



THE FOUNTAIN

Issue No. 700 September 2024

1000 SOUTHERN ARTERY · QUINCY, MA

Turkey Train

THURSDAY, OCTOBER 24

Join 1000 Southern Artery Senior Center for the perfect Foliage Day Trip! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two-hour scenic train ride, through the countryside of New Hampshire, is complete with a delicious full turkey dinner with all the fixin's! Hart's Turkey Farm provides this exceptional turkey meal.

Following the lunch train excursion, we board the motorcoach and head to Moulton Farm, in the heart of the Lakes Region. The farm dates back to the 1890s and has so much to offer. Browse their farm stand, and garden center, or maybe pick up a treat at their bakery! A Perfect ending to our October day! Tickets are \$140 per person includes Roundtrip Transportation, Train Ride & Lunch.

The deadline is September, 17th and payment is due upon reservation. No refunds after 9/17/24.



Mount Washington Hotel

DECEMBER 10-12

Join 1000 SASC as we enjoy a masterpiece of Spanish Renaissance architecture, The Mount Washington Hotel & Resort. This flamboyant marvel opened in 1902 and immediately became the summer haunt of poets, presidents, and princes. Her guest registry is an index of the century's celebrities who found the cultural cachet and the tranquil hospitality that marked the Gilded Age. Fabled for daytime diversion and elegant evenings, The Mount Washington Hotel was created for lavish leisure and scenery surrounding your senses and your spirit. The hotel is a National Historic Landmark. This Deluxe Tour Includes:

Deluxe hotel accommodations at The Mount Washington Hotel & Resort

Welcome reception with afternoon tea and entertainment

Includes 4 Meals: 2 Exceptional Breakfasts, & 2 Dinners

Superior 4 – Course Dinners in The Grand Dining Room featuring dancing and music provided by the Mount Washington Hotel's Orchestra

Tour and History of the hotel by a local historian

All amenities the resort has to offer including an indoor & outdoor heated swimming pool

Price: \$749.00 Per Person Double Occupancy (+ \$180.00 Single)

\$50.00 Per Person Deposit Due with Reservation – Balance Due On Or Before November 1, 2024.

Fall Class Registration Reminder

WEEK OF SEPTEMBER 2ND

Just a friendly reminder that registration for the **Fall Exercise Classes is coming up during the first week of September.** Please be aware that there will be no classes during the week of September 2nd due to registration. The cost for Fall classes is \$15, and in order to register, you must call the Center Office at 617-471-1000 x 107.



Computer Class Open House

THURSDAY, SEPTEMBER 19

Join us for the Kick-Off Event on Thursday, September 19th at 2:00 PM in the South Wing Auditorium and learn about our upcoming 10-week series beginning this October.

This new series will cover and review essential websites, apps, and more such as shopping on Amazon to using social media, listening to podcasts, and watching videos.

With a focus on practical skills and safety, including knowledge of cookies, password protection, and more, you'll leave with the confidence to navigate the digital world more effectively and safely. There will be time for Q&A, with the opportunity to enhance your digital literacy and stay connected in today's tech-driven society.

This October, classes will be available for all skill levels, with options for daytime or evening sessions. Registration information and details will be provided on the day of the event. Enjoy light refreshments, door prizes & more!

September Birthday Celebration

TUESDAY, SEPTEMBER 10

Join us on Tuesday, September 10th, at 2:00 PM in the North Wing Lounge for an exciting performance by the talented Siggie Moller. All are welcome to enjoy a sweet treat while watching the show.

SINGO

WEDNESDAY, SEPTEMBER 4

Join us in the North Wing Dining Room on Wednesday, September 4th, at 1:30 PM for Singo.

Eyes on Owls

WEDNESDAY, SEPTEMBER 18



Marcia and Mark Wilson have thrilled audiences of all ages with their live owl presentations for the past 30 years. This lively couple introduces you to 6 live owls up close and personal! Each bird is safely perched on Marcia's glove as she walks close to everyone, providing intimate views of these secretive birds of prey.

The Wilsons highlight our local owls' unique adaptations, habitats, and behaviors in the wild while sharing tips on how you can listen for and help protect owls yourself.

Don't miss this unique presentation on Wednesday, September 18th at 2:00 PM in the East Wing Lounge.

Movie of the Month

QUEEN BEES

On Tuesday, September 24th at 1:30 PM we will be showing “Queen Bees” starring Ellen Burstyn, James Caan, Jane Curtin, Christopher Lloyd, and more.

While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community—just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments, and a group of bullying "mean girls" that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics, Helen discovers that it's never too late to make new friends and perhaps even find a new love.

We will have a repeat showing of “Queen Bees” with closed caption, on the following day, Wednesday, September 25th, at 1:30 PM. This PG-13 film runs approximately 1 hour 41 minutes.

St. Joseph, St. John Collaborative

FRIDAY, SEPTEMBER 27

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.



Ellie’s Treats

FRIDAY, SEPTEMBER 28



Enjoy the final days of summer and come “treat” yourself to something from Ellie’s Treats!

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

East Wing: 2:00 PM – 3:00 PM

For Your Information

MONDAY, SEPTEMBER 2

The offices, Artery Grocery and Colonial Federal Savings Bank in the East Wing will be closed on Monday, September 2nd in observance of Labor Day. Have a safe & happy Labor Day!

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, September 28th (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, September 28th. One entry per-person.

Name:

Apartment #:

Phone #:

SEPTEMBER 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
	12:00 PM	Seated Zumba	Mary Ellen Reardon	ACT RM
	1:00 PM	*Cribbage Tournament	Ken White	CR1
	2:00 PM	*Chinese Square Dancing	Lisa Wu	ACT RM
THUR	6:00 PM	*Board Games	Joan Henshaw	NW RM
	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	6:00 PM	Tap Dancing	Donna Desmond	AUD
	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	*Horseshoes	Residents	NW PIT
SUN	2:00 PM	*Sing-a-Long	Residents	ACT RM
	6:00 PM	*Whist	Vito Grimaldi	NW DR
	2:00 PM	*Board Games	Joan Henshaw	NW DR