



# THE FOUNTAIN

Issue No. 713 October 2025

1000 SOUTHERN ARTERY · QUINCY, MA

## Music Therapy: 6-Week Series

FRIDAY MORNINGS, BEGINNING OCTOBER 10

What is music therapy? In this **FREE**

**6-week series on Friday mornings at 10:00 AM** in the **Activity Room**, learn about and experience the various ways in which music can impact your body, mind and spirit. Led by a board-certified music therapist, each week of this course will include opportunities to learn about the field of music therapy and to engage in meaningful music experiences in a welcoming group setting. No prior skills required – space is limited. Call 617-471-1000 x 107 to register.



## Halloween Party

FRIDAY, OCTOBER 31

Residents and Center

Members are invited to join us in the **North Wing Lounge** for a

spooktacular Halloween party on **Friday, October 31st** beginning at **2:00 PM**. Wear a costume! Enjoy games and treats and music played by a local DJ! Come if you dare!!

## Last Call for Turning Stone

BALANCE DUE OCTOBER 17



Join us for a two-night trip to Turning Stone Resort and Casino in Upstate New York! Enjoy a festive holiday setting, great company, and more. **Full payment due by Friday, October 17th**. Don't miss out—reserve your spot today!

## Craft a Cozy Keepsake:

### 8-Week Series

THURSDAY MORNINGS



With the chill of fall in the air, there's no better time to slow down and create something meaningful. Whether you're looking to treat yourself or surprise a loved one with a handmade gift, join the staff from the Center Office on **Thursday mornings in January**, for a cozy and creative experience: hand-knitting your own chunky blanket.

This beginner-friendly workshop will guide you through the steps to create a cozy, oversized blanket—no needles required! You'll choose your favorite yarn color and learn the techniques to loop, and style your blanket by hand.

**When:** Thursday mornings beginning January 8th, 10:30 AM – 12 Noon in the Activity Room

**Duration:** 8 weeks

**Cost:** \$40 (includes yarn and a convenient travel bag)

**Registration Deadline:** Thursday, October 30th (including payment and yarn selection) with the Senior Center. Space is limited.

## For Your Information

MONDAY, OCTOBER 13

Our offices and Colonial Federal Savings Bank in the East Wing will be closed on Monday, October 13th in observance of Columbus Day / Indigenous People's Day. Have a safe & happy Holiday!

## Day Trip—Salem Cross Inn

THURSDAY, DECEMBER 11

Join us for a lovely day trip to rural Central Massachusetts featuring the original historic **Fireplace Feast** at the historic **Salem Cross Inn**.

Relax by the fieldstone fireplace as the crackling fire roasts your prime rib to a turn. View the 1700's antique roasting jack that was used to roast fowl and beef in taverns throughout New England. The flavor of the fireplace roasted prime rib is unsurpassed. This event has been featured on The Food Network, Chronicle and Phantom Gourmet.

### Tour Includes:

- Historic Fireplace Feast at the historic Salem Cross Inn
- Fun-filled entertainment at the Inn featuring Holiday sing-alongs!
- Deluxe Yankee Line motorcoach transportation

Price: \$135.00 Per Person. For booking information, please contact the Senior Center at (617) 471-1000 x 107. Deadline to register is November, 7th.

## SINGO

WEDNESDAY, OCTOBER 1



Join us at 1:30 PM in the North Wing Dining Room on Wednesday, October 1st, for a fun version of Bingo. “Singo” replaces the numbers with your favorite songs. Have some fun and win prizes. All are welcome.

## Veterans Community Group

WEDNESDAY, OCTOBER 8

Veterans are invited to join the **Veteran Community Connection Group**, a monthly gathering designed to build camaraderie and support among local vets.

Held on the **second Wednesday of every month** from **10:00–11:00 AM** in **Classroom 3** of the East Wing Building, the event offers a relaxed space to connect with fellow veterans, VA social workers, and the 1000 SASC team—all over a free cup of coffee. No registration needed—just show up and enjoy! Contact: Sasha Arruda, (617) 435-0999, [sasha.arruda@va.gov](mailto:sasha.arruda@va.gov).

## October Birthday Celebration

TUESDAY, OCTOBER 14

Join us on **Tuesday, October 14th** at **2:00 PM** in the **North Wing Lounge** for a special live performance by the talented crooner **Sigy Moller**.

With his smooth vocals and timeless charm, Sigy brings a delightful mix of classic favorites and nostalgic tunes that are sure to brighten your afternoon. Whether you're a longtime fan or hearing him for the first time, this is a performance you won't want to miss!

All are welcome—and yes, there will be sweet treats to enjoy while you sit back, relax, and take in the music.



## Cooking Tips & Tools for Older Adults

THURSDAY, OCTOBER 16



Cooking can become a daunting task as we age, but it doesn't have to be. Join 1000 SASC on Thursday, October 16th at 2:00 PM in the Activity Room for a presentation by Therapy Gardens, and explore practical tips and adaptive tools to make cooking easier and more enjoyable for older adults. Whether you're a seasoned cook or a beginner, you'll learn how to simplify the cooking process and save time in the kitchen. Senior-friendly product recommendations and where to obtain them will be provided.

## Paint Pumpkins with the Center

TUESDAY, OCTOBER 21

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.

Join the Center Office on Tuesday, October 21st at 2:00 PM in the Activity Room to paint a pumpkin and create your fall masterpiece.

We will provide the materials; you just bring your creativity! Please register with the Center Office by calling 617-471-1000 x 107.



## St. Joe & St. John Collaborative

FRIDAY, OCTOBER 24

Join us on Friday, October 24th at 1:30 PM for a Catholic Mass in the East Wing Lounge. All are welcome.

## Crafting with the Center

LAST MONDAY OF EVERY MONTH

Get ready for a free interactive craft session on Monday, October 27th at 1:30 PM AND 2:30 PM in Activity Room. This month, we'll create Halloween and fall themed crafts, guided by the Senior Center staff.

All materials are provided. Please register for one of the sessions by calling the Center Office at 617-471-1000 x 107.

## Movie of the Month

*The Bridges of Madison County*

On Tuesday, October 28th at 1:30 PM we will be showing *The Bridges of Madison County*, starring Clint Eastwood, Meryl Streep, Annie Corley, and more.

Photographer Robert Kincaid wanders into the life of housewife Francesca Johnson for four days in the 1960s.

We will have a repeat showing of *The Bridges of Madison County* with closed caption, on the following day, October 29th, at 1:30 PM. This film is rated PG-13 and run approximately 2hrs 15 minutes.

## Walking Club

WEDNESDAY MORNINGS

Join the 1000 SASC **Walking Club!** Take a step toward better health **every Wednesday at 10:30 AM.** Meet at the North Wing Patio for a fun, social walk—your choice of:

**Low-Impact:** Relaxed pace around the SASC property.

**High-Impact:** Brisk walk through Quincy Point

Stay active, stay cool, and stay connected. Just bring water, comfy shoes, and a smile!

## Giving Gratitude in 2025: Compassion in October

As we step into October, we turn our focus to **compassion—the ability to recognize the struggles of others and respond with kindness, empathy, and care.**

Whether it's a kind word, a warm smile, or simply offering someone the benefit of the doubt, small gestures can make a big difference. We never truly know what others may be facing, and even the smallest act of compassion can help lighten their load.

Let this month be a reminder to show grace, choose understanding, and lead with empathy. **Compassion is a gift we can all give—freely and often.** Let's celebrate it, live it, and share it.



## Save the Date:

10/1 – 1:30 PM, SINGO, NW DR

10/8 – 10:00 AM, Veteran Community Connection Group: Presented by the VA, CR 3

10/10 – 10:00 AM, Music Therapy, ACT RM (Part 1 of 6 week series)

(\*pre-registration required with the Center)

10/14 - 2:00 PM, Birthday Celebration (Sigy Moller), NW DR

10/16 – 2:00 PM, Cooking Tips & Tools for Older Adults: Presented by Therapy Gardens, ACTRM

(\*pre-registration required with the Center)

10/21 – 2:00 PM, Paint a Pumpkin with the Senior Center, ACT RM

(\*pre-registration required with the Center)

10/24 – 1:30 PM, Catholic Mass, EW Lounge

10/27 – 1:30 PM & 2:30 PM, Crafting with the Senior Center, ACT RM

(\*pre-registration required with the Center)

10/28 – 1:30 PM, Movie of the Month; *The Bridges of Madison County*, SW AUD

10/29 – 1:30 PM, Movie of the Month; *The Bridges of Madison County* (CC), SW AUD

10/31 – 2:00 PM, Halloween Party

OCTOBER 2025 CALENDAR OF EVENTS AT 1000 SOUTHERN ARTERY

\*No Registration Required

DAY	TIME	CLASSES OR GROUPS	TEACHER	ROOM
MON	10:00 AM	*Bible Study	Residents	GAME RM
	11:00 AM	Mat Yoga	Judith Cohen	EWL
	12:15 PM	*Cribbage Tournament	Residents	CR3
	1:00 PM	*Drawing	Paul Schofield	CR3
	2:00 PM	*Corn Hole	Residents	EWL
TUE RM RM	10:00 AM	*Mah Jongg	Residents	NW DR
	10:00 AM	*Meditation	Residents	ZOOM
	11:15 AM	Stretch & Strength	Dee Lyon	ACT
	12:15 PM	Moderate Chair Yoga	Dee Lyon	ACT
	6:00 PM	Line Dancing	Donna D.	ACT RM
WED	10:00 AM	Ceramics	Residents	CR1
	10:00 AM	*Chinese Culture Folk Dance /Tai Chi	Xiaoy Lu	ACT RM
	10:30 AM	*Walking Club	Center Office	NW DR
	1:00 PM	*Cribbage Tournament	Residents	CR1
	1:00 PM	*Watercolor	Paul Schofield	CR3
	2:00 PM	*Chinese Square Dancing	Lisa Wu	ACT RM
	6:00 PM	*Board Games	Residents	NW RM
THUR	9:30 AM	*Aerobic Exercise	Mofen Hu	ACT RM
	10:00 AM	*Meditation	Residents	ZOOM
	10:30 AM	*Mah Jongg	Residents	NW DR
	6:00 PM	Tap Dancing	Donna D.	ACT RM
FRI RM RM	11:00 AM	Mat Yoga	Judith Cohen	EWL
	11:30 AM	Stretch/Strength	Dee Lyon	ACT
	12:15 PM	Easy Chair Yoga	Dee Lyon	ACT
	1:00 PM	*Crafts / Acrylics	Paul Schofield	CR3
	1:00 PM	*Backgammon	Residents	GAME RM
	2:00 PM	*Sing-a-Long	Residents	ACT RM