



## Boston's Age Strong Commission's

# MAY 2024 "TO-DO"

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

Welcome to May'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](https://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](mailto:agestrong@boston.gov)  
[boston.gov/age-strong](https://boston.gov/age-strong)



@AgeStrongBos

### BLACK TEXT

\*\*Age Strong Virtual Events Link:  
[bit.ly/ZoomAgeStrongVirtual](https://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

## WEDNESDAY, MAY 1

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.*

2-3:30pm

### **Cribbage Club - In Person**

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

Click [here](#) to register.

*This event repeats biweekly.*

3-4pm

### **Sip & Stitch - In Person**

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

Click [here](#) for more information.

4-5pm

### **Tech Help By Appt. - In Person**

BPL Egleston Square  
2044 Columbus Ave., Roxbury  
617-445-4340

Click [here](#) to register.

*This event repeats weekly.*

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.

*This event repeats weekly.*

## THURSDAY, MAY 2

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.*

11am-1pm

### **Art & Meditation - In Person**

BPL Roxbury  
149 Dudley St., Roxbury  
617-971-8951

Click [here](#) to register.

*This event repeats weekly.*

11:30am-12:30pm

### **Latin Fiesta - Virtual\*\***

617-635-4366

Click [here](#) to register.

*This event repeats weekly.*

1:30-2:30pm

### **Qigong - In Person**

BPL North End  
25 Paramenter St., Boston  
617-227-8135

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.*

## FRIDAY, MAY 3

10-11am

### **ONS Coffee Hour - In Person**

Sugar Bakery

1884 Centre St., West Roxbury

617-635-3485

Click [here](#) for more information.

*This event repeats weekly.*

11am-12pm

### **ONS Coffee Hour - In Person**

Starbucks

1 Thompson Sq., Charlestown

617-635-3485

Click [here](#) for more information.

*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

### **Mindfulness - In Person**

BPL West End

151 Cambridge St., West End

617-523-3957

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.*

## SATURDAY, MAY 4

10am-2pm

### **Dog Licensing Clinic - In Person**

BCYF Charlestown

255 Medford St., Charleston

617-635-5348

Click [here](#) for more information.

10-11am

### **Breathe with Bach - In Person**

BPL Adams Street

690 Adams St., Dorchester

617-436-6900

Click [here](#) for more information.

10-11am

### **Spanish Conversation Group - In Person\***

BPL Connolly

433 Centre St., Jamaica Plain

617-522-1960

Click [here](#) to register

*This event repeats weekly.*

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.*

11:30am-12:30pm

### **Art Workshop - In Person**

BPL East Boston

365 Bremen St., East Boston

617-569-0271

Click [here](#) for more information.

## SUNDAY, MAY 5

10:30am-5pm

### **Open Streets - In Person**

Dorchester Avenue  
Between Ashmont St. & Linden St.  
info@openstreetsboston.org  
Click [here](#) for more information.

## MONDAY, MAY 6

9-10am

### **Chair Yoga - Virtual\*\***

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

11am

### **Guitar Class - In Person**

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

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

### **Fall Prevention Workshop - Virtual**

617-807-8176  
Click [here](#) to register.

## TUESDAY, MAY 7

8-9am

### **Tai Chi- In Person**

Elliot Norton Park  
295 Tremont St., Boston  
617-635-4505  
Click [here](#) to register.  
*This event repeats weekly.*

11am

### **ESL Beginners - In Person\***

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

11am-1pm

### **Yarn and Needlework - In Person**

BPL Roslindale  
4246 Washington St., Roslindale  
617-323-2343  
Click [here](#) to register.  
*This event repeats weekly.*

2:30-5pm

### **Knit Group - In Person**

BPL West Roxbury  
1961 Centre St., West Roxbury  
617-325-3147  
Click [here](#) for more information.

6-7pm

### **Gentle Yoga - In Person**

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

## WEDNESDAY, MAY 8

9-11am

### **Meet Your Age+ Advocate - In Person**

BCYF Grove Hall

41 Geneva Ave., Dorchester

617-635-4366

Click [here](#) for more information.

9:30am-5:30pm

### **Meet Your Age+ Advocate - In Person\***

IBA

405 Shawmut Ave., South End

617-635-4366

Click [here](#) for more information.

10am-12pm

### **Memory Cafe - In Person**

BPL Codman Square

690 Washington St., Dorchester

617-635-3745

Click [here](#) for more information.

11:30am-12:30pm

### **Yoga & Meditation - Virtual\*\***

617-635-4366

Click [here](#) to register.

*This event repeats weekly.*

3:30-5:30pm

### **Free Bike Repair - In Person**

BPL Mattapan

1350 Blue Hill Ave., Mattapan

617-298-9218

Click [here](#) to register.

*This event repeats weekly.*

## THURSDAY, MAY 9

10-11am

### **Chair Yoga - In Person**

Symphony Park

39 Edgerly Rd., Fenway

617-635-4505

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.*

2-3pm

### **Sound & Silence - In Person**

BPL Jamaica Plain

30 South St., Jamaica Plain

617-524-2053

Click [here](#) for more information.

6-8pm

### **Japanese Flower Arranging - In Person**

BPL Hyde Park

35 Harvard Ave., Hyde Park

617-361-2524

Click [here](#) to register.

6:30-7:30pm

### **Yin Yoga Hour - In Person**

BPL Brighton

40 Academy Hill Rd., Brighton

617-782-6130

Click [here](#) for more information.

*This event repeats weekly.*

## FRIDAY, MAY 10

9:30am-5pm

### **Spring Book Sale- In Person**

BPL Jamaica Plain

30 South St., Jamaica Plain

617-524-2053

Click [here](#) for more information.

10-11am

### **Tai Chi - In Person\***

Health Promotion Center

10B Green St., Jamaica Plain

617-635-3979

Click [here](#) for more information.

*This event repeats weekly.*

10:30-11:30am

### **ONS Coffee Hours - In Person**

Annie's Cafe

753 E Broadway, South Boston

617-635-3485

Click [here](#) for more information.

11am-12pm

### **Mindfulness - In Person**

BPL West End

151 Cambridge St., West End

617-523-3957

Click [here](#) to register.

*This event repeats weekly.*

12-1pm

### **ONS Coffee Hours - In Person**

Twin Donuts

510 Cambridge St., Allston

617-635-3485

Click [here](#) for more information.

## SATURDAY, MAY 11

8-9am

### **Walking Group - In Person**

Franklin Park

1 Franklin Park Rd., Dorchester

617-635-4505

Click [here](#) to register.

*This event repeats weekly.*

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-1:30pm

### **Free Plant Giveaway - In Person**

BPL Mattapan

1350 Blue Hill Ave., Mattapan

617-298-9218

Click [here](#) to register.

11am-1pm

### **Qi Gong for Diabetes - In Person**

BPL Roxbury

149 Dudley St., Roxbury

617-442-6186

Click [here](#) to register.

1-3:30pm

### **Scrabble Club - In Person**

BPL Roslindale

4246 Washington St., Roslindale

617-323-2343

Click [here](#) to register.

## SUNDAY, MAY 12

### MONDAY, MAY 13

9-11am

#### **Tech Help - In Person**

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

Click [here](#) to register.

*This event repeats weekly.*

11am

#### **Chair Yoga - 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

#### **Russian/English Yoga - In Person**

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

Click [here](#) for more information.

12:30-2:30pm

#### **Cooking Classes - In Person**

BPL Roxbury  
149 Dudley St., Roxbury  
617-442-6186

Click [here](#) to register.

4-5pm

#### **Writing Group - In Person**

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

Click [here](#) for more information.

## TUESDAY, MAY 14

10am-12:30pm

#### **Senior Sewing - In Person**

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

Click [here](#) for more information.

*This event repeats weekly.*

12-1pm

#### **Explore BPL Online Resources - In Person**

617-807-8176

Click [here](#) for more information.

2-3pm

#### **Adult Craft Time - In Person**

BPL North End  
25 Paramenter St., Boston  
617-227-8135

Click [here](#) to register.

3:30-5:30pm

#### **Free Bike Repair Workshop - In Person**

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

Click [here](#) for more information.

6-7pm

#### **Zumba- In Person**

Mozart Street Playground  
10 Mozart St., Jamaica Plain  
617-635-4505

Click [here](#) to register.

*This event repeats weekly.*

## WEDNESDAY, MAY 15

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-2pm

### **Age Strong Resource Fair - In Person**

Our Lady of the Annunciation Melkite  
Catholic Cathedral  
7 VWF Parkway, West Roxbury  
617-635-4366  
Click [here](#) to register.

1-2pm

### **Latin Dance - In Person\***

BCYF Vine Street  
339 Dudley St., Roxbury  
617-635-3979  
Click [here](#) to register.  
*This event repeats weekly.*

4-5pm

### **Tech Help By Appt. - In Person**

BPL Egleston Square  
2044 Columbus Ave., Roxbury  
617-445-4340  
Click [here](#) to register.  
*This event repeats weekly.*

## THURSDAY, MAY 16

10-11:30am

### **Live Jazz - In Person**

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

1:30-2:30pm

### **Qigong - In Person**

BPL North End  
25 Paramenter St., Boston  
617-227-8135  
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.*

5-6:15pm

### **Identifying Misinformation - In Person**

ehusting@bpl.org  
Click [here](#) to register.

## FRIDAY, MAY 17

9am

### **Guitar Lessons - In Person**

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

10am

### **Art Class - In Person**

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



10:30-11:30am

**ONS Coffee Hours - In Person**

Starbucks

850 River St., Hyde Park

617-635-3485

Click [here](#) for more information.

11am-12pm

**Conditioning - In Person**

BCYF Roche

1716 Centre St., West Roxbury

617-635-5066

Click [here](#) to register.

*This event repeats weekly.*

**SATURDAY, MAY 18**

10-11am

**Breathe with Bach - In Person**

BPL Adams Street

690 Adams St., Dorchester

617-436-6900

Click [here](#) for more information.

10-11am

**Spanish Conversation Group - In Person\***

BPL Connolly

433 Centre St., Jamaica Plain

617-522-1960

Click [here](#) to register

*This event repeats weekly.*

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.*

10:30-11:30am

**Slow Flow Yoga - In Person**

BPL Adams Street

690 Adams St., Dorchester

617-436-6900

Click [here](#) for more information.

**SUNDAY, MAY 19**

**MONDAY, MAY 20**

9-10am

**Chair Yoga - Virtual\*\***

617-635-4366

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.*

3:30-5:30pm

**Free Bike Repair - In Person**

BCYF Leahy Holloran

1 Worrell St., Dorchester

617-635-5150

Click [here](#) to register

6-7pm

**Zumba- In Person**

Christopher Columbus Park

100 Atlantic Ave., Boston

617-635-4505

Click [here](#) to register.

*This event repeats weekly.*

## TUESDAY, MAY 21

11am-1pm

### **Yarn and Needlework - In Person**

BPL Roslindale  
4246 Washington St., Roslindale  
617-323-2343  
Click [here](#) to register.  
*This event repeats weekly.*

1pm

### **Nutrition Screening - In Person\***

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

3:30-5:30pm

### **Free Bike Repair - In Person**

BCYF Jackson-Mann  
500 Cambridge St., Allston  
617-635-5153  
Click [here](#) to register

6:30-7:30pm

### **Hatha Yoga - In Person**

BPL Fields Corner  
1520 Dorchester Ave., Dorchester  
617-436-6900  
Click [here](#) for more information.

## WEDNESDAY, MAY 22

11am

### **Theater Class - In Person**

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

11am-12pm

### **Mindfulness - In Person**

BPL West End  
151 Cambridge St., West End  
617-523-3957  
Click [here](#) to register.  
*This event repeats weekly.*

3-4pm

### **Sip & Stitch - In Person**

BPL South Boston  
646 E Broadway, South Boston  
617-268-0180  
Click [here](#) for more information.

## THURSDAY, MAY 23

9:30-10:30am

### **Neighborhood Coffee Hours - In Person**

McConnell Park  
30 Denny St., Dorchester  
617-268-4505  
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.

3-5pm

### **Senior Sewing - In Person**

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

## FRIDAY, MAY 24

11am-12pm

### **Conditioning - In Person**

BCYF Roche

1716 Centre St., West Roxbury

617-635-5066

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.*

2-3pm

### **ONS Coffee Hour - In Person**

Nubian Market

2565 Washington St., Roxbury

617-635-3485

Click [here](#) for more information.

*This event repeats weekly.*

## SATURDAY, MAY 25

10-11am

### **Spanish Conversation Group - In Person\***

BPL Connolly

433 Centre St., Jamaica Plain

617-522-1960

Click [here](#) to register

*This event repeats weekly.*

10:30-11:30am

### **Slow Flow Yoga - In Person**

BPL Adams Street

690 Adams St., Dorchester

617-436-6900

Click [here](#) for more information.

11:30am-12:30pm

### **Art Workshop - In Person**

BPL East Boston

365 Bremen St., East Boston

617-569-0271

Click [here](#) for more information.

## SUNDAY, MAY 26

## MONDAY, MAY 27

### **Memorial Day**

City offices, Boston Public

Libraries, and BCYF Community

Centers are closed.

## TUESDAY, MAY 28

10am-12:30pm

### **Senior Sewing - In Person**

BPL Codman Square

690 Washington St., Dorchester

617-436-8214

Click [here](#) for more information.

*This event repeats weekly.*

1:30-2:30pm

### **Open Tech Help - In Person**

BPL Chinatown

2 Boylston St., Chinatown

617-807-8176

Click [here](#) to register.

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.*

## WEDNESDAY, MAY 29

9:30-10:30am

### **Neighborhood Coffee Hours - In Person**

Noyes Playground

86 Boardman St., East Boston

617-268-4505

Click [here](#) for more information.

10am-12pm

### **Meet Your Age+ Advocate - In Person**

BCYF Hyde Park

1179 River St., Hyde Park

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.

## THURSDAY, MAY 30

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.*

1:30-2:30pm

### **Qigong - In Person**

BPL North End

25 Paramenter St., Boston

617-227-8135

Click [here](#) to register.

*This event repeats weekly.*

6:30-7:30pm

### **Yin Yoga Hour - In Person**

BPL Brighton

40 Academy Hill Rd., Brighton

617-782-6130

Click [here](#) for more information.

*This event repeats weekly.*

## FRIDAY, MAY 31

9:30-10:30am

### **Neighborhood Coffee Hours - In Person**

Medal of Honor Park

E 3rd & M St., South Boston

617-268-4505

Click [here](#) for more information.

10-11am

### **Reminiscence Discussion Group - In Person**

BPL North End

25 Paramenter St., Boston

617-227-8135

Click [here](#) to register.

11am

### **Creative Writing - In Person**

Veronica B. Smith Senior Center

20 Chestnut Hill Ave., Brighton

617-635-6120

Click [here](#) for more information.

11am

### **Latin Dance - In Person\***

East Boston Senior Center

7 Bayswater St., East Boston

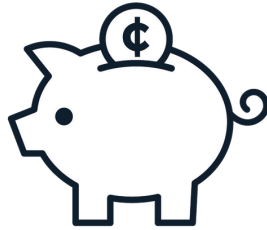
617-961-3131

Click [here](#) for more information.

*This event repeats weekly.*

# AGE STRONG RESOURCE FAIRS!

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



*Free & open to the public!*

*Light refreshments & raffles*

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

**May 15, 11-2, Our Lady of the Annunciation  
7 VFW Parkway, West Roxbury**

**June 1, 11-2, IBEW Local 103**

**256 Freeport St #1, Dorchester**

RSVP at [bit.ly/AgeStrongResourceFair](https://bit.ly/AgeStrongResourceFair) or 617-635-4366

**Scan here to RSVP**

**AGE+** | City of Boston  
Age Strong Commission



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

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

**AGE+**



City of Boston  
Age Strong Commission