



THE FOUNTAIN

Issue No. 721 June 2026

1000 SOUTHERN ARTERY · QUINCY, MA

Save the Date: Explore Southern Italy Slideshow Presented by Collette Tours

THURSDAY, JUNE 11

Dreaming of a trip to Italy? Join 1000 SASC and Collette Tours on **June 11 at 2:00 PM** in the **South Wing Auditorium** for a special slideshow presentation highlighting an unforgettable travel opportunity to Southern Italy planned for **spring 2027**.

During this engaging presentation, you will get a preview of a **9-day guided journey** featuring roundtrip airfare and **11 included meals**, along with expert travel tips and **special event-only pricing**.

Travel from the historic streets of **Rome** to the dramatic cliffs of **Sorrento** and the breathtaking **Amalfi Coast** as the slideshow showcases the region's spectacular scenery, rich history, vibrant culture, and world-famous cuisine.

Whether you're seriously considering joining the trip or simply love learning about Italy, **everyone is welcome to attend this free presentation**. Come be inspired and discover what makes Southern Italy one of the most beautiful and beloved destinations in the world!



Join 1000 SASC for a Summer Kickoff Party!

THURSDAY, JUNE 25



Celebrate the start of summer with 1000 SASC on the **North Wing Patio**, **Thursday, June 25th**, from **11:30 AM to 2:00 PM!** Enjoy a delicious lunch straight from the grill for just \$10 per person, and get into the summer spirit with backyard games and music played by local DJ Melissa.

Event Details:

- **Date:** Thursday, June 25th
- **Time:** 11:30 AM – 2:00 PM
- **Location:** North Wing Patio
- **Food:** Enjoy a hamburger right off the grill, with sides and a drink (only \$10 per person)
- **Entertainment:** Music with DJ Melissa & fun lawn games

Join us for a fun-filled afternoon to kick off the start of the summer season!



For Your Information

The Center Office, Business Office, Dining Room and the Bank in the East Wing will be closed on **Friday, June 19th** in observance of Juneteenth.

1000SASC.ORG



Crafting a Cozy Keepsake

BEGINNING IN AUGUST



Back by popular demand! Whether you're looking to treat yourself or surprise a loved one with a handmade gift, join the staff from the Center Office on **Tuesdays and Wednesdays in August and September**, for a cozy and creative experience: hand-knitting your own chunky blanket.

This beginner-friendly workshop will guide you through the steps to create a cozy, oversized blanket—no needles required! You'll choose your favorite yarn color and learn the techniques to loop, and style your blanket by hand.

When: Tuesday mornings 10:00 AM – 11:30 AM and Wednesday afternoons 2:00 PM – 3:30 PM, beginning August 11th in the Activity Room

Duration: 6 weeks

Cost: \$40 (includes yarn and a convenient travel bag)

Registration Deadline: Friday, June 26th (including payment and yarn selection) with the Senior Center. Space is limited.

SINGO

WEDNESDAY, JUNE 3



Join us at **1:30 PM** in the **North Wing Dining Room** on **Wednesday, June 3rd**, 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.

June Birthday Celebration

TUESDAY, JUNE 9



Come celebrate with 1000 SASC for the special **June Birthday Celebration** on **Tuesday, June 9th**, 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!

Enjoy an afternoon of live entertainment provided by the talented **Play It Again**, who will be performing. We look forward to seeing you there!

Veterans Community Group

WEDNESDAY, JUNE 10

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.

Coffee with a Cop

TUESDAY, JUNE 16



Join 1000 SASC and **Quincy Police Officers** on **Tuesday, June 16th** at **10:00 AM** in the **North Wing Dining Room** for a free coffee and casual conversation. This nationwide initiative brings officers and community members together in a relaxed setting - no speeches, just connection.

Ask questions, share concerns, and build trust while getting to know those who help keep the community safe.

Introduction to Music Class

WEDNESDAY, JUNE 17

Did you know that listening to music, singing, and drumming helps to reduce stress, build community, and improve overall health? Join a board-certified music therapist from Sing Explore Create, LLC on **Wednesday, June 17th at 10:00 AM** in the **Activity Room** for this engaging and informative workshop to learn more about music, wellness, and the brain.

Through a combination of lecture and simple music making/listening experiences, participants will learn how music affects our brains and bodies to keep us healthy and connected to others. We will have the opportunity to engage in drumming and simple rhythm exercises, as well as listening and relaxation.

Everyone will walk away with effective ways to incorporate music and the arts into their daily lives. No experience or special talent needed. We will create a space where everyone can feel comfortable participating and learning. Best of all, it is **FREE!** Registration is required with the Senior Center Office by calling 617-471-1000 x 107. Space is limited.



Don't Be Afraid of Scams: Presented by Therapy Gardens

THURSDAY, JUNE 18



Therapy Gardens has created simple guidelines to identifying and blocking scams. Don't miss this **FREE** and information presentation on **Thursday, June 18th at 2:00 PM** in the **Activity Room**. Everyone has heard stories about people losing their life savings. With a few simple steps, you can easily identify what's fake and what's real. Learn real world examples of attacks as

Therapy Gardens walks you through what you need to know. In addition, review how to protect yourself online and financially. Leave this presentation with peace of mind knowing that you've done all you can to protect yourself from certain frauds.

Movie of the Month

THE PHANTOM OF THE OPERA

On **Tuesday, June 23rd at 1:30 PM** we will be showing *The Phantom of the Opera* starring Gerard Butler, Emmy Rossum, Patrick Wilson, and more.

A young soprano becomes the obsession of a disfigured and murderous musical genius who lives beneath the Paris Opéra House.

We will have a repeat showing of *The Phantom of the Opera* with closed caption, on the following day, **Wednesday, June 24th, at 1:30 PM**.

This film is rated PG-13 and runs approximately 2 hours 23 minutes.



St. Joe & St. John Collaborative

FRIDAY, JUNE 26

You are warmly invited to attend a Catholic Mass on **Friday, June 26th at 1:30 PM** in the **East Wing Lounge**. All are welcome to attend, regardless of parish affiliation.

Please call the Senior Center Office at 617-471-1000 x 107 to reserve your spot for **Confession** immediately following mass.

Crafting with the Center

MONDAY, JUNE 29

Register for a **FREE** interactive craft session on **Monday, June 18th at 1:30 PM OR 2:30 PM** in **Activity Room**. This month, we will creat summer themed crafts, guided by the Senior Center staff. All materials are provided, you bring your creativity!

Please register for one of the **FREE** sessions by calling the Center Office at **617-471-1000 x 107**. All are welcome to this **FREE** presentation. Register with the Senior Center Office by calling 617-471-1000 x 107.

Pay it Forward in 2026

Sweet summertime and sweet acts of kindness go hand in hand. June's longer days and warmer nights offer the perfect opportunity to brighten someone else's world.

A small gesture such as a smile, a helping hand, a paid-forward coffee, a thoughtful note can create a ripple effect far beyond what we see.

This June, let the sunshine inspire you to give freely and care deeply. Kindness is contagious, and one simple act can inspire another!

Save the Date for these FREE events:

6/3 – 1:30 PM, SINGO, NW DR

6/9 - 2:00 PM, Birthday Celebration
(Play it Again), NW DR

6/10 – 10:00 AM, VA Coffee Hour, CR 3

6/11 - 2:00 PM, Collette Tours Presents,
Rome & Amalfi Coast, SW AUD

6/16 – 10:00 AM, Coffee with a Cop,
NW DR

6/17 – 10:00 AM, Special Intro to Music
Class, ACT RM

6/18 – 2:00 PM, Don't be Afraid of Scams;
Presented by Therapy Gardens, ACT RM
(*pre-registration required with the Center)

6/23 – 1:30 PM, Movie of the Month (*The
Phantom of the Opera*), AUD

6/24 – 1:30 PM, Movie of the Month CC
(*The Phantom of the Opera*), AUD

6/25 – 11:30 AM – 1:30 PM, Summer
Patio Party (DJ Melissa), NW Patio

6/26 – 1:30 PM, Catholic Mass, EWL

6/29 – 1:30 & 2:30 PM, Crafting with the
Senior Center, ACT RM
(*pre-registration required with the
Center)



JUNE 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
	10:00 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
	5:00 PM	Tap Dancing	Donna D.	ACT RM
FRI	10:00 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