

Program Hours of Operation 9:00am-3:30pm

Schedule Is Subject to Change

*1 asterisk for in-house program

SEPTEMBER 2026

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For those celebrating a birthday in September 	1) * <u>Morning Movement</u> 9:00am-10:00am * <u>Chair Bingo</u> 10:00am-11:00am * <u>Social Time</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm * <u>Players Club</u> 2:30pm-3:30pm	2) * <u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10am-11am ** <u>Cognitive Care</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm ** <u>Bingo</u> 1:30 pm -2:45 pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm	3) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10:00am -11:00am * <u>Tech Support</u> 9:30am-1:30pm * <u>Movie Matinee</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Domino Smackdown</u> 2:00pm- 3:00pm	4) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 1:30pm-3:30pm
7) HOLIDAY Labor Day Senior Center Will Be Closed	8) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> (pre-recorded video) 10:00am-11:00am * <u>SocialTime</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm <u>HABIT - MGH</u> (walking over pain) 1:00pm-2:00pm * <u>Players Club</u> 2:30pm -3:30pm	9) * <u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10am-11am * <u>BPD Scam Presentation</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm ** <u>Bingo</u> 1:30pm -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm	10) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10:00am -11:00am * <u>Tech Support</u> 9:30am-1:30 * <u>Movie Matinee</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Chair Bingo</u> 1:30-2:30pm * <u>Domino Smackdown</u> 2:30pm- 3:30pm	11) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 1:30pm-3:30pm
14) * <u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10:00am -10:45am ** <u>Yoga & Wellness</u> 11:15am-12:15pm * <u>Ethos Lunch Cafe</u> 12:00-1:00pm * <u>Power Of Release</u> 12:30-1:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm	15) * <u>Morning Movement</u> 9:00am-10:00am * <u>Chair Bingo</u> 10:00am-11:00am * <u>Tufts Hospital</u> (overcoming stigma with Alzheimer's conversation) 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm * <u>Players Club</u> 2:30pm -3:30pm	16) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Bagua</u> 10am-11am ** <u>Cognitive Care</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm ** <u>Bingo</u> 1:30pm -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm	17) * <u>Morning Movement</u> 9:00am-10:00am ** <u>The Stillness In Me</u> 10:00am-11:00am * <u>New Horizon</u> <u>Financial Network</u> 11:30am-12:30p * <u>Tech Support</u> 9:30am -1:30 * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Chair Bingo</u> 1:30 -2:30pm * <u>Domino Smackdown</u> 2:30pm -3:30pm	18) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 1:30pm-3:30pm
21) * <u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10:00am -10:45am ** <u>Yoga & Wellness</u> 11:15am-12:15pm * <u>Ethos Lunch Cafe</u> 12:00-1:00pm * <u>Power Of Release</u> 12:30-1:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm	22) * <u>Morning Movement</u> 9:00am-1:00am ** <u>Low Cardio</u> 10:00-11:00 am * <u>CH Family Care Service</u> <u>Partners</u> (presentation) 11:30am-12:30pm * <u>Tech Support</u> 9:30am-12:30pm * <u>Ethos Lun0ch Cafe</u> 12:00pm-1:00pm * <u>Players Club</u> 2:30pm-3:30pm	23) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Bagua</u> 10am -11am ** <u>Cognitive Care</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm -1:00pm ** <u>Bingo</u> 1:30pm -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm	24) * <u>Morning Movement</u> 9:00am-10:00am ** <u>The Stillness In Me</u> 10:00am-11:00 am * <u>Tech Support</u> 9:30am -1:30 * <u>Movie Matinee</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Chair Bingo</u> 1:30 -2:30pm * <u>Domino Smackdown</u> 2:30pm -3:30pm	25) * <u>Morning Movement</u> 9am-10am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Tech Support</u> 9:30am -1:30pm * <u>Players Club</u> 1:30pm-3:30pm
28) * <u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10:00am -10:45am ** <u>Yoga & Wellness</u> 11:15am-12:15pm * <u>Ethos Lunch Cafe</u> 12:00-1:00pm * <u>Power Of Release</u> 12:30-1:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm	29) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10:00am-11:00am * <u>Trivia</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm * <u>Gather Health</u> (art project- 3 D pumpkin making) 1:00pm-2:00pm * <u>Players Club</u> 2:30-3:30pm	30) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Bagua</u> 10am -11am ** <u>Cognitive Care</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm -1:00pm ** <u>Bingo</u> 1:30pm -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm	<u>Ethos in person cafe</u> <u>Pre-Registration</u> <u>Required.</u> <u>Members only, no take</u> <u>home option available.</u> <u>Mon-Fri</u> <u>11:30 am- 1:00pm</u>	<u>Age Strong</u> <u>Taxi Coupons</u> <u>Available for purchase</u> <u>first Tuesday of</u> <u>every month</u> <u>10:00am-11:00am</u>

SEPTEMBER 2026 GOOGLE PROGRAM LINK

Google Meeting Link for hybrid programs

Video link: <https://meet.google.com/iwc-ntbm-oie>

*1 asterisk for in-house program

** 2 asterisks for hybrid program

- * Morning Movement
- * Tech Support
- * United Crafting
- * Domino Smackdown
- * Mix & Mingle
- * Afternoon Wind Down
- * Presentations
- * Creative Portraits
- * Players Club
- * Power of Release
- * Cognitive Care

- ** Yoga
- ** Low Cardio
- ** Bagua
- ** The Stillness in Me
- ** Memory Cafe
- ** Bingo
- ** Trivia
- ** Chair Bingo

SEPTEMBER 2026 Program Synopsis

Exercise Classes: Morning Movement: Walking with a buddy to start your day off right. Yoga & Wellness : This class uses chairs to move through poses both seated and standing while emphasizing on muscular balance. Low Cardio Exercise: Non-weight bearing exercise that helps develop better flexibility, breathing, and strengthens muscles. Bagua: Cousin to Tai Chi, also a form of meditation in motion.

Wellness Sessions: The Power of Release : This program is facilitated by members to provide a safe and intimate space for seniors to be able to come together and work on releasing emotions through conversation and support from one another. The Stillness in Me: This class will be practicing complete quieting of the mind, releasing built up physical tension and distress. Cognitive Care: Each week, seniors will participate in meaningful activity that challenges their mind. Memory Café: A safe space for seniors living with dementia to interact, laugh, find support, share concerns, and socialize with other members without fear of feeling out of place.

Art Classes: United Crafting: Seniors enjoy time with one another, while socializing and creating art pieces to wear or give to loved ones. During this time, seniors can sew, crochet, knit, or make jewelry. Creative Portraits: This art class focuses on the process of creating art. Seniors with no experience is encouraged to participate. Members will create acrylic art pieces, and charcoal drawings.

Enrichment Classes: Mix & Mingle: This program is encouraging new members to connect with one another by engaging in conversation In-House. Members will be able to catch up, share experiences, and create new friendships. Player's Club: Social time for seniors to interact with one another, while playing Pokeno, Dominoes, Spades, etc. Hybrid Bingo: This is a socializing activity for seniors offered virtually and In-House. Chair Bingo: A type of bingo game that features seated stretches and simple movement that must be completed in order to mark your game card. Domino Smackdown: Social time for seniors to interact with one another, while playing Dominoes. Afternoon Wind Down: Social time for seniors to interact with one another.

Education/Presentations: Tech Support: In-House program only. Members are able to bring their personal laptop, chromebook or phones to receive help with questions they may have on technology. MGH HABIT: Presentation called Walking Over Pain. We want to improve the health outcomes of older black adults in Boston communities, while being community-focused, and centered on the interests of patients and their care partners. We are leveraging the community ties we have to work together to develop an effective intervention for the older black community. Tuft Hospital: Works with communities to prioritize their needs and facilitate community-driven research projects. A doctor will come in to discuss how to overcome stigma with Alzheimer. CH Family Care Partners: Will conduct a presentation on the types of home health aid they provide. Gather Health: A representative will come in to do an art project with members (3 D pumpkin making). New Horizon Financial Network: A representative will do a presentation on estate planning. Boston Police Dept: A community police officer will do a presentation on how to **Beware of Scams.**

Extra: Taxi Coupons: Taxi coupon distribution normally takes place the first Tuesday of the month, from 10-11am. The price for purchase is up to 4 books a month (at five dollars each). Ethos Lunch Cafe: Members will receive a hot lunch Monday-Friday (11:30am-1:00pm).