



Boston Age Strong Commission's **MAY 2025 "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 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



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/Seaport**

ORANGE TEXT

Hyde Park - Mattapan

PINK TEXT

Charlestown - East Boston

PURPLE TEXT

**Allston/Brighton - Fenway -
Kenmore**

RED TEXT

**Chinatown - Downtown - Back Bay
North End - South End - West End**

THURSDAY, MAY 1

9am-1pm

Sample New Programing for Older Adults (Age 55+) - In Person

Union Church
485 Columbus Avenue, South End
617-635-3979
Click [here](#) for more information.

9:15-10:15am

Senior Sound Bath

- In Person

Spontaneous Celebrations
45 Danforth Street, Jamaica Plain
617-635-4250
Click [here](#) for more information
This event repeats weekly

10-11am

Coffee Hour With Mayor Wu - In Person

Charlestown Winthrop Square
Rain location: BCYF Gibbons
55 Winthrop Street, Charlestown
617-635-4500
Click [here](#) for more information.

10:30am-12:30pm

Senior Quilting Group- In Person

BPL Codman Square
690 Washington St, Dorchester
(617) 436-8214
Click [here](#) for more information.
This event repeats weekly.

10:30am-12:30pm

Sewing Classes for Adults - In Person

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

FRIDAY, MAY 2

9 am-5 pm

Friends of the Roslindale Branch Library Annual Book Sale - In Person

BPL Roslindale
4246 Washington St, Roslindale
(617) 323-2343
Click [here](#) to register.
This event repeats daily May 1-3.

10am-1pm

Social Gathering Space for Older Adults - In Person

BCYF Holland Community Center
85 Olney Street, Dorchester
(617) 821-2357
Click [here](#) for more information.
This event repeats weekly.

11am-12pm

Gentle Yoga - In Person

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

11am-12pm

Book Café - In Person

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

1-2:30pm

Piece by Piece Puzzlers - In Person

BPL Lower Mills
27 Richmond St, Dorchester
(617) 298-7841
Click [here](#) for more information.
This event takes place bi-weekly

SATURDAY, MAY 3

10 am- 2 pm

Dog Licensing And Low-cost Rabies Clinic - In Person

BCYF Curtis Hall

20 South Street, Jamaica Plain

617-635-5348

Click [here](#) for more information

This event repeats weekly at other locations.

10-11 am

Mindful Movement - In Person

BPL Parker Hill

1497 Tremont St, Roxbury

(617) 427-3820

Click [here](#) to register.

This event repeats weekly.

12:30-2 pm

Ask a Master Gardener - In Person

BPL Mattapan

1350 Blue Hill Ave, Mattapan

(617) 298-2918

Click [here](#) for more information.

1-1:45pm

A Patch of Light: A Performance by the Back Bay Chorale's Bridges ESOL Chorus - In Person

BPL Central

700 Boylston Street, Back Bay

(617) 859-2446

Click [here](#) to register.

2:30-4pm

Learn to Lunch with Michelle Doyle - In Person

BPL Faneuil

419 Faneuil St, Brighton

(617) 782-6705

Click [here](#) for more information.

SUNDAY, MAY 4

MONDAY, MAY 5

9-10am

Guitar Class for Beginners - In Person

East Boston Senior Center

7 Bayswater Street, East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

9am-12pm

Computer Lab/Classes - In Person

BCYF Beverly Gibbons

382 Main Street, Charlestown

617-635-5175

Click [here](#) for more information.

This event repeats weekly.

10-11 am

Coffee Hour With Mayor Wu - In Person

Mission Hill Playground, Mission Hill

Rain Location: Tobin Community Center

1497 Tremont Street

617-635-4500

Click [here](#) for more information.

10am-12pm

Game Days - In Person

Tavern of Tales

1478 Tremont Street, Roxbury

(617) 635-3161

Click [here](#) for more information

This event repeats weekly.

5:30-7pm

Office of Housing Stability In-Person Clinic - In Person

BPL Roxbury

149 Dudley Street, Roxbury

617-635-4200

Click [here](#) to RSVP

TUESDAY, MAY 6

10am-5:30pm

Job Help by Appointment - In Person

BPL Codman Square
690 Washington St, Dorchester
(857) 244-0281

Click [here](#) to register.

This event repeats weekly.

1-2pm

55+ Bingo - In Person

BCYF Nazzaro
30 North Bennet Street, North End
617-635-5166

Click [here](#) for more information.

This event repeats weekly.

2- 3pm

Tai Chi Class - In Person

BPL Jamaica Plain
30 South Street, Jamaica Plain
617-524-2053

Click [here](#) for more information

This event repeats weekly

6-7pm

Age Strong Yoga - Virtual**

617-635-3979

Click [here](#) for more information.

This event repeats weekly.

WEDNESDAY, MAY 7

9:30-11:30am

50+ Job Seekers Networking Group - Virtual

Click [here](#) to register.

This event repeats bi-weekly.

10:15-11:30am

English for Speakers of Other Languages (ESOL) Conversation Group - In Person

BPL West End
151 Cambridge St., West End
(617) 859-2446

Click [here](#) for more information.

This event repeats weekly.

11am-12:30pm

Age Strong Bracelet Making - In Person

BPL South Boston
646 East Broadway, South Boston
(617) 635-3959

Click [here](#) to register.

This event repeats bi-weekly.

6-7pm

Parks Fitness: Virtual Yoga with Christine - Virtual

617-635-4505

Click [here](#) for more information.

This event repeats weekly.

THURSDAY, MAY 8

10- 11am

Coffee Hour with Mayor Wu - In Person

Mozart Street Playground
10 Mozart Street, Jamaica Plain
Rain Location: BCYF Curtis Hall
617-635-4500

Click [here](#) for more information

10am-12pm

Bowling League - In Person**

Boston Bowl
820 Morrissey Boulevard, Dorchester
617-635-3959

Click [here](#) for more information.

This event repeats weekly.

10:30-11:30am

Movement for Elders - In Person

BPL Chinatown

2 Boylston Street, Chinatown

(617) 807-8176

Click [here](#) to register.

This event repeats weekly.

12:30-2:30pm

A Matter of Balance: Falls Prevention for Seniors- In Person

BPL Hyde Park

35 Harvard Ave, Hyde Park

(617) 361-2524

Click [here](#) to register.

This event repeats weekly.

1-2pm

Japanese Folk Music Concert with Mikiko Sato - In Person

Veronica B. Smith Senior Center

20 Chestnut Hill Ave, Brighton

(617) 635-6120

Click [here](#) for more information.

FRIDAY, MAY 9

10-11am

Parks Fitness: Tai Chi with Joe - In Person

Elliot Norton Park

295 Tremont St, Chinatown

617-635-4505

Click [here](#) to register.

This event repeats weekly.

10am-2pm

Mother's Day Celebration - In Person

East Boston Senior Center

7 Bayswater Street, East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

10-10:30am

Information Hours for Adult English Learners - In Person

BPL Roslindale

4246 Washington St, Roslindale

(617) 323-2343

Click [here](#) to register.

10:30am-12pm

Home Maintenance for Longevity - In Person**

BPL West Roxbury

1961 Centre Street, West Roxbury

617-635-4877

Click [here](#) to register.

SATURDAY, MAY 10

8-9am

Parks Fitness: Walking Group with Brandy - In Person**

Franklin Park Golf Clubhouse

1 Circuit Drive, Dorchester

617-635-4505

Click [here](#) for more information.

This event repeats weekly.

10-11:30am

Chess Club - In Person

BPL Roslindale

4246 Washington St, Roslindale

(617) 323-2343

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](#) to register

10am-12pm

Boston Philharmonic – Interpretation of Music: Lessons for Life - In Person

BPL Central

700 Boylston Street, Back Bay

(617) 859-2129

Click [here](#) for more information.

10am-3pm

City-Wide Friends Book Sale - In Person

BPL Central

700 Boylston Street, Back Bay

(617) 859-2341

Click [here](#) to register.

SUNDAY, MAY 11

MONDAY, MAY 12

10-11am

Coffee Hour with Mayor Wu - In Person

Billings Field

369 LaGrange Street, West Roxbury

Rain Location: BCYF Roche

617-635-4500

Click [here](#) for more information.

12:30-1:15pm

Adaptive Yoga - In Person

BPL Charlestown

179 Main St, Charlestown

(617) 242-1248

Click [here](#) to register.

This event repeats weekly.

2-4pm

Circular Economy Collage with Zero Waste Boston - In Person

BPL West End

151 Cambridge St., West End

(617) 523-3957

Click [here](#) to register.

2:30-3:30pm

Chess Club for Adults - In Person

BPL North End

25 Parmenter St, North End

(617) 227-8135

Click [here](#) for more information.

This event repeats weekly.

TUESDAY, MAY 13

9am-12pm

Puzzles & Conversation- In Person

BPL Charlestown

382 Main Street, Charlestown

617-635-5175

Click [here](#) for more information.

This event repeats weekly.

1-2:30pm

Games for Seniors - In Person

BPL Faneuil

179 Main St, Brighton

(617) 782-6705

Click [here](#) for more information.

This event repeats weekly.

2-3pm

Adult Craft Time: Lilac Painting - In Person

BPL North End

25 Parmenter St, North End

(617) 227-8135

Click [here](#) for more information.

3:30-5:30pm

Bike Repair Workshop with Boston Bikes - In Person

BPL South Boston

646 East Broadway, South Boston

(617) 268-0180

Click [here](#) for more information

WEDNESDAY, MAY 14

10am-12pm

Memory Cafe - In Person**

BPL Codman Square

690 Washington St, Dorchester

617-635-3745

Click [here](#) for more information.

11am-1pm

ABC Forever Young Program

- In Person

Langone Park

529-543 Commercial Street,

North End

damien.margardo@boston.gov

Click [here](#) for more information.

This event repeats weekly.

2:30-4pm

The Lonely Hearts Club: A Short Story Social for Seniors

- In Person

BPL Central

700 Boylston Street, Back Bay

(617) 536-5400

Click [here](#) for more information.

4-5pm

Tech Help by Appointment / Ayuda técnica por cita - In Person*

BPL Codman Square

690 Washington St, Dorchester

(617) 436-8214

Click [here](#) for more information.

This event repeats weekly.

6:30-7:30pm

Parks Fitness: Latin Fusion Dance Class with Lena - In Person**

O'Day Playground

75 West Newton Street, South End

617-635-4505

Click [here](#) for more information.

This event repeats weekly.

THURSDAY, MAY 15

10-11am

Coffee Hour with Mayor Wu - In Person

Commonwealth Avenue Mall

15 Commonwealth Avenue, Back Bay

Rain location: BPL Central

617-635-4500

Click [here](#) for more information.

10-11am

Parks Fitness: Chair Yoga with Michelle - In Person

Symphony Park

39 Edgerly Road, Fenway

617-635-4505

Click [here](#) for more information.

This event repeats weekly.

10-11am

Blood Pressure Clinic - In Person

East Boston Senior Center

7 Bayswater Street, East Boston

617-961-3131

Click [here](#) for more information.

1:30-2:30pm

Parker Hill Book Discussion Group - Virtual

(617) 427-3820

Click [here](#) for more information.

FRIDAY, MAY 16

9am-5pm

Art Exhibit - Deborah Ellington: Bookish Art - In Person

BPL Jamaica Plain

30 South Street, Jamaica Plain

(617) 524-2053

Click [here](#) for more information

This event repeats daily.

10-10:30am

Information Hours for Adult English Learners - In Person

BPL Roslindale

4246 Washington St, Roslindale

(617) 859-2446

Click [here](#) for more information.

This event repeats weekly.

10am-1pm

Art Classes - In Person

BCYF Holland

85 Olney Street, Dorchester

617-635-5144

Click [here](#) for more information.

This event repeats weekly.

12-1pm

Ballroom Dance Class w/ Steps In Time- In Person

Veronica B. Smith Senior Center

20 Chestnut Hill Ave, Brighton

(617) 635-6120

Click [here](#) for more information.

SATURDAY, MAY 17

9:30am-3pm

Friends of the South Boston Branch Library May Book Sale - In Person

BPL South Boston

646 East Broadway, South Boston

(617) 268-0180

Click [here](#) for more information

10am-2pm

Dog Licensing And Low-cost Rabies Clinic - In Person

BCYF Condon

200 D Street, South Boston

617-635-5348

Click [here](#) for more information

2-4pm

Puzzles & Jazz - In Person

BPL Mattapan

1350 Blue Hill Ave, Mattapan

(617) 298-9218

Click [here](#) to register.

SUNDAY, MAY 18

MONDAY, MAY 19

9-10am

Guitar Class for Beginners - In Person

East Boston Senior Center

7 Bayswater Street, East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

2-2:30pm

Information Hours for Adult English Learners- In Person

BPL Mattapan

1350 Blue Hill Ave, Mattapan

(617) 859-2446

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](#) for more information.

This event repeats weekly.

6-7pm

Annual Fiori Lecture: French Material Culture in the Revolutionary Atlantic - Free Virtually

Massachusetts Historical Society

1154 Boylston Street, Fenway

617-536-1608

Click [here](#) for more information.

TUESDAY, MAY 20

10-11am

Coffee Hour with Mayor Wu
- In Person

Doherty Gibson Playground
1565 Dorchester Ave, Dorchester
Rain Location: Murphy School
617-635-4500
Click [here](#) for more information.

10:30-11:30am

Chair Yoga and Rhythmic Flow
- In Person

Spontaneous Celebrations
45 Danforth Street, Jamaica Plain
617-635-4250
Click [here](#) for more information
This event repeats weekly

4:30-5:30pm

**Meditation Circle: Queer Folx,
Trans Folx, and BIPOC- In Person**

BPL Jamaica Plain
30 South Street, Jamaica Plain
(617) 524-2053
Click [here](#) for more information
This event repeats daily.

5:30-7:30pm

**Office of Housing Stability Virtual
Legal Clinic - Virtual**

617-635-4200
Click [here](#) to register.

WEDNESDAY, MAY 21

10-11am

Coffee Hour with Mayor Wu
- In Person

Titus Sparrow Park
75 W Rutland Square, South End
Rain Location: Union Combined Parish
617-635-4500
Click [here](#) for more information.

12-3pm

Free Immigration Consultations
- By phone call only

617-635-2980
Click [here](#) for more information.

3-5pm

Tech Help By Appointment
- In Person

BPL Charlestown
179 Main St, Charlestown
(617) 242-1248 ext. 1056
Click [here](#) to register.
This event repeats weekly.

4-5pm

**Gardening at the Bremen Street
Community Garden- In Person**

BPL East Boston
365 Bremen St, East Boston
(617) 569-0271
Click [here](#) to register.
This event repeats weekly.

THURSDAY, MAY 22

10-11am

Coffee Hour with Mayor Wu
- In Person

Langone Playground
529 Commercial Street, North End
Rain Location: BCYF Nazzaro
617-635-4500
Click [here](#) for more information.

10-11am

**Parks Fitness: Endurance and Strength
Class for All Ages**
- In Person

Draper Playground
5265 Washington Street, West Roxbury
617-635-4505
Click [here](#) for more information
This event repeats weekly.

5-5:45pm

Gentle Yoga - In Person

BPL South End

685 Tremont St, South End

(617) 655-2441

Click [here](#) for more information.

This event repeats weekly.

6-7:30pm

Game Night - In Person

BPL Brighton

40 Academy Hill Rd, Brighton

(617) 782-6032

Click [here](#) to register.

FRIDAY, MAY 23

12-1pm

Support Group for Dementia

Care Partners - In Person

BCYF Roslindale

6 Cummins Highway, Roslindale

617-635-3745

Click [here](#) to register.

1-3pm

Age Strong Feedback Session With

DEAF, Inc. - In Person

BPL Brighton

40 Academy Hill Rd, Brighton

617-635-1953

Click [here](#) to register.

2-4pm

Friday Films: Minari - In Person

BPL Parker Hill

1497 Tremont St, Roxbury

(617) 427-3820

Click [here](#) to register.

SATURDAY, MAY 24

10:30-11:30am

Open Garden Hours - In Person

BPL Mattapan

1350 Blue Hill Ave, Mattapan

(617) 298-9218

Click [here](#) for more information.

This event repeats bi-weekly.

11am-12:30pm

Crochet Club - In Person

BPL Lower Mills

27 Richmond St, Dorchester

(617) 298-7841

Click [here](#) for more information.

This event takes place bi-weekly

2-3pm

Author Talk with Frances

McNamara - In Person

BPL East Boston

365 Bremen St, East Boston

(617) 569-0271

Click [here](#) for more information.

2:30-4:30pm

Haitian Heritage Month Film

Series: Ludi - In Person

BPL Mattapan

1350 Blue Hill Ave, Mattapan

(617) 298-9218

Click [here](#) for more information.

SUNDAY, MAY 25

MONDAY, MAY 26

Memorial Day

City offices, Boston Public

Libraries, and BCYF Community

Centers are closed.

TUESDAY, MAY 27

12-1pm

Guyana Flag Raising - In Person

Langone Playground

1 City Hall Square, Downtown

bianca.rose@boston.gov

Click [here](#) for more information.

2-3pm

Understanding Alzheimer's and Dementia - In Person

BPL West End

151 Cambridge St., West End

(617) 523-3957

Click [here](#) for more information.

6-7pm

Fantastic Books Book Group: Rebecca by Daphne du Maurier - In Person

BPL Central

700 Boylston Street, Back Bay

(617) 536-5400

Click [here](#) to register.

6-7pm

Yoga - Virtual**

617-635-3979

Click [here](#) for more information.

This event repeats weekly.

WEDNESDAY, MAY 28

1:30-3:30pm

Meet Yves, Your Age Strong Neighborhood Advocate - In Person**

BPL Roslindale

4246 Washington St, Roslindale

(617) 635-0021

Click [here](#) to register.

2:30-3:30pm

Chinese Book Reading Group - Virtual

(617) 807-8176

Click [here](#) to register.

3-6:30pm

Village Vibes - In Person

Edwards Playground

10 Eden St, Charlestown

Daniel.Hudson@boston.gov

Click [here](#) for more information.

6:30-7:30pm

Parks Fitness: Line Dancing with Boston Rhythm Riders - In Person

Franklin Park Golf Clubhouse

1 Circuit Drive, Dorchester

617-635-4505

Click [here](#) for more information.

This event repeats weekly.

THURSDAY, MAY 29

10-11am

Coffee Hour with Mayor Wu - In Person

Brighton Common

30 Chestnut Hill Avenue, Brighton

617-635-4500

Click [here](#) for more information.

11:30am-12:30pm

Zumba - Virtual**

617-635-3979

Click [here](#) for more information.

12-2pm

Tea Time - In Person

BPL Codman Square

690 Washington St, Dorchester

(617) 436-8214

Click [here](#) for more information.

12:30-2:30pm

A Matter of Balance: Falls Prevention for Seniors- In Person

BPL Hyde Park
35 Harvard Ave, Hyde Park
(617) 361-2524
Click [here](#) to register.
This event repeats weekly.

FRIDAY, MAY 30

9-11am

City Hall On The Go - In Person

Elliot Norton Park
295 Tremont Street, Back Bay
civicorganizing@boston.gov
Click [here](#) for more information.

10-11am

Coffee Hour with Mayor Wu - In Person

Elliot Norton Park
295 Tremont Street, Back Bay
Rain Location: Josiah Quincy Upper School
617-635-4500
Click [here](#) for more information.

11am-5pm

Weaving Indigenous Stories Symposium - Virtual

guadalupe.moralesmartinez@boston.gov
Click [here](#) for more information.

6-7pm

Yoga - Virtual**

617-635-3979
Click [here](#) for more information.
This event repeats weekly.

SATURDAY, MAY 31

10-11:30am

Chess Club - In Person

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

10am-12pm

Watercolor Painting Workshop - In Person

Lopresti Park (Waterfront Area)
33 Sumner Street, East Boston
617-635-4505
Click [here](#) for more information.

10am- 2pm

Dog Licensing And Low-cost Rabies Clinic - In Person

BCYF Tobin
1481 Tremont Street, Roxbury
617-635-5348
Click [here](#) for more information
This event repeats weekly at other locations.

2-3:15pm

Saturday Reset! Gentle Yoga + Sound Bath - In Person

BPL Faneuil
419 Faneuil St, Brighton
(617) 782-6705
Click [here](#) for more information.

AGE STRONG PROGRAMMING

Did you know that Age Strong offers many programs and activities across Boston at no cost to Boston residents? We operate two senior centers and are activating new programs at many sites across the city. We also offer virtual classes and video classes on demand!

BCYF Holland Community Center

85 Olney Street, Dorchester

*Wednesdays & Fridays 10am-1pm
(through July 16)*

Arts classes & social gatherings

Game Days

1478 Tremont Street, Roxbury

*Every other Monday, 10am-2pm
(through June 30)*

Tavern of Tales

East Boston Senior Center

7 Bayswater Street, East Boston

(617) 961-3131

Veronica B. Smith Senior Center

20 Chestnut Hill Avenue, Brighton

(617) 635-6120

Senior Bowling League

**820 Morrissey Boulevard,
Dorchester**

*Thursdays at 10am-12noon
at Boston Bowl*

Bowling shoes provided

Spontaneous Celebrations

45 Danforth Street,

Jamaica Plain

Tuesdays & Thursdays

9:15am-1pm (through May 26)

A variety of wellness classes

Dewitt Center

122 Dewitt Drive, Roxbury

Mondays & Wednesdays

10:30am-3pm & 6-8pm

(through June 25th)

*Exercise, arts & wellness classes
& socialization activities*

Union Church

485 Columbus Avenue,

South Boston

Tuesdays & Thursdays 9am-1pm

*A variety of exercise, arts &
wellness classes*

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>ethocare.org/services/</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