



# THE FOUNTAIN

Issue No. 698 July 2024

1000 SOUTHERN ARTERY · QUINCY, MA

## Rod Stewart Tribute

WEDNESDAY, OCTOBER 23

Join 1000 SASC on Wednesday, October 23rd at Lake Pearl in Wrentham for The Ultimate Rod Stewart Tribute Show by Rick Larrimore.

Not only does Rick have the high-definition jawline, and the shock of spikey blond hair, but most importantly, his distinctive, naturally raspy voice sounds just like the legendary Stewart! His range easily nails every high note from Stewart's younger days, so it is no surprise this singer has carved out a career 'recreating' Rod Stewart. From kicking out soccer balls to spinning mic stands, to belting out all of Rod's greatest hits – Larrimores' high-energy show is a must-see event for people of all ages!

Plated Luncheon Meal Choices: Chicken Piccata OR Wild Mushroom Risotto. Also included: Salad, Vegetables, Bread, Dessert, Coffee & Tea.

Tickets are \$129 per person, including transportation, plated lunch, meal & show. Deadline to book is August, 23rd.

## SINGO

1000 SASC will be taking a break from SINGO in July. We will return to the first Wednesday of every month beginning again in August.

## July Birthday Celebration

TUESDAY, JULY 9

Join us at 2:00 PM in North Wing Lounge on Tuesday, July 9th, for an Americana-themed afternoon of entertainment presenting, The Good Tymes Banjo Band. Before the celebration, enjoy a "cook-in" for only \$5 and receive a hotdog, a burger, potato salad & a drink from 11:30 AM – 2:00 PM! All are welcome!

## For Your Information

INDEPENDENCE DAY

The Center Office and the Dining Room will be closing at noon on Wednesday, July 3<sup>rd</sup> and closed on Thursday, July 4<sup>th</sup> & Friday, July 5<sup>th</sup>.

The Business Office, Artery Grocery and Colonial Federal Saving Bank in the East Wing will be closed on Thursday, July 4<sup>th</sup>. Best wishes for a safe & Happy 4<sup>th</sup> of July!



## Healthy Eating on a Budget

THURSDAY, JULY 18

Discover practical tips and strategies to embrace healthy eating without breaking the bank! Join 1000 SASC and a specialist from Therapy Gardens on Thursday, July 18th at 2 PM in CR 1, as we uncover smart ways to save money while still enjoying nutritious and delicious meals, both when cooking at home and when ordering out. Learn actionable techniques to make healthy eating sustainable and affordable. Leave equipped with the knowledge to empower yourself and thrive on a budget, making your well-being a top priority. Specific tips for older adults will be provided. All are welcome to attend this free event.

## Acoustic Afternoon

THURSDAY, JULY 25

Visit the North Wing Dining Room at 2:00 PM for an enjoyable afternoon of entertainment featuring the talented acoustic musician, Heather Deary. Sit back, relax, and sing along with Heather. All are welcome.



## Ellie's Treats

FRIDAY, JULY 26

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**



## Movie of the Month

*THE SANDLOT*

On Tuesday, July 30th at 1:30 PM we will be showing the beloved hit, *The Sandlot*.

In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.

We will have a repeat showing of *The Sandlot* with closed caption, on the following day, Wednesday, July 31st, at 1:30 PM. This film is rated PG and runs approximately 1 hour 45 minutes.

## Harry's Dance

SATURDAY, JULY 27

Join us on Saturday, July 27th at 7:00 PM in the Activity Room for Harry's Dance. Spend the evening celebrating good music, great friends and lots of dancing!

## Outdoor Fun

### HORSESHOES

Residents and Center Members are invited to Horseshoes at the outdoor pit behind the North Wing. Horseshoes is every Friday at 10:00 AM, weather permitting. It is fun and easy to learn! See you on Fridays!

### SHUFFLEBOARD

Fun on the outdoor court behind the North Wing begins, too! Shuffleboard is every Thursday at 10:00 AM.

## 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.

## 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, July 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, July 27th. One entry per-person.



Name:

Apartment #:

Phone #:



## JULY 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
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	*Shuffleboard	Residents	NW COURT
	10:00 AM	*Meditation	Residents	ZOOM
FRI	10:00 AM	*Horseshoes	Residents	NW PIT
	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
	1:00 PM	*Horseshoes	Residents	NW PIT
	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