



THE FOUNTAIN

Issue No. 694 March 2024

1000 SOUTHERN ARTERY · QUINCY, MA

New York City

SUNDAY, MAY 19-MONDAY, MAY 20

1000 SASC presents, New York City: Statue of Liberty, Ellis Island & 9/11 Memorial Plaza. Travel to “The Big Apple” with time at Rockefeller Center and Time Square area. Dinner is included in New York City before checking into a deluxe New Jersey accommodation.

Day 2 includes a Ferry to the Statue of Liberty & Ellis Island. After visiting both sites, the ferry will head to Battery Park where a Yankee Line motorcoach awaits to drive the short distance to the 9/11 Memorial Plaza. View the names inscribed around the Memorial pools set inside the original footprints of the Twin Towers, and see the WTC including 1 World Trade Center, which is the tallest building in the US at 1,776 feet tall!

Tour Includes:

- Deluxe Yankee Line motorcoach transportation
- Deluxe accommodations at the Sheraton Lincoln Harbor in Weehawken, New Jersey located on the Hudson River offering a spectacular view of New York City’s Skyline!
- Time to explore Times Square & Rockefeller Center (on own)
- Complete dinner at Hurley’s in New York City (order off the special group menu)
- All necessary taxes and baggage handling; 1 bag per person
- Full American Breakfast Buffet at the hotel

NYC CONTINUED

- Ferry to the Statue of Liberty & Ellis Island
- Visit 9/11 MEMORIAL PLAZA
- All necessary taxes and gratuities

Price: \$475.00 Per Person Double Occupancy (Add \$125.00 Single Supplement).

Booking Deadline is March 19th.

Beach Boys Tribute Show

WEDNESDAY, APRIL 24

1000 SASC and Best of Times Travel celebrates “America’s Band” with the ultimate Beach Boys tribute show featuring Still Surfin at Lake Pearl in Wrentham. Still Surfin has been performing the great hits of the Beach Boys for over 20 years. Their performances are as true to form as the originals in concert, featuring the incredible five-part harmonies of the Beach Boys, so much so you just might forget this is a tribute show!

Plated Luncheon Meal Choices: Baked Stuffed Chicken OR Vegetable Lasagna. Also included: Salad, Vegetables, Bread, Dessert, Coffee & Tea.

Tickets are \$129 per person, including transportation, plated lunch, meal & show. The deadline is March 15th.



Birthday Celebration

TUESDAY, MARCH 12

Join us on Tuesday, March 12th in the North Wing Lounge at 2:00 PM as we honor those with a March Birthday. The March Birthday Celebration will feature Bob Sylvia. Don't miss this special performance by Bob as he serenades Residents and Center Members with festive Irish Music and other folk classic sing-a-longs.

St. Patrick's Day Dinner

TAKEOUT FOR RESIDENTS ONLY: MARCH 15

In the spirit of St. Patrick's Day, the Kitchen is preparing a delicious Corned Beef and Cabbage Dinner as a pre-ordered takeout for **Friday, March 15th**. The delicious dinner includes Corned Beef & Cabbage, Boiled Potatoes, Carrots, Irish Bread, and a Cupcake all for only \$10. Complete the special menu item order form attached to a copy of this Fountain (Residents Only, One Meal Per-Person).

This meal is pre-order only and the deadline to submit the order is Friday, March 8th.

Please adhere to the following pick-up times by building on Friday, March 15th:

North Wing – 1:00 PM

South Wing – 1:30 PM

East Wing – 2:00 PM



Nails to You

TUESDAY, MARCH 19

Nails to You is coming to 1000 SASC on Tuesday, March 19th between 10:00 AM and 4:00 PM. Enjoy a spa manicure for \$20 or a Dazzle Dry manicure for \$25. Dazzle Dry is a healthy alternative to dip and gel. It's long-lasting, fast-drying, hypoallergenic, nontoxic, and vegan.

Schedule an appointment using the sign-up sheet located outside the Center Office. Appointments are scheduled every ½ hour.

A couple of important notes regarding appointments:

- * Gel removal is not included in any service.
- * Cancellations with less than 24 hours will result in a 100% charge for your service.
- * Please have cash or check made payable to Nails to You ready on the day of the event.



SINGO

WEDNESDAY, MARCH 6

Join us at 1:30 PM in the North Wing Dining Room on Wednesday, March 6th, for a fun version of Bingo. "Singo" replaces the numbers with your favorite songs. All are welcome!

A Matter of Balance

MONDAYS, BEGINNING MARCH 11

Do you have concerns about falling? You are not alone. Many older adults experience concerns about falling and restricting their activities. Join 1000 SASC & EACH for A MATTER OF BALANCE – an award-winning program designed to manage falls and increase activity levels.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

This is an 8-week program that begins Monday, March 11th at 10:00 AM in the Activity Room Register by calling the Senior Center at 617-471-1000.



Fall Prevention

THURSDAY, MARCH 14

Join Cheryl Bambery, from the Norfolk County Sheriff's Office, at 11:00 AM on Thursday, March 14th in CR 1 as she hosts a discussion dedicated to Fall Prevention. During this free presentation, learn tips and tricks to help avoid falls. All are welcome.

1000 SASC Annual Hoedown

THURSDAY, MARCH 21

Come to the Dining Room and enjoy Barbecue Ribs (\$7.00) and stay for Line Dancing, beginning at 2:30 PM, led by a local professional dance instructor. Wear your Cowboy hats and boots for an old-fashioned Hoedown! All residents and Center Members are welcome to dance or watch the fun!



St. Joseph, St. John Collaborative

FRIDAY, MARCH 22

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.

Harry's Dance

SATURDAY, MARCH 23

Keep to the beat of the music on Saturday, March 23rd, and join fellow residents in the Activity Room at 7:00 PM for Harry's Dance. Enjoy dancing, and music, and celebrate the start of spring!

Movie of the Month

BARBIE

On Tuesday, March 26th at 1:30 PM we will be showing Barbie starring, Margot Robbie, Ryan Gosling, and more.

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

We will have a repeat showing of Barbie with closed caption, on the following day, Wednesday, March 27th, at 1:30 PM. This film is rated PG-13 and runs approximately 1 hour 54 minutes.

Book Club

Join the 1000 SASC Book Club. The group will meet on a specific Thursday of the month to share ideas and discuss themes from a selected book that members have read on their own over the past month. Look for fliers on the bulletin boards or contact the Senior Center at 617-471-1000 x 105 for information.

For Your Information


The Center Office and Dining Room will be closed on Friday, March 29th in observance of Good Friday.

Snow Day Reminder

March comes in like a lion, and goes out like a lamb, but if Quincy Public Schools are closed, classes and activities at 1000 Southern Artery are also canceled.

Artery Grocery

Bring this AD into Artery Grocery before Saturday, March 23rd (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, March 23rd. One entry per-person.



Name:

Apartment #:

Phone #:

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.

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.



Adventure Awaits in 2024!

DAY TRIPS:

Beach Boys Tribute— April 24 (Lake Pearl, Wrentham): Booking Deadline 3/15

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:

New York City - May 19-20:
Booking Deadline 3/29

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

MARCH 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
	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