



# Boston's Age Strong Commission's APRIL 2026 MONTHLY "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 email inbox or view it, *Boston Seniority* magazine online at: [boston.gov/departments/age-strong-commission/connect-us](https://boston.gov/departments/age-strong-commission/connect-us)**

**See page 12 for more programming from City departments & 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)



## **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/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**

## WEDNESDAY, APRIL 1

2-4PM

### **Knitting & Crafts Circle - In Person**

BPL Adams Street  
690 Adams Street, Dorchester  
(617) 436-6900 ext. 1009  
Click [here](#) to register.  
*This event repeats weekly.*

9:30-11:30AM

### **50+ Job Seeker Networking Group: Cover Letters - Virtual**

Online Event  
(978) 640-4490 ext. 205  
Click [here](#) to register.

11AM-12PM

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

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

12-3PM

### **Free Immigration Consultations - By Phone Appointment only**

Office of Immigrant Advancement  
(617) 635-2980  
Click [here](#) for more information.

## THURSDAY, APRIL 2

10AM-12PM

### **Boston Tree Alliance Tree Planting Training - In Person**

Boston Nature Center  
500 Walk Hill St, Mattapan  
BostonTreeAlliance@massaudubon.org  
Click [here](#) to register.

12-3PM

### **Age Strong Commission Advocate Hours - In Person**

Peterborough Senior Center  
42 Peterborough St, Fenway  
(617) 635-4366  
Click [here](#) for more information.

4-7PM

### **Immigrant Advancement Community Office Hours - In Person**

BPL East Boston  
365 Bremen St, East Boston  
(617) 308-1700  
Click [here](#) for more information.

5:30-7:30PM

### **Adult Craft Night: Eco Bird Feeders - In Person**

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

## FRIDAY, APRIL 3

10:30AM-12:30PM

### **ESOL Conversation Group for Ukrainian Speakers - In Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 859-2446  
Click [here](#) to register.  
*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.

11AM-12PM

**Chair Yoga Class - In Person**

BPL West End  
151 Cambridge St, West End  
llepanto@bpl.org  
Click [here](#) to register.  
*This event repeats weekly.*

12:30-1PM

**Information Session for Adult English Learners - In Person**

BPL Chinatown  
2 Boylston Street, Chinatown  
(617) 859-2446  
Click [here](#) for more information.  
*This event repeats weekly.*

**SATURDAY, APRIL 4**

10-11:30AM

**Chess Club (All Ages) - In Person**

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

10-11:30AM

**Oral History: The Very Basics - In Person**

BPL North End  
25 Parmenter Street, North End  
(617) 227-8135  
Click [here](#) for more information.

10AM-4PM

**VITA Free Drop-Off Tax Preparation - In Person**

BPL Brighton  
40 Academy Hill Rd, Brighton  
(617) 863-7376  
Click [here](#) for more information.  
*This event repeats weekly.*

11AM-12PM

**Drop-In Knitting - In Person**

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

**SUNDAY, APRIL 5**

**MONDAY, APRIL 6**

4:30-5:30PM

**Emmanuel Music: Breathe with Bach - In Person**

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

12-2PM

**Immigrant Advancement Community Office Hours - In Person**

BPL Mattapan  
1350 Blue Hill Ave, Mattapan  
(617) 635-2980  
Click [here](#) for more information.

1:30-3:30PM

**Board Games Club - In Person**

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

6-7:30 PM

**Adult Chess Club - In Person**

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

## TUESDAY, APRIL 7

10:30AM-12PM

### **English (ESOL) Conversation Group - In Person**

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

11AM-12:30PM

### **Suits and Smiles - In Person**

Mayor's Office of Retiring Citizens  
30 Dimock St, 2<sup>nd</sup> Floor, Roxbury  
(617) 685-8187  
Click [here](#) to register.

11AM-1PM

### **Tech Help (by Appointment) - In Person**

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

5:30-7:30PM

### **Documentary Club: Make America Laugh Again - In Person**

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

## WEDNESDAY, APRIL 8

10AM-12PM

### **Age Strong Memory Cafe - In Person**

BPL Codman Square  
690 Washington St, Dorchester  
(617) 635-3745  
Click [here](#) for more information.

6-7:30PM

### **Sip 'n' Stitch - In Person**

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

2-3:30PM

### **Estate Planning: Making Plans for Your Health and Financial Future - Virtual**

Online Event  
kblic@bpl.org  
Click [here](#) to register.

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.*

## THURSDAY, APRIL 9

12:30-2:30PM

### **Build Your Credit Workshop - Hybrid**

Mayor's Office of Retiring Citizens  
30 Dimock St, 2<sup>nd</sup> Floor, Roxbury  
(617) 685-8187  
Click [here](#) to register.

4:30PM-5:45PM

### **Beginners English Language Class, Level 1/Clases de Inglés para Principiantes, Nivel 1 - In Person**

BPL Connolly  
433 Centre St, Jamaica Plain  
(617) 859-2446  
Click [here](#) for more information.  
*This event repeats weekly.*

5-7PM

**Flow State Sketchbook Sessions  
- In Person**

BPL East Boston  
365 Bremen St, East Boston  
(617) 569-0271  
Click [here](#) for more information.  
*This event repeats biweekly.*

6:30-8:30PM

**Online Citizenship Preparation  
Class - Virtual**

Online Event  
(617) 288-8515  
Click [here](#) to register.

**FRIDAY, APRIL 10**

10AM-1PM

**Age Strong Drop-In Programming -  
In Person**

BCYF Holland Community Center  
85 Olney Street, Dorchester  
(617) 635-5144  
Click [here](#) for more information.  
*This event repeats weekly.*

10:30AM-12PM

**Age Strong Memory Cafe- In Person**

BPL West Roxbury  
1961 Centre St, West Roxbury  
(617) 635-3745  
Click [here](#) for more information.

11AM-12PM

**ESOL Conversation Group - In  
Person**

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

2-4PM

**Friday Films: Cry of the City (1948)  
- In Person**

BPL North End  
25 Parmenter St, North End  
(617) 227-8135  
Click [here](#) for more information.

**SATURDAY, APRIL 11**

10-11AM

**Spanish Language Conversation  
Group - In Person**

BPL Connolly  
433 Centre St, Jamaica Plain  
(617) 522-1960  
Click [here](#) for more information.  
*This event repeats weekly.*

10AM-2PM

**Dog Licensing and Low-cost  
Rabies Clinic - In Person**

BCYF Pino Community Center  
86 Boardman Street, East Boston  
(617) 635-1800  
Click [here](#) for more information.  
*This event repeats biweekly.*

10:30AM-12PM

**Voices of Dorchester: Letters from  
the American Revolution - In  
Person**

BPL Adams Street  
690 Adams Street, Dorchester  
(617) 288-6041  
Click [here](#) to register.

11AM-12:30PM

**Crochet Club - In Person**

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

## SUNDAY, APRIL 12

## MONDAY, APRIL 13

12:30-2:30PM

**Workplace ESOL with JVS  
(Advanced Beginner and  
Intermediate) - In Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 859-2446  
Click [here](#) to register.  
This event repeats weekly.

2-2:30PM

**Information Session for Adult  
English Learners - In Person**

BPL Mattapan  
1350 Blue Hill Ave, Mattapan  
(617) 635-2980  
Click [here](#) for more information.  
This event repeats biweekly.

2-4PM

**Late 1940s Film Noir Series: The  
Web (1947) - In Person**

BPL Roslindale  
4246 Washington St, Roslindale  
(617) 323-2343  
Click [here](#) for more information.

4-5:30PM

**Unraveling the News: Knitting and  
Crochet Conversation Circle - In  
Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 859-2000 ext. 4270  
Click [here](#) to register.  
This event repeats weekly.

## TUESDAY, APRIL 14

1-2:30PM

**Tuesday Games - In Person**

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

2-3PM

**The Scoop: Book Club - Cue the Sun! -  
In Person**

BPL South End  
685 Tremont St, South End  
(617) 655-2441  
Click [here](#) for more information.

2-3PM

**Adult Craft Time: Pressed Flower  
Candle Jars - 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, APRIL 15

10-11AM

**Art & Architecture Tour - In Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 859-2216  
Click [here](#) to register.  
This event repeats weekly.

2-4PM

**Knitting & Crafts Circle - In Person**

BPL Adams Street

690 Adams Street, Dorchester

(617) 436-6900 ext. 1009

Click [here](#) to for more information.

*This event repeats weekly.*

11AM-12PM

**Gentle Chair Yoga - In Person**

BPL Roslindale

4246 Washington St, Roslindale

(617) 323-2343

Click [here](#) for more information.

*This event repeats weekly.*

3-4PM

**Computer Basics: Using the Internet - In Person**

BPL Hyde Park

35 Harvard Ave, Hyde Park

(617) 361-2524

Click [here](#) to register.

**THURSDAY, APRIL 16**

10:30AM-12:30PM

**Sewing Classes for Adults - In Person**

BPL Honan-Allston

300 North Harvard St, Allston

(617) 787-6313

Click [here](#) to register.

*This event repeats weekly.*

12-3PM

**Age Strong Commission Advocate Hours - In Person**

Peterborough Senior Center

42 Peterborough St, Fenway

(617) 635-4366

Click [here](#) for more information.

6-7PM

**Drumming for Change: Taiko, Community, and Collective Voice - In Person**

BPL Parker Hill

1497 Tremont St, Roxbury

(617) 427-3820

Click [here](#) to register.

6-7:30PM

**Beyond Obituaries: Using Newspapers to Research Your Ancestors - Virtual**

Online Event

(617) 536-5400

Click [here](#) to register.

**FRIDAY, APRIL 17**

12-12:30PM

**Financial Literacy Fridays: Learn About State-wide Massachusetts Financial Resources - Virtual**

Online Event

kblic@bpl.org

Click [here](#) to register.

12:30-1PM

**Information Session for Adult English Learners - In Person**

BPL Chinatown

2 Boylston Street, Chinatown

(617) 859-2446

Click [here](#) for more information.

*This event repeats weekly.*

1-2PM

**New England Conservatory: Voice and Piano Duos - In Person**

BPL Central Library

700 Boylston Street, Back Bay

(617) 536-5400

Click [here](#) for more information.

2-3PM

**Curator Talk: Boston's Feminist Roots - In Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 536-5400  
Click [here](#) for more information.

**SATURDAY, APRIL 18**

12:30-1PM

**Swan Boats Opening Day 2026 - In Person**

Boston Public Gardens  
4 Charles Street, Downtown  
(617) 522-1966  
Click [here](#) for more information.

12-3PM

**Spanish Matinee at Connolly/Matinée en Español - In Person**

BPL Connolly  
433 Centre St, Jamaica Plain  
(617) 522-1960  
Click [here](#) for more information.

12-4PM

**Spring Sewing Pt. 1: Learn Quick Fixes to Mend Your Clothes - In Person**

BPL Uphams Corner  
500 Columbia Rd, Dorchester  
(617) 265-0139  
Click [here](#) to register.

1-3PM

**Give Them Their Flowers: A Community Workshop Honoring the 133 Women of Cedar Grove - In Person**

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

**SUNDAY, APRIL 19**

**MONDAY, APRIL 20**

**Patriots' Day/Marathon Monday**

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

**TUESDAY, APRIL 21**

2:15-3:15PM

**Tai Chi for Fall Prevention: Level 2 - In Person**

BPL West End  
151 Cambridge St, West End  
llepanto@bpl.org  
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.

3:30-5:30PM

**Free Bike Repair Workshop at BPL Mattapan- In Person**

BPL Mattapan  
1350 Blue Hill Ave, Mattapan  
bostonbikes@boston.gov  
Click [here](#) for more information.

3:30-5:30PM

**Free Bike Repair Workshop at BPL East Boston - In Person**

BPL East Boston  
365 Bremen St, East Boston  
bostonbikes@boston.gov  
Click [here](#) for more information.

## WEDNESDAY, APRIL 22

11AM-12PM

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

BPL Roslindale

4246 Washington St, Roslindale

(617) 323-2343

Click [here](#) for more information.

*This event repeats weekly.*

12-12:30PM

### **Information Session for Adult English Learners - In Person**

BPL Shaw-Roxbury

149 Dudley Street, Roxbury

(617) 859-2446

Click [here](#) for more information.

*This event repeats weekly.*

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.*

6-7PM

### **Researching Revolutionary War Genealogy at Massachusetts Archives: A Revolution 250 Celebration- Virtual**

Online Event

(617) 536-5400

Click [here](#) to register.

## THURSDAY, APRIL 23

10AM-4PM

### **World Book Day Pop-up Event - In Person**

BPL South End

685 Tremont St, South End

(617) 655-2441

Click [here](#) for more information.

12:30-2:30PM

### **Immigrant Advancement Community Office Hours - In Person**

BPL Central Library

700 Boylston Street, Back Bay

(617) 635-2980

Click [here](#) for more information.

5-6:30PM

### **Writing Your Own Declaration: A Writing Workshop - In Person**

BPL Brighton

40 Academy Hill Rd, Brighton

(617) 782-6032

Click [here](#) to register.

6:30-7:30PM

### **Boston Armizare: Live Demonstration of Historical Fencing - In Person**

BPL Hyde Park

35 Harvard Ave, Hyde Park

(617) 361-2524

Click [here](#) for more information.

## FRIDAY, APRIL 24

10:30AM-12:30PM

### **ESOL Conversation Group for Ukrainian Speakers - In Person**

BPL Central Library

700 Boylston Street, Back Bay

(617) 859-2446

Click [here](#) to register.

*This event repeats weekly.*

11AM-12PM

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

BPL West End

151 Cambridge St, West End

[llepanto@bpl.org](mailto:llepanto@bpl.org)

Click [here](#) to register.

*This event repeats weekly.*

12-1PM

**Age Strong Support Group for Dementia Care Partners - In Person**

BCYF Roslindale  
6 Cummins Highway, Roslindale  
(617) 635-3745  
Click [here](#) for more information.

3-4:30PM

**Drop-In Notary Service Hours - In Person**

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

**SATURDAY, APRIL 25**

9AM-4PM

**Free Smoke/ Carbon Monoxide Detectors Installation for Residents of Hyde Park or Mattapan - In Person**

bfdpublicinfo@boston.gov  
Click [here](#) to register.

10-11AM

**New England Native Flora with Gretel Anspach - In Person**

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

10AM-2PM

**Dog Licensing and Low-cost Rabies Clinic - In Person**

BCYF Charlestown  
255 Medford St, Charlestown  
(617) 635-1800  
Click [here](#) for more information.

11AM-12:30PM

**Crochet Club - In Person**

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

**SUNDAY, APRIL 26**

**MONDAY, APRIL 27**

10AM-12PM

**Age Strong Memory Cafe - In Person**

BPL Jamaica Plain  
30 South Street, Jamaica Plain  
(617) 635-3745  
Click [here](#) for more information.

11AM-12PM

**Gentle Yoga with Marianne Zullas - In Person**

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

12:30-2:30PM

**Workplace ESOL with JVS (Advanced Beginner and Intermediate) - In Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 859-2446  
Click [here](#) to register.  
*This event repeats weekly.*

6-8PM

**Hidden History of Black Boston  
with Joel Mackall - In Person**

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

Click [here](#) for more information.

**TUESDAY, APRIL 28**

10-11AM

**Art & Architecture Tour - In Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 859-2216

Click [here](#) to register.

*This event repeats weekly.*

1-2PM

**Tai Chi for Fall Prevention: Level 1  
- In Person**

BPL West End  
151 Cambridge St, West End  
llepanto@bpl.org

Click [here](#) to register.

*This event repeats weekly.*

1-2PM

**Open Tech Help (by  
appointment only) / 技术帮助  
(请预约) - In Person**

BPL Chinatown  
2 Boylston Street, Chinatown  
(617) 807-8176 ext. 0

Click [here](#) to register.

1-2:30PM

**Tuesday Games - In Person**

BPL Faneuil  
419 Faneuil St, Brighton  
(617) 782-6705

Click [here](#) for more information.

*This event repeats weekly.*

**WEDNESDAY, APRIL 29**

2-4PM

**Knitting & Crafts Circle - In Person**

BPL Adams Street  
690 Adams Street, Dorchester  
(617) 436-6900 ext. 1009

Click [here](#) for more information.

*This event repeats weekly.*

12-12:30PM

**Information Session for Adult English  
Learners - In Person**

BPL Shaw-Roxbury  
149 Dudley Street, Roxbury  
(617) 859-2446

Click [here](#) for more information.

*This event repeats weekly.*

12:30-1PM

**Information Session for Adult  
English Learners - In Person**

BPL Grove Hall  
41 Geneva Ave, Dorchester  
(617) 859-2446

Click [here](#) for more information.

*This event repeats weekly.*

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.*

**THURSDAY, APRIL 30**

10:30AM-12:30PM

**Sewing Classes for Adults - In Person**

BPL Honan-Allston  
300 North Harvard St, Allston  
(617) 787-6313

Click [here](#) to register.

*This event repeats weekly.*

12-2PM

**Tea Time - In Person**

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

3-4:15PM

**Spring Mindfulness Series - In Person**

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

6:30-7:45PM

**Shut Up & Write! - In Person**

BPL Brighton  
40 Academy Hill Rd, Brighton  
(617) 782-6032  
Click [here](#) for more information.  
*This event repeats weekly.*

## 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://ethocare.org/services/"><u>ethocare.org/services/</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

# AGE STRONG SEEKS NEW VOLUNTEERS!

*The Age Strong Commission offers four different volunteer programs to help older residents live their best lives, while aging in place.*

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## **AMERICORPS SENIORS RSVP PROGRAM**

We match volunteers age 55+ with partner sites, including senior centers & food pantries, or train you to help residents learn English as a second language, prepare tax returns or facilitate opioid & scam prevention workshops.



## **BOSTON CITY HALL GREETERS**

City Hall Greeters provide friendly assistance to residents visiting City Hall. Each volunteer has access to an iPad equipped with maps and other information to assist visitors.



## **PROPERTY TAX WORK-OFF PROGRAM**

Boston homeowners age 60+ may "work off" up to \$2,000 from their property taxes by volunteering their skills & knowledge to one of the City's offices, community centers, or public schools.



## **AMERICORPS SENIOR COMPANION PROGRAM**

Senior Companion volunteers age 55+ help older adults with everyday tasks like getting to appointments & shopping, as well as providing respite care to care partners. Some volunteers may qualify for a tax-free stipend.



**FOR MORE INFORMATION**

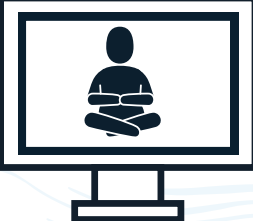

**CALL 617-635-4366 OR VISIT [BOSTON.GOV/AGE-STRONG](https://www.boston.gov/age-strong)**

# AGE STRONG COMMISSION'S FREE VIRTUAL WELLNESS CLASSES

Join the classes directly with the unique Zoom link under each class name.




**MON.** **CHAIR YOGA**  
9AM-10AM  
[bit.ly/as-chair-yoga](https://bit.ly/as-chair-yoga)


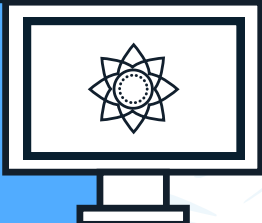


**GUIDED MEDITATION**  
10-10:30AM  
[bit.ly/as-guided-meditation](https://bit.ly/as-guided-meditation)

**MON.**



**WED.** **YOGA & MEDITATION**  
11:30AM-12:30PM  
[bit.ly/as-yoga-meditation](https://bit.ly/as-yoga-meditation)





**ZUMBA**  
11:30AM-12:30PM  
[bit.ly/as-zumba](https://bit.ly/as-zumba)

**THURS.**



**FRI.** **YOGA**  
12:00 PM-1:00PM  
[bit.ly/as-yoga](https://bit.ly/as-yoga)



CALL:

**617-635-4366**

OR

VISIT:

**BOSTON.GOV/  
AGE-STRONG-EVENTS**

# Boston's Age Strong Commission's WELLNESS PROGRAMMING

AGES  
55+  
FREE!

## Tuesdays & Thursdays

### Tuesdays:

#### MORNING STRETCH

Tuesdays, 10-10:45 AM

#### CHAIR YOGA

Tuesdays, 11AM- 12PM

#### MINDFULNESS: FINDING PEACE

Tuesdays, 12:15-1:30PM

### Thursdays:

#### MAT YOGA

Thursdays, 10-11:45AM

#### BOLLYWOOD DANCE

Thursdays, 11AM-12PM

#### SENIOR SOUND BATH

Thursdays, 12:15-1:15PM

**Spontaneous Celebrations**  
**45 Danforth St., Jamaica Plain**



FOR MORE INFORMATION &  
TO RSVP SCAN HERE OR  
[robert.linscott@boston.gov](mailto:robert.linscott@boston.gov) | 617-635-4250



CITY of BOSTON AGE+

Age Strong  
Commission





### WEDNESDAY 4/1

April Birthdays  
Celebration!

1PM  
Crochet/Knitting

### MONDAY 4/6

11AM Rooted  
Radiance  
12PM Cards &  
Board Games  
1PM Painting

### WEDNESDAY 4/8

10AM Poetry  
Workshop  
11AM Line Dancing  
12PM Cards &  
Board Games  
1PM Crochet/  
Knitting

### MONDAY 4/13

11AM Bollywood  
Dance  
12AM Cards &  
Board Games  
2PM Story Telling

### WEDNESDAY 4/15

11AM Line Dancing  
12PM Cards &  
Board Games  
1PM Crochet/  
Knitting

### MONDAY 4/20

Closed for  
Patriots Day

### WEDNESDAY 4/22

11AM Speaker:  
Pharmacy &  
Health  
Sciences  
12PM Cards & Board  
Games  
1PM Crochet/  
Knitting

### MONDAY 4/27

11AM Bollywood  
Dance  
12AM Cards &  
Board Games  
2PM Story Telling

### WEDNESDAY 4/29

11AM Speaker:  
Estate  
Planning  
12PM Cards &  
Board Games  
1PM Crochet/  
Knitting

# DEWITT CENTER

## April 2026 Schedule

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



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