

June 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  
**898** unique individuals with **27613** total visits

# SENIOR CENTER

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

## June 2026



**We had a blast at the Annual Ethos Senior Prom! Many of us even dressed up as characters from the Wizard of Oz and Wicked to fit the theme!**

# June Programming

Tuesday	Wednesday
<p><b>2</b></p> <p>10:00am: Chair Yoga            11:20am: Broadway Seated Dance            1:00pm: Crafting            1:00pm: Strong for Life            2:00pm: Bingo</p>	<p><b>3 9:15am Morning Walk</b></p> <p>10:00am: Gentle Pilates            11:20am: Functional Movement  <b>1:00pm: Ivy Pham, Age Strong Advocate Presentation</b>            2:00pm: Bingocize with Peter</p>
<p><b>9</b></p> <p>10:00am: Chair Yoga            11:20am: Broadway Seated Dance            1:00pm: Crafting            1:00pm: Strong for Life            2:00pm: Bingo</p>	<p><b>10 9:15am Morning Walk</b></p> <p>10:00am: Gentle Pilates            11:20am: Functional Movement  <b>1:00pm: Workshop on Social Security</b>            2:00pm: Uno Card Game with Kim</p>
<p><b>16</b></p> <p>10:00am: Chair Yoga            11:20am: Broadway Seated Dance            1:00pm: BBB            1:00pm: Crafting            1:00pm: Strong for Life            2:00pm: Bingo</p>	<p><b>17 9:15am Morning Walk</b></p> <p>10:00am: Gentle Pilates            11:20am: Functional Movement</p> <div style="border: 2px solid black; padding: 5px; margin-top: 10px;"> <p><b>12:30pm: Senior Center Closes Early.            Grab and Go Lunches Available</b></p> </div>
<p><b>23 Senior Center Celebrates Three Years!!</b></p> <p>10:00am: Chair Yoga            11:20am: Broadway Seated Dance            1:00pm: BBB            1:00pm: Crafting            1:00pm: Strong for Life            2:00pm: Bingo</p>	<p><b>24 9:15am Morning Walk</b></p> <p>10:00am: Gentle Pilates            11:20am: Functional Movement            1:00pm: Deluxe Jeopardy with Peter</p>

# June Programming

Thursday	Speaker Series Notes
<p><b>4</b></p> <p>10:00am: Chair Yoga            11:00am: Coffee with BPD            11:45am: Fitness with Shelley  <b>1:00pm: Politics in the Suffrage Movement</b>            2:00pm: Blackjack with Gary Chase</p>	<p>Cal, Guide Manager at Hub Town Tours, will discuss Politics in the Suffrage Movement.</p>
<p><b>11</b></p> <p>10:00am: Chair Yoga            11:00am: Coffee with BPD            11:45am: Fitness with Shelley  <b>1:00pm: Elder Cyber Safety Presentation</b>            2:00pm: Bingo</p>	<p>How to recognize scams and be aware online and beyond. This will include phone scams, text scams, mail scams &amp; more!</p>
<p><b>18</b></p> <p>10:00am: Chair Yoga with Janice O            11:00am: Coffee with BPD            11:45am: Fitness with Shelley  <b>1:00pm: Trivia with Isabella</b>            2:00pm: Blackjack with Gary Chase</p>	<p>Isabella De Gregorio returns with her trivia of the month!</p>
<p><b>25 *MABVI by Appointment Only*</b></p> <p>10:00am: Chair Yoga            11:00am: Coffee with BPD            11:45am: Fitness with Shelley  <b>1:00pm: Tech Seminar</b>            2:00pm: Bingo</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 – Downloading and Organizing Files

Teresa Gioiosa, our Digital Aging Coordinator, will cover how to download, save, and organize files/documents that you receive from others. First, we will discuss the different file types. Then, we will learn about local versus cloud storage and how to download files to each. Finally, we will cover how to move files to different folders efficiently.

Thursday, June 25<sup>th</sup>, 2026 from 1:00pm to 2:00pm

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

**Please Note: The Senior Center will be closed  
June 30<sup>th</sup>, July 1<sup>st</sup> and July 2<sup>nd</sup>**

**SHINE** appointments are required to meet with a counselor.

Appointments can be made with Carol O'Connor at email  
address: [coconnor@ethocare.org](mailto: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@mbacomunity.org](mailto:aspelker@mbacomunity.org)

## Celebrating Birthdays in June 2026!

Robert C.	Gloria S.	Maria M.	Donnamarie	Marie O.	Maria D	Diane G.
Joan C.	Marsha J.	Diane G.	Paulette C.	Sara D.	Joan N.	Pamela C.
Paula S.	Vasco A.	Joan Von.	Rebecca P.	Jean O.	Gina C.	Pauline D.
June L.	Roseanne S.	Theresa M.	Mary O.	Annelise	Margaret T.	
Dianne M.	Linda M.	Linda H.	Karen F.	Veronica F.	Linda K.	



## Looking Forward to July 2026!

**Wednesday, July 8th**

Trivia with Isabella, Age Strong Librarian

**Thursday, July 9th**

Elder Law Presentation

**Wednesday, July 15<sup>th</sup>**

Chase Bank – Protecting Your Finances

**Thursday, July 16th**

Boston Harbor Islands History Presentation

## 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

Carol O'Connor, Program Coordinator

coconnor@ethocare.org 617-477-6964

Maura Fleming, Assistant Program Coordinator

mfleming@ethocare.org

Teresa Gioiosa, Digital Aging Coordinator

tgioiosa@ethocare.org 617-477-6921

Peter Conneely, Healthy Aging Program Coordinator

pconneely@ethocare.org 617-477-6616





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.

