



THE FOUNTAIN

Issue No. 632 December, 2018

1000 SOUTHERN ARTERY · QUINCY, MA

A Successful 48th Annual Holiday Fair

Thank you to all the volunteers, kitchen staff, crafters, designers, and talented artisans who made our Holiday Fair a great day! A special thank you to Santa and Mrs. Claus.

We appreciate the support of so many local businesses, residents, and friends. We profited more than \$4000 on the day of the Fair and received over \$1000 in donations! Thank you again for all your work and support. We could not have done it without you! The profit helps provide programs and activities all year long! Let's start planning for next year!

Christmas Concert

SATURDAY, DECEMBER 8TH

Celebrate the Season with the joyous sounds of holiday music sung by our very own talented Southern Artery Choristers. It's the perfect way to usher in the Holidays! Family and friends are invited to attend the Holiday Concert on Saturday, December 8th at 1:00 P.M. in our Auditorium. Join us after the concert for Christmas cookies and coffee in the Dining Room. All are welcome!

Special Holiday Wishes

The Board of Trustees from 1000 Southern Artery Senior Center and the Senior Center Staff wish you a happy, health Holiday Season. We send a genuine "Thank You" to every one of our great volunteers.. We sincerely wish each and every one of you a blessed, happy, and healthy 2019.

Holiday Celebration

SATURDAY, DECEMBER 22ND

Join us at 12 Noon in the East Wing Lounge for a special holiday celebration. You will have a chance to buy tickets on some exciting Raffle items or Baskets. Entertainment will include the talented "Entertaining for a Cure" musical group at 12:30 P.M. and at 2:30 P.M. the youth tap dancers from Kay Kelbe's granddaughter's dance studio. The entertainment is spectacular! Raffle winners will be drawn on Saturday, December 22nd, at 3:15 P.M. Light refreshments will be served. All are welcome.

December Birthday Dinner

TUESDAY, DECEMBER 11TH

You are cordially invited to the December birthday dinner on Tuesday, December 11th in the North Wing Dining Room at 5:00 P.M. The Sell Date for this Dinner is Thursday, December 6th at 9:00 A.M., North Wing Lounge. Please thank all the awesome volunteers who are helping to serve the December dinner.

The menu for this delicious meal is:

- Pot Roast and Gravy
- Mashed Potatoes
- Carrots
- Rolls & Butter
- Eclairs

The Birthday Entertainment is "to be determined" at 6:30 p.m. in the North Wing Lounge.

Girl Scout Cookies will also be sold before the dinner, 3:30 P.M. – 5:00 P.M., in the Dining Room. Please bring a non-perishable food item for the food pantry. The need is great.

Sunrise Senior Living Christmas Cookie Demo

SATURDAY, DECEMBER 1ST

Join us for a chef demonstration of cooking lunch and dessert on Saturday, December 1st, at 12:30 P.M. in the Dining Room. Sunrise Senior Living is sponsoring the Holiday activity with their talented chef to do the demonstration. The number of participants is limited. Please RSVP to the Center Office if you would like to attend.

“Singo”

THURSDAY, DECEMBER 6TH

Back again by popular demand! Join us at 2:00 P.M. in the North Wing Dining Room on Thursday, December 6th for a fun version of Bingo. “Singo” replaces the numbers with your favorite songs. Test your musical knowledge and luck! Have some fun and win prizes! All are welcome. We’ll be ready to PLAY at 2:00 P.M. featuring “Jim the DJ Guy”!

Ann Suzedell Book Signing

FRIDAY, DECEMBER 7TH

Ann Suzedell, former pastor at Quincy Point Congregational Church and author, will talk about her book, “Carina” on Friday, December 7th, at 2:00 PM in CR1. The story features a young boy’s experience at Paragon Park. Ann will lead a discussion to share pleasant memories of Paragon Park/Nantasket Beach. Ann will be available to sign and sell books. All are welcome.



December Movie of the Month

“IT’S A WONDERFUL LIFE”

On Tuesday, December 11th, at 1:30 PM in our Auditorium, we will be showing “It’s a Wonderful Life”, starring James Stewart, Donna Reed, Lionel Barrymore and more.

It’s a wonderful film. Frank Capra’s inverted take on A Christmas Carol stars Jimmy Stewart as George Bailey, a good man who’s spent a lifetime giving up on his dreams in order to keep life in his small town humming. When a guardian angel named Clarence finds a despondent George poised to jump off a bridge, he shows George what life would’ve been like had he never been born.

We will have a repeat showing of “It’s a Wonderful Life”, with closed caption, on the following day, Wednesday, December 12th at 1:30 PM.

This film is Not Rated and runs approximately 2 hour 12 minutes.

Computer Open House & Registration for Classes

THURSDAY, DECEMBER 13TH

A special Q & A Session/Open House will be open to all Residents and Center Members. The Open House will be on Thursday, December 13th, 10:00 AM to Noon in CR4, the computer lab, in the East Wing. Refreshments will be served.

All of the teach team will be in attendance to help answer any & all questions about our classes. Some of the new handheld home accessory and Mobile devices, such as Amazon Dot – Alexa will be on display so you can see the variety of topics that are covered in class.

Linda Roach will also be there with information and to take registration for classes beginning January 28th. All are welcome!

“Preventing Falls”

THURSDAY, DECEMBER 13TH

Deb Deery from John Adams Health Care Center will present “Preventing Falls” on Thursday, December 13th, at 2:00 P.M. in the Activity Room. Learn how to maneuver in slippery winter weather. Refreshments will be served.

Clifford Marshall Fourth Grade Students Holiday Concert

WEDNESDAY, DECEMBER 19TH

The Fourth Graders from Clifford Marshall School will present their Annual Holiday concert in our Dining Room on Wednesday, December 19th, at 12:00 Noon. Please come and show your support for these youngsters who very much enjoy performing for our residents. This is a great collaboration with the school next door! Everyone is welcome!

Church Services

ST. JOSEPH-ST. JOHN COLLABORATIVE will hold Mass in the East Wing Lounge on Friday, December 21st, at 1:30 P.M.

QUINCY POINT CONGREGATIONAL CHURCH - *There will be no Communion Service in December. Service will resume again in January.*

FREEDOM BAPTIST CHURCH Service
Sundays, 11:00 A.M. in Auditorium
Sundays, 6:00 P.M. in Auditorium

Atlantic City Tour

Reminder... balance for Atlantic City is due by January, 18, 2019.

Christmas Dance

SATURDAY, DECEMBER 29TH

Residents will host a dance on Saturday, December 29th, at 7:00 P.M. in our Activities Room. Dress is casual. All are welcome.

Blood Pressure Clinic

There will be no Blood Pressure Clinic in December. The Blood Pressure Clinic will resume again on the last Wednesday in January.

For Your Information

** The Center Office, Housing Office, and the Beauty Shop will be closed on Tuesday, December 25th and on Tuesday, January 1st.

** Additionally, the Center Office the Dining Room & the Beauty / Barber Shop will be closed Monday, December 24th & December 26th.

** Colonial Federal Savings Bank will be closed on Tuesday, December 25th and on Tuesday, January 1st.

Holiday Fair Raffle Winners

We are happy to announce the names of the raffle winners from our “Holiday Fair”. Thanks, too, to all those businesses and residents who donated items, gift cards, and cash to make the raffles a big success!

*\$100 BILL donated by a Friend (#1), Gert B.

* \$100 BILL donated by a Friend (#2), Gert B.

* Boxwood Tree Arrangement value at \$40 donated by Kristen Lima (#1), Ginny C.

* Boxwood Tree Arrangement value at \$40 donated by Kristen Lima (#2), Pat D.

* Rocking Chair AND \$50 Gift Certificate donated by Warmington Furniture, Marie M. (con't)

- * Coop's \$25 and Cagney's \$50 (Donated by Restaurants), Lorraine W.
 - * Bay Pointe \$50 (Donated by Restaurant) Tina R.
 - * Thanksgiving Dinner in a Basket, Terri S.
 - * LOTTERY tickets donated by Center Office, Richard F.
 - * 2018 Sox and Scratch Tix, Maria M.
 - * Patriots Party Pack, Ethel P.
 - * It's Wine O'Clock, Tina R.
 - * Wake Up with the Quincy Sun, Jane S., Janet M., and Cathy C.
 - * Decorative Dinner Party for 4, Rita M.
 - * I Scream for Ice Cream, Ethel P.
 - * Stretch & Sweat, Christine S.
 - * 2018 World Series champions Boston Red Sox Basket, Paul H.
 - * Toast to the Holidays, Kathy G.
 - * Roche Bros \$100 donated by Roche Bros and a friend, Nancy F.
 - * Christmas Basket donated by John Adams Health Care, Joyce D.
 - * \$25 Roche Bros & plant donated by Norwell VNA, Janet M.
 - * Mini Tree Skirt & Holiday, Betty R.
 - * \$30 donated by Dependable Cleaners, Freddi C.
 - * Slow Cooker, Rosalie T.
 - * Christmas Cheer donated by Liberty Bay Credit Union, Carolyn L.
 - * Wake Up with Mr. Coffee donated by Artery Grocery, Maureen C.
- 50/50 RAFFLE = \$518, Paul O. won \$259

Annual Giving Tree

Quincy Community Action Program is once again requesting Christmas gifts for the Head Start and the Early Head Start Program.

Please come to the North Wing Lobby to pick up an ornament from our Christmas tree to purchase a gift for a child.

Return your unwrapped gift by Friday, December 14th.

Thank you in advance for your generosity. QPCAP is always amazed by 1000 Southern Artery's generous response to this need.

During the Holiday Season:

DURING THE HOLIDAY SEASON, WE HAVE MANY WONDERFUL EVENTS THAT MAY NOT BE LISTED IN "THE FOUNTAIN". PLEASE VISIT OUR WEBSITE AT WWW.1000SASC.ORG, OUR FACEBOOKPAGE, AND FLYERS ON BULLETIN BOARDS FOR UP-TO-DATE INFO! HAPPY HOLIDAYS!

December Events

December 1 - 12:30 P.M., Sunrise Senior Living Christmas Cookie Demo, NW DR

December 6 - 2:00 P.M., "Singo", NW DR

December 6 - 9:00 A.M., Sell Date for Birthday Dinner, NW DR

December 7 - 2:00 P.M., Ann Suzedell Book Signing, CR1

December 8 - 1:00 P.M., Christmas Concert, AUD

December 11 - 1:30 P.M., Movie of the Month, AUD

December 11 - 5:00 P.M., Birthday Dinner, NW DR

December 12 - 1:30 P.M., Movie of the Month (CC), AUD

December 13 - 10:00 A.M., Computer Open House & Registration, CR4

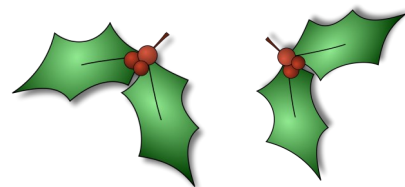
December 13 - 2:00 P.M., "Preventing Falls", ACT RM

December 19 - 12:00 P.M., Clifford Marshall 4th Grade Holiday Concert, AUD

December 21 - 1:30 P.M., St. Joseph-St. John Collaborative Mass, EWL

December 22 - 12:00 P.M., Sell Day for Holiday Pops, NW DR

December 29 - 7:00 P.M., Residents Christmas Dance, ACT RM



DECEMBER 2018 CALENDAR OF EVENTS AT 1000 SOUTHERN ARTERY

DAY	TIME	CLASSES OR GROUPS	TEACHER	ROOM
MON	8:00 AM	Fitness First	TBA	ACT RM
	9:30 AM	Qi Gong	Jie Jia Che	ACT RM
	10:00 AM	*Bible Study	Millie McMartin	GAME RM
	11:00 AM	Mat Yoga	Judith Cohen	EWL
	1:00 PM	Drawing	Paul Schofield	CR2
	1:00 PM	*Cribbage For Fun	Ken White / Pat Lawlor	CR3
	2:30 PM	*Corn Hole	Residents	EWL
	6:30 PM	*Bingo	Residents	NW DR
TUE	9:00 AM	*Meditation	Jane Mudge, BSN	CHAPEL
	10:00 AM	Bowling	Residents	OLINDY'S
	11:00 AM	Moderate Chair Yoga	Dee Lyon	ACT RM
	1:30 PM	*Bridge Players	Gloria Marini	CR2
	6:30 PM	Evening Ceramics	Jean Gillen	CR1
WED	8:30 AM	Fitness First	Dee Lyon	ACT RM
	9:30 AM	Qi Gong	Jie Jia Che	ACT RM
	10:00 AM	Ceramics	Jean Gillen	CR1
	12:30 PM	Stretch/Strength	Dee Lyon	ACT RM
	1:00 PM	*Watercolor / Oil Painting	Residents	CR3
	1:00 PM	Writers Club of 1000	Residents	CR1
	1:30 PM	Easy Chair Yoga	Dee Lyon	ACT RM
THUR	9:00 AM	*Meditation	Jane Mudge, BSN	CHAPEL
	9:00 AM	Podiatrist (By Appt Only)	Dr. James Dwyer	CR3
	10:15 AM	Zumba Gold	Mary Ellen Reardon	ACT RM
	12:30 PM	Line Dancing	Donna D.	ACT RM
	1:30 PM	Tap Dancing	Donna D.	ACT RM
	6:30 PM	Social Ballroom Dancing	Brenda & Ray	ACT RM
	7:00 PM	*Bible Study	Freedom Baptist Church	AUD
	7:00 PM	*Knitting & Crocheting	Lucille Zahdi	NWL
FRI	9:30 AM	Qi Gong	Jane Mudge	ACT RM
	9:30 AM	*Mah Jongg	Helen Civello	NW DR
	10:00 AM	Ceramics	Jean Gillen	CR1
	11:00 AM	Mat Yoga	Judith Cohen	EWL
	12:00 PM	Stretch/Strength	Dee Lyon	ACT RM
	1:30 PM	*Bridge Players	Gloria Marini	CR2
	7:00 PM	*Whist Party	Janice Collyer	NW DR

* No Registration Required

