLOSED

**\*SAVE THE DATE! THE WVBS RADIO PLAYERS ARE BACK  
WITH A NEW SHOW**

**MARCH 11TH AT 2:00 AND MARCH 12TH AT 6:30\***



**Robert Rivest: "Laughter Is the Best  
Medicine"**

**Tuesday, February 3rd at 11:00**

**A Collection of Heartwarming and  
Humorous Mime Stories.**

**A Good Healthy Laugh Is Priceless!**



**Hub Town Tours: Black History Month  
Presentations**

**Tuesday February 10th at 11:00: "Phyllis  
Wheatley"**

**Tuesday, February 24th at 11:00 "Lewis &  
Harriet Hayden"**

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

## Pasta Plate

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

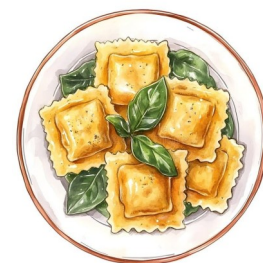
### Word List:

PASTA  
CAPELLINI  
DITALINI  
FETTUCCINE  
CAMPANELLE  
MAFALDINE  
PAPPARDELLE  
RAVIOLI  
TAGLIATELLE  
ROTINI

NOODLES  
CAVATAPPI  
EGG  
FUSILLI  
GNOCCHI  
MANICOTTI  
PASSATELLI  
RIGATONI  
TORTELLINI  
PASTINA

BUCATINI  
CONCHIGLIE  
ELBOW  
GEMELLI  
LASAGNE  
ORECCHIETTE  
PENNE  
ROTELLE  
VERMICELLI

CANNELLONI  
SHELLS  
FARFALLE  
GIGLI  
LINGUINE  
ORZO  
RADIATORI  
SPAGHETTI  
ZITI



## 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, Judy Gavin,  
Mary Villani, Loretta Carey, Shelly Ferrari, Mary  
Regan, Bob Tomposki, Pat O'Connor, Kevin  
Montague, Tracie McCray, Diane Elliott

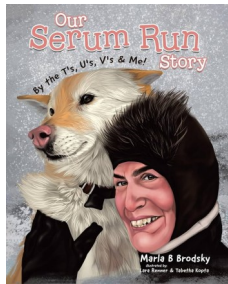
City of Boston Age Strong  
Commission | Boston City Hall  
Rm. 271 | Boston, MA 02201 |  
(617) 635-4366

**Hilltown Sled Dog**  
**Visit!**

**Wednesday,**

**February 11th at 10:30**

**Meet Some of the Hill Town  
Huskies, and Here About the  
Story of their Journey Across  
North America to  
The Motherland of Mushing-  
Alaska!**



**Museum of Science Portable  
Planetarium Visit**

**Wednesday, February 11th**

**Three Sessions: 1:00, 1:45,  
and 2:30**

**Space Is Very Limited  
Please Sign Up at The Senior  
Center or Call (617) 635-  
6120**

**Sign Ups Begin on 2/1**



MONDAY	TUESDAY	WEDNESDAY
<p>2 9:30 Strength Training w/ Suzi 10:30 Zumba 10:30-3 Age Strong Advocate Office Hours w/ Daisy 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:00 The Penguins of Patagonia Presentation w/ Haydee! 1:00 Cara Club 2:00 Cornhole w/ Jackie 2:00 Book Club: "Main Street"</p>	<p>3 9:30 Exercise w/ Jackie 11:00 Robert Rivest Presents: "Laughter Is The Best Medicine" 11:00 Chinese Dance Class w/ Philippina 11:00 BPD D-14 Walking Club at The Track at New Balance 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts &amp; Crafts 2:30 Readers Theater Snowmen at Night Dress Rehearsal</p>	<p>4 9:00 Chair Yoga w/ Beth 10:00 Breakfast Gathering 10:30 READERS THEATRE SNOWMEN AT NIGHT 12:00 Line Dance Class 12:00 Lunch 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Tai Chi w/ Parks Dept 1:00 Guitar Class w/ Philippina 2:00 "Death By Lightening"</p>
<p>9 9:30 Strength Training w/ Suzi 10:30 Zumba 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:00 Cara Club 1:00 Black History Month Presentation w/ Muqeedah: The Life of Maggie Lena Walker 2:00 Book Club: "Main Street"</p>	<p>10 9:30 Exercise w/ Adam 11:00 Winter Learning Series w/ Hub Town Tours: "Phyllis Wheatley" 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts &amp; Crafts</p>	<p>11 9:00 Chair Yoga w/ Beth 10:00 Breakfast Gathering 10:30 HILL TOWN TOUR 12:00 NO LINE DANCE 12:00 Lunch 1:00 VIRTUAL PLANNING THE MUSEUM 1:00 SHINE (By Appt.) 1:00 NO TAI CHI OR BINGO 1:00 Guitar Class w/ Philippina 2:00 "Upstairs, Downstairs"</p>
<p>16</p> <p><b>PRESIDENTS DAY CENTER CLOSED</b></p> 	<p>17 9:30 Exercise w/ Jackie 9:30 AGE STRONG SHUTTLE OUTING TO ENCORE BOSTON HARBOR CASINO 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts &amp; Crafts</p>	<p>18 9:00 Chair Yoga w/ Beth 10:00 Breakfast Gathering 11:00 Jamaica Plain Winter Performance 12:00 Line Dance Class 12:00 Lunch 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Tai Chi w/ Parks Dept 1:00 Guitar Class w/ Philippina 1:00 Tech Help w/ Maria 2:00 OPEN MIC- SHARON 3:00 Pet Pals Visit from</p>
<p>23 9:30 Strength Training w/ Suzi 10:30 Zumba 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:00 Cara Club 1:30 Cornhole w/ Jackie 2:00 NO BOOK CLUB</p> 	<p>24 9:30 Exercise w/ Jackie 11:00 Winter Learning Series w/ Hub Town Tours: "Lewis &amp; Harriet Hayden" 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:00 Cognition Corner w/ Corinne 1:30 Arts &amp; Crafts</p> 	<p>25 9:00 Chair Yoga w/ Beth 10:00 Breakfast Gathering 10:30 Elder Law Presentation Dawicki, &amp; Witt 12:00 NO LINE DANCE 12:00 Lunch 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Tai Chi w/ Parks Dept 1:00 Guitar Class w/ Philippina 2:00 "Upstairs, Downstairs" 2:15 Wellness Workshop</p> 



WEDNESDAY	THURSDAY	FRIDAY
<p>Thrive Hub ring ATER PERFORMANCE ON LIBRARY N AT NIGHT" s w/ Jon</p> <p>Department rofessor Grey ng" Episode 4</p>	<p>5 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 10:30 Technology Assistance w/ Daniel 11:00 Chocolate Tasting Event With Therapy Gardens! 11:00 Qigong w/ Jamee 11:00 BPD D-14 Walking Club at The Track at New Balance 12:00 Lunch 1:00 NEW! DRUM CIRCLE WITH PASHA 1:00 Story Share with The Bridge Project 2:30 Word In A Word</p>	<p>6 9:30 Blood Pressure Checks w/ Tracy 10:00 Art Class w/ Dawn 10:30 WVBS Radio Play Rehearsal 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Sing-along w/ Anne Silverman! 2:00 Gentle Yoga Class on the Mat</p>
<p>Thrive Hub ring SLED DOGS VISIT!! CLASS TODAY</p> <p>ETARIUM VISIT FROM I OF SCIENCE!</p> <p>NGO TODAY rofessor Grey tairs"</p>	<p>12 9:30 Exercise w/ Adam 10-11:30 Live Jazz Music Session 10:30 Technology Assistance w/ Daniel 11:00 Qigong w/ Jamee 11:00 BPD D-14 Walking Club at the Track at New Balance 12:00 YOU HAVE A "PIZZA" MY HEART VALENTINE'S PIZZA PARTY w/ DJ GEORGE! 2:00 Valentine's Day Picture Bingo w/ Prizes!</p> 	<p>13 10:00 Art Class w/ Dawn 10:00 "KevTech" iPhone &amp; iPad Tutorial 10:30 WVBS Radio Play Rehearsal 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Sing-along w/ Ruth Rappaport! 2:00 Gentle Yoga Class on the Mat</p>
<p>Thrive Hub ring oodwind Quartet s w/ Jon</p> <p>Department rofessor Grey ssa E YOUR TALENT! n Brodie the Dog</p>	<p>19 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 10:30 Technology Assistance w/ Daniel 11:00 Fire Safety Presentation w/ BFD 11:00 Qigong w/ Jamee 12:00 CHINESE NEW YEAR LUNCHEON AND CELEBRATION! 1:00 Bingo Event w/ Gather Health!</p> 	<p>20 9:45 City Councilor Breadon Office Hours 10:00 Art Class w/ Dawn 10:30 WVBS Radio Play Rehearsal 12:00 NO BALLROOM DANCE TODAY 12:00 Lunch 1:00 MARDI GRAS PARTY WITH REVOLUTIONARY SNAKE ENSEMBLE! 2:00 Gentle Yoga Class on the Mat</p> 
<p>Thrive Hub ring ntation w/ Spano, CLASS TODAY</p> <p>Department rofessor Grey tairs" op w/ Charlette</p>	<p>26 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 10:30 Technology Assistance w/ Daniel 11:00 Qigong w/ Jamee 12:00 Lunch 1:00 DRUM CIRCLE WITH PASHA! 2:00 Wheel of Fortune</p> 	<p>27 10:00 Art Class w/ Dawn 10:00 KevTech iPhone &amp; iPad Tutorial 10:30 WVBS Radio Play Rehearsal 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Bead Therapy w/ Zangar! 2:00 Gentle Yoga Class on the Mat</p> 
		

# “Scene at the Center!”









**"You Have A Pizza My Heart!"**

**Valentines Day Pizza Party**

**Thursday, February 12th at 12:00**

**Come & Enjoy A Hot Slice On A Cold Day!**



**Chinese New Year Celebration**

**Thursday, February 19th at 12:00**

**Enjoy Delicious Cuisine & Entertainment to Ring In The Year of the Horse!**



**Mardi Gras Celebration**

**Friday, February 20th at 1:00**

**Jois Us for King Cake & Music From The Revolutionary Snake Ensemble!**

**VERONICA B. SMITH**

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20 Chestnut Hill Avenue | Brighton, MA 02135

NON-PROFIT ORG  
U.S. POSTAGE

**PAID**

BOSTON, MA  
PERMIT NO.  
59853