

EAST BOSTON SENIOR CENTER

CENTRO PARA PERSONAS MAYORES



Michelle Wu, Mayor/ Alcadesa

Emily Shea, Commissioner/ Comisionada

Judith Thermidor, Director/ Directora

Luz Leal, Assistant Director/ Asistente de Dirección

MONDAY/LUNES TO FRIDAY/VIERNES 8:30AM TO 4 PM

617-961-3131



ebseniorcenter@boston.gov



7 Bayswater Street, East Boston, MA, 02128



AUGUST IS NATIONAL WELLNESS MONTH

National Wellness Month is an opportunity to reflect on the importance of taking care of ourselves mentally and physically. Please our multicultural events promoting the well-being of of our diverse aging community.

Agosto mes del Bienestar, una oportunidad para reflexionar sobre la importancia de cuidar nuestra salud mental y física. Les invitamos a participar en nuestros eventos multiculturales, los cuales promueven el bienestar de nuestra diversa comunidad de personas mayores.

INTERNATIONAL DAY OF THE WORLD'S INDIGENEOUS PEOPLES

Join us August 10 to honor over 476 million Indigenous people and their contributions to our world.



Acompáñenos el 10 de agosto para honrar a más de 476 millones de pueblos indígenas y sus contribuciones a nuestro mundo.

NATIONAL CIVILITY MONTH

August is National Civility Month – a time to come together and promote kindness, empathy, and respect in all actions. Together, let's cultivate a harmonious community.

Agosto es el Mes Nacional de la Civilidad: un momento para unirnos y promover la amabilidad, la empatía y el respeto en todas nuestras acciones. Cultivemos juntos una comunidad armoniosa.



WOMEN'S EQUALITY DAY



Women's Equality Day 2026 is August 26. Let's celebrate the 19th Amendment to the U.S. Constitution in 1920, granting women the right to vote.

El Día de la Igualdad de la Mujer de 2026 es el 26 de agosto. Celebremos la diecinueve Enmienda a la Constitución de los Estados Unidos de 1920, que otorgó a las mujeres el derecho al voto.

HR HEALTHY RIDES

FREE RIDES FOR BOSTON'S OLDER ADULTS TO....



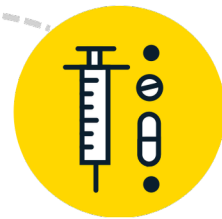
Exercise
Classes



Medical
Appointments



Community
Centers



Pharmacies

... and more!

ELIGIBILITY:

- 1 Must be 60+
- 2 Must be a City of Boston resident
- 3 Travel must be within City of Boston

BOOK YOUR RIDE:

- 1 Call the Age Strong Shuttle:
(617) 635-3000
 - 2 Either get your code to
use your own app
- OR**
- 3 Have the Shuttle book
your ride directly

BOSTON.GOV/HEALTHY-RIDES



CITY of **BOSTON**



MONDAY

3

8:30AM Walking
9AM Piano Lesson
10AM Board Games
10AM SALSA
11AM Chair Yoga
12PM Tai Chi
1PM Strength and Wellness

10

8:30AM Walking
10AM Board Games
10AM SALSA
11AM Chair Yoga
12PM Tai Chi
1PM International Day of the World's Indigenous Peoples
1PM Strength and Wellness



17

8:30AM Walking
9AM Piano Lesson
10AM Board Games
10AM SALSA
11AM Chair Yoga
12PM Tai Chi
1PM Strength and Wellness

24

8:30AM Walking
9AM Piano Lesson
10AM Board Games
10AM SALSA
11AM Chair Yoga
12PM Tai Chi
1PM Strength and Wellness

31

8:30AM Walking
9AM Piano Lesson
10AM Board Games
10AM SALSA
11AM Chair Yoga
12PM Tai Chi
1PM Strength and Wellness

TUESDAY

4

10AM Exercise
11AM Basic English Class
12:30PM REIKI
1PM Water Color Class
3PM Therapeutic Dance

11

10AM Exercise
11AM Basic English Class
1PM Water Color Class
3PM Therapeutic Dance

18

10AM Exercise
10AM Supportive Services
11AM Basic English Class
1PM Water Color Class
3PM Therapeutic Dance

25

10AM Exercise
11AM Basic English Class
12:30PM REIKI
1PM Water Color Class
3PM Therapeutic Dance

WEDNESDAY

5

8:30AM Walking
9AM Spanish Class
10AM Singing Class
11AM Tai Chi
11AM CHESS
11AM Mental Health Survey
12PM Yoga Matt Class
12PM BLUES MUSIC CONCERT
1PM Fraud Presentation



12

8:30AM Walking
9AM Spanish Class
10AM Singing Class
11AM Tai Chi
11AM Uber Ride
11AM CHESS
12PM Yoga Matt Class
1PM Etiquette and Manners



19

8:30AM Walking
9AM Spanish Class
10AM Singing Class
11AM Tai Chi
11AM CHESS
12PM Yoga Matt Class
1PM Etiquette and Manners

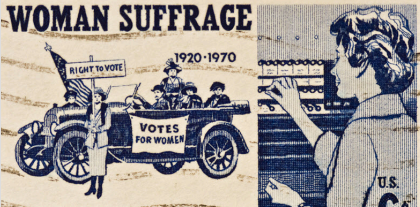


26

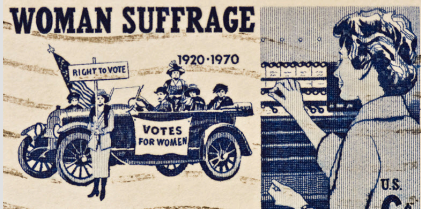
8:30AM Walking
9AM Spanish Class
10AM Singing Class
11AM Customize your Sleeping Bonnet
11AM Tai Chi
11AM CHESS
12PM Women's Equality Day
12PM Yoga Matt Class



AUGUST IS NATIONAL
Wellness
 MONTH

THURSDAY	FRIDAY	NOTES:
6 9AM Chair Massage 10AM Exercise 10AM Crochet 11AM Watercolor class 12PM Concert 1PM Drawing Class 2PM Meditation-Relaxation	7 8:30AM Walking 9AM Advanced Guitar class 10AM Crochet 11AM Latin Dance 1PM Rhythm & Well-being 3PM Bone and Muscle Shape	MONDAY, AUGUST 10TH INTERNATIONAL DAY OF THE WORLD'S INDIGENEOUS PEOPLES 11AM - 1PM 
13  10AM Exercise 10AM Blood pressure clinic 10AM Crochet 11AM Watercolor class 12PM Concert 1PM Drawing Class 2PM Meditation-Relaxation	14 8:30AM Walking 9AM Advanced Guitar class 10AM Crochet 11AM Latin Dance 1PM Rhythm & Well-being 3PM Bone and Muscle Shape	BLUES CONCERT WEDNESDAY AUGUST 5TH 12PM 
20 9AM Chair Massage 10AM Exercise 11AM Watercolor class 12PM Concert 1PM Drawing Class 2PM Meditation-Relaxation	21 8:30AM Walking 9AM Advanced Guitar class 11AM Latin Dance 1PM Rhythm & Well-being 3PM Bone and Muscle Shape	WOMEN'S EQUALITY DAY WEDNESDAY AUGUST 26th @ 12PM 
27   10AM Exercise 10AM Blood pressure clinic 11AM Watercolor class 1PM Drawing Class 12PM Birthday Celebration 2PM Meditation-Relaxation	28 8:30AM Walking Closing 9AM Advanced Guitar class 11AM Latin Dance 1PM Rhythm & Well-being 3PM Bone and Muscle Shape	
		training orderliness friendliness propriety politeness compliance civilit respect service courtesy professional conduct order consideration manners attitude thoughtful correctitude

LUNES	MARTES	MIÉRCOLES
3 8:30AM Caminata 9AM Clase de Piano 10AM Juegos de Mesa 10AM SALSA 11AM Clase de Yoga 12PM Tai Chi 1PM Fuerza & Balance	4 10AM Ejercicio 11AM Clase de Inglés Básico 12:30 PM REIKI 1PM Clase de Acuarelas 3PM Danza Terapéutica	5 8:30AM Caminata 10AM Clase de Canto 11AM Tai Chi 11AM AJEDREZ 11AM SALUD MENTAL 12PM Clase de Yoga con Tapete 12PM CONCIERTO DE BLUES 1PM PRESENTACION FRADES 
10  8:30AM Caminata 10AM Juegos de Mesa 10AM SALSA 1PM Día Internacional de los Pueblos Indígenas del Mundo 11AM Clase de Yoga 12PM Tai Chi 1PM Fuerza & Balance	11 10AM Ejercicio 11AM Clase de Inglés Básico 1PM Clase de Acuarelas 3PM Danza Terapéutica	12  8:30AM Caminata 10AM Clase de Canto 11AM Tai Chi 11AM AJEDREZ 11AM Uber Ride 12PM Clase de Yoga con Tapete 1PM Etiqueta y modales
17 8:30AM Caminata 9AM Curso de piano 10AM Juegos de Mesa 10AM SALSA 11AM Clase de Yoga 12PM Tai Chi 1PM Fuerza & Balance	18 10AM Ejercicio 10AM Servicios & Recursos 11AM Clase de Ingles Basico 1PM Clase de Acuarelas 3PM Danza Terapéutica	19  8:30AM Caminata 10AM Clase de Canto 11AM Tai Chi 11AM AJEDREZ 12PM Clase de Yoga con Tapete 1PM Etiqueta y modales
24 8:30AM Caminata 9AM Curso de piano 10AM Juegos de Mesa 10AM SALSA 11AM Clase de Yoga 12PM Tai Chi 1PM Fuerza & Balance	25 10AM Ejercicio 11AM Clase de Ingles Basico 12:30PM REIKI 1PM Clase de Acuarelas 3PM Danza Terapéutica	26   8:30AM Caminata 10AM Clase de Canto 11AM Tai Chi 11AM AJEDREZ 12PM Clase de Yoga con Tapete 12PM Día de la Igualdad de la Mujer
31 8:30AM Caminata 9AM Curso de piano 10AM Juegos de Mesa 10AM SALSA 11AM Clase de Yoga 12PM Tai Chi 1PM Fuerza & Balance	AUGUST IS NATIONAL Wellness MONTH 	

JUEVES	VIERNES	NOTAS:
6 9AM MASAJE EN SILLA 10AM Ejercicio 10AM Tejido 11AM Clase de Acuarelas 12PM Concert 1PM Clase de Dibujo	7 8:30AM Caminata 9AM Clase de Guitarra Avanzada 10AM Tejido 11AM Bailes Latinos 3PM Huesos & Musculos	LUNES 10 DE AGOSTO DÍA INTERNACIONAL DE LOS PUEBLOS INDÍGENAS DEL MUNDO 11AM - 1PM 
13  10AM Ejercicio 10AM Chequeo de La Presion 10AM Tejido 11AM Clase de Acuarelas 12PM Concert 1PM Clase de Dibujo	14 8:30AM Caminata 9AM Clase de Guitarra Avanzada 10AM Tejido 11AM Bailes Latinos 3PM Huesos & Musculos	CONCIERTO DE BLUES MIÉRCOLES 5 DE AGOSTO 12PM 
20 9AM MASAJE EN SILLA 10AM Ejercicio 10AM Tejido 11AM Clase de Acuarelas 12PM Concert 1PM Clase de Dibujo	21 8:30AM Caminata 9AM Clase de Guitarra Avanzada 10AM Tejido 11AM Bailes Latinos 3PM Huesos & Musculos	DIA DE LOS DERECHOS DE LA MUJER MIÉRCOLES AGOSTO 26 @ 12PM 
27   10AM Ejercicio 10AM Chequeo de La Presion 11AM Clase de Acuarelas 12PM Cumpleanos 1PM Clase de Dibujo	28 8:30AM Caminata 9AM Clase de Guitarra Avanzada 11AM Bailes Latinos 1PM Ritmos & Salud 3PM Huesos & Musculos	
		

FUN AT THE EAST BOSTON SENIOR CENTER!



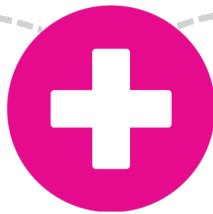
HR HEALTHY RIDES

Programa de transporte centrado en la salud de las personas mayores

VIAJES GRATIS PARA ADULTOS MAYORES DE BOSTON A...



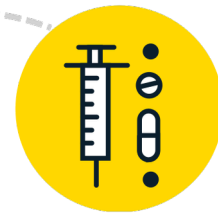
Clases de
ejercicio



Citas
médicas



Centros
comunitarios



Farmacias

... ¡y más!

ELEGIBILIDAD:

- 1 Debe ser mayorde 60.
- 2 Debe ser residente de la Ciudad de Boston.
- 3 El viaje debe realizarse dentro de la Ciudad de Boston.

RESERVE SU VIAJE:

- 1 Llame al servicio de transporte de Age Strong: (617) 635-3000.
- 2 Consiga su código para usar su propia app.

- 3 Haga que el servicio de transporte reserve su viaje directamente.

BOSTON.GOV/HEALTHY-RIDES



CITY of **BOSTON**





EAST BOSTON SENIOR CENTER AUGUST MENU



3 MONDAY HERB ROASTED CHICKEN THIGH W/ GRAVY MASHED POTATOES CARROTS WHEAT BREAD SHORTBREAD COOKIE	4 TUESDAY BBQ JERK DRUMSTICK STEWED BEANS BRUSSEL SPROUTS WHEAT ROLL PEAR	5 WEDNESDAY PASTELON W/ BEEF & PLANTAINS BROCCOLI WHOLE GRAIN CORNBREAD BANANA
6 THURSDAY BRAISED BEEF & VEGETABLES RICE PILAF SPINACH W/ PEPPERS DINNER ROLL VANILLA PUDDING	7 FRIDAY BISTEC ENCEBOLLADO (PUERTO RICAN STEAK & ONIONS) YUCCA CALIFORNIA BLEND VEGETABLES HAWAIIAN ROLL FRUIT CUP	10 MONDAY 1PM INTERNATIONAL DAY OF THE WORLD'S INDIGENEOUS PEOPLES
11 TUESDAY SHRIMP TACOS W/ CHEESE CILANTRO LIME RICE BLACK BEANS, CORN & PEPPERS (COMM BEANS) TORTILLA WRAP ORANGE	12 WEDNESDAY CHEESEBURGER SWEET POTATO TATER TOTS GREEN BEANS & RED PEPPERS WHEAT HAMBURGER BUN POUND CAKE W/ BLUEBERRIES KETCHUP	13 THURSDAY DOMINICAN STYLE CHICKEN YUCCA MIXED VEGETABLES DINNER ROLL MANDARIN FRUIT CUP
14 FRIDAY SAUSAGE W/ ABRUZZI SAUCE BOWTIE PASTA TUSCAN VEGETABLE BLEND WHEAT ROLL OATMEAL COOKIE	17 MONDAY MEATLOAF W/ GRAVY GARLIC MASHED POTATOES GREEN BEANS & RED PEPPERS WHOLE GRAIN CORNBREAD VANILLA PUDDING	18 TUESDAY CHICKEN CARBONARA W/ HAM (COMM STRIPS/HAM) WHOLE GRAIN PASTA BROCCOLI DINNER ROLL PEARS
19 WEDNESDAY PORK W/ MUSTARD WINE SAUCE BUTTERNUT SQUASH GREEN PEAS WHEAT ROLL BANANA	20 THURSDAY CURRIED BEEF CILANTRO LIME RICE BEETS & GREENS CORNBREAD LOAF CHOCOLATE CHIP COOKIE	21 FRIDAY PASTEL DE TUNA RICE AND BEANS CARROTS WHEAT BREAD MANDARIN FRUIT CUP
24 MONDAY FRENCH ONION CHICKEN MASHED POTATOES GREEN PEAS DINNER ROLL CHOCOLATE PUDDING	25 TUESDAY ARROZ CON CAMARONES (SHRIMP) YELLOW RICE CALIFORNIA BLEND VEGETABLES DINNER ROLL ORANGE	26 WEDNESDAY WOMEN'S EQUALITY DAY CELEBRATION 
27 THURSDAY TURKEY, CHEESE & HAM EGG CASSROLE (DICED HAM) ROASTED POTATOES BROCCOLI SNACK LOAF BANANA	28 FRIDAY HAITIAN STEWED CHICKEN DRUMSTICK YUCCA MIXED ROOT VEGETABLES WHEAT BREAD APPLESAUCE (COMM)	31 MONDAY BEEF TERIYAKI BOWL W/ SCALLIONS (GROUND BEEF) LO MEIN NOODLES CORN W/ PEPPERS WHEAT ROLL PEACH CUP