

FALL + LATE FALL 2023 EDITION

What's Up

ROXBURY TENANTS OF HARVARD MISSION STATEMENT

To develop, preserve and maintain safe and affordable housing for low- and moderate-income people of diverse backgrounds in the Mission Hill neighborhood. We achieve this through property management, construction and rehabilitation of new properties, provision of resident services, workforce development and community activism. As one of the oldest grassroots, community-based organizations we dedicate ourselves to defending the right to quality, affordable housing for people of diverse races and cultures as well as promoting tenant empowerment through active tenant participation in leadership and development.

A Roxbury Tenants of Harvard Association publication of Community Events, Services, Family trips, and Upcoming Happenings taking place in your Community!



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RTH EXECUTIVE OFFICES

11 New Whitney Street
617-232-4306 ext. 100
Hours of Operation: By Appointment Only
Mon-Fri 9:00am - 5:00pm

RTH COMMUNITY CENTER

20A Vining Street
617-232-4306 ext. 200
Hours of Operation:
Sunday 10:00am - 3:00pm
Monday - Thursday 7:00am - 8:00pm
Friday 7:00am - 9:00pm
Saturday 10:00am - 9:00pm

MISSION PARK / TRINITY MANAGEMENT

835 Huntington Avenue
617-566-0707
Hours of Operation:
Mon-Fri 9:00am - 5:00pm

RTH PROPERTIES / TRINITY MANAGEMENT

747 Huntington Avenue
617-232-5910
Hours of Operation:
Mon-Fri 9:00am - 5:00pm

RESIDENT SERVICES

Parks Community Building
2 New Whitney Street 2nd Floor
617-232-4306 ext. 305
Hours of Operation: **By Appointment**
Mon, Wed, Fri 9:00am - 5:00pm
Tue, Thu 10:00am - 6:00pm

SENIOR SERVICES

805 Huntington Avenue
617-232-4306 ext. 700
Hours of Operation: **By Appointment**
Mon thru Fri 9:00am - 5:00pm

EDUCATION & RESOURCE CENTER (ERC)

25 Mission Park Drive 617-232-4306 ext. 601
Hours of Operation: **By Appointment**
Mon-Fri 9:00am - 6:00pm
Sat 10:00am - 5:00pm

SECURITY OFFICE

835 Huntington Avenue
617-731-6972
Hours of Operation: Daily/24 Hours

Anonymous Call Tip Line

617-232-0436
Please don't hesitate to call if you have any concerns about health, safety, and security.

Dear RTH Residents,

Can you believe Summer is already over? We hope this edition of What's Up finds you looking forward to Fall after a long hot summer.

Miss the Pool already? Then sign up for Fall Swim Lessons!

Fall also brings an abundance of new offerings in the Teen Center – check out new Game Nights and Movie Nights, Clubs, and on- and off-site adventures. Stop by the Teen Center and introduce yourself to opportunity.

The season brings us a host of events, activities and opportunities. We have resumed monthly Health & Safety meetings where, in addition to safety and security updates a unique health-related topic is presented.

Our events schedule kicks into high-gear with Latin Night on October 28th, Diwali Celebration November 5th – both terrific opportunities to learn about another culture and have a great time socializing with your neighbors. Our Seniors Thanksgiving Lunch is November 18th and we encourage all of our Seniors to join us for delicious food and great fellowship.

Holiday seasonal events begin December 2nd with the Mayor's Trolley Tour and Tree Lighting in Brigham Circle. Cookies with Santa on the 6th is a chance for the kids to take a picture with Santa and tell him what they hope to find under the tree, and the Holiday Parties culminate the season with Adults event on the 16th and Kids on the 17th. Check out the Event Schedule so you won't miss out!

Finally, if Fall is your time to get into (or back into) a fitness routine, we have plenty of Sports, Fitness and Wellness offerings to support you.

Remember the RTH Website at www.RoxburyTenants.org has all the programming info here at your fingertips.

We hope you will join us!

Karen

Karen T. Gately
Executive Director

RTH Fall Session Dates (6 Week Session)

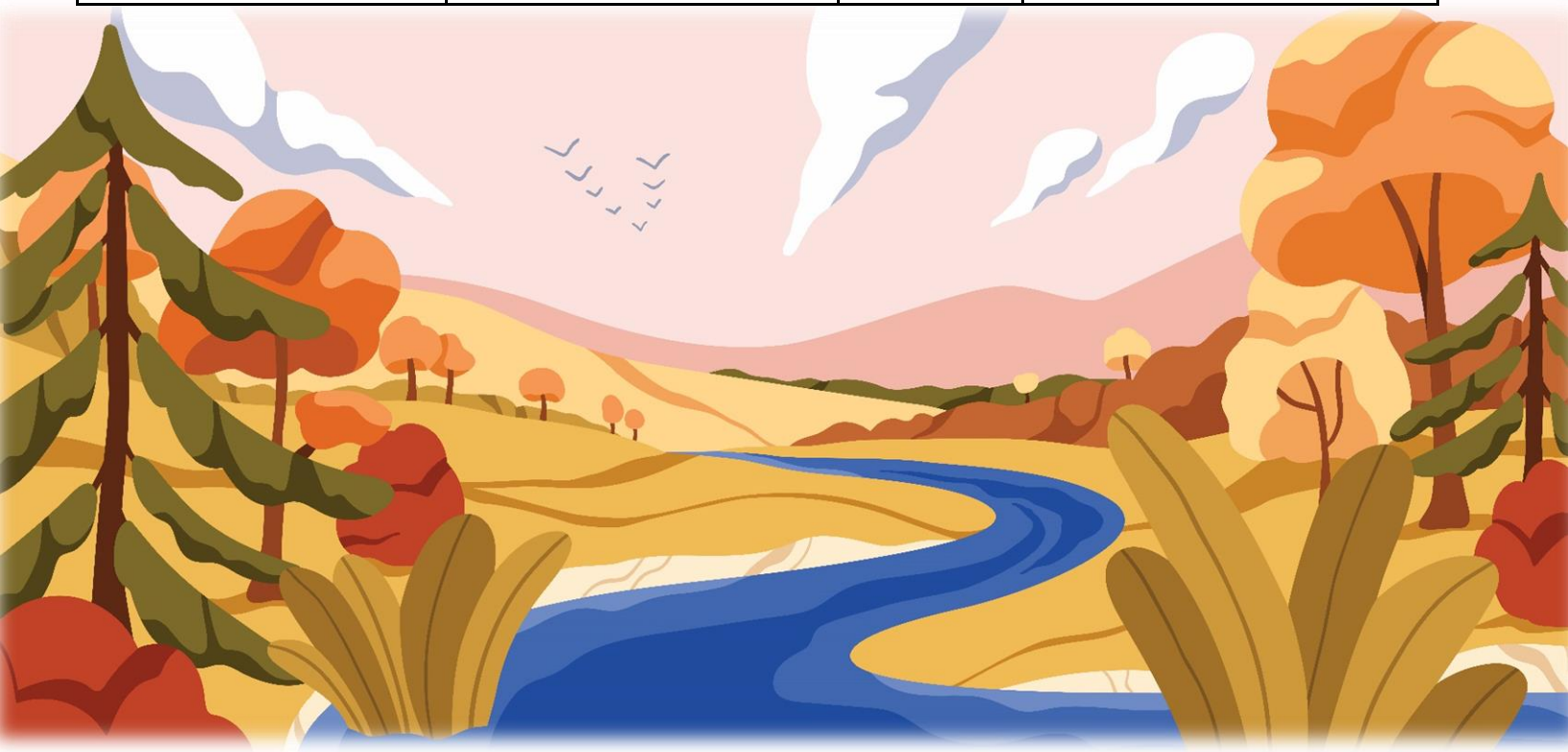
Day	Start Session	End Date
Sunday	September 24 th	October 26 th
Monday	September 25 th	October 30 th
Tuesday	September 26 th	October 31 st
Wednesday	September 27 th	November 1 st
Thursday	September 28 th	November 2 nd
Friday	September 29 th	November 3 rd
Saturday	September 30 th	November 4 th

RTH Late Fall Session (6 Week Session)

Day	Start Session	End Date
Sunday	November 5 th	December 10 th
Monday	November 6 th	December 11 th
Tuesday	November 7 th	December 12 th
Wednesday	November 8 th	December 13 th
Thursday	November 9 th	December 21 st
Friday	November 10 th	December 15 th
Saturday	November 11 th	December 16 th

Fall Holiday Schedule

Indigenous People's Day	October 10 th	Monday	Floating Holiday – RTHCC Open
Veteran's Day	November 11 th (Closed on 10 th)	Friday	Floating Holiday – RTHCC Open
Thanksgiving	November 23 rd	Thursday	Holiday – RTH Closed
Day after Thanksgiving	November 24 th	Friday	Floating Holiday – RTHCC Open



Fall Events and Meetings Schedule

Please note the following schedule changes for upcoming holidays

Health & Safety Meeting	October 18 th 6pm – 8pm	Wednesday	Parks Community Building
Latin Night	October 28 th 6pm – 10pm	Saturday	RTHCC Gymnasium
Kids Halloween Party	October 31 st 6pm – 8pm	Tuesday	RTHCC Gymnasium
Diwali	November 5 th 5pm – 8pm	Sunday	RTHCC Gymnasium
Health & Safety Meeting	November 8 th 6pm – 8pm	Wednesday	Parks Community Building
Senior Thanksgiving Lunch	November 18 th 12pm – 3pm	Saturday	RTHCC Gymnasium
Mayor’s Trolley Tour	December 2 nd 2pm – 6pm	Wednesday	Outing
Cookies with Santa	December 6 th 5pm – 8pm	Wednesday	RTHCC
Health & Safety Meeting	December 13 th 6pm – 8pm	Wednesday	Parks Community Building
Staff Holiday Party	December 15 th 5:30pm	Friday	RTHCC Gymnasium
Resident Holiday Party	December 16 th 6pm – 10pm	Sunday	RTHCC Gymnasium
Kids Holiday Party	December 17 th 1pm - 4pm	Sunday	Parks Community Building

RTH Committees and Volunteer Opportunities

Looking for an opportunity to become involved in your community? What skills or interest would you like to share? We hope you will become engaged, learn about RTH and what makes us so unique. Join us as we work together on - projects and issue of interest. We need a range of skills, backgrounds, experiences that will help the committees with its work.

Consider joining a committee or volunteering. Interested? Watch for flyers announcing dates and times of meetings. For more information call RTH Executive office at (617)232-4306 x100 or email executiveoffice@roxburytenants.org. Please leave your name, contact information and the committee, program, event, or area you would like to volunteer.



Join the Fun!

New RTH Website – www.Roxburytenants.org

Three Ways to Register for a Programs & Events at RTH

(First Come First Served)

Option 1: Register Online

- Go to www.RoxburyTenants.org and look for programs that interests you
 - Email (welcomedeskstaff@roxburytenants.org)
 - Provide your name and phone number (required)
 - You will receive a email confirmation
- We will call you 24 hours in advance if you register for a class that is already full

Option 2: Register In-Person

Please come to the RTHCC Welcome Desk to register

- Monday thru Thursday 7:00am - 8:00pm
 - Friday 7:00am – 9:00pm
 - Saturday 10:00am – 9:00pm
 - Sunday 10:00am - 3:00pm

Option 3: Register By Phone

Please call the Hotline at 617-232-4306 ext. 200

- Monday thru Thursday 7:00am – 7:00pm
 - Friday 7:00am – 8:00pm
 - Sunday 11:00am - 2:00pm

Programs are designed for RTH Residents of all ages and abilities.

Please note the following:

- **Family and Preschool programs designed for children ages 0 – 5 not yet in 1st grade.**
- **Youth programs are designed for children in grades 1 – 5.**
- **Middle school programs are designed for youth in grades 6 – 8.**
- **High school programs are designed for teen in grades 9 – 12.**

If you have any questions regarding registration, please contact RTHCC Welcome Desk.

Announcements/Community

Francis Street Garden

Hours: Daily 7:00am to Sunset, Weather permitting

The Francis Street Garden, located at 42 Francis Street, is open for the community's quiet enjoyment. The Garden has a keypad to access. If you are visiting the Garden for the first time, please call your Management Office for the code.

Please note the garden will remain locked if weather conditions create a safety hazard.

To ensure a safe and enjoyable experience for all of our guests, please respect our neighbors by following these guidelines:

- All ages are welcome
- Please show common courtesy to fellow guests by not using profanity or engaging in unsafe, illegal, disruptive, or offensive behavior
- This is a smoke free zone. Enjoy the clean air
- Alcoholic drinks and illegal substances are not allowed
- For your safety, please don't bring glass containers into the garden
- Pets, except service animals, are prohibited
- Please leave the Garden as you found it and take all your trash with you

Fresh Truck Mobile Market

Day of the week: Wednesday

Time: 3:00pm - 5:30pm

Location: Outside the Parks Community Building

Fresh Truck is on a mission to strengthen communities by getting fresh food to the households that need it most. Fresh truck is now a hybrid market; with online ordering and in person shopping available.

Fresh Truck Online ordering

You order fruits and vegetables online and pick-up on Wednesdays between 3pm and 5:30pm. Please call the Resource Center at (617) 232-4306 ext. 601 to make an appointment if you need assistance ordering online from Fresh Truck.

Fresh Truck In-person Shopping

Shop on the Fresh Truck to purchase fresh fruits and vegetables for you and your family to enjoy

Fresh Truck Lottery

The lottery will take place in the Parks Building in the Community Room at 2:40pm. Lottery tickets will be available at 2:30 p.m. You must be physically present.

(You cannot get a ticket for another person) To receive a lottery ticket, you must be in the Parks Community room by 2:40pm. If you arrive after 2:40pm, you must wait in the lobby. Once the lottery is completed, the numbers will be given out in the order residents arrive.

The drawing will take place at 2:40 p.m.



Trinity Management
Quick Recertification Tips

Old Neighborhood And Mosaic

avelez@trinitymanagementcompany.com

Office Phone: 617-232-5910



Mission Park

contactus@missionpark.com

Office Phone: 617-566-0707



- All Annual Recertification interviews are conducted by appointment only A staff member will call you to make an appointment.
- All adult members aged 18+ must be present together at the time of the phone interview.
- Please do not write on verifications, SS or SSI letters, paystubs, bank statements or any other document that you are providing to the office to complete your recertification.
- Photos of documents are not accepted.
- All adult members must provide a photo ID at the time of their appointment in the office.
- If you have any questions about your rent, balance owed, missing documents, status of your certification, Rent Café, please feel free to call or email the office.
- Residents are responsible to provide the necessary documentation to complete their certification.
- Communication with the office is welcomed by walk in, phone, email, or fax.

Walk & Talk with Executive Director

Date: Wednesday, Oct 11th

Monday, Nov 6th

Time: Oct 11th 4:00pm, Nov 6th 11:00am

Location: RTHCC

Meet at RTH Community Center Lobby, wear your walking shoes and dress for the weather!

RAIN OR SHINE - Dress for the Weather!

Latin Night

Date: Oct 28th

Day of the week: Saturday

Time: 6:00pm – 10:00pm

Location: RTHCC Gymnasium

Age: Adults (18-55), Seniors (55+)

Join an evening of dance and latin food

Diwali

Date: Nov 5th

Day of the week: Sunday

Time: 6:00pm – 8:00pm

Location: RTHCC Gymnasium

Age: Adults (18-55), Seniors (55+)

Celebrate the festival of lights.

Kid Holiday Party

Date: Dec 17th

Day of the week: Sunday

Time: 1:00pm – 4:00pm

Location: RTHCC

Ages: Child (0-5), Youth (6-10), Middle School (11-13)

It's that time of the year come out and celebrate with us, Santa will have gifts, Hot cocoa. and join us for fun activities.

Adult Resident Holiday Party

Date: Dec 16th

Day of the week: Saturday

Time: 6:00pm – 10:00pm

Location: RTHCC Gymnasium

Ages: Adults (18-55), Seniors (55+)

Join your RTH adult neighbors in this season of celebration.

Community Education & Job Training

RTH/BWH Believe and Achieve Scholarship

RTH residents are eligible for up to \$10,000 to attend accredited post-secondary job or career training programs or college (up to and including bachelor level). Applications are accepted year-round, interviews are conducted quarterly.

Applications are available at the RTH Education and Resource Center, 25 Mission Park Drive, Duggan Building, the RTHCC Welcome Desk, RTH Teen Center, or contact Roxanne at rhaecker@roxburytenants.org if you would like an application emailed to you.

Wentworth Scholarship Opportunity for Mission Hill and Fenway Residents

RTH residents have the opportunity to attend Wentworth Institute of Technology tuition-free. For more information contact Johanna Sena at Senaj@wit.edu or 617-930-3664.



SERV Safe Food Handlers Certification Classes

Date: By Appointment
Day of the Week: By Appointment
Time: By Appointment
Location: Online
Age: High School (14-17), Adults (18-55), Seniors (55+)

RTH requires those who serve or prepare food for or at community events to have this training. The certification is free if you are a volunteer or Community Events Committee member. SERV Safe courses are offered online only.

Kids Can Sew with Julia! For Beginners

Date: Oct 2nd – Dec 18th
Day of the Week: Monday
Time: 4:30pm – 6:00pm
Location: Flynn Kitchen
Age: Youth (10), Middle School (11-13)
Language: English
Capacity: 8

Children 10 and up will learn the basics of machine and hand sewing. No experience is necessary. You will learn how to thread a needle and basic hand sewing stitches as well as how to operate a sewing machine.

Kids Can Sew with Julia! For Experienced Sewers

Date: Sep 29th – Dec 15th
Day of the week: Friday
Time: 4:30pm – 6:00pm
Location: Flynn Kitchen
Age: Youth (10), Middle School (11-13)
Language: English
Capacity: 8

Children 10 and up will learn the basics of machine and hand sewing. No experience is necessary. You will learn how to thread a needle and basic hand sewing stitches as well as how to operate a sewing machine.

Sewing with Julia Sewing Workshop for Beginners

Date: Oct 2nd – Dec 18th
Day of the week: Monday
Time: 4:30pm – 6:00pm
Location: Flynn Kitchen
Age: Youth (10), Middle School (11-13)
Language: English
Capacity: 8

Teens & adults will learn the basics of machine and hand sewing. No experience is necessary. You will learn how to thread a needle and basic hand sewing stitches as well as how to operate a sewing machine.

Sewing with Julia Sewing Workshop for Experienced Sewers

Date: Sep 29th – Dec 15th

Day of the Week: Friday

Time: 6:30pm – 8:30pm

Location: Flynn Kitchen

Age: Adults (18-55), Seniors (55+)

Cost: Residents \$25 Refundable
\$50 Mission Hill, \$150 Non-Residents

Language: English

Capacity: 8

Continuing and advanced sewers complete individual projects with the help of a professional designer/seamstress in our Sewing Workshop. Use our machines or bring your own

IXL

Date: Oct 2nd – Dec 18th

Day of the Week: Monday, Tuesday, Wednesday,
Thursday, Friday

Time: 4:00pm – 6:00pm

Location: ASP

Age: Youth (6-10), Middle School (11-13)

Capacity: 25

IXL is a fun, immersive program that improves students' understanding and confidence in math, language arts, science, & social studies. Learners are also provided an opportunity to practice critical skills and knowledge sets.

Saturday Translation

Date: Sep 16th – Jan 1st

Day of the Week: Saturday

Time: 11:00am – 1:00pm

Location: Parks Community Building

Age: Adults (18-55), Seniors (55+)

Language: English, Chinese

Bring your letters to get translated!

Mandarin Chinese Class

Date: Oct 8th – June 4th

Day of the Week: Sunday

Time: 2:30pm – 4:00pm

Location: ASP

Age: Youth (6-10), Middle School (11-13)

Cost: Residents \$150

Language: English, Chinese

Capacity: 20

Many students choose to learn Mandarin- quickly becoming one of the world's most frequently used languages - to enhance their career options in today's economy. Our instructors are professional teachers who love teaching Mandarin and Chinese culture.

Seafood Nutrition- Healthy Minds

Date: Sep 27th

Day of the Week: Wednesday

Time: 6:00pm – 8:00pm

Location: Flynn Kitchen

Age: Adults (18-55)

Language: English

Capacity: 20

Join us to learn how seafood affects your brain health. You'll enjoy a chef-led food demo, learn how to live smarter, happier, and healthier with seafood, and take home a bag of ingredients to recreate the featured recipe at home.

Seafood Nutrition- Healthy Aging

Date: Oct 25th

Day of the Week: Wednesday

Time: 6:00pm – 8:00pm

Location: Flynn Kitchen

Age: Seniors (55+)

Language: English

Capacity: 20

Join us to learn how seafood affects senior's brain health. You'll enjoy a chef-led food demo, learn about the special nutritional needs of aging brains, and take home a bag of ingredients to recreate the featured recipe at home.

Education & Resource Center (ERC) at the Betty Powers Library

The Betty Powers Library & Resource Center

25 Mission Park Drive, Duggan Building

Open Monday-Friday 9:00 am - 6:00 pm; Saturdays 9:00 am - 12:00 pm and 1:00 pm - 5:00 pm

Offering faxing, copying & printing services, computer & internet access, technology classes & workshops, and a small book lending library for RTH children and youth.

Resident Services staff are in the center to translate letters and help fill out forms Saturdays

10 am – 11:00 a.m. and in the Flynn Conference Room Tuesdays 10 am – 12 pm.

Computer and internet access 2-hour blocks of time may be reserved by appointment. Walk-ins will be turned away if the center is at capacity. Avoid disappointment! Call 617-232-4306 ext. 601 to make an appointment

Saturday is Smartphone Day!

Date: Sep 30th – Dec 16th

Day of the week: Saturday

Time: 11:00am – 12:00pm

Location: ERC

Age: Adults (18-55), Seniors (55+)

Language: Chinese, English

Capacity: 10

This program is designed for seniors or people that are new to Apple/Android smartphones. Students will be introduced to concepts and technologies behind smartphones and learn to use the basic functions and apps. At the end of each class.

Crochet Café is back!

Date: Sep 28th – Dec 21st

Day of the Week: Thursday

Time: 4:00pm – 5:00pm

Location: ERC

Age: Adults (18-55), Seniors (55+)

Language: English

Capacity: 12

Whether you are a beginner with crochet and knitting or a seasoned pro, please join us for a cup of tea and some wonderful conversation. We will focus on holiday projects. Come to 4 sessions and be entered to win a \$50 gift certificate to Gather Here

Did you know?

Take free courses online at the Boston Public Library including ESOL, Citizenship, computer classes, test prep courses, Tech Goes Home tutorials, get research and homework help, listen to concerts, or talks by famous authors and scholars.

You can download eBooks and audio books with Overdrive and Kindle, stream movies, TV shows, eBooks and comics or use Hoopla to download to your mobile device, many other free platforms and resources for children, teens, and adults available free at Bpl.org/online-resources

Set up an account at BPL.org with your library card number. Don't have a library card? If you are a MA resident, you can register for an e-card online

Please contact the Betty Powers Library & Resource Center 617-232-4306 x 601 with suggestions, questions, or to arrange individual sessions. We are here to help you access resources!

Intro to Computers in Chinese (12 weeks)

Date: Sep 27th – Dec 13th
Day of the week: Wednesday
Time: 11:30am – 12:30pm
Location: ERC
Age: Adults (18-55), Seniors (55+)
Language: Chinese
Capacity: 8

Learn how to use and become familiar with using the mouse and keyboard with hands-on practice.

Computer Basics in Chinese (12 weeks)

Date: Sep 26th – Dec 12th
Day of the week: Tuesday
Time: 4:00pm – 5:00pm
Location: ERC
Age: Adults (18-55), Seniors (55+)
Language: Chinese
Capacity: 8

Become familiar with the different parts of the computer and how they work together, how to set up an email account, send and receive email.

Spanish Computer Club (12 weeks)

Date: Oct 2nd – Dec 18th
Day of the week: Monday
Time: 6:00pm – 7:00pm
Location: ERC
Age: Adults (18-55), Seniors (55+)
Language: Spanish
Capacity: 8

Have fun with technology, practice your digital skills & learn new skills in a relaxed and supportive environment.

Homework Help Center

Date: Sep 18th – Jan 14th
Day of the week: Monday - Friday
Time: 4:00pm – 6:00pm
Location: ASP
Age: Child (0-5), Youth (6-10), Middle School (11-13)
Capacity: 25

RTH Homework Help provides homework assistance for K2-6th grade in an environment with the help of tutors from local colleges. Students who attend are eligible for a free IXL enhanced individualized account they will have access to year-round.

Minecraft EDU

Date: Sep 29th – Dec 15th
Day of the Week: Friday
Time: 4:30pm – 6:00pm
Location: ERC
Age: Youth (6-10), Middle School (11-13)
Language: English
Capacity: 10

Minecraft Educators Edition is a game-based learning platform that promotes creativity, collaboration and problem-solving and is used by educators around the world to engage students across subjects and bring abstract concepts to life.

Talking Turkey! American Idioms Conversation Group

Date: Oct 4th – Dec 20th
Day of the Week: Wednesday
Time: 1:00pm – 2:00pm
Location: ERC
Age: Adults (18-55), Seniors (55+)
Language: English
Capacity: 8

Boost your English language skills by learning and using American idioms. Your conversational English will become more fluent and natural and your understanding will increase as we learn and practice using American idioms in context.

Talking Turkey! American Idioms Conversation Group

Date: Oct 4th – Dec 20th
Day of the Week: Wednesday
Time: 1:00pm – 2:00pm
Location: ERC
Age: Adults (18-55), Seniors (55+)
Language: English
Capacity: 8

Boost your English language skills by learning and using American idioms. Your conversational English will become more fluent and natural and your understanding will increase as we learn and practice using American idioms in context.

Youth Education & Community Education

Youth Professional Development

Date: Oct 11th - Dec 13th
Day of the week: 2nd Wednesday of the month
Time: 4:00pm – 6:00pm
Location: RTHCC Teen Center
Age: High School (14-17)
Language: English
Capacity: 12

Refresh or design your resume, practice/get support applying and interviewing, and with time management and organization, digital citizenship, communication & teamwork. Sessions offered the second Wednesday of each month on a different topic.

Outdoor Adventures

Date: Oct 7th
Day of the week: Saturday
Time: 10:00am – 1:00pm
Location: Outing
Age: Middle School (11-13), High School (14-17)
Language: English
Capacity: 10

Get outdoors into nature! Walk with guides through urban green spaces and parks just outside of Boston. Learn to navigate, lead a hike, identify native plants and animals. Two walks: Oct. 7th - Boston's Emerald Necklace.

Ins and Outs of RTH: How We Run

Date: Oct 4th - Dec 6th
Day of the week: 1st Wednesday of the month
Time: 5:30pm – 7:30pm
Location: RTHCC Room 117
Age: High School (14-17), Adults (18-55)
Language: English
Capacity: 12

Learn about the history of RTH, how we are set up, how the organization operates, and ways to get involved as a voting member of the community. Class meets the first Wednesday of each month and covers a different topic.

First Steps to Work: Garden Crew, Health & Wellness apprentices

Date: Sep 25th – Oct 31st
Day of the week: Monday, Tuesday, Saturday
Time: 4:00pm – 5:30pm
Location: RTHCC Teen Center
Age: Middle School (11-13)
Capacity: 10

First Steps to Work offers middle school youth to learn while assisting with programs in the RTH community. Fall projects include Garden Crew, Bike Repair Crew, and Community Health survey project. Complete application through QR code.



RTHCC Welcome Center

Anti-Harassment:

We strive to provide an environment for our members, program participants and employees free from all forms of harassment. Your membership and participation reflect our commitment to our mission and values.

Access Keycard:

All members aged 10+ years old will get an access key card. All members will need to scan their keycards at the welcome center desk upon arrival. Keycards are not transferable. A loan of a keycard to another person may result in the forfeiture of membership privileges.

Membership:

All RTH residents are welcome to join the RTHCC. Please stop by the Welcome Desk for information and application.

RTHCC Program and Class Pass:

\$25 per pass with 10 classes. Have a relative or a friend who wants to participate in group-ex classes non-resident? all-access to all group exercise or program on dropin classes.

Check-In:

Due to the need for security and safety, children 10 and under will need to be accompanied by an adult age 18 and above unless they are signed up for programs or classes.

Everyone must check-in at the welcome desk. All members and guests must check-in; program participants must also sign in.

Comment Cards:

We welcome comments and suggestions about our programs and facilities.

Comment cards may be obtained and returned to the Welcome Center or at a drop box in the lobby.

Dress Code:

Appropriate clothing and footwear is required. Street clothing, street shoes, open-toe shoes/sandals, and bare feet are not permitted in the Fitness Center or Group-Exercise classes (barefoot classes excepted).

Food/Drinks:

Allowed in designated areas only.

Inclement Weather:

During inclement weather, RTH reserves the right to close the Community Center or cancel classes at any time if we determine the safety of our members, participants, and/or staff is at risk. If a class is canceled due to inclement weather, we will make every effort to run a make-up class.

Information Changes:

Please let our Welcome Center staff know of a change in address, phone number, emergency contact or email address to ensure prompt receipt of program guides and other information.

Locker Rooms (day use only):

Adult locker rooms on Level 1 in the Wellness Center are for individuals ages 19 years and up. Youth and family locker room on the G level is for youth 18 years and under and their parent or guardian. Children in grades one and up must use the gender-appropriate locker room. RTH Community Center members and program participants are responsible for securing their lockers with their own padlocks. Locks left on overnight are subject to removal!

Valuables:

We encourage members to leave all valuables at home. Do not leave your personal articles unattended. We recommend using a locker and keeping it locked while you're using the facility. RTH is not responsible for lost or stolen items.

Anti-Violence Policy:

RTH strives to eliminate unsafe behavior by anticipating and closely supervising any potentially dangerous situation. We believe all persons and staff have the right to be safe from the threat of physical harm or injury, verbal assault, and intimidation. Any act of verbal or physical violence by a member, program participant or staff will result in disciplinary action, from suspension of membership to termination.

Health & Wellness

Fitness Orientation:

Ages: 13+

Strongly Recommended for all members.

The Fitness orientation includes a series of tests which assess 5 components of physical fitness: Cardiovascular, Endurance, Muscular Strength, Flexibility and Body Composition. This information helps to design and implement an exercise program to best meet your needs.

DID YOU MISS YOUR CHANCE TO HAVE A FITNESS ORIENTATION WHEN YOU FIRST JOINED US?

Don't worry! Fitness orientations aren't only for new members. If you think you would benefit from an orientation, please don't hesitate to register for an appointment. By Appointment scheduled at the welcome desk or call (617)232-4306 x200

Fitness Testing:

Ages: 14+

All residents are encouraged to schedule fitness testing for strength cardio and flexibility. Testing will help you know where you are in comparison to your fitness goals.

It will

also give you a snapshot of how successful your current routine has been. You will know what type of adjustments you will need in our current program to help you keep improving. By Appointment scheduled at the welcome desk or call (617)232-4306 x200

The InBody Scale

The InBody scale is a machine that measures body composition such as muscle mass, and fat mass, through bioelectrical impedance analysis (BIA), at RTH we will be able to record and monitor our client's fitness journey and help us create better programs that fits their needs.

The InBody can help users understand what their weight is made up of. They will be able to see how their weight is broken down into muscle, fat, bone, and body water.

Tabata

Date: Sep 26nd – Dec 12th

Day of the week: Tuesday

Time: 6:00pm – 7:00pm

Location: RTHCC Wellness Floor

Age: Middle School, High School, Adults (18-55), Seniors (55+)

Cost: Non-Resident \$25

Capacity: 20

This class is a moderate-high intensity interval training with alternating fun, high energy cardio exercises and short duration of rest in between.

Fun Fit

Date: Monday: Sep 25th – Dec 11th

Wednesday: Sep 27th – Dec 13th

Friday: Sep 29th – Dec 16th

Time: 10:00am – 11:00am

Location: RTHCC Wellness Floor

Age: Seniors (55+)

Cost: Non-Resident \$25

Capacity: 20

These classes were developed for seniors to stay healthy. We will work on improving strength, endurance, and flexibility. Also helps enable seniors to remain social, active, and have fun.

Full Body Workout

Date: Sep 26th – Dec 12th

Day of the week: Tuesday

Time: 8:00am – 9:00am

Location: RTHCC Main Studio

Age: High School, Adults (18-55), Seniors (55+)

Cost: Non-Resident \$25

Capacity: 12

This is a workout that aims to hit all the major muscle groups in one single class. Incorporating cardio movements, core strengthening and balancing exercises.

Yoga

Date: Sep 26th – Dec 12th

Day of the week: Tuesday

Time: 11:00am – 12:00pm

Location: RTHCC Main Studio

Age: High School, Adults (18-55),
Seniors (55+)

Cost: Non-Resident \$25

Capacity: 24

This Slow-Flow class is open to all levels of experience, and is a great opportunity to improve strength, balance, and mind-body connection.

Tai Chi

Date: Sep 27th – Dec 13th

Day of the week: Wednesday

Time: 11:30am – 12:30pm

Location: RTHCC Main Studio

Age: Adults (18-55), Seniors (55+)

Cost: Non-Resident \$25

Language: English

Tai Chi is an art embracing the mind, body, and spirit. Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body.

Family Zumba

Date: Sep 27th – Dec 13th

Day of the week: Wednesday

Time: 6:00pm – 7:00pm

Location: RTHCC Main Studio

Age: Family (All Ages)

Cost: Non-Resident \$25

Capacity: 24

Family Zumba gives you and your family a chance to be active together. It's a full body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a dose of awesome each time you leave class.

Foam Roller

Date: Sep 26th – Dec 12th

Day of the week: Tuesday

Time: 7:00pm – 8:00pm

Location: RTHCC Main Studio

Age: Adults (18-55), Seniors (55+)

Cost: Non-Resident \$25

Capacity: 12

Foam rollers are a popular tool for muscle knots or trigger points that can be caused by muscle imbalance, overuse and injuries. Working through the discomfort can help you increase your range of motion and decrease recovery time. Appropriate for all levels for fitness.

Zumba

Date: Sep 30th – Dec 16th

Day of the week: Saturday

Time: 11:30am – 12:30pm

Location: RTHCC Main Studio

Age: High School, Adults (18-55), Seniors (55+)

Cost: Non-Resident \$25

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms to help improve cardiovascular fitness.

Zumba Gold

Date: Sep 27th – Dec 13th

Day of the week: Wednesday

Time: 7:00pm – 8:00pm

Location: RTHCC Main Studio

Age: Seniors (55+)

Cost: Non-Resident \$25

Capacity: 20

Zumba Gold is a lower-intensity version of the Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors. Zumba Gold provide an option for seniors seeking alternative means of reaching their exercise goals.

Spin

Date: Tuesday: Sep 26th – Dec 12th
Thursday: Sep 28th – Dec 14th
Friday: Sep 29th – Dec 16th
Time: Tuesday, Thursday: 9:00am – 10:00am
Friday: 6:00pm – 7:00pm
Location: RTHCC Main Studio
Age: High School, Adults (18-55), Seniors (55+)
Cost: Non-Resident \$25
Capacity: 12

Spin is a highly effective way to build cardiovascular strength and endurance. Designed for all ages, Spin offers a challenging 60-minute ride with fun energizing music. It's the perfect opportunity to get your heart pumping while you burn calories.

Muscle Work

Date: Monday: Sep 25th – Dec 11th
Thursday: Sep 28th – Dec 21th
Time: Monday: 8:00am – 9:00am
Thursday: 6:00pm – 7:00pm
Location: Flynn Kitchen
Age: High School, Adults (18-55), Seniors (55+)
Cost: Non-Resident \$25
Capacity: 20

Consists of high volume (reps) and low resistance (weight) exercises to target major muscle groups of the body. The class utilizes handheld dumbbells and bands to promote muscle function, strength, and endurance.

Walking Group

Date: English: Tuesday, Sep 26th – Dec 12th
Chinese: Thursday, Sep 28th – Dec 21st
Spanish: Friday, Sep 24th – Dec 15th
Time: English: 2:00pm – 3:00pm
Chinese: 3:00pm – 4:00pm
Spanish: 1:00pm – 2:00pm
Location: RTHCC
Age: High School, Adults (18-55), Seniors (55+)
Cost: Non-Resident \$25
Capacity: 30

Everyone is welcome! Led in 3 languages. Attend one or all. Lace up your shoes and get ready to walk your way to better health, meet new friends, and have fun! Bad weather? No problem! We can walk indoors too.



Resident Services

We can assist with a wide range of services and facilitate connection to agencies like Social Security, SSI, SSDI, Food Stamps, Meals on Wheels, and Health, Medicare, prescription drug programs, move making, home health and budgeting and much more. Please call to see how we can assist you.

Resident Services Coffee Hours

Date: Oct 5th, Nov 9th, Dec 7th
Day of the week: Thursday
Time: 3:00pm – 4:00pm
Location: Flynn, Levinson, Duggan
Age: Family (All Ages)

Please come and join us at our coffee hours at our different buildings and meet our Resident Services Staff and learn about new programs and benefits and how we can assist you. We will have information about services at our table.

Translation and Interpretation Services

Date: Sep 1st – Dec 31st
Day of the week: Tuesday – Flynn Conference Room
Thursday - ERC
Time: 10:00am – 12:00pm
Age: Family (All Ages)

Translation services are available for Chinese, Russian, and Spanish speaking residents. You may have mail translated; management and facilities notices interpreted and discuss issues important to you with members of the RTH Resident Services Staff.



Teen Financial Literacy Program

Date: Sep 20th – Jun 30th 2024
Day of the week: Wednesday
Time: 6:00pm – 7:30pm
Location: Online
Age: High School (14-18)
Language: English
Capacity: 12

Join a ten week Financial Literacy Program for young adults, aged 14-18. Virtual workshops on personal and corporate finance topics, as well as one-on-one mentoring from our investment team staff. A \$200 investment stipend offered upon completion.

Path to Health

Day of the week: Monday, Tuesday, Wednesday,
Thursday, Friday
Time: 9:00am – 6:00pm
Location: By Appointment
Age: Family (All Ages)
Language: English, Spanish

Join 1 year research study for Healthy Eating & Physical Activity. Must be 18 + years old, speak English or Spanish. Delivered text messages & telephone calls. No visits to clinic required & participate from home. Participants receive \$50 per study visit (\$150 over one year). Call 857-260-5179 or 617-414-6673 to sign up.

Thanksgiving Family Turkey Giveaway

With the holidays approaching, we are asking families in need of a Turkey this year to sign up with Resident Services for a chance to get a turkey and a bag of sides. There is a Limited supply and one per household

Registration Deadline: November 7th
Location: Resident Services
Age: Family (All Ages)

Senior Services

Seniors, We want to hear from you! What ideas do you have for daytrips? Do you have an idea for a new senior program? Any questions about services or programs, please call Laura Adams, Director of Senior Services (617) 232-4306 ext. 700.

Senior's Mystery Trips

Mystery Trips are exciting and adventurous! We give you a clue and suggest how to dress - you open yourself up to learn something new or explore a new destination. It's a great opportunity to meet new people.

Date: Oct 4th - Wednesday
Dec 17th - Sunday
Time: 11:00am – 3:00pm
Location: Outing (Meet in Levinson Tower)
Age: Seniors (55+)
Cost: Oct. 4th \$15.00, Dec.17th \$20.00
Capacity: 17

For more information, contact: Laura Adams, Director of Senior Services (617) 232-4306 ext. 700

Arts and Crafts Seniors

Date: Sep 27th – Dec 13th
Day of the week: Wednesday
Time: 11:30am – 1:30pm
Location: Flynn Kitchen
Age: Seniors (55+)

Everyone is an artist. Our arts and crafts class welcomes all seniors, no experience necessary. Arts and Crafts classes consist of painting, jewelry, card design, ceramics, holiday crafts, floral designs, art history, drawing, and more.

Senior Taxi Coupons

Date: Oct 2nd – Dec 5th
Day of the week: First Tuesday of the month
Time: 12:00pm
Age: Seniors (55+)
Location: Flynn Kitchen, 1st floor
Cost: \$5.00 for \$10.00 worth of coupons. 2 books limit

Discounted taxi coupons are available for Boston residents aged 60 and over. Coupons can be used in taxis licensed by the City of Boston. Seniors are allowed to purchase a maximum of two books per month.

Senior Chat Programs

Seniors gather to socialize, play games, plan events, watch movies in the language of their choice, and enjoy talks or performances. You must register to attend

Various Locations:

Joy Luck Club, Chinese language focus

Date: Oct 6th - Dec 1st
Day of the week: 1st Friday of the month
Time: 1:00pm , 3:00pm
Location: RTHCC Room 117

Russian Tea Room, Russian language focus

Date: Oct 11th - Dec 13th
Day of the week: 2nd Wednesday of the month
Time: 5:00pm
Location: Flynn Kitchen

Chit Chat Meeting, English language focus

Date: Oct 13th - Dec 8th
Day of the week: 2nd Friday of the month
Time: 12:00pm
Location: Senior Drop-In Center

Spanish Chat Meeting, Spanish language focus

Date: Jul 21st, Aug 18th
Day of the week: 3rd Friday of the month
Time: 12:00pm
Where: Flynn Kitchen, 1st floor

Coffee hours

Date: Sep 27th – Dec 13th
Day of the week: Wednesday
Time: 11:00am – 12:00pm
Age: Seniors (55+)
Location: Senior Drop-In Center

Join us for coffee,tea or hot chocolate and conversation. Feel free to share your favorite conversation topics.

Senior Monthly Shopping Trips

Please call the RTHCC at (617) 232-4306 ext. 200 to register for shopping trips.

Market Basket

Date: Sep 26th – Dec 19th
Day of the week: 1st and 3rd Tuesday of the month
Time: 9:30am – 1:30pm
Location: Outing
Meet in Levinson Tower lobby at 9:20am

Chinatown Shopping

Date: Sep 28th – Dec 21st
Day of the week: 2nd and 4th Thursday of the month
Time: 10:00am – 1:30pm
Location: Outing
Meet at Levinson Lobby 9:40am

Kam Man Supermarket Quincy, Ma

Date: Oct 5th – Dec 21st
Day of the week: 1st and 3rd Thursday of the month
Time: 10:00am – 1:30pm
Where: Outing
Meet at Levinson Lobby 9:40am

Monthly Shopping trip to Mall

Date: Oct 10th – Dec 19th
Day of the week: 2nd and 4th Tuesday of the month
Time: 9:30am – 1:30pm
Where: Outing
Meet in Levinson Tower lobby at 9:20am

Bingo

Date: Sep 24th – Dec 21st
Day of the week: Monday, Thursday, and Sunday
Time: 2:00pm – 5:00pm
Location: Senior Drop-In Center
Age: Seniors (55+)
Cost: \$.50 per bingo card
Language: English, Spanish

Come early buy your Bingo cards, grab a good seat, and hang out with your friends. No admittance into Bingo after 15 minutes of the start time.

Bowling

Date: Sep 29th – Dec 11th
Day of the week: Monday
Time: 10:00am – 1:30pm
Location: Outing
Age: Seniors (55+)

Do you enjoy bowling? Join us on Monday mornings. Its free Space is limited. You must register to attend.

Grocery bag program

Date: Oct 17th – Dec 19th
Day of the week: Tuesday
Time: 4:00pm – 6:00pm
Location: Flynn Kitchen
Age: Seniors (55+)

Seniors 70 and older register to join our free 10 week Easy Eats programs. You must be home between 4 to 6pm to receive your grocery bag. You must complete survey and drop off at the RTHCC. Limited to 100 seniors. One bag per household.

ISGM Concerts

Date: Sep 24th – Nov 19th
Day of the week: Sunday
Time: 1:30pm – 3:30pm
Location: Outing
Age: Seniors (55+)

Seniors enjoy a concert at the Isabella Stewart Gardner Museum. The dates of the concerts are Sunday, Sept. 24th, Sunday, Oct. 1st Sunday, Oct., 15th and Sunday, Nov. 19th. You must register to attend.

Senior's Trip

Date: Oct 18th
Day of the week: Wednesday
Time: 5:30pm – 8:00pm
Location: Outing
Age: Seniors (55+)
Cost: Residents \$10.00

Experience the glowing magic of Boston Lights at Franklin Park Zoo. This years theme is lantern experience. a stunning array of all-new lanterns and lights!

Senior Celtics

Watch for Flyer

Location: RTHCC Gymnasium

Age: Seniors (55+)

The Senior Celtic program in collaboration with NEBH and Boston Celtics will be held in the RTH Gym in October. Please look for flyer for date and more details. You will not want to miss this event. This event will include treats.

Senior Center Drop-in

Date: Sep 29th – Dec 15th

Day of the week: Friday

Time: 11:00am – 2:00pm

Location: Senior Drop in Center

Age: Seniors (55+)

Drop by the Senior Center for a cup of coffee and snacks, conversation, play a game or make a cards. Fridays from 11 - 2pm. See the Senior calendar for scheduled activity.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



PRESCHOOL LEARNING EXPERIENCES

RTH EARLY EDUCATION CENTER

BOSTON UNIVERSAL PRE-KINDERGARTEN, PRESCHOOL, AND INFANT AND TODDLER CARE

The RTH Early Education Center is providing comprehensive school readiness and high-quality services for families in Boston. Our program is designed to address children's cognitive, social-emotional, physical, and nutritional needs in addition to supporting the needs of your family. Our Preschool classroom is a warm and nurturing environment where children learn through discovery and routines. The UPK Classroom will use the BPS Focus on K1 Curriculum. Both classrooms use Pyramid Model for Social Emotional Development.

The Universal Pre-Kindergarten Program runs from 8:30am -3pm and is offered at no cost to families with Boston Residency, with an option of fee-based extended day.

82 FENWOOD RD. BOSTON, MA 02115

OUR CENTER HOURS : 7:30AM - 5:30PM

OUR OPTIONAL FOOD PROGRAM INCLUDES NUTRITIOUS MEALS AND WEEKLY MENUS!

HOW TO QUALIFY FOR UPK SPECIFIC CLASSROOM

- Children must be 4 years old prior to September
- 1 Live in the City of Boston

WHAT YOU WILL NEED TO APPLY

- Documentation of your child's age
- Proof of Boston Residency

ALL VOUCHERS ACCEPTED FOR BOTH CLASSROOMS

SPACES ARE LIMITED,
ENROLL TODAY!



Family Programs

Outdoor Movie Night

Date: Sep 29th
Day of the week: Friday
Time: 6:30pm – 9:00pm
Location: Kempton Park
Ages: Child (0-5), Youth (6-10), Middle School (11-13)
Language: English

Come relax and watch a movie with your RTHCC friends for family movie night. Bring a pillow, comfy blanket or beach chair to relax.

Apple Picking

Date: Oct 7th
Day of the week: Saturday
Time: 9:30am – 4:30pm
Location: RTHCC
Ages: Family (All Ages)
Cost: Residents \$15, Non-residents \$30
Capacity: 40

Passes can be purchased at RTHCC. Everyone will receive a small bag, and a voucher for your favorite activities at the farm!

Halloween Fun

Date: Oct 31st
Day of the week: Tuesday
Time: 6:00pm – 8:00pm
Location: RTHCC
Ages: Child (0-5), Youth (6-10), Middle School (11-13)

Come dressed in Halloween outfits and enjoy trick-or-treating, face painting, magic shows, pumpkin decorating, live musical performances, and more

Family Pumpkin Carving

Watch for Flyer
Location: RTHCC
Ages: Family (All Ages)
Capacity: 20

Reserve a pumpkin by October 17th. Families will receive one large pumpkin, carving kit, and an online cooking demonstration for Caramel apples and pumpkin seed. Best pumpkin will win a prize! We will have a marked place to display your pumpkins.

Cookies with Santa

Date: Dec 16th
Day of the week: Wednesday
Time: 5:00pm – 8:00pm
Location: Kempton Park
Ages: Child (0-5), Youth (6-10), Middle School

Children will enjoy delicious fresh baked cookies and hot cocoa while visiting with Santa. Garden “elves” will be on hand to help children create a special gift for someone on their list. A photographer will be available to capture this moment.

Winter Wonderland Vacation

Date: Dec 22nd – Jan 2nd
Day of the week: TBD
Time: 8:00am – 6:00pm
Location: ASP
Ages: Youth (6-10), Middle School (11-13)
Cost: Residents \$56.65, Non-residents \$150
Capacity: 39

A full-day program for winter school vacation is available for students. Applications available on Monday, November 27th. Children must be enrolled in K2-5th grades and ages of 5-12-year-old to participate.

Disney On Ice: Dream Big at Agganis Arena

Watch for Flyer

Location: Outing

Ages: Family (All Ages)

Cost: Residents \$20, Non-residents \$40

Capacity: 40

Discover why no dream is too big at Disney On Ice presents Into the Magic!

Six Flags

Watch for Flyer

Child Watch

Date: Sep 26th – Dec 30th

Day of the Week: Tuesday, Wednesday, Thursday

Time: 6:30pm – 8:00pm

Location: RTHCC

Age: Child (0-5), Youth (6-10), Middle School (11-13)

Need someone to look after your children while you work out? Look no further. RTHCC is happy to welcome your children in our Child Watch program while you work out.



Aquatics

Swim lessons provide an important life skill that could save a life. Our goal is to enable you to stay safe in and around water and learn the skills needed to make swimming a life long pursuit and stay healthy.

Huntington YMCA Swim Lessons

Date: Oct 30th – Dec 24th

Day of the week: By Appointment

Time: By Appointment

Location: 316 Huntington Avenue, Boston, MA 02115

Age: Family (All Ages)

Cost: Resident \$25

Swim lessons are subsidized by RTH and held at the Huntington YMCA and runs on a 8 week cycle. Stop by RTHCC Welcome Desk to review schedule and register for discounted swim lesson.

Teen and Adult Swim Lessons

Date: Sep 30th – Dec 16th

Day of the week: Saturday

Time: 2:00pm – 3:00pm

Location: Simmons University Pool, 331 Brookline Ave

Age: High School, Adults (18-55), Seniors (55+)

Cost: Non-resident \$36

Students will receive swim assessment to determine their swim level and goals. The Teen/Adult class will start at your current level. Location: Simmons University Pool.

Differently Abled Learn to Swim Lessons

Date: Sep 30th – Dec 16th

Day of the week: Saturday

Time: 2:00pm – 3:00pm

Location: Simmons University Pool, 331 Brookline Ave

Age: High School, Adults (18-55), Seniors (55+)

Cost: Non-resident \$36

Adaptive swimming lessons with assistance from instructors to support become confident in and around water. This hour will focus on being independent in the water while having fun and using basic safety skills.

Swim Club

Date: Sep 30th – Dec 16th

Day of the week: Saturday

Time: 1:00pm – 2:00pm

Location: Simmons University Pool, 331 Brookline Ave

Age: Youth (6-10), Middle School (11-13),
High School (14-17)

Swim club atmosphere will give swimmers the confident and knowledge to swim to safely learn competitive stroke and techniques to enjoy the water.



Teen Center

Teen Center Drop-in Hours

Monday - Thursday	4:00pm - 8:00pm
Friday, Saturday	4:00pm - 9:00pm
Sunday	Closed

Middle School Student grade 6 – 8
Highschool Student grade 9-12

Drop by and hang out and have fun with your friends. Note we will be offering some new programs and activities for you! Middle School will be welcomed in the teen center. Check the board for new activities and schedule.

Mellow Movie Mondays - Middle School

Date: Sep 25th – Dec 11th
Day of the week: Monday
Time: 4:00pm – 6:00pm
Location: RTH Teen Center
Age: Middle School
Capacity: 15

Mellow Movie Mondays is a dedicated time for teens to relax and enjoy a movie in a laid-back and friendly environment while building community and connection. Come share your reactions, thoughts, and laughs with fellow movie enthusiasts.

Mellow Movie Mondays - High School

Date: Sep 25th – Dec 11th
Day of the week: Monday
Time: 6:00pm – 8:00pm
Location: RTH Teen Center
Age: High School
Capacity: 15

Mellow Movie Mondays is a dedicated time for teens to relax and enjoy a movie in a laid-back and friendly environment while building community and connection. Come share your reactions, thoughts, and laughs with fellow movie enthusiasts.

Talented Tuesdays - Performing Arts Club

Date: Sep 26th – Dec 12th
Day of the week: Tuesday
Time: 4:00pm - 5:00pm
Location: RTH Teen Center
Age: Middle School
Capacity: 15

Talented Tuesday will be a time for the ultimate performing arts club. Come showcase your creativity and express yourself through various art forms. Talents can range from dance, music, acting, spoken word, poetry, etc.

Newsletter Committee

Date: Sep 26th – Dec 12th
Day of the week: Tuesday
Time: 6:30pm - 7:30pm
Location: RTH Teen Center
Age: High School
Capacity: 10

Come capture the essence of our RTH community and bring it to life through captivating visuals and engaging stories. You will curate a newsletter that reflects the vibrant spirit, friendships, and special moments that make RTH unique.

Entrepreneurship Club

Date: Sep 28th – Dec 21st
Day of the week: Thursday
Time: 6:00pm - 7:00pm
Location: RTH Teen Center
Age: Middle School, High School
Capacity: 15

RTH teens will gather to explore the exciting world of entrepreneurship and unleash innovative ideas! Teens will dive into various aspects of entrepreneurship, exploring topics like idea generation, market research, and business planning.

Fashion Show Committee

Date: Sep 28th – Dec 21st
Day of the week: Thursday
Time: 4:30pm – 5:30pm
Location: RTH Teen Center
Age: Middle School, High School
Capacity: 10

Calling all models, fashion enthusiasts, and trendsetters! On the Fashion Committee, you will take the lead in preparing an awe-inspiring Cultural Fashion Show that embraces and celebrates different cultures.

Youth Making Moves

Date: Sep 27th – Dec 13th
Day of the week: Wednesday
Time: 6:30pm – 7:30pm
Location: RTH Teen Center
Age: High School
Capacity: 15

Youth Making Moves will focus on helping youth identify their gifts and talents. Teens will explore various topics like: inspiring self-reliance and confidence, self-examinations, interrupting self-destructive thoughts, and planning ahead.

Key Club - Community Service

Date: Oct 4th – Dec 6th
Day of the week: 1st and 3rd Wednesday of the month
Time: 4:30pm – 5:30pm
Location: RTH Teen Center
Age: High School
Capacity: 15

Join our Key Club, and volunteer to make a difference through community service. Unlock your potential to become a catalyst for change. Teens will take on leadership roles, collaborate with peers, & gain community service hours for graduation.

Youth Council

Date: Sep 27th – Dec 13th
Day of the week: 2nd and 4th Wednesday of the month
Time: 4:30pm – 5:30pm
Location: RTH Teen Center
Age: Middle School, High School
Capacity: 8

Come join Youth Council, a group that empowers you to plan & execute exciting events & initiatives. From community service projects & awareness campaigns to social events and workshops. Step up, voice your ideas, & shape the future of your community.

Curious Chef's Club

Date: Sep 29th – Dec 15th
Day of the week: Friday
Time: 5:00pm – 6:00pm
Location: RTH Teen Center
Age: Middle School, High School
Capacity: 8

Each week, teens will discover the fascinating flavors and techniques behind diverse cultural cuisines. Curious Chefs Cooking Club is not just about following recipes; it's about bringing your own creativity and personal flair to each dish.

Anime Club

Date: Sep 29th – Dec 15th
Day of the week: Friday
Time: 6:30pm – 7:30pm
Location: RTH Teen Center
Age: Middle School, High School
Capacity: 15

We believe in creating a space where you can indulge in your passion for anime & share the excitement with like-minded individuals. Each Saturday, we'll gather to watch a variety of anime series, ranging from beloved classics to the latest releases.

Teen Holiday Party

Date: Dec 16th
Day of the week: Saturday
Time: 2:00pm – 5:00pm
Location: RTH Teen Center
Age: Middle School, High School

RTH teens are invited to the Teen Center Holiday Party! With laughter, dancing, and joyous moments, we hope to create cherished memories and spread merriment and happiness as we celebrate the holiday season together.

Archery Games Boston

Date: Nov 25th
Day of the week: Saturday
Time: 4:45pm – 8:00pm
Location: Outing
Age: Middle School, High School
Capacity: 20

Archery Games brings you combat archery, a combination of dodgeball and archery in a fast-paced game designed to get you moving and your adrenaline flowing! The game is safe and family friendly, suitable for ages 7 and up.

Wentworth Institute of Technology - Open House

Date: Oct 8th
Day of the week: Sunday
Time: 9:00am – 2:00pm
Location: Outing
Age: High School
Capacity: 15

Join us for a broad overview of the admissions process at Wentworth. Learn about the WIT community, requirements for admission as a first year/transfer student, & opportunities for a merit scholarship. Chaperones needed, follow up with teen center.

MCPHS - Open House

Date: Oct 14th
Day of the week: Saturday
Time: 9:00am – 3:00pm
Location: Outing
Age: High School
Capacity: 15

Experience life as an MCPHS student at the Future Healthcare Leader Open House! Learn the benefits of early application, get tips on the application process & envision your future as a healthcare leader. Chaperones needed, follow up w/ teen center.

Simmons University - Open House

Date: Oct 21st
Day of the week: Saturday
Time: 9:00am – 1:00pm
Location: Outing
Age: High School
Capacity: 15

At Simmons Open House, speak with admission staff about the application process, get financial aid questions answered, attend an information session & panel about athletics, student life, resources, etc. Chaperones needed, follow up w/ teen center.

SCREEEMFEST - Canobie Lake

Date: Oct 28th
Day of the week: Saturday
Time: 3:00pm – 8:00pm
Location: Outing
Age: Middle School, High School
Capacity: 20

Canobie Lake Park SCREEEMFEST delivers family fun by day and a healthy dose of fear by night. **NO COSTUMES OR MAKEUP PERMITTED** - per Park Rules and Regulations. Chaperones needed, please follow up with the teen center to inquire about volunteering.

AMC Movies

Date: Nov 3rd
Day of the week: Friday
Time: 5:00pm – 9:00pm
Location: Outing
Age: Middle School, High School
Capacity: 10

Teens will participate in a thrilling adventure as they embark on an exciting outing to the AMC movie theater! Teens will delve into a world of imagination, laughter, and suspense. Chaperones needed, follow up with teen center to volunteer.

Wentworth Institute of Technology - Open House

Date: Nov 5th
Day of the week: Sunday
Time: 9:00am – 2:00pm
Location: Outing
Age: High School
Capacity: 15

Join us for a broad overview of the admissions process at Wentworth. Learn about the WIT community, requirements for admission as a first year/transfer student, & opportunities for a merit scholarship. Chaperones needed, follow up with teen center.

Plimoth Patuxet

Date: Nov 11th
Day of the week: Saturday
Time: 12:00pm – 5:00pm
Location: Outing
Age: Middle School, High School
Capacity: 20

Experience history in a new light at Plimoth Patuxet; living history museum ocean views, sweeping historic landscapes, & the newly-restored Mayflower II docked downtown in Plymouth Harbor. Chaperones needed, follow up with teen center to volunteer.

MCPHS - Open House

Date: Nov 12th
Day of the week: Sunday
Time: 9:00am – 1:00pm
Location: Outing
Age: High School
Capacity: 15

Experience life as an MCPHS student at the Future Healthcare Leader Open House! Learn the benefits of early application, get tips on the application process & envision your future as a healthcare leader. Chaperones needed, follow up w/ teen center.

Simmons University - Open House

Date: Nov 18th
Day of the week: Saturday
Time: 9:00am – 3:00pm
Location: Outing
Age: High School
Capacity: 15

At Simmons Open House, speak with admission staff about the application process, get financial aid questions answered, attend an information session & panel about athletics, student life, resources, etc. Chaperones needed, follow up w/ teen center.

Lucky Strikes

Date: Nov 24th
Day of the week: Friday
Time: 4:30pm – 9:00pm
Location: Outing
Age: Middle School, High School
Capacity: 20

Teens will have a memorable outing at Lucky Strikes! They will immerse themselves in a whirlwind of flashing lights, exhilarating games, and fierce competition. Chaperones needed. Please follow up with the teen center to inquire about volunteering.

Roller World

Date: Oct 9th
Day of the week: Monday
Time: 11:00am – 4:30pm
Location: Outing
Age: Middle School, High School
Capacity: 20

Roller World is a great place for teens to build connections and make memories with one another. Chaperones are needed. Please follow up with the teen center to inquire about volunteering. Look out for the flyer for additional information.

Emmanuel College - Open House

Date: Oct 1st
Day of the week: Sunday
Time: 12:30pm – 4:00pm
Location: Outing
Age: High School
Capacity: 20

Attend Emmanuel's Open House & discover what it's like to be an EC student! Learn about distinctive academic programs, residential campus life in the heart of Boston, etc. Chaperones needed. Please follow up with teen center to volunteer.

MassArt - College Tour

Date: Dec 9th
Day of the week: Saturday
Time: 10:00am – 2:00pm
Location: Outing
Age: High School
Capacity: 15

MassArt has nearly one million square feet of gallery, classroom, studio and living space. Chaperones are needed. Please follow up with the teen center to inquire about volunteering.

AMC Movies

Date: Dec 15th
Day of the week: Friday
Time: 5:00pm – 9:00pm
Location: Outing
Age: Middle School, High School
Capacity: 10

Teens will participate in a thrilling adventure as they embark on an exciting outing to the AMC movie theater! Teens will delve into a world of imagination, laughter, and suspense. Chaperones needed, follow up with teen center to volunteer.

Supercharged Entertainment

Date: Dec 27th
Day of the week: Wednesday
Time: 3:00pm – 8:00pm
Location: Outing
Age: Middle School, High School
Capacity: 20

Supercharged Entertainment features the world's largest indoor multi-level karting track, a first-of-its-kind Ninja Wipeout course, fun jumping Trampolines, & an expansive gaming lounge! Chaperones needed. Follow up w/ the teen center to volunteer.

Tubing/Sledding

Date: Dec 29th
Day of the week: Friday
Time: TBD
Location: Outing
Age: Middle School, High School
Capacity: 20

Join us as we glide down snow-covered slopes. With hearts racing and joyous laughter, teens will create unforgettable memories of sliding, spinning, and winter fun. Chaperones needed. Please follow up with teen center to inquire about volunteering.

Rock Climbing

Date: Dec 30th
Day of the week: Saturday
Time: 6:00pm – 9:00pm
Location: Outing
Age: Middle School, High School
Capacity: 20

Join us as we conquer towering walls & reach new heights with every climb. With determination in their eyes, RTH teens will challenge their physical limits, strengthen their bonds, & unleash their inner climbers. Chaperones needed.

Teen Potluck

Date: Nov 11th
Day of the week: Friday
Time: Watch for Flyer
Location: Watch for Flyer
Age: Middle School, High School

Teens are invited to bring a dish as we celebrate diversity & come together for a Cultural Potluck extravaganza! With enticing aromas & tastes, we will foster unity & create a feast that will tantalize taste buds & create lasting memories.

Holiday Haircuts

Date: Dec 22nd
Day of the week: Friday
Time: Watch for Flyer
Location: Watch for Flyer
Age: Middle School, High School

Info will be included on flyer at a later date.

Holiday Manicures

Date: Dec 22nd
Day of the week: Friday
Time: Watch for Flyer
Location: Watch for Flyer
Age: Middle School, High School

Info will be included on flyer at a later date.



Sports & Enrichment Programs

The department focus is to teach, develop, organize, manage, and offer RTH residents the opportunity to learn fundamentals sports skills, while insilling life lessons and values of teamwork, disciplines, respect, sportsmanship, child development. We believe in the power of inclusivity, ensuring that every child has the opportunity to play. No matter their skill level, we'll provide a supportive environment that encourages growth and celebrate each child's unique talent.

Taekwondo

Date: Sep 24th – Dec 10th
Day of the week: Sunday
Time: 11:30am – 1:15pm
Location: RTHCC Gymnasium
Age: Youth (6-10), Middle School (11-13),

Whether your child is bursting with energy or shy in most social situations, martial arts can go a long way toward developing qualities and habits in your young ones that can last a lifetime

Beginner Dance

Date: Sep 27th – Dec 13th
Day of the week: Friday
Time: 5:00pm – 6:00pm
Location: RTHCC Main Studio
Age: Youth, Middle School, High School, Adults (18-55), Seniors (55+)
Cost: Non-Resident \$36

Traditional Chinese Dance is a cultural art that expresses harmony, elegance, and fluidity through movement. It is for everyone that wants to work on flexibility and learn traditional Chinese dance techniques.

Table Tennis

Date: Nov 9th – Dec 21st
Day of the week: Thursday
Time: 6:15pm – 7:15pm
Location: RTHCC Foyer
Age: Family (All Ages)
Cost: Adults (18-55), Seniors (55+)

Learning basics of table tennis.

Soccer Skills and Drills

Date: Sep 26th – Dec 21st
Day of the week: Tuesday, Thursday
Time: 5:15pm – 6:15pm
Location: RTHCC Gymnasium
Age: Youth (6-10), Middle School (11-13)
Cost: Non-Resident \$30

This introductory class meets two times a week. We will establish the fundamental rules and skills of soccer. In this group setting we will include both drill work and pickup games to better learn and gain understanding of the sport.

Volley Ball and Badminton

Date: Nov 10th – Dec 15th
Day of the week: Friday
Time: 6:00pm – 7:00pm
Location: RTHCC Gymnasium
Age: Youth, Middle School, High School, Adults
Cost: Non-Resident \$15

This introductory class will establish the fundamental rules and skills for indoor volleyball and badminton. In this team setting, instructors will include drill work and pickup games to learn and gain understanding for volleyball and badminton.

Small Boating

Date: Sep 29th – Nov 3rd
Day of the week: 1st and 3rd Friday of the month
Time: 5:00pm – 7:00pm
Location: Jamaica Pond
Age: 9+ (Children under 11 must be accompanied by an adult)
Cost: Non-Resident \$15

In collaboration with Community Boating, Participants will have the opportunity to learn skills on kayaking, rowing, sailing & paddle boarding at our local Jamaica Pond. This program is available to those who have passed swim test. Participants will meet at 5pm and walk over together.

Parent and Child playtime

Date: Nov 7th – Dec 12th
Day of the week: Tuesday
Time: 10:00am – 11:00am
Location: RTHCC Gymnasium
Age: Child (0-5)

Saturday morning activity for the family. Activities will be set up for kids to learn balance, coordination, agility, while having fun!

Flag Football Skills and Drills

Date: Nov 11th – Dec 16th
Day of the week: Saturday
Time: 1:00pm – 3:00pm
Location: RTHCC Gymnasium
Age: Youth, Middle School
Cost: Non-Resident \$35

This program is geared towards teaching kids the fundamentals of flag football. Learn the rules and regulations of flag football and how to play the game. On good weather condition we may use local field.

Cross Country

Date: Sep 19th – Jan 16th
Day of the week: Monday, Saturday
Time: Monday: 5:00pm – 6:00pm
Saturday: 11:00am – 12:00pm
Location: RTHCC
Age: Youth, Middle School, High School,
Adults (18-55), Seniors (55+)
Cost: Non-Resident \$15

Cross Country running is a discipline that involves covering various distances in the natural environment.

Tennis Beginners

Date: Sep 28th – Nov 2nd
Day of the week: Thursday
Time: 5:15pm – 6:15pm
Location: Outing
Age: Youth, Middle School, High School
Cost: Non-Resident \$15

Learning basics of tennis, footwork, and stroke motion technique. We will focus on footwork and techniques for moving around the court.

Ladies Hour

Date: Sep 27th – Dec 13th
Day of the week: Wednesday
Time: 6:00pm – 7:00pm
Location: RTHCC Gymnasium
Age: Family (All Ages)
Cost: Non-Resident \$15

A special hour for girls and ladies to network, play, dance, talk or listen to music and move together. Join some of our lady RTH staff at the Teen Center and gym to create your positive hour of enjoyment.

RTH Bicycling Club

Date: Sep 22nd – Dec 8th
Day of the week: Friday
Time: 5:00pm – 7:00pm
Location: RTH Gymnasium
Age: Middle School (11-13), High School (14-17),
Adults (18-55), Seniors (55+)

Every Second and fourth Friday from 5 -7 PM RTH Bike club will take bike adventures and ride to the Bikes Not Bombs Hub (284 Amory St. Jamaica Plain) to learn how to work on their bicycle, use their tools, become more familiar with bicycle components.

Teen Basketball Conditioning

Date: Sep 25th – Dec 11th
Day of the week: Monday, Friday
Time: 7:00pm – 8:00pm
Location: RTHCC Gymnasium
Age: Middle School, High School
Cost: Non-Resident \$15

Designed to help players of all levels come and improve their conditioning with various exercises and drills to increase stamina, speed, and endurance.

Youth Basketball Skills and Drills

Date: Sep 25th – Dec 15th
Day of the week: Monday, Friday
Time: 6:00pm – 7:00pm
Location: RTHCC Gymnasium
Age: Middle School, High School
Cost: Non-Resident \$15

This is designed to help players of all levels and abilities to learn the fundamentals of basketball including ball control, dribbling, passing, and shooting while incorporating teamwork. Recommended for youth interested in playing in the Sautrday RTH League.

Youth Basketball League

Date: Nov 11th – Dec 16th
Day of the week: Saturday
Time: 4:00pm – 6:00pm
Location: RTHCC Gymnasium
Age: Youth, Middle School
Cost: Non-Resident \$15

Our basketball league is for younger players to promote healthy active play. Learn spot skills and places value on participation, conetition, while learning good sportsmanship.

Super Saturday Family Fun

Date: Sep 30th, Nov 18th, Oct 28th
Day of the week: Saturday
Time: 4:00pm – 6:00pm
Location: RTHCC Gymnasium
Age: Family (All Ages)
Cost: Non-Resident \$15

Join us in the gym or half court for games, music, fun, food, character development, prizes, and actities for parents and children. Keep kids active and learn healthy habits together!

Curtis Hall Basketball League

Date: Sep 16th – Dec 18th
Day of the week: Saturday
Time: 11:00am – 1:00pm
Location: 20 South Street Boston, MA, Boston, 02130
Age: Youth, Middle School
Cost: Non-Resident \$15

Limited spots to join RTH team. Pick up registration forms at the RTHCC Welcome Desk. Team members and parents will meet at RTHCC and travel together.



RTH Directory

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Jennifer Lewis, *Youth Educational Services & Workforce Development Specialist*

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Senior Services, Flynn House

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Laura Adams, *Director of Senior Services*

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RTH Community Center

20A Vining Street (Welcome Desk ext. 200)

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