



THE FOUNTAIN

Issue No. 714 November 2025

1000 SOUTHERN ARTERY · QUINCY, MA

Day Trip—Salem Cross Inn

THURSDAY, DECEMBER 11

Don't Miss This Cozy New England Getaway! Spots are still available for a charming day trip to rural Central Massachusetts, featuring the famous Fireplace Feast at the historic Salem Cross Inn—a true taste of colonial New England!

Settle in by the crackling fieldstone fireplace as your prime rib is roasted to perfection on a genuine 1700s roasting jack. This unforgettable dining experience—featured on *The Food Network*, *Chronicle*, and *Phantom Gourmet*—offers unbeatable flavor and old-world charm.

Your day includes:

- The Historic Fireplace Feast at Salem Cross Inn
 - Festive entertainment and holiday sing-alongs
- Deluxe Yankee Line motorcoach transportation
Price: \$135 per person.

To reserve your seat, call the Senior Center at (617) 471-1000 x 107.

Registration deadline: November 7th.



Thanksgiving Takeout Special

WEDNESDAY, NOVEMBER 26

Get ready to enjoy a warm and hearty Thanksgiving meal without the hassle of cooking. On Wednesday, November 26, Residents and Center Members are invited to order a delicious Thanksgiving turkey sandwich for takeout between 11:30 AM and 2:00 PM.

Thanks to our amazing kitchen staff, this festive luncheon will feature an open-faced turkey sandwich topped with stuffing, savory gravy, and cranberry sauce, served alongside seasonal squash and finished off with a sweet serving of apple crisp—all for just \$10!

While the kitchen will close at 2:30 PM, guests are more than welcome to enjoy their meals in the dining room if they wish to stay.

Come celebrate the season with comfort food made with care. Don't miss out on this tasty Thanksgiving treat!



1000 SASC Art Show & SINGO

WEDNESDAY, NOVEMBER 5

Experience Art and Entertainment at SINGO! Join us on **Wednesday, November 5th** at **2:00 PM** for an afternoon of fun and excitement with SINGO—a lively mix of music and bingo!

While you're enjoying the game, be sure to take a moment to explore the beautiful student artwork on display, created by the talented artists of 1000 SASC.

The exhibit features a stunning variety of pieces in **watercolor, oil painting, drawing,** and more—each one a unique expression of creativity and skill. Don't miss this inspiring celebration of art, music, and community!

Veterans Day Holiday

Our offices and Colonial Federal Savings Bank in the East Wing will be closed on **Tuesday, November 11th** in observance of **Veterans Day**. Artery Grocery will be open until 2:00 PM. Thank you to all of our Veterans!

Veterans Community Group

WEDNESDAY, NOVEMBER 12

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, cup of coffee.

No registration needed—just show up and enjoy a **FREE** cup of coffee and conversation.

Movie of the Month

Planes, Trains & Automobiles

On **Tuesday, November 12th** at **1:30 PM** in the **South Wing Auditorium**, we will be showing *Planes, Trains & Automobiles*, starring Steve Martin, John Candy, Laila Robins, and more.

This laugh-out loud comedy features a Chicago advertising man forced to travel home from New York for Thanksgiving, with a lovable oaf of a shower-curtain-ring salesman as his only companion.

We will have a repeat showing of *Planes, Trains & Automobiles* with closed caption, on the following day, **November 13th, at 1:30 PM**. This film is rated R and run approximately 1hr 33 minutes.

November Birthday Celebration

TUESDAY, NOVEMBER 18

Join us on **Tuesday, November 18th** at **2:00 PM** in the **North Wing Lounge** for a special live performance by the talented **Robert Black**, an award-winning Elvis Presley tribute artist, who performs nationwide. Robert Black's authentic portrayal and exciting interpretation of Elvis Presley, has made him one of the country's most sought after, and popular tribute performers.

All are welcome—and yes, there will be a **sweet treat** to enjoy while you sing and dance!



The Anti Inflammation Diet: Learn Your Triggers & Avoid Them

THURSDAY, NOVEMBER 20



Inflammation got you down. Join Therapy Gardens on **Thursday, November 20th at 2:00 PM** in the **Activity Room** to **learn the health implications of consuming ultra-processed foods** and get a comprehensive look at how these convenient but potentially harmful options affect our health.

Participants will **explore the differences between minimally processed vs. heavily processed foods**, understand the long-term health risks associated with additives, preservatives, and high levels of sugars and salts, and learn how to read and interpret food labels to make healthier choices and find better alternatives.

Please register with the Senior Center for this **FREE** and informative seminar.

St. Joe & St. John Collaborative

FRIDAY, NOVEMBER 21

Join us on **Friday, November 21st 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 in the spirit of the holidays and register for an afternoon of crafting on **Monday, November 24th at 1:30 PM AND 2:30 PM** in **Activity Room**. Choose from a variety of crafts and materials to create your own holiday decoration. We will provide the supplies, you bring your creativity!

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

Thanksgiving Holiday

Our offices and Colonial Federal Savings Bank in the East Wing will be closed on **Thursday, November 27th**, and **Friday, November 28th** in observance of the **Thanksgiving Holiday**. Artery Grocery will be closed on Thanksgiving, and re-opening from **8:00 AM - 2:00 PM** on Friday. Have a safe & happy Thanksgiving!

Stay Connected with 1000 SASC on Facebook

LIKE OUR FACEBOOK PAGE

Join our **Senior Center Facebook** page to stay updated on events, trips, and programs. See photos, join discussions, and connect with fellow members.

Search **“1000 Southern Artery Senior Center”** on Facebook and click **“Join.”** We can't wait to connect with you online!

Giving Gratitude in 2025: Thankful in November

As autumn settles in, November invites us to pause, reflect, and **give thanks—for both the big and small moments.**

At our senior center, we're especially thankful for the gift of community. Whether it's laughter during a game, a shared story, or a helping hand, these simple moments bring us joy and connection.

Gratitude isn't just about what we have, but how we see things. It is important we carry with us wisdom, resilience, and love.

This month, take a moment to share your gratitude—whether through a note, a call, or a kind word. **Small gestures can make a big difference.**

Wishing you a warm and grateful November!



Save the Date:



11/5 – 1:30 PM, SINGO, NW DR

11/7– 11:00 AM, Music Therapy, CR 1 (Part 5 of 6 week series)

(*pre-registration required with the Center)

11/12 – 10:00 AM, Veteran Community Connection Group: Presented by the VA, CR 3

11/12 – 1:30 PM, Movie of the Month; *Planes, Trains & Automobiles*, SW AUD

11/13 – 1:30 PM, Movie of the Month; *Planes, Trains & Automobiles* (CC), SW AUD

11/14– 11:00 AM, Music Therapy, CR 1 (Part 6 of 6 week series)

(*pre-registration required with the Center)

11/18 - 2:00 PM, Birthday Celebration (Robert Black), NW DR

11/20 – 2:00 PM, The Anti Inflammation Diet: Presented by Therapy Gardens, ACT RM

(*pre-registration required with the Center)

11/21 – 1:30 PM, Catholic Mass, EW Lounge

11/24 – 1:30 PM & 2:30 PM, Crafting with the Senior Center, ACT RM

(*pre-registration required with the Center)

NOVEMBER 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	10:00 AM	*Mah Jongg	Residents	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 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	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 / Acrylics	Paul Schofield	CR3
	1:00 PM	*Backgammon	Residents	GAME RM
	2:00 PM	*Sing-a-Long	Residents	ACT RM
	6:00 PM	*Whist	Residents	NW DR