



Boston's Age Strong Commission's

JANUARY 2025 "TO-DO"

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

Welcome to January'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 13 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

WEDNESDAY, JAN. 1

New Years Day

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

THURSDAY, JAN. 2

10am

Exercise Class - In Person

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

11:30am-12:30pm

Age Strong Zumba - Virtual**

(617) 635-3979
Click [here](#) to register.
This event repeats weekly.

1-2pm

Online ESOL Group - Virtual

(617) 807-8176
Click [here](#) to register.
This event repeats weekly.

5-5:45pm

Gentle Yoga - In Person

BPL Roxbury
149 Dudley Street, Roxbury
(617) 442-6186
Click [here](#) for more information.
This event repeats weekly.

FRIDAY, JAN. 3

9am-5pm

Hygge Kits - In Person

BPL Codman Square
690 Washington St, Dorchester
(617) 436-8214
Click [here](#) to register.
This event repeats daily until Jan. 9

9:15-10:15am

Yoga with Mats - In Person

BCYF Beverly Gibbons
382 Main Street, Charlestown
(617) 635-5175
Click [here](#) for more information.
This event repeats weekly.

10am-11am

Mindfulness Tools - In Person

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

11am-12pm

Book Club Café - In Person

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

11am-12pm

Tai Chi - In Person

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

SATURDAY, JAN. 4

9am-5pm

Hygge Kits - In Person

BPL Codman Square
690 Washington St, Dorchester
(617) 436-8214
Click [here](#) to register.
*This event repeats daily until
Jan. 9*

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.

11am-12:30pm

Crochet Club - In Person

Crochet Club
27 Richmond St, Dorchester
(617) 298-7841
Click [here](#) to register.
This event repeats weekly.

2-3pm

English Conversation Group - In Person

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

SUNDAY, JAN. 5

MONDAY, JAN. 6

10-11am

Gallivan Senior Workout - In Person

BCYF Gallivan
61 Woodruff Way, Mattapan
(617) 635-5252
Click [here](#) for more information.
This Event Repeats Weekly

10am-12pm

Creative Connections Computer Workshop - In Person

BPL Grove Hall
41 Geneva Ave., Dorchester
(617) 217-1392
Click [here](#) for more information
This event repeats weekly.

12-3pm

Book Club- In Person

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

12:30-1:30pm

Mandarin (Putonghua) for Beginners - Virtual

(617) 608-8176
Click [here](#) to register.

1-2pm

Senior Fitness - In Person

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

TUESDAY, JAN. 7

10am-6pm

Hygge Kit Pick Up **- In Person**

BPL North End
25 Parmenter St, North End
(617) 227-8135
Click [here](#) for more information.
This event repeats daily from 1/6-1/13.

11:30-12:30pm

Gibbons Center Low **Impact Aerobics- In Person**

BCYF Beverly Gibbons
382 Main Street, Charlestown
(617) 635-5175
Click [here](#) for more information.
This event repeats weekly.

12-1pm

Explore BPL Online Resources **- Virtual**

(617) 807-8176
Click [here](#) to register.
This event repeats weekly.

1-2pm

Tai Chi for Fall Prevention: **Level 1 - In Person**

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

1-5:15pm

One-on-One Tech Assistance **- In Person**

BPL Mattapan
1350 Blue Hill Ave, Mattapan
(617) 298-9218
Click [here](#) for more information.
This Event Repeats Weekly

WEDNESDAY JAN. 8

10am-12pm

Memory Café - In Person

BPL Codman Square
690 Washington St, Dorchester
(617) 635-3745
Click [here](#) to register.

2-4pm

Knit/Craft Circle - In Person

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

3:30-5:30pm

Crafty Wednesdays - In Person

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

6- 7:30pm

Sip 'n' Stitch - In Person

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

THURSDAY, JAN. 9

1:30-3:30pm

Gentle Yoga- In Person

BPL South End
685 Tremont St, South End
(617) 655-2441
Click [here](#) for more information.
This event repeats weekly.

3:30-5:00pm

ESOL Conversation Group- In Person

Blackstone Community Center
50 West Brookline Street, South End
(617) 635-5162
Click [here](#) for more information.
This event repeats weekly.

5-5:45pm

Gentle Yoga - In Person

BPL Roxbury
149 Dudley Street, Roxbury
(617) 442-6186
Click [here](#) for more information.
This event repeats weekly.

6-7pm

Lantern Reads Book Group: Old Babes in the Wood - In Person

BPL Central
700 Boylston Street, Back Bay
(617) 536-5400
Click [here](#) for more information.

6-7pm

East Boston Book Club - In Person

BPL East Boston
365 Bremen St, East Boston
(617) 569-0271
Click [here](#) for more information.

FRIDAY, JAN. 10

9:15-10:15am

Yoga with Mats - In Person

BCYF Beverly Gibbons
382 Main Street, Charlestown
(617) 635-5175
Click [here](#) for more information.
This event repeats weekly.

11:30am-12:30pm

Age Strong Yoga - Virtual**

(617) 635-3979
Click [here](#) to register.
This event repeats weekly.

11:30am-12:30pm

Curley Arthritis Exercise w. Mary (55+) - In Person

BCYF Curley
1663 Columbia Road, South Boston
617-635-5104
Click [here](#) to register.
This event repeats weekly.

1-2pm

Bridge Club - In Person

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

2-3pm

Adult Coloring - In Person

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

SATURDAY, JAN. 11

10-11am

Mindful Movement - In Person

BPL Parker Hill

1497 Tremont St, Roxbury

(617) 427-3820

Click [here](#) for more information.

This event repeats weekly.

2-4pm

Book Group Speed Date - In Person

BPL Central

700 Boylston Street, Back Bay

(617) 536-5400

Click [here](#) for more information.

2-3pm

English Conversation Group - In Person

BPL Roslindale

4246 Washington St, Roslindale

(617) 323-2343

Click [here](#) for more information.

This event repeats weekly.

SUNDAY, JAN. 12

MONDAY, JAN. 13

9-10am

Chair Yoga- Virtual**

(617) 635-3979

Click [here](#) to register.

This event repeats weekly.

10am-12pm

Creative Connections

Computer Workshop - In Person

BPL Grove Hall

41 Geneva Ave., Dorchester

(617) 217-1392

Click [here](#) for more information

This event repeats weekly.

10:30-11:30am

Zumba - In Person

Veronica B. Smith Senior Center

20 Chestnut Hill Avenue, Brighton

617-635-6120

Click [here](#) for more information.

This event repeats weekly.

12:30-1:30pm

Mandarin (Putonghua) for Beginners - Virtual

(617) 608-8176

Click [here](#) to register.

1-2pm

Senior Fitness - In Person

BCYF Curtis Hall

20 South St., Jamaica Plain

(617) 635-5193

Click [here](#) for more information.

This event repeats weekly.

TUESDAY, JAN. 14

11:30-12:30pm

Gibbons Center Low

Impact Aerobics- In Person

BCYF Beverly Gibbons

382 Main Street, Charlestown

(617) 635-5175

Click [here](#) for more information.

This event repeats weekly.

1-2pm

**Tai Chi for Fall Prevention:
Level 1 - In Person**

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

2:30-3:30pm

Happy Lunar New Year - In Person

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

6:30-7:30pm

**Brighton Women Claim the Vote! -
In Person**

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

WEDNESDAY, JAN. 15

10-11am

Chair Yoga - In Person

BCYF Martin Pino
86 Boardman St., East Boston
617-635-5120
Click [here](#) for more information.

10:15-11:30am

ESOL Conversation Group - In Person

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

2-4pm

Knit/Craft Circle - In Person

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

2-3pm

Dementia Space - In Person

East Boston Senior Center
37 Bayswater Street, East Boston
617-961-3131
Click [here](#) for more information.

3:30-5:30pm

Crafty Wednesdays - In Person

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

THURSDAY, JAN. 16

10am-7pm

Free Tax Prep - In Person

BPL Central
700 Boylston Street, Back Bay
(617) 863-7376
Click [here](#) for more information.

11:30am-12:30pm

Age Strong Zumba - Virtual**

(617) 635-3979
Click [here](#) to register.
This event repeats weekly.

5-5:45pm

Gentle Yoga - In Person

BPL Roxbury
149 Dudley Street, Roxbury
(617) 442-6186
Click [here](#) for more information.
This event repeats weekly.

5-5:45pm

Gentle Yoga- In Person

BPL South End
685 Tremont St, South End
(617) 655-2441
Click [here](#) for more information.
This event repeats weekly.

6:30-7:45pm

Mah Jongg Club - In Person

BPL Roslindale
4246 Washington St, Roslindale
(617) 323-2343
Click [here](#) to register.

FRIDAY, JAN. 17

10-11am

Learn to Knit - In Person

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

11am-12pm

Tai Chi - In Person

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

11:30am-12:30pm

Age Strong Yoga - Virtual**

(617) 635-3979
Click [here](#) to register.
This event repeats weekly.

SATURDAY, JAN. 18

10:30am-12pm

Oral History Workshop - In Person

BPL Jamaica Plain
30 South Street, Jamaica Plain
(617) 524-2053
Click [here](#) for more information

11am-12:30pm

Crochet Club - In Person

BPL Lower Mills
27 Richmond St., Dorchester
(617) 298-7841
Click [here](#) for more information.
This event repeats weekly.

2-3pm

**English Conversation
Group - In Person**

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

SUNDAY, JAN. 19

MONDAY, JAN. 20

Rev. Dr. Martin Luther King Jr. Day

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

TUESDAY, JAN. 21

11:30am-12:30pm

Latin Dance- Virtual**

617-635-4505

Click [here](#) to register.

This event repeats weekly.

1-2pm

Tai Chi for Fall Prevention: Level 1 - In Person

BPL West End

151 Cambridge St., West End

617-523-3957

Click [here](#) to register.

This event repeats weekly

2-3pm

Tai Chi for Fall Prevention: Level 2 - In Person

BPL West End

151 Cambridge St., West End

617-523-3957

Click [here](#) to register.

This event repeats weekly

3-4:30pm

Roslindale Fair Foods

Low Cost Groceries - In Person

BCYF Roslindale Community Center

6 Cummins Hwy, Roslindale

(617) 635-5186

Click [here](#) to register.

This event repeats weekly.

WEDNESDAY, JAN. 22

11-11:50am

Senior Swim - In Person

BCYF Flaherty

160 Florence Street, Roslindale

(617)-635-5181

Click [here](#) to register.

This event repeats weekly.

3:30-5:30pm

Crafty Wednesdays - In Person

BPL Hyde Park

35 Harvard Ave, Hyde Park

(617) 361-2524

Click [here](#) for more information.

This event repeats weekly.

4:30-7:30pm

VITA Free Tax Preparation - In Person

BPL Egleston Square

2044 Columbus Ave, Roxbury

(617) 445-4340

Click [here](#) for more information.

4:30-5:30pm

JP Writers' Corner - In Person

BPL Jamaica Plain

30 South Street, Jamaica Plain

(617) 524-2053

Click [here](#) to register.

THURSDAY, JAN. 23

10-11am

Gallivan Senior Workout - In Person

BCYF Gallivan

61 Woodruff Way, Mattapan

(617) 635-5252

Click [here](#) for more information.

This event repeats weekly

10am-7pm

**VITA Free Tax Preparation
- In Person**

BPL Central
700 Boylston Street, Back Bay
(617) 536-5400
Click [here](#) for more information.

5-5:45pm

Gentle Yoga- In Person

BPL South End
685 Tremont St, South End
(617) 655-2441
Click [here](#) for more information.
This event repeats weekly.

6-7pm

**Jacob Deck in Concert
- In Person**

BPL Charlestown
179 Main St, Charlestown
(617) 242-1248
Click [here](#) for more information.

FRIDAY, JAN. 24

10-11am

Chair Yoga - In Person

BPL North End
25 Parmenter St, North End
(617) 227-8135
Click [here](#) for more information.
This event repeats weekly.

11:30am-1pm

Art Classes - In Person

BCYF Ohrenberger
175 West Boundary Road, West Roxbury
617-635-5183
Click [here](#) to register
This event repeats weekly.

1-2:30pm

Midwinter Tea Party- In Person

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

2-3:30pm

**Friday Films: You Hurt My Feelings
- In Person**

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

SATURDAY, JAN. 25

10am-12pm

**Lunar New Year Celebration
- In Person**

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

10-11:15am

Community Yoga Series - In Person

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

10am-4pm

**VITA Free Drop-Off Tax Preparation
- In Person**

BPL Brighton
40 Academy Hill Rd, Brighton
(617) 782-6032
Click [here](#) for more information.

SUNDAY, JAN. 26

MONDAY, JAN. 27

11am-12pm

Chair Yoga - In Person

BCYF Ohrenberger
175 West Boundary Road, West Roxbury
617-635-5183

Click [here](#) to register

This event repeats weekly.

10:30am-12pm

Age Strong Commission's Memory Café - In Person

BPL Jamaica Plain
30 South Street, Jamaica Plain
(617) 635-3745

Click [here](#) for more information

2:30-3:30pm

Weekly Chess Club for Adults - In Person

BPL North End
25 Parmenter St, North End
(617) 227-8135

Click [here](#) for more information.

This event repeats weekly.

3-5:30pm

Senior Sewing - In Person

BPL Mattapan
1350 Blue Hill Ave, Mattapan
(617) 298-9218

Click [here](#) for more information.

This Event Repeats Weekly

TUESDAY, JAN. 28

10:30-11:30am

Chair Yoga - In Person

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

Click [here](#) to register

This event repeats weekly.

10:30am-12pm

Intro to Microsoft Excel - In Person

BPL Central
700 Boylston Street, Back Bay
(617) 536-5400
Click [here](#) for more information.

11am-1pm

Yarn & Needlework Drop-in Circle - In Person

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

11am-12pm

MGH & MA Alzheimer's: "Healthy Body: Healthy Brain" - In Person

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

WEDNESDAY, JAN. 29

10:30am-12pm

Listen Up! Learn About Music Streaming - In Person

BPL Central
700 Boylston Street, Back Bay
(617) 536-5400
Click [here](#) for more information.

11am-12pm

Gentle Chair Yoga - In Person

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

2:30pm-3:30pm

**Chinese Book Reading Group
- Hybrid Event**

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

THURSDAY, JAN. 30

10am-7pm

VITA Free Tax Preparation - In Person

BPL Central
700 Boylston Street, Back Bay
(617) 536-5400
Click [here](#) for more information.

1-2:30pm

**Hyde Park Book Club: What You Are
Looking for is in the Library by
Michiko Aoyama
- In Person**

BPL Hyde Park
35 Harvard Ave, Hyde Park
(617) 361-2524
Click [here](#) for more information.

5-5:45pm

Gentle Yoga- In Person

BPL South End
685 Tremont St, South End
(617) 655-2441
Click [here](#) for more information.
This event repeats weekly.

7-7:45pm

**Kanopy Klub Klassic Komedy: Some
Like It Hot (1959)**

- Virtual
(617) 523-3957
Click [here](#) to register.

FRIDAY, JAN. 31

11:30am-12:30pm

**Curley Arthritis Exercise
w. Mary (55+) - In Person**

BCYF Curley
1663 Columbia Road, South Boston
617-635-5104
Click [here](#) to register.
This event repeats weekly.

1-2pm

Gentle Yoga - In Person

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

1-2:30pm

**Grupo de Lectura en Español:
Confieso Que He Vivido de Pablo
Neruda- In Person***

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

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

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

AGE+



City of Boston
Age Strong Commission

YOU MAY SAVE MONEY ON YOUR ELECTRIC BILL

Community Choice Electricity provides affordable & renewable energy. Enrollment is automatic for all Eversource Basic Service customers. You can opt-in or out any time.



**CALL 855-402-5868 OR VISIT
BOSTON.GOV/COMMUNITY-CHOICE-
ELECTRICITY
FOR MORE INFORMATION.**