



THE FOUNTAIN

Issue No. 693 February 2024

1000 SOUTHERN ARTERY · QUINCY, MA

Membership Renewal Reminder

Center Membership renewal was due in January. Please note, that if your dues remain outstanding after this month, your name will be removed from our members' mailing list and you will no longer receive "The Fountain" or have access to our classes and many amenities on the property. Renew today by mailing your check to 1000 Southern Artery Senior Center. Must be 62 or older. Call 617-471-1000 x 107 with questions.



Spring Class Registration

A reminder that registration for the Spring Session is scheduled for the week of February 5th to February 9th, and there are no exercise classes during the week of registration. Please register by calling and leaving a message at (617) 471-1000 X107.

The registration fee is \$15 for the entire Spring Session, which runs for approximately 12 weeks. Classes begin the week of February 12th and the Center Office will confirm your registration prior to the start of class. Class descriptions and schedules are available in the Center Office or online at 1000SASC.org.

**If Quincy Public Schools are closed due to inclement weather, classes at 1000 SASC are also canceled.*

Andy Cooney Irish Celebration

WEDNESDAY, MARCH 6

1000 SASC presents Andy Cooney, Irish Celebration with George Casey (Irish Comedian) & Ciara Fox (Irish Folk Singer and Recording Artist).

The sights and sounds of Ireland come alive with Andy Cooney and his Irish Celebration! This is a show that showcases Ireland's Music. Only Andy Cooney can bring Song, Comedy, and Dance together as he has for over 30 years!

Plated Luncheon Meal Choices: Corned Beef and Cabbage or Baked Scrod. Also included: Salad, Vegetables, Bread, Dessert, Coffee & Tea. Tickets are \$129 per person, including transportation, plated lunch, meal & show. Deadline for booking is February 6th.

Atlantic City

MARCH 12-14, 2024

1000 Southern Artery and Yankee Line presents Atlantic City for 3 Days/2 Nights featuring Resorts Casino & Hotel. The tour includes deluxe hotel accommodations, \$20.00 Slot Play, and two \$20.00 Meal Credits.

The price is only \$450.00 per person, double occupancy. Add \$115.00 Single Occupancy. Deadline and final Payment Due February 12th. For Information Contact the Senior Center.

Parker Maple Barn, NH

THURSDAY, MARCH 28

On Thursday, March 28th at 10:00 AM depart for Parker Family Maple Barn in New Hampshire for a “Sugar Party”. Nosh on an old-fashioned buttermilk pancake, a blueberry pancake, link sausage, bacon, ham, and scrambled eggs, served with Parker’s Maple Barn’s pure maple syrup and vanilla ice cream topped with maple syrup. Beverages include orange juice and a bottomless cup of coffee or tea. While there, enjoy a guided tour of the 19th-century Sugar House. Before leaving be sure to stop in the Corn Crib Gift Shop where you will find Parker’s maple syrup, maple treats, and many specialty foods along with many wonderful gifts for the entire family! Price: \$99.00 Per Person – Due With Reservation. Deadline for booking is February 20th.

Birthday Celebration

TUESDAY, FEBRUARY 13

Join us on Tuesday, February 13th in the North Wing Lounge at 2:00 PM as we honor those with a February Birthday. The February Birthday Celebration will feature the Nancy Carr Quartet. Don’t miss this special performance by Nancy as she performs beautiful music to our Residents and Center Members.



For Your Information

The Center Office and Business Office will be closed on Monday, February 19th in observance of Presidents’ Day. The Colonial Federal Savings Bank in the East Wing and Artery Grocery will also be closed.

Quincy Health Department

THURSDAY, FEBRUARY 1

Join Deb Deery, LPN from Quincy Health Department, at 10:00 AM on Thursday, February 1st in CR 1 as she hosts a presentation dedicated to discussing Cardiac Health in honor of Heart Awareness Month. All are welcome.

Chinese New Year Celebration

TUESDAY, FEBRUARY 6

Come to the Auditorium at 2:00 PM and learn about the history of the Chinese New Year and enjoy unique performances by local dancers and singers. Enjoy a special lunch menu of fried rice, sweet and sour pork, and spring rolls (for purchase) in the North Wing Dining Room. All are welcome to celebrate the year of the Dragon!

SINGO

WEDNESDAY, FEBRUARY 7

Join us at 1:30 PM in the North Wing Dining Room on Wednesday, February 7th, for a fun version of Bingo. “Singo” replaces the numbers with your favorite songs. All are welcome!

Mindful Meditation

THURSDAYS : FEBRUARY 8, 15, 22, 29

Beginning on Thursdays at 10:30 AM relish in this new workshop of connecting and sharing “well-being” wisdom from “Senior Sages”. Wellbeing means many things. In our senior years, we have cultivated a garden of working wellness!

- Mindfulness is the practice of being AWARE from moment to moment and trusting our innate talents, insight, and discoveries!
- Reset/Refresh 2 will be a sharing opportunity for each of us to support and share our wisdom and discoveries over the years!

We will begin with a sharing of our individual world - in that day and that moment, as it is comfortable to share.

- This will lead to an Intention of focus for the session and a supporting meditation.
- The story-building and connection time will weave discoveries from our own experience; pleasant, unpleasant and neutral.
- A prayerful meditation will support this process.
- Some gentle, mindful movement will follow. The invitation here will be to re- center on our own sense of well-being. “What is right for us in this moment.”
- We will complete a large poster illustration of wisdom from the Senior Sages to display and share with the Artery community.

Enjoy this wonderful beginning to the process and practice of supporting and empowering constructive gardening! All Residents are Center Members are welcome to attend.

Remembering Old Hollywood

THURSDAY, FEBRUARY 8

Enjoy a presentation of “When Hollywood Was” presented by George Mallet on Thursday, February 8th at 2:00 PM in Classroom 1. Learn about old Hollywood Legends and the old studio system. Remembering the glamour of the 30s, 40s and 50s. All are welcome.

Ash Wednesday

WEDNESDAY, FEBRUARY 14

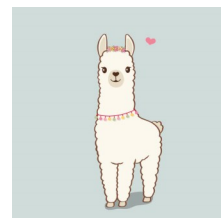
There will be a Mass and distribution of Ashes in the East Wing Lounge at 1:30 PM from St. John’s St. Joseph Collaborative. All are welcome.

Therapy Alpaca Visit

TUESDAY, FEBRUARY 20

Harvard Alpaca Ranch is a small, family-owned and operated farm business, revolving around their herd of alpacas. Alpacas are an environmentally friendly animal that produces exceptionally warm and soft fiber that can be made into a wide range of products.

Enjoy a special visit by a registered therapy alpaca on Tuesday, February 20th, at 10:30 AM in the East Wing Lounge for an educational meet and greet. Photos and questions are encouraged! All are welcome – including family members.



Seated Zumba

WEDNESDAY, FEBRUARY 21

New Year – new you! Try “Seated ZUMBA” on Wednesday, February 21st at noon in the Activity Room. This one-time FREE 30-minute class is like dancing in your chair! Enjoy exciting dance moves while sitting, so you don't have to worry about your balance. Have FUN & get MOVING – it's an exercise in disguise!

Winter “Cook-in”

THURSDAY, FEBRUARY 22

Beat the winter blues and think warm, happy thoughts! Put on some summer attire, grab your sunglasses, and join us for a “cook-in”! Enjoy a hot dog, hamburger, potato salad & drink all for only \$10 from 11:30 AM – 2:30 PM.

Movie of the Month

LEAP YEAR

On Tuesday, February 27th at 1:30 PM we will be showing Leap Year, starring Amy Adams, Matthew Goode, Adam Scott, and more.

An American woman plans to propose to her boyfriend on Leap Day in Ireland. But a series of comedic setbacks derails her Dublin trip and opens her eyes to the possibility of new love.

We will have a repeat showing of Leap Year with closed caption, on the following day, Wednesday, February 28th, at 1:30 PM. This film is rated PG and runs approximately 1 hour 40 minutes.

Beauty Shop


Show yourself some love with a freshly styled cut, color or perm! Cheryl is available Thursday & Friday 9 AM – 2 PM by appointment only by calling 617-471-1096. Amy Tran is available on Tuesdays for walk-ins from 10 AM – 2 PM. Cindy is available on Thursdays for walk-ins from 9 AM – 2 PM.

Podiatrist, Dr. Dwyer

Dr. Dwyer is currently seeing patients in Classroom 1 in the North Wing on various Thursday mornings, by appointment only. Please contact his office at 781-335-8811 to schedule an appointment. He will need your insurance information.

Artery Grocery

Bring this AD into Artery Grocery before Saturday, February 24th (write your name, apartment number, and phone number on the ad below). Buy some groceries and enter for a chance to win an Oven Roasted Chicken. The Drawing will be held on Saturday, February 24th. One entry per-person.



Name:

Apartment #:

Phone #:

Sunny Portugal in partnership with Collette Tours

MAY 14-23, 2024

Sunny Portugal is the adventure that you've been waiting for! Don't miss out on this exquisite trip of a lifetime! Highlights of this 10-day trip include 13 meals and stopovers along the Portuguese Riviera, Lisbon, Belém, Obidos, Sintra, Arraiolos, Cork Factory, Evora, Winery Visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, 4 UNESCO World Heritage Sites, Azeitao.

Booking deadline is quickly approaching!

Call the Senior Center at 617-471-100 X 106 for pricing and booking details.



Adventure
AWAITS

Adventure Awaits in 2024!

DAY TRIPS:

Andy Cooney – March 6 (Danversport Yacht Club): Booking Deadline 2/6

Parker Maple Barn - March 28 (Mason, NH): Booking Deadline 2/20

Beach Boys Tribute– April 24 (Lake Pearl, Wrentham): Booking Deadline 2/23

Worcester Red Sox Game - June 6 (Polar Park, Worcester): Booking Deadline 3/15

Jimmy Buffett Tribute – July 16 (Foster's Clambake, York, ME): Booking Deadline 5/16

Rod Stewart Tribute – October 23 (Lake Pearl, Wrentham): Booking Deadline 8/23

Kenny & Dolly Tribute – December 5 (Lake Pearl, Wrentham): Booking Deadline 10/4

OVERNIGHT TRIPS:

Atlantic City – March 12-14:

Booking Deadline 2/12

Portugal – May 14-23:

Booking Deadline 2/15

New York City - May 19:

Booking Deadline 3/29

Tanglewood on Parade - August 5-7:

Booking Deadline 5/8

Turning Stone Casino – December 1-3:

Booking Deadline 10/8

FEBRUARY 2024 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
	12:15 PM	*Cribbage Tournament	Ken White	CR3
	1:00 PM	*Drawing	Paul Schofield	CR3
	2:00 PM	Tai Chi	Cheuk Kai Leung	ACT RM
	2:00 PM	*Corn Hole	Residents	EWL
	5:30 PM	*Bingo	Residents	NW DR
TUE	9:30 AM	*Mah Jongg	Helen Civello	NW DR
	10:00 AM	*English as a Second Language	Residents	CR1
	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
	5:30 / 6:00 PM	*Beginner & Line Dancing	Donna Desmond	ACT RM
WED	10:00 AM	Ceramics	Residents	CR1
	10:00 AM	*Chinese Culture Folk Dance	Eva Cao	ACT RM
	1:00 PM	*Cribbage Tournament	Ken White	CR1
	1:00 PM	*Watercolor & Crafts	Paul Schofield	CR3
	2:00 PM	*Chinese Square Dancing	Lisa Wu	ACT RM
	6:00 PM	*Board Games	Joan Henshaw	NW RM
THUR	9:30 AM	*Podiatrist (By Appt Only)	Dr. James Dwyer	CR1
	9:30 AM	*Aerobic Exercise	Mofen Hu	ACT RM
	10:00 AM	*Meditation	Residents	ZOOM
	11:00 AM	Zumba Gold	Mary Ellen Reardon	ACT RM
	5:30 / 6:00 PM	Beginner & Tap Dancing	Donna Desmond	AUD
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	*Backgammon	Residents	GAME RM
	1:00 PM	*Watercolor & Oil Painting	Paul Schofield	CR3
	2:00 PM	*Sing-a-Long	Crystal	ACT RM
SUN	2:00 PM	*Board Games	Joan Henshaw	NW DR