



## Boston's Age Strong Commission's

# MAY 2026 MONTHLY "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 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**

## FRIDAY, MAY 1

9:30-10:30AM

### **ESOL Conversation Club - In Person**

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

10-11AM

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

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

10AM-1PM

### **Age Strong Drop-In Programming - BCYF Holland - In Person**

BCYF Holland Community Center  
85 Olney Street, Dorchester  
(617) 821-2357  
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.

## SATURDAY, MAY 2

9AM-5PM

### **Citizenship Day 2026 - In Person**

Reggie Lewis Center  
1350 Tremont Street, Roxbury  
(617) 694-5949  
Click [here](#) to register.

10-11AM

### **Spring Yoga Saturdays at the West End Library - In Person**

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

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.*

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.*

## SUNDAY, MAY 3

## MONDAY, MAY 4

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.*

2-2:30PM

### **Information Session 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.*

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.*

2-3PM

**Stroke: Why Acting Fast Can Make All the Difference - In Person**

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

**TUESDAY, MAY 5**

10-11:30AM

**Handwriting the Constitution and Declaration of Independence - In Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 859-2043  
Click [here](#) for more information.

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.*

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.*

11AM-12PM

**Scent, Memory & Wellbeing: An Aromatherapy Journey for Older Adults - In Person**

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

**WEDNESDAY, MAY 6**

9:30-11:30AM

**50+ Job Seeker Networking Group: Interview Strategies - Virtual**

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

10AM-3PM

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

Dewitt Center  
122 Dewitt Drive, Roxbury  
(617) 275-7080  
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.*

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.

## THURSDAY, MAY 7

5:30-7:30PM

### **Adult Craft Night: Perler Beads - In Person**

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

11AM-1PM

### **Medicare Coverage Information Session - In Person**

BPL Central Library  
700 Boylston Street, Back Bay  
(508) 517-8461  
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.

6-7:30PM

### **Genealogy: Using Free Online Resources to Research Your Ancestors - Virtual**

Online Event  
(617) 536-5400  
Click [here](#) to register.

## FRIDAY, MAY 8

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.

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.

11:30AM-1PM

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

BPL Shaw-Roxbury  
149 Dudley Street, Roxbury  
(617) 635-3745  
Click [here](#) for more information.

1:30-5PM

### **Boston Chinatown History - In Person**

BPL Chinatown  
2 Boylston Street, Chinatown  
(617) 807-8176  
Click [here](#) to register.

## SATURDAY, MAY 9

9:30-10:30AM

### **Tai Chi & Qigong - In Person**

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

12-1PM

### **Gund Kwok Lion Dance Performance - In Person**

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

1:30-4:30PM

**Creative Crafters Drop-in - In Person**

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

2-4PM

**Brewing Connections at The Pryde in Hyde Park - In Person**

The Pryde  
59 Harvard Ave, Hyde Park  
oyea@boston.gov  
Click [here](#) to register.

**SUNDAY, MAY 10**

**MONDAY, MAY 11**

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.

2-3:45PM

**Movie Monday: 13 Rue Madeleine - In Person**

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

6-7:30PM

**The Ultimate Red Sox Presentation with Marty Gitlin - In Person**

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

6-7:30PM

**Adult Chess Club - In Person**

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

**TUESDAY, MAY 12**

8:30-10AM

**Board of Trustees Finance and Audit Committee Meeting - In Person**

Online Event  
pcarver@bpl.org  
(617) 522-1960  
Click [here](#) to register.

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.

1-2PM

**Line Dancing with the Boston Rhythm Riders - In Person**

ABCD West End Neighborhood Center  
75 Blossom Court, West End  
(617) 635-3959  
Click [here](#) for more information  
This event repeats weekly.

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 13

10AM-12PM

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

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

10:30AM-12PM

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

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

3-4PM

### **Computer Basics: Organizing Your Computer - In Person**

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

6-7:30PM

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

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

## THURSDAY, MAY 14

4:30-5:45PM

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

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

6:15-7:45PM

### **Writing Your Personal Narrative - In Person**

BPL Roslindale  
4246 Washington Street, Roslindale  
(617) 323-2343  
Click [here](#) to register.

6:30-7:30PM

### **Art Night: Book Recs - In Person**

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

6:30-8:30PM

### **Online Citizenship Preparation Class - In Person**

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

## FRIDAY, MAY 15

11AM-12PM

### **Drop-In Resume Help - In Person**

BPL Mattapan  
1350 Blue Hill Ave, Mattapan  
(617) 298-9218  
Click [here](#) for more information.

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.*

1-2:30PM

### **Introduction to Japanese Paper Arts - In Person**

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

1-2:30PM

**Piece by Piece Puzzlers - In Person**

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

**SATURDAY, MAY 16**

10AM-12PM

**Fiber Arts Club - In Person**

BPL Jamaica Plain  
30 South St, Jamaica Plain  
(617) 524-2053  
Click [here](#) to register.

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.*

11AM-12PM

**Drop-In Knitting - In Person**

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

2:30-3:30PM

**Copley Book Talkers: A Book  
Conversation Group - In Person**

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

**SUNDAY, MAY 17**

**MONDAY, MAY 18**

10AM-3PM

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

Dewitt Center  
122 Dewitt Drive, Roxbury, Roxbury  
(617) 275-7080  
Click [here](#) for more information,  
*This event repeats weekly.*

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.*

2-3PM

**Katherine McDonough on AI and Map  
Collections - Virtual**

Online Event  
info@leventhalmap.org  
Click [here](#) to register.

1:30-3:30PM

**Board Games Clubs - In Person**

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

**TUESDAY, MAY 19**

8:30-11AM

**Board of Trustees Annual  
Meeting - In Meeting**

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

10-11:30AM

**Zine Making: What Does the Declaration Mean 250 Years Later? - In Meeting**

BPL Central Library  
700 Boylston St, Back Bay  
(617) 859-2043  
Click [here](#) for more information.

3:30-5:30PM

**Bike Repair Workshop with Boston Bikes - In Person**

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

4:30-5:30PM

**A Community Meditation Circle - In Person**

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

**WEDNESDAY, MAY 20**

9:30-11:30AM

**50+ Job Seeker Networking Group: Second Act Careers - Virtual**

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

12-3PM

**Free Immigration Consultations - By Phone Call Only**

Appointment required  
(617) 635-2980  
Click [here](#) to register.

3:30-5:30PM

**Bike Repair Workshop with Boston Bikes- In Person**

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

**TUESDAY, MAY 21**

12-1:30PM

**Think Like a Fact Checker: Evaluating Digital Information with Lateral Reading - In Meeting**

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

12-3PM

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

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

1:30-2:30PM

**Parker Hill Book Discussion Group - Virtual**

Online Event  
(617) 427-3820  
Click [here](#) to register.

4:30-5:45PM

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

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

## FRIDAY, MAY 22

10:30AM-12PM

**Clases de Computadoras: aplicaciones  
populares de Google - In Person**

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

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.

1-3PM

**West Roxbury Cinema Club - In Person**

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

2-3PM

**Workplace Computers For Beginners  
- In Person**

Morgan Memorial Goodwill Industries  
1010 Harrison Avenue, Roxbury  
(617) 859-2211  
Click [here](#) to register.

## SATURDAY, MAY 23

10-11AM

**Spring Yoga Saturdays at the West  
End Library - In Person**

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

12-1PM

**Gund Kwok Lion Dance Performance -  
In Person**

BPL Hyde Park  
35 Harvard Ave, Hyde Park  
(617) 361-2524  
Click [here](#) for more information.

2:30-4:30PM

**Queer Crafts - In Person**

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

3-4:45PM

**Afternoon of Real Words - In Person**

BPL Shaw-Roxbury  
149 Dudley Street, Roxbury  
(617) 442-6186  
Click [here](#) to register.

## SUNDAY, MAY 24

## MONDAY, MAY 25

**Memorial Day**

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

## TUESDAY, MAY 26

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.

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.

1-5PM

### **Library Drop-In Hours at Chill on Park - In Person**

Chill on Park  
142 Park Street, Dorchester  
(617) 297-5401  
Click [here](#) for more information.

6-7PM

### **Fantastic Books Book Group - In Person**

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

## WEDNESDAY, MAY 27

3-4PM

### **Computer Basics: Accessing BPL Resources - In Person**

BPL Hyde Park  
35 Harvard Ave, Hyde Park  
(617) 361-2524  
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.

12-12:30PM

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

BPL Shaw-Roxbury  
149 Dudley Street, Roxbury  
(617) 442-6186  
Click [here](#) for more information.

6-7:30PM

### **Introducing the 10 Million Names Project - In Person**

Online Event  
(617) 536-5400  
Click [here](#) to register.

## THURSDAY, MAY 28

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

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

BPL Central Library  
700 Boylston Street, Back Bay  
(617) 635-2980  
Click [here](#) to register.

5:30-6:30PM

### **Cocina y Cultura: Sopas and the Legend of the Corn - In Person**

BPL Roslindale  
4246 Washington Street, Roslindale  
(617) 323-2343  
Click [here](#) to register.

5:30-7:30PM

**The Long Legacy: The Cost and Continuance of Indigenous Resistance - In Person**

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

**FRIDAY, MAY 29**

9:30-10:30AM

**ESOL Conversation Club - In Person**

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

10AM-1PM

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

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

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.*

1-2:30PM

**Introduction to Japanese Paper Arts - In Person**

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

**SATURDAY, MAY 30**

10AM-12PM

**Watercolor Painting Workshop - In Person**

Lopresti Park  
33 Sumner St, East Boston  
(617) 635-4505  
Click [here](#) to register.

11AM-12PM

**Drop-In Knitting - In Person**

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

1-2PM

**Share Your Own Revolutionary Ideas: A Comics Zine-making Workshop - In Person**

BPL Parker Hill  
1497 Tremont Street, Roxbury  
(617) 427-3820  
Click [here](#) to register.

11AM-2PM

**Fixit Clinic - In Person**

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

**SUNDAY, MAY 31**

## 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 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)

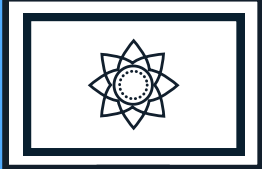



**GUIDED MEDITATION**  
10-10:30AM  
[bit.ly/as-guided-meditation](https://bit.ly/as-guided-meditation)



**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

# TAI CHI



*with Age Strong*

**Tuesdays 10:30-11:30AM**

**Codman Square Branch - Boston Public Library  
690 Washington St., Dorchester**

**free for Boston older adults (age 55+)**

**Questions?**

**Tomeka Hall | 617-821-2357**



**AGE+**



Age Strong  
Commission



**BOSTON  
PUBLIC  
LIBRARY**

**CITY of BOSTON**









**MONDAY 5/4**

**11AM:** Bollywood Dance

**12PM:** Cards & Board Games

**2PM:** Toni Martin Story Telling

**WEDNESDAY 5/6**

May Birthdays Celebration!

**1PM:** Crochet & Knitting Class

**MONDAY 5/11**

**11AM:** Bollywood Dance

**12PM:** Cards & Board Games

**2PM:** Toni Martin Story Telling

**WEDNESDAY 5/13**

**11AM:** Energy Saver Program Speaker

**12PM:** Cards & Boards Games

**1PM:** Crochet & Knitting Class

**MONDAY 5/18**

**11AM:** Bollywood Dance

**12PM:** Cards & Board Games

**2PM:** Toni Martin Story Telling

**WEDNESDAY 5/20**

**11AM:** Consumer Services Speaker

**12PM:** Cards & Boards Games

**1PM:** Crochet & Knitting Class

**MONDAY 5/25**

*Closed for Memorial Day*

**WEDNESDAY 5/27**

**11AM:** Boston EMS Speaker

**12PM:** Cards & Boards Games

**1PM:** Crochet & Knitting Class



# DEWITT CENTER

## May 2026 Schedule

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

CITY of **BOSTON**



**AGE+**

Age Strong Commission