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
967 unique individuals with 33196 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

November 2026



Halloween Festivities at the Senior Center with Boston Police Department.

November Programming

Tuesday	Wednesday
3 **Vaccine Clinic 9am-1pm** 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Beyond Being Blue 2:00pm: Bingo	**4** 10:00am: Gentle Pilates 11:20am: Functional Movement **1:00pm: Lifeline Presentation** **1:00pm: ETHOS: Creative Expression for Well-Being: Tree of Life Info on Page 5** 2:00pm: Bingo with Kim
10 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 1:00pm: Beyond Being Blue 2:00pm: Blackjack with Gary Chase	**11** **Senior Center Closed in observance of the Veterans Day Holiday** 
17 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 1:00pm: Beyond Being Blue 2:00pm: Blackjack with Gary Chase	**18** 10:00am: Gentle Pilates 11:20am: Functional Movement **1:00pm: Creative Expression for Well-Being: Tree of Life. Info on Page 5** **1:00pm: Tech Seminar. Info on Page 5** 2:00pm: Thanksgiving/History Trivia
24 10:00am: Chair Yoga 11:20am: Broadway Seated Dance 1:00pm: Crafting 1:00pm: Strong for Life 2:00pm: Bingo	**25** 10:00am: Gentle Pilates 11:20am: Functional Movement **12:45pm: Floral Arrangement Making with Kim (12 spots available. Please register at the sign in desk).** 2:00pm: Senior Center Closes Early.

November Programming

Thursday	Speaker Series Notes
5 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley **1:00pm**: Presentation: Immigration 2:00pm: Bingo	Dave, Historical Guide at Hub Town Tours, will discuss Boston's Immigration History.
12 **MABVI Appointment Only** 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley **1:00pm**: Cyber & Online Safety **2:00pm:** Trivia with Isabella, Age Strong West Roxbury Librarian	Cyber & Online Safety with Chase Bank, with Vice President, Community Manager Angelica Civilus. Identify online scams, protect your devices & accounts & staying safe with social media.
19 10:00am: Chair Yoga 11:00am: Coffee with BPD 11:45am: Fitness with Shelley **1:00pm**: Happy Friendsgiving!	
26 **Senior Center Closed in observance of the Thanksgiving Holiday.**	We wish you, your family and friends *A Wonderful Thanksgiving!* 

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 – AI Ethics

Teresa Gioiosa, our Digital Aging Coordinator, will discuss the ethical implications of AI. We will start the session with a review on AI, including what it is and how it works. Then, we will learn about the advantages and disadvantages of AI, plus the impact it can have. Join us to learn more!

Wednesday, November 18th, 2026 from 1:00pm to 2:00pm

All questions may be directed to

Teresa Gioiosa - tgioiosa@ethocare.org, (617)-477-6921

Creative Expression for Well-Being – Tree of Life

Wednesdays, November 4th & 18th, at 1:00pm

Join Kat McCluer, ETHOS, LCSW, for a relaxed drawing session. We will map the story of your life: where you are now, where you came from, what you love & what you hope for. No art experience necessary! All are welcome.

Space is limited; please RSVP: **KMcCluer@ethocare.org**

SHINE appointments are required to meet with a counselor.

For any questions/concerns please contact:

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.

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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 November 2026!



Frances K. Carole C. Mary T. Doris F. Ruth O. Marybeth N. Janet U.

Ralph G. James L. Karen T. Sean W. Cathy V. Kathleen G. Eileen M.

Noreen K. Mary B. Marie H. Elsa B. Debra R. Paula M. Loretta S. G.

Phyllis W. Brenda S. Sue M. Carmel S. Patricia B. Elaine M. Barbara M.

Armita B. Mary Lou R. Jane G. Frankie W. John C. Remo G. Eileen B.

Mary H. Nora C. Carol W. Deane C. Frances G. Phil M. Jennine K. Theresa H.

Looking Forward to December 2026

Wednesday, December 2nd
Top It Off Holiday Shopping
Wednesday, December 2nd
Storytelling by JP Connect Members
Thursday, December 4th
Historical Presentation on Brothels
Thursday, December 10th
Trivia with Isabella, Age Strong Librarian
Thursday, December 17th
ETHOS: Guide Care Navigator Presentation

FYI: Senior Center Closed December 22nd, 23rd & 24th

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

We had a fightful and fun October!











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