



# THE FOUNTAIN

Issue No. 720 May 2026

1000 SOUTHERN ARTERY · QUINCY, MA

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

TUESDAY, JULY 14

A limited number of tickets are still available for **Sail Boston**. 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.

Join 1000 SASC and Yankee Bus Tours 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).



## Special Performance:

### Meet John Adams

MAY 20



In celebration of America 250, 1000 SASC proudly presents "Meet John Adams – A Lively and Revolutionary Conversation with America's Second President."

Step back into the founding era as John Adams comes to life in an unforgettable performance by George Baker. In this humorous, inspiring, and deeply engaging portrayal, Adams reflects on his remarkable life, the birth of a nation, and the principles that helped shape the United States.

This **FREE** event is both a tribute to one of Quincy's most distinguished sons and a stirring portrayal of our nation's second president.

Don't miss this lively and revolutionary conversation on **Wednesday, May 20th** at **2:00 PM** in the **South Wing Auditorium**. Join us for history brought vividly to life!

## Session 2 Classes Commence

BEGINNING THE WEEK OF MAY 11TH

For just **\$15**, you can enjoy **15 weeks of classes** filled with engaging activities, new skills, and great company. Stop by the Senior Center to register and secure your spot today.

## SINGO

WEDNESDAY, MAY 6



Join us at 1:30 PM in the **North Wing Dining Room** on **Wednesday, May 6th**, for a **FREE**, 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.

## Quincy Health Department

FRIDAY, MAY 8

May is **Arthritis Awareness Month**. Join Deb Deery, NP, from the Quincy Health Department, on **Friday, May 8th** at **10:00 AM** in Classroom One as she discusses arthritis. All are welcome to this **free** presentation to learn about this complex family of debilitating diseases.

## May Birthday Celebration

TUESDAY, MAY 12

Come celebrate with 1000 SASC for the special **May Birthday Celebration** on **Tuesday, May 12th**, at **2:00 PM** in the **North Wing Dining Room**. Whether you're celebrating your birthday this month or just want to join in the fun, everyone is welcome to attend this **FREE** event!

Enjoy **live entertainment** provided by the talented **Chuck Palmer**, who will be performing. We look forward to seeing you there!



## Veterans Community Group

WEDNESDAY, MAY 13

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.

## Presentation: File of Life

THURSDAY, MAY 14

Visit Classroom One at 2:00 PM for a short presentation and receive a free **“File of Life.”** The File of Life is a compact medical information card stored in a red magnetic sleeve placed on your refrigerator for easy access by emergency responders. A smaller copy can be kept in your wallet or vehicle, with a decal on your rear windshield to alert responders.

It includes your name, emergency contacts, insurance details, medical conditions, medications and dosages, allergies, recent surgeries, doctor's contact information, health care proxy, and religious affiliation. All are welcome to attend this **FREE**, informative session.



## Crafting with the Center

MONDAY, MAY 18

Register for an afternoon of crafting on **Monday, May 18th at 1:30 PM OR 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 **FREE** sessions by calling the Center Office at **617-471-1000 x 107**.

## Cooking Small Presented by Therapy Gardens



THURSDAY, MAY 21

**Thursday, May 21st at 2:00 PM** come to the **Activity Room** and join 1000 SASC and **Therapy Gardens** and discover the art of preparing delicious, nutritious **meals in smaller portions**. Learn essential cooking techniques, how to shop efficiently, and how to minimize waste, all while enjoying a variety of dishes tailored for fewer servings. Get exclusive Therapy Gardens recipes!

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

## For Your Information

The Center Office, Business Office, Dining Room and Colonial Federal Savings Bank in the East Wing will be closed on **Monday, May 25th** to commemorate Memorial Day. Have a happy & safe long weekend!

## Movie of the Month

*Mona Lisa Smile*

On **Tuesday, May 26th at 1:30 PM** we will be showing *Mona Lisa Smile* starring Julia Roberts, Kirsten Dunst, Julia Stiles, and more.

Katherine Watson teaches art history in 1953 at the respectable all-female Wellesley College. She encourages her conservative students to question and disregard the outdated societal mores for women.

We will have a repeat showing of *Mona Lisa Smile* with closed caption, on the following day, **Wednesday, May 27th, at 1:30 PM**. This film is rated PG-13 and runs approximately 1 hour 57 minutes.

## St. Joe & St. John Collaborative

FRIDAY, MAY 29

You are warmly invited to attend a **Catholic Mass** on **Friday, May 29th at 1:30 PM** in the **East Wing Lounge**. All are welcome to attend, regardless of parish affiliation.

**Confession** will also be available please call the Senior Center Office at 617-471-1000 x 107 to reserve your spot.

## Pay it Forward in 2026

*May is in full bloom, and it's the perfect time to let kindness grow too. This month, make it a point to pay it forward with a simple act - a kind word, a small favor, or a helping hand.*

*Even the smallest gesture can brighten someone's day and inspire more kindness in return. Let it start with you!*

## Save the Date for these FREE events:

5/6 – 1:30 PM, SINGO, NW DR

5/8 - 10:00 AM, Quincy Health Department  
(Arthritis Awareness), CR1

5/12 - 2:00 PM, Birthday Celebration (Chuck  
Palmer), NW DR

5/13 – 10:00 AM, VA Coffee Hour, CR 3

5/14 - 2:00 PM, Presentation: File of Life,  
CR1

5/18 – 1:30 & 2:30 PM, Crafting with the  
Senior Center, ACT RM  
(\*pre-registration required with the Center)

5/20 – 2:00 PM, Special Live Performance:  
“Meet John Adams”, SW AUD

5/21 – 2:00 PM, Cooking Small; Presented by  
Therapy Gardens, ACT RM  
(\*pre-registration required with the Center)

5/26 – 1:30 PM, Movie of the Month (*Mona  
Lisa Smile*), SW AUD

5/27 – 1:30 PM, Movie of the Month CC  
(*Mona Lisa Smile*), SW AUD

5/29 – 1:30 PM, Catholic Mass, EW Lounge



## MAY 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