



THE FOUNTAIN

Issue No. 724 September 2026

1000 SOUTHERN ARTERY · QUINCY, MA

Turning Stone Resort & Casino

NOVEMBER 29 — DECEMBER 1

Escape for 3 days of fun, relaxation, and excitement at Turning Stone Resort & Casino in Verona, NY, November 29–December 1. Try your luck in the casino, enjoy bingo, indulge in great dining, and unwind in deluxe accommodations.

Your trip also includes your choice of \$60 in Casino Free Play or \$60 in Bingo Bucks, plus \$30 in meal coupons!

Rates:

Double \$585

Triple \$550

Single \$785

Reserve your seat with just a \$50 deposit (final payment due October 16, 2026).

Seats are limited and filling fast!

Call 617-471-1000 ext. 107 today and treat yourself to an unforgettable getaway!



For Your Information

MONDAY, SEPTEMBER 7

Please note that the Offices and the Dining Room will be closed on Monday, September 7th in observance of Labor Day. Wishing you a safe and enjoyable long weekend!

Mount Washington Hotel & Resort

DECEMBER 9 - DECEMBER 11

Space is still available for our three-day holiday getaway to the historic Mount Washington Hotel & Resort in New Hampshire's beautiful White Mountains! Enjoy elegant accommodations, delicious meals, afternoon tea, breathtaking winter scenery, and the opportunity to add optional excursions, including the famous Mount Washington Cog Railway.

The cost is \$799 per person (double occupancy), with a \$200 single supplement. A \$50 deposit is due with your reservation, and the remaining balance is due by November 2nd, 2026.

To reserve your spot or learn more, contact the Senior Center at 617-471-1000 ext. 107.

Computer Classes Commence

TUESDAY, SEPTEMBER 15

Register for the 10-week Fall Computer Series starting Tuesday, September 15th. This course covers essential digital skills like shopping on Amazon, using social media, and streaming videos, with a focus on online safety. At just \$15 for the entire series, it's a great way to boost your digital skills. Classes are offered mornings for beginners and afternoons for advanced. Call 617-471-1000 x107 to register!

SINGO

WEDNESDAY, SEPTEMBER 2



Join us at 1:30 PM in the North Wing Dining Room on Wednesday, September 2nd, 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.

September Birthday Celebration

TUESDAY, SEPTEMBER 8

Mark your calendars and get ready for a fun afternoon as we celebrate all September birthdays with a special event you won't want to miss on Tuesday, September 8th at 2:00 PM in the North Wing Dining Room.

We invite everyone to join us for this FREE event, which will feature live entertainment by A Spice of Life, a dynamic show band that'll have you singing and dancing along!

Veterans Community Group

WEDNESDAY, SEPTEMBER 9

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.



Quincy Health Department

FRIDAY, SEPTEMBER 11

This September join Deb Deery, NP, from the Quincy Health Department, on Friday, September 11th at 10:00 AM in Classroom 1 as she discusses preventing foodborne illnesses. All are welcome to this FREE and informative presentation.

Terrariums & Tiny Gardens: Presented by Therapy

Gardens

THURSDAY, SEPTEMBER 17



Join Therapy Gardens on Thursday, September 17th at 2:00 PM in the Activity Room and learn how to create and care for your own miniature garden inside a container!

You'll learn which plants to use, along with essential techniques for care and maintenance. Each participant will design and build a beautiful terrarium to take home. All are welcome to this FREE event – no green thumb required! Please register with the Senior Center by calling 617-471-1000 x 107.



End of Summer Patio Party

FRIDAY, SEPTEMBER 18

As summer begins to wind down, 1000 SASC is excited to invite all residents and center members to one last sunny celebration before the crisp autumn air rolls in and join us for an End of Summer Patio Party!

Friday, September 18th
11:30 AM – 1:30 PM
North Wing Patio



This lively afternoon will feature great food, good company, and upbeat tunes brought to you by the always energetic DJ Melissa, who will be spinning your favorite songs to keep the party going. Come dance, and mingle, or just enjoy the company. While you are there, enjoy a delicious meal for purchase.

So eat, drink, dance, and celebrate the final days of summer with us on the patio. We can't wait to see you there!

1000 SASC "Neighbors & Novels" Book Club

SEPTEMBER 24 & SEPTEMBER 29

Led by Executive Director Sara Morrison

Join fellow readers this September for the 1000 SASC "Neighbors & Novels" Book Club! Stop by the Center Office to sign up and pick up information about this month's book.

Book Discussions

Classroom 1 (North Building)

- Thursday, September 24 at 3:00 PM
- Tuesday, September 29 at 10:00 AM

September Book Selection

Stoner by John Williams

William Stoner leaves his family's Missouri farm to study agronomy, but discovers a deep love

of English literature and becomes a scholar. His life is marked by difficult relationships, career disappointments, and a profound sense of solitude. A quiet, moving novel about love, loss, resilience, and finding meaning in an ordinary life.

St. Joe & St. John Collaborative

FRIDAY, SEPTEMBER 25

You are warmly invited to attend a Catholic Mass on Friday, September 25th 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, SEPTEMBER 28

Get ready for a FREE interactive craft session on Monday, September 28th at 1:30 PM AND 2:30 PM in Classroom 1 (North Wing).

Create keepsake crafts, guided by the Senior Center staff. All materials are provided. Please register for one of the sessions by calling the Center Office at 617-471-1000 x 107.



Movie of the Month

WICKED: FOR GOOD

On Tuesday, September 29th at 1:30 PM we will be showing *Wicked: For Good* in the South Wing Auditorium, starring Cynthia Erivo, Ariana Grande, Jeff Goldblum, and more.

Elphaba, the future Wicked Witch of the West and her relationship with Glinda, the Good Witch of the North. The second of a two-part feature film adaptation of the Broadway musical.

We will have a repeat showing of *Wicked: For Good* with closed caption, on the following day, Wednesday, September 30th, at 1:30 PM. This film is rated PG and runs approximately 2 hours 17 minutes.

Walking Club

EVERY WEDNESDAY

Stay active this fall with the 1000 SASC Walking Club! Join us every Wednesday at 10:30 AM, meeting at the North Wing Patio of the Senior Center.

Choose the walk that fits your pace:

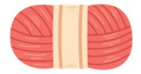
- **Low-Impact Group:** A relaxed walk around the SASC property.
- **High-Impact Group:** A brisk walk through the Quincy Point neighborhood.

Enjoy fresh air, exercise, and good company. Bring comfortable walking shoes, a water bottle, and a positive attitude!



Crafting a Cozy Keepsake

TUESDAYS IN SEPTEMBER



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 in 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, beginning September 29th in Classroom 1

Duration: 6 weeks

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

Registration Deadline: Friday, September 18th (including payment and yarn selection) with the Senior Center. Space is limited.



Let's Get Social

LIKE US ON FACEBOOK

Did you know that the 1000 Southern Artery Senior Center has a Facebook page? We invite you to find '1000 Southern Artery Senior Center' on Facebook and click 'Like' to join our online community.

By following our page, you'll stay up to date with everything happening at the center, including event photos, special announcements, program highlights, upcoming activities, schedule changes, and important updates. It's a great way to stay connected and never miss out on the fun.

Join us on Facebook today and stay connected with our Senior Center community!

Pay it Forward

September is the perfect time to keep the kindness going. As routines return and schedules get busier, small acts of generosity can make a big difference. Hold the door, offer a compliment, or lend a helping hand. Even simple gestures can brighten someone's day and inspire others to pay it forward, creating a lasting ripple of kindness throughout our community.



Save the Date for these FREE events:

9/2 – 1:30 PM, SINGO, NW DR

9/8 - 2:00 PM, Birthday Celebration (A Spice of Life), NW DR

9/9 – 10:00 AM, VA Coffee Hour, CR 3

9/11 – 10:00 AM, Quincy Health Department Presents: Foodborne Illness, CR 1

9/17 – 2:00 PM, Terrarium & Tiny Gardens; Presented by Therapy Gardens, ACT RM
(*pre-registration required)

9/18 – 11:30 AM – 1:30 PM – End of Summer Patio Party, North Wing Pavilion

9/24 – 10:00 AM, Book Club (*Stoner*), CR 1

9/25 – 1:30 PM, Catholic Mass, EW Lounge

9/28 – 1:30 & 2:30 PM, Crafting with the Senior Center, ACT RM
(*pre-registration required)

9/29 – 1:30 PM, Movie of the Month CC (*Wicked: For Good*), AUD

9/29 – 3:00 PM, Book Club (*Stoner*), CR 1

9/30 – 1:30 PM, Movie of the Month (*Wicked: For Good*), AUD CC

SEPTEMBER 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
	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	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