



MASSACHUSETTS



THE BOSTON PARKS SUMMER FITNESS SERIES



June 6 - October 2, 2021

**FREE
CLASSES!**

| | Time | Class | Location, Neighborhood |
|------------------|---------|--------------------------|---|
| Sunday | 7:00pm | YOGA | VIRTUAL |
| Monday | 5:00pm | DANCE FIT | VIRTUAL |
| | 5:00pm | HIIT | Christopher Columbus Park, North End |
| | 6:00pm | VINYASA YOGA | LoPresti Park, East Boston (Sumner & New Streets) |
| | 6:00pm | FAMILY FITNESS | McLaughlin Playground, Mission Hill |
| Tuesday | 5:45pm | CARDIO & CORE | Ronan Park, Dorchester (Flag Pole) |
| | 6:30pm | ZUMBA® FITNESS | VIRTUAL |
| | 6:00pm | FAMILY ZUMBA | Almont Park, Mattapan |
| | 6:00pm | SALSA | O' Day Playground, South End |
| | 6:00pm | ASHTANGA YOGA | Adams Park, Roslindale |
| Wednesday | 7:00am | HIIT | VIRTUAL |
| | 10:00am | CHAIR YOGA | Symphony Park, Fenway |
| | 6:00pm | AFROBEATS BOOTCAMP | Ross Playground, Hyde Park |
| | 6:00pm | ZUMBA® FITNESS | M Street Park, South Boston (Flag Pole) |
| | 6:00pm | LINE DANCING | Franklin Park, Dorchester (Refectory Hill) |
| Thursday | 7:00am | TAI CHI | Elliot Norton Park, Chinatown |
| | 11:00am | CHAIR YOGA | VIRTUAL |
| | 6:00pm | HIIT | Billings Field, West Roxbury (Basketball Courts) |
| | 6:00pm | YOGA | Boston Common, Downtown |
| | 6:00pm | YOGA | Brighton Common, Brighton |
| Friday | 6:15am | BARRE | VIRTUAL |
| | 6:00pm | FUSION FIT (HIIT & YOGA) | Doherty Playground, Charlestown |
| Saturday | 9:00am | STRENGTH TRAINING | VIRTUAL |
| | 10:00am | RESTORATIVE YOGA | Marcella Playground, Roxbury |
| | 11:00am | CARNIVAL FIT | Mozart Street Playground, Jamaica Plain |

Virtual Registration:
boston.gov/fitness

No Class on 7/4 & 9/6

@bosparcsdept
www.boston.gov/parks

Blue Cross Blue Shield of Massachusetts is an independent licensee of the Blue Cross and Blue Shield Association



TASTE OF SPRING

Join us as we celebrate healthy living during spring
as we connect virtually with Mayor Janey and our
neighbors from around the city!



Tuesday, June 8
11:30am

- Cooking demonstration from a local chef
- Live band • Interactive Zumba session

For more information, call:
Mary Beth Kelly at 617-635-3959



AGE+

City of Boston
Age Strong Commission
Mayor Kim Janey





Calendar of Upcoming Events

All events are free unless otherwise noted. Feel free to share with your associates, clients, friends and family via your various platforms. If you have questions send an email to maaarp@aarp.org

Estate Planning A Dialogue about Wills & Trusts

Thinking about your estate plan? Join us for a workshop about building and preserving family wealth through estate planning. You will hear from an expert about common estate planning pitfalls, and receive information on wills and trusts.

Thursday, June 3, 2021 6:00p -7:30p

Register at: <https://aarp.cvent.com/finplan>

Clean It Out! A Luchtime Offering A Decluttering the Home Workshop

Are you downsizing from a home to an apartment? Do you need to clean out your parents' home? Does it all feel so overwhelming? This workshop will give you step-by-step suggestions and resources on how to declutter a home.

Wednesday, June 9, 2021 12:00 p.m. - 1:00 p.m.

Register at <https://aarp.cvent.com/cleanitout>

Caring Through Music - Cuidamos a través de la Música

Join us for Latin virtual concert "Caring Through Music - Cuidamos a través de la Música." We will feature AARP MA Executive Council member and former TV reporter Jorge Quiroga, radio icon José Massó and world-renowned vocalist and percussionist Manolo Mairena will perform with his band.

Friday, June 18, 2021 7:00 pm - 8:30 pm

To register visit <https://aarp.cvent.com/Latinconcert>

Wellness and Care in the Chinese Community during the COVID 19 Pandemic

Join us for a conversation about the impact of the Coronavirus on the Chinese community. We will discuss our health, wellness, social isolation, the rise of hate crimes and more. And yes, we will do Tai Chi.

June 21, 2021

Register here: <https://aarp.cvent.com/chinesecommunity>

Lessons Learned: What the HIV/AIDS Crisis Can Teach Us About the Coronavirus Pandemic

This panel of public health and policy advocates will discuss the parallels and differences in the response to the HIV/AIDS crisis and the COVID-19 pandemic. Join us for an in-depth discussion and ask your questions.

Monday, June 28th 2021 | 6:00pm-7:30pm

To register visit <https://aarp.cvent.com/HIVCOVID19>
or aarp.org/ma

Financial Basics Debt Management & Retirement: Planning for & Living in Retirement

Join AARP's Martin Booker, Program Manager, for Financial Resilience Programming, for a financial basics workshop on managing your debt as you prepare for retirement or have retired. Topics of conversation will include: mortgages, student loans, long-term health care needs, and more.

Wednesday, July 7, 2021 6:00p - 7:30p on Zoom

Register at: <https://aarp.cvent.com/DebtManagement>