THE FOUNTAIN

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1000 SOUTHERN ARTERY · QUINCY, MA

Birthday Celebration

TUESDAY, MAY 10

On Tuesday, May 10th join us at 2:00 PM on the North Wing Pavilion for an afternoon of outdoor fun featuring music played by "Jim the DJ Guy". In between songs, visit the Cupcake City Food Truck and enjoy a complimentary gourmet cupcake (or two)!

Boston Pops

FRIDAY, JUNE 10

On Friday, June 10th depart 1000 Southern Artery at 6:00 PM for the Boston Pops and enjoy a dazzling, engaging performance by "America's Orchestra", and relish the elegance of Symphony Hall.

Explore the extraordinary musical legacies of Duke Ellington and Billy Strayhorn, whose nearly 30 years of creative collaboration helped to shape the sound and spirit of American music as we know it today. Enjoy this wonderful music with special guest vocalist, Brian Stokes Mitchell, and trailblazing American pianist, Lara Downes.

The cost of this remarkable show is $58 per person and can be purchased through the Senior Center by calling 617-471-1000x 105. Currently, you must present proof of vaccination at Symphony Hall.

Tiverton Casino

WEDNESDAY, JUNE 22

Depart at 9:00 AM from 1000 Southern Artery, and join us for a day full of casino gaming excitement and sports betting at the new Tiverton Casino in Tiverton, Rhode Island. Tiverton has all the casino amenities you could want, including a variety of wonderful dining facilities, cocktail service at the slot machines, frequent players reward program & more. In fact, Tiverton is associated with the Twin River Casino, Bally's and you can use your Twin River points in Tiverton too! Depart from Tiverton at 2:00 PM and arrive home at 3:00 PM after a great day of exciting fun at the new Tiverton Casino in Rhode Island!

Memorial Day Holiday

MONDAY, MAY 30

The Center Office, Business Office, and Colonial Federal Saving Bank in the East Wing will be closed on Monday, May 30th. There is no Bingo that night.

Computer Registration

BEGINS MAY 4

Registration for the next 10-week computer session begins on Wednesday, May 4th by calling the Center Office (617-471-1000 x106) after 9:00 AM. The next 10-week computer session begins on Tuesday, May 24th. Each weekly class is 90 minutes long, and there are different levels of training available.

BEGINNERS (Intro to Computers, operation systems, keyboards, and other basics);

INTERMEDIATE 1 (Internet and Email);

INTERMEDIATE 2 (WORD AND EXCEL) and INTRO TO E-READERS AND TABLETS AND INTRO TO IPAD;

ADVANCED CLASSES ARE ALSO AVAILABLE.

Classes are on Tuesdays and Wednesdays. Please let us know at registration if you plan to bring your own laptop.

Beginner and Intermediate Classes are $10 and the Advanced Classes are $20 for the 10-week computer session. Brochures and schedules will be available in the Center Office.

Bus to University Station

FRIDAY, MAY 13

Depart from 1000 SASC at 10:00 AM and head to University Station in Westwood. The outdoor lifestyle mall features Wegman's, Target, Homegoods, Michael's, Marshalls, and many more. Food choices include Panera Bread, Starbucks, Not Your Average and others. After shopping or dining on your own, depart Westwood at 1:30 PM. The cost is $2.00 plus a tip for the driver.

Bus to Castle Island

THURSDAY, MAY 26

Depart 1000 Southern Artery at 11:00 AM for a short bus ride to South Boston's Castle Island. While there, enjoy the sights and sounds of "Southie." Watch the planes fly overhead, stroll around the "Sugar Bowl" or enjoy a bite to eat at "Sully's" (on your own). Return back to 1000 at approximately 2:00 PM. The cost of this trip is $5 per person, plus a tip for the driver.

Low Vision & Blind Support Group

THURSDAY, MAY 5

Resident Vinod Chawla will coordinate a support group for low vision and blind to provide resources and assistance. The first meeting will be held on Thursday, May 5th, at 2:30 PM in CR1. The group will meet every 1st Thursday of the month in CR1.

This first meeting will prioritize topics of interest such as accessibility for prescriptions, how to use your smart phone, and ordering books from the talking book library. Guests speakers will also be scheduled.

Kentucky Derby

DERBY FUN

GUESS THE WINNER!

Try to guess the winning horse for the 2022 Kentucky Derby for the chance to win fun prizes! Pick up your forms (in the Center Office) to guess the winner of the Kentucky Derby (one entry per-person). Forms are due by Friday, May 6th, 4:30 P.M.

DECORATE YOUR HAT!

BYOH! Bring your own hat to CR1 on Friday, May 6th, 2:00-3:00 PM and decorate it for the Kentucky Derby. We'll provide accessories for decorating – you bring your hat and creative ideas. Watch the Derby on Saturday in STYLE!

SINGO

WEDNESDAY, MAY 18

Join us at 2:00 PM in the North Wing Dining Room on Wednesday, May 18th, for a fun version of Bingo. "Singo" replaces the numbers with your favorite songs. Have some fun and win prizes.

Enjoy Ellie's Treats

FRIDAY, MAY 20

Come and "treat" yourself to something from Ellie's Treats! More than just an ice cream truck, Ellie's Treats has something for everyone to enjoy! Choose from an assortment of ice cream, snow cones, snacks, candy, frappes and other yummy frozen treats. North Wing: 1:00 – 2:00 PM & East Wing: 2:00 – 3:00 PM.

Movie of the Month

"WEST SIDE STORY" - MAY 24 & 25

On Tuesday, May 24th at 1:30 PM we will be showing "West Side Story" starring Ansel Elgort, Rachel Zegler, Ariana DeBose, and more.

A star-studded creative team -- including director Steven Spielberg -- puts a fresh spin on the timeless tale of ill-fated lovers Maria and Tony, set among rival teenage street gangs in 1950s New York City.

We will have a repeat showing of "West Side Story" with closed caption, on the following day, Wednesday, May 25th, at 1:30 PM. This PG-13 film runs approximately 2 hours 36 minutes.

Harry's Dance

SATURDAY, MAY 21

Join the fun on Saturday, May 21st beginning at 7:00 P.M. in the Activities Room for Harry's Rock and Roll Dance. All Residents & Center Members are welcome for dancing and great music! Come one, come all!

Bee Update

A lot has happened since the bees arrived in their new off-site location! At first, the bees were busy getting settled and accustomed to their new space. The Queen will begin laying up to 2,000 eggs per day— those eggs will hatch as new worker bees. New colonies are expected to grow fast, as they were given plenty of resources to start with. Worker bees will be busy feeding their new brood, cleaning their new home, and collecting pollen and nectar. The worker bees have also been busy foraging and building up the hive resources to support each of the colonies continued growth moving forward.

Bee Presentation

Join us for a "virtual beekeeping session" on Thursday, May 19th at 2:00 PM in the South Wing Auditorium. The 45-minute presentation will be led by Beekeeper, Blair Conley. This informative presentation will cover the following topics:

- The Best Bees Company
- An overview of the honeybee and why they are so vital
- What exactly is a beehive and the tools of a beekeeper
- What happens in the hive (Queen bees to workers bees, surviving winter etc.)
- How bees make honey and how we extract some of it
- Question and Answer Session

Newport Playhouse

Tickets are still available for the Monday, May 16th trip to scenic Newport, Rhode Island to the Wyndham Hotel where you'll enjoy a delicious buffet luncheon, and a terrific comedy, "The Carol Burnett Show"! After the show, enjoy a captivating Cabaret, too. Arrive home at approximately 6:00 PM. The tour cost is $119 per person. Please call 617-471-1000 x106 to reserve your spot.

Overnight Trips

Looking for a change of scenery? Travel to beautiful Boothbay Harbor in Maine this September or head to scenic Scotland in October. Contact the Senior Center for trip information and pricing.

Beauty Shop

Visit our talented hairdresser, Cheryl! Call 617-471-1096 to schedule your appointment.

Podiatrist, Dr. Dwyer

Dr. Dwyer is seeing patients at 1000 Southern Artery East Wing on Thursday mornings only. To schedule an appointment, please call Dr. Dwyer's office at 781-335-8811. He will need your insurance information.

Artery Grocery

Bring this AD in to Artery Grocery before Saturday, May 28th (write your name, apartment number, and phone number on the ad below). Buy some groceries and enter to win an Oven Roasted Chicken. The Drawing will be held on Saturday, May 28th. One entry per-person.

Name:

Apartment #:

Phone #:

Senior Olympics

2022 Senior Olympic Games are back and will be held May 9 – May 26, 2022. A few of the scheduled events are: swimming, one-mile walk, darts, bowling, golf, pickle ball, basketball free throw, 3-mile walk, and corn hole!

If you are interested in joining the Senior Olympics, you may pick up at applications at: 1000 Southern Artery Senior Center Office; The Recreation Department, 1 Merrymount Parkway; Kennedy Center, 440 East Squantum Street; or at City Hall. You may also call the City of Quincy Recreation Department at (617) 376-1394 to request an application to be sent to you. **Registration is due before May 2nd.**

Message from Management

FRIENDLY SAFETY REMINDERS:

- Please do not open any exterior doors for a stranger. All visitors must use the intercom or walk to the management office to get access to the property.
- Please do not open your apartment door unless you know the person (call the police or the management office if you feel unsafe).
- Please avoid parking in front of the buildings, the area is assigned for first responders (ambulance, police, fire department)

Important phone numbers:

Emergency Line: 9-1-1

Quincy Police Department non-emergency line: 617-479-1212

Maintenance Emergency: 617-471-1003.

Designated Smoking Areas

PLEASE BE ADVISED:

On April 1st 1000 Southern Artery went "Smoke Free". Management has designated the following smoking areas for each building; all Residents, Center Members and Visitors must abide by the new rules. Please call the Management Office if you have any questions about the designated smoking areas.

North— Bench by the Dining Room Entrance

South—Bench by the Rose Garden

East— Bench by the Gazebo

MAY 2022 CALENDAR OF EVENTS AT 1000 SOUTHERN ARTERY

*No Registration Required

DAY	TIME	CLASSES OR GROUPS	TEACHER	ROOM
MON	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 Tournament	Ken White	~~CR3~~ CR1
	2:00 PM	*Corn Hole	Residents	EWL
	6:00 PM	*Bingo	Residents	NW DR
TUE	9:30 AM	*Mah Jongg	Helen Civello	NW DR
	10:00 AM	*Meditation	Residents	ZOOM
	11:15 AM	Stretch & Strength	Dee Lyon	ACT RM
	12:15 PM	Moderate Chair Yoga	Dee Lyon	ACT RM
	6:00 PM	* Line Dancing	Donna Desmond	ACT RM
WED	10:00 AM	Ceramics	Residents	CR1
	10:00 AM	*Tai Chi	Miller Chen	ACT RM
	11:30 AM	*Ballroom Dancing	Miller Chen	ACT RM
	1:00 PM	*Watercolor / Oil / Rock Painting	Paul Schofield	~~CR3~~ CR4
	1:00 PM	*Cribbage Tournament	Ken White	CR1
	6:00 PM	*Board Games	Joan Henshaw	NW RM
THUR	9:30 AM	*Podiatrist (By Appt Only)	Dr. James Dwyer	~~CR3~~ CR1
	10:00 AM	*Meditation	Residents	ZOOM
	11:00 AM	Zumba Gold	Mary Ellen Reardon	ACT RM
	6:00 PM	Tap Dancing	Donna Desmond	AUD
	7:00 PM	*Crocheting	Lucille Zahdi	NWL
FRI				
	11:00 AM	Mat Yoga	Judith Cohen	EWL
	11:15 AM	Stretch/Strength	Dee Lyon	ACT RM
	12:15 PM	Easy Chair Yoga	Dee Lyon	ACT RM
	1:00 PM	*Speed Painting	Paul Schofield	~~CR3~~ CR4
	7:00 PM	*Whist Party	Lucille Zahdi	NW DR
FRI	2:00 PM	*Board Games	Joan Henshaw	NW DR