

EAST BOSTON SENIOR CENTER

CENTRO PARA PERSONAS MAYORES

7 Bayswater Street, East Boston, MA 02128

617-961-3131 ebseniorcenter@boston.gov

boston.gov/municipal-buildings/east-boston-senior-center

Monday-Friday / Lunes-Viernes 8:30am-4:30pm



Michelle Wu, Mayor / Alcaldesa

Emily Shea, Commissioner / Comisionada

Melissa Carlson, Deputy Commissioner / Comisionada Adjunta

Luz Leal, Assistant Director / Asistente de Dirección

NOVEMBER /
NOVIEMBRE
2023

CITY of BOSTON



Age Strong Commission

NOVEMBER 2023

MONDAY

TUESDAY



OUR SERVICES & PROGRAMS

- Art Classes
- Bingo
- Collaborative Programs
- Educational Workshops
- Fitness Classes
- Group Games
- Information & Referral
- Recreational Activities
- Taxi Coupons
- Volunteer Opportunities
- Wellness Programs

6

10:00AM Spanish Class
11:00AM Chair Yoga
12:00PM Tai Chi
1:15PM Ballroom Dancing

7

10:00AM Exercise
1:00PM Exercise
1:30PM Watercolor Class

13

10:00AM Spanish Class
11:00AM Chair Yoga
12:00PM Tai Chi
1:15PM Ballroom Dancing

14

10:00AM Exercise
1:00PM Exercise
1:30PM Watercolor Class

20

10:00AM Spanish Class
11:00AM Chair Yoga
12:00PM Tai Chi
1:15PM Ballroom Dancing

21

10:00AM Exercise
11:00AM Health & Wellness Presentation
1:00PM Exercise
1:30PM Watercolor Class

27

10:00AM Spanish Class
11:00AM Chair Yoga
12:00PM Tai Chi
1:00PM Ballroom Dancing
2:15PM Book Club

28

10:00AM Exercise
1:00PM Exercise
1:30PM Watercolor Class

WEDNESDAY

1

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai Chi
1:00PM Yoga Mat Class
1:00PM Tech Goes Home
Class **REGISTRATION
REQUIRED**

8

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai Chi
1:00PM Yoga Mat Class
1:00PM Tech Goes Home
Class **REGISTRATION
REQUIRED**

15

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai Chi
1:00PM Yoga Mat Class
1:00PM Tech Goes Home
Class **REGISTRATION
REQUIRED**

22

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai Chi
1:00PM Yoga Mat Class
1:00PM Tech Goes Home
Class **REGISTRATION
REQUIRED**

29

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai Chi
1:00PM Yoga Mat Class
1:00PM Tech Goes Home
Class **REGISTRATION
REQUIRED**

THURSDAY

2

10:00AM Age Strong
Advocate Hours
10:00AM Exercise
11:00AM English Class
11:00AM Mahjong Class
1:00PM Drawing Class
1:00PM Exercise

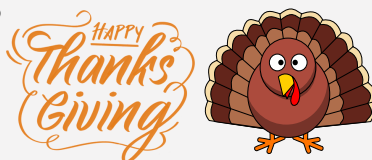
9

10:00AM Exercise
**10:00am Blood Pressure
Screening**
11:00AM English Class
11:00AM Mahjong Class
1:00PM Drawing Class
1:00PM Exercise

16

10:00AM Exercise
**10:00AM CPR Class &
Workshop**
10:00AM Age Strong
Advocate Hours
11:00AM English Class
11:00AM Mahjong Class
1:00PM Drawing Class
1:00PM Exercise

23



**THANKSGIVING
THE CENTER IS CLOSED**

30

10:00AM Exercise
11:00AM English Class
11:00AM Mahjong Class
1:00PM Drawing Class
1:00PM Exercise

FRIDAY

3

9:00AM Guitar Lessons
10:00AM Knitting
11:00AM Latin Dance
1:00PM Yoga Breathing
1:00PM Movie: **The War
with Grandpa**

10



**VETERANS DAY
THE CENTER IS CLOSED**

17

9:00AM Guitar Lessons
10:00AM Knitting
11:00AM Latin Dance
1:00PM Yoga Breathing
2:00PM Movie: **The
Princess Diaries 2**
**THANKSGIVING
CELEBRATION**

24

9:00AM Guitar Lessons
10:00AM Knitting
11:00AM Latin Dance
1:00 PM Movie: **The
Adams Family**



NOVIEMBRE 2023

LUNES



SERVICIOS & PROGRAMAS

- Clases de Arte
- Bingo
- Actividades en Grupo
- Programas Educativos
- Clases de Ejercicio
- Juegos en Grupo
- Información & Referidos
- Actividades de Recreación
- Cupones para Taxi
- Oportunidad de Voluntarios
- Programas de Asistencia

6

10:00AM Clase de Espanol
11:00AM Clase de Yoga
12:00PM Tai-Chi
1:15PM Baile de Salón

13

10:00AM Clase de Espanol
11:00AM Clase de Yoga
12:00PM Tai-Chi
1:15PM Baile de Salón

20

10:00AM Clase de Espanol
11:00AM Clase de Yoga
12:00PM Tai-Chi
1:15PM Baile de Salón

27

10:00AM Clase de Espanol
11:00AM Clase de Yoga
12:00PM Tai-Chi
1:15PM Baile de Salón

MARTES



7

10:00AM Ejercicio
1:00PM Ejercicio
1:30PM Clase de Pintura

14

10:00AM Ejercicio
1:00PM Ejercicio
1:30PM Clase de Pintura

21

10:00AM Ejercicio
**11:00AM Presentacion de
Salud & Bienestar Mental**
1:00PM Ejercicio
1:30PM Clase de Pintura

28

10:00AM Ejercicio
1:00PM Ejercicio
1:30PM Clase de Pintura

MIERCOLES

1

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai - Chi
1:00PM Yoga en Tapete
1:00PM Tech Goes Home
REQUIERE REGISTRACION

8

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
1:00PM Yoga en Tapete
1:00PM Tech Goes Home
REQUIERE REGISTRACION

15

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29

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
1:00PM Yoga en Tapete
1:00PM Tech Goes Home
REQUIERE REGISTRACION

JUEVES

2

10:00AM Representante de Age Strong
10:00AM Ejercicio
11:00AM Clase de Inglés
1:00PM Clase de Dibujo
1:00PM Ejercicio

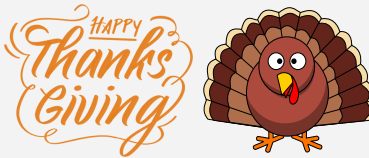
9

10:00AM Ejercicio
10:00AM Chequeo de la Presion
11:00AM Clase de Inglés
1:00PM Clase de Dibujo
1:00PM Ejercicio

16

10:00AM Ejercicio
10:00AM Representante de Age Strong
10:00AM Clase de CPR & Presentacion
11:00AM Clase de Inglés
1:00PM Ejercicio
1:00PM Clase de Dibujo

23



**DÍA DE ACCIÓN DE GRACIAS
EL CENTRO ESTA CERRADO**

30

10:00AM Ejercicio
11:00AM Clase de Inglés
1:00PM Ejercicio
1:00PM Clase de Dibujo

VIERNES

3

9:00AM Clase de Guitarra
10:00AM Tejido
11:00AM Bailes Latinos
1:00PM Respiracion & Yoga
1:00PM Pelicula: **The War with Grandpa**

10



**DÍA DE LOS VETERANOS
EL CENTRO ESTA CERRADO**

17

9:00AM Clase de Guitarra
10:00AM Tejido
11:00AM Bailes Latinos
1:00PM Respiracion & Yoga
1:00PM Pelicula: **The Princess Diaries 2**
CELEBRACION DE ACCION DE GRACIAS

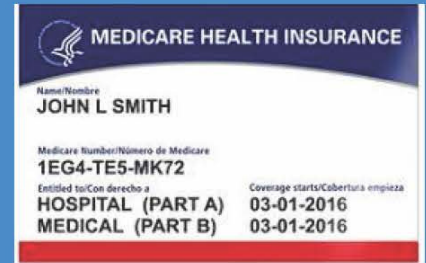
24

9:00AM Clase de Guitarra
10:00AM Tejido
11:00AM Bailes Latinos
1:00PM Pelicula: **The Adams Family**



2023 ANNUAL MEDICARE OPEN ENROLLMENT EVENTS

OCTOBER 15 - DECEMBER 7



- Meet with trained SHINE* counselors to find the best coverage for the least cost
- Review your overall medical and prescription drug coverage

WHAT TO BRING: LIST OF PRESCRIPTIONS, MEDICARE/OTHER INSURANCE CARDS, YOUR MEDICARE.GOV USERNAME/PASSWORD IF ALREADY SET UP

**Serving the Health Insurance Needs of Everyone*

THURSDAY, NOVEMBER 2

10am - 3:30pm
Central Boston Elder Services
2315 Washington St., Roxbury

WEDNESDAY, NOVEMBER 8

10am - 3:30pm
Mattapan Branch Library
1350 Blue Hill Ave., Mattapan

THURSDAY, NOVEMBER 16

10:30am - 3:30pm
West Roxbury Branch Library
1961 Centre St., West Roxbury

MONDAY, NOVEMBER 20

10am - 3:30pm
Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton

WEDNESDAY, NOVEMBER 29

10am - 3:30pm
Grove Hall Branch Library
41 Geneva Ave., Dorchester

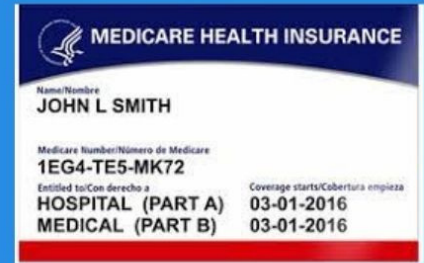
WEDNESDAY, DECEMBER 6

10am - 3:30pm
South Boston Neighborhood House
136 H St., South Boston

Call 617-635-4366 to schedule your appointment for these events or to make a counseling appointment for another time.

EVENTOS ANUALES DE INSCRIPCIÓN ABIERTA PARA MEDICARE 2023

15 DE OCTUBRE - 7 DE DICIEMBRE



- Reúnase con asesores capacitados en SHINE* para encontrar la mejor cobertura al menor costo.
- Revise su cobertura de medicamentos recetados y médica en general.

¿QUÉ DEBE LLEVAR? LISTA DE RECETAS, TARJETAS DE MEDICARE U OTROS SEGUROS, SU NOMBRE DE USUARIO Y CONTRASEÑA DE MEDICARE.GOV SI YA LOS HA CONFIGURADO.

**Atendemos las necesidades de todas las personas en materia de seguros médicos*

JUEVES, 2 DE NOVIEMBRE

10 a. m. a 3:30 p. m.

Central Boston Elder Services
2315 Washington St., Roxbury

MIÉRCOLES, 8 DE NOVIEMBRE

10 a. m. a 3:30 p. m.

Mattapan Branch Library
1350 Blue Hill Ave., Mattapan

JUEVES, 16 DE NOVIEMBRE

10:30 a. m. a 3:30 p. m.

West Roxbury Branch Library
1961 Centre St., West Roxbury

LUNES, 20 DE NOVIEMBRE

10 a. m. a 3:30 p. m.

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton

MIÉRCOLES, 29 DE NOVIEMBRE

10 a. m. a 3:30 p. m.

Grove Hall Branch Library
41 Geneva Ave., Dorchester

MIÉRCOLES, 6 DE DICIEMBRE

10 a. m. a 3:30 p. m.

South Boston Neighborhood House
136 H St., South Boston

Llame al 617-635-4366 para programar una cita en estos eventos o para reunirse en otro momento con los asesores.



EAST BOSTON COFFEE HOURS

The Mayor's Office of Neighborhood Services liaisons hosts weekly Coffee Hours located conveniently in each neighborhood. This is an opportunity to connect with your neighborhood liaison to receive support connecting with City departments, addressing any concerns, or just to say hello to connect joyfully.

East Boston Coffee Hours are hosted on Fridays from 3:30-4:30pm by neighborhood liaison Manuela Villa Gomez.

COFFEE HOUR DATES:

November 3, 17, and 24

LOCATION:

Bono Boston Restaurant and Catering
271 Meridian St., East Boston

Coffee Hours are held weekly and are subject to change. For more information, call Neighborhood Services at 617-635-3485.

AGE STRONG'S MONTHLY "TO-DO" CALENDAR

"TO-DO" ES EL CALENDARIO MENSUAL DE AGE STRONG

Age Strong's monthly "To-Do", a city-wide sampling of free events and programs for Boston's older adults age 60+.

Sign up at boston.gov/age-strong.

El "To-Do" es el calendario mensual de Age Strong, donde encuentras una variedad de eventos y programas gratuitos en toda la ciudad para los adultos mayores de 60 años en Boston.

Regístrese en boston.gov/age-strong.



Welcome to October's monthly "To-Do," a city-wide sampling of free events & programs for Boston's older adults age 60+.

Sign up to have the To-Do emailed directly to your inbox or view it, *Boston Seniority* magazine, and our updates newsletter online at boston.gov/departments/age-strong-commission/connect-us

See page 13 for more programming from City departments and our partners.

AGE+ City of Boston
Age Strong Commission
Boston City Hall, Room 271
1 City Hall Square, Boston, MA 02201
617-635-4366 agestrong@boston.gov
boston.gov/age-strong

[f](https://www.facebook.com/AgeStrongBos) [t](https://twitter.com/AgeStrongBos) @AgeStrongBos

BLACK TEXT
**Age Strong Virtual Events Link: bit.ly/ZoomAgeStrongVirtual *Program in both English/Spanish
BLUE TEXT
Jamaica Plain - Roslindale - West Roxbury
GREEN TEXT
Dorchester - Mission Hill - Roxbury - South Boston
ORANGE TEXT
Hyde Park - Mattapan
PINK TEXT
Charlestown - East Boston
PURPLE TEXT
Allston/Brighton - Fenway - Kenmore
RED TEXT
Chinatown - Downtown - North End - South End - West End



LA HORA DEL CAFÉ EN EAST BOSTON

Los enlaces de la Oficina de Servicios Vecinales de la Alcaldía organizan la hora del café semanales ubicadas convenientemente en cada vecindario. Esta es una oportunidad para conectarse con el enlace de su vecindario para recibir apoyo para conectarse con los departamentos de la ciudad, abordar cualquier inquietud o simplemente saludar para conectarse con sus vecinos.

La hora del café en East Boston se llevan a cabo los viernes de 3:30-4:30pm a cargo del enlace vecinal Manuela Villa Gomez.

FECHAS DE LA HORA DEL CAFÉ:

Noviembre 3, 17, y 24

UBICACIÓN:

Bono Boston Restaurant and Catering
271 Meridian St., East Boston

La hora del café se lleva a cabo semanalmente y está sujeto a cambios. Para obtener más información, llame a Servicios Vecinales al 617-635-3485.