



# HEALTHY AGING CLASS AND ACTIVITY

Ethos / AgeWell workshops are offered to seniors, the disabled, and their caregivers at no charge. They give participants the skills and confidence to manage their health, prevent or delay chronic conditions and live healthier, more active lives.

Class Dates	Program	Day and Time	Location
September 8th – November 28th	Tai Chi for Beginners	Mondays and Fridays, 10:00 a.m. – 11:00 a.m.	E5 Community room Boston Police Station 1708 Centre Street, West Roxbury
September 8th – November 17th (no class 10/13)	Bingocize	Mondays, 10:00 – 11:00 a.m.	BCYF Ohrenberger Community Center, 175 West Boundary Road, West Roxbury
September 2nd – November 13th (no class 9/9, 10/7, 11/4)	Bingocize	Tuesdays & Thursdays, 10:00 a.m. – 11:00 a.m.	BCYF Roslindale Community Center, 6 Cummins Highway in Roslindale & Virtual
September 2nd – November 25th (no class 9/9, 11/4)	Tai Chi Club (not a beginner class)	Tuesdays and Thursdays, 11:00 p.m. – 12:00 p.m.	BCYF Roslindale Community Center, 9 Cummins Highway, Roslindale
September 9th – March 5th (no class 11/11)	Tai Ji Quan	Tuesdays and Thursdays, 11:00 a.m. – 12:00 p.m.	BCYF Hyde Park, 1179 River Street, Hyde Park
September 9th – November 20th (no class 11/11)	Bingocize	Tuesday and Thursdays 1:00pm – 2:00pm	BCYF Hyde Park, 1179 River Street, Hyde Park

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**FOR MORE INFORMATION ABOUT AGEWELL CLASSES AND ACTIVITIES**

**RSVP@ethocare.org | 617-477-6699**



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Class Dates	Programs	Day and Time	Location
September 16th – November 18th (no class 10/7)	Strong For Life	Tuesdays and Thursdays, 1:00 p.m. – 1:45 p.m.	Elks Lodge #10, 1 Morrell Street, West Roxbury
September 24th – October 15th	UCLA Memory	Wednesdays, 1:00 p.m. – 2:45 p.m.	Elks Lodge #10, 1 Morrell Street, West Roxbury
September 23rd – November 4th (no class 10/7)	Technology Tutoring Program at Roxbury Latin School	Tuesdays, 3:15 p.m. – 4:15 p.m.	Roxbury Latin School, 101 St. Theresa Avenue, West Roxbury
September 15th – October 24th	Walk with Ease	Mondays, 1:00pm-1:30pm Tuesdays, 9:15am-9:30am Wednesdays, 9:30am-10:00am <b>In person walks</b>	Millenium Park (Mon) Elks Lodge (Tues) Truman Highway Hyde Park (Wed) (meet at Martini Shell)
September 9th – December 18th	Tai Chi Club	Tuesday & Thursday, 9:00 a.m. -10:00 a.m.	BCY Hyde Park Community Center, 1179 River Street, Hyde Park

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