



THE FOUNTAIN

Issue No. 718 March 2026

1000 SOUTHERN ARTERY · QUINCY, MA

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.



SINGO

WEDNESDAY, MARCH 4



Join us at 1:30 PM in the North Wing Dining Room on Wednesday, March 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!

March Birthday Celebration

TUESDAY, MARCH 10

Join us for a special **Birthday Celebration** on Tuesday, March 10th, at 2:00 PM in the North Wing Dining Room. This **FREE** event will honor those celebrating **March birthdays**. Whether you have a birthday this month or just want to join in the fun, everyone is welcome to attend the celebration!

Enjoy an afternoon of live entertainment by the talented band, **Kier Byrnes**, who will provide the sounds for a lively and festive celebration.

Veterans Community Group

WEDNESDAY, MARCH 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.

Quincy Health Department

FRIDAY, MARCH 13

Join Deb Deery, NP, from the Quincy Health Department, on **Friday, March 13th at 10:00 AM** in **Classroom One** as she discusses the warning signs and symptoms of a urinary tract infections. All are welcome to this **free** and informative presentation.

Fall Prevention

FRIDAY, MARCH 13

Falls can happen to anyone, but many are preventable. Join us for a **FREE Fall Prevention presentation** focused on simple, practical tips to help reduce the risk of falls and stay safe and confident in daily activities on **Friday, March 13th at 2:00 PM** in **Classroom One**. This discussion is open to everyone and will share easy strategies you can start using right away.

Special Screening

DARBY O'GILL AND THE LITTLE PIEOPLE

Come to the South Wing Auditorium at **1:30 PM** on **Monday, March 16th** and enjoy a wee bit of shenanigans for a special screening of *Darby O'Gill and the Little People* starring Albert Sharpe, Janet Munro and Sean Connery.

A wily old codger matches wits with the King of the Leprechauns and helps play match-maker for his daughter and the strapping lad who has replaced him as caretaker.

This classic Disney film is rated G and runs approximately 1 hour and 33 minutes.

St. Patrick's Day Entertainment

TUESDAY, MARCH 17

Celebrate **St. Patrick's Day** with 1000 SASC. Don your Irish knits and wear your green to the **North Wing Dining Room** for a festive feast! Enjoy a mouthwatering corned beef sandwich, coleslaw, a sweet treat, and an iced tea, all for only \$10. But that's not all – while you're enjoying your meal, stay and listen **live entertainment** provided by the talented **Boy Sylvania**.

Artificial Intelligence Awareness:

Presented by Therapy Gardens

THURSDAY, MARCH 19



Concerned about Artificial Intelligence (AI)? Join us on **Thursday, March 19th at 2:00 PM** in the **Activity Room** and enjoy a presentation on artificial intelligence. Catch up on the latest developments and learn about AI in a fun and supportive space. Bring your opinions and questions! Great for beginners, skeptics, and anyone interested in knowing more about the topic.

All are welcome to this **FREE** presentation. Register with the Senior Center Office by calling 617-471-1000 x 107.



Special Presentation: The Power of Positive Thinking and Mental Wellbeing

FRIDAY, MARCH 20

As we welcome the first day of spring, all are welcome to join us for an uplifting and informative discussion on mental health and positivity. On **Friday, March 20th at 10:00 AM**, Quincy Public Health Department will lead a special presentation in the **Activity Room** focused on the importance of managing mental wellbeing.

This engaging session will explore the **power of positive thinking**, practical ways to support mental health, and simple **tips and tricks for finding joy in the little pleasures of everyday life**. Attendees will leave with helpful insights and easy-to-use strategies to promote a healthier, more positive mindset.

Movie of the Month

Where Hope Grows

Just in time for the start of baseball season, join us on **Tuesday, March 24th at 1:30 PM** as we will be showing *Where Hope Grows* starring Kristoffer Polaha, David DeSanctis, McKaley Miller, and more.

A baseball player whose professional career was cut short due to his personal problems is suddenly awakened and invigorated by a young-man with Down syndrome who works at the local grocery store.

We will have a repeat showing of *Where Hope Grows* with closed caption, on the following day, **March 25th**, at 1:30 PM. This film is rated PG-13 and run approximately 1hr 35 minutes.

Ice Cream with a Councilor

THURSDAY, MARCH 26

Join us on **Thursday, March 26th from 2:00–3:00 PM** in the **North Wing Dining Room** for *Ice Cream with a Councilor*. This friendly, informal gathering is a great opportunity to connect with your local Councilor, ask questions, and share ideas all while enjoying a **FREE ice cream!** Come for the treat, stay for the conversation, and leave feeling more connected to your community.

St. Joe & St. John Collaborative

FRIDAY, MARCH 27

All are welcome to attend a Catholic Mass at **1:30 PM in the East Wing Lounge** celebrated by the **St. John's–St. Joseph Collaborative**.

Crafting with the Center

LAST MONDAY OF EVERY MONTH

Register for an afternoon of crafting on **Monday, March 30th 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**.



Pay it Forward in 2026

In March, we invite Residents and Center Members to take the next step, turning those kind moments into meaningful connections.

Paying it forward can be as simple as starting a conversation, welcoming someone new, or offering support when it's needed. These moments help deepen relationships and create a stronger sense of community. Together, let's continue growing kindness into connection this March.



Save the Date:

3/4 – 1:30 PM, SINGO, NW DR

3/10 – 2:00 PM, Birthday Celebration (Kier Byrnes), NW DR

3/11 – 10:00 AM, VA Coffee Hour, CR 3

3/13 – 10:00 AM, Presentation: Quincy Health Department, CR 1

3/13 – 2:00 PM, Presentation: Fall Prevention, CR 1

3/17 – 11:30 AM – 1:30 PM, Live Music by Bob Sylvia, NW DR

3/19 – 2:00 PM, Artificial Intelligence Awareness; Presented by Therapy Gardens, ACT RM (*pre-registration required with the Center)

3/19 – 10:00 AM, Special Presentation: Mental Health Awareness & Power of Positive Thinking; Presented by Quincy Health Department, CR 1

3/24 – 1:30 PM, Movie of the Month (*Where Hope Grows*), AUD

3/25 – 1:30 PM, Movie of the Month CC (*Where Hope Grows*), AUD

3/26 – 2:00 PM, Ice Cream Social with a Councilor, NW DR

3/27 – 1:30 PM, Catholic Mass, EW Lounge

3/30 – 1:30 & 2:30 PM, Crafting with the Senior Center, ACT RM

(*pre-registration required with the Center)

MARCH 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
	5:00 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