



# THE FOUNTAIN

Issue No. 716 January 2026

1000 SOUTHERN ARTERY · QUINCY, MA

## Save the Date—Niagara Falls

JUNE 1-4, 2026



Join 1000 SASC for an unforgettable four-day getaway to one of the world's most breathtaking natural wonders: **Niagara Falls, Canada**. From awe-inspiring scenery to world-class attractions, this is a trip you won't want to miss!

Enjoy **three nights of first-class accommodations** at the **Fairfield by Marriott, Niagara Falls**, complete with an indoor pool, fitness room, and daily full buffet breakfast. All taxes, gratuities, and baggage handling (one bag per person) are included for a seamless experience.

Your adventure features an outstanding lineup of attractions and dining experiences:

- **Dinner at a local restaurant** within walking distance on your first evening
  - A spectacular meal at **The Skylon Tower's Revolving Dining Room** — 775 feet above the Falls, offering a 360° panoramic view
  - **Greg Frewin Theatre's "Wild Magic" Illusion Show** with dinner
  - A thrilling **City Cruises** tour that brings you face-to-face with the thundering Horseshoe Falls
  - Admission to the **Daredevil Museum**
  - Viewing of the Niagara film "*Miracles, Myths and Magic*"
  - A visit to **Maple Leaf Place**, celebrating Canadian heritage
  - A guided tour of the **Welland Canal** and charming **Niagara-on-the-Lake**
  - A stop at the **Rainbow Bridge Duty Free** store
- Comfortable, deluxe Yankee Line motorcoach transportation

### Trip Price:

**\$985 per person (double occupancy)**  
**+\$250 for single occupancy**

Reserve your spot with a **\$100 deposit by Tuesday, March 31st**. A convenient **payment plan of \$200 per month starting in January** is encouraged.

*Please note: Each passenger must present a valid photo ID. In addition, travelers are required to carry either a valid passport **or** an enhanced ID accompanied by a birth certificate.*

Don't miss this incredible opportunity to explore Niagara Falls in style and comfort. **Secure your seat today and get ready for an extraordinary adventure!**

## Class Registration Information

Registration is underway for classes at 1000 SASC. To participate, you must be a registered **Center Member or Resident**.

**Class Details:** About 15 classes per session with a two-week break between sessions are only **\$15 per session**.

### 2026 Sessions:

**Session 1:** Jan 12 – Apr 24

**Break/Registration:** Apr 27 – May 8

**Session 2:** May 11 – Aug 21

**Break/Registration:** Aug 24 – Sep 4

**Session 3:** Sep 8 – Dec 18

**Break/Registration:** Dec 21 – Dec 30

**Weather Note:** If Quincy Public Schools close for weather, 1000 SASC classes are canceled as well.



1000SASC.ORG



## Community Music Therapy

FRIDAYS, 11 AM—12 PM

Music therapy uses music to support goals like improving mood, reducing anxiety, and strengthening cognitive or communication skills—no musical experience needed.

This 6-week community series offers a friendly space to meet new people, share conversations, and enjoy music together. Participants can reminisce, sing, relax, and explore how music influences emotions and well-being.

Above all, the series is about joy—an hour each week to unwind and have fun. All are welcome to this FREE program. Space is limited, Pre-registration is required by calling 617-471-1000 x107.

## Illusionist Lyn Dillies

THURSDAY, JANUARY 29TH



Get ready for an unforgettable experience! On Thursday, January 29th at 2:00 PM, the Activity Room at 1000 SASC will transform into a world of wonder as we welcome the extraordinary illusionist Lyn Dillies.

From the grand stages of New York's Lincoln Center to the dazzling spotlight of Hollywood's Magic Castle, Lyn Dillies has amazed audiences across the country with her breathtaking powers of prestidigitation. Widely recognized as the highest-awarded female illusionist in the nation, Lyn brings a spellbinding blend of skill, showmanship, and heart to every performance.

Her show features eye-defying illusions, engaging audience participation, and perhaps most magical of all—Lyn's warm and captivating stage presence. This event promises to leave you smiling, astonished, and inspired! All are welcome to this FREE afternoon of entertainment.

## Special Movie Screening

*A Tree Grows in Brooklyn*

Too cold to go out so stay in and watch a movie in our South Wing Auditorium. This month we'll have a special screening of the classic film, *A Tree Grows in Brooklyn*, on Tuesday, January 6th at 1:30 PM starring Dorothy McGuire, Peggy Ann Garner, and Joan Blondell.

Encouraged by her idealistic if luckless father, a bright and imaginative young woman comes of age in a Brooklyn tenement during the early 1900s. This film is rated PG and runs approximately 2 hrs 9 minutes



## SINGO

WEDNESDAY, JANUARY 7

Singo is back for 2026! Join us at 1:30 PM in the North Wing Dining Room on Wednesday, January 7th, for a fun version of Bingo. "Singo" replaces the numbers with your favorite songs. It's fun and it's FREE—all are welcome!

## Quincy Health Department

FRIDAY, JANUARY 9

Join Deb Deery, NP, from the Quincy Health Department, on Friday, January 9th at 10:00 AM in CR 1 as she discusses how post-holiday transition affects us emotionally and physically, and shares simple ways to find balance and embrace positive change.

Let's make 2026 a truly happy and healthy New Year!

## January Birthday Celebration

TUESDAY, JANUARY 13

Start the year off right by joining us for a special **Birthday Celebration** on **Tuesday, January 13th**, at **2:00 PM** in the **North Wing Dining Room**.

This festive event will not only mark the beginning of **2026**, but also honor those celebrating **January birthdays**. Whether you have a birthday this month or just want to join in the fun, everyone is welcome to attend this **FREE** celebration!

Enjoy an afternoon of **live entertainment** by the talented band, **Crusin'**, who will provide the sounds for a lively celebration. This is the perfect way to celebrate new beginnings and birthdays!



## Veterans Community Group

WEDNESDAY, JANUARY 14

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: Nessa Oates, (617) 963-6764, [Nessa.Oates@va.gov](mailto:Nessa.Oates@va.gov)

## Coffee Talk: Presented by

Therapy Gardens

THURSDAY, JANUARY 15



Half of Americans enjoy coffee daily—but there's so much more to explore beyond Dunkin' and Starbucks. Join Therapy Gardens on **Thursday, January 15th** at **2:00 PM** in the **Activity Room** for a presentation on one of America's favorite drinks.

**Discover the world of coffee**, from its fascinating origins and cultivation to its historical and cultural significance. Whether you're a coffee connoisseur or just love the aroma, this session is brewing something special, don't miss it! Please register with the Senior Center for this **FREE** and informative presentation.

## Coffee with a Cop

TUESDAY, JANUARY 20



Join 1000 SASC and local Quincy Police Officers in the **North Wing Dining Room** on **Tuesday, January 20th** for a **FREE** cup of coffee and a chance to connect. **Coffee with a Cop** is a nationwide initiative designed to bring police officers and the community members they serve together in a relaxed, friendly setting - no speeches, no agendas, just conversation. Attendees can ask questions, voice concerns, and get to know the officers who work to keep the community safe every day. Whether you want to discuss local issues or simply drink a warm cup of coffee with your neighbors, this event offers a welcoming space to **build trust and understanding**.

## Presentation: Frauds & Scams

WEDNESDAY, JANUARY 21

Seniors are increasingly targeted by clever and persistent scammers, making awareness and education more important than ever. To help our community stay informed and protected, 1000 SASC is hosting a special presentation focused on **recognizing and avoiding** the most common **scams** directed at older adults.

We invite all residents, and Center Members to join us on **Wednesday, January 21st at 2:00 PM in Classroom 1** for this essential and engaging session.

This informative session is designed to empower seniors with the knowledge they need to stay safe and confident in an increasingly digital world.

## Cozy Winter Brunch

THURSDAY, JANUARY 22



Escape the chill of winter and warm up with us at a special cozy winter brunch on **Thursday, January 22nd, from 10:30 AM to 1:00 PM.**

The kitchen staff is preparing a delightful spread for you to enjoy, featuring **brunch stations** with all your favorites.

This brunch is just **\$10**, making it an affordable and satisfying way to spend some time with friends. Whether you're craving comfort food or looking for a little indulgence, there's something for everyone! **Stay, enjoy live music by Johan Sage from 11:30 AM – 1:00 PM.**

Please note that **the Dining Room will only be serving brunch on this day**, so be sure to come early and make the most of this special event!

## Crafting with the Center

LAST MONDAY OF EVERY MONTH

Register for an afternoon of crafting on **Monday, January 26th at 1:30 PM AND 2:30 PM in Activity Room.** Choose from a variety of crafts and materials to create your own winter decorations. We will provide the supplies, you bring your creativity!

Please register for one of the sessions by calling the Center Office at **617-471-1000 x 107**

## Movie of the Month

*The Graduate*



On **Tuesday, January 27th at 1:30 PM** in the **South Wing Auditorium**, we will be showing *The Graduate* starring **Dustin Hoffman, Anne Bancroft, Katharine Ross**, and more.

A disillusioned college graduate finds himself torn between his older lover and her daughter.

We will have a repeat showing of *The Graduate* with closed caption, on the following day, **January 28th, at 1:30 PM.** This film is rated **PG** and run approximately **1hr 46 minutes.**

## St. Joe & St. John Collaborative

FRIDAY, JANUARY 30

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



## Annual Giving Tree Program

Quincy Community Action Program appreciates all the wonderful gifts that were provided for the children in need from QCAP. They are always touched by your generosity. Thank you again!

## For Your Information

The Offices, Dining Room, Beauty Shop, and Colonial Federal Savings Bank in the East Wing will all be closed on Monday, January 19th in observance of Marlin Luther King Jr. Day.

## Pay it Forward in 2026

As we enter 2026, January brings a fresh start and a chance to set meaningful intentions. Last year, 1000 SASC focused on gratitude; this year, we invite you to build on that momentum by Paying It Forward through everyday friendliness, generosity, and consideration.

Small acts of kindness—smiles, kind words, or helping hands—create powerful ripple effects that strengthen community and reduce stress. We encourage all Residents and Center Members to keep kindness moving with simple actions:

- Give compliments
- Listen with empathy
- Help without being asked
- Express gratitude
- Pay it forward when kindness comes your way

Let's make 2026 a year of kindness, connection, and community at 1000 SASC—one act at a time.



## Save the Date:

1/5 – Class Registration begins for Session 1 Classes, Center Office

1/6 – 1:30 PM, Special Movie Screening (*A Tree Grows in Brooklyn*), SW AUD

1/7 – 1:30 PM, SINGO, NW DR

1/8 – 10:30 AM, Craft a Cozy Keepsake Series Begins (pre-registration was required), ACT RM

1/9 – 10:00 AM, QHD: “Re-setting your priorities to start off the New Year with a plan for Wellness”, CR1

1/12 – Session 1 Classes begin

1/13 - 1:00 PM, January Birthday Celebration (Crusin’), NW DR

1/14 – 10:00 AM, VA Coffee Hour, CR 3

1/15 – 2:00 PM, Coffee Talk; Presented by Therapy Gardens, ACT RM (\*pre-registration required with the Center)

1/16 – 11:00 AM, Music Therapy, CR 1 (\*pre-registration required with the Center)

1/20 – 10:00 AM, Coffee with a Cop, NW DR

1/21 – 2:00 PM, Presentation: Fraud & Scam Prevention, CR 1

1/22 – 10:30 AM – 1:00 PM, Cozy Winter Brunch, NW DR

1/26 – 1:30 & 2:30 PM, Crafting with the Senior Center, ACT RM (\*pre-registration required with the Center)

1/27 – 1:30 PM, Movie of the Month (*The Graduate*), AUD & 1/28 – 1:30 PM, Movie of the Month CC (*The Graduate*), AUD

1/29 – 2:00 PM, Illusionist Lyn Dillies, ACT RM

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

## JANUARY 2026 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