



# THE FOUNTAIN

Issue No. 692 January 2024

1000 SOUTHERN ARTERY · QUINCY, MA

## Center Membership Renewal

Center Membership at 1000 Southern Artery Senior Center runs on a calendar year basis. **Center Membership for 2024 is due now.** Please note, if your dues remain outstanding your name will be removed from our members' mailing list and you will no longer receive "The Fountain" monthly newsletter or have access to our classes and many amenities on the property.

Renewing members may stop by the Center Office to renew their membership or send a check made payable to 1000 Southern Artery, addressing the envelope to Kristen Melle. The yearly membership fee is \$32 for a single member (62+) and \$38 for two people (both 62+) residing at the same address.

We are thrilled that so many of our members partake in our classes, programs, and day & overnight trips. We look forward to another exciting year ahead!



## For Your Information

The Center Office and Business Office will be closed on Monday, January 15th to observe Martin Luther King Jr Day. Colonial Federal Savings Bank in the East Wing will also be closed.

## Spring Class Registration

Registration for the Spring 2024 Session is scheduled for the week of February 5th to February 9th. There are no exercise classes during the week of registration.

Please register **BEGINNING** Monday, February 5th, at 9:00 AM by calling and leaving a voicemail at (617) 471-1000 X106 and prioritizing your choices. (Any calls prior to Feb. 5th at 9:00 AM will NOT be registered.)

You must register through the Center Office for all exercise classes. Space is limited, therefore you may select up to two (2) exercise classes.

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 Center Office or online at [1000SASC.org](http://1000SASC.org).

*As a reminder, if Quincy Public Schools are closed due to inclement weather, classes at 1000 SASC are also canceled.*



## Atlantic City

MARCH 12-14, 2024

1000 Southern Artery and Yankee Line presents Atlantic City for 3 Days/2 Nights featuring Resorts Casino & Hotel, March 12 – 14, 2024.

### TOUR INCLUDES:

- Deluxe hotel accommodations for two nights at Resort's Casino & Hotel, 1133 Boardwalk, Atlantic City, New Jersey
- All necessary taxes, gratuities and baggage handling; 1 bag per person
- Indoor Pool and Hot Tub
- \$20.00 Slot Play
- Two - \$20.00 Meal Credits
- Free access to WIFI, Indoor Pool & Cardio Fitness Room!

PRICE: \$450.00 per person, double occupancy. Add \$115.00 Single Occupancy.

\$50.00 Per Person Deposit Due To Hold Your Seat – Final Payment Due Feb. 12, 2024

For Information Contact: Kristen Melle at the Senior Center Office.

Departure: 8:00 AM – 1000 Southern Artery, Quincy, MA (Returns approx. 8:30 PM on 3/14/24).



## The Singing Trooper

THURSDAY, JANUARY 25

You are cordially invited to a special performance featuring the renowned Sargent Daniel M. Clark known as 'The Singing Trooper' Veteran (USMC) Retired Massachusetts State Trooper, and his Wife Opera Singer Mary Colarusso on Thursday, January 25th.

You may recognize Sargent Daniel Clark from one of his many appearances; The Boston Pops, 2013 World Series Boston Red Sox, Opened for Lee Greenwood, National Television Fox News, National Geographic, Featured in People Magazine, Performed for President George and First Lady Barbara Bush, Sail Boston The Tall Ships, and the Marine Corps Marathon in Washington DC.

This husband and wife dynamic duo continue to travel the nation performing full shows, and 1000 SASC is fortunate enough to have them perform for us in January. Don't miss this special event at 2:00 PM in the South Wing Auditorium!

## SINGO

WEDNESDAY, JANUARY 3

Join us at 1:30 PM in the North Wing Dining Room on Wednesday, January 3rd, 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.

## Birthday Celebration

TUESDAY, JANUARY 9

All are welcome to celebrate the beginning of 2024 and the January birthdays. The Birthday Celebration will be held on Tuesday, January 9th in the North Wing Dining Room at 2:00 PM. featuring entertainment by the talented Gina P and Ray Cavicchio.



## Cozy Winter Brunch

THURSDAY, JANUARY 18

Indulge in a delicious brunch on Thursday, January 18th, from 11:30 AM to 2:00 PM in the Dining Room. Brunch stations will be set up for eggs, sausages, corned beef hash, home fries, pancakes, Danish, coffee cake, fruit, and beverages. The cost of this delightful all-you-can-eat brunch is only \$10! Please note, that the Dining Room will only be serving brunch on this day.

## Harry's Dance

SATURDAY, JANUARY 27

Keep the party going on Saturday, January 27th, and join fellow residents in the Activity Room at 7:00 PM to enjoy dancing and great music, and celebrate the start of 2024!

## Movie of the Month

*OPPENHEIMER*

On Tuesday, January 30th experience the breathtaking global phenomenon that has captivated audiences around the world. Written for the screen and directed by Christopher Nolan, *Oppenheimer* thrusts audiences into the mind of physicist J. Robert Oppenheimer (Cillian Murphy), whose landmark work on the Manhattan Project created the first atomic bomb. An unprecedented cinematic event, *Oppenheimer* features an all-star cast that includes Emily Blunt, Matt Damon, Robert Downey Jr., and more.

We will have a repeat showing of *Oppenheimer* with closed caption, on the following day, Wednesday, January 31st, at 1:30 PM. This R rated film runs approximately 3 hours.

## Book Club

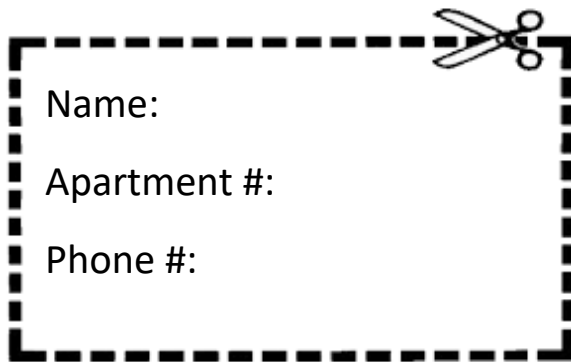
It's not too late to join the 1000 SASC Book Club. The group will meet on the last Thursday of each month to share ideas and discuss themes from a selected book that members have read on their own over the past month. If you have any questions or are interested in joining, contact the Senior Center at 617-4471-1000 x 105.

## Beauty Shop

New Year – new you! 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.

## Artery Grocery

Bring this AD into Artery Grocery before Saturday, January 27th (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, January 27th. One entry per-person. Thank you for supporting Artery Grocery!



Name:

Apartment #:

Phone #:

## 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.

## Annual Giving Tree

Quincy Community Action Program appreciates all the wonderful gifts that were provided for the needy children of Quincy. They are always touched by your generosity. Thank you again!

## Adventure Awaits in 2024!

Call today to book these exciting day trips:

Andy Cooney – March 6 (Danversport Yacht Club)

Beach Boys Tribute– April 24 (Lake Pearl, Wrentham)

Worcester Red Sox Game - June 16 (Polar Park, Worcester)

Rolling Stones Tribute - June 19 (Lake Pearl, Wrentham)

Jimmy Buffett Tribute – July 16 (Foster's Clambake, York, ME)

Rod Stewart Tribute – October 23 (Lake Pearl, Wrentham)

Kenny & Dolly Tribute – December 5 (Lake Pearl, Wrentham)

Call today to book these whimsical overnight trips:

Atlantic City – March 12-14

Washington DC – April 11-14

Portugal – May 14-23

New York City - May 19

Tanglewood on Parade - August 5-7

Turning Stone Casino – December 1-3

Mount Washington Hotel - TBD

Continue to check with the Senior Center for additional details and day trips throughout 2024.

*Adventure  
awaits*

## JANUARY 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        | *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     |
|      | 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   |