



THE FOUNTAIN

Issue No. 717 February 2026

1000 SOUTHERN ARTERY · QUINCY, MA

Save the Date—The Nash Casino

FRIDAY, MARCH 6



Join 1000 Southern Artery on Friday, March 6th for an exciting day trip to The Nash Casino in Nashua, New Hampshire - an exhilarating gaming destination offering nonstop entertainment. Discover a winning combination of over 1,000 gaming machines, classic table games, slot machines, and 19 poker tables, with even more to explore. Conveniently located inside the popular Pheasant Lane Mall, The Nash Casino brings dining, entertainment, and gaming together under one roof.

Trip Highlights Include:

- Deluxe Yankee Line motorcoach transportation
- All new Club Nash members receive a choice of \$15 food credit or free play
- Earn an additional \$10 in free play by downloading the Nash Casino mobile app and connecting your account

Trip Details:

- Price: \$45 per person
- Payment: Full payment due upon reservation
- Policy: No refunds for cancellations within 14 days of departure
- Departure: 10:00 AM from 1000 Southern Artery
- Return: Approximately 4:00 PM

For reservations, please visit the Senior Center. Don't miss this fun-filled day of gaming, dining, and entertainment!

Save the Date—"Daffodil Days"

WEDNESDAY, APRIL 29

Join 1000 Southern Artery on Wednesday, April 29th for a spectacular springtime visit to Blithewold Mansion, Gardens & Arboretum in Bristol, Rhode Island, featuring the beloved "Daffodil Days."

Each April, Blithewold opens its gates just as spring awakens the landscape. This past fall, the estate expanded and diversified its renowned collection with 40,000 newly planted daffodil bulbs. Combined with existing plantings, visitors will enjoy nearly 100,000 daffodils representing 80 varieties. An additional 15,000 spring bulbs ensure an 8–10 week display of early spring blooms across this breathtaking 33-acre seaside estate.

Tour Includes:

- Deluxe Yankee Line motorcoach transportation
- Admission and docent-led tour of Blithewold Mansion, Gardens & Arboretum
- Afternoon Tea served in the mansion

Trip Details:

- Price: \$145 per person (due upon reservation)
- Departure: 9:00 AM from 1000 SASC
- Return: Approximately 4:00 PM

Experience the beauty of spring in full bloom at one of New England's most treasured estates.



1000SASC.ORG



SINGO

WEDNESDAY, FEBRUARY 4



Join us at 1:30 PM in the North Wing Dining Room on Wednesday, February 4th, for a fun version of Bingo. "Singo" replaces the numbers with your favorite songs. It's fun and it's FREE—all are welcome!

February Birthday Celebration

TUESDAY, FEBRUARY 10

Join us for a special Birthday Celebration on Tuesday, February 10th, at 2:00 PM in the North Wing Dining Room. This FREE event honors everyone celebrating a February birthday—but you don't need a birthday this month to join the fun. All are welcome!

Enjoy a lively afternoon of music and celebration with live entertainment by the talented band **Memory Laners**, bringing great sounds and joyful energy to the party. Come celebrate, socialize, and make wonderful memories with friends and neighbors.

Veterans Community Group

WEDNESDAY, FEBRUARY 11

Veterans are invited to join the **Veteran Community Connection Group**, a monthly gathering held on the second Wednesday of every month from 10:00–11:00 AM in Classroom 3 of the East Wing Building. Enjoy the camaraderie and free cup of coffee. No registration needed! Contact: Nessa Oates, (617) 963-6764, Nessa.Oates@va.gov

Chinese New Year Celebration

WEDNESDAY, FEBRUARY 11

Come to the South Wing Auditorium at 2:00 PM and learn about the history of the Chinese New Year and enjoy special performances by local dancers and singers presented by **EACH** (Enhance Asian Community on Health).

Before the celebration, enjoy a special lunch menu of fried rice, sweet and sour chicken, and spring rolls (for purchase) in the North Wing Dining Room. All are welcome to celebrate the year of the Horse!

Lost Restaurants of Yesteryear:

Presented by **Therapy Gardens**

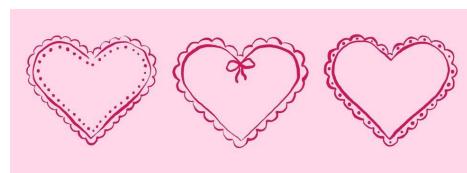
THURSDAY, FEBRUARY 12



Join Therapy Gardens on Thursday, February 12th at 2:00 PM in the Activity Room for a presentation on Lost Restaurants of Yesteryear.

Revisit the restaurants and dining spaces that once shaped neighborhoods and local culture. This program explores memorable dishes, design, and stories tied to places that have disappeared or changed over time.

A nostalgic look at how food reflects the life of a city and its people, don't miss it! Please register with the Senior Center for this FREE and informative presentation.



St. Joe & St. John Collaborative

ASH WEDNESDAY - FEBRUARY 18

All are welcome to attend a Catholic Mass with the distribution of ashes on **Ash Wednesday**. The service will be held at **1:30 PM** in the **East Wing Lounge** and will be celebrated by the **St. John's-St. Joseph Collaborative**.

Ash Wednesday marks the beginning of the Lenten season, a time of reflection, prayer, and renewal. People of all backgrounds are warmly invited to participate in this meaningful service.



Live Rainforest Reptile Show

THURSDAY, FEBRUARY 19

Get ready for an unforgettable wildlife experience! *Reptiles Rock* is an exciting, hour-long program that brings guests up close and personal with amazing reptiles for hands-on fun, engaging learning, and a real conservation impact. All are welcome to join us on **Thursday, February 19th** for this **FREE** presentation. Best of all, it takes place during February break - so bring the whole family for an afternoon you won't forget.

Presented by **Rainforest Reptile Shows**, this dynamic program is rooted in a deep passion for wildlife education. Founded in 1993, the family-owned business is run by husband-and-wife team **Joaney and Michael**, whose mission is to combat reptile mistreatment and challenge common misconceptions. What began as small educational outreach has grown into one of the nation's leading reptile education programs, working alongside professionals to deliver expert training and extraordinary animal encounters.

Don't miss this chance to learn, connect, and be inspired by the incredible world of reptiles!

Crafting with the Center

LAST MONDAY OF EVERY MONTH

Register for an afternoon of crafting on **Monday, February 23rd** at **1:30 PM AND 2:30 PM** in **Activity Room**. Choose from a variety of crafts and materials to create a special keepsake. 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

Fried Green Tomatoes

On **Tuesday, February 24th** at **1:30 PM** we will be showing *Fried Green Tomatoes* starring **Kathy Bates, Jessica Tandy, Mary Stuart Masterson, and more.**

Evelyn, an ordinary housewife, visits a nursing home and befriends the old lady Ninny. Together, they bond over stories from the past about two intrepid women of Whistle Stop Cafe.

We will have a repeat showing of *Fried Green Tomatoes* with **closed caption**, on the following day, **February 25th**, at **1:30 PM**. This film is rated PG-13 and run approximately 2hrs 10 minutes.



Winter “Cook-In”

THURSDAY, FEBRUARY 26



Escape the winter chill and think warm, sunny thoughts! Put on your favorite summer attire, grab your sunglasses, and join us for a fun-filled “Cook-In” on Thursday, February 26th, in the North Wing Dining Room.

Enjoy a delicious meal featuring BBQ ribs, potato salad, corn & ice cream cup - all for just \$12! This tasty event will be held from 11:30 AM – 3:00 PM, so come hungry and ready to have a good time. We look forward to seeing you there for a taste of summer in the middle of winter!

For Your Information

Please be advised that in observance of Presidents’ Day on Monday, February 16th, the Center Office, Dining Room, and Business Office will be closed. Additionally, the Colonial Federal Savings Bank will also be closed.

Pay it Forward in 2026



February invites us to turn kindness into connection. Building on the spirit we set at the start of the year, 1000 SASC encourages Residents and Center Members to continue Paying It Forward through thoughtful, everyday actions.

Small gestures - holding a door, offering a genuine compliment, checking in on a neighbor, or sharing a moment of patience - can brighten someone’s day and strengthen our community.

This month, look for simple ways to spread warmth, appreciation, and care. Kindness given freely has a way of coming back around.

Save the Date:



2/4 – 1:30 PM, SINGO, NW DR

2/5, 2/12, 2/19 & 2/26 – 10:30 AM, Craft a Cozy Keepsake Series, ACT RM
(*pre-registration required)

2/6, 2/13, 2/20 & 2/27 – 11:00 AM, Music Therapy, CR 1
(*pre-registration required)

2/10 – 2:00 PM, Birthday Celebration (Memory Laners), NW DR

2/11 – 10:00 AM, VA Coffee Hour, CR 3

2/11 – 2:00 PM, Chinese New Year Celebration presented by EACH, SW AUD

2/12 – 2:00 PM, Lost Restaurants of Yesteryear; Presented by Therapy Gardens, ACT RM
(*pre-registration required with the Center)

2/18 – 1:30 PM, Catholic Mass & Distribution of Ashes, EW Lounge

2/19 – 2:00 PM, LIVE Rainforest Reptile Show, EW Lounge

2/23 – 1:30 & 2:30 PM, Crafting with the Senior Center, ACT RM
(*pre-registration required with the Center)

2/24 – 1:30 PM, Movie of the Month (*Fried Green Tomatoes*), AUD

2/25 – 1:30 PM, Movie of the Month CC (*Fried Green Tomatoes*), AUD

2/26 – 11:30 – 3:00 PM, Winter “Cook-In”, NW DR

FEBRUARY 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