



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.



October 2026

To date, the Senior Center Pilot has welcomed
938 unique individuals with **31766** total visits

SENIOR CENTER

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

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

October 2026



Where the Heart Gala

Corinna Balsamo, Michelle Consalvo Healthy Aging Manager
& Donna Baressi

October Programming

Tuesday	Wednesday
6 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 1:00pm: Beyond Being Blue 2:00pm: Bingo	7 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Nutrition Jeopardy with Ethos Dietician Aoife Gilvarry 2:00pm: Autumn Bingo
13 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 1:00pm: Beyond Being Blue 2:00pm: Bingo	14 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Trivia with Isabella, Age Strong WR Librarian 2:00pm: Mini-Pumpkin Decorating with Kim. 10 spots available. Contact Carol
20 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 1:00pm: Beyond Being Blue 2:00pm: Bingo	21 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Bone Density Exercise Presentation "Stronger Bones – Stronger You" (registration required) 2:00pm: Halloween Trivia
27 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 1:00pm: Beyond Being Blue 2:00pm: Bingo	28 9:15am Morning Walk 10:00am: Gentle Pilates 11:20am: Functional Movement 1:00pm: Tech Seminar Info on page 5. 2:00pm: Halloween Bingo

October Programming

Thursday	Speaker Series Notes
8 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Estate Planning Wake-Up Call 2:00pm: Bingo	Leah A. Kofos, Esq. discusses <i>The Estate Planning Wake-Up Call: Probate, Trusts, & Tax Strategies for Your Legacy</i> .
15 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Alzheimer Presentation 2:00pm: Blackjack with Gary Chase	CART: The Center for Alzheimer Research & Treatment at Brigham and Women's Hospital invites you to learn about Alzheimer's disease, ways to reduce risk, and why clinical trials matter. Presented by <i>Martha C. Muñiz, BA, MA, PMP</i> Community Engagement Specialist
22 *MABVI by Appointment Only* 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley 1:00pm: Historical Presentation on Halloween in Boston 2:00pm: Bingo	William Stilwell, Historical Guide at Hub Town Tours, will discuss <i>Halloween in Boston!</i>
29 10:00am: Chair Yoga 11:00am: Coffee with BPD -Musical Bingo 11:45am: Fitness with Shelley 1:00pm: Halloween Costume Party! 2:00pm: Bingo	Halloween Party!! Musical Bingo with Community Boston Police Officers at 11:00am! Costume Contest and Treats starting at 1:00pm! If you would like to bring candy or baked goods, please sign up at Welcome Table.

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 – Logging into Government Websites

Teresa Gioiosa, our Digital Aging Coordinator, will instruct on the process for logging into government websites. Many of us have seen that you need to choose between using login.gov and id.me for logging into government websites. We are going to discuss each one, the safety of using these to log in, and how to set up these log-in methods!

Wednesday, October 28th, 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

Teresa's schedule has changed.

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.

For any questions/concerns please contact:

shine@ethocare.org or call 617-477-6970

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

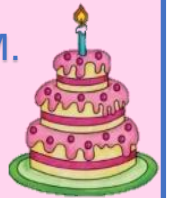
The Senior Center hosts Aaron Spelker from the MABVI Assistive Technology Center. This program is designed to empower individuals to gain confidence using their preferred assistive technology device.

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

Beyond Being Blue facilitated by Ethos Healthy IDEAs Coordinator Molly O'Brien meets Tuesday at the Senior Center 1pm-2pm. Discover and learn the skills to cope with depression, grief, anxiety and mental health. For more information, connect with Molly mobrien@ethocare.org or see flyer.

Celebrating Birthdays in October 2026!

Anastasia M. Lynell M. Mary F. Anna D. Hilda Wu Donna S. Edward D.
Verna D. Joanne M. Susan L. Jennifer J. Harold F. Ginny C. Janice H.
Ann Marie G. Marie Papa. Carol P. Sheryll-Lynne C. John N. Maura O.
Gerard M. Dorothy C. Alicia C. Donna M. Carol C. Marie M. Elaine M.
Helen S. Renee D. Eileen M. Bill K. Debi C. Emily G. Ruth M. Gail M.
Pat D. Helen B. Susan R. Eileen Mc. Michelle N. Joan B. Joan E. Ann F.



Looking Forward to November 2026

Thursday, November 4th

Lifeline Presentation

Thursday, November 5th

Boston's Immigration History Presentation

Wednesday, November 11th

Senior Center Closed – Veterans Day Holiday

Thursday, November 12th

Cyber & Online Safety Presented by Chase Bank

Thursday, November 19th

Friendsgiving - *Music with Heart* entertainment

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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Teresa Gioiosa, Digital Aging Coordinator
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Falling into Art and Fitness this Season



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