

# SENIOR SPOTLIGHT

VERONICA B. SMITH  
MULTI-SERVICE SENIOR  
CENTER

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



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	NOODLES	BUCATINI	CANNELLONI
CAPELLINI	CAVATAPPI	CONCHIGLIE	SHELLS
DITALINI	EGG	ELBOW	FARFALLE
FETTUCCINE	FUSILLI	GEMELLI	GIGLI
CAMPANELLE	GNOCCHI	LASAGNE	LINGUINE
MAFALDINE	MANICOTTI	ORECCHIETTE	ORZO
PAPPARDELLE	PASSATELLI	PENNE	RADIATORI
RAVIOLI	RIGATONI	ROTELLE	SPAGHETTI
TAGLIATELLE	TORTELLINI	VERMICELLI	ZITI
ROTINI	PASTINA		



## 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

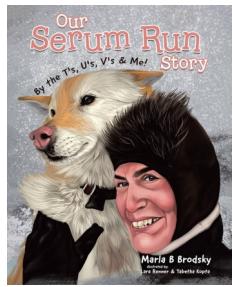
Regan, Bob Tomposki, Pat O'Connor, Kevin

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/      10:00 Breakfast Gather      10:30 READERS THE      AT BRIGHT      "SNOWMEN  <u>12:00</u> Line Dance Class      12:00 Lunch      1:00 Bingo      1:00 SHINE (By Appt.)      1:00 Tai Chi w/ Parks D      1:00 Guitar Class w/ Pr      2:00 "Death By Lightni</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/      10:00 Breakfast Gather      10:30 HILL TOWN      12:00 NO LINE DANCE      12:00 Lunch      1:00 VIRTUAL PLAN      THE MUSEUM      1:00 SHINE (By Appt.)      1:00 NO TAI CHI OR BI      1:00 Guitar Class w/ Pr      2:00 "Upstairs, Downst</p>
<p>16</p> <h2>PRESIDENTS DAY CENTER CLOSED</h2> 	<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      21:00 Lunch      12:30 Knitting Group      1:00 Tai Chi w/ Jamee      1:30 Arts &amp; Crafts</p>	<p>18 9:00 Chair Yoga w/      10:00 Breakfast Gather      11:00 Jamaica Plain W      Performance  <u>12:00</u> Line Dance Class      12:00 Lunch      1:00 Bingo      1:00 SHINE (By Appt.)      1:00 Tai Chi w/ Parks D      1:00 Guitar Class w/ Pr      1:00 Tech Help w/ Mari      2:00 OPEN MIC- SHAR      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/      10:00 Breakfast Gather      10:30 Elder Law Preser      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 D      1:00 Guitar Class w/ Pr      2:00 "Upstairs, Downst      2:15 Wellness Worksh</p> 

ESDAY

THURSDAY

FRIDAY

Thrive Hub  
ring  
ATER PERFORMANCE  
ON LIBRARY  
N AT NIGHT”  
s w/ Jon

Department  
Professor Grey  
ng” Episode 4

Thrive Hub  
ring  
SLED DOGS VISIT!!  
CLASS TODAY

ETARIUM VISIT FROM  
I OF SCIENCE!

NGO TODAY  
Professor Grey  
stairs”

Thrive Hub  
ring  
oodwind Quartet  
s w/ Jon

Department  
Professor Grey  
ssa  
RE YOUR TALENT!  
n Brodie the Dog

Thrive Hub  
ring  
ntation w/ Spano,  
CLASS TODAY

Department  
Professor Grey  
stairs”  
op w/ Charlette

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

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!



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!



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



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

13 10:00 Art Class w/ Dawn  
10:00 “KevTech” iPhone & 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

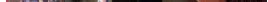
20 9:45 City Councilor Breadon Office Hours  
10:00 Art Class w/ Dawn  
10:30 WVBS Radio Play Rehearsal  
12:00 NO BALLROOM DANCE TODAY  
12:00 Lunch  
1:00 MARDI GRAS PARTY WITH  
REVOLUTIONARY SNAKE ENSEMBLE!  
2:00 Gentle Yoga Class on the Mat



27 10:00 Art Class w/ Dawn  
10:00 KevTech iPhone & 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



# “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**  
**Join Us for King Cake & Music From The Revolutionary Snake Ensemble!**

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