

TUESDAY 11/3

10AM: Comedy Class

11AM: Chair Yoga

12PM: Art Therapy

THURSDAY 11/5

10AM: Stretching & Exercise

11AM: Bollywood Dance

12PM: Senior Sound Bath

TUESDAY 11/10

10AM: Comedy Class

11AM: Chair Yoga

12PM: Art Therapy

THURSDAY 11/12

10AM: Stretching & Exercise

11AM: Bollywood Dance

12PM: Senior Sound Bath

TUESDAY 11/17

10AM: Stretching & Exercise

11AM: Chair Yoga

12PM: Art Therapy

THURSDAY 11/19

10AM: Stretching & Exercise

11AM: Dance

12PM: Senior Sound Bath

FRIDAY 11/20

Medicare Open Enrollment Clinic

10:30AM - 3:30 PM

TUESDAY 11/24

10AM: Stretching & Exercise

11AM: Chair Yoga

12PM: Art Therapy

THURSDAY 11/26

Thanksgiving Day

NO PROGRAMMING

SPONTANEOUS CELEBRATIONS

November 2026 Schedule

45 Danforth St, Jamaica Plain | 617-821-2357

CITY of BOSTON

AGE+ | Age Strong Commission