

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

Judith Thermidor, Director / Directora

Luz Leal, Assistant Director / Asistente de Dirección

DECEMBER /
DICIEMBRE
2023

CITY of BOSTON

AGE+

Age Strong Commission

DECEMBER 2023

OUR SERVICES & PROGRAMS

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

MONDAY



4

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

11

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

18

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

25



**CHRISTMAS DAY
THE CENTER IS CLOSED**

TUESDAY



5

10:00AM Exercise
11:00AM ESL Beginners
1:00PM Reiki
1:00PM Watercolor Class & Painting Exhibition
2:30PM Therapeutic Dance

12

10:00AM Exercise
11:00AM ESL Beginners
1:00PM Reiki
1:00PM Watercolor Class
2:30PM Therapeutic Dance

19

10:00AM Exercise
11:00AM ESL Beginners
1:00PM Reiki
1:00PM Watercolor Class
2:30PM Therapeutic Dance

26

10:00AM Exercise
11:00AM ESL Beginners
1:00PM Reiki
1:00PM Watercolor Class
2:30PM Therapeutic Dance

WEDNESDAY



6

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
12:00PM Yoga Mat Class
1:00PM Tech Goes Home
Class **REGISTRATION
REQUIRED**

13

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
12:00PM Yoga Mat Class
1:00PM Yankee Swap

20

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
12:00PM Yoga Mat Class

Holiday Sing Along!!!

27

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
12:00PM Yoga Mat Class

THURSDAY



7

10:00AM Exercise
**10:00AM Age Strong
Advocate Hours**
11:00AM English Class
11:00AM Blood Pressure
1:00PM Drawing Class
1:00PM Exercise

14

10:00AM Exercise
11:00AM English Class
11:00AM Blood Pressure
1:00PM Drawing Class
1:00PM Exercise

21

**10:00AM Age Strong
Advocate Hours**
10:00AM Exercise
11:00AM English Class
11:00AM Blood Pressure
1:00PM Drawing Class
1:00PM Exercise

28

10:00AM Exercise
11:00AM English Class
11:00AM Blood Pressure
1:00PM Drawing Class
1:00PM Exercise

FRIDAY

1

9:00AM Guitar Lessons
10:00AM Knitting
11:00AM Latin Dance
1:00PM Movie: **Home Alone**

8

9:00AM Guitar Lessons
10:00AM Knitting
11:00AM Latin Dance
1:00PM Movie: **Christmas
Carol**

15

9:00AM Guitar Lessons
10:00AM Knitting
11:00AM Latin Dance
2:00PM Movie: **Spirited**

22

9:00AM Guitar Lessons
10:00AM Knitting
11:00AM Latin Dance
1:00 PM Movie: **Elf**

29

9:00AM Guitar Lessons
10:00AM Knitting
11:00AM Latin Dance
1:00 PM Movie: **The
Grinch Stole Christmas**

DICIEMBRE 2023

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

LUNES



4

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

11

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

18

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

25



**DÍA DE NAVIDAD
EL CENTRO ESTA CERRADO**

MARTES



5

10:00AM Ejercicio
11:00AM Clase de Ingles
Nivel I
**1:00PM Clase de Pintura &
Exhibicion de Arte**
1:00PM Reiki
2:30PM Danza Terapeutica

12

10:00AM Ejercicio
11:00AM Clase de Ingles
Nivel I
1:00PM Clase de Pintura
1:00PM Reiki
2:30PM Danza Terapeutica

19

10:00AM Ejercicio
11:00AM Clase de Ingles
Nivel I
1:00PM Clase de Pintura
1:00PM Reiki
2:30PM Danza Terapeutica

26

10:00AM Ejercicio
11:00AM Clase de Ingles
Nivel I
1:00PM Clase de Pintura
1:00PM Reiki
2:30PM Danza Terapeutica

MIERCOLES



JUEVES



VIERNES

1

9:00AM Clase de Guitarra
10:00AM Tejido
11:00AM Bailes Latinos
1:00PM Pelicula: **Home Alone**

6

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
12:00PM Yoga en Tapete
1:00PM Tech Goes Home
REQUIERE REGISTRACION

7 10:00AM Ejercicio
10:00AM Representante de Age Strong
11:00AM Clase de Inglés
11:00AM Chequeo De La Presion
1:00PM Clase de Dibujo
1:00PM Ejercicio

8

9:00AM Clase de Guitarra
10:00AM Tejido
11:00AM Bailes Latinos
1:00PM Pelicula: **Christmas Carol**

13

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
12:00PM Yoga en Tapete
1:00PM Intercambio de Regalos

14

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

15

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

20

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
12:00PM Yoga en Tapete

Villancicos con el Coro!!!

21 10:00AM Ejercicio
10:00AM Representante de Age Strong
11:00AM Clase de Inglés
11:00AM Chequeo De La Presion
1:00PM Clase de Dibujo
1:00PM Ejercicio

22

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

27

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
12:00PM Yoga en Tapete

28

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

29

9:00AM Clase de Guitarra
10:00AM Tejido
11:00AM Bailes Latinos
1:00PM Pelicula: **The Grinch Stole Christmas**



In Person and Online!

Winter/Spring

East Boston Farmers Market

November 16, 2023 – June 20, 2024

Order local food online by using our weekly Google form! Scan the QR code or contact the market manager to order.



SNAP customers get extra money (HIP) to buy fruits and veggies at the market!

Farmers Market coupons may be available for those who qualify. Contact the market manager to learn more.

IN PERSON MINI-MARKETS *at 250 Sumner Street!*

Shop in person on the third Thursdays of the following months, from 2-6pm.

- 2023: November 16 & December 21
- 2024: March 21, April 18, May 16, and June 20.

SNAP/HIP and all forms of payment accepted.

- **When to order:** Fridays through Tuesdays by 5:00 pm.
- **When to pick up:** Thursdays from 2:00 pm to 6:00 pm.
- **Where to pick up:** 250 Sumner Street, East Boston.
- **Pick-up safety:** Please stay home if you are sick. Wear a mask and maintain social distance when you pick up.
- **How to pay:** Payment accepted in person upon pick up. All forms of payment accepted. **Pay with EBT/ SNAP and earn HIP dollars on produce!** Contact the market manager for more information.

For more information, contact Kelsey Briggs, Market Manager at 617-568-4783 or farmersmarket@ebnhc.org



City of Boston
Food Justice



FARM CREDIT EAST, NCA



East Boston Farmers Market

¡HAGA SUS COMPRAS EN PERSONA Y EN LÍNEA!

Invierno/Primavera

Mercado de Agricultores de East Boston

16 de noviembre del 2023 a 20 de junio del 2024

Ordene alimentos locales en línea
utilizando nuestro formulario semanal
de Google. Escanee el código QR o
póngase en contacto con el gerente
del Mercado para ordenar.



¡Los usuarios de SNAP reciben dinero extra (HIP)
al comprar frutas y vegetales en el mercado!

Los cupones del Mercado de Agricultores pueden
estar disponibles para quienes califiquen.
Póngase en contacto con el gerente del mercado
para obtener más información.

¡MINI-MERCADOS PRESENCIALES en 250 Sumner Street!

Haga sus compras en persona de 2 a 6 de la tarde
cada jueves tercero en los siguientes meses:

- 2023: 16 de noviembre y 21 de diciembre
- 2024: 21 de marzo, 18 de abril, 16 de mayo y 20 de junio

Aceptamos SNAP/HIP y cualquier otra forma de pago.

- Haga sus pedidos desde los
Viernes hasta los Martes
antes de las 5:00 PM
- Recójalos los jueves de 2 a
6 PM en 250 Sumner St,
East Boston.
- Si está enfermo quédese en
su casa. Use mascarilla y
mantenga distanciamiento
social cuando recoja su
compra.
- Aceptamos pago en persona
cuando recoja su compra.
Se aceptan todas las formas
de pago. ¡Pague con EBT/
SNAP y gane dólares HIP
en productos frescos!
Contáctenos para obtener
más información.

Para más información comuníquese con Kelsey Briggs, gerente del mercado, llamando al
617-568-4783 o enviando un correo electrónico a farmersmarket@ebnhc.org



City of Boston
Food Justice



FARM CREDIT EAST, NCA





MAYOR MICHELLE WU, THE AGE STRONG
COMMISSION, AND AT&T PRESENT:

Holiday Connections

Friday, December 8, 2023

7:00am-2:00pm

Boston City Hall, 5th Floor

1 City Hall Square, Boston, 02201

EVENT FEATURES:

- Free calls to anywhere in the world
- Presentation on using smart phones
- Games, prizes, and tech support
- Complimentary breakfast/lunch
- Fun photos and a surprise visitor

TO RSVP, CONTACT:

Marybeth Kelly / 617-635-3959 / marybeth.kelly@boston.gov

AGE+

City of Boston
Age Strong Commission

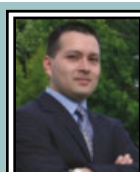




CONNECT WITH EAST BOSTON SENIOR CENTER ON FACEBOOK

CONÉCTESE CON EL CENTRO PARA PERSONAS MAYORES DE EAST BOSTON EN FACEBOOK

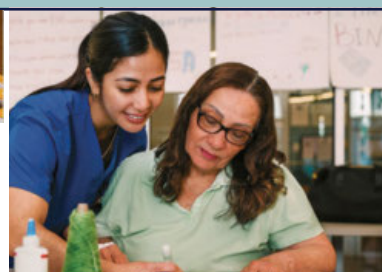
facebook.com/eastbostonseniorcenter



Francisco J. Rosa
Abogado



Lesiones Personales - Inmigración
Bienes Raíces - Ley de Familia
Solo por cita - (978) 458-0934
fr@rosataing.com
385 Broadway, #305, Revere, MA 02151



How do I stay independent and healthy?
Neighborhood PACE!



EAST BOSTON NEIGHBORHOOD HEALTH CENTER
Neighborhood PACE

A Medicare &
Medicaid Program

617-568-4455 • www.neighborhoodpace.org



**ADVOCATE
HEALTHCARE OF
EAST BOSTON**

**LONG TERM CARE &
REHABILITATION**

Call us today 617-569-2100
111 ORIENT AVENUE, BOSTON, MA 02128

Magrath
FUNERAL HOME

336 Chelsea Street, East Boston
617-567-0910
www.MagrathFuneralHome.com



**Where You Are Our
First Priority!**

*We're here & ready to meet
all of your banking needs!*

Savings & Checking Accounts, Mortgage Loans,
Home Equity Lines of Credit, Home Equity & Automobile Loans & More
100 Swift Street, East Boston • 25 Dorchester Avenue, Boston
617.482.4787 • firstprioritycu.com

Must open and maintain a \$5.00 Share Account. Funds are federally insured by NCUA. All deposits in excess of federal limits are fully insured by Massachusetts Share Insurance Corporation (MSIC). Equal Opportunity Lender.



**SERVING MEMBERS
FOR OVER 99 YEARS!**



We love people who care for people!

Join our Elara family as a Caregiver.
Apply today at Elara.com/jobs.

Elara Caring



**Place Your Ad Here and
Support our Community!**

Instantly create and
purchase an ad with

**AD
CREATOR
STUDIO**



lpicommunities.com/adcreator



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Age Strong Commission East Boston Senior Center

06-5395



LA ALCALDESA MICHELLE WU, LA COMISIÓN
AGE STRONG Y AT&T PRESENTAN:

Conexiones Navideñas

Viernes, 8 de Diciembre de 2023

7:00am-2:00pm

Boston City Hall, 5to Piso

1 City Hall Square, Boston, 02201

CARACTERÍSTICAS DEL EVENTO:

- Llamadas gratis a cualquier parte del mundo
- Presentación sobre el uso de teléfonos inteligentes
- Juegos, premios y soporte técnico
- Desayuno/almuerzo de cortesía
- Fotos divertidas y un visitante sorpresa

SE RUEGA CONFIRMACIÓN:

Marybeth Kelly / 617-635-3959 / marybeth.kelly@boston.gov

AGE+

City of Boston
Age Strong Commission



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Steve Persichetti

spersichetti@lpicommunities.com
(800) 888-4574 x3403



65 Meridian St.
East Boston
617-418-5062

Coffee | Breakfast
Smoothies | Lunch

www.eaglehillcafe.com

SETTIPANE INSURANCE

*For all your insurance needs
Since 1969*

Auto • Home • Tenants

LOW RATES!!!

Call 781-284-1100

**SE HABLA ESPAÑOL
A GIFT FOR NEW CLIENTS
207A Squire Road, Revere, MA**



**Foot & Ankle
Associates**



**Dr. Quinn
Charbonneau**
DPM, FACFAS, ABPM



**Dr. Dominick
Garibaldi**
DPM, FACFAS

*Now offering early morning
and late hours.*

Call 617-846-2609

2 Chamberlain Ave., #2
Winthrop, MA

www.dominickgaribaldidpm.com
footanklewinthrop@gmail.com

*Now Offering
Stem Cell Therapy*



**FREE
AD DESIGN**

with purchase
of this space

**CALL
800-477-4574**

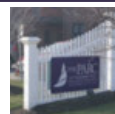


THE PARC
AT HARBOR VIEW
SENIOR LIVING

**Independent Living
Assisted Living
Memory Care**

The Parc at Harbor View
A Senior Living Community

617-207-3009
www.parcatharborview.com
46 Lincoln Street, Winthrop, 02152



SUPPORT THE ADVERTISERS

that Support our
Community!



**Age Strong Commission
East Boston Senior Center
7 Bayswater St.
East Boston, MA 02128**



Ruggiero Family **MEMORIAL HOME**



***The Ruggiero Family is honored to support
the East Boston Senior Center.***

*East Boston Seniors fought tirelessly to see this state of the art facility
come to fruition. We hope all find joy and camaraderie in this facility.*

***La familia Ruggiero se enorgullece en apoyar
al Centro para personas Mayores de East Boston.***

*Este centro finalmente ha visto los frutos de ver terminado su nueva
instalación moderna por la cual ha trabajado incansablemente.*

Nuestros mejores deseos para que disfruten sus instalaciones.

**Joseph L. Ruggiero III, Type 3 Funeral Director ♦ Cathryn Ruggiero, Type 6 Funeral Director
Jacqueline Brangiforte, Type 6 Funeral Director ♦ Mark Tauro, Type 6 Funeral Director
Miguel Vargas, Funeral Assistant**

**617.569.0990 ♦ RUGGIEROMH.COM
971 SARATOGA STREET, EAST BOSTON**

