



Boston's Age Strong Commission's OCTOBER 2024 "TO-DO"

Free events, classes & programs for Boston's older adults

Welcome to October's monthly "To-Do," a city-wide sampling of free events & programs for Boston's older adults age 60+.

Sign up to have the To-Do emailed directly to your inbox or view it, *Boston Seniority* magazine, and our updates newsletter online at at boston.gov/departments/age-strong-commission/connect-us

See page 14 for more programming from City departments and our partners.

AGE+

City of Boston
Age Strong Commission

Boston City Hall, Room 271
1 City Hall Square, Boston, MA 02201
617-635-4366 agestrong@boston.gov
boston.gov/age-strong



@AgeStrongBos

BLACK TEXT

**Age Strong Virtual Events Link:
bit.ly/ZoomAgeStrongVirtual
*Program in both English/Spanish

BLUE TEXT

Jamaica Plain - Roslindale -
West Roxbury

GREEN TEXT

Dorchester - Mission Hill -
Roxbury - South Boston/Seaport

ORANGE TEXT

Hyde Park - Mattapan

PINK TEXT

Charlestown - East Boston

PURPLE TEXT

Allston/Brighton - Fenway -
Kenmore

RED TEXT

Chinatown - Downtown - Back Bay
North End - South End - West End

TUESDAY, OCT. 1

10:30am-12pm

ESOL Conversation Group - In Person

BPL Honan-Allston
300 N Harvard St., Allston
617-787-6313
Click [here](#) for more information.
This event repeats weekly.

10:30am-12:30pm

Senior Quilting - In Person

BPL Codman Square
690 Washington St., Dorchester
617-436-8214
Click [here](#) for more information.
This event repeats weekly.

11:30am-12:30pm

Latin Dance - Virtual**

617-635-4366
Click [here](#) to register.
This event repeats weekly.

1-2pm

Open Tech Help - In Person

BPL Chinatown
2 Boylston St., Chinatown
617-807-8176
Click [here](#) to register.

4-5pm

French Conversation Group - In Person

BPL Parker Hill
1497 Tremont St., Roxbury
617-427-3820
Click [here](#) for more information.

WEDNESDAY, OCT. 2

10am-12pm

Knitting Club - In Person

BCYF Roslindale
6 Cummins Hwy., Roslindale
617-635-5185
Click [here](#) to register.

11:30am-12:30pm

Line Dancing - In Person

BCYF Vine Street
339 Dudley St., Roxbury
617-635-1285
Click [here](#) for more information.
This event repeats weekly.

2:30-5pm

Knit Group - In Person

BPL West Roxbury
1961 Centre St., West Roxbury
617-325-3147
Click [here](#) for more information.

2:30-4pm

Gmail 101 - In Person

BPL Central
700 Boylston St., Back Bay
617-536-5400
Click [here](#) to register.

3-4:30pm

Tech Support - In Person

BPL Hyde Park
35 Harvard Ave., Hyde Park
617-361-2524
Click [here](#) to register.
This event repeats weekly.

THURSDAY, OCT. 3

10-11am

Chair Yoga - In Person

BCYF Nazzaro
30 N Bennet St., North End
617-635-5166
Click [here](#) for more information.
This event repeats weekly.

10am-12pm

Senior Men's Basketball - In Person

BCYF Roslindale
6 Cummins Hwy., Roslindale
617-635-5185
Click [here](#) to register.
This event repeats weekly.

12-2pm

Computer Workshop - In Person

BPL Fields Corner
1520 Dorchester Ave., Dorchester
617-436-2155
Click [here](#) for more information.
This event repeats weekly.

3-4pm

Tech Help - In Person

BPL Connolly
433 Centre St., Jamaica Plain
617-522-1960
Click [here](#) to register.
This event repeats weekly.

3-5pm

Senior Sewing - In Person

BPL Mattapan
1350 Blue Hill Ave., Mattapan
617-298-9218
Click [here](#) to register.
This event repeats weekly.

FRIDAY, OCT. 4

10-11am

Senior Walking - In Person

BCYF Shelburne
2730 Washington St., Roxbury
617-635-5213
Click [here](#) to register.
This event repeats weekly.

11am-12pm

Gentle Yoga - In Person

BPL West End
151 Cambridge St., West End
617-523-3957
Click [here](#) to register.
This event repeats weekly.

11am

Latin Dance - In Person

East Boston Senior Center
7 Bayswater St., East Boston
617-961-3131
Click [here](#) for more information.
This event repeats weekly.

12-1pm

Chair Yoga - Virtual

617-635-4505
Click [here](#) to register.
This event repeats weekly.

1-2pm

Senior Fitness- In Person

BCYF Curtis Hall
20 South St., Jamaica Plain
617-635-5193
Click [here](#) to register.
This event repeats weekly.

SATURDAY, OCT. 5

9:30-10:30am

Aqua Aerobics - In Person

BCYF Mattahunt
100 Hebron St., Mattapan
617-635-5159

Click [here](#) to register.

This event repeats weekly.

10-11am

Line Dance - In Person

BPL West End
151 Cambridge St., West End
617-523-3957

Click [here](#) to register.

This event repeats weekly.

10am-4pm

Book Sale - In Person

BPL Central
700 Boylston St., Back Bay
617-536-5400

Click [here](#) for more information.

10am-12:30pm

Textiles Untangled - In Person

BPL Hyde Park
35 Harvard Ave., Hyde Park
617-361-2524

Click [here](#) to register.

11:30am-1:30pm

Senior Bingo - In Person

BCYF Tobin
1481 Tremont St., Roxbury
617-635-5216

Click [here](#) for more information.

This event repeats weekly.

SUNDAY, OCT. 6

MONDAY, OCT. 7

9am-2pm

Coffee & More - In Person

BCYF Roche
1716 Centre St., West Roxbury
617-635-5066

Click [here](#) to register.

This event repeats weekly.

9:30-11am

Tech Support - In Person

BCYF Beverly Gibbons
382 Main St., Charlestown
617-635-5175

Click [here](#) for more information.

This event repeats weekly.

11am-12pm

Gentle Yoga - In Person

BPL Charlestown
179 Main St., Charlestown
617-242-1248

Click [here](#) to register.

This event repeats weekly.

12:30-1:30pm

Breathe with Bach - In Person

BPL East Boston
365 Bremen St., East Boston
617-569-0271

Click [here](#) for more information.

2:30-3:30pm

Chess Club - In Person

BPL North End
25 Paramenter St., Boston
617-227-8135

Click [here](#) for more information.

This event repeats weekly.

TUESDAY, OCT. 8

9:30am

Exercise with Jackie - In Person

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton
617-635-6120

Click [here](#) for more information.
This event repeats weekly.

11am-1pm

Tech Appointments- In Person

BPL West End
151 Cambridge St., West End
617-523-3957

Click [here](#) to register.
This event repeats weekly.

1-2pm

Open Tech Help - In Person

BPL Chinatown
2 Boylston St., Chinatown
617-807-8176

Click [here](#) to register.

1pm-2:30pm

Games for Seniors - In Person

BPL Faneuil
419 Faneuil St., Brighton
617-782-6705

Click [here](#) for more information.

3:30-5:30pm

Bike Repair Workshop - In Person

BPL South Boston
646 E Broadway, South Boston
617-268-0180

Click [here](#) for more information.

WEDNESDAY, OCT. 9

10am-12pm

Memory Cafe - In Person

BPL Codman Square
690 Washington St., Dorchester
617-635-3745

Click [here](#) for more information.

10am-12pm

Knitting Club - In Person

BCYF Roslindale
6 Cummins Hwy., Roslindale
617-635-5185

Click [here](#) to register.

11:30am-12:30pm

Yoga & Meditation - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

1:30-3:30pm

American Mahjong - In Person

BPL West End
151 Cambridge St., West End
617-523-3957

Click [here](#) for more information.

3-4:30pm

Tech Support - In Person

BPL Hyde Park
35 Harvard Ave., Hyde Park
617-361-2524

Click [here](#) to register.

THURSDAY, OCT. 10

10-11am

Chair Yoga - In Person

BCYF Nazzaro
30 N Bennet St., North End
617-635-5166

Click [here](#) for more information.

This event repeats weekly.

10am-2pm

Bid Whist & Breakfast - In Person

BCYF Vine Street
339 Dudley St., Roxbury
617-635-1285

Click [here](#) to register.

This event repeats weekly.

1:30-3pm

Puzzles & Jazz - In Person

BPL Mattapan
1350 Blue Hill Ave., Mattapan
617-298-9218

Click [here](#) for more information.

5:30-6:30pm

Latin Fusion Dance - Virtual

617-635-4505

Click [here](#) to register.

This event repeats weekly.

6-7:30pm

Scrabble Club - In Person

BPL Roslindale
4246 Washington St., Roslindale
617-323-2343

Click [here](#) for more information.

FRIDAY, OCT. 11

10am

Mindfulness - In Person

East Boston Senior Center
7 Bayswater St., East Boston
617-961-3131

Click [here](#) for more information.

This event repeats weekly.

10-11am

Senior Walking - In Person

BCYF Shelburne
2730 Washington St., Roxbury
617-635-5213

Click [here](#) to register.

This event repeats weekly.

11:30am-12:30pm

Zumba - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

12-1pm

Health Talk & Lunch - In Person

BCYF Nazzaro
30 N Bennet St., North End
617-635-5166

Click [here](#) for more information.

1-2pm

Senior Fitness- In Person

BCYF Curtis Hall
20 South St., Jamaica Plain
617-635-5193

Click [here](#) to register.

This event repeats weekly.

SATURDAY, OCT. 12

9-10am

Walking Group - In Person

Franklin Park
1 Circuit Dr., Dorchester
617-635-4505
Click [here](#) to register.
This event repeats weekly.

9:30-10:30am

Aqua Aerobics - In Person

BCYF Mattahunt
100 Hebron St., Mattapan
617-635-5159
Click [here](#) to register.
This event repeats weekly.

10-11am

Spanish Conversation Group - In Person*

BPL Connolly
433 Centre St., Jamaica Plain
617-522-1960
Click [here](#) for more information.
This event repeats weekly.

10am-2pm

Tech Help - In Person

BPL Adams Street
690 Adams St., Dorchester
617-436-6900
Click [here](#) to register.
This event repeats weekly.

11am-12pm

Drop-in Knitting - In Person

BPL Faneuil
419 Faneuil St., Brighton
617-782-6705
Click [here](#) for more information.
This event repeats weekly.

SUNDAY, OCT. 13

MONDAY, OCT. 14

Indigenous Peoples' Day

City offices, Boston Public Libraries, and BCYF Community Centers are closed.

TUESDAY, OCT. 15

10-11am

Low Cardio - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1484
Click [here](#) to register.
This event repeats weekly.

10:30am-12:30pm

Senior Quilting - In Person

BPL Codman Square
690 Washington St., Dorchester
617-436-8214
Click [here](#) for more information.
This event repeats weekly.

12:30pm

Tai Chi - In Person

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton
617-635-6120
Click [here](#) for more information.
This event repeats weekly.

6-7pm

Yoga - Virtual

617-635-4505
Click [here](#) to register.
This event repeats weekly.

WEDNESDAY, OCT. 16

10:30am-12pm

Arts & Crafts Workshop - In Person

BCYF Mattahunt

100 Hebron St., Mattapan

617-635-5159

Click [here](#) to register.

This event repeats weekly.

10:30am-3:30pm

Medicare Open Enrollment - In Person

Veronica B. Smith Senior Center

20 Chestnut Hill Ave., Brighton

617-635-6120

Click [here](#) to register.

2:30-5pm

Knit Group - In Person

BPL West Roxbury

1961 Centre St., West Roxbury

617-325-3147

Click [here](#) for more information.

3-4:30pm

Tech Support - In Person

BPL Hyde Park

35 Harvard Ave., Hyde Park

617-361-2524

Click [here](#) to register.

This event repeats weekly.

THURSDAY, OCT. 17

10am-12pm

Senior Men's Basketball - In Person

BCYF Roslindale

6 Cummins Hwy., Roslindale

617-635-5185

Click [here](#) to register.

This event repeats weekly.

11am

Blood Pressure Screening - In Person

East Boston Senior Center

7 Bayswater St., East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

12-2pm

Computer Workshop - In Person

BPL Fields Corner

1520 Dorchester Ave., Dorchester

617-436-2155

Click [here](#) for more information.

This event repeats weekly.

3-5pm

Senior Sewing - In Person

BPL Mattapan

1350 Blue Hill Ave., Mattapan

617-298-9218

Click [here](#) to register.

This event repeats weekly.

FRIDAY, OCT. 18

9:30am

Aqua Aerobics - In Person

East Boston Senior Center

7 Bayswater St., East Boston

617-961-3131

Click [here](#) for more information.

This event repeats weekly.

10-11am

Senior Walking - In Person

BCYF Shelburne

2730 Washington St., Roxbury

617-635-5213

Click [here](#) to register.

This event repeats weekly.

11am-12pm

Gentle Yoga - In Person

BPL West End

151 Cambridge St., West End

617-523-3957

Click [here](#) to register.

This event repeats weekly.

11:30am-12:30pm

Zumba - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

SATURDAY, OCT. 19

9-10am

Walking Group - In Person

Franklin Park

1 Circuit Dr., Dorchester

617-635-4505

Click [here](#) to register.

This event repeats weekly.

10am-2pm

Tech Help - In Person

BPL Adams Street

690 Adams St., Dorchester

617-436-6900

Click [here](#) to register.

This event repeats weekly.

10-11am

Line Dance - In Person

BPL West End

151 Cambridge St., West End

617-523-3957

Click [here](#) to register.

This event repeats weekly.

1:30-2:30pm

Breathe with Bach - In Person

BPL South Boston

646 E Broadway, South Boston

617-268-0180

Click [here](#) for more information.

SUNDAY, OCT. 20

10:30am-5pm

Open Streets Allston - In Person

Harvard Ave. & Brighton Ave.

617-635-4680

Click [here](#) for more information.

MONDAY, OCT. 21

9am-2pm

Coffee & More - In Person

BCYF Roche

1716 Centre St., West Roxbury

617-635-5066

Click [here](#) to register.

This event repeats weekly.

11am-12pm

Gentle Yoga - In Person

BPL Charlestown

179 Main St., Charlestown

617-242-1248

Click [here](#) to register.

This event repeats weekly.

12:30-1:30pm

Breathe with Bach - In Person

BPL East Boston

365 Bremen St., East Boston

617-569-0271

Click [here](#) for more information.

1-2pm

Senior Fitness- In Person

BCYF Curtis Hall
20 South St., Jamaica Plain
617-635-5193
Click [here](#) to register.
This event repeats weekly.

TUESDAY, OCT. 22

10:30am-3:30pm

Medicare Open Enrollment - In Person

East Boston Senior Center
7 Bayswater St., East Boston
617-635-4366
Click [here](#) to register.

11am-1pm

Yarn & Needlework Circle - In Person

BPL Roslindale
4246 Washington St., Roslindale
617-323-2343
Click [here](#) for more information.

1-2pm

Open Tech Help - In Person

BPL Chinatown
2 Boylston St., Chinatown
617-807-8176
Click [here](#) to register.

6:30-7:30pm

Water Fitness - In Person

BCYF Leahy Holloran
1 Worrell St., Dorchester
617-635-5150
Click [here](#) to register.
This event repeats weekly.

WEDNESDAY, OCT. 23

10-11am

Bagua - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1484
Click [here](#) to register.
This event repeats weekly.

10:30am-3:30pm

Medicare Open Enrollment - In Person

Julia Martin House
90 Bickford St., Jamaica Plain
617-635-4366
Click [here](#) to register.

11:30am-12:30pm

Line Dancing - In Person

BCYF Vine Street
339 Dudley St., Roxbury
617-635-1285
Click [here](#) for more information.
This event repeats weekly.

1-2pm

Senior Fitness- In Person

BCYF Curtis Hall
20 South St., Jamaica Plain
617-635-5193
Click [here](#) to register.
This event repeats weekly.

THURSDAY, OCT. 24

10:30am-12:30pm

Senior Quilting - In Person

BPL Codman Square
690 Washington St., Dorchester
617-436-8214

Click [here](#) for more information.
This event repeats weekly.

11am

Qi Gong - In Person

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton
617-635-6120

Click [here](#) for more information.
This event repeats weekly.

3-5pm

Senior Sewing - In Person

BPL Mattapan
1350 Blue Hill Ave., Mattapan
617-298-9218

Click [here](#) to register.
This event repeats weekly.

6:30-8pm

Death Cafe - In Person

BPL Hyde Park
35 Harvard Ave., Hyde Park
617-361-2524

Click [here](#) to register.

FRIDAY, OCT. 25

11:30am-12:30pm

Zumba - Virtual**

617-635-4366
Click [here](#) to register.
This event repeats weekly.

12-1pm

Support Group for Dementia Care Partners - In Person

BCYF Roslindale
6 Cummins Hwy., Roslindale
617-635-3745

Click [here](#) for more information.

12-1pm

Chair Yoga - Virtual

617-635-4505
Click [here](#) to register.
This event repeats weekly.

12pm

Ballroom Dance Class - In Person

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton
617-635-6120

Click [here](#) for more information.
This event repeats weekly.

SATURDAY, OCT. 26

10am-2pm

Tech Help - In Person

BPL Adams Street
690 Adams St., Dorchester
617-436-6900

Click [here](#) to register.
This event repeats weekly.

11am-12pm

Drop-in Knitting - In Person

BPL Faneuil
419 Faneuil St., Brighton
617-782-6705
Click [here](#) for more information.
This event repeats weekly.

11:30am-1:30pm

Senior Bingo - In Person

BCYF Tobin

1481 Tremont St., Roxbury

617-635-5216

Click [here](#) for more information.

This event repeats weekly.

1:30-2:30pm

Breathe with Bach - In Person

BPL South Boston

646 E Broadway, South Boston

617-268-0180

Click [here](#) for more information.

SUNDAY, OCT. 27

MONDAY, OCT. 28

9am-2pm

Coffee & More - In Person

BCYF Roche

1716 Centre St., West Roxbury

617-635-5066

Click [here](#) to register.

This event repeats weekly.

9:30-11am

Tech Support - In Person

BCYF Beverly Gibbons

382 Main St., Charlestown

617-635-5175

Click [here](#) for more information.

This event repeats weekly.

2:30-3:30pm

Chess Club - In Person

BPL North End

25 Paramenter St., Boston

617-227-8135

Click [here](#) for more information.

This event repeats weekly.

3-5pm

Senior Sewing - In Person

BPL Mattapan

1350 Blue Hill Ave., Mattapan

617-298-9218

Click [here](#) to register.

This event repeats weekly.

TUESDAY, OCT. 29

10:30am-12pm

ESOL Conversation Group - In Person

BPL Honan-Allston

300 N Harvard St., Allston

617-787-6313

Click [here](#) for more information.

This event repeats weekly.

10:30am-3:30pm

Medicare Open Enrollment - In Person

Central Boston Elder Services

2315 Washington St., Roxbury

617-635-4366

Click [here](#) to register.

1pm-2:30pm

Games for Seniors - In Person

BPL Faneuil

419 Faneuil St., Brighton

617-782-6705

Click [here](#) for more information.

6:30-7:30pm

Water Fitness - In Person

BCYF Leahy Holloran

1 Worrell St., Dorchester

617-635-5150

Click [here](#) to register.

This event repeats weekly.

WEDNESDAY, OCT. 30

10-11am

Bagua - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1484

Click [here](#) to register.

This event repeats weekly.

11:30am-12:30pm

Yoga & Meditation - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

1pm

Drum Circle - In Person

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton
617-635-6120

Click [here](#) for more information.

This event repeats weekly.

1-2pm

Senior Fitness- In Person

BCYF Curtis Hall
20 South St., Jamaica Plain
617-635-5193

Click [here](#) to register.

This event repeats weekly.

6-7pm

Yoga - Virtual

617-635-4505

Click [here](#) to register.

This event repeats weekly.

THURSDAY, OCT. 31

10-11am

Chair Yoga - In Person

BCYF Nazzaro
30 N Bennet St., North End
617-635-5166

Click [here](#) for more information.

This event repeats weekly.

10am-2pm

Bid Whist & Breakfast - In Person

BCYF Vine Street
339 Dudley St., Roxbury
617-635-1285

Click [here](#) to register.

This event repeats weekly.

10:30am-3:30pm

Medicare Open Enrollment - In Person

BPL Mattapan
1350 Blue Hill Ave., Mattapan
617-635-4366

Click [here](#) to register.

11:30am-12:30pm

Latin Fiesta- Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

5:30-6:30pm

Latin Fusion Dance - Virtual

617-635-4505

Click [here](#) to register.

This event repeats weekly.

Please visit other City departments & our partners for additional activities:

<u>bostonabcd.org/events</u>	617-348-6239
<u>ebsocialcenters.org/active-adults</u>	617-569-3221
<u>ethocare.org/healthy-aging-classes</u>	617-477-6616
<u>bit.ly/EthosSeptember</u>	617-477-6616
<u>fw4elders.org/what-we-do</u>	617-482-1510
<u>gbcgac.org/#services-and-programs</u>	617-357-0226
<u>hearth-home.org/events</u>	617-369-1550
<u>ibaboston.org/events</u>	617-927-1707
<u>kennedycenter.org/event-calendar</u>	617-241-8866
<u>laalianza.org/contact-us</u>	617-427-7175
<u>mabvi.org/services/assistive-technology</u>	888-613-2777
<u>operationpeaceboston.org/eventsnews</u>	617-267-1054
<u>sbnh.org/senior-services</u>	617-268-1619
<u>vietaid.org</u>	617-822-3717
<u>ymcaboston.org/events</u>	617-927-8060
<u>bpl.org/events</u>	617-536-5400
<u>boston.gov/events</u>	3-1-1

AGE+



City of Boston
Age Strong Commission