



THE FOUNTAIN

Issue No. 701 October 2024

1000 SOUTHERN ARTERY · QUINCY, MA

Holiday Pops

FRIDAY, DECEMBER 6

On Friday, December 6th Depart 1000 Southern Artery at 2:00 PM for the Holiday Pops and enjoy a festive and engaging performance by “America’s Orchestra” and relish the elegance of Symphony Hall. Join the Boston Pops and renowned Keith Lockhart in 2024 for a sensational day of memorable music, so great that it “Pops”!

Historic Symphony Hall is the place to share in Boston’s beloved Christmas tradition, the Holiday Pops. Keith Lockhart will himself be conducting the performance and Santa will be appearing as well. The Holiday Pops musical cheer is sure to bring happiness to all!

The tickets are available for a cost of \$68 per person and can be purchased through the Senior Center by calling 617-471-1000x 107.

October Birthday Celebration

TUESDAY, OCTOBER 8

Join us on Tuesday, October 8th, at 2:00 PM in the North Wing Lounge for an exciting performance by the talented Neil Perry Band. All are welcome to enjoy a sweet treat while watching their performance.



Cocoa Beantown

THURSDAY, OCTOBER 17



Most people know the story of the Boston Tea Party. But did you know when the colonists stopped drinking tea due to taxation, they turned to drinking chocolate? American patriot Paul Revere crafted dedicated drinking chocolate pots that can be seen at MFA Boston today.

Massachusetts has many historical connections to chocolate that continue from that point in time, including being the home of the very first chocolate factory in North America, the first roadside retail confectionery operation, and the first forays into commercial white chocolate production.

Learn more about our sweet history with this fascinating program brought to you by the experts at Cocoa Beantown at 2:00 PM in the Activity Room.

Halloween Party

THURSDAY, OCTOBER 31



Residents and Center Members are invited to join us in the North Wing Lounge for a spooktacular Halloween party on Thursday, October 31st beginning at 2:00 PM. Wear a costume! Door prizes! Enjoy games and treats! Come if you dare!!

Paint a Pumpkin

TUESDAY, OCT. 1 & FRIDAY, OCT. 4



It's pumpkin season! Whether you want to create spooky faces, scary spiders, pretty patterns, or glittery designs, painting a pumpkin offers endless opportunities for creativity. No-carve pumpkins are a safer option because they don't require sharp tools, make less mess, and should last longer than carved pumpkins.

Join the Center Office on Tuesday, October 1st at 10:00 AM in CR1 or Friday, October 4th at 2:00 PM to paint a pumpkin and create your fall masterpiece. We will provide the materials; you just bring your creativity! Please register for one of the two sessions with the Center Office by calling 617-471-1000x 107.

SINGO

WEDNESDAY, OCTOBER 2

Join us at 2:00 PM in the North Wing Dining Room on Wednesday, October 2nd, for a fun version of Bingo. Have some fun and win prizes! All Residents and Center Members are welcome.

Quincy Health Department

MENTAL HEALTH PRESENTATION

Join Deb Deery, LPN from Quincy Health Department, at 10:00 AM on Thursday, October 3rd in CR 1 as she hosts a presentation dedicated to discussing and raising awareness about the importance of mental health.

Columbus Day / Indigenous People's Day Holiday

MONDAY, OCTOBER 14

Our offices and Colonial Federal Savings Bank in the East Wing will be closed on Monday, October 14th, in observance of Columbus Day / Indigenous People's Day. Have a safe & happy Holiday!

Movie of the Month

THE BOYS IN THE BOAT

On Tuesday, October 22nd we will be showing *The Boys in the Boat* starring Joel Edgerton, Callum Turner, Peter Guinness, and more.

This 1930s-set story centers on the University of Washington's rowing team, from their Depression-era beginnings.

We will have a repeat showing of *The Boys in the Boat* with closed caption, on the following day, Wednesday, October 23rd, at 1:30 PM. This PG-13 film runs approximately 2 hours 3 minutes.

St. Joseph, St. John Collaborative

FRIDAY, OCTOBER 25

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 Halloween Dance

SATURDAY, OCTOBER 26




Join Residents and Center Members for a fun Halloween-themed dance in the Activity Room at 7:00 PM. Come in costume (optional) and dance the night away or come and listen to great music! Bring your own refreshments. Call Harry at (781) 917-5483 if you have any questions.

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, October 26th and enter for a chance to win an Oven Roasted Chicken. The Drawing will be held on Saturday, October 26th. One entry per-person.



Name:

Apartment #:

Phone #:

Upcoming Overnight Adventures

TURNING STONE & MOUNT WAHSINGTON

November: Turning Stone , November 26-28

Tour Includes:

Two nights accommodations at Turning Stone's luxurious hotel Towers

\$60.00 Total Casino Free Play OR \$60.00 Bingo Bucks Play

\$30.00 Meal Coupons for dining during your stay

Complimentary use of the heated indoor pool at the Day Spa

Departure on day 3 will be approximately 4:00 PM, after BINGO to include a dinner stop (on own), and returns back to 1000 Southern Artery at approximately 10:00 PM

PRICE: \$525.00 Per Person Double Occupancy

(Add \$200.00 Single Supplement – Deduct \$30.00 Per Person Triple Occupancy.)

Deposit of \$50.00 Due With Reservation

Balance Due On Or Before October 17, 2024.

Departure: 8:00am – 1000 Southern Artery, Quincy, MA

For Reservations and Information, please contact: (617) 471-1000 X107

December: Mt. Washington, December 12 – 14

This 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.

For Reservations or information, please contact: (617) 471-1000 X107

OCTOBER 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	Xiao Ying 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
	11:15 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