

September 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
935 unique individuals with **30945** total visits

SENIOR CENTER

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

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

September 2026



Seniors, volunteers, staff and the EMS Cadets had a wonderful time at the annual ETHOS BBQ Event!

September Programming

Tuesday	Wednesday
1 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 2:00pm: Bingo	2 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Social Security Workshop 2:00pm: Bingo
15 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 2:00pm: Bingo	16 No Walk on this Day 10:00am: Gentle Pilates with Janice * 11:20am: Functional Movement 1:00pm: Trivia with Isabella, Age Strong WR Librarian 2:00pm: Pictionary
22 First Day of Autumn 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 2:00pm: Bingo	23 10:00am: Chair Yoga w/ Lauren* 11:20am: Line Dancing with Donna * 1:00pm: Everyday Wellness: Hydration & Sleep Basics 2:00pm: Bingo
29 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 2:00pm: Bingo	30 10:00am: Gentle Pilates 11:20am: Functional Movement w/ Laura* 1:00pm: Tech Seminar Info on page 5. 2:00pm: Bingo

September Programming

Thursday	Speaker Series Notes
3 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Brain Boosting Habits 2:00pm: Blackjack with Gary Chase	The Boston Public Health Commission presents how to boost your brain power & keep your brain healthy!
17 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Cause of the Salem Witch Crisis 2:00pm: Blackjack with Gary Chase	Meaghan, Historical Guide at Hub Town Tours, will discuss the cause of the Salem witch crises.
24 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:25am- 12:15pm: Fitness with Shelley*	Senior Center Closing at 12:30pm.
October 1st 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Brain Health with Guided Breathing 2:00pm: Blackjack with Gary Chase	Dr. Jin hui Joo, MD MA of the Dept. of Psychiatry at Massachusetts General Hospital returns with her workshop on brain health with a guided breathing exercise session.

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 – Passkeys

Teresa Gioiosa, our Digital Aging Coordinator, will cover passkeys! At this seminar, we will learn what passkeys are, discuss their safety, and cover how they are implemented. If you use passkeys, are on the fence about using them, or simply want to know more about passkeys, this seminar will help you!

Wednesday, September 30th, 2026 from 1:00pm to 2:00pm

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

New Technology Policy Change

Starting in September 2026, Teresa's availability will be more limited.

**Scheduled appointments will be capped at
30 minutes per week.**

See flyer or Teresa for more information

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.

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

The Senior Center will be closed: September 8th, 9th and 10th

Celebrating Birthdays in September 2026!

Diane F. Paula F. Corinna B. Angela C. Sue D. Darlene W. Jackie W.
Dotti B. Delores M. Susan C. Mary M. Janet J. Elizabeth B. Mary R.
Carol P. Thelma B. Kathleen H. Patricia O. Maureen M. Anne N.
Barbara C. Kathleen M. Erlene H. Gretchen C. Daphne M. Judi M.
Maureen A. Sandra M. Angie D. Peggy M. Katherine H. Carmen S.
Kevin O. Janice D. Mary M. Maureen C. Kathryn A. Jennifer B.



Looking Forward to October 2026

Thursday, October 7th

Trivia with Isabella, Age Strong Librarian

Wednesday, October 14th

Cyber & Online Safety Presented by Chase Bank

Thursday, October 15th

Presentation on Center for Alzheimer Research & Treatment

Thursday, October 22nd

Historical Presentation on Halloween in Boston

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
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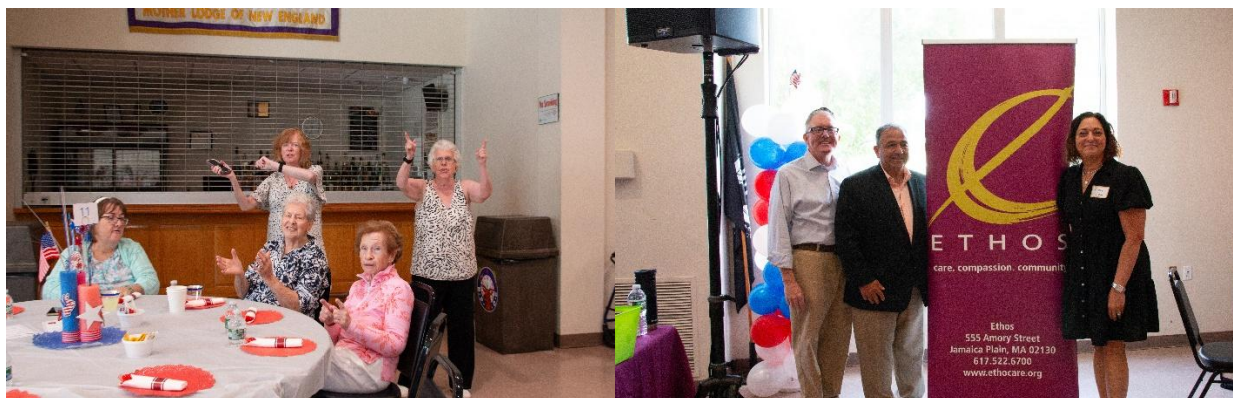
Maura Fleming, Assistant Program Coordinator
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Photos from the BBQ Event!



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