



THE FOUNTAIN

Issue No. 725 October 2026

1000 SOUTHERN ARTERY · QUINCY, MA

Music, Community & Wellness

FRIDAY AFTERNOONS, BEGINNING OCT. 16

Beginning on Friday, October 16th from 2:00 -3:00 PM, join our community group for a six-week series on Fridays to enjoy the health and wellness benefits of music in this friendly, fun environment. Participants will engage in musical activities including singing, instrument play, songwriting, relaxation, musical games, and more.

Throughout this six-week program, participants will have opportunities to listen, share, and reminisce about their favorite music, making new friends and learning about the impact of music on the body and mind. No experience necessary. This is a space where everyone can have fun and feel comfortable.

All are welcome to register for this FREE six-week series on Fridays by calling 617-471-1000 x 107.

Last Call for Turning Stone

FINAL PAYMENT DUE



Turning Stone is a GO!! Don't miss your chance to join 1000 SASC for two unforgettable nights to Turning Stone Resort and Casino in Upstate New York! Enjoy a festive holiday setting, great company, delicious food, and much more! Final payment due by Friday, October 16th. Reserve your spot today.

For Your Information

MONDAY, OCTOBER 12

Our offices and the Dining Room will be closed on Monday, October 12th in observance of Columbus Day / Indigenous Peoples' Day. Have a safe & happy Holiday!

Halloween Party

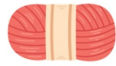
THURSDAY, OCTOBER 29

Residents and Center Members are invited to join us for a spooktacular Halloween party in the North Wing Lounge on Thursday, October 29th, from 2:00 – 3:00 PM!

This FREE event is open to Residents and Center Members, so bring your friends and get ready for an afternoon of Halloween fun. Costumes are encouraged (the more creative, the better)! Enjoy music played by DJ Melissa as we celebrate spooky season together. Come if you dare!



Create a Cozy Keepsake



With the chill of fall in the air, there's no better time to slow down and create something meaningful. Whether you're looking to treat yourself or surprise a loved one with a handmade gift, join the staff from the Center Office on Tuesday or Thursday mornings in January, 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 OR Thursday mornings, 10:30 AM – 11:30 Noon (register for one of the two classes)

Duration: 6 weeks

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

Registration Deadline: Friday, October 30th (including payment and yarn selection) with the Senior Center. Space is limited.

SINGO

WEDNESDAY, OCTOBER 7



Join Jim the DJ Guy at 1:30 PM in the North Wing Dining Room on Wednesday, October 7th, 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.

Slideshow: Explore Southern Italy with Collette Tours

THURSDAY, OCTOBER 8

Dreaming of a trip to Italy? Join 1000 SASC and Collette Tours on **Thursday, October 8th 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!



October Birthday Celebration

TUESDAY, OCTOBER 13

Join us on Tuesday, October 13th at 2:00 PM in the North Wing Lounge to honor those celebrating an October birthday, with a special live performance by the talented **Wiley Brothers Band**. Known for their “oldies with attitude” come and enjoy a mix of classic favorites and nostalgic tunes that are sure to brighten your afternoon. This is a **FREE** performance you won’t want to miss!

Veterans Community Group

WEDNESDAY, OCTOBER 14

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.

Let's Make Pickles: Presented by Therapy Gardens



THURSDAY, OCTOBER 15

Join Therapy Gardens on Thursday, October 15th at 2:00 PM in the Activity Room and learn how to make your own old-fashioned pickles using water, salt, and spices. A variety of pickling techniques will be presented, including vinegar brines, bread-and-butter brines, as well as lower-sodium options.

All are welcome to this **FREE** event. Pre-Registration with the Senior Center is required by calling 617-471-1000 x 107.

Paint a Pumpkin

TUESDAY, OCTOBER 20



It's pumpkin season! Whether you want to create spooky faces, scary spiders, pretty patterns, or glittery designs, painting a pumpkin offers endless opportunities for creativity.

No-carve pumpkins are a safer option because they don't require sharp tools, make less mess, and should last longer than carved pumpkins. Join the Center Office on Tuesday, October 20th at 2:00 PM in Classroom 1 to paint a pumpkin and create your fall masterpiece—for **FREE!** We will provide the materials; you just bring your creativity! Please register by calling 617-471-1000 x 107.

St. Joe & St. John Collaborative

FRIDAY, OCTOBER 23

You are warmly invited to attend a Catholic Mass on Friday, October 23rd 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.

October



Crafting with the Center

MONDAY, OCTOBER 26

Get ready for a **FREE** interactive craft session on **Monday, October 26th 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.

1000 SASC "Neighbors & Novels" Book Club

OCTOBER 27 & OCTOBER 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)

- Tuesday, October 27 at 10:00 AM
- Thursday, October 29 at 3:00 PM

The Bullet That Missed: A Thursday Murder Club Mystery

It is an ordinary Thursday, and things should *finally* be returning to normal. Except trouble is never far away where the Thursday Murder Club are concerned. A decade-old cold case—their favorite kind—leads them to a local news legend and a murder with no body and no answers. Then a new foe pays Elizabeth a visit. Her mission? Kill or be killed. Suddenly the cold case has become red hot. While Elizabeth wrestles with her conscience (and a gun), Joyce, Ron, and Ibrahim chase down the clues with help from old friends and new. But can the gang solve the mystery and

save Elizabeth before the murderer strikes again?

From an upmarket spa to a prison cell complete with espresso machine to a luxury penthouse high in the sky, this third adventure of the Thursday Murder Club is full of the cleverness, intrigue, and irresistible charm that readers have come to expect from Richard Osman's bestselling series

Movie of the Month

THE MONUMENTS MEN



On Tuesday, October 27th at 1:30 PM we will be showing *The Monuments Men* starring George Clooney, Matt Damon, Bill Murray, and more, in the South Wing Auditorium.

An unlikely World War II platoon is tasked to rescue art masterpieces from German thieves and return them to their owners.

We will have a repeat showing of *The Monuments Men* with closed caption, on the following day, Wednesday, October 28th, at 1:30 PM. This film is rated PG-13 and runs approximately 1 hour 58 minutes.



Pay it Forward

October is a wonderful time to spread a little extra kindness. As the leaves change and the season gets busier, take a moment to brighten someone's day. Share a warm smile, check in on a friend, help a neighbor, or do something thoughtful for someone who could use a lift. Small acts of kindness can have a big impact, inspiring others to pay it forward and creating a ripple of generosity throughout our community.

Save the Date for these FREE events:

10/7 – 1:30 PM, SINGO, NW DR

10/8 – 2:00 PM, Italy Slideshow presented by Collette Tours, SW AUD

10/13 – 2:00 PM, Birthday Celebration (Wiley Brothers Band), NW DR

10/14 – 10:00 AM, VA Coffee Hour, CR 3

10/15 – 2:00 PM, Let's Make Pickles: Presented by Therapy Gardens, ACT RM
(*pre-registration required)

10/16 – 2:00 PM, Music & Wellness 6-week series commences
(*pre-registration required)

10/20 – 2:00 PM – Paint a Pumpkin, CR 1
(*pre-registration required)

10/23 – 1:30 PM, Catholic Mass, EW Lounge

10/26 – 1:30 & 2:30 PM, Crafting with the Senior Center, CR 1
(*pre-registration required)

10/27 – 10:00 AM, Book Club (*The Bullet That Missed: A Thursday Murder Club Mystery*), CR 1

10/27 – 1:30 PM, Movie of the Month (*The Monuments Men*), SW AUD

10/28 – 1:30 PM, Movie of the Month CC (*The Monuments Men*), SW AUD

10/29 – 2:00 PM, Halloween Party with DJ Melissa, NW DR

10/29 – 3:00 PM, Book Club (*The Bullet That Missed: A Thursday Murder Club Mystery*), CR 1



OCTOBER 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