



TUESDAY 9/1

**NO
PROGRAMMING**

THURSDAY 9/3

**NO
PROGRAMMING**

TUESDAY 9/8

10:30AM: Chair Yoga

12PM: Art Therapy

THURSDAY 9/10

**11AM: Bollywood
Dance**

**12:15PM: Senior
Sound Bath**

TUESDAY 9/15

10:30AM: Chair Yoga

12PM: Art Therapy

THURSDAY 9/17

**11AM: Bollywood
Dance**

**12:15PM: Senior
Sound Bath**

TUESDAY 9/22

10:30AM: Chair Yoga

12PM: Art Therapy

THURSDAY 9/24

**11AM: Bollywood
Dance**

**12:15PM: Senior
Sound Bath**

TUESDAY 9/29

10:30AM: Chair Yoga

12PM: Art Therapy

SPONTANEOUS CELEBRATIONS

September 2026 Schedule

45 Danforth St, Jamaica Plain | 617-821-2357

CITY of BOSTON



AGE+

Age Strong
Commission