



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

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

Welcome to July'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

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

MONDAY, JULY 1

9-11:30am

Pickleball - In Person

BCYF Roslindale
6 Cummins Hwy., Roslindale
617-635-5185
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](#) for more information.
This event repeats weekly.

11am-12pm

Yoga & Wellness - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1486
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](#) for more information.
This event repeats weekly.

TUESDAY, JULY 2

8-9am

Tai Chi - In Person

Elliot Norton Park
295 Tremont St., Chinatown
617-635-4505
Click [here](#) to register.
This event repeats weekly.

11am-1pm

Yarn and Needlework - In Person

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

11:30am-1pm

Line Dance - In Person

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

11:30am-12:30pm

Latin Dance - Virtual**

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

3:30-5:30pm

Free Bike Repair - In Person

BPL East Boston
365 Bremen St., East Boston
617-635-4680
Click [here](#) for more information.

WEDNESDAY, JULY 3

11:30am-12:30pm

Yoga & Meditation - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

12:30-3pm

Bingo - In Person

BCYF Beverly Gibbons

382 Main St., Charlestown

617-635-5175

Click [here](#) to register.

This event repeats weekly.

3:30-5:30pm

Free Bike Repair - In Person

BPL Mattapan

1350 Blue Hill Ave., Mattapan

617-298-9218

Click [here](#) for more information.

6-7pm

Salsa Dance - In Person

O'Day Playground

70 W Newton St., South End

617-635-4505

Click [here](#) to register.

This event repeats weekly.

6-7pm

Yoga - In Person

Medal of Honor Park

775 E 1st St., South Boston

617-635-4505

Click [here](#) to register.

This event repeats weekly.

THURSDAY, JULY 4

Independence Day

City offices, Boston Public

Libraries, and BCYF Community

Centers are closed.

FRIDAY, JULY 5

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.

10:30am-12pm

Coffee Hour - In Person

BCYF Hyde Park

1179 River St., Hyde Park

617-635-5178

Click [here](#) to register.

11:30am-12:30pm

Zumba - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

12:30-1:30pm

Courtyard Concert - In Person

BPL Central

700 Boylston St., Back Bay

617-536-5400

Click [here](#) for more information.

SATURDAY, JULY 6

8-9am

Walking Group - In Person

Franklin Park
1 Franklin Park Rd., Dorchester
617-635-4505
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.

10-11am

Zumba - Virtual

617-635-4505
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.

1-4pm

Military Band Concert - In Person

Christopher Columbus Park
110 Atlantic Ave., North End
617-635-3027
Click [here](#) for more information.

SUNDAY, JULY 7

MONDAY, JULY 8

11am

Chair Yoga - In Person

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

11am

Guitar 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.

3:30-5:30pm

English Class - In Person

BPL Fields Corner
1520 Dorchester Ave., Dorchester
617-288-8515
Click [here](#) to register.
This event repeats weekly.

5-6pm

Afrobeats Dance - Virtual

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

7-9pm

Neighborhood Concert - In Person

McConnell Park
30 Denny St., Dorchester
617-635-4505
Click [here](#) for more information.

TUESDAY, JULY 9

10:30am-12pm

Gmail 101 - In Person

BPL Central
700 Boylston St., Back Bay
617-859-2323
Click [here](#) to register.

11am-12pm

Tai Chi - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-5178
Click [here](#) to register.
This event repeats weekly.

1-3pm

Senior Fitness - In Person

BPL Jamaica Plain
30 South St., Jamaica Plain
617-524-2053
Click [here](#) to register.
This event repeats weekly.

2-3pm

Adult Craft Time - In Person

BPL North End
25 Paramenter St., Boston
617-227-8135
Click [here](#) for more information.

3:30-5:30pm

Free Bike Repair - In Person

BPL South Boston
646 E Broadway, South Boston
617-635-4680
Click [here](#) for more information.

WEDNESDAY, JULY 10

10am-12pm

Memory Cafe - In Person

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

1:30-3:30pm

American Mahjong - In Person

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

3:30-5:30pm

Free Bike Repair - In Person

BCYF Blackstone
50 W Brookline St., South End
617-635-4680
Click [here](#) for more information.

6-7:30pm

Sip 'n' Stitch - In Person

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

7-9pm

Neighborhood Concert - In Person

Blackstone Square
1530 Washington St., South End
617-635-4505
Click [here](#) for more information.

THURSDAY, JULY 11

10am-2pm

Breakfast & Bid Whist - In Person

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

Click [here](#) to register.

This event repeats weekly.

10-11am

Chair Yoga - In Person

Symphony Park
39 Edgerly Rd., Fenway
617-635-4505

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.

6-7:30pm

Scrabble Club - In Person

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

Click [here](#) to register.

6:30-8:30pm

Line Dancing - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-5178

Click [here](#) to register.

This event repeats weekly.

FRIDAY, JULY 12

10am

Knitting - In Person

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

Click [here](#) for more information.

This event repeats weekly.

11am-12pm

Tai Chi - Virtual

617-635-3979

Click [here](#) to register.

This event repeats weekly.

12pm

Ballroom Dance - In Person

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

Click [here](#) for more information.

This event repeats weekly.

12:30-1:30pm

Courtyard Concert - In Person

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

Click [here](#) for more information.

12:30-3pm

Bingo - In Person

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

Click [here](#) to register.

This event repeats weekly.

SATURDAY, JULY 13

8-9am

Walking Group - In Person

Franklin Park
1 Franklin Park Rd., Dorchester
617-635-4505
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.

10-11am

Zumba - Virtual

617-635-4505
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.

1-2pm

Harvesting Culture & Community - In Person

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

SUNDAY, JULY 14

MONDAY, JULY 15

11am-12pm

Tech Help By Appointment - In Person

BPL Brighton
40 Academy Hill Rd., Brighton
617-782-6032
Click [here](#) to register.
This event repeats weekly.

11am-12pm

Yoga & Wellness - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1486
Click [here](#) for more information.
This event repeats weekly.

5-6:30pm

Knitting & Conversation - In Person

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

6-7pm

Strength & Conditioning - In Person

Fallon Field
22 Walworth St., Roslindale
617-635-4505
Click [here](#) to register.
This event repeats weekly.

7-9pm

Neighborhood Concert - In Person

Billings Field
369 Lagrange St., West Roxbury
617-635-4505
Click [here](#) for more information.

TUESDAY, JULY 16

8-9am

Tai Chi - In Person

Elliot Norton Park
295 Tremont St., Chinatown
617-635-4505

Click [here](#) to register.

This event repeats weekly.

11am-1pm

Yarn and Needlework - In Person

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

Click [here](#) to register.

This event repeats weekly.

12:30pm

Knit Group - In Person

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

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.

WEDNESDAY, JULY 17

11am-12pm

Tai Chi - In Person

BPL Jamaica Plain
30 South St., Jamaica Plain
617-524-2053

Click [here](#) to register.

This event repeats weekly.

12-2pm

ADA Day - In Person

City Hall Plaza
1 City Hall Sq., Boston
617-635-3682

Click [here](#) for more information.

12pm

Yoga - In Person

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

Click [here](#) for more information.

This event repeats weekly.

2-3:30pm

Cribbage Club - In Person

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

Click [here](#) for more information.

THURSDAY, JULY 18

10am-12pm

Help Us Reimagine Aging - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-5178

Click [here](#) to register.

10-11am

Chair Yoga - In Person

Symphony Park
39 Edgerly Rd., Fenway
617-635-4505

Click [here](#) to register.

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.

FRIDAY, JULY 19

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.

10:30am-12pm

Coffee Hour - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-5178

Click [here](#) to register.

11am-12pm

Tai Chi - Virtual

617-635-3979

Click [here](#) to register.

This event repeats weekly.

12:30-3pm

Bingo - In Person

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

Click [here](#) to register.

This event repeats weekly.

SATURDAY, JULY 20

8-9am

Walking Group - In Person

Franklin Park
1 Franklin Park Rd., Dorchester
617-635-4505

Click [here](#) to register.

This event repeats weekly.

9:30am-3pm

Book Sale - In Person

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

Click [here](#) for more information.

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.

2:30-4:30pm

Book Swap - In Person

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

Click [here](#) for more information.

SUNDAY, JULY 21

MONDAY, JULY 22

11am-12pm

Tech Help By Appointment - In Person

BPL Brighton
40 Academy Hill Rd., Brighton
617-782-6032
Click [here](#) to register.
This event repeats weekly.

11am-12pm

Yoga & Wellness - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1486
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, JULY 23

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.

6-7pm

Gentle Yoga - In Person

BPL Central
700 Boylston St., Back Bay
617-859-2129
Click [here](#) to register.

6-7pm

Zumba - In Person

Mozart Street Playground
10 Mozart St., Jamaica Plain
617-635-4505
Click [here](#) to register.
This event repeats weekly.

WEDNESDAY, JULY 24

9-11:30am

Pickleball - In Person

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

11:30am-12:30pm

Cognitive Care - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1486
Click [here](#) for more information.
This event repeats weekly.

3:30-5:30pm

English Class - In Person

BPL Fields Corner
1520 Dorchester Ave., Dorchester
617-288-8515

Click [here](#) to register.

This event repeats weekly.

6-7pm

Salsa Dance - In Person

O'Day Playground
70 W Newton St., South End
617-635-4505

Click [here](#) to register.

This event repeats weekly.

THURSDAY, JULY 25

12-1pm

Tea Time - In Person

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

Click [here](#) for more information.

1-3pm

Senior Fitness - In Person

BPL Jamaica Plain
30 South St., Jamaica Plain
617-524-2053

Click [here](#) to register.

This event repeats weekly.

6-7:30pm

Karaoke Night - In Person

BPL Brighton
40 Academy Hill Rd., Brighton
617-787-6313

Click [here](#) for more information.

6:30-8:30pm

Line Dancing - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-5178

Click [here](#) to register.

This event repeats weekly.

FRIDAY, JULY 26

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.

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.

12:30-3pm

Bingo - In Person

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

Click [here](#) to register.

This event repeats weekly.

SATURDAY, JULY 27

8-9am

Walking Group - In Person

Franklin Park
1 Franklin Park Rd., Dorchester
617-635-4505

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.

10-11am

Zumba - Virtual

617-635-4505

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, JULY 28

MONDAY, JULY 29

10:30am-12pm

Memory Cafe - In Person

BPL Jamaica Plain
30 South St., Jamaica Plain
617-635-3745

Click [here](#) for more information.

3-5pm

Senior Sewing - In Person

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

Click [here](#) to register.

This event repeats weekly.

6-7pm

Adult Craft Night - In Person

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

Click [here](#) for more information.

7-9pm

Neighborhood Concert - In Person

Fallon Field
910 South St., Roslindale
617-635-4505

Click [here](#) for more information.

7-8pm

Kick-it - In Person

Brighton Common
30 Chestnut Hill Ave., Brighton
617-635-4505

Click [here](#) to register.

This event repeats weekly.

TUESDAY, JULY 30

10:30am

Cognition Corner- In Person

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

Click [here](#) for more information.

1pm

Watercolor Class - In Person

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

Click [here](#) for more information.

This event repeats weekly.

11am-12pm

Tai Chi - In Person

BCYF Hyde Park
1179 River St., Hyde Park
617-635-5178

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.

6-7pm

Zumba - In Person

Mozart Street Playground
10 Mozart St., Jamaica Plain
617-635-4505

Click [here](#) to register.

This event repeats weekly.

WEDNESDAY, JULY 31

11:30am-12:30pm

Cognitive Care - In Person

BCYF Grove Hall
51 Geneva Ave., Dorchester
617-635-1486

Click [here](#) for more information.

This event repeats weekly.

11:30am-12:30pm

Yoga & Meditation - Virtual**

617-635-4366

Click [here](#) to register.

This event repeats weekly.

12:30-3pm

Bingo - In Person

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

Click [here](#) to register.

This event repeats weekly.

1-3pm

Sing Along - In Person

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

Click [here](#) to register.

This event repeats weekly.

6-7pm

Yoga - In Person

Medal of Honor Park
775 E 1st St., South Boston
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/EthosFebruary</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