

July 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
912 unique individuals with **28,827** total visits

SENIOR CENTER

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

Senior Center opened Tuesday, Wednesday & Thursday 9:00am-3:00pm

July 2026



We celebrated 3 years of the Senior Center Pilot! Over 100 of us attended along with several special guest speakers!

July Programming

Tuesday	Wednesday
7 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: BBB 1:00pm: Crafting 1:00pm: Strong for Life 2:00pm: Bingo	8 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Trivia with Isabella 1:00pm: Ivy Pham, Age Strong Advocate available for questions (info on page 5) 2:00pm: Bingocize with Peter
14 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 12:00pm: Farmers' Market Coupons Distribution (info on Page 5) 1:00pm: BBB 1:00pm: Crafting 1:00pm: Strong for Life 2:00pm: Bingo	15 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Chase Bank: Protect Your \$\$ As You Age Presentation 2:00pm: Summer Trivia with Kim
21 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: BBB 1:00pm: Crafting 1:00pm: Strong for Life 2:00pm: Bingo	22 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 12:45pm: Memory Class (Pre-Registration Required) 1:00pm: Summer Safety Workshop by the Boston Public Health Commission 2:00pm: Uno Card Game with Kim
28 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: BBB 1:00pm: Crafting 1:00pm: Strong for Life 2:00pm: Bingo	29 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 12:45pm: Memory Class (Pre-Registration Required) 1:00pm: City Zoning Reform Effort Presentation by Boston Planning Dept. 2:00pm: Bingo

July Programming

Thursday	Speaker Series Notes
9 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Estate Planning for Incapacity 2:00pm: Bingo	Leah A. Kofos, Esq. will offer this informative presentation to discuss "Who makes the decisions when you're incapacitated? How do you plan for long-term care & how do you preserve assets for family after you die?
16 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Boston Harbor Islands History 2:00pm: Blackjack with Gary Chase	Cyrus, Data Coordinator at Hub Town Tours, will discuss the history of the Boston Harbor Islands.
23 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Ice Cream Social 1:45pm: Boston Trivia!	Ice Cream Social Sponsored by J.P. Licks! Pre-Registration Required at the sign-in table in the Senior Center.
30 *MABVI by Appointment Only* 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Tech Seminar 2:00pm: Blackjack with Gary Chase	Teresa Gioiosa, Senior Center's Digital Aging Coordinator will offer her monthly seminar! More info on page 5.

Fitness Class Descriptions

Chair Yoga

Led by Instructors Laureen (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.

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 – Grocery Store Applications

Teresa Gioiosa, our Digital Aging Coordinator, will cover grocery store applications! At this point, most stores have made the switch to using digital coupons. Therefore, to save a little money, we will learn how to navigate the apps, clip coupons, and even learn how to place a pickup/delivery order! Join us to learn more about these applications.

Thursday, July 30th, 2026 from 1:00pm to 2:00pm

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

Tuesday, July 14th 12:00pm-12:30pm

Farmers Market Coupon Distribution at Senior Center in West Roxbury.

Please Visit the Sign-In Table to pick up the form to fill out before this date.

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.

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@mbacommunity.org

Celebrating Birthdays in July 2026!

Carol P. George S. Michael C. Sandra F. Connie C. Linda S. Joanne D.
Philippa. Marilyn A. Kathleen T. Kathleen R. Andy A. Sylvia W. Ann F.
Lucille N. Karen M. Deb C. Linda J. Lorraine D. Eileen D. Lucy P.
Louise T. Donna B. Mary C. Margo C. Peggy S. Flo K. Mary V.
Joy M. Mary C. Pamela L. Peggy B. Edward F. Joseph C.



Looking Forward to August 2026

Thursday, August 6th

History Lesson on George Washington's Boston

Wednesday, August 12th

Falls Prevention Talk by Boston Public Health Commission

Thursday, August 13th

Age Strong Volunteer Unit Presentation

Wednesday, August 19th

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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The Senior Center Pilot 3 Year Celebration!



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