

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!**

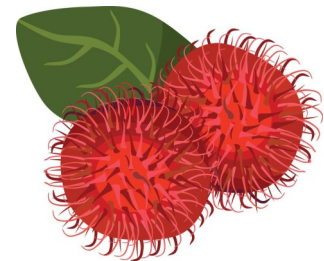
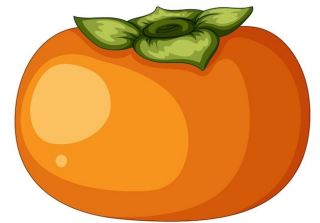
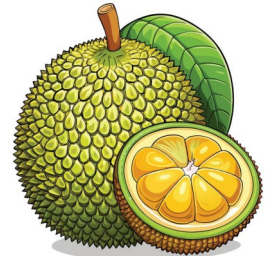
Name: _____ Date: _____

Winter Squash Exotic Fruit

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	U	L	O	N	G	I	N	K	T	B	C	B
G	E	T	A	D	T	G	I	L	R	T	A	T	C	A	O	U
M	D	T	T	R	T	K	L	U	C	B	E	U	L	L	E	T
E	O	E	U	A	E	C	K	I	O	H	S	A	E	X	A	I
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	JUJUBE
PAWPAW			



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!**



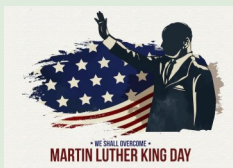
MONDAY



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

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

19
**REV. DR. MARTIN LUTHER
KING, JR. DAY
CENTER CLOSED**



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

TUESDAY



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

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"

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"

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"

WEDNESDAY



7 9:00 Chair Yoga w/ Beth
10:00 Breakfast Gathering
10:30 Embroidery on F
11:00 Line Dancing w/ Beth
12:00 Lunch
1:00 NEW! Tai Chi w/ F
1:00 Bingo
1:00 Guitar Class w/ P
1:00 SHINE (By Appt.)
2:00 "Death By Lightn

14 9:00 Chair Yoga w/ Beth
10:00 Breakfast Gathering
11:00 Nolan Demott Vi
11:00 Line Dancing w/ Beth
12:00 Lunch
1:00 NEW! Tai Chi w/ F
1:00 Bingo
1:00 Guitar Class w/ P
1:00 SHINE (By Appt.)
2:00 "Death By Lightn

21 9:00 Chair Yoga w/ Beth
10:00 Breakfast Gathering
11:00 Winter Wellness
11:00 Line Dancing w/ Beth
12:00 Lunch & January
1:00 NEW! Tai Chi w/ F
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

28 9:00 Chair Yoga w/ Beth
29 10:00 Breakfast Gathering
10:30 Age Strong: "Re
11:00 Line Dancing w/ Beth
12:00 Lunch
1:00 NEW! Tai Chi w/ F
1:00 Bingo
1:00 Guitar Class w/ P
1:00 SHINE (By Appt.)
2:00 "Death By Lightn
2:15 Wellness Worksh

2026

ESDAY



/ ThriveHub
ring
Photography Workshop
Selena

Parks Department

Professor Grey

ing" Episode One

/ ThriveHub
ring
Violin Concert
Selena

Parks Department

Professor Grey

g" Episode Two

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

Professor Grey

RE YOUR TALENT!
m Brodie the Dog!

/ ThriveHub
athering
ading Food Labels"
Selena

Parks Department

Professor Grey

ing" Episode Three
op w/ Charlette

THURSDAY

1

NEW YEARS DAY CENTER CLOSED



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

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

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!

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

FRIDAY

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

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

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

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

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!**



SM

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

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20 Chestnut Hill Avenue | Brighton, MA 02135

NON-PROFIT ORG
U.S. POSTAGE

PAID

BOSTON, MA
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