

May 2026



The Senior Center Pilot operations are overseen by Ethos in partnership with Parkway in Motion and Age Strong, using funds secured by the Commonwealth of Massachusetts and the City of Boston. Ethos relies on participation to demonstrate the need for a dedicated space for older adults in Southwest Boston.



To date, the Senior Center Pilot has welcomed
883 unique individuals with **26096** total visits

SENIOR CENTER

At Boston Lodge of Elks #10 - 1 Morrell Street, West Roxbury, MA 02132

May 2026



National Walk Day with Boston Police Department!

May Programming

Tuesday	Wednesday
<p>5 (More info on Pg. 5) 9:30 Parkway in Motion Visits 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 2:00pm: Bingo NO Afternoon Tech Appointments</p>	<p>6 Lobby Day at the State House 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Life Line Speaker 2:00pm: Apples to Apples Card Game</p>
<p>12 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 2:00pm: Bingo NO Afternoon Tech Appointments</p>	<p>13 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Avita of Needham Presentation 2:00pm: Pictionary</p>
<p>19 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 2:00pm: Bingo</p>	<p>20 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 12:30pm: Senior Center Closes Early. Grab and Go Lunches Available</p>
<p>26 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 2:00pm: Bingo</p>	<p>27 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Scam Presentation by BPD Sergeant Gino Provenzano 2:00pm: Uno Card Game</p>

May Programming

Thursday	Speaker Series Notes
<p>7</p> <p>10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 12:45pm: MBTA Presentation 2:00pm: Bingo</p>	<p>Ethan Finlan, transit coordinator and his staff from the MBTA revisits the Senior Center to offer a presentation, surveys, the RIDE App demo, follow-up questions and one-on-one help.</p>
<p>14 No Tech Help</p> <p>10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Alzheimer's disease Presentation 2:00pm: Bingo with Carol</p>	<p>Boston University Alzheimer's Disease Research Center (ADRC), led by Dr. Katherine Turk, a neurologist specializing in memory & aging, will discuss:</p> <ul style="list-style-type: none"> • Normal aging vs. signs of concern • Understanding Alzheimer's disease & how it differs from dementia • The latest research and treatment updates • Lifestyle strategies for brain health including exercise, nutrition, and sleep
<p>21</p> <p>Senior Center <u>Closed</u> for ETHOS Senior Prom! Registration Required. More Information to Come.</p>	
<p>28 *MABVI by Appointment Only*</p> <p>10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Tech Seminar 2:00pm: Bingo with Carol</p>	<p>Teresa Gioiosa, Senior Center's Digital Aging Coordinator will offer her monthly seminar! More info on page 5.</p>

Fitness Class Descriptions

Chair Yoga

Led by Instructors Lauren (Tuesdays) and Marysia (Thursdays), this class utilizes chairs to move through poses both seated and standing. A practitioner of the Iyengar method which emphasizes precise alignment and muscular balance.

Broadway Seated Dance (Tuesdays)

A music and dance program involving upbeat and popular songs led by Phyllis Rittner. Class begins with a gentle warm up and increases range of motion, muscle tone, posture, circulation, and flexibility while enjoying stage and movie musicals.

Strong for Life (Tuesdays)

This easy-to-follow exercise routine is designed to improve strength & balance in older adults. The program is presented by video & exercises are done standing & sitting.

Gentle Pilates (Wednesdays)

Class designed to improve balance, posture & core strength using both seated & standing exercises. It promotes stability, confidence and energy in everyday movements, instructed by Laura Chismudy.

Functional Movement (Wednesdays)

Low impact & interval training exercises to enhance functional everyday activities & tone your body! Weights will be used. Instructed by Janice O'Connor.

Fitness with Shelley (Thursdays)

This class combines movement with strength, set to an upbeat playlist that is sure to liven your spirits. Get ready to challenge your cardio and target all major muscle groups. Water and a towel are recommended.



Fitness Class Policies

Our Fitness classes have become increasingly popular. In an effort to maintain the safety of everyone involved, we will cap the number of participants.

We will set up the maximum number of chairs prior to class. The number of chairs will be determined class by class to reflect the activity and the need for adequate distancing.

We appreciate your cooperation and ask that you not bring in additional chairs from other spaces. **Please arrive to class on time as you will not be allowed to enter more than 10 minutes after it has begun.** This policy is an effort to ensure the safety of all involved.

Remember, our staff always has your safety in mind.

Technology Seminar – Writing Documents PT. 2

Teresa Gioiosa, our Digital Aging Coordinator, will cover the second part of our writing documents seminar. We will start with a quick review of part one, then discuss formatting, special features, and tips to make your documents look more put together.

Join us to learn more about writing documents!

Thursday, May 28, 2026 from 1:00pm to 2:00pm

All questions may be directed to
Teresa Gioiosa - tgioiosa@ethocare.org, (617)-477-6921

Welcome our friends from Parkway in Motion to the Senior Center on
Tuesday, May 5th at 9:30am.

Parkway in Motion has been a partner since we opened in June of 2023, but this will be the first time they are able to join us and see our programming.

Please join us in Welcoming Dave, Tom and Katelyn!

SHINE appointments are required to meet with a counselor.

Appointments can be made with Carol O'Connor at email
address: coconnor@ethocare.org

SHINE provides free health insurance information,
counseling & assistance to all MA residents with Medicare.

For immediate assistance, contact the SHINE Hotline at 617-522-9270.

Spring Morning Walk on Wednesdays

Join Maura & Kim for a 20–30-minute walk around the neighborhood.
9:15am every Wednesday

Weather Permitting

Massachusetts Association for the Blind and Visually Impaired Assistive Technology

The Senior Center hosts Aaron Spelker from the MABVI Assistive Technology Center. This program is designed to empower individuals to gain confidence using their preferred assistive technology device.

Appointments are required. Please call Aaron at 508-320-1564 or
email aspelker@mbacomcommunity.org

Thursday, May 21st
The Senior Center Will Be CLOSED

Celebrating Birthdays in May 2026!

Alexa D. Patricia B. Annie O. Maureen I. Julie W. Dan M. Beth L.
Laura O. Virginia C. Tracey L. Diane O. Judy R. Barbara S. Kathy U.
Sue S. Fabrien R. Joanne T. Yvonne H. Mary I. Karen B. Angela M.
Adlina S. Marie C. Sheba B. Mary D. Mary D. Donna S. Claire B.
Eleanor M. Howard K. Debra L. Irina G. Patricia R. Jane C.



Looking Forward to June 2026!

Wednesday, June 3rd

Age Strong Advocate Ivy Pham Speaker

Thursday, June 4th

Historical Presentation: Politics in the Suffrage Movement

Wednesday, June 10th

Workshop on Social Security 101

Thursday, June 11th

How to Recognize Scams & Be Aware Online

Thursday, June 18th

Trivia with Isabella, Age Strong Librarian

Have any news or events to share?

We want to be able to share as much information as possible!

Please see Carol or Maura to review your flyer/literature before placing it on the
Community Partners' Resources Table.

LUNCH AT THE SENIOR CENTER PILOT

We're grateful that Ethos' Nutrition Department can provide lunches at the Senior Center Pilot. If it is your first time having lunch with us, please register the day of with Donna Baressi.

*For food safety, lunches must be put away at a certain time. If you would like lunch after this, please ask a staff member if any are available. *Donation of \$2 is suggested.*

CONTACT OUR STAFF

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Peter Conneely, Healthy Aging Program Coordinator
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We loved line dancing with Isabella, the Age Strong Librarian at the West Roxbury Branch!



Spring crafts are in full swing on Tuesdays at 1pm!



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