

# Boston ElderINFO

## Socialization Resources – Suffolk County

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***For Information and Referrals** in Boston call Boston ElderINFO at 617-292-6211 TTY 617-451-6404  
**For Information and Referrals** outside of Boston call 1-800-AGE-INFO (800-243-4636)  
TTY 800-872-0166*

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## Introduction to Socialization Resources

This booklet includes various locations that will give seniors the opportunity to participate in social activities to benefit their mental, emotional and physical well-being and overall health. Socialization has been proven to enhance the lives of the elderly and can extend their lives by years.

Activities can be found by town and includes a wide array of options such as arts and crafts, bingo, card games, congregate meals sites, day trips, dancing, dominos, exercise classes, water aerobics and more. For a complete list of adult day health programs, please read our Suffolk County Adult Day Health Resource booklet.

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## BOSTON

### Anna B. Bissonnette House

<b>Address</b>	1640 Washington Street Boston, MA 02118
<b>Phone</b>	617-450-0330
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	The Anna Bissonnette House offers congregate meals Monday, Tuesday, Thursday and Friday from 10am-1pm.

### Beacon Hill Village

<b>Address</b>	74 Joy Street Boston, MA 02114
<b>Phone</b>	617-723-9713
<b>Web/Email</b>	info@beaconhillvillage.org
<b>Languages:</b>	English
<b>Services:</b>	Beacon Hill Village is a member-driven organization for Boston residents 50 years and older that provides programs and services so members can lead vibrant, active and healthy lives, while living in their own homes and neighborhoods. Membership benefits include access to discounted providers who can help them manage their household and also various activities such as social gatherings, cooking classes, cultural arts and learning and literature classes. Call for more information on membership fees and schedule of events.

### Beacon House

<b>Address</b>	19 Myrtle Street Boston, MA 02114
<b>Phone</b>	617-523-8295
<b>Web/Email</b>	<a href="http://www.rogerson.org/BeaconHouse.php">http://www.rogerson.org/BeaconHouse.php</a>
<b>Languages:</b>	English
<b>Services:</b>	The Beacon House is an independent housing program of Rogerson Communities. They provide social and cultural activities, exercise classes, health services and lunches for a small fee. Meal program and exercise classes are open to the public, Monday – Friday 11am – 1pm.

<b>Ebenezer Baptist Church</b>	
<b>Address</b>	157 W. Springfield Street
	Boston, MA 02118
<b>Phone</b>	617-262-7739
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Ebenezer Baptist Church in the South End of Boston has a large active senior group. Some of the services provided are social, educational, day trips and more. Call for calendar of events or more information.	

<b>Ellis Memorial &amp; Elderedge House, Inc</b>	
<b>Address</b>	95 Berkley Street, Suite 310
	Boston, MA 02116
<b>Phone</b>	617-695-9307
<b>Web/Email</b>	<a href="http://www.ellismemorial.org/programs">www.ellismemorial.org/programs</a>
<b>Languages:</b> English	
<b>Services:</b> Ellis Memorial & Elderedge House is a non-profit social service agency. They offer an adult day health program and an Elder's Social Club, which offers outings, activities, luncheons, shopping trips and theater outings. Call for more information.	

<b>FriendshipWorks</b>	
<b>Address</b>	105 Chauncy Street
	Boston, MA 02111
<b>Phone</b>	617-482-1510
<b>Web/Email</b>	<a href="http://www.fw4elders.org">www.fw4elders.org</a>
<b>Languages:</b> English, Spanish	
<b>Services:</b> FriendshipWorks offers an array of programs aimed at reducing isolation and providing friendly support and assistance to seniors. Programs include a Friendly Visit volunteer service, where volunteers visit isolated elders in their homes to provide companionship and assist with simple household tasks or errands. They also offer a Walking Buddies program that pairs an elder and volunteer to go for walks. Call for more information on how to be matched with a volunteer.	

<b>Inquilinos Boricuas En Accion (IBA) Elder Support Program</b>	
<b>Address</b>	405 Shawmut Avenue
	Boston, MA 02118
<b>Phone</b>	617-927-1707
<b>Web/Email</b>	www.iba-etc.org
<b>Languages:</b> English, Spanish	
<b>Services:</b> The Elder Support Program at Inquilinos Boricuas En Accion (IBA), services persons 60+ with the following: home visiting, case management, translation, information and referrals, advocacy and supportive counseling, social and recreational activities. Call for schedule and times.	

<b>LGBT Aging Project – Café Emmanuel</b>	
<b>Address</b>	15 Newbury Street (Emmanuel Church)
	Boston, MA 02116 (Back Bay)
<b>Phone</b>	617-477-6610
<b>Web/Email</b>	<a href="http://www.lgbtagingproject.org/our-programs-and-services/lgbt-community-meal-programs-in-massachusetts/">http://www.lgbtagingproject.org/our-programs-and-services/lgbt-community-meal-programs-in-massachusetts/</a>
<b>Languages:</b> English	
<b>Services:</b> The LGBT senior meals site provides a hot meal and socialization the first Thursday of the month from 10am-2pm to all lesbian, gay, bisexual and transgender elders. Call for reservations.	

<b>Morville House</b>	
<b>Address</b>	100 Norway Street
	Boston, MA 02115
<b>Phone</b>	617-437-1902
<b>Web/Email</b>	<a href="http://www.episcopalcitymission.org/morville-house">www.episcopalcitymission.org/morville-house</a>
<b>Languages:</b> English, Spanish	
<b>Services:</b> Morville House is a residence for low and moderate income elderly. Morville House offers recreational and social activities such as art, yoga and a meal program through Kit Clark Senior Services. The meal program is provided 5 days a week from 10:30am-1pm and a nurse also provides health education and consultation.	

<b>Nazzaro Recreation Center</b>	
<b>Address</b>	30 North Bennett Street
	Boston, MA 02113
<b>Phone</b>	617-635-5166
<b>Web/Email</b>	www.nazzarobcyf.com/home
<b>Languages:</b>	English, Italian
<b>Services:</b> The Nazzaro Center provides recreation and activities to seniors in the local area which includes bingo, in-house parties, field trips, holiday dinners, foliage excursions and summertime cookouts. Call for the schedule.	

<b>Never too Late Group – Boston Public Library</b>	
<b>Address</b>	700 Boylston Street, Copley Square
	Boston, MA 02116
<b>Phone</b>	617-536-5400 x2339
<b>Web/Email</b>	www.bpl.org/programs/ntl
<b>Languages:</b>	English
<b>Services:</b> The Never too Late group is an educational group of persons 60+ who meet every Thursday from September to June at the Boston Public Library to hear/see lecture programs of interest to the group. Call for times and list of presenters.	

<b>Osher Lifelong Learning Institute (OLLI)</b>	
<b>Address</b>	UMASS Boston, 100 Morrissey Blvd
	Dorchester, MA 02125
<b>Phone</b>	617-287-7312
<b>Web/Email</b>	www.umb.edu/olli                      Email: ollireg@gmail.com
<b>Languages:</b>	English
<b>Services:</b> The Osher Lifelong Learning Institute (OLLI) at UMass Boston is a membership-based community of mature adults who enjoy learning and want to spend time with like-minded people. OLLI's mission is to foster accessible lifelong learning, individual growth, and social connection for mature learners age 50+ by providing stimulating opportunities to enrich the intellectual, social, and cultural lives of members, regardless of educational background. OLLI provides non-credit courses, special lectures, social events, theatre outings, and field trips in the U.S. and abroad.	

<b>Peterborough Senior Center</b>	
<b>Address</b>	42 Peterborough Street
	Boston, MA 02118
<b>Phone</b>	617-267-1054
<b>Web/Email</b>	www.operationpeaceboston.org
<b>Languages:</b> English	
<b>Services:</b> The Peterborough Senior Center provides recreational and social activities, blood pressure screenings, exercise classes, art classes, health presentations, computer classes, coffee hours, day trips, concerts, current films and more. Open Tuesday through Thursday, 9:30am – 2:30pm.	

<b>Quincy Towers/ADH</b>	
<b>Address</b>	5 Oak Street
	Boston, MA 02116
<b>Phone</b>	617-423-7560
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Quincy Towers offers drop-in social services, recreational activities and congregate meals Monday through Friday at 11am.	

<b>Salvation Army South End Corps Community Center Family Services</b>	
<b>Address</b>	1500 Washington Street
	Boston, MA 02118
<b>Phone</b>	617-236-7233
<b>Web/Email</b>	www.salvationarmyusa.org/usn/www_usn_2.nsf
<b>Languages:</b> English	
<b>Services:</b> The Salvation Army provides many services including emergency financial assistance, basic financial counseling, advocacy, information, church programs and services for seniors. Call for schedule of events for senior activities.	

<b>St. Anthony Shrine &amp; Ministry Center</b>	
<b>Address</b>	100 Arch Street
	Boston, MA 02110
<b>Phone</b>	617-542-6440 x241
<b>Web/Email</b>	<a href="http://www.stanthonyshrine.org/ministries/seniors-at-arch-street/">www.stanthonyshrine.org/ministries/seniors-at-arch-street/</a>
<b>Languages:</b>	English, Spanish
<b>Services:</b>	St. Anthony Shrine and Ministry Center has a group called "Seniors at Arch Street" that provides weekly activities and gatherings for seniors. Activities include coffee hours and lunch on Wednesdays, arts and crafts, bingo, movie showings, special events, bus trips and retreats. Call for more information and schedule of events.

<b>United South End Settlements Senior Services Program</b>	
<b>Address</b>	566 Columbus Avenue
	Boston, MA 02118
<b>Phone</b>	Main: 617-536-8610, Senior Services: 617- 375-8163
<b>Web/Email</b>	<a href="http://www.uses.org/programs/ss">www.uses.org/programs/ss</a>
<b>Languages:</b>	English, Call for details
<b>Services:</b>	The United South End Settlements is a non-profit community agency that provides many senior services. They offer a free/low-cost lunch five days a week, exclusively for seniors. They also offer community classes to help support the physical, mental, emotional, and social health of the seniors. Current class offerings include jazzercise classes, therapeutic singing classes, financial literacy workshops, a diabetes support group, and the Platinum Singers.

<b>YMCA Huntington Ave.</b>	
<b>Address</b>	316 Huntington Avenue
	Boston, MA 02115
<b>Phone</b>	617-536-7800
<b>Web/Email</b>	<a href="http://www.ymcaboston.org/huntington">www.ymcaboston.org/huntington</a>
<b>Languages:</b>	They offer translation services through the International Learning Center. Call for more information 617-927-8244
<b>Services:</b>	The Huntington Avenue YMCA offers many classes for seniors including aquatic classes, strength training and low impact aerobics. They offer reduced fees and monthly membership rates for individuals and families based on household income.



<b>Unity Towers</b>	
<b>Address</b>	80 W. Dedham Street
	Boston, MA 02118
<b>Phone</b>	617-988-5377
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	Unity Towers offers congregate meals Monday through Friday from 9:30am-1:30pm.

## BRIGHTON

### Covenant House

<b>Address</b>	30 Washington Street Brighton, MA 02135
<b>Phone</b>	617-277-8932
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	The Covenant House offers congregate meals on Tuesdays from 4:45pm-6:15pm.

### Greater Boston Chinese Golden Age Center/Brighton House

<b>Address</b>	677 Cambridge Street Brighton, MA 02135
<b>Phone</b>	617-789-4289 Bilingual Helpline: 1-800-410-5288
<b>Web/Email</b>	<a href="http://www.gbcbgac.org/senior-center.php">www.gbcbgac.org/senior-center.php</a>
<b>Languages:</b>	English and Chinese
<b>Services:</b>	Brighton House provides drop-in social services and the Adult Day Health Program. It also serves as a congregate meal site. English classes and other recreational activities are also available. Call for more information.

### Veronica B. Smith Multi-Service Senior Center

<b>Address</b>	20 Chestnut Hill Avenue Brighton, MA 02135
<b>Phone</b>	617-635-6120
<b>Web/Email</b>	<a href="http://www.cityofboston.gov/elderly/center.asp">www.cityofboston.gov/elderly/center.asp</a>
<b>Languages:</b>	English
<b>Services:</b>	The Veronica B. Smith Senior Center serves as a community focal point for senior services aimed at helping seniors age with strength, dignity and joy. Open to all Boston seniors, services include advocacy, congregate meals Monday-Thursday, 10am-1pm, a computer lab, AARP tax preparation assistance, fitness programs, health screenings, health education, crochet and information and referral services.

## CHARLESTOWN

### Charlestown Elderly/Ferrin Street

<b>Address</b>	100 Ferrin Street
	Charlestown, MA 02129
<b>Phone</b>	617-242-4775
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	Charlestown Elderly/Ferrin Street offers congregate meals Monday through Friday, 10:30am-1:30pm. They also play bingo on Tuesday nights, Wednesdays and Fridays during the day. Call for more information.

### Charlestown Golden Age Senior Center

<b>Address</b>	382 Main Street
	Charlestown, MA 02129
<b>Phone</b>	617-635-5176 or 617-635-5175
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	The Charlestown Golden Age Senior Center provides meals, socialization (including bingo, keno and knitting), outreach and advocacy services to Charlestown seniors. Call for schedule of events.

### John F. Kennedy Family Service Center

<b>Address</b>	27 Winthrop Street
	Charlestown, MA 02129
<b>Phone</b>	Main: 617-241-8866, Community Service Coordinator: 617-241-7016
<b>Web/Email</b>	<a href="http://www.kennedycenter.org/">www.kennedycenter.org/</a>
<b>Languages:</b>	English, Chinese and Spanish
<b>Services:</b>	The Kennedy Center's senior services assist seniors in continuing to live independently in the community by providing: case management, health screenings and training, medical support transportation, meals & nutrition programs, safety awareness, recreational activities, homemaker services, personal care services, shopping trips, companionship, exercise classes, translation service, information & referral services and advocacy services.

## CHELSEA

### Salvation Army (Chelsea/East Boston)

<b>Address</b>	258 Chestnut Street Chelsea, MA 02150
<b>Phone</b>	617-884-0260
<b>Web/Email</b>	<a href="http://www.easternusa.salvationarmy.org">www.easternusa.salvationarmy.org</a>
<b>Languages:</b>	English and Spanish
<b>Services:</b>	Offers congregate meals for seniors as well as other services which include emergency financial assistance, basic financial counseling, advocacy, information and referral as well as seasonal programs – elder summer camp, Thanksgiving and Christmas assistance and a Good Neighbor Utility program. Call for more information.

### Chelsea Senior Center

<b>Address</b>	10 Riley Way Chelsea, MA 02150
<b>Phone</b>	617-466-4370
<b>Web/Email</b>	<a href="http://www.ci.chelsea.ma.us/Public_Documents/ChelseaMA_Elder/index">www.ci.chelsea.ma.us/Public_Documents/ChelseaMA_Elder/index</a>
<b>Languages:</b>	English and Spanish
<b>Services:</b>	Offers socialization activities which include exercise programs, Zumba, yoga, aerobics, bowling, day trips, cards, quilting, pool tables, blood pressure clinic, tai chi, video and chair exercises and flu clinic (seasonal). The Center also holds monthly socials and themed lunches. Call for schedule.

## CHINATOWN

<b>Greater Boston Chinese Golden Age Center/Hong Lok House</b>	
<b>Address</b>	25-31 Essex Street
	Boston, MA 02111
<b>Phone</b>	617-542-74-7458, Bilingual Senior Care Helpline: 800-410-5288
<b>Web/Email</b>	www.gbcgac.org
<b>Languages:</b> English, Mandarin, Cantonese	
<b>Services:</b> Hong Lok House, located in Chinatown, provides subsidized senior housing for Asian elders. They provide social activities such as a comprehensive network of programs and services to Chinese elders living in Boston. They offer congregate meals and home delivered meal service. Call for more information.	

<b>Greater Boston Chinese Golden Age Center</b>	
<b>Address</b>	5 Oak Street West
	Boston, MA 02116
<b>Phone</b>	617-423-7560, Bilingual Senior Care Helpline 800-410-5288
<b>Web/Email</b>	www.gbcgac.org
<b>Languages:</b> English, Mandarin, Cantonese	
<b>Services:</b> The Greater Boston Chinese Golden Age Center provides a comprehensive network of programs and services to Chinese elders living in Boston. Programs include adult day health, social day care and congregate meals, transportation, drop-in services, social activities, escort/translation services and more. Call for more information. For Meals on Wheels, call Boston ElderINFO to make a referral (617)292-6211.	

## DORCHESTER

### Codman Square Senior Center

<b>Address</b>	645 Washington Street
	Dorchester, MA 02124
<b>Phone</b>	617-474-1167
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	Codman Square Senior Center offers congregate meals Monday through Friday from 10:30am-2:30pm.

### Elm Hill Senior Center (ABCD)

<b>Address</b>	22 Elm Hill Avenue
	Dorchester, MA 02121
<b>Phone</b>	617-442-5900 ext. 200
<b>Web/Email</b>	<a href="http://www.bostonabcd.org/elm-hill-fsc.aspx">www.bostonabcd.org/elm-hill-fsc.aspx</a>
<b>Languages:</b>	English
<b>Services:</b>	The Elm Hill Senior Center offers all seniors of Roxbury and North Dorchester a place to socialize and be involved with community. To become a member, visit the Elm Hill Family Service Center to enroll. Members enjoy a place to socialize and meet new friends, attend information workshops, trips, an exercise program and a senior supplemental nutrition program. All clients must meet income requirements. Call for more information.

### Franklin Field Senior Center

<b>Address</b>	100 Ames Street
	Dorchester, MA 02124
<b>Phone</b>	617-988-5176
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	The Franklin Field Senior Center provides recreation and social activities for seniors in the area such as card games, exercise classes, a walking club and bingo. They also provide health screenings and workshops for seniors. Call for schedule of events.

<b>Freedom House</b>	
<b>Address</b>	14 Crawford Street
	Dorchester, MA 02121
<b>Phone</b>	617-445-3700
<b>Web/Email</b>	www.freedomhouse.com/
<b>Languages:</b> English	
<b>Services:</b> Freedom House offers computer classes for seniors and public access from 9:30am-3:30pm each weekday. They also have the Roxbury Goldenaires program (see separate entry for more information)	

<b>Irish Pastoral Centre – Boston</b>	
<b>Address</b>	15 Rita Road
	Dorchester, MA 02124
<b>Phone</b>	Main: 617-265-5300, Irish Connect: 855-249-5146
<b>Web/Email</b>	www.ipcboston.org
<b>Languages:</b> English	
<b>Services:</b> The Irish Pastoral Centre has a Senior Outreach Program that offers a volunteer friendly visitors program, weekly and quarterly events such as coffee hours, day trips, arts and crafts. They also offer the Irish Senior Connect which is a listening and information service for Irish seniors to call.	

<b>Keystone Apartments</b>	
<b>Address</b>	151 Hallet Street
	Dorchester, MA 02124
<b>Phone</b>	617-282-9125
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Keystone Apartments offers congregate meals on Mondays, Thursdays and Fridays from 10am-1pm.	

<b>Kit Clark Senior Services</b>	
<b>Address</b>	1500 Dorchester Avenue
	Dorchester, MA 02122
<b>Phone</b>	617-825-5000
<b>Web/Email</b>	www.baycove.org
<b>Languages:</b> English, Spanish, Cape Verdean, Haitian Creole and Vietnamese	
<b>Services:</b> Kit Clark Senior Services has helped older adults in Greater Boston live with dignity and independence in the community since 1974. They provide congregate lunches, adult day health programs, social activities, health screenings, discussion groups, computer training, quilting, art and much more. Call for more information.	

<b>Leahy-Holloran Community Center</b>	
<b>Address</b>	1 Worrell Street
	Dorchester, MA 02122
<b>Phone</b>	617-635-5150
<b>Web/Email</b>	www.leahyhollorancommunitycenter.com/
<b>Languages:</b> English	
<b>Services:</b> The Leahy Holloran Community Center offers computer classes, water aerobics and swimming programs. Call for more information and schedules.	

<b>Lower Mills Apartments</b>	
<b>Address</b>	2262 Dorchester Avenue
	Dorchester, MA 02124
<b>Phone</b>	617-988-5032 x5
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Lower Mills Apartments offers congregate meals Monday through Friday. Call for information on times.	



<b>Olmstead Green</b>	
<b>Address</b>	2 Kingbird Street
	Dorchester, MA 02124
<b>Phone</b>	617-456-3601
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Olmstead Green offers congregate meals Monday through Friday from 10am-1pm.	

<b>Salvation Army Kroc Center</b>	
<b>Address</b>	650 Dudley Street
	Dorchester, MA 02125
<b>Phone</b>	617-318-6940
<b>Web/Email</b>	<a href="http://www.use.salvationarmy.org/use/www_use_BostonKrocCenter.nsf/">http://www.use.salvationarmy.org/use/www_use_BostonKrocCenter.nsf/</a>
<b>Languages:</b> English, Spanish	
<b>Services:</b> The Salvation Army Kroc Center offers many opportunities for social and physical exercise through Kroc Center membership. There are seasonal senior programs – call for discounted rates and schedules.	

<b>Yawkey Center</b>	
<b>Address</b>	185 Columbia Road
	Dorchester, MA 02125
<b>Phone</b>	617-506-6617
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Yawkey Center offers congregate meals on Tuesdays, Wednesdays and Thursdays from 10am-1pm.	

<b>YMCA Dorchester</b>	
<b>Address</b>	776 Washington Street
	Dorchester, MA 02124
<b>Phone</b>	617-436-7750
<b>Web/Email</b>	<a href="http://www.ymcaboston.org/dorchester">http://www.ymcaboston.org/dorchester</a>
<b>Languages:</b> English	
<b>Services:</b> The Dorchester YMCA offers fitness classes for seniors at a reduced rate. They also offer discounted membership rates for individuals and families based on household income. Call for more information.	

## EAST BOSTON

### Anna DeFronzo Senior Center

<b>Address</b>	395 Maverick Street
	East Boston, MA
<b>Phone</b>	617-569-4299
<b>Web/Email</b>	n/a
<b>Languages:</b>	English and Italian
<b>Services:</b>	The Anna DeFronzo Senior Center provides recreation and social activities for seniors in the local area. Call for more information.

### East Boston Social Center Senior Programs

<b>Address</b>	68 Central Square
	East Boston, MA
<b>Phone</b>	617-569-3221
<b>Web/Email</b>	<a href="http://www.ebsoc.org/seniors_programs.html">www.ebsoc.org/seniors_programs.html</a>
<b>Languages:</b>	English, Italian and Spanish
<b>Services:</b>	The East Boston Social Center Senior program is an air conditioned meal site and serves meals daily. They also provide activities such as arts and crafts, card games, exercise classes, intergenerational activities, day trips, and special events. Monday through Friday from 11:30am-1pm. Call for schedule or more information

### Heritage Apartments Meal Site

<b>Address</b>	209 Sumner Street
	East Boston, MA 02128
<b>Phone</b>	617-567-6416
<b>Web/Email</b>	<a href="http://www.bostonhousing.org/detpages/devinfo29.html">www.bostonhousing.org/detpages/devinfo29.html</a>
<b>Languages:</b>	English, Italian
<b>Services:</b>	Heritage Apartments offers a lunch program and socialization every day at 11am for seniors.

<b>Pino Community Center</b>	
<b>Address</b>	86 Boardman Street
	East Boston, MA 02128
<b>Phone</b>	617-635-5120
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> The Pino Community Center (formally known as Orient Heights) holds a lunch program, for seniors every weekday Monday-Friday from 10am-1pm. The center offers guest speakers, workshops, bingo and other social events. Call for more information.	

## HYDE PARK

### Blake Estates

<b>Address</b>	1344 Hyde Park Avenue Hyde Park, MA 02136
<b>Phone</b>	617-364-5277
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	Blake Estates offers congregate meals on Tuesdays and Thursdays from 1pm-2pm.

### Hyde Park Community Center

<b>Address</b>	1179 River Street Hyde Park, MA 02136
<b>Phone</b>	617-635-5178
<b>Web/Email</b>	HydeParkCC@cityofboston.gov
<b>Languages:</b>	English
<b>Services:</b>	The Hyde Park Community Center hosts 3 different senior groups for social activities recreation, educational programs and computer classes. The groups are called Go Go Seniors, Hi Parkers and Jolly Aces Senior Club. They also offer a year round walking club 3-4 mornings a week. Call for schedule.

### Hyde Park YMCA

<b>Address</b>	1137 River Street Hyde Park, MA 02136
<b>Phone</b>	617-361-2300
<b>Web/Email</b>	<a href="http://www.ymcaboston.org/hydepark/hydepark-healthy-living/health-well-being-fitness/active-older-adults">http://www.ymcaboston.org/hydepark/hydepark-healthy-living/health-well-being-fitness/active-older-adults</a>
<b>Languages:</b>	English
<b>Services:</b>	The Hyde Park YMCA offers discounted rates to seniors. They also offer group exercise classes, social events, low impact water aerobics, community education and more for seniors. Call for more information or check the website calendar.

<b>Joseph Malone Apartments</b>	
<b>Address</b>	11 Gordon Avenue
	Hyde Park, MA 02136
<b>Phone</b>	617-364-5277
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Joseph Malone offers congregate meals Monday through Friday from 9am-1pm.	

<b>Hi Parkers</b>	
<b>Address</b>	Hyde Park Community Center
	Hyde Park, MA 02136
<b>Phone</b>	617-323-0071 Joanne Freeman
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> A senior social club hosting entertainment, luncheons and meetings. Monthly meetings are held on the 2nd Wednesday of each month at the Hyde Park Community Center at 11am-2pm. There are no meetings in July & August. New members are always welcome. Dues are only \$5/year. See Membership Chairperson, Polly Mills.	

## JAMAICA PLAIN

### Amory Apartments

<b>Address</b>	125 Amory Street Jamaica Plain, MA 02130
<b>Phone</b>	617-988-5096
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	Amory offers congregate meals Monday through Friday from 9am-1pm.

### Back of the Hill Apartments & Meal Site

<b>Address</b>	617-232-7606 100 S. Huntington Avenue
<b>Phone</b>	Jamaica Plain, MA 02130
<b>Web/Email</b>	<a href="http://www.backofthehillapartments.com/">http://www.backofthehillapartments.com/</a>
<b>Languages:</b>	English, Spanish
<b>Services:</b>	Back of the Hill Apartments provides subsidized apartments for elders and disabled people. It is a congregate meal site Monday through Friday from 10am-1pm. Socialization is provided. Call for details.

### Crossroads Café

<b>Address</b>	633 Centre Street Jamaica Plain, MA 02130
<b>Phone</b>	617-524-3993
<b>Web/Email</b>	n/a
<b>Languages:</b>	English
<b>Services:</b>	Crossroads Café offers congregate meals on Saturdays from 12:30pm to 2pm.

<b>Farnsworth House</b>	
<b>Address</b>	90 South Street
	Jamaica Plain, MA 02130
<b>Phone</b>	617-524-6971 or 617-323-2300
<b>Web/Email</b>	<a href="http://www.rogerson.org/farnsworthhouse">www.rogerson.org/farnsworthhouse</a>
<b>Languages:</b> English	
<b>Services:</b> Farnsworth House, managed by Rogerson Communities, provides subsidized housing to elderly and disabled persons. It is also the center for many community activities including computer classes and a weekday meals program. The meals are served five days a week, Monday through Friday at 12:00 PM. Coffee and Conversation takes place Monday through Friday at 11:30 AM.	

<b>LGBT Aging Project – Out 4 Supper</b>	
<b>Address</b>	Mount Pleasant Home, 301 South Huntington Ave,
	Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700 x306
<b>Web/Email</b>	<a href="http://www.lgbtagingproject.org/our-programs-and-services/lgbt-community-meal-programs-in-massachusetts/">http://www.lgbtagingproject.org/our-programs-and-services/lgbt-community-meal-programs-in-massachusetts/</a>
<b>Languages:</b> English	
<b>Services:</b> The LGBT senior meals site provides a hot meal and socialization the first Tuesday of every month 6:00 PM to 8:00 PM to all lesbian, gay, bisexual and transgender elders. Call for reservations.	

<b>Little Brothers – Friends of the Elderly</b>	
<b>Address</b>	3305 Washington Street
	Jamaica Plain, MA 02130
<b>Phone</b>	617-524-8882
<b>Web/Email</b>	<a href="http://www.boston.littlebrothers.org/index.html">www.boston.littlebrothers.org/index.html</a>
<b>Languages:</b> English	
<b>Services:</b> Little Brothers - Friends of the Elderly (LBFE) is a non-sectarian national network of non-profit, volunteer-based organizations committed to relieving isolation and loneliness among the elderly. Services include friendly visiting, monthly social events, (lunches, concerts, breakfasts, picnics, etc.) emergency services (food pantry), medical escorts and holiday visiting/meal delivery program (includes Kosher meals). They also offer a volunteer program that includes recruitment, orientation, training and advocacy.	

<b>Nate Smith House</b>	
<b>Address</b>	155 Lamartine Street
	Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Nate Smith House offers congregate meals on Wednesdays and Fridays from 9am-1pm.	

<b>Woodbourne Apartments and Meal Program</b>	
<b>Address</b>	6 Southbourne Road
	Jamaica Plain, MA 02130
<b>Phone</b>	617-522-9022
<b>Web/Email</b>	<a href="http://www.woodbourneapartments.com/">http://www.woodbourneapartments.com/</a>
<b>Languages:</b> English	
<b>Services:</b> Woodbourne Apartments is private subsidized housing for elders 62+ and physically disabled individuals. They offer congregate meals Monday through Friday from 10am-1pm with social activities for seniors. Call for details.	



## MATTAPAN

### Church of the Holy Spirit

<b>Address</b>	525 River Street
	Mattapan, MA 02126
<b>Phone</b>	617-298-2130
<b>Web/Email</b>	n/a
<b>Languages:</b>	English and Haitian Creole
<b>Services:</b>	Church of the Holy Spirit offers congregational meals Monday through Friday from 9am-1pm.

### Gallivan Community Center

<b>Address</b>	6 Woodruff Way
	Mattapan, MA 02126
<b>Phone</b>	617-635-5252
<b>Web/Email</b>	GallivanCC@cityofboston.gov
<b>Languages:</b>	English
<b>Services:</b>	Gallivan Community Center offers a senior fitness program, holiday gatherings and other events. Call for more information and schedule of events

### Mattapan Family Service Center (ABCD)

<b>Address</b>	535 River Street
	Mattapan, MA 02126
<b>Phone</b>	617-298-2045
<b>Web/Email</b>	<a href="http://bostonabcd.org/mattapan-fsc.aspx">http://bostonabcd.org/mattapan-fsc.aspx</a>
<b>Languages:</b>	English, French, Haitian Creole and Spanish
<b>Services:</b>	Mattapan Family Service Center provides weekly exercise classes, educational classes, recreational activities, group outings and Senior Brown Bag, a food and nutrition program for the elderly. Call for details.

<b>Mildred Avenue Community Center</b>	
<b>Address</b>	5 Mildred Avenue
	Mattapan, MA 02126
<b>Phone</b>	617-635-1328
<b>Web/Email</b>	MildredAvenueCC@cityofboston.gov
<b>Languages:</b> English	
<p><b>Services:</b> The Mildred Avenue Community Center offers programs for seniors at its facility. The community center includes a gym, weight/exercise room, swimming pool, locker rooms, classrooms, computer lab, and senior center with kitchenette. It also collaborates with the Gallivan Community Center to host a wellness and nutrition program. Call for details.</p>	

## REVERE

### Rossetti Cowan Senior Center

<b>Address</b>	25 Winthrop Avenue Revere, MA 02151
<b>Phone</b>	781-286-8156
<b>Web/Email</b>	<a href="http://www.revere.org/departments/elder-affairs">http://www.revere.org/departments/elder-affairs</a>
<b>Languages:</b>	English and Spanish
<b>Services:</b>	The Revere Council on Elder Affairs offers information and referral services to Revere seniors as well as social and recreational programs and a Senior Center. Senior Center programming includes: art class, bocce league, bowling league, ceramic class, chair massage, chi ball/Tai Chi class, computer class, day/overnight trips, general exercise class, zumba, hairdresser/manicure service, health programming & screenings (including, monthly blood pressure & individual, conference/hearing testing/podiatry clinic), hearing impaired program, knitting class, monthly birthday celebration, movie of the week, nutrition program (noon-time meal), podiatry clinic, bingo, and other social & recreational activities. Call for schedule.

### Revere Elder Affairs

<b>Address</b>	281 Broadway Revere, MA 02151
<b>Phone</b>	781-286-8156
<b>Web/Email</b>	<a href="http://www.revere.org/departments">www.revere.org/departments</a>
<b>Languages:</b>	English
<b>Services:</b>	Revere Elder Affairs offers advocacy/crisis intervention, a community newsletter, SHINE counselors, transportation, art classes, bocce league, bowling league, Tai Chi, computer classes and ceramic classes.

## ROSLINDALE

### LGBT Aging Project – Out for Brunch

<b>Address</b>	120 Poplar Street Roslindale, MA 02131
<b>Phone</b>	617-522-6700 x306
<b>Web/Email</b>	<a href="http://www.lgbtagingproject.org/our-programs-and-services/lgbt-community-meal-programs-in-massachusetts/">www.lgbtagingproject.org/our-programs-and-services/lgbt-community-meal-programs-in-massachusetts/</a>
<b>Languages:</b>	English
<b>Services:</b>	The LGBT senior meals site provides a hot meal and socialization the first Saturday of every month 11AM to 1:00 PM to all lesbian, gay, bisexual and transgender elders. Call for reservations.

### Roslindale Community Center

<b>Address</b>	6 Cummins Highway Roslindale, MA 02131
<b>Phone</b>	617-635-5185,
<b>Web/Email</b>	<a href="http://www.roslindalecenters.weebly.com/">www.roslindalecenters.weebly.com/</a>
<b>Languages:</b>	English
<b>Services:</b>	The Roslindale Community Center offers social activities and recreation to seniors in the area. The Flaherty pool located at 160 Florence Street offers aerobics and a swimming program. The hours, programs and fees vary – call for more information.

### Roslindale House

<b>Address</b>	120 Poplar Street Roslindale, MA 02131
<b>Phone</b>	617-327-1503
<b>Web/Email</b>	<a href="http://www.rogerson.org/RoslindaleHouse.php">www.rogerson.org/RoslindaleHouse.php</a>
<b>Languages:</b>	English
<b>Services:</b>	The Roslindale House, managed by Rogerson Communities, provides nutritional, physical fitness programs, social service, and transportation and home care services. They also house an Adult Day Care center on 23 Florence Street.

## ROXBURY

### Amory Street Apartments

<b>Address</b>	125 Amory Street Roxbury, MA 02119
<b>Phone</b>	617-988-5096
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Amory Apartments is a publicly funded elderly/disabled housing property. It is also a site that provides hot meals and socialization for elders 5 days a week, Monday through Friday at 11:30am. Call for more information.	

### La Alianza Hispana Senior Center

<b>Address</b>	63 Parker Hill Avenue Roxbury Crossing, MA 02120
<b>Phone</b>	617-232-0634
<b>Web/Email</b>	<a href="http://www.laalianza.org/">www.laalianza.org/</a>
<b>Languages:</b> English, Spanish	
<b>Services:</b> La Alianza Hispana Drop-In Center (or Programa Social) provides translations, socialization, balanced nutrition, computer, ESL classes and recreation. Daily activities include educational workshops, reading sessions, arts and crafts, bingo, dominos, themed parties, exercise class and outings. Call for schedule and times.	

### Parker Hill/Fenway Neighborhood Service Center

<b>Address</b>	714 Parker Street Roxbury, MA 02120
<b>Phone</b>	617-445-6000 x223
<b>Web/Email</b>	<a href="http://www.parkerhillfenway.org/">www.parkerhillfenway.org/</a>
<b>Languages:</b> English, Spanish	
<b>Services:</b> The Parker Hill/Fenway Neighborhood Service Center is the anti-poverty agency for the Parker Hill, Mission Hill and Fenway areas of Boston. Senior Center provides low-income seniors, ages 55 and above, a chance to get out of their homes, make friends, have a hot meal together, make artwork, go on field trips, receive health screenings, participate in exercise and nutrition programs, and become more self-sustainable by providing them with various health and financial workshops and classes. Call for more information.	

<b>The Roxbury Goldenaires</b>	
<b>Address</b>	14 Crawford Street
	Roxbury, MA 02119
<b>Phone</b>	617-445-3700
<b>Web/Email</b>	www.freedomhouse.com
<b>Languages:</b> English	
<b>Services:</b> The Roxbury Goldenaires program at the Freedom House provides seniors the opportunity to learn new skills, attend group outings, travel to new places and interact in a casual social atmosphere. Members of the Goldenaires meet regularly to discuss ways they can be involved in the community. Call for meeting times and events.	

<b>YMCA Roxbury</b>	
<b>Address</b>	285 Martin Luther King Boulevard
	Roxbury, MA 02119
<b>Phone</b>	617-427-5300
<b>Web/Email</b>	www.ymcaboston.org/roxbury
<b>Languages:</b> English	
<b>Services:</b> The YMCA Roxbury branch offers fitness classes for seniors. Classes offered include aerobics, gentle exercise and swim classes. The YMCA offers reduced joining fees and monthly membership rates for individuals and families based on household income.	



## SOUTH BOSTON

### Condon Community Center

<b>Address</b>	200 D Street
	South Boston, MA 02127
<b>Phone</b>	617-635-5100
<b>Web/Email</b>	<a href="http://www.condoncommunitycenter.com/">www.condoncommunitycenter.com/</a>
<b>Languages:</b> English	
<b>Services:</b> The Condon Community Center provides the following services for seniors: adult education, computer classes, recreation program, pool, meals program, and substance abuse services. Operated by Boston Center for Youth and Families	

### Curley Community Center

<b>Address</b>	1663 Columbia Road
	South Boston, MA 02127
<b>Phone</b>	617-635-5104
<b>Web/Email</b>	<a href="http://www.lstreetcurley.com/">www.lstreetcurley.com/</a>
<b>Languages:</b> English	
<b>Services:</b> Curley Recreation Center offers a hot noon meal Monday through Friday from 10am-1pm for seniors. Voluntary donations are accepted. Call to confirm schedule.	

### Joseph M. Tierney Learning Center

<b>Address</b>	125 Mercer Street
	South Boston, MA 02127
<b>Phone</b>	617-850-9157
<b>Web/Email</b>	<a href="http://www.thehomesatoldcolonybc.com">www.thehomesatoldcolonybc.com</a>
<b>Languages:</b> English	
<b>Services:</b> The Joseph M. Tierney Learning Center offers a variety of social activities and events for seniors. Activities include coffee hour on Mondays and Fridays from 10am-11am, bingo on Wednesday mornings at 10am, guest speaker series, computer classes and holidays events. Call for schedule of events.	

<b>South Boston Neighborhood House (SBNH)</b>	
<b>Address</b>	136 H Street
	South Boston, MA 02127
<b>Phone</b>	617-269-1619
<b>Web/Email</b>	<a href="http://www.wpdev.sbnh.org/our-programs/senior-program/">www.wpdev.sbnh.org/our-programs/senior-program/</a>
<b>Languages:</b>	English
<b>Services:</b>	The focus of the SBNH Senior Program is to reduce social isolation by offering our senior citizens activities and services designed to maintain their dignity, health, independence, and self-confidence.
	The program's focus is on enhancing their physical, intellectual and creative wellbeing through exercise, interaction, technology and art classes. The Neighborhood House provides seniors with information and referrals for support and assistance in areas of personal concern such as managing finances, obtaining legal assistance, advice on health and welfare plans, and opportunities to expand their social networks and activities. There is an annual membership fee of \$25.00. Scholarships and payment plans are available. Daily Kit Clark Lunch Program Monthly Taxi Coupons through the City of Boston Elderly Commission City of Boston Elderly Commission Senior Advocate is on-site once/month

<b>West 9<sup>th</sup> Street Apartments Senior Lounge</b>	
<b>Address</b>	185 West 9 <sup>th</sup> Street
	South Boston, MA 02127
<b>Phone</b>	617-988-5181
<b>Web/Email</b>	<a href="http://www.bostonhousing.org/detpages/devinfo63.html">www.bostonhousing.org/detpages/devinfo63.html</a>
<b>Languages:</b>	English
<b>Services:</b>	The senior lounge provides a lunch program for seniors from 10am-1pm, Monday through Friday and socialization. Voluntary donations are accepted. Call for more information.



## WEST ROXBURY

### AGEWELL WEST ROXBURY – Ethos

<b>Address</b>	555 Amory Street Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web/Email</b>	www.ethocare.org
<b>Languages:</b> English	
<b>Services:</b> AgeWELL West Roxbury is a program of Ethos that reaches out to seniors, caregivers and community leaders in West Roxbury to increase elders' and caregivers awareness of Ethos and other elder care resources. Ethos' AgeWell classes and workshops are offered to seniors to give participants the skills and confidence to manage their health and either prevent or delay chronic conditions and live healthier, more active lives. Workshops include My Life, My Health, Chronic Disease Self-Management (CDSM), Diabetes Self-Management, Tai Chi: Moving for Better Balance, A Matter of Balance, Stay Sharp: Memory Training, Powerful Tools for Caregivers, Healthy Minds and on the third Tuesday of each month a speaker and hot lunch (12pm) is provided at the AgeWell Café (located at 23 Spring Street). Call for more information.	

### Cheriton Grove

<b>Address</b>	20 Cheriton Grove West Roxbury, MA
<b>Phone</b>	617-323-6130
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> Cheriton Grove offers congregante meals on the 3 <sup>rd</sup> Wednesday of the month from 12pm-2pm.	

<b>Roche Community Center</b>	
<b>Address</b>	1716 Centre Street
	West Roxbury, MA 02132
<b>Phone</b>	617-635-5066
<b>Web/Email</b>	RocheCC@cityofboston.gov
<b>Languages:</b> English	
<b>Services:</b> The Roche Community Center has the following programs for seniors: activities including dancing, bridge club, cards, and lunch on Fridays provided by Ethos. Call for more information.	

<b>St. Georges</b>	
<b>Address</b>	55 Emmonsedale Road
	West Roxbury, MA
<b>Phone</b>	617-323-0323
<b>Web/Email</b>	n/a
<b>Languages:</b> English	
<b>Services:</b> St. Georges offers congregante meals on the 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month from 11am-3pm.	

<b>YMCA West Roxbury</b>	
<b>Address</b>	15 Bellevue Avenue
	West Roxbury, MA 02132
<b>Phone</b>	617-323-3200
<b>Web/Email</b>	<a href="http://www.ymcaboston.org/westroxbury">www.ymcaboston.org/westroxbury</a>
<b>Languages:</b> English	
<b>Services:</b> The YMCA West Roxbury branch offers fitness classes for seniors. Classes are offered in aerobics, strength training, aquatic exercise, swim classes, yoga, wellness program and a chronic disease self-management program. They offer reduced joining fees and monthly membership rates for individuals and families based on household income. Call for more information.	

## WINTHROP

### Robert A. DeLeo Senior Center

<b>Address</b>	35 Harvard Street
	Winthrop, MA 02152
<b>Phone</b>	617-846-8538
<b>Web/Email</b>	<a href="http://www.town.winthrop.ma.us/Pages/WinthropMA_COA/index">www.town.winthrop.ma.us/Pages/WinthropMA_COA/index</a>
<b>Languages:</b>	English
<b>Services:</b>	Offers socialization activities including a lunch program Monday through Friday at 12pm, card games, dancing, exercise classes, yoga, Tai Chi, knitting/crochet classes, movie showings, ceramics, art class, blood pressure check, flu clinics (seasonal) and an outreach program for homebound seniors. Call for schedule and for more information.

### Winthrop PACE Center

<b>Address</b>	26 Sturgis Street
	Winthrop, MA 02152
<b>Phone</b>	617-568-6300
<b>Web/Email</b>	<a href="http://www.ebnhc.org/en/elder-service-plan/winthrop/about-winthrop.html">www.ebnhc.org/en/elder-service-plan/winthrop/about-winthrop.html</a>
<b>Languages:</b>	English
<b>Services:</b>	The center is sited in a lovely setting one block from Winthrop Beach. The facility features a large, light-filled activity room, a lively rehabilitation gym, and newly refurbished medical offices. Activities include group exercise, discussion and education groups, music, arts and crafts, pet therapy, and more. Participants have the opportunity to take part in group or individual activities as they desire. Call for more information.

