



Boston's Age Strong Commission's APRIL 2024 "TO-DO"

Free events, classes & programs for Boston's older adults

Welcome to April'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 at boston.gov/departments/age-strong-commission/connect-us

See page 14 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



@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

MONDAY, APRIL 1

9am

Computer Classes - In Person

BCYF Beverly Gibbons
382 Main St., Charlestown
617-635-5175

Click [here](#) to register.

This event repeats weekly.

10am-12pm

South End Shuttle - In Person

BPL South End
685 Tremont St., Boston
617-635-4366

Click [here](#) to register.

This event repeats weekly.

11am-12pm

Gentle Yoga - In Person

BPL Charlestown
179 Main St., Charlestown
617-242-1248

Click [here](#) for more information.

1-2pm

Cantonese Conversation Group - In Person

BPL Chinatown
2 Boylston St., Boston
617-807-8176

Click [here](#) to register.

This event repeats weekly.

3-5pm

Senior Sewing - In Person

BPL Mattapan
1350 Blue Hill Ave., Mattapan
617-298-9218

Click [here](#) to register.

This event repeats weekly.

TUESDAY, APRIL 2

10am-12:30pm

Senior Sewing - In Person

BPL Codman Square
690 Washington St., Dorchester
617-436-8214

Click [here](#) to register.

This event repeats weekly.

11am-1pm

Yarn & Needlework - In Person

BPL Roslindale
4246 Washington St., Roslindale
617-323-2343

Click [here](#) for more information.

11:30am-12:30pm

Latin Dance - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

12:30-5:30pm

Meet Your Age+ Advocate - In Person

BCYF Tobin
1481 Tremont St., Roxbury
617-635-4366

Click [here](#) for more information.

2:30-5pm

Knit Group - In Person

BPL West Roxbury
1961 Centre St., West Roxbury
617-325-3147

Click [here](#) for more information.

WEDNESDAY, APRIL 3

9am-5pm

Meet Your Age+ Advocate - In Person

South Boston Neighborhood House
136 H St., South Boston
617-635-4366
Click [here](#) for more information.

10am

Walking Club- In Person

BCYF Beverly Gibbons
382 Main St., Charlestown
617-635-5175
Click [here](#) to register.
This event repeats weekly.

12:30-1:45pm

Bingo - Hybrid

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1484
Click [here](#) to register.
This event repeats weekly.

2-4pm

Knitting & Crafts Circle - In Person

BPL Adams Street
690 Adams St., Dorchester
617-436-6900
Click [here](#) to register.

4:30-5:45pm

Writer's Corner- In Person

BPL Jamaica Plain
30 South St., Jamaica Plain
617-524-2053
Click [here](#) for more information.

THURSDAY, APRIL 4

10am

Exercise - In Person

East Boston Senior Center
7 Bayswater St., East Boston
617-961-3131
Click [here](#) for more information.
This event repeats weekly.

10-11am

Senior Fitness - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-5178
Click [here](#) to register.
This event repeats weekly.

11am

Qi-Gong - In Person

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton
617-635-6120
Click [here](#) for more information.
This event repeats weekly.

11am-1pm

Art & Meditation - In Person

BPL Roxbury
149 Dudley St., Roxbury
617-442-6186
Click [here](#) for more information.
This event repeats weekly.

12:30-1:30pm

Knitting & Crochet - In Person

BCYF Ohrenberger
175 W. Boundary Rd., West Roxbury
617-635-5183
Click [here](#) to register.
This event repeats weekly.

FRIDAY, APRIL 5

9am-5pm

One-on-One Tech Assistance - Hybrid

BPL Mattapan
1350 Blue Hill Ave., Mattapan
617-298-9218
Click [here](#) to register.
This event repeats weekly.

11am-12pm

Adult Broadway Dance - In Person

BCYF Roslindale
6 Cummins Hwy., Roslindale
617-635-5185
Click [here](#) to register.
This event repeats weekly.

11:30am-12:30pm

Zumba - Virtual**

617-635-4366
Click [here](#) to register.
This event repeats weekly.

1:30-3:30pm

Player's Club - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1484
Click [here](#) to register.
This event repeats weekly.

6:15-8:15pm

Intro to Computers - In Person

BCYF Ohrenberger
175 W. Boundary Rd., West Roxbury
617-635-5183
Click [here](#) to register.
This event repeats weekly.

SATURDAY, APRIL 6

10-11am

Mindful Movement - In Person

BPL Parker Hill
1497 Tremont St., Roxbury
617-427-3820
Click [here](#) for more information.
This event repeats weekly.

10am-12pm

Boston Philharmonic - In Person

BPL Central
700 Boylston St., Boston
617-536-5400
Click [here](#) for more information.

11am-12pm

Yoga for Beginners - In Person

BPL Jamaica Plain
30 South St., Jamaica Plain
617-524-2053
Click [here](#) for more information.

1-2pm

Ready, Set, Start Your Seedlings! - In Person

BPL Codman Square
690 Washington St., Dorchester
617-436-8214
Click [here](#) to register.

SUNDAY, APRIL 7

MONDAY, APRIL 8

9:30am

Strength Training - In Person

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

617-635-6120

Click [here](#) for more information.

This event repeats weekly.

10am-6pm

Tech Help By Appointment - In Person

BPL Egleston Square
2044 Columbus Ave., Roxbury

617-445-4340

Click [here](#) to register.

This event repeats weekly.

12:30-2:30pm

Cooking for Older Adults - In Person

BPL Roxbury
149 Dudley St., Roxbury

617-442-6186

Click [here](#) for more information.

6-7:30pm

Collage Poetry - In Person

BPL Codman Square
690 Washington St., Dorchester

617-436-8214

Click [here](#) to register.

6:30-7:30pm

Injury Prevention Series:

Loneliness and Isolation - Virtual

617-807-8176

Click [here](#) to register.

TUESDAY, APRIL 9

9:30-11:30am

Senior Men's Basketball - In Person

BCYF Roslindale

6 Cummins Hwy., Roslindale

617-635-5185

Click [here](#) to register.

This event repeats weekly.

1pm

Watercolor Class - In Person

East Boston Senior Center
7 Bayswater St., East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

1-2pm

Open Tech Help 技术帮助 - In Person

BPL Chinatown

2 Boylston St., Boston

617-807-8176

Click [here](#) to register.

This event repeats weekly.

3-4pm

Tech Help by Appointment- In Person

BPL Jamaica Plain

30 South St., Jamaica Plain

617-524-2053

Click [here](#) for more information.

This event repeats weekly.

6-7:15pm

Flamenco for All - In Person

BPL Central

700 Boylston St., Boston

617-536-5400

Click [here](#) to register.

WEDNESDAY, APRIL 10

10am-12pm

South End Shuttle - In Person

BPL South End
685 Tremont St., Boston
617-635-4366

Click [here](#) to register.

This event repeats weekly.

10am-12pm

Memory Cafe - In Person

BPL Codman Square
690 Washington St., Dorchester
617-635-3745

Click [here](#) for more information.

1:30-3:30pm

American Mahjong - In Person

BPL West End
151 Cambridge St., West End
617-523-3957

Click [here](#) for more information.

5-5:45pm

Adult Learn to Swim - In Person

BCYF Flaherty
160 Florence St., Roslindale
617-635-5181

Click [here](#) to register.

This event repeats weekly.

6-7:30pm

Sip 'n' Stitch- In Person

BPL Honan-Allston
300 N Harvard St., Allston
617-787-6313

Click [here](#) for more information.

THURSDAY, APRIL 11

9:30-10:30am

Chair Yoga - In Person

BCYF Curley
1663 Columbia Rd., South Boston
617-635-5104

Click [here](#) for more information.

This event repeats weekly.

10-11am

Senior Fitness - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-5178

Click [here](#) to register.

This event repeats weekly.

10:30-11:30am

Chair Yoga - In Person

BCYF Nazzaro
30 N Bennet St., North End
617-635-5166

Click [here](#) to register.

This event repeats weekly.

11am

English Class - In Person*

East Boston Senior Center
7 Bayswater St., East Boston
617-961-3131

Click [here](#) for more information.

This event repeats weekly.

1-4pm

Meet Your Age+ Advocate - In Person

Peterborough Senior Center
42 Peterborough St., Fenway
617-635-4366

Click [here](#) for more information.

This event repeats weekly.

FRIDAY, APRIL 12

10:30-11:30am

Live Better In Your Body - In Person

BCYF Nazzaro
30 N Bennet St., North End
617-635-5166
Click [here](#) to register.
This event repeats weekly.

11am-12pm

Breathe with Bach - In Person

BPL Lower Mills
27 Richmond St., Dorchester
617-298-7841
Click [here](#) for more information.

11am-12pm

Broadway Seated Dance - In Person

BCYF Ohrenberger
175 W. Boundary Rd., West Roxbury
617-635-5183
Click [here](#) to register.
This event repeats weekly

11am-12pm

Mindfulness for Older Adults - In Person

BPL West End
151 Cambridge St., West End
617-523-3957
Click [here](#) for more information.

5-5:45pm

Adult Learn to Swim - In Person

BCYF Flaherty
160 Florence St., Roslindale
617-635-5181
Click [here](#) to register.
This event repeats weekly.

SATURDAY, APRIL 13

10-11am

Mindful Movement - In Person

BPL Parker Hill
1497 Tremont St., Roxbury
617-427-3820
Click [here](#) for more information.
This event repeats weekly.

11am-12:15pm

Book Club Cafe - In Person

BPL Honan-Allston
300 N Harvard St., Allston
617-787-6313
Click [here](#) for more information.

SUNDAY, APRIL 14

MONDAY, APRIL 15

Patriots Day

City offices, Boston Public Libraries, and BCYF Community Centers are closed.

TUESDAY, APRIL 16

11:30am-12:30pm

Latin Dance - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

11:30am-12:30pm

Lunch & Line Dance - In Person

BCYF Vine Street

339 Dudley St., Roxbury

617-635-1285

Click [here](#) to register.

This event repeats weekly.

12-1pm

Explore BPL Online Resources - Virtual

617-807-8176

Click [here](#) to register.

This event repeats weekly.

2pm

Ballet - In Person

East Boston Senior Center

7 Bayswater St., East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

6:30-7:45pm

Hatha Yoga - In Person

BPL Fields Corner

1520 Dorchester Ave., Dorchester

617-436-2155

Click [here](#) for more information.

This event repeats weekly.

WEDNESDAY, APRIL 17

9am

Zumba - In Person

East Boston Senior Center

7 Bayswater St., East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

11am-3pm

Meet Your Age+ Advocate - In Person

BPL South Boston

646 E Broadway, South Boston

617-635-4366

Click [here](#) for more information.

This event repeats weekly.

11:30am-12:30pm

Yoga & Meditation - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

6-7:30pm

Adult Arts & Crafts - In Person

BPL Honan-Allston

300 N Harvard St., Allston

617-787-6313

Click [here](#) for more information.

THURSDAY, APRIL 18

10:15-11:15am

Tai Chi for Fall Prevention - In Person

BPL Chinatown

2 Boylston St., Boston

617-807-8176

Click [here](#) to register.

This event repeats weekly.

1-4pm

Meet Your Age+ Advocate - In Person

Peterborough Senior Center
42 Peterborough St., Fenway
617-635-4366

Click [here](#) for more information.

This event repeats weekly.

3-5pm

Senior Sewing - In Person

BPL Mattapan
1350 Blue Hill Ave., Mattapan
617-298-9218

Click [here](#) to register.

This event repeats weekly.

6:30-7:30pm

Water Aerobics - In Person

BCYF Leahy Holloran
1 Worrell St., Dorchester
617-635-5150

Click [here](#) for more information.

This event repeats weekly.

FRIDAY, APRIL 19

9am

Guitar - In Person

East Boston Senior Center
7 Bayswater St., East Boston
617-961-3131

Click [here](#) for more information.

This event repeats weekly.

12:30pm

Bingo- In Person

BCYF Beverly Gibbons
382 Main St., Charlestown
617-635-5175

Click [here](#) to register.

This event repeats weekly.

1:30-3:30pm

Player's Club - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1484

Click [here](#) to register.

This event repeats weekly.

6:15-8:15pm

Intro to Computers - In Person

BCYF Ohrenberger
175 W. Boundary Rd., West Roxbury
617-635-5183

Click [here](#) to register.

This event repeats weekly.

SATURDAY, APRIL 20

9:30am-3:30pm

Book Sale - In Person

BPL South Boston
646 E Broadway, South Boston
617-268-0180

Click [here](#) for more information.

10-11am

Mindful Movement - In Person

BPL Parker Hill
1497 Tremont St., Roxbury
617-427-3820

Click [here](#) for more information.

This event repeats weekly.

SUNDAY, APRIL 21

MONDAY, APRIL 22

9am

Computer Classes - In Person

BCYF Beverly Gibbons
382 Main St., Charlestown
617-635-5175

Click [here](#) to register.

This event repeats weekly.

1pm

Photography Exhibit - In Person

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton
617-635-6120

Click [here](#) for more information.

This event repeats weekly.

3-5pm

Senior Sewing - In Person

BPL Mattapan
1350 Blue Hill Ave., Mattapan
617-298-9218

Click [here](#) to register.

This event repeats weekly.

6-8pm

Urban Line Dancing - In Person

BCYF Shelburne
2730 Washington St., Roxbury
617-635-5213

Click [here](#) to register

This event repeats weekly.

TUESDAY, APRIL 23

11am-1pm

Games & Coffee - In Person

BCYF Ohrenberger
175 W. Boundary Rd., West Roxbury
617-635-5183

Click [here](#) to register.

This event repeats weekly

1-2pm

Open Tech Help 技术帮助 - In Person

BPL Chinatown
2 Boylston St., Boston
617-807-8176

Click [here](#) to register.

This event repeats weekly.

1-2pm

Tai Chi - In Person

BCYF Ohrenberger
175 W. Boundary Rd., West Roxbury
617-635-5183

Click [here](#) to register.

This event repeats weekly

3-4pm

Tech Help by Appointment- In Person

BPL Jamaica Plain
30 South St., Jamaica Plain
617-524-2053

Click [here](#) for more information.

This event repeats weekly.

WEDNESDAY, APRIL 24

10am-12pm

Meet Your Age+ Advocate - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-4366

Click [here](#) for more information.

11am-2pm

Age Strong Resource Fair - In Person

Dewitt Center
122 Dewitt Dr., Roxbury
617-635-4366

Click [here](#) to register.

This event repeats weekly.

1:30-3:30pm

American Mahjong - In Person

BPL West End

151 Cambridge St., West End

617-523-3957

Click [here](#) for more information.

2-4pm

Meet Your Age+ Advocate - In Person

BPL Connolly

433 Centre St., Jamaica Plain

617-635-4366

Click [here](#) for more information.

1:30-3:30pm

Meet Your Age+ Advocate - In Person

BPL Mattapan

1350 Blue Hill Ave., Mattapan

617-635-4366

Click [here](#) for more information.

FRIDAY, APRIL 26

9am-5pm

One-on-One Tech Assistance - In Person

BPL Mattapan

1350 Blue Hill Ave., Mattapan

617-298-9218

Click [here](#) to register.

This event repeats weekly.

THURSDAY, APRIL 25

10:30-11:30am

Chair Yoga - In Person

BCYF Nazzaro

30 N Bennet St., North End

617-635-5166

Click [here](#) to register.

This event repeats weekly.

11:30am-12:30pm

Zumba - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

11am

English Class - In Person*

East Boston Senior Center

7 Bayswater St., East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

12:30pm

Bingo- In Person

BCYF Beverly Gibbons

382 Main St., Charlestown

617-635-5175

Click [here](#) to register.

This event repeats weekly.

1pm

Tech Cafe - In Person

Veronica B. Smith Senior Center

20 Chestnut Hill Ave., Brighton

617-635-6120

Click [here](#) for more information.

This event repeats weekly.

12-1pm

Support Group for Dementia Care Partners - In Person

BCYF Roslindale

6 Cummins Hwy., Roslindale

617-635-3745

Click [here](#) to register.

SATURDAY, APRIL 27

10-11am

Mindful Movement - In Person

BPL Parker Hill

1497 Tremont St., Roxbury

617-427-3820

Click [here](#) for more information.

This event repeats weekly.

11am-12pm

Blood Pressure Screening - In Person

BPL South Boston

646 E Broadway, South Boston

617-268-0180

Click [here](#) for more information.

11:30am-1:30pm

Community Learning Tech Course - In Person

BPL Mattapan

1350 Blue Hill Ave., Mattapan

617-298-9218

Click [here](#) to register.

SUNDAY, APRIL 28

MONDAY, APRIL 29

10am-12pm

South End Shuttle - In Person

BPL South End

685 Tremont St., Boston

617-635-4366

Click [here](#) to register.

This event repeats weekly.

10:30am-12pm

Memory Cafe - In Person

BPL Jamaica Plain

30 South St., Jamaica Plain

617-635-3745

Click [here](#) for more information.

1-2pm

Cantonese Conversation Group - In Person

BPL Chinatown

2 Boylston St., Boston

617-807-8176

Click [here](#) to register.

This event repeats weekly.

TUESDAY, APRIL 30

10am-12:30pm

Senior Sewing - In Person

BPL Codman Square

690 Washington St., Dorchester

617-436-8214

Click [here](#) to register.

This event repeats weekly.

11:30am-12:30pm

Latin Dance - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

2pm

Reiki - In Person

East Boston Senior Center

7 Bayswater St., East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

AGE STRONG RESOURCE FAIR!

Connecting Boston's older adults to information, resources,
benefits, savings, programs, & more!



Free & open to the public!

- Senior Discounts
- Transportation
- City of Boston Services
- Fuel Assistance
- In-Home Care
- Food Resources
- Health Insurance
- Volunteer Opportunities
- Memory Loss Resources
- Emergency Services

Light refreshments & raffles

April 24, 11 AM - 2 PM (Drop in any time)
Dewitt Center
122 Dewitt Drive, Roxbury

To RSVP, visit bit.ly/AgeStrongResourceFair
or call Age Strong at 617-635-4366

Scan here to RSVP



AGE+

City of Boston
Age Strong Commission

MPDC
Madison Park Development Corporation

Please visit other City departments & our partners for additional activities:

<u>bostonabcd.org/events</u>	617-348-6239
<u>ebsocialcenters.org/active-adults</u>	617-569-3221
<u>ethocare.org/healthy-aging-classes</u>	617-477-6616
<u>bit.ly/EthosFebruary</u>	617-477-6616
<u>fw4elders.org/what-we-do</u>	617-482-1510
<u>gbcgac.org/#services-and-programs</u>	617-357-0226
<u>hearth-home.org/events</u>	617-369-1550
<u>ibaboston.org/events</u>	617-927-1707
<u>kennedycenter.org/event-calendar</u>	617-241-8866
<u>laalianza.org/contact-us</u>	617-427-7175
<u>mabvi.org/services/assistive-technology</u>	888-613-2777
<u>operationpeaceboston.org/eventsnews</u>	617-267-1054
<u>sbnh.org/senior-services</u>	617-268-1619
<u>vietaid.org</u>	617-822-3717
<u>ymcaboston.org/events</u>	617-927-8060
<u>bpl.org/events</u>	617-536-5400
<u>boston.gov/events</u>	3-1-1

AGE+



City of Boston
Age Strong Commission