



THE FOUNTAIN

Issue No. 695 April 2024

1000 SOUTHERN ARTERY · QUINCY, MA

Tanglewood on Parade

AUGUST 5-7, 2024

Join us this summer as we travel to Western Massachusetts' beautiful Berkshire Mountains for a very special night with the Boston Symphony Orchestra at Tanglewood. Our accommodations are at The Black Swan Inn, Lee MA. Its great location lends us the perfect opportunity to visit some of Massachusetts' most interesting and historic sites. So come and experience the beauty, history and culture that's in the Berkshires, and on Tuesday evening, we'll join the BSO at their summer home – Tanglewood.

The summer's premier music festival brings the orchestra together with world class performers, conductors and aspiring musicians.

TOUR INCLUDES:

- Accommodations for two nights at The Black Swan Inn, Lee including all taxes, gratuities & baggage handling
- Four meals: Two breakfasts at the hotel and two dinners; 1 dinner at Michael's of Stockbridge and 1 dinner at Berkshire Palate in Pittsfield, both popular local restaurants
- Visit to Yankee Candle Village, Deerfield
- Admission to Norman Rockwell Museum
- Reserved Shed seating to the Summer 2024 performance of Tanglewood on Parade – Fireworks to follow the concert
- Admission to The Mount turn-of-the-century home that Edith Wharton designed and built. Like Jefferson's Monticello, it is an

autobiographical house, one that definitely embodies its creator's spirit.

- Visit to Lenox, MA with time for shopping and luncheon (on own)

PRICE: \$795.00 Per Person Double Occupancy (+ \$215.00 Single Supplement)

\$100.00 Deposit Due With Reservation – Final Payment Due On Or Before June 30, 2024.

This is No Joke

MONDAY, APRIL 1

On Monday, April 1st, 1000 SASC proudly presents a special April Fools comedy show featuring the funny and talented, Kendra Cunningham. Kendra Cunningham is a comedic actress and stand-up comedian. You may have seen her on Last Comic Standing, Drybar Comedy, and, during the football season, in some Patriots promos.

Kendra brings with her a sense of humor and fellow comedians, Kelly MacFarland and Carolyn Plummer. Don't miss this exclusive special event at 2:00 PM in the SW Auditorium.

Monday April 1st at 2pm

APRIL FOOLS

what: stand up comedy
where: auditorium



KENDRA CUNNINGHAM

KELLY MACFARLAND

CAROLYN PLUMMER

COMICS FROM LAST COMIC STANDING,
BOSTON COMEDY FESTIVAL, COMICS COME HOME

1000SASC.ORG



April Birthday Celebration

TUESDAY, APRIL 9

Don't miss an exciting afternoon of live music at 2:00 PM in North Wing Lounge on Tuesday, April 9th. The lively and extremely talented Bill Coover Band will be here to help us celebrate those with an April Birthday.

SINGO

WEDNESDAY, APRIL 3

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

Quincy Health Department

THURSDAY, APRIL 4

Join Deb Deery, LPN from Quincy Health Department, at 10:00 AM on Thursday, April 4th in CR 1 as she hosts a presentation dedicated to discussing Strokes. All are welcome.

For Your Information

MONDAY, APRIL 15

The Center Office and Dining Room will be closed on Monday, April 15th in observance of Patriots' Day. The Business Office and Colonial Federal Savings Bank will be open. Artery Grocery will be open 8:00 AM—2:00 PM.

Yellow Dot Program

FRIDAY, APRIL 12

Yellow Dot is a free program that provides first responders with quick access to critical medical information about the occupants of an automobile in the event of an accident or health emergency.

Participants place a Yellow Dot Decal on the driver's side rear windshield of their cars. In the event of an emergency or accident, the Yellow Dot alerts emergency responders that there is an envelope containing the operator's medical information inside the car's glove compartment. The envelope has the operator's medical conditions, allergies, recent surgeries, medications, and emergency contact information.

Come and learn more information about this initiative from the Norfolk County Sheriff's Office at 11:00 AM in Classroom 1.

Seated Zumba

THURSDAYS AT NOON

Seated Zumba has been officially added to the class roster at 1000 SASC! Gather your friends on Thursdays at NOON and head to the Activity Room. Enjoy the discounted price of only \$10 for the entire Spring Series! Please Register with the Senior Center Office.



“Root for the Red Sox” Party

THURSDAY, APRIL 18

Center Members and Residents are invited to celebrate one of the first weeks the Red Sox return to Fenway for the 2024 season with a special luncheon of two hotdogs, Cracker Jacks, and a drink (11:30 AM – 2:00 PM) for only \$2! Wear your Red Sox gear and stick around to watch the game at 1:35 PM. Go Sox!

Trivia

FRIDAY, APRIL 19

As people age, it's important to keep the mind active and engaged. Studies have shown that games such as trivia can help seniors improve cognitive functioning, memory, and social interactions. So, let's get “quizzical” on Friday, April 19th at 2:00 PM in the North Wing Dining Room!

Participate in this FREE event featuring engaging trivia questions and answers that cover entertainment, history, science, sports, and geography, providing a well-rounded range of topics for everyone to enjoy.



Movie of the Month

MY BIG FAT GREEK WEDDING

On Tuesday, April 23rd at 1:30 PM we will be showing My Big Fat Greek Wedding starring, Nia Vardalos, John Corbett, Joey Fatone, and more.

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

We will have a repeat showing of this romantic comedy with closed caption, on the following day, Wednesday, April 24th, at 1:30 PM. This film is rated PG and runs approximately 95 minutes.

Welcome Back, Ellie's Treats!

FRIDAY, APRIL 26

It has been a long winter! 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.

Friday, April 26th

North Wing: 1:00 PM-2:00 PM

East Wing: 2:00 PM – 3:00 PM



St. Joseph, St. John Collaborative

FRIDAY, APRIL 26

A Catholic Mass, led by St. Joseph, St. John Collaborative, will be held in the East Wing Lounge at 1:30 PM. All are welcome.

Seeking Volunteers

1000 SASC enlists volunteers to make many of our wonderful programs possible. We offer various volunteer opportunities to suit your interests and schedule. Whichever you choose, you can help make a difference in the lives of those within your community, while enriching your own life. If you are interested in volunteering for the Senior Center, please contact the Center Office at 617-471-1000.


Beauty Shop

Spring has sprung! 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, April 20th (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, April 20th. One entry per person.



Name:

Apartment #:

Phone #:

Adventure Awaits in 2024!

DAY TRIPS:

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:

Tanglewood on Parade - August 5-7:
Booking Deadline 5/8

Turning Stone Casino – December 1-3:
Booking Deadline 10/8

Mount Washington – December 10-12:
Booking Deadline 10/10

APRIL 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	10:00 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
	6:00 PM	* 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
	12:00 PM	Seated 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 Paining	Paul Schofield	CR3
	2:00 PM	* Sing-a-Long	Residents	ACT RM
	6:00 PM	*Whist	Vito Grimaldi	NW DR
SUN	2:00 PM	*Board Games	Joan Henshaw	NW DR