



THE FOUNTAIN

Issue No. 696 May 2024

1000 SOUTHERN ARTERY · QUINCY, MA

Jimmy Buffett Tribute Band

TUESDAY, JULY 16

Get your virtual “beach chair, your suntan oil, and your favorite drink”, and get ready for Jimmy and The Parrots at Fosters in York Maine, with a traditional Lobsterbake.

Don't miss the most requested Jimmy Buffett Tribute band on Tuesday, July 16th as they freeform not only all the great Buffett songs, but top songs by the Beach Boys, Paul Simon, Harry Belafonte, Bob Marley, and many others!

Meal Includes: Whole Boiled 1/4lb Lobster, Clam Chowder, Fresh Steamed Muscles, Fresh Maine Clams, Corn-on-the-cob, Potatoes & Onions, Blueberry Cake, Rolls & Beverages. A ½ BBQ Chicken is available as a non-lobster alternative. Tickets are \$135 per person, including transportation, plated lunch, meal & show.

Summer Class Registration

WEEK OF JUNE 3

Registration for the 2024 Summer Exercise Series is scheduled for the first week in June. **Reminder – there are no classes the week of 6/3 during registration.** Summer classes are \$10 and you must register by calling the Center Office at 617-471-1000 x107.



Spotlight on Tuscany, Presented by Collette Tours

THURSDAY, MAY 30

Join Collette representative, Aiden Ardine, on Thursday, May 30th in the South Wing Auditorium at 1:30 PM as he showcases one of Collette Tours' most sought-after trips, “Spotlight on Tuscany” which is planned for April of 2025.

During this presentation learn about this tremendous 9-day getaway that 1000 SASC is taking next April, which explores the rolling hills of Tuscany, home to sprawling vineyards, charming medieval hill towns, and enchanting cities. Savor a 7-night stay in Montecatini Terme, the famous resort and spa town. Visit Pisa, Florence, and San Gimignano in the Italian countryside. Discover the charming town of Lucca, Italy's best-kept secret. Learn about the heroic deeds of WWII at the remains of the Gothic Line and visit the Museum of Liberation. Enjoy free time to explore the cultural treasures of Florence. Partake in a Tuscan cooking class. Sample cheese at the farm where it is made. Enjoy fabulous local wines and the region's famous cuisine. Steeped in history, culture, and legend, this is Tuscany as you always imagined it.

Even if you aren't able to travel abroad with Collette and 1000 SASC next April, join us for this interactive presentation. All are welcome!



May Birthday Celebration

TUESDAY, MAY 7

Join us on Tuesday, May 7th at 2:00 PM in the North Wing Lounge to celebrate those with a May birthday. Enjoy an assortment of cheese and crackers, fruit punch, and a dose of good music from Rick Walsh. All Residents and Center Members are welcome to attend this free event.

America Runs on Dunkin'

WEDNESDAY, MAY 8



Originally named Open Kettle, the 1st Dunkin Donuts opened in Quincy, MA in 1948. Dunkin' has grown into a multi-billion-dollar brand, with more than 11,000 stores around the world. Join Bonnie Miller, Professor of American Food History and Culture at UMass Boston, for a look at the impact of Dunk Donuts on American culture on Wednesday, May 8th at 11:00 AM in the Activity Room. All are welcome.

SINGO

WEDNESDAY, MAY 1

Visit the North Wing Dining Room on Wednesday, May 1st, at 1:30 PM for a fun version of Bingo using music. All are welcome!

Decorate a Derby Hat

FRIDAY, MAY 3



BYOH! Bring your own hat to CR1 on Friday, May 3rd, 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!

Elvis is Back in the Building

TUESDAY, MAY 21

Grab your blue suede shoes and join us at 2:00 PM in the North Wing Lounge on Tuesday, May 21st, for a special afternoon of entertainment featuring **Robert Black, an award-winning Elvis Presley tribute artist.** Robert's crowd-pleasing style, and spot-on mannerisms mixed with his unique blend of vocal talent, charisma, and elaborate costuming make him a favorite of fans worldwide. All are welcome to attend this exciting and free performance!



Frauds & Scams

FRIDAY, MAY 17

A representative from the Norfolk County Sheriff's Office will be in Classroom 1 on Friday, May 17th at 11:00 AM to discuss Frauds & Scams. The information will cover a variety of public safety, health, and general interest topics, including how to recognize and avoid common scams specifically targeting seniors.

St. Joseph, St. John Collaborative

FRIDAY, MAY 24

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.

Movie of the Month

UNDER THE TUSCAN SUN

On Tuesday, May 28th at 1:30 PM we will be showing *Under the Tuscan Sun*, starring Diane Lane, Raoul Bova, Sandra Oh, and more.

Frances Mayes, a 35-year-old San Francisco writer, gets a divorce that leaves her with terminal writer's block and depression. Later, she decides to buy a house in Tuscany in order to change her life.

We will have a repeat showing of *Under the Tuscan Sun* with closed caption, on the following day, Wednesday, May 29th, at 1:30 PM. This film is rated PG-13 and runs approximately 1 hour 53 minutes.

Rock Painting

WEDNESDAYS

Join fellow residents every Wednesday from 1:00—3:00 PM in Classroom 3 for Rock Painting. All of the supplies are provided, including rocks, paint and brushes. Come make a family keepsake!



For Your Information

MONDAY, MAY 27

The Center Office, Business Office, and Colonial Federal Saving Bank in the East Wing will be closed on Monday, May 27th to commemorate Memorial Day. There is no Bingo that night. Have a happy & safe long weekend!

Ellie's Treats

FRIDAY, MAY 31



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 PM-2:00 PM


East Wing: 2:00 PM – 3:00 PM

Beauty Shop

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, May 25th (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, May 25th. One entry per person.



Name:

Apartment #:

Phone #:

MAY 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	*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
	6:00 PM	Tap Dancing	Donna Desmond	AUD
FRI	10:30 AM	*Mah Jongg	Helen Civello	NW DR
	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