



# THE FOUNTAIN

Issue No. 702 November 2024

1000 SOUTHERN ARTERY · QUINCY, MA

## November Birthday Celebration

TUESDAY, NOVEMBER 12

On Tuesday, November 12th come to honor those with a November birthday. Enjoy music from the talented Play It Again, a 5-piece band, featuring the styles of jazz, country, rock 'n' roll, bluegrass and classic hits. The Birthday Celebration will be at 2:00 PM in the North Wing Dining Room. All are welcome!

## Holiday Pops

FRIDAY, DECEMBER 6

Tickets are still available to the Boston Pops on Friday, December 6th at Symphony Hall. Join 1000 SASC and depart at 2 PM for a sensational afternoon of memorable music, so great that it "Pops"! The tickets are \$68 per person and can be purchased through the Senior Center by calling 617-471-1000x 107. Payment is due upon reservation. No refunds after November 15th.

## Voting

TUESDAY, NOVEMBER 5

A reminder that Voting will not take place at 1000 Southern Artery, but instead at Clifford Marshall Elementary School. Please contact the City Clerk at 617-376-1131 for an absentee ballot if you are unable to get to the polls.



## Thanksgiving Dinner

WEDNESDAY, NOVEMBER 27



Residents may pre-order a delicious Thanksgiving dinner as takeout for pick-up on Wednesday, November 27. The cost is \$12. The scrumptious dinner will include turkey, stuffing, gravy, mashed potatoes, squash, and pie.

Look for this special menu item order form, attached to a copy of this Fountain (Residents only, and one meal per person, **deadline for entry is Tuesday, 11/12**). The dining room will be closing at 10:00 AM on 11/27.

Please note, pick up times are approximate and vary by building:

- East Wing – pick up at 12:00 PM
- North Wing – pick up at 12:45 PM
- South Wing – pick up at 1:30 PM

## Thank You, Volunteers!

*As we approach this season of gratitude, the Senior Center wants to take a moment to express our heartfelt thanks for all that you do. Your dedication and selflessness make a profound difference in our community, and we are truly grateful for your support.*

*Wishing you and your loved ones a warm and joyful Thanksgiving filled with laughter, good food, and cherished memories. Thank you for being such an essential part of our community!*

*Sincerely,*

*Sara, Kristen, Colleen & Mary*

## Let's Get Social

1000 SASC invites you to follow our Senior Center Facebook page! This is a wonderful opportunity to stay connected with our vibrant community and keep up with everything happening at the center. On our Facebook page, you'll find:

- **Photos** of our latest events and activities, capturing the joy and camaraderie we share.
- **Updates** about upcoming trips and programs, ensuring you never miss out on an adventure or special event.
- **Engaging discussions** where you can connect with fellow members, share your thoughts, and stay informed.

Whether you're a frequent visitor or new to our community, our Facebook page is a great way to engage and stay in the loop. Like us and be part of the fun! Simply search for "1000 Southern Artery Senior Center" and click "Follow."

Thank you for being a valued member of our community. We look forward to sharing wonderful moments with you online!

## SINGO

WEDNESDAY, NOVEMBER 6

Join us at 1:30 PM in the North Wing Dining Room on Wednesday, November 6th, for a fun version of Bingo. Have some fun and win prizes! All Residents and Center Members are welcome.



## Calling all Volunteers

1ST WEDNESDAY OF EVERY MONTH

We invite all our past, present, and future volunteers to join us at the Senior Center to discuss our volunteer program. The meeting will be on the **first Monday of every month at 3:00 PM** in the North Wing Dining Room.

We will discuss various volunteer opportunities, provide valuable insights, and welcome your suggestions. Additionally, you can enjoy some light refreshments and have the chance to win a gift card while mingling with your peers. This is our way of showing appreciation for everything you do to support 1000 SASC!

## DIY Holiday Decorations

MONDAY, NOVEMBER 25

Get in the spirit of the holidays and visit the Activity Room at 2 PM on Monday, November 25th for an afternoon of festive arts and crafts. Choose from a variety of crafts and materials to create your own holiday decoration. We will provide the supplies, you bring your creativity!

## 1000 SASC Walking Club

EVERY WEDNESDAY

Grab your walking shoes and bring a friend to join the Senior Center staff for a walk around the Quincy Point area every Wednesday at 10:30 AM. You can choose between a high-impact, fast-paced group or a low-impact group for a more leisurely walking experience. Come along for some exercise and camaraderie!

## Movie of the Month

### THE GRAPES OF WRATH

On Tuesday, November 19th we will be showing The Grapes of Wrath starring Henry Fonda, Jane Darwell, John Carridine, and more.

An Oklahoma family, driven off their farm by the poverty and hopelessness of the Dust Bowl, joins the westward migration to California, suffering the misfortunes of the homeless in the Great Depression.

We will have a repeat showing of The Grapes of Wrath with closed caption, on the following day, Wednesday, November 20th, at 1:30 PM. This film runs approximately 2 hours 9 minutes.

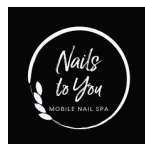
## St. Joseph, St. John Collaborative

TUESDAY, NOVEMBER 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.

## Nails to You Mobile Spa

TUESDAY, NOVEMBER 19



Before the holiday rush, treat yourself to a manicure from Nails to You at 1000 SASC on Tuesday, November 19 between 10 AM and 4 PM. Enjoy a spa manicure for \$20 or a Dazzle Dry manicure for \$25. Schedule an appointment using the sign-up sheet located outside the Center Office. Appointments are scheduled every ½ hour.

## Veterans Day Holiday

The Senior Center and Colonial Federal Savings Bank in the East Wing will be closed on Monday, November 11th in observance of Veterans Day. Artery Grocery will also be closed. Thank you to all Veterans who have served our country. The business office will remain open.

## Thanksgiving Holiday




Our offices and Colonial Federal Savings Bank in the East Wing will be closed on Thursday, November 28th, and Friday, November 29th in observance of the Thanksgiving Holiday. Artery Grocery will be closed on Thanksgiving, and re-opening from 8 AM -2 PM on Friday. Have a safe & happy Thanksgiving!

## Beauty Shop

The holidays are quickly approaching; call the Beauty Shop at 617-471-1096 for a cut, color or blowout.

## Artery Grocery

Bring this AD into Artery Grocery before Saturday, November 23rd and enter for a chance to win an Oven Roasted Chicken. The Drawing will be held on Saturday, November 23rd. One entry per-person.



Name: \_\_\_\_\_

Apartment #: \_\_\_\_\_

Phone #: \_\_\_\_\_

## NOVEMBER 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	CR2
	2:00 PM	Tai Chi / Qigong	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	Xiaoy Lu	ACT RM
	12:00 PM	Seated Zumba	Mary Ellen Reardon	ACT RM
	1:00 PM	*Watercolor	Paul Schofield	CR3
	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
	6:00 PM	Tap Dancing	Donna Desmond	AUD
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
	11:30 AM	Stretch/Strength	Dee Lyon	ACT RM
	12:15 PM	Easy Chair Yoga	Dee Lyon	ACT RM
	1:00 PM	*Crafts	Paul Schofield	CR3
	1:00 PM	*Backgammon	Residents	GAME RM
	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