

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

Ph: (617) 635-6120

NEW TEMPORARY LOCATION
77 WARREN STREET
3RD FLOOR
BRIGHTON, MA 02135

Happy
Thanksgiving

November 2026

- Music Therapy with Ali Iaria from KindBeat
Friday, November 6th at 1:00
- Nutrition Jeopardy with ETHOS
Tuesday, November 10th at 11:00
- Safe Streets Advocacy Presentation
Wednesday, November 18th at 10:30
- NEW! Brain Care Club with Corinne Brindley
Tuesday, November 24th at 10:45
- Wellness Workshop with Charlette Parker-Edwards
Wednesday, November 25th at 2:15
WEDNESDAY NOVEMBER 11TH CENTER CLOSED
THURSDAY, NOVEMBER 26TH CENTER CLOSED



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 in the Workforce Group with
Rebecca Anders

Thursdays, November 12th & 19th at 1:00

Join Us for A Lively Conversation About the
Working Lives of Women- The Challenges You
Overcame, The Accomplishments You Are Proud
Of, And How the Workplace Has Changed



Interested In Being A Part of This
Year's WVBS Radio Play?
Rehearsals with Aaron and Lauren
are Fridays at 10:00



November Word Search

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

Thanksgiving

Pilgrim

Family

Pumpkin

Feast

Leaves

Stuffing

Turkey

Autumn

Gravy

Sweet Potato

Fall

Snow

Pumpkin Pie

Created by Smith Carter |

hequalslove

hequalslove

Love



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, Mary Villani,

Loretta Carey, Shelly Ferrari, Mary Regan, Bob

Tomposki, Kevin Montague, Tracie McCray, Diane

Elliott

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

**Veterans Day Luncheon &
Ceremony**

**For the Veterans In Our
Community 55 and Over
(Spouses Welcome)**

**Monday, November 9th at
12:00**

**Please RSVP With Name and
Branch of Service (617) 635-6120
Lunch Catered By The Stockyard
Restaurant**



**History Comes to Life In
November!**

**Abigail by Gail Presents:
"Tools of Survival"**

Wednesday, November 4th at 10:30

**Sheryl Faye Presents
Historical Women:
"Sally Ride"**

Tuesday, November 10th at 1:30

**Anthony Sammarco Presents: "Italian
Americans of Allston & Bugg Village"
Thursday, November 12th at 3:00**



MONDAY	TUESDAY	WEDNESDAY
<p>2 9:30 Strength Training with Suzi 10:30 Zumba! 11:30 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Beth 1:30 Cornhole with Jackie! 1:30 Book Club</p>	<p>3 NO EXERCISE WITH JACKIE TODAY 11:00 Marty Gitlin Presents: "Iconic Film Scenes" 11:00 Chinese Dance Class w/ Philippina 12:00 Piano Lunch w/ Joe D'Amore 12:30 Knitting Group 1:00 Piano Lessons with Joe 1:00 Tai Chi with Jamee 1:30 Arts & Crafts 2:00 Readers Theater Rehearsal: "The Leaf Thief"</p>	<p>4 NO YOGA OR LUNCH 10:00 Continental Breakfast 10:30 Abigail by Gail F Survival" 12:00 Lunch 1:00 Guitar Class w/ P 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 Wednesday Sip &</p>
<p>9 NO STRENGTH, ZUMBA YOGA, OR CORNHOLE TODAY 11:30 Guitar Class with Academia de Musica 12:00 Lunch 12:00 VETERANS DAY CEREMONY AND LUNCHEON!</p> 	<p>10 9:30 Exercise with Jackie 11:00 Nutrition Jeopardy with ETHOS 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Piano Lessons with Joe 1:00 Tai Chi with Jamee 1:30 Sheryl Faye Presents Historical Women: "Sally Ride" 1:30 Arts & Crafts 2:30 Readers Theater Rehearsal: "The Leaf Thief"</p>	<p>11</p> <p>VETERANS CENTER</p> 
<p>16 9-11 FLU SHOT CLINIC WITH STAR MARKET 9:30 Strength Training with Suzi 10:30 Zumba! 11:30 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Beth 1:30 Cornhole with Jackie! 1:30 Book Club</p>	<p>17 NO EXERCISE WITH JACKIE NO CHINESE DANCE CLASS 11:00 Robert Rivest: "Healthy Happy Ways to Enjoy the Holidays" 12:00 Lunch 12:30 Knitting Group 1:00 Piano Lessons with Joe 1:00 Tai Chi with Jamee 1:30 Arts & Crafts 2:00 Readers Theater Rehearsal: "The Leaf Thief"</p>	<p>18 NO YOGA 10:00 Continental Breakfast 10:00 READERS THEATRE AT BRIGHTON LIBRARY 10:30 Safe Streets Adv 12:00 Lunch & Novem 12:45 Ballroom Dance 1:00 Guitar Class w/ P 1:00 Bingo 1:00 SHINE (By Appt.) 2-4 NEW! INTRO TO M 2:30 OPEN MIC- SHAF</p>
<p>23 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Info Session with BPL Fanueil Branch 11:30 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Beth 1:30 Cornhole with Jackie! 1:30 Book Club</p>	<p>24 9:30 Exercise with Jackie 10:45 NEW! Brain Care Club with Corinne! 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Piano Lessons with Joe 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>25 9:00 Chair Yoga w 10:00 Continental Brea 12:00 Lunch 1:00 Guitar Class w/ P 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 Wednesday Sip & 2:15 Wellness Worksh</p>
<p>30 9:30 Strength Training with Suzi 10:30 Zumba! 11:30 Guitar Class w/ Academia de Musica 1:30 Book Club 12:00 Lunch 12:30 Chair Yoga with Beth 1:30 Cornhole with Jackie! 1:30 Book Club</p>		

2026

WEDNESDAY	THURSDAY	FRIDAY
<p>WEDNESDAY</p> <p>THE DANCE TODAY Breakfast Presents: "Tools of Professor Grey Snack</p>	<p>THURSDAY</p> <p>5 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 10:30 Age Strong Shuttle: "At Home With The Gibsons" Tour in the Back Bay 11:00 Qi-Gong with Jamee 12:00 Lunch 12:00 Pizza & Bingo Sponsored by Brighton Post-Acute 1:30 Jan Marie Olownia In Concert!</p>	<p>FRIDAY</p> <p>6 10:00 Art Class with Dawn 10:30 Tech Made Simple with Justin 10:00 WVBS Players Rehearsal! 10:30 Lunch & Shopping Outing with BPD 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Music Therapy with Ali! 2:00 Gentle Yoga Class on the Mat 3:00 Zizhao Wang, Baritone & Leona Cheung, Piano In Concert!</p>
<p>TRANS DAY CLOSED</p> 	<p>12 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Japanese Folk Music Workshop 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Drum Circle with Pasha 1:00 NEW! Women in the Workforce Group! 2:00 Match Game 3:00 Anthony Sammarco Lecture: "Italian-Americans of Allston & Bugg Village"</p>	<p>13 9:30 Blood Pressure Clinic w/ Tracy 10:00 Art Class with Dawn 10:00 "KevTech" iPhone & iPad Tutorial 10:00 Strong Bones Workshop w/ Anjana 10:00 WVBS Players Rehearsal! 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Movie Matinee: "Practical Magic 2" 2:00 Gentle Yoga Class on the Mat</p>
<p>TODAY Breakfast WATER PERFORMANCE RY: "THE LEAF THIEF" vocacy Presentation ber Birthday Party! with Jonathan Professor Grey</p> <p>TAH-JOHNG CLASS RE YOUR TALENT!</p>	<p>19 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Joe Pete In Concert! 11:00 Qi-Gong with Jamee 12:00 Presentation Rehabilitation Grab and Go Luncheon 1:00 Women in the Workforce w/ Rebecca 1:30 Thanksgiving Picture Bingo with Prizes!</p>	<p>20 9:45 Councilor Liz Breadon Office Hours 10:00 Art Class with Dawn 10:30 Tech Made Simple with Justin 10:00 WVBS Players Rehearsal! 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Drum Circle with Pasha 1:00 Movie Matinee: "Tony" 2:00 Gentle Yoga Class on the Mat</p>
<p>with ThriveHub Breakfast Professor Grey Snack op with Charlette</p>	<p>26</p> <p>THANKSGIVING DAY CENTER CLOSED</p> 	<p>27 10:00 Art Class with Dawn 10:00 "KevTech" iPhone & iPad Tutorial 12:00 Lunch 1:00 Movie Matinee: "A Million Miles Away" 2:00 Gentle Yoga Class on the Mat</p>

“Scene at the Center!”







**Concert With
Zizhao Wang,
Baritone
Leona Cheung,
Piano
Friday, November
6th at 3pm
Not To Be Missed
Opera Performance**



**Stronger Bones– An
Ayurvedic Perspective
with Anjana Bhargava
Friday, November 13th
at 10:00**

**Join Us for An Informative
and Engaging Workshop
Exploring How the Ancient
Wisdom of Ayurveda can
support healthy aging.
Learn About Nourishing
Foods, Gentle Exercises, Self
-massage, and Simple Daily
Routines That Promote
Bone and Joint Wellness.**



**Robert Rivest:
“Healthy, Happy
Ways To Enjoy the
Holidays”
Tuesday, November
17th at 11:00
How to Relieve Stress
and Find Happiness
During the Holidays.
Robert Offers A Number
of Wellness Tools That
Can Help Us Enjoy
Celebrating, In A Way
That Is Most Meaningful
For Us.**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

77 Warren Street 3rd Floor | Brighton, MA 02135

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U.S. POSTAGE

PAID

BOSTON, MA
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