



THE FOUNTAIN

Issue No. 719 April 2026

1000 SOUTHERN ARTERY · QUINCY, MA

Discover Rome, Sorrento & the Amalfi Coast

APRIL 30—MAY 8, **2027**

Join 1000 SASC and Collette Tours in 2027 for a **spectacular 9-day journey through southern Italy**, featuring **11 meals** and an unforgettable journey through Italy's history, cuisine, and coastal beauty!

From **Rome** to the rocky cliffs of **Sorrento** and the **Amalfi Coast**, take in the best of southern Italy. Featuring stays in two of Italy's most beloved locales, experience the country's renowned food, culture, history, and landscapes.

Essential Experiences:

Toss a coin in Rome's iconic Trevi Fountain. Descend the Spanish Steps, a sweeping Baroque staircase where artists, poets, and travelers gathered for centuries to admire Rome's timeless charm. Settle into the charming resort town of Sorrento, named after the Sirens and perched on the cliffs overlooking the Bay of Naples.

Highlights Include:

Rome, Spanish Steps, Trevi Fountain, Piazza Navona, Winery Visit and Lunch, Pompeii, Sorrento, Cooking Class & Lunch, Amalfi Coast Positano, Amalfi

Space is limited. Call 617-471-1000 x 106 for booking details, and say 'Si' to Italy in 2027!



Sail Boston—Tall Ships & America's 250th Anniversary

TUESDAY, JULY 14



For the first time in nearly a decade, a spectacular fleet of **tall ships from around the world** will sail into Boston Harbor, creating a once-in-a-generation event filled with history, pageantry, and nautical beauty.

Join us for a full day experiencing these majestic vessels up close while enjoying expert narration and waterfront dining in one of Boston's most scenic locations!

Tour Includes:

- **Narrated harbor experience** aboard *Bay State Cruises Provincetown II*
- **Complete luncheon** at *The Venezia Waterfront Banquet Facility* - "Boston's most dramatic view"
- Entrée choices: **Boston Baked Haddock, Chicken Piccata, or Pasta Primavera**

Trip Details:

- **Price:** \$155.00 per person (due with reservation)
- **Departure:** 8:45 AM (SHARP)
- **Return:** Approximately 3:00 PM
- **SPACE IS LIMITED** - first come, first served

To sign up:

Contact The Senior Center Office (**payment and meal choice due upon reservation**).

Don't miss this rare opportunity to be part of a historic celebration as Boston Harbor comes alive with the beauty and grandeur of the world's tall ships.

Last Call—Niagara Falls

June 1—June 4

Join 1000 SASC for an unforgettable four-day trip to **Niagara Falls**, Canada, June 1–June 4. **Booking deadline and full payment due by May 1st.**

Enjoy three nights at the Fairfield by Marriott Niagara Falls, plus memorable experiences including dinner at the Skylon Tower Revolving Dining Room, the “Wild Magic” show at Greg Frewin Theatre, a thrilling boat tour with City Cruises, and a visit to Niagara-on-the-Lake.

Cost: \$985 per person (double occupancy), +\$250 single occupancy. **Reserve your spot today** by calling 617-471-1000 x 107 before space runs out!

Session 2 Classes at 1000 SASC

IMPORTANT REGISTRATION INFORMATION

The Senior Center at 1000 SASC offers a variety of classes. **Registration** through the Senior Center Office **is required** for all classes.

Session 1:

Ends the week of April 20. The office will be closed Monday, April 20 (no classes). Classes resume April 21–24.

Break & Registration:

April 27–May 8. Registration for the next session is open during this time.

Session 2:

May 11–August 21.

We look forward to seeing you in Session 2!



SINGO

WEDNESDAY, APRIL 1



This is no joke – we want you to join us at **1:30 PM** in the **North Wing Dining Room** on **Wednesday, April 1st**, for a fun version of Bingo. “Singo” replaces the numbers with your favorite songs. Test your musical knowledge and luck! Have some fun and win prizes. All are welcome.

Veterans Community Group

WEDNESDAY, APRIL 8

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 a **free cup of coffee**. Contact: Nessa Oates, (617) 963-6764.

April Birthday Celebration

TUESDAY, APRIL 14

Join us on **Tuesday, April 14th** 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 sweet treats to enjoy while you sing and dance!



Plant Bingo Presented by Therapy Gardens

THURSDAY, APRIL 16



Love plants? Love games? **Thursday, April 16th at 2:00 PM** in the **Activity Room**, **Plant Bingo** is your chance to enjoy both! Join 1000 SASC and **Therapy Gardens** for a fun plant-themed Bingo session where you'll test your plant knowledge, learn something new, and compete for beautiful live plants! Everyone goes home with a little something to grow. No green thumb needed - just show up and play!

All are welcome to this **FREE** presentation, but space is limited - please register with the Senior Center Office by calling 617-471-1000 x 107.

1000 SASC Annual Hoedown

THURSDAY, APRIL 23

Come on down to the **Dining Room** for a tasty pulled pork sandwich, and stay for some good ol' fashioned fun! Enjoy a pulled pork sandwich, coleslaw, chips & an iced tea for just \$10.00, and then kick up your heels at our **Line Dancing** event, starting at **2:00 PM**.

Led by a talented local professional dance instructor, this event is perfect for dancers of all levels! Whether you're a seasoned pro or a beginner, you'll enjoy learning the moves and getting into the rhythm of the dance floor.

So, dust off those cowboy hats and lace up your boots - this is one **Hoedown** you don't want to miss! Everyone is welcome to this **FREE** event, whether you want to dance or just watch the fun unfold.



St. Joe & St. John Collaborative

FRIDAY, APRIL 24

You are warmly invited to attend a **Catholic Mass on Friday, April 24th at 1:30 PM** in the **East Wing Lounge**. This special gathering offers a meaningful opportunity for prayer, reflection, and community. All are welcome to attend, regardless of parish affiliation.

Confession will also be available before or after Mass for those who wish to participate.

To help us prepare, please call the Senior Center Office at 617-471-1000 x 107 to reserve your spot.

Crafting with the Center

LAST MONDAY OF EVERY MONTH

Register for an afternoon of crafting on **Monday, April 27th 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**.

Hello April

- A**lways keep moving forward,
- P**ushing your limits, and
- R**emember, each obstacle
- I**s a chance to grow, to
- L**earn from the past and thrive

OurMindfulLife.com



Movie of the Month

My Fair Lady

Join us on **Tuesday, April 28th** at **1:30 PM** as we will be showing the classic musical, *My Fair Lady*, starring Audrey Hepburn, Rex Harrison, Stanley Holloway, and more.

In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make a crude flower girl, Eliza Doolittle, presentable in high society.

We will have a repeat showing of *My Fair Lady* with closed caption, on the following day, **April 29th**, at **1:30 PM**. This film is rated G and run approximately 2hrs 50 minutes.

For Your Information

The Center Office and Dining Room will be closed on Friday, April 3rd for Good Friday, and Monday, April 20th in observance of Patriots' Day.

Pay it Forward in 2026

Just as April showers bring May flowers, paying it forward can bring connection, hope, and a quiet strength that moves from one heart to another. What you offer today may be exactly what inspires someone else to do the same tomorrow.



Save the Date:

4/1 – 1:30 PM, SINGO, NW DR

4/8 – 10:00 AM, VA Coffee Hour, CR 3

4/14 - 2:00 PM, Birthday Celebration (Robert Black), NW DR

4/16 – 2:00 PM, Plant Bingo; Presented by Therapy Gardens, ACT RM
(*pre-registration required with the Center)

4/23 – 2:00 PM, 1000 SASC Annual Hoe-down, NW DR

4/24 – 1:30 PM, Catholic Mass, EW Lounge

4/27 – 1:30 & 2:30 PM, Crafting with the Senior Center, ACT RM
(*pre-registration required with the Center)

4/28 – 1:30 PM, Movie of the Month (*My Fair Lady*), AUD

4/29 – 1:30 PM, Movie of the Month CC (*My Fair Lady*), AUD

APRIL 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