

\*1 asterisk for in-house program

## OCTOBER 2026

\*\* 2 asterisks for hybrid program

| MONDAY                                                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>For those celebrating a birthday in October</p>                                                                                                                                                                                                | <p><u>Ethos in person cafe</u><br/>Pre-Registration Required.<br/>Members only, no take home option available.<br/>Mon-Fri<br/>11:30 am- 1:00pm</p>                                                                                                                                                                                         | <p><u>Age Strong</u><br/><u>Taxi Coupons</u><br/>Available for purchase<br/>first Tuesday of every month 10:00am-11:00am</p>                                                                                                                                                                                                                     | <p>1) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>The Stillness In Me</u><br/>9:30am -10:30am<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>*<u>United Health Care</u><br/>11:30am-12:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Domino Smackdown</u><br/>2:00pm- 3:00pm</p>                                                    | <p>2) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>United Crafting</u><br/>9:30am-1:30pm<br/>*<u>Creative Portraits</u><br/>11:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>*<u>Players Club</u><br/>1:30pm-3:30pm</p>    |
| <p>5) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>Mix &amp; Mingle</u><br/>10:00am -10:45am<br/>**<u>Yoga &amp; Wellness</u><br/>11:15am-12:15pm<br/>*<u>Ethos Lunch Cafe</u> 12:00-1:00pm<br/>*<u>Power Of Release</u> 12:30-1:30pm<br/>*<u>Tech Support</u> 9:30am-1:30pm<br/>*<u>Players Club</u> 12:30pm-3:00pm</p>   | <p>6) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>Low Cardio</u><br/>10:00am-11:00am<br/>*<u>SocialTime</u> 11:30am-12:30pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>* <u>Ethos Lunch Cafe</u> 12pm-1pm<br/>*<u>BCBS Medicare</u><br/>(supplement plan)<br/>1:00pm-2:00pm<br/>*<u>Players Club</u> 2:30pm -3:30pm</p>       | <p>7) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>Bagua</u><br/>10:00am-11:00am<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>** <u>Bingo</u> 1:30pm -2:45pm<br/>*<u>Afternoon Wind Down</u><br/>3:00pm-3:30pm</p>                                                                     | <p>8) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>The Stillness In Me</u><br/>9:30am -1:30pm<br/>*<u>Tech Support</u> 9:30am-1:30<br/>* <u>Movie Matinee</u><br/>11:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Chair Bingo</u> 1:30-2:30pm<br/>*<u>Domino Smackdown</u><br/>2:30pm- 3:30pm</p>                            | <p>9) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>United Crafting</u><br/>9:30am-1:30pm<br/>*<u>Creative Portraits</u><br/>11:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>* <u>Players Club</u><br/>1:30pm-3:30pm</p>   |
| <p>12) <b>HOLIDAY</b><br/><br/><b>Indigenous People Day</b><br/><br/><b>Senior Center Will Be Closed</b></p>                                                                                                                                                                                                                      | <p>13) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>* <u>Chair Bingo</u><br/>10:00am-11:00am<br/>*<u>New Horizon Financial Network</u><br/>(life insurance &amp; death benefits)<br/>11:30am-12:30pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>* <u>Ethos Lunch Cafe</u> 12pm-1pm<br/>*<u>Players Club</u> 2:30pm -3:30pm</p>      | <p>14) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>Bagua</u><br/>10:00am-11:00am<br/>**<u>Cognitive Care</u><br/>11:30am-12:30pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm -1:00pm<br/>** <u>Bingo</u> 1:30pm -2:45pm<br/>*<u>Afternoon Wind Down</u><br/>3:00pm-3:30pm</p>                   | <p>15) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>The Stillness In Me</u><br/>9:30am-10:30am<br/>* <u>New Horizon Financial Network</u><br/>11:30am-12:30p<br/>*<u>Tech Support</u> 9:30am -1:30<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Chair Bingo</u> 1:30 -2:30pm<br/>*<u>Domino Smackdown</u><br/>2:30pm -3:30pm</p>         | <p>16) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>United Crafting</u><br/>9:30am-1:30pm<br/>*<u>Creative Portraits</u><br/>11:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>*<u>Players Club</u><br/>1:30pm-3:30pm</p>   |
| <p>19) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>Mix &amp; Mingle</u><br/>10:00am -10:45am<br/>**<u>Yoga &amp; Wellness</u><br/>11:15am-12:15pm<br/>*<u>Ethos Lunch Cafe</u> 12:00-1:00pm<br/>*<u>Power Of Release</u> 12:30-1:30pm<br/>*<u>Tech Support</u> 9:30am-1:30pm<br/>*<u>Players Club</u> 12:30pm-3:00pm</p>  | <p>20) * <u>Morning Movement</u><br/>9:00am-1:00am<br/>**<u>Low Cardio</u> 10:00-11:00 am<br/>* <u>Tech Support</u><br/>9:30am-12:30pm<br/>* <u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>National Financial Literacy Campaign</u><br/>( financial education workshop )<br/>1:00pm-2:00pm<br/>* <u>Players Club</u> 2:30pm-3:30pm</p> | <p>21) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>Bagua</u> 10:00am -11:00am<br/>**<u>Cognitive Care</u><br/>11:30am-12:30pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm -1:00pm<br/>** <u>Bingo</u> 1:30pm -2:45pm<br/>*<u>Afternoon Wind Down</u><br/>3:00pm-3:30pm</p>                      | <p>22) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>The Stillness In Me</u><br/>9:30am-10:30 am<br/>*<u>Tech Support</u> 9:30am -1:30<br/>*<u>Movie Matinee</u><br/>11:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Chair Bingo</u> 1:30 -2:30pm<br/>*<u>Domino Smackdown</u><br/>2:30pm -3:30pm</p>                         | <p>23) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>United Crafting</u><br/>9:30am-1:30pm<br/>*<u>Creative Portraits</u><br/>11:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Tech Support</u><br/>9:30am -1:30pm<br/>* <u>Players Club</u><br/>1:30pm-3:30pm</p> |
| <p>26) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>Mix &amp; Mingle</u><br/>10:00am -10:45am<br/>**<u>Yoga &amp; Wellness</u><br/>11:15am-12:15pm<br/>*<u>Ethos Lunch Cafe</u> 12:00-1:00pm<br/>*<u>Power Of Release</u> 12:30-1:30pm<br/>*<u>Tech Support</u> 9:30am-1:30pm<br/>*<u>Players Club</u> 12:30pm-3:00pm</p> | <p>27) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>Low Cardio</u><br/>10:00am-11:00am<br/>** <u>MGH Living with Neuropathy</u><br/>11:30am-12:30pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>* <u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Players Club</u><br/>2:30-3:30pm</p>                                       | <p>28) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>**<u>Bagua</u> 10:00am -11:00am<br/>**<u>Suffolk County Sheriff (Fraud Scam)</u><br/>11:30am-12:30pm<br/>*<u>Tech Support</u><br/>9:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm -1:00pm<br/>** <u>Bingo</u> 1:30pm -2:45pm<br/>*<u>Afternoon Wind Down</u><br/>3:00pm-3:30pm</p> | <p>29) * <u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>Coffee Hour, Bingo with Counselor Worrell</u><br/>9:30am-11:30am<br/>*<u>Tech Support</u> 9:30am -1:30<br/>*<u>Movie Matinee</u><br/>11:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Chair Bingo</u><br/>1:30 -2:30pm<br/>*<u>Domino Smackdown</u><br/>2:30pm -3:30pm</p> | <p>30) *<u>Morning Movement</u><br/>9:00am-10:00am<br/>*<u>United Crafting</u><br/>9:30am-1:30pm<br/>*<u>Creative Portraits</u><br/>11:30am-1:30pm<br/>*<u>Ethos Lunch Cafe</u><br/>12:00pm-1:00pm<br/>*<u>Tech Support</u><br/>9:30am -1:30pm<br/>* <u>Players Club</u><br/>1:30pm-3:30pm</p> |

# OCTOBER 2026

## GOOGLE VIRTUAL 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 | * Education Presentations | * Memory Cafe         | ** Yoga & Wellness | ** Hybrid Bingo        |
| * Tech Support     | * Creative Portraits      | * Trivia              | ** Low Cardio      | ** The Stillness in Me |
| * United Crafting  | * Players Club            | * Chair Bingo         | ** Bagua           |                        |
| * Domino Smackdown | * Power of Release        | * Movie Matinee       |                    |                        |
| * Mix & Mingle     | * Cognitive Care          | * Afternoon Wind down |                    |                        |

## OCTOBER 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. Mass General Hospital Physical Therapy Dept.: 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. A presenter will discuss what to do living with neuropathy. New Horizon Financial Network: A representative will do a presentation on life insurance & death benefits. Suffolk County Sheriff Dept.: A representative will come in to do a presentation on fraud & scams. United Health Care: A presentation on the types of home health aid they provide. Blue Cross Blue Shield: A presenter will discuss the health insurance services the organization provides for older adults.

**Extra Service:** 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).