

EAST BOSTON SENIOR CENTER

CENTRO PARA PERSONAS MAYORES

7 Bayswater Street, East Boston, MA 02128

617-961-3131 ebseniorcenter@boston.gov

Monday-Friday / Lunes-Viernes 8:30am-4:30pm



Michelle Wu, Mayor / Alcaldesa

Emily Shea, Commissioner / Comisionada

Melissa Carlson, Deputy Commissioner / Comisionada Adjunta

Luz Leal, Assistant Director / Asistente de Dirección

AUGUST / AGOSTO
2023

CITY of BOSTON

AGE+
—

Age Strong Commission

AUGUST 2023

MONDAY



TUESDAY

OUR SERVICES & PROGRAMS

- Art Classes
- Bingo
- Collaborative Programs
- Educational Workshops
- Fitness Classes
- Group Games
- Information & Referral
- Recreational Activities
- Taxi Coupons
- Volunteer Opportunities
- Wellness Programs

7

10:00AM Spanish Class
11:00AM Yoga
12:00PM Tai-Chi
1:00PM Ballroom Dancing
2:00PM Line Dancing

14

10:00AM Spanish Class
11:00AM Yoga
12:00PM Tai - Chi
1:00PM Ballroom Dancing

21

10:00AM Spanish Class
11:00AM Yoga
11:00AM Mental Health Clinic
12:00PM Tai-Chi
1:00PM Ballroom Dancing
2:00PM Line Dancing

28

10:00AM Spanish Class
11:00AM Yoga
12:00PM Tai - Chi
1:00PM Ballroom Dancing
2:00PM Book Club

1

10:00AM Exercise
1:00PM Exercise
1:30PM Watercolor Class

8

10:00AM Exercise
1:00PM Exercise
1:30PM Watercolor Class

15

10:00AM Exercise
1:00PM Exercise
1:30PM Watercolor Class

22

10:00AM Exercise
1:00PM Exercise
1:30PM Watercolor Class

29

10:00AM Exercise
1:00PM Exercise
1:30PM Watercolor Class

WEDNESDAY

2

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
12:00PM Be Ready Disaster
Presentation RED CROSS
1:00PM Yoga Mat Class
2:00PM Karaoke

9

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
1:00PM Yoga Mat Class

16

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
11:00AM Energy Savings
Presentation
1:00PM Yoga Mat Class
2:00PM Karaoke

23

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
1:00PM Yoga Mat Class

30

9:00AM Zumba
10:00AM Singing Class
11:00AM Tai-Chi
1:00PM Yoga Mat Class

THURSDAY

3

10:00AM Exercise
10:00AM Age Strong
Advocate Hours
11:00AM English Class
12:30PM Drawing Class
1:00PM Exercise
2:00PM Board Games

10

9:00AM Joy Walk
10:00AM Exercise
11:00AM English Class
12:30PM Drawing Class
1:00PM Exercise
2:00PM Tech Cafe

17

10:00AM Exercise
10:00AM Age Strong
Advocate Hours
11:00AM English Class
12:30PM Drawing Class
1:00PM Exercise
2:00PM Board Games

24

9:00AM Joy Walk
10:00AM Exercise
11:00AM English Class
12:30PM Drawing Class
1:00PM Exercise
2:00PM Tech Cafe

31

10:00AM Exercise
11:00AM English Class
12:30PM Drawing Class
1:00PM Exercise
2:00PM Board Games

FRIDAY

4

9:00AM Guitar Lessons
10:00AM Meditation &
Mindfulness
11:00AM Latin Dance
1:00PM Movie: **Sound of
Music**

11

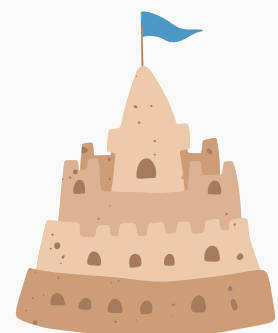
9:00AM Guitar Lessons
10:00AM Meditation &
Mindfulness
11:00AM Latin Dance
1:00PM Movie: **Casablanca**

18

9:00AM Guitar Lessons
10:00AM Meditation &
Mindfulness
11:00AM Latin Dance
1:00PM Movie: **Madea
Homecoming**

25

9:00AM Guitar Lessons
10:00AM Meditation &
Mindfulness
11:00AM Latin Dance
1:00PM Movie: **Mr. Rogers**
1:00PM Self Defense Class



AGOSTO 2023

SERVICIOS & PROGRAMAS

- Clases de Arte
- Bingo
- Actividades en Grupo
- Programas Educativos
- Clases de Ejercicio
- Juegos en Grupo
- Información & Referidos
- Actividades de Recreación
- Cupones para Taxi
- Oportunidad de Voluntarios
- Programas de Asistencia

LUNES



7

10:00AM Clase de Espanol
11:00AM Clase de Yoga
12:00PM Tai-Chi
1:00PM Baile de Salón
2:00PM Baile en Linea

14

10:00AM Clase de Espanol
11:00AM Clase de Yoga
12:00PM Tai-Chi
1:00PM Baile de Salón

21

10:00AM Clase de Espanol
11:00AM Clase de Yoga
11:00AM Clinica de Salud Mental
12:00PM Tai-Chi
1:00PM Baile de Salón
2:00PM Baile en Linea

28

10:00AM Clase de Espanol
11:00AM Clase de Yoga
12:00PM Tai-Chi
1:00PM Baile de Salón

MARTES

1

10:00AM Ejercicio
1:00PM Ejercicio
1:30PM Clase de Pintura

8

10:00AM Ejercicio
1:00PM Ejercicio
1:30PM Clase de Pintura

15

10:00AM Ejercicio
1:00PM Ejercicio
1:30PM Clase de Pintura

22

10:00AM Ejercicio
1:00PM Ejercicio
1:30PM Clase de Pintura

29

10:00AM Ejercicio
1:00PM Ejercicio
1:30PM Clase de Pintura

MIÉRCOLES

2

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
12:00PM Preparacion para Desastres CRUZ ROJA
1:00PM Yoga en Tapete
2:00PM Karaoke

9

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
1:00PM Yoga en Tapete
1:00PM Grupo de Lectura

16

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
11:00AM Presentacion de Como Ahorrar Energia
1:00PM Yoga en Tapete
2:00PM Karaoke

23

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
1:00PM Yoga en Tapete
1:00PM Grupo de Lectura

30

9:00AM Zumba
10:00AM Clase de Canto
11:00AM Tai-Chi
1:00PM Yoga en Tapete

JUEVES

3

10:00AM Representante de Age Strong
10:00AM Ejercicio
11:00AM Clase de Inglés
12:30PM Clase de Dibujo
1:00PM Ejercicio

10

9:00AM Caminata
10:00AM Ejercicio
11:00AM Clase de Inglés
12:30PM Clase de Dibujo
1:00PM Ejercicio
2:00PM Asistencia Tecnica

17

10:00AM Ejercicio
10:00AM Representante de Age Strong
11:00AM Clase de Inglés
1:00PM Ejercicio
12:30PM Clase de Dibujo
2:00pm Juegos de Mesa

24

9:00AM Caminata
10:00AM Ejercicio
11:00AM Clase de Inglés
12:30PM Clase de Dibujo
1:00PM Ejercicio
2:00PM Asistencia Tecnica

31

10:00AM Ejercicio
11:00AM Clase de Inglés
12:30PM Clase de Dibujo
1:00PM Ejercicio
2:00pm Juegos de Mesa

VIERNES

4

9:00AM Clase de Guitarra
10:00AM Grupo de Conciencia & Meditacion
11:00AM Bailes Latinos
1:00PM Pelicula: **Sound of Music**

11

9:00AM Clase de Guitarra
10:00AM Grupo de Conciencia & Meditacion
11:00AM Bailes Latinos
1:00PM Pelicula: **Casablanca**

18

9:00AM Clase de Guitarra
10:00AM Grupo de Conciencia & Meditacion
11:00AM Bailes Latinos
1:00PM Pelicula: **Madea Homecoming**

25

9:00AM Clase de Guitarra
10:00AM Grupo de Conciencia & Meditacion
11:00AM Bailes Latinos
1:00PM Pelicula: **Mr. Rogers**
1:00PM Clase de Defensa Personal





Stay cool. Spend time in air conditioned spaces.



Make sure a friend or neighbor knows to check on you.



Seek medical care if you start to feel unwell.

DID YOU KNOW?

- A single hot day can lead to health problems, but multiple hot days in a row bring the most risk.
- Older people may not adjust as well as younger people to sudden changes in temperature.
- Chronic medical conditions and some medications can affect the body's ability to control its temperature or sweat properly. Talk to your doctor in advance and seek help early if you feel unwell.
- Mobility issues may be worsened by hot weather, which can make it more difficult to travel to cooling centers when it's hot. Please plan ahead.
- Those who live alone are at heightened risk. Consider asking a friend or neighbor to check on you.

RESOURCES

1

Stay cool. Find public cooling centers, public pools, parks, beaches, and Boston Public Libraries.

2

Meals on Wheels & Home Health Aides can visit on hot days.

3

You may be able to get a ride with MBTA The RIDE or Senior Shuttle. Call 3-1-1 to see if you qualify.

**For more information on these resources,
call 3-1-1 or visit boston.gov/heat**



Manténgase fresco. Pase tiempo en espacios con aire acondicionado.



Asegúrese de que un amigo o un vecino vean cómo se encuentra.



Busque atención médica si empieza a sentirse mal.

¿SABÍA QUE...?

- Un solo día caliente puede conllevar a problemas de salud, pero varios días seguidos de calor confieren un mayor riesgo.
- Es posible que los adultos mayores no se adapten tan bien como los jóvenes a los cambios repentinos de temperatura.
- Las afecciones médicas crónicas y algunos medicamentos pueden afectar la capacidad del cuerpo para controlar su temperatura o transpirar correctamente. Hable con su médico con anticipación y busque ayuda tan pronto como empiece a sentirse mal.
- Los problemas de movilidad pueden empeorar frente a las altas temperaturas, lo que puede dificultar el desplazamiento a los centros de reparo contra el calor si el día es caluroso. Tome recaudos con anticipación.
- El riesgo es mayor para las personas que viven por su cuenta. Considere la posibilidad de pedirle a un vecino o amigo que vea cómo se encuentra.

RECURSOS

1

Manténgase fresco.

Visite los centros públicos de refrescamiento, las piscinas públicas, los parques, las playas y las Bibliotecas Públicas de Boston.

2

Meals on Wheels (comidas a domicilio) y los asistentes de cuidado en el hogar pueden visitarlo en los días calurosos.

3

Puede que consiga transporte con The Ride, o el transporte para adultos mayores, de MBTA.

Para obtener más información sobre estos recursos, llame al 3-1-1 o visite el sitio web boston.gov/heat.

City of Boston Farmers Markets & Farmstands 2023

ENGLISH

Back Bay

**Copley Square
Farmers Market**
227 Dartmouth St, 02116
5/12 - 11/21
Tuesday & Friday
11am-6pm

Brighton

**Brighton Farmers
Market**
30 Chestnut Hill Ave,
02135
6/14 - 10/25
Wednesday
2pm-6:30pm

Charlestown

**Charlestown
Farmers Market**
Main and Austin St,
02129
6/28 - 10/25
Wednesday
2pm-6pm

Chinatown

**Chinatown
Farmers Market**
Chin's Park @ Rose
Kennedy Greenway,
02111
7/8 - 10/14
Saturday
9am-2pm

Dorchester

**Ashmont
Farmers Market**
1900 Dorchester Ave,
02124
7/15 - 10/27
Friday
3pm-7pm

**Codman Square
Farmers Market**
360 Talbot Ave,
02124
7/15 - 10/14
Saturday
11am-2pm

**DotHouse
Farmers Market**
1353 Dorchester Ave,
02122
7/11 - 10/10
Tuesday
11:30am-1:30pm

**Fields Corner
Farmstand**
Dorchester Ave & Park
St, Shopping Center
Parking Lot, 02122
7/15 - 10/28
Saturday 9am-12pm

**Revision Urban
Farmstand**
38 Fabyan St, 02120
6/22 - 10/26
Thursday
3pm-6pm

East Boston

**East Boston
Farmers Market**
200 Border St, 02128
7/12 - 10/18
Wednesday
3pm-6:30pm

Hyde Park

**We Grow
Microgreens
Farmstand**
21 Norton St, 02136
5/18 - 11/16
Thursday
2:30pm-6:30pm

Jamaica Plain

**Egleston Farmers
Market**
179 Amory St, 02130
7/1 - 10/28
Saturday
10am-2pm

**JP Centre St
Farmers Market**
677 Centre St, Bank of
America Parking Lot, 02130
6/17 - 11/18
Tue 12-5pm, Sat 12-3pm

Mattapan

**Fowler Clark
Epstein
Farmstand**
487 Norfolk St, 02126
6/30 - 11/17
Friday
1pm-5pm

**Mattapan Square
Farmers Market**
882 Cummins Hwy, 02126
7/8 - 10/29
Saturday
10am-1pm

Mission Hill

**Mission Hill
Farmers Market**
725 Huntington Ave,
02120
6/8 - 12/14
Thursday
11am-6pm

Roslindale

**Roslindale
Farmers Market**
4225 Washington St,
02131
6/3 - 11/18
Saturday 9am-1:30pm

Roxbury

**Nubian Square
Farmers Market**
149 Dudley St,
02119
7/15 - 10/21
Saturday 11am-3pm

**Dudley Town
Commons
Farmers Market**
427 Dudley St, 02119
6/15 - 10/26
Thursday
2:30pm-6:15pm

**Roxbury Crossing
Farmers Market**
Roxbury Crossing T
Station
1420 Tremont St 02120
6/6 - 12/15
Tuesday & Friday
11am-6pm

South Boston

**South Boston
Farmers Market**
446 W Broadway, 02127
6/5 - 10/30
Monday 10am-5pm

Downtown

**BPM at Dewey
Square on the
Greenway**
600 Atlantic Ave,
02210
6/6 - 11/21
Tuesday 11am-4pm

South End

**SoWa Open
Market**
**Does not accept OFJ coupons*
500 Harrison Ave, 02118
5/7 - 10/29
Sunday 11am-4pm



DID YOU KNOW? ¿SABIAS QUE?

If you're a Boston resident age 60+, you can meet with your Age Strong advocate to see if you're eligible for various benefits, services & savings. Call the Age Strong Commission at 617-635-4366 to connect with your advocate!

Si usted es un residente de Boston de 60 años en adelante, puede reunirse con su representante de Age Strong para saber si es elegible para varios Programas de beneficios, servicios y ahorros. ¡Llame a la Comisión de Age Strong al 617-635-4366 para conectarse con su representante!



Francisco J. Rosa
Abogado



Lesiones Personales - Inmigración
Bienes Raices - Ley de Familia
Solo por cita - (978) 458-0934
fr@rosataing.com
385 Broadway, #305, Revere, MA 02151



How do I stay independent and healthy?
Neighborhood PACE!



EAST BOSTON NEIGHBORHOOD HEALTH CENTER
Neighborhood PACE *A Medicare & Medicaid Program*

617-568-4455 • www.neighborhoodpace.org



ADVOCATE HEALTHCARE OF EAST BOSTON



LONG TERM CARE & REHABILITATION
Call us today 617-569-2100
111 ORIENT AVENUE, BOSTON, MA 02128

Magrath
FUNERAL HOME

336 Chelsea Street, East Boston
617-567-0910
www.MagrathFuneralHome.com



Where You Are Our First Priority!

We're here & ready to meet all of your banking needs!

Savings & Checking Accounts, Mortgage Loans, Home Equity Lines of Credit, Home Equity & Automobile Loans & More

100 Swift Street, East Boston • 25 Dorchester Avenue, Boston
617.482.4787 • firstprioritycu.com

Must open and maintain a \$5.00 Share Account. Funds are federally insured by NCUA. All deposits in excess of federal limits are fully insured by Massachusetts Share Insurance Corporation (MSIC). Equal Opportunity Lender.



We love people who care for people!

Join our Elara family as a Caregiver.
Apply today at Elara.com/jobs.




Text **ECJOBS** to 2500
Scan to Apply

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with





ipicommunities.com/adcreator

MERCADOS DE AGRICULTORES 2023

Boston

Spanish

Back Bay

Copley Square Farmers Market

227 Dartmouth St, 02116
5/12 - 11/21
Martes & Viernes
11am-6pm

Brighton

Brighton Farmers Market

30 Chestnut Hill Ave,
02135
6/14 - 10/25
Miércoles
2pm-6:30pm

Charlestown

Charlestown Farmers Market

Main and Austin St,
02129
6/28 - 10/25
Miércoles
2pm-6pm

Chinatown

Chinatown Farmers Market

Chin's Park @ Rose
Kennedy Greenway,
02111
7/8 - 10/14
Sábado
9am-2pm

Dorchester

Ashmont Farmers Market

1900 Dorchester Ave,
02124
7/15 - 10/27
Viernes
3pm-7pm

Codman Square Farmers Market

360 Talbot Ave,
02124
7/15 - 10/14
Sábado
11am-2pm

DotHouse Farmers Market

1353 Dorchester Ave,
02122
7/11 - 10/10
Martes
11:30am-1:30pm

Fields Corner Farmstand

Dorchester Ave & Park
St, Shopping Center
Parking Lot, 02122
7/15 - 10/28
Sábado 9am-12pm

Revision Urban Farmstand

38 Fabyan St, 02120
6/22 - 10/26
Jueves
3pm-6pm

East Boston

East Boston Farmers Market

200 Border St, 02128
7/12 - 10/18
Miércoles
3pm-6:30pm

Hyde Park

We Grow Microgreens Farmstand

21 Norton St, 02136
5/18 - 11/16
Jueves
2:30pm-6:30pm

Jamaica Plain

Egleston Farmers Market

179 Amory St, 02130
7/1 - 10/28
Sábado
10am-2pm

JP Centre St Farmers Market

677 Centre St, Bank of
America Parking Lot, 02130
6/17 - 11/18
Mart 12-5pm, Sáb 12-3pm

Mattapan

Fowler Clark Epstein Farmstand

487 Norfolk St, 02126
6/30 - 11/17
Viernes
1pm-5pm

Mattapan Square Farmers Market

882 Cummins Hwy, 02126
7/8 - 10/29
Sábado
10am-1pm

Mission Hill

Mission Hill Farmers Market

725 Huntington Ave,
02120
6/8 - 12/14
Jueves
11am-6pm

Roslindale

Roslindale Farmers Market

4225 Washington St,
02131
6/3 - 11/18
Sábado 9am-1:30pm

Roxbury

Nubian Square Farmers Market

149 Dudley St,
02119
7/15 - 10/21
Sábado 11am-3pm

Dudley Town Commons Farmers Market

427 Dudley St, 02119
6/15 - 10/26
Jueves
2:30pm-6:15pm

Roxbury Crossing Farmers Market

Roxbury Crossing T
Station
1420 Tremont St 02120
6/6 - 12/15
Martes & Viernes
11am-6pm

South Boston

South Boston Farmers Market

446 W Broadway, 02127
6/5 - 10/30
Lunes 10am-5pm

Downtown

BPM at Dewey Square on the Greenway

600 Atlantic Ave,
02210
6/6 - 11/21
Martes 11am-4pm

South End

SoWa Open Market

500 Harrison Ave, 02118
5/7 - 10/29
Domingo 11am-4pm
*Nota: SoWa no acepta
cupones de la Oficina de
Justicia Alimentaria para
mercados de productores

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Steve Persichetti

spersichetti@lpicommunities.com

(800) 888-4574 x3403



65 Meridian St.
East Boston
617-418-5062

Coffee | Breakfast
Smoothies | Lunch

www.eaglehillcafe.com

SETTIPANE INSURANCE

For all your insurance needs
Since 1969

Auto • Home • Tenants

LOW RATES!!!

Call 781-284-1100

SE HABLA ESPAÑOL
A GIFT FOR NEW CLIENTS
207A Squire Road, Revere, MA



**Foot & Ankle
Associates**



**Dr. Quinn
Charbonneau**

DPM, FACFAS, ABPM



**Dr. Dominick
Garibaldi**

DPM, FACFAS

*Now offering early morning
and late hours.*

Call 617-846-2609

2 Chamberlain Ave., #2
Winthrop, MA

www.dominickgaribaldidpm.com
footanklewinthrop@gmail.com

*Now Offering
Stem Cell Therapy*



**FREE
AD DESIGN**

with purchase
of this space

**CALL
800-477-4574**



**Independent Living
Assisted Living
Memory Care**

The Parc at Harbor View
A Senior Living Community

617-207-3009
www.parcatharborview.com
46 Lincoln Street, Winthrop, 02152



SUPPORT THE ADVERTISERS

that Support our Community!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lp.com

Age Strong Commission East Boston Senior Center

06-5395

**Age Strong Commission
East Boston Senior Center
7 Bayswater St.
East Boston, MA 02128**

 **Ruggiero Family**
MEMORIAL HOME



*The Ruggiero Family is honored to support
the East Boston Senior Center.*

*East Boston Seniors fought tirelessly to see this state of the art facility
come to fruition. We hope all find joy and camaraderie in this facility.*

*La familia Ruggiero se enorgullece en apoyar
al Centro para personas Mayores de East Boston.*

*Este centro finalmente ha visto los frutos de ver terminado su nueva
instalación moderna por la cual ha trabajado incansablemente.*

Nuestros mejores deseos para que disfruten sus instalaciones.

**Joseph L. Ruggiero III, Type 3 Funeral Director ♦ Cathryn Ruggiero, Type 6 Funeral Director
Jacqueline Brangiforte, Type 6 Funeral Director ♦ Mark Tauro, Type 6 Funeral Director
Miguel Vargas, Funeral Assistant**

617.569.0990 ♦ RUGGIEROMH.COM

971 SARATOGA STREET, EAST BOSTON

