



Ethos is celebrating Communities of Strength for 2021 National Older Americans month. Each Friday morning we will highlight ways seniors can stay strong, stay involved, and stay active!

MAY 7: Advocacy & Volunteerism

This event will highlight ways to advocate for older adults and key organizations locally. It will also provide a variety of volunteer opportunities for older adults and those who want to support them. Organizations include the **Massachusetts Councils on Aging (MCOA), Mass Home Care, and Mass Senior Action Council.**

MAY 21: Boston, a great place to age! Overview of senior services

The Age Strong Commission will provide an overview of programs and services provided by the City of Boston, and other governmental organizations, such as transportation, tax relief, home repair, to name a few, that help older adults in the community.

MAY 14: Aging in Community

This event will highlight programs and services available from community organizations such as **Ethos, Boston Senior Home Care and Central Boston Elder Services**, which enable older adults to live independently, remain in their own homes, stay active and healthy and, successfully age in their community.

MAY 28: Aging in Boston – Live Healthy, Be Social, Stay Active!

This virtual event caps off our celebration of National Older Americans Month and be an opportunity to connect with family and friends, learn how to stay healthy and active as well as, be treated to some fun entertainment.

To RSVP, please visit www.ethocare.org/may2021, call 617-477-6724, or email rsvp@ethocare.org

