

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER
20 Chestnut Hill Avenue,
Brighton, MA 02135
Ph: (617) 635-6120



January 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

- Art Therapy Workshop with Erica Curcio
Wednesday, January 7th at 10:30
- ETHOS Nutritionist Presentation: "Seed Oils"
Tuesday, January 20th at 11:00
- Winter Wellness Kickoff w/ Serenity PACE
Wednesday, January 21st at 11:00
- Boston Public Health Commission Lead Protection Presentation
Thursday, January 22nd at 11:00
- Cognition Corner w/ Age Strong Staff
Tuesday, January 27th at 1pm

THURSDAY JANUARY 1ST NEW YEARS DAY CENTER CLOSED
MONDAY, JANUARY 19TH MLK DAY CENTER CLOSED



"Set Things Straight" Workshop With Professional Organizer Shira Frager
Monday, January 26th at 11:00
There Is An Art to Decluttering & Downsizing! Let Shira Help You Think About How To Manage Your "Stuff"



"Reading Food Labels" Presentation with Age Strong Nutrition Manager Maeve Forbes
Wednesday, January 28th at 10:30
Learn How Best To Read Labels Properly & Keep Yourself Healthy!

Name: _____ Date: _____

Winter Squash Exotic Fruit

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

Word List:

PUMPKIN

KABOCHA

BUTTERNUT

ACORN

SPAGHETTI

DELICATA

BUTTERCUP

HUBBARD

KURI

DUMPLIN

CALABAZA

CUSHAW

CHAYOTE

PERSIMMON

DURIAN

POMELO

STARFRUIT

KIWANO

FEIJOA

JABUTICABA

JACKFRUIT

LYCHEE

MANGOSTEEN

DRAGON

RAMBUTAN

UGLI

YANGMEI

BREADFRUIT

DUKU

CLOUDBERRY

CROWBERRY

JIJUBE

SENIOR SPOTLIGHT

The Veronica B. Smith Senior Center

Deputy CommissionerMelissa Carlson

Executive DirectorLauren Basler

Assistant DirectorJackie McLaughlin

R.S.V.P. Volunteers

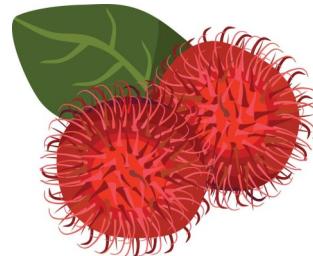
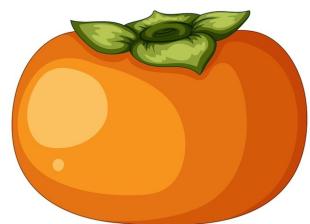
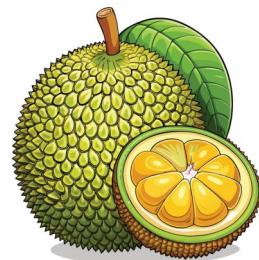
Janet Riordan, Shashi Gudapakam, Judy Gavin,

Mary Villani, Loretta Carey, Shelly Ferrari, Mary

Regan, Bob Tomposki, Pat O'Connor, Kevin

Montague, Tracie McCray, Diane Elliott

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



Winter Music!

Joe Pete Guitar Performance
Tuesday, January 6th at 11:00



Nolan Demott Violin Concert
Wednesday, January 14th at 11:00



Matt York Country Music
Performance

Thursday, January 15th at 11:00



Midwinter Tea Party

Friday, January 23rd at 1:00

Catered By The Vintage Tea & Cake Company

Come & Have A Cup Of Tea & Some Delicious Treats And Have Yourself A Nice Winter Day!



| MONDAY | TUESDAY | WEDN |
|---|---|---|
|  <p>January is National Hot Tea Month</p> |  <p>JANUARY</p> |  |
| <p>5 9:30 Strength Training w/ Suzi 10:30 Zumba! 10:30-3 Age Strong Advocate Office Hours 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:30 Cornhole w/ Jackie! 2:00 Book Club</p> | <p>6 9:30 Exercise w/ Jackie 11:00 Joe Pete Guitar Performance! 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts & Crafts</p> | <p>7 9:00 Chair Yoga w/ 10:00 Breakfast Gathe 10:30 Embroidery on P 11:00 Line Dancing w/ 12:00 Lunch 1:00 NEW! Tai Chi w/ P 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:00 "Death By Lightn</p> |
| <p>12 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 CURIOUS CREATURES VISIT! 2:00 Cornhole w/ Jackie! 2:00 Book Club</p> | <p>13 NO EXERCISE WITH JACKIE TODAY 10:00 Winship Elementary Spelling Bee! 11:00 Winter Learning Series w/ Hub Town Tours: "Stamp Act Riots" 11:00 NO CHINESE DANCE CLASS TODAY 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts & Crafts 2:30 Readers Theater Rehearsal : "Snowmen at Night"</p> | <p>14 9:00 Chair Yoga w/ 10:00 Breakfast Gathe 11:00 Nolan Demott Vi 11:00 Line Dancing w/ 12:00 Lunch 1:00 NEW! Tai Chi w/ P 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:00 "Death By Lightin</p> |
| <p>19</p> <p>REV. DR. MARTIN LUTHER KING, JR. DAY CENTER CLOSED</p>  | <p>20 9:30 Exercise w/ Jackie 11:00 ETHOS Nutritionist Presentation: "Seed Oils" 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts & Crafts 2:30 Readers Theater Rehearsal: "Snowmen at Night"</p> | <p>21 9:00 Chair Yoga w/ 10:00 Breakfast Gathe 11:00 Winter Wellness 11:00 Line Dancing w/ 12:00 Lunch & Januar 1:00 NEW! Tai Chi w/ P 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:00 OPEN MIC- SHAR 3:00 Pet Pals Visit from</p> |
| <p>26 9:30 Strength Training w/ Suzi 10:30 Zumba! 10:30-3 Age Strong Advocate Office Hours 11:00 "Set Things Straight" Workshop w/ Professional Organizer Shira Frager 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:30 Cornhole w/ Jackie! 2:00 Book Club</p> | <p>27 9:30 Exercise w/ Jackie 11:00 Winter Learning Series w/ Hub Town Tours: "Lexington & Concord" 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 & Crafts 2:30 Readers Theater Rehearsal: "Snowmen at Night"</p> | <p>28 9:00 Chair Yoga w/ 29 10:00 Breakfast G 10:30 Age Strong: "Re 11:00 Line Dancing w/ 12:00 Lunch 1:00 NEW! Tai Chi w/ P 1:00 Bingo 1:00 Guitar Class w/ P 1:00 SHINE (By Appt.) 2:00 "Death By Lightn 2:15 Wellness Worksh</p> |



/ ThriveHub
ring
Photography Workshop
Selena

Parks Department

professor Grey

ing" Episode One

/ ThriveHub
ring
Violin Concert
Selina

Parks Department

professor Grey

ng" Episode Two

/ ThriveHub
ring
Kickoff w/ PACE
Selina
y Birthday Party!
Parks Department

professor Grey

RE YOUR TALENT!
n Brodie the Dog!

/ ThriveHub
athering
Reading Food Labels"
Selina

Parks Department

professor Grey

ing" Episode Three
op w/ Charlette

1

NEW YEARS DAY CENTER CLOSED



2 10:00 Art Class w/ Dawn
10:30 WVBS Radio Players Rehearsal
12:00 Ballroom Dance Class w/ Steps In Time
12:00 Lunch
1:00 Movie Matinee: "The Unlikely Pilgrimage of Harold Fry"
2:00 Gentle Yoga Class on the Mat

8

9:30 Exercise w/ Jackie
10-11:30 Live Jazz Music Session
11:00 Qigong w/ Jamee
12:00 Lunch
1:00 Bingo Event with Gather Health!
1:00 Tech Help with Marissa
2:00 Word In A Word

9 9:30 Blood Pressure Checks w/ RN Tracy
10:00 Art Class w/ Dawn
10:00 "KevTech" iPhone & iPad Tutorial
10:30 WVBS Radio Players Rehearsal
12:00 Ballroom Dance Class w/ Steps In Time
12:00 Lunch
1:00 Movie Matinee: "Eleanor the Great"
2:00 Gentle Yoga Class on the Mat

15

9:30 Exercise w/ Jackie
10-11:30 Live Jazz Music Session
11:00 Matt York Country Music Performance!
11:00 Qigong w/ Jamee
12:00 Presentation Rehabilitation Grab & Go Luncheon
1:30 Wheel of Fortune

16 9:45 Councilor Liz Breadon Office Hours
10:00 Art Class w/ Dawn
10:30 WVBS Radio Players Rehearsal
12:00 Ballroom Dance Class w/ Steps In Time
12:00 Lunch
1:00 Movie Matinee: "Roofman"
2:00 Gentle Yoga Class on the Mat

22

9:30 Exercise w/ Jackie
10-11:30 Live Jazz Music Session
11:00 Boston Public Health Commission Lead Protection Presentation
11:00 Qigong w/ Jamee
12:00 Lunch
1:00 Winter Picture Bingo with Prizes!

23 10:00 Art Class w/ Dawn
10:00 "KevTech" iPhone & iPad Tutorial
10:30 WVBS Radio Players Rehearsal
12:00 NO BALLROOM DANCE CLASS TODAY
12:00 Lunch
**1:00 MIDWINTER TEA PARTY
WITH VINTAGE TEA & CAKE
COMPANY!**
2:00 Gentle Yoga Class on the Mat

29

9:30 Exercise w/ Jackie
9:30 AGE STRONG SHUTTLE OUTING TO
ENCORE BOSTON HARBOR CASINO
10-11:30 Live Jazz Music Session
11:00 Joe Malone Presents: "Lucille Ball"
11:00 Qigong w/ Jamee
12:00 Lunch
1:30 Match Game

30 10:00 Art Class w/ Dawn
10:30 WVBS Radio Players Rehearsal
12:00 Ballroom Dance Class w/ Steps In Time
12:00 Lunch
1:00 Movie Matinee: "9 to 5"
2:00 Gentle Yoga Class on the Mat



“Scene at the Center!”







Curious Creatures Visit!

**Monday, January 12th
at 1:00**

**Come See & Hold Their
Interesting Array of
Animals Both Furry &
Scaly!**



Winter Educational Series With Hub Town Tours

**January Focuses on
The American
Revolution**

**Tuesday, January 13th
at 11:00 "The Stamp
Act Riots"**

**Tuesday, January 27th
at 11:00 "Lexington
and Concord"**



**Joe Malone Presents:
"Lucille Ball"**

**Thursday, January
29th at 11:00**

**An Interactive
Presentation on the Life
of This All-Time Great
Comedienne
Nothing Like A Little
Laughter To Chase Away
The Winter Blues!**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

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