THE FOUNTAIN

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1000 SOUTHERN ARTERY · QUINCY, MA

March Birthday Celebration

TUESDAY, MARCH 10TH

You are invited to celebrate the March Birthdays. The Birthday Dinner will be held on Tuesday, March 10th in the North Wing Dining Room at 5:00 P.M.

The sell date for this dinner is Wednesday, March 4th, at 9:00 A.M. in the North Wing Lounge. The tickets are $10 each and you may purchase up to six tickets.

Our Special Dinner Menu is:

Corned Beef & Cabbage

Boiled Potatoes

Carrots

Irish Bread

Pistachio Cake

Coffee or Tea

Join us for our birthday entertainment, 6:30 P.M. – 7:30 P.M. in the Auditorium! Don't miss Neil Perry's 4-piece band featuring two wonderful horn players, piano, and vocalist singing great Irish Music.

Please remember to bring a non-perishable item to dinner for the Interfaith Food Pantry Shelf. Thank you for your continued support and generosity.

French Riviera Excursion

FEBRUARY 6TH—14TH, 2021

Ooh-la la—uncover the chic resorts, sun-soaked beaches and elegant allure that attracts the rich and famous to the exquisite French Riviera. Unpack for a leisurely multi-night stay, embracing the luxury and breathtaking beauty of the French Riviera, or Côte d'Azur. Spend time in the fairy-tale principality of Monaco. Discover the opulence of the Villa Ephrussi de Rothschild and Gardens. Watch artisans create fragrant perfumes. Get a glimpse into the lives of the rich and famous in Cannes and St. Tropez. Enjoy leisure time to explore the breath-taking coastline on your own. Shop like a local at Nice's colorful flower market. It's time you lived a little bit of the good life.

There will be a presentation by Collette Tours for more information on Tuesday, March 3rd at 2:00 P.M. in the Auditorium. A bientot, mes amis!

"Sail America"

MONDAY, MAY 18TH

Depart from 1000 Southern Artery at 11:00 AM for a full course luncheon at the Venezia Restaurant overlooking Boston Harbor. Later, you'll board the Provincetown II Cruise Ship for a 90-minute narrated cruise to the Charlestown Navy Yard where you'll view both the USS *Constitution* and the *Mayflower II* for Sail America 400.

The USS *Constitution* also known as "Old Ironsides" after British cannonballs bounced off her sides during the War of 1812 is still listed as an active war ship on the United States Navy's register. The *Mayflower II* is a replica of the actual vessel used by the Pilgrims when they landed in Massachusetts in 1620. Sail America 400 takes place for only a few days – be there!! You'll return at approximately 5:00 P.M. after a wonderful day at the Sail America 400.

The cost of this great day is $109 per person and includes a meal choice of Haddock or Chicken Parmesan. The sell date of "Sail America 400" is Wednesday, March 18th, at 9:00 A.M. in the North Wing Dining Room. Don't miss this great event!

The Mayflower, 1620

Boston Red Sox vs. New York Yankees

JULY 25—JULY 26 (2 DAYS, 1 NIGHT)

Join Best of Times Travel and 1000 Southern Artery as you arrive at Yankee Stadium in the Bronx in time to see the pre-game warm-ups. Then enjoy all the action from your Terrace Level Reserved Seats as the Red Sox take on the Yankees at 7:05 P.M. Our tickets include all-you-can-eat food and beverages through the 5th inning of the game (hot dogs, sausage, pretzels, soda & water). After the game, we head for Tarrytown NY and our hotel, the Springhill Suites.

On Day 2, enjoy breakfast at the hotel (included) as we make our way into downtown New York City. Enjoy the great sites and take the Ferry to both Liberty and Ellis Islands. Enjoy time to explore the museum and enjoy some lunch on your own. Depart in the afternoon.

Our Tour Highlights Include:

- 1 Night Lodging at Springhill Suites
- Terrace Level Reserved Seating at Yankee Stadium
- All You Can Eat & Drink Package at the Ballgame
- Ferry Ride to Liberty & Ellis Islands
- Best of Times Travel Professional

The cost is $419 per Double Occupancy ($519 Single). ***A deposit of $150 is due April 15.***

Payments will be due: $150 due May 15; and Balance due June 10th.

Saratoga Spectacular

AUGUST 25—27 (3 DAYS, 2 NIGHTS)

Join Best of Times Travel and 1000 Southern Artery as we explore the very best of Saratoga Springs and Lake George on this amazing 3-day adventure. Enjoy Saratoga Raceway, see Lake George, enjoy some fun at Saratoga Casino, step back in time to our Revolutionary days, and experience WWII history up close and personal.

Our tour highlights include:

- 2 Nights Lodging at The Comfort Suites in Lake George featuring a Heated Indoor Pool Complex
- 2-hour Scenic Evening Dinner Cruise on beautiful Lake George
- Entry and tour of the Norman Rockwell Museum in Stockbridge, MA
- The National Museum of Racing
- Reserved Grandstand seating at Saratoga Race Course
- Guided Tour of the Saratoga Battlefield
- A Private Guide Tour of the USS Slate – the Last Destroyer Escort Afloat in America
- Six Meals (2 lunches, 2 breakfasts, 2 dinners)

The cost is $539 per Double Occupancy ($689 Single). ***A deposit of $150 is due by March 13.***

Payments are due:

$150 due April 17; $150 due May 15; Balance due June 10.

Flyers are available in the Center Office!

Nashville Tennessee: A Country Christmas

DECEMBER 4—DECEMBER 7 (4 DAYS, 3 NIGHTS)

Join Best of Times Travel and 1000 Southern Artery as we experience the Country Music Capital of the World – Nashville, Tennessee for a *Country Christmas*. Nashville at Christmastime is a spectacle to be seen and experienced. Don't miss out on this amazing holiday program! Price for Standard View Rooms at Opryland: $1949 per person for Double Occupancy, $2349 for Single Occupancy. Price for Atrium View Rooms at Opryland: $2049 per person for Double Occupancy, $2499 for Single Occupancy.

Our Exclusive Package Includes:

- Roundtrip Airfare & Transportation
- 3 Nights Lodging at the Premier Gaylord Opryland Hotel in Nashville
- 7 Meals (3 Dinners, 2 Breakfasts, 1 Sunday Brunch)
- Gaylord Opryland Exclusive Dinner Show featuring a The Oakridge Boys
- Ticket for the Holiday show at the Opry House
- Tickets & Show at the Grand Ole Opry
- Tour of the Ryman & Grand Ole Opry
- Admission to the Country Music Hall of Fame
- Visit to Historic Studio B
- Guided Tour of Nashville
- General Jackson Showboat River Cruise
- Admission to ICE at Gaylord Opryland

Deposit of $250 is due now!

The Corvettes Doo Wop Revue

TUESDAY, APRIL 28TH

Join 1000 Southern Artery on Tuesday, April 28th at Lake Pearl in Wrentham to experience the greatest music ever made—1950's Doo Wop! The Corvettes give an incredibly entertaining show, and their comical stage antics have left many audiences screaming for more.

Sing along with Corvettes for the cost of $92, which includes transportation, luncheon, tax, gratuity & show ticket. Meal choices include stuffed breast of chicken or baked scrod. Tickets are on sale now in the Center Office where there's 'A Whole Lotta Shakin' Goin' On!"

This replaces the cancelled "Mutts Gone Nuts" show.

"SINGO"

THURSDAY, MARCH 12TH @ 2:00 PM

Back again by popular demand! Join us on Thursday, March 12th in the North Wing Dining Room for a fun version of Bingo. "Singo" replaces the numbers with your favorite songs. Have some fun and win prizes! All are welcome. We'll be ready to Sing and Play at 2:00 P.M. featuring "Jim the DJ Guy"!

Healthy Eating For Older Adults

TUESDAY, MARCH 3RD
2ND PART OF A SERIES

Join us on Tuesday, March 10th from 10:30—11:30 AM in Classroom One to learn about how nutrition and lifestyle changes can promote better health, including how to better manage Type 2 diabetes, prediabetes and high-blood pressure. The forum will also include recommendations and support for physical activity in conjunction with sound nutrition practices. The event is presented by a Nutritionist/Dietician. All are welcome!

Specialized Equipment for Seniors

FRIDAY, MARCH 6TH

Chris Plant, MassEDP will discuss specialized telephones which make life easier for Seniors with hearing, visual, or physical impairments. Also, Artery Resident Vinod Chawla will discuss and demonstrate a reader device called ScriptTalk, which helps those who are visually impaired better understand their prescriptions. The presentation will be held on Friday, March 6th at 2:00 PM in CR1. All are invited and welcome!

March Movie of the Month

""FINDING YOUR FEET""

On Monday, March 23rd at 1:30 P.M. in our Auditorium, we will be showing "Finding your Feet" staring Imelda Staunton, Timothy Spall, and more.

When 'Lady' Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more different — Sandra is a fish-out-of-water next to her outspoken, serial dating, free-spirited sibling. But different is JUST what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her "feet."

We will have a repeat showing of "Finding Your Feet" with closed caption on the following day, Tuesday, March 24th at 1:30 PM.

This PG-13 film runs approximately 1 hour and 51 minutes.

Church Services

St. Joseph's Catholic Church:

Celebrates Mass on Friday, March 20th in the East Wing Lounge at 1:30 PM.

Quincy Point Congregational Church:

Communion Service on Wednesday, March 25th in the East Wing Lounge at 10:00 AM.

Freedom Baptist Church …. Services:

Sundays, 11:00 A.M. in Auditorium

Sundays, 4:00 P.M. in Auditorium

Blood Pressure Clinic

TUESDAY, MARCH 25TH

Our blood pressure clinic will be held on March 25th at 1:15 – 2:30 P.M. in the North Wing Lounge. All are welcome.

Harry's Dance

SATURDAY, MARCH 28TH

Join Residents and Center Members for a fun 50's/60's Dance in the Activity Room at 7:00 P.M. Come and listen to great music or come and dance! Bring your own refreshments. Call Harry at (781) 917-5483 if you have any questions.

Rotary Pancake Breakfast

SUNDAY, MARCH 15TH

The Quincy Rotary will be hosting a St. Patrick's Day Pancake Breakfast from 8 AM to Noon in the North Wing Dining Room. Everyone is welcome! Tickets are $5 each and can be purchased at the door. Proceeds benefit Rotary programs.

Plan Ahead for Fun!!

Plan for these Upcoming Day Trips:

- March 12th – Emmett Cahill's Ireland tickets on sale now ($92)
- April 28th – The Corvettes Doo Wop Revue: Sell Date 2/28 ($92)
- May 18th – Sail America (Tall Ships): Sell Date 3/18 ($109)
- June 4th – Boston Pops Celebrating Keith Lockhart 25 Years: Sell Date 4/22 (Price $55)
- June 19th – Newport Flower Show – Sell Date 5/8 (Price $40)
- July 15th – Jimmy Buffet Tribute / Fosters Clambake: Sell Date 5/21 ($99)

Be on the lookout for Fall Excursions!

- November 17th – Yesterday Once More: Sell Date 9/29 ($92)
- December 2nd – Shades of Buble: Sell Date 10/9 ($94)

Upcoming Overnight Trips:

7/25-7/26— New York City, Boston Red Sox Vs. New York Yankees, $150 deposit due 4/15

8/25-8/27—Saratoga Springs: $100 deposit due 3/15

11/29-12/1—Turning Stone: $100 deposit due 4/30

12/4-12/7—Nashville Country Christmas: $100 deposit due 2/28

March Events:

- **March 2nd**—*Nashville, TN; A Country Christmas* deposit is due in the Center Office! ($250)
- **March 3**—2:00 PM: *French Riviera* Presentation, Auditorium
- **March 4**—9:00 AM Sell date for Birthday dinner.
- **March 6**—2:00 PM: Specialized Equipment for Seniors, CR1
- **March 10th**—10:30 AM: Healthy Eating for Older Adults, CR1
- **March 10**—5:00 PM: Birthday Dinner in the North Wing Dining Room.
- **March 10**—6:30 PM: Neil Perry Band, Auditorium
- **March 12th**—2:00 PM: Singo, North Wing Dining Room
- **March 13th**— *Saratoga Spectacular trip* deposit is due in the Center Office! ($150)
- **March 13th**—2:00 PM: Healthy Aging Workshop, Activity Room
- **March 15th**—8 to noon: Rotary Pancake Breakfast
- **March 18th**—9:00 AM: *"Sail America 400"* sell date, North Wing Dining Room
- **March 20th**—1:30 PM: St. Joe's Mass, East Wing Lounge
- **March 23rd**—1:30 PM: Movie of the Month, Auditorium
- **March 25th**—10 AM: Quincy Point Congregational Church
- **March 25th**—1:15 PM: Blood Pressure Check , Classroom One
- **March 28th**—7:00 PM: Harry's Dance, Activity Room

Feeling Social?

Like us on Facebook

Connect with us on social media and stay up-to-date with everything "1000 SASC" such as:

- Important Reminders
- Trip Information
- Cancellations
- Activities
- Photos

—1000 Southern Artery Senior Center—

Follow us on Instagram@:

1000SeniorCenter

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MARCH 2020 CALENDAR OF EVENTS AT 1000 SOUTHERN ARTERY

*No Registration Required

DAY	TIME	CLASSES OR GROUPS	TEACHER	ROOM
MON	8:00 AM	Wake Up Stretch, Strength & Balance	Laurie Zupkofska	ACT RM
	9:30 AM	Qi Gong	Jane Mudge	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
	11:00 AM	Moderate Chair Yoga	Dee Lyon	ACT RM
	1:30 PM	*Bridge Players	Gloria Marini	CR2
	6:30 PM	Evening Ceramics	Diana Althouse	CR1
	6:30 PM	* Line Dancing	Donna D.	ACT RM
WED	8:15 AM	Wake Up Stretch, Strength & Balance	Dee Lyon	ACT RM
	9:30 AM	Qi Gong	Jane Mudge	ACT RM
	10:00 AM	Ceramics	Diane Althouse	CR1
	12:30 PM	Stretch/Strength	Dee Lyon	ACT RM
	1:00 PM	*Watercolor / Oil Painting	Paul Schofield	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
	1:30 PM	Tap Dancing	Donna D.	AUD
	3:30 PM	Tai Chi	Nelson Chan	ACT RM
	7:00 PM	*Bible Study	Freedom Baptist Church	AUD
	7:00 PM	*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	Bowling	Residents	OLINDY'S
	10:00 AM	Ceramics	Diana Althouse	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