



Program Hours of Operation 9:00am-3:30pm

Schedule Is Subject to Change

**MAY 2026**

\*1 asterisk for in-house program

\*\* 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Ethos in person cafe</u> Pre-Registration Required. members only, no take home option available. Mon-Fri 11:30 am- 1:00pm</p>	<p>To all celebrating a birthday in May!</p> 	<p><u>Age Strong Taxi Coupons</u> Available for purchase first Tuesday of every month 10:00am-11:00am</p>		<p>1) *<u>Morning Movement</u> 9:00am-10:00am <u>United Crafting</u> 9:30am-1:30pm *<u>Creative Portraits</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 1:30pm-3:30pm</p>
<p>4) *<u>Morning Movement</u> 9:00am-10:00am * <u>Mix &amp; Minale</u> 10:00 am-10:45 am **<u>Yoga &amp; Wellness</u> 11:15am-12:15pm *<u>Ethos Lunch Cafe</u> 12:00-1:00pm *<u>Power Of Release</u> 12:30-1:30pm *<u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm</p>	<p>5) * <u>Morning Movement</u> 9:00am-10:00am **<u>Low Cardio</u> 10am-11am <u>Taxi Coupon</u> 10am-11am *<u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Trivia</u> 1:00pm-2:00pm * <u>Players Club</u> 2:00pm-3:30pm</p>	<p>6) *<u>Morning Movement</u> 9am-10am **<u>Bagua</u> 10am-11am **<u>Cognitive Care</u> 11:30am-12:30pm *<u>Tech Support</u> 9:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12-1:00pm ** <u>Bingo</u> 1:30 -2:45 pm *<u>Afternoon Wind Down</u> 3:00pm-3:30pm</p>	<p>7) * <u>Morning Movement</u> 9am-10am **<u>The Stillness In Me</u> 10:00am -11:00am *<u>Tech Support</u> 9:30am-1:30pm * <u>Movie Matinee</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>8) *<u>Morning Movement</u> 9:00am-10:00am *<u>United Crafting</u> 9:30am-1:30pm *<u>Creative Portraits</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 1:30pm-3:00pm</p>
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<p>25) <b>HOLIDAY PATRIOTS DAY SENIOR CENTER CLOSED</b></p>	<p>26) * <u>Morning Movement</u> 9:00am-10:00am **<u>Low Cardio</u> 10am-11am *<u>Tech Support</u> 9:30-12:30pm <u>MGH Virtual Presentation</u> ( exercise &amp; stroke recovery) 11:30am-12:30pm *<u>Blue Cross Blue Shield Dental Blue 65</u> (virtual plan presentation) 1:00pm-2:00pm * <u>Ethos Lunch Cafe</u> 12pm-1pm * <u>Players Club</u> 2:30pm-3:30pm</p>	<p>27) *<u>Morning Movement</u> 9:00am-10:00am **<u>Bagua</u> 10:00am -11:00am **<u>Cognitive Care</u> 11:30am--12:30pm *<u>Tech Support</u> 9:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12:00pm -1:00pm ** <u>Bingo</u> 1:30pm -2:45pm *<u>Afternoon Wind Down</u> 3:00pm-3:30pm</p>	<p>28) * <u>Morning Movement</u> 9:00am-10:00am **<u>The Stillness In Me</u> 10:00am-11:00am *<u>Tech Support</u> 9:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Movie Matinee</u> 11:30am-1:30pm *<u>Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>29) *<u>Morning Movement</u> 9am-10am *<u>United Crafting</u> 9:30am-1:30pm *<u>Creative Portraits</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Tech Support</u> 9:30am -1:30pm * <u>Players Club</u> 1:30pm-3:30pm</p>

# MAY 2026

## Google Program Link

Google Meeting Link for hybrid programs

**Video link:**<https://meet.google.com/iwc-ntbm-oie>

**\* 1 asterisk for in-house program**

- \* Morning Movement
- \* Tech Support
- \* United Crafting
- \* Domino Smackdown
- \* Mix & Mingle
- \* Presentations
- \* Creative Portraits
- \* Players Club
- \* Power of Release
- \* Cognitive Care
- \* Afternoon Wind Down

**\*\* 2 asterisks for hybrid program**

- \*\* Yoga
- \*\* Low Cardio
- \*\* Bagua
- \*\* The Stillness in Me
- \*\* Memory Cafe
- \*\* Bingo
- \*\* Trivia
- \*\* Chair Bingo

## May 2026 Program Synopsis

**Exercise Classes:** Morning Movement: Walking with a buddy to start your day off right. Yoga & Wellness w/ Nahdra: This class uses chairs to move through poses both seated and standing while emphasizing on muscular balance. Low Cardio Exercise: Non-weight bearing exercise that helps develop better flexibility, breathing, and strengthens muscles. Bagua: Cousin to Tai Chi, also a form of meditation in motion.

**Wellness Sessions:** The Power of Release : This program was created to provide a safe, intimate space for seniors to be able to come together and work on releasing emotions through conversation, journaling, and support from one another. The Stillness in Me: This class will be practicing complete quieting of the mind, releasing built up physical tension and distress. Cognitive Care: Each week, seniors will participate in meaningful activity that challenges their mind. Memory Café: A safe space for seniors living with dementia to interact, laugh, find support, share concerns, and socialize with other members without fear of feeling out of place.

**Art Classes:** United Crafting: Seniors enjoy time with one another, while socializing and creating art pieces to wear or give to loved ones. During this time, seniors can sew, crochet, knit, or make jewelry. Creative Portraits: This art class focuses on the process of creating art. Seniors with no experience are encouraged to participate. Members will create acrylic art pieces, and charcoal drawings.

**Enrichment Classes:** Mix & Mingle: This program is encouraging new members to connect with one another by engaging in conversation In-House. Members will be able to catch up, share experiences, and create new friendships. Player's Club: Social time for seniors to interact with one another, while playing Pokemo, Dominoes, Spades, etc. Hybrid Bingo: This is a socializing activity for seniors offered virtually and In-House. Chair Bingo: A type of bingo game that features seated stretches and simple movement that must be completed in order to mark your game card. Domino Smackdown: Social time for seniors to interact with one another, while playing Dominoes. Afternoon Wind Down: Social time for seniors to interact with one another.

**Education/Presentations:** Tech Support: In-House program only. Members are able to bring their personal laptop, chromebook or phones to receive help with questions they may have on technology. Harvard School Public Health (Beat the Heat): Seniors will learn how heat affects their health. The signs of heat-related illness, and the resources available in their communities. Seniors can participate in a study that will be conducted for those with chronic health conditions, who do not have air-conditions. Eligible participants will receive a free energy efficient air-conditioner (either this summer or the next, assigned randomly. For completing the study activities at the center, seniors may be qualified to receive up to \$200 compensation.

**Extra:** Taxi Coupons: Taxi coupon distribution normally takes place the first Tuesday of the month, from 10-11am. The price for purchase is up to 4 books a month (at five dollars each). Ethos Lunch Cafe: Members will receive a hot lunch Monday-Friday (11:30am-1:00pm).