



Winter Edition

2024 WHAT'S UP

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

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.

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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

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

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

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,

It's a New Year! Time to reset.

We often start the New Year with ambitious resolutions for our health, fitness, finances, and education. If you are like many of us – you've done this more than once!

Our Winter programming schedule is designed to support you in whatever goals or improvements or changes you are hoping to achieve – even if your goal is to dial back, relax and nurture yourself and family.

In this edition we have a host of exercise classes and cooking classes to help you pursue your health and fitness goals. There are educational and job training opportunities to help you with your financial goals. As well as a host of recreational and social classes, programs, and events for everyone to enjoy.

We are kicking off the New Year with three big events! Black History Celebration is February 24th, Chinese/Lunar New Year event is March 2nd, and St Patrick's Day event is March 10th. We hope to see everyone there! Better yet volunteer on the planning committee.

Please take some time to explore the opportunities listed in these pages. And don't forget – everything in the What's Up can be found at www.RoxburyTenants.org.

I look forward to seeing you all out and about enjoying all that RTH has to offer, and living your best life.

Sincerely,

Karen

Karen T. Gately
Executive Director



RTH Winter Session Dates (8 Week Session)

Day	Start Session	End Date
Sunday	January 21 st	March 10 th
Monday	January 22 nd	March 11 th
Tuesday	January 23 rd	March 12 th
Wednesday	January 24 th	March 13 th
Thursday	January 25 th	March 14 th
Friday	January 26 th	March 15 th
Saturday	January 27 th	March 16 th

Winter Holiday Schedule

Martin Luther King, Jr Day	January 15 th	Monday	Holiday – RTH Closed
President’s Day	February 19 th	Monday	Holiday – RTH Closed

Fall Events and Meetings Schedule

Please note the following schedule changes for upcoming holidays

Health & Safety Meeting	January 17 th 6pm – 8pm	Wednesday	Parks Community Building
Lunar/Chinese New Year	March 2 nd Time TBD	Saturday	RTHCC Gymnasium
Health & Safety Meeting	February 21 st 6pm – 8pm	Wednesday	Parks Community Building
Black History Celebration	February 24 th 3pm – 7pm	Saturday	RTHCC Gymnasium
Saint Patrick’s Celebration	March 10 th 1pm – 5pm	Sunday	RTHCC Gymnasium

RTH Committees and Volunteer Opportunities

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

Resident Room Rental is back!

Date: TBD

Parks Community Building will be available for RTH Residents to use for private events. First come first served. For reservation, please contact the RTHCC Welcome Desk. (617)232-4306 ext.200



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.

Saint Patrick's Day Celebration

Date: Mar 10th

Day of the week: Sunday

Time: 1:00pm – 5:00pm

Location: RTHCC Gymnasium

Age: Adults (21-55), Seniors (55+)



Everyone is a little bit Irish on this day! Come celebrate St. Patrick's Day with us. St. Patrick's Day has become a truly important occasion-- one embraced by Americans of all faiths and of all backgrounds. We want to see your Irish eyes smiling! Try to sing along to some Irish tunes! Have yourself a grand ole time!

Lunar/Chinese New Year

Date: Mar 2nd

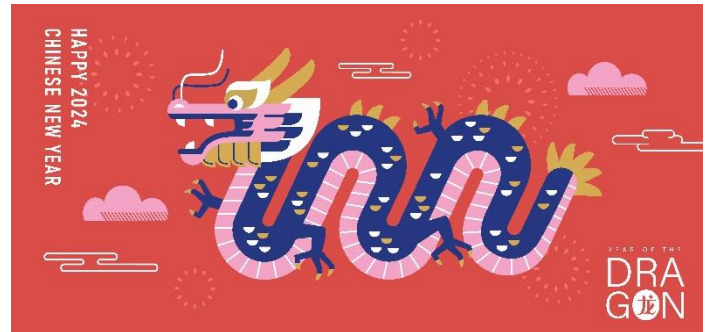
Day of the week: Saturday

Time: TBD

Location: RTHCC Gymnasium

Age: Family (All Ages)

2024 is a year of the Wood Dragon, starting from February 10th, 2024 (Chinese New Year) and ending on January 28th, 2025 (Chinese New Year's Eve). Enjoy and celebrate Lunar New Year with other RTH residents.



Black History Celebration

Date: Feb 24th

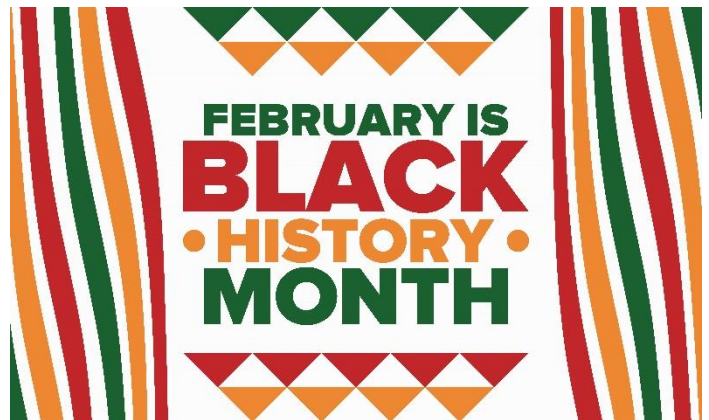
Day of the week: Saturday

Time: 3:00pm – 7:00pm

Location: RTHCC Gymnasium

Age: Family (All Ages)

Since the mid-1970s, U.S. presidents have issued proclamations supporting the Association for the Study of African American Life and History's themes to celebrate African Americans' many achievements, culture and history. In 2024, Black History Month will highlight the varied history and life of African American arts and artisans.



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: Jan 23rd – Mar 12th
Day of the Week: Tuesday
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: Jan 26th – Mar 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 who have completed our beginners class are welcome to join this class to continue growing their skills.

Sewing with Julia Sewing Workshop for Beginners

Date: Jan 23rd – Mar 12th
Day of the week: Tuesday
Time: 6:30pm – 8:00pm
Location: Flynn Kitchen
Age: High School (14-17), Adults (18-55), Seniors (55+)
Language: English
Cost: Residents \$25 Refundable
\$50 Mission Hill, \$150 Non-Residents
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: Jan 26th – Mar 15th

Day of the Week: Friday

Time: 6:30pm – 8:30pm

Location: Flynn Kitchen

Age: High School (14-17), 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: Jan 22nd – Mar 14th

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

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: Jan 27th – Mar 16th

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!

Discover the world of Audiobooks

Date: Feb 28th

Day of the Week: Wednesday

Time: 2:00pm – 3:00pm

Location: ERC

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

Are you a reader who is having trouble seeing the print? Want to listen to a book while you are driving or performing another task? Or do you just enjoy listening to stories? Join us in exploring the world of audiobooks in this one hour workshop.

Seafood Nutrition- Healthy Families & Kids

Date: Feb 29th

Day of the Week: Wednesday

Time: 6:00pm – 8:00pm

Location: Flynn Kitchen

Age: Family (All Ages)

Cost: Residents \$150

Language: English

Capacity: 15

Learn how seafood affects brain health and about the nutritional needs of children's brains; enjoy a seafood preparation demo, and take home ingredients to recreate the kid-friendly recipe at home.

Slow Cooker Meals for Busy Families

Date: Feb 1st

Day of the Week: Thursday

Time: 6:00pm – 8:00pm

Location: Flynn Kitchen

Age: High School (14-17), Adults (18-55)

Language: English

Capacity: 15

Slow cookers are a boon for busy families. With a little planning ahead, a delicious meal can be waiting when you come home from work or school. Learn to make dishes like beef stew, Thai chicken curry, and chili. A slow cooker will be raffled off!

Air Fryer Meals for Busy Families

Date: Mar 7th
Day of the Week: Thursday
Time: 6:00am – 8:00am
Location: Flynn Kitchen
Age: High School (14-17), Adults (18-55)
Language: English
Capacity: 15

You can make tasty & nutritious dishes like "fried" chicken nuggets and fish & chips in an air fryer! Join us to learn how and have a chance to win an air fryer!

Tanglewood Marionettes "The Dragon King"

Date: Feb 20th
Day of the Week: Tuesday
Time: 1:00pm – 2:00pm
Location: Parks Community Building
Age: Family (All Ages)
Language: English
Capacity: 50

RTH and the award winning Tanglewood Marionettes celebrate 2024 year of the dragon with a performance of the Dragon King!

Green Learning- House plants!

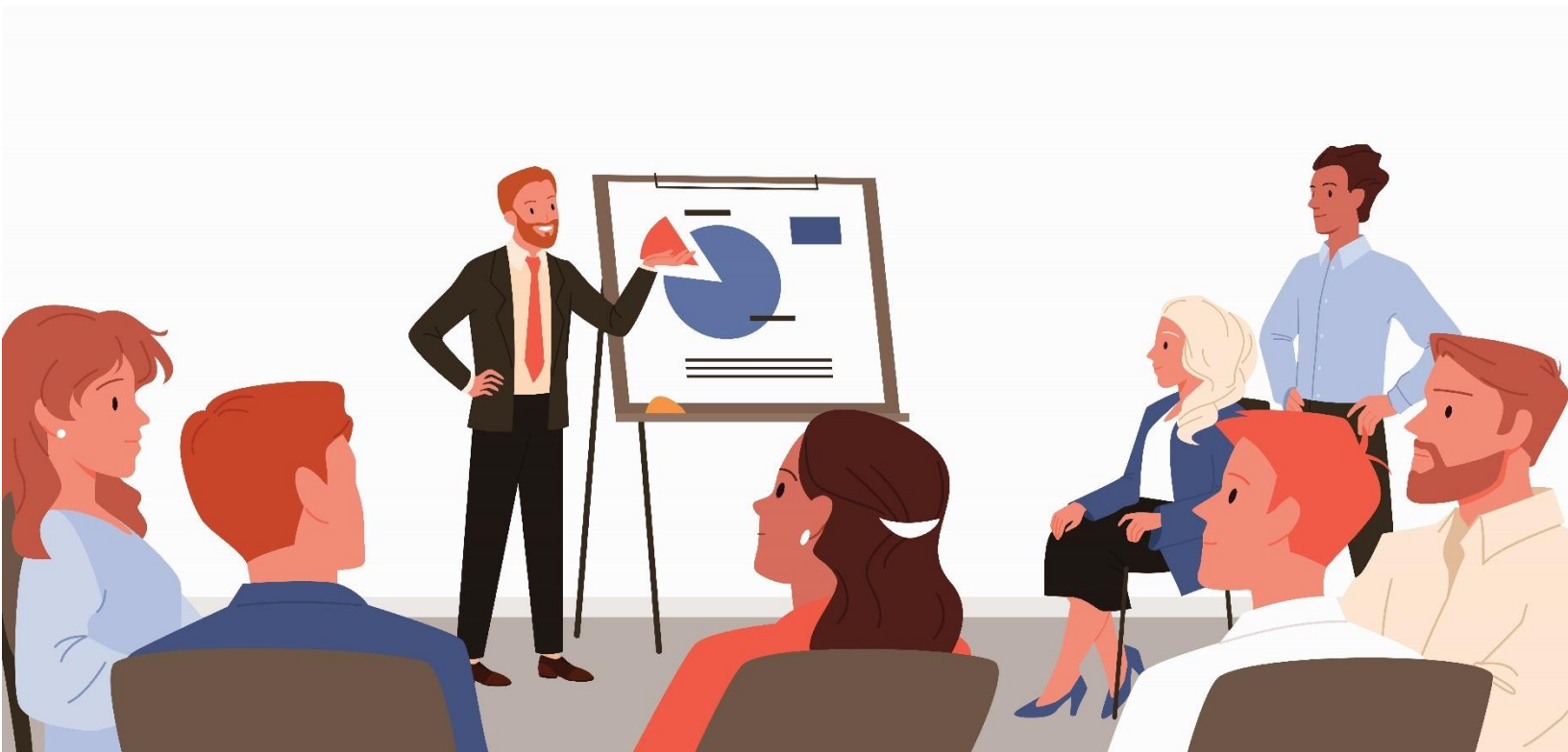
Date: Feb 4th
Day of the Week: Sunday
Time: 11:00am
Location: ASP
Age: Middle School (11-13), Teen (14-17),
Adults (18-55), Seniors (55+)
Capacity: 12

Are you a reader who is having trouble seeing the print? Want to listen to a book while you are driving or performing another task? Or do you just enjoy listening to stories? Join us in exploring the world of audiobooks in this one hour workshop.

Green Learning- Seedlings!

Date: Feb 11th
Day of the Week: Sunday
Time: 11:00am
Location: ASP
Age: Middle School (11-13), Teen (14-17),
Adults (18-55), Seniors (55+)

Learn which seedlings can be started indoors and get a head start on the growing season! Led by a certified Master gardener. A selection of seeds, seedling trays, and soil will be available for participants.



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, coping & 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: Jan 27th – Mar 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

Date: Jan 25th – Mar 14th

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, you will enjoy this friendly group. Yarn, hooks, & needles provided.

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: Jan 24th – Mar 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: Jan 23rd – Mar 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: Jan 22nd – Mar 14th
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: Jan 22nd – Mar 14th
Day of the week: Monday - Thursday
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.

English Conversation Group

Date: Jan 24th – Mar 13th
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.

Minecraft EDU

Date: Jan 26th – Mar 16th
Day of the Week: Friday, Saturday
Time: 4:30pm – 6:00pm
Location: ERC
Age: Youth (6-10), Middle School (11-13)
Language: English
Capacity: 12

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.

Lefties Unite!

Date: Jan 31st
Day of the Week: Wednesday
Time: 2:00pm – 3:00pm
Location: ERC
Age: Adults (18-55), Seniors (55+)
Capacity: 8

Are you left-handed? Sometimes this presents unique challenges. Let's come together to discuss the problems associated with being left-handed and find solutions. Products for left-handed people will also be discussed.

Youth Education & Community Education

First Steps to Work: apprenticeships for middle school students

Date: Jan 26th - May 24th
Day of the week: Friday
Time: 4:30pm – 5:30pm
Location: RTHCC Teen Center
Age: Middle School (11-13)
Language: English
Capacity: 5

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

Youth Workforce Development: Get Ready to Work!

Date: Feb 21st
Day of the week: Wednesday
Time: 1:00pm – 4:00pm
Location: RTHCC Teen Center
Age: High School (14-17)
Language: English
Capacity: 18

Refresh or design your resume, practice/get support writing cover letters, applying, and interviewing.

Date: Feb 24th
Day of the week: Saturday
Time: 1:00pm
Location: Outing
Age: High School (14-17)
Language: English

Watch for details on this event hosted by the city of Boston's Mayor's Youth Council!

Working in Healthcare Info session

Date: Mar 13th
Day of the week: Wednesday
Time: 4:00pm – 5:00pm
Location: RTHCC Teen Center
Age: High School (14-17), Adults (18-55), Seniors (55+)
Capacity: 20

Learn about summer internship opportunities for high school teens 16 yrs+ with our hospital partners, BWH and BILH (Brigham & Women's and Beth Israel), prepare for and begin the application process, Q & A



Save-the-Date: Mayor's Youth Summit

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.

Healthy Moves

Date: Jan 22nd – Mar 15th

Day of the week: Monday, Wednesday, Friday

Time: 10:00am – 11:00am

Location: RTHCC Foyer

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

This exercise program is excellent for our aging population, enabling this community to stay healthy and fit. The class works on improving strength, endurance, and flexibility. Included is a pre and post-assessment. Come for a great workout!

Spin

Date: Jan 23rd – Mar 15th

Day of the week: Tuesday, Thursday, Friday

Time: Tues/Thur: 9:00am – 10:00am

Friday: 6:00pm – 7:00pm

Location: RTHCC Main Studio

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

Spin is an effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, Spin offers a 60-minute ride with energizing music. It's an opportunity to get your heart pumping while burning serious calories.

Muscle Works

Date: Jan 22nd – Mar 14th

Day of the week: Monday, Thursday

Time: Monday: 8:00am – 9:00am

Monday: 6:00pm – 7:00pm

Thursday: 6:00pm – 7:00pm

Location: RTHCC Main Studio

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

Muscle Works 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.

Full Body Workout

Date: Jan 23rd – Mar 14th
Day of the week: Tuesday, Thursday
Time: 8:00am – 9:00am
Location: RTHCC Main Studio
Age: Adults (18-55), Seniors (55+)

Full Body Workout workout aims to hit all the major muscle groups in one class—incorporating cardio movements, core strengthening, and balancing exercises.

Yoga

Date: Jan 23rd – Mar 12th
Day of the week: Tuesday
Time: 11:00am – 12:00pm
Location: RTHCC Main Studio
Age: Adults (18-55), Seniors (55+)

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: Jan 22nd – Mar 13th
Day of the week: Monday, Wednesday
Time: Monday: 11:00am – 12:00pm
Wednesday: 11:30am – 12:30pm
Location: RTHCC Main Studio
Age: Adults (18-55), Seniors (55+)

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.

Tabata

Date: Jan 23rd – Mar 12th
Day of the week: Tuesday
Time: 6:00pm – 7:00pm
Location: RTHCC Main Studio
Age: Adults (18-55), Seniors (55+)

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

Family Zumba

Date: Jan 24th – Mar 13th
Day of the week: Wednesday
Time: 6:00pm – 7:00pm
Location: RTHCC Main Studio
Age: Adults (18-55), Seniors (55+)

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.

Zumba

Date: Jan 25th – Mar 16th
Day of the week: Thursday, Saturday
Time: Thursday: 7:00pm – 8:00pm
Saturday: 11:00am – 12:00pm
Location: RTHCC Main Studio
Age: Adults (18-55), Seniors (55+)

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: Jan 24th – Mar 13th
Day of the week: Wednesday
Time: 7:00pm – 8:00pm
Location: RTHCC Main Studio
Age: Adults (18-55), Seniors (55+)

Zumba Gold is a lower-intensity version of the Zumba class and was designed to meet the anatomical, physiological, and psychological needs of aging populations. Zumba Gold provides an option for aging populations.

Foam Rolling

Date: Jan 23rd – Mar 12th

Day of the week: Tuesday

Time: 7:00pm – 8:00pm

Location: RTHCC Main Studio

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

Foam Rolling is a popular tool for muscle knots or trigger points caused by muscle imbalance, overuse, and injuries. Working through the discomfort can help you increase your range of motion and decrease recovery time.

Lift and Learn: Bench Press and Front Squat

Date: Jan 26th – Mar 15th

Day of the week: Friday

Time: 3:00pm – 4:00pm

Location: RTHCC Wellness Floor

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

This class will cover how to safely and effectively perform strength movements of a bench press and front squat. You will practice performing bench presses and front squats safely and effectively under the supervision of a Certified Personal Trainer.

Walking Group

Date: Jan 23rd – Mar 14th

Day of the week: Tuesday (English), Thursday (Chinese)

Time: 3:00pm – 4:00pm

Location: RTHCC Room 117

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

Language: English, Russian, Spanish

Everyone is welcome! Led in 2 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.

Lift and Learn: Leg Day

Date: Jan 24th – Mar 13th

Day of the week: Wednesday

Time: 8:00am – 9:00am

Location: RTHCC Wellness Floor

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

Join our Lift and Learn series. This class will cover the ultimate lower body workout. You will perform various leg exercises to target the glutes, quads, and hamstrings safely and effectively under the supervision of a Certified Personal Trainer.

RTH Indoor Triathlon Competition for Prizes

Date: Jan 21st – Mar 16th

Day of the week: Monday - Sunday

Time: 7:00am – 9:00pm (Facility Hours)

Location: RTHCC Wellness Floor

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

Residents get 30 days to compete for the furthest distance. Members have 10 minutes on each cardio and will transition from the rower to the spin bike and finish on the treadmill to cover the most distance. The furthest distance wins a prize.

Significant Other Workout

Date: Feb 14th

Day of the week: Wednesday

Time: 6:00pm – 7:00pm

Location: RTHCC Wellness Floor

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

Valentines Day themed workout class getting couples to work out together doing partner exercises and afterwards, enjoy a nice snack/coffee.



14
FEB



JOIN US FOR A

Valentine's Day!

Partner Workout

RTH-CC FITNESS STUDIO

6PM-7PM

Bring your significant other or partner up with someone in class for a great workout! Join us after for complimentary refreshments

CONTACT [ZMCCULLOCH@ROXBURYTENANTS.ORG](mailto:zmcculloch@roxburytenants.org) FOR QUESTIONS



RTH WELLNESS CENTER



INDOOR TRIATHLON

January 21st - March 1st



30 MINUTES - ROW-BIKE-RUN

3 individual attempts to place best score:

- Supervised by an RTH Fitness Floor Staff

- **Start:**

- >10 min Row
- >10 min Bike
- >10 min Run

- No Registration required.
- Speak with Fitness Staff upon arrival
- Total Distance converted to miles.
- Furthest overall distance in miles wins!

NO REGISTRATION REQUIRED! COMPETE & WIN PRIZES!


- Personal Training Sessions
- Gift Cards
- Free Guest Passes
- Bragging rights and more!

Contact ZMcCulloch@roxburytenants.org for questions!



LIFT & LEARN SERIES

For Beginner To Advanced

-  Jan. 26th - Mar. 15th
-  EVERY FRIDAY
-  9 AM - 1 PM
-  RTH-CC FITNESS FLOOR



WHAT YOU LEARN?

- ✓ PROPER FORM
- ✓ PROGRAM DESIGN
- ✓ EXERCISE MODIFICATIONS
- ✓ BENCH PRESS
- ✓ SQUATS

FREE FOR MEMBERS!

Join Now

NO REGISTRATION REQUIRED

More Information PROGRAM DIRECTOR ZMCCULLOCH@ROXBURYTENANTS.ORG

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

Day of the week: Thursday

Time: 3:00pm – 4:00pm

Locations:

January 25th – Duggan Building

February 22nd – Flynn Building

March 21st – Mosaic Building

Age: Family (All Ages)

Please 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: Jan 22nd – Mar 21st

Day of the week: Tuesday, Thursday

Time: 10:00am – 12:00pm

Location: ERC

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.

Trinity Management Annual Recertification Training

Date: Feb 27th

Day: Tuesday

Time: 5:30pm

Location: Parks Community Room

Topics: Annual Recertification – When are they due and what are the requirements; Interim Recertifications – when are they needed; Income & Assets – what is and is not counted when calculating your rent; and Expenses

Path to Health

Date: Jan 15th – Mar 21st

Day of the week: Monday - 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.

Cleaning Workshops

Date: March 12th and March 19th

Location: Parks Community Building

Time: 6:00pm -8:00pm

Age: Family (All Ages)

Workshop 1 – Readyng your Home for Inspection

This workshop discusses the process and reasons for annual and other inspections and keeping your unit free of clutter

Workshop 2 – Cleaning on a Budget/DIY Cleaning

Learn to make cleaning products out of household ingredients and how to get the most out of commercial cleaning products. The ability to decide what ingredients to use is especially important to people with allergies or other health concerns.

Senior Services

Seniors, We want to hear from you! What ideas do you have for day trips? 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 an excellent opportunity to meet new people.

Date: Feb 16th
Day of the week: Friday
Time: 11:00am – 3:00pm
Location: Outing
Age: Seniors (55+)
Cost: \$10

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

Arts and Crafts Seniors

Date: Jan 24th – Mar 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 are effective ways to reduce stress and maintain a healthy brain.

Senior Taxi Coupons

Date: Feb 6th, Mar 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: Feb 2nd, Mar 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: Feb 14th, Mar 13th
Day of the week: 2nd Wednesday of the month
Time: 5:00pm
Location: Flynn Kitchen

Chit Chat Meeting, English language focus

Date: Feb 9th, Mar 8th
Day of the week: 2nd Friday of the month
Time: 12:00pm
Location: Flynn Kitchen

Spanish Chat Meeting, Spanish language focus

Date: Feb 16th, Mar 15th
Day of the week: 3rd Friday of the month
Time: 12:00pm
Where: Flynn Kitchen, 1st floor

Senior Center Drop-in

Date: Jan 26th – Mar 15th
Day of the week: Friday
Time: 11:00am
Location: Senior Drop in Center
Age: Seniors (55+)

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

Senior Monthly Shopping Trips

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

Market Basket

Date: Jan 23rd – Mar 12th
Day of the week: 1st and 3rd Tuesday of the month
Time: 9:30am
Location: Outing
Meet in Levinson Tower lobby at 9:20am

Chinatown Shopping

Date: Jan 25th – Mar 14th
Day of the week: 2nd and 4th Thursday of the month
Time: 10:00am – 2:00pm
Location: Outing
Meet at Levinson Lobby 9:50am

Kam Man Supermarket Quincy, Ma

Date: Feb 1st – Mar 7th
Day of the week: 1st and 3rd Thursday of the month
Time: 10:00am – 2:00pm
Where: Outing
Meet at Levinson Lobby 9:50am

Monthly Shopping trip to Mall

Date: Feb 13th – Mar 12th
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

Bilingual Bingo – English/Spanish

Date: Jan 15th – Mar 15th
Day of the week: Monday, Thursday, and Sunday
Time: 2:00pm (1:00pm on Sunday)
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: Jan 22nd – Mar 10th
Day of the week: Monday
Time: 10:00am – 1:00pm
Location: Outing
Age: Seniors (55+)

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

Senior Valentine's Event

Date: Feb 13th
Day of the week: Tuesday
Time: 6:00pm – 7:30pm
Location: Parks Community Building
Age: Seniors (55+)

Lets' celebrate Valentine's Day together. Spread Love to one another.





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!

SPACES ARE LIMITED, ENROLL TODAY!

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



Family Programs

Saturday Move and Groove

Date: Jan 27th – Mar 16th
Day of the week: Saturday
Time: 12:00pm – 2:00pm
Location: RTHCC Teen Center
Ages: Child (0-5), Youth (6-10), Middle School (11-13)
Capacity: 15

We will focus on affirmation for kids. Some Affirmations included. "I am Kind," "I am brave," and "I am loved." To keep calm when we're having big feelings. The students will create a stress ball using flour and a balloon and add small elements.

Family Fun at The Center

Date: Jan 26th – Mar 15th
Day of the week: Saturday
Time: 10:00am – 3:00pm
Location: RTHCC Teen Center
Ages: Child (0-5), Youth (6-10), Middle School (11-13)
Capacity: 15

Each week families will have the opportunity to participate in various activities and socialize with neighbors – arts and crafts, movement classes, games, coffee, conversation.

Hollywood for kids

Date: Jan 26th – Mar 15th
Day of the week: Friday
Time: 6:30pm – 8:00pm
Location: RTHCC Teen Center
Ages: Child (0-5), Youth (6-10), Middle School (11-13)
Capacity: 15

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

Anime Club

Date: Mar 1st – Mar 16th
Day of the week: Monday
Time: 6:30pm – 7:30pm
Location: RTHCC Teen Center
Ages: Child (0-5), Youth (6-10), Middle School (11-13)
Capacity: 10

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 various anime series, ranging from beloved classics to the latest releases.

A Day Of Giving

Date: Feb 23rd – Mar 16th
Day of the week: Saturday
Time: 6:00pm – 7:00pm
Location: RTHCC Teen Center
Ages: Child (0-5), Youth (6-10), Middle School (11-13)
Capacity: 15

Black history Month Weekend Friday/Saturday Families will learn the History of Black history and what our future inventors contributed to our community.

Active Kids Active Minds

Date: Mar 9th – Mar 16th
Day of the week: Thursday
Time: 6:00pm – 7:30pm
Location: RTHCC Teen Center
Ages: Child (0-5), Youth (6-10), Middle School (11-13)
Capacity: 10

Yoga incorporated on a Saturday for youth and families with a bit of spin in its last fifteen minutes students will be read to as a way to help calm them down.

Skyzone Family Event

Date: Mar 16th

Day of the week: Saturday

Time: 12:00pm – 5:00pm

Location: Outing

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

Capacity: 15

Memorable way to stay connected, and create a great relationship with residences, and their children here at RTHCC.

Child Watch

Date: Jan 22nd – Mar 16th

Day of the Week: Monday - Thursday

Time: 5:45pm – 8:00pm

Location: RTHCC Teen Center

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

Capacity: 15

Passes can be purchased at RTHCC. Everyone will receive a small bag, and a voucher for your favorite activities at RTHCC. And staff watch the students.



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: Jan 21st – Mar 16th

Day of the week: See YMCA schedule

Time: See YMCA schedule

Location: Outing

Age: Family (All Ages)

Cost: Resident \$20

Capacity: 30

Swim lessons for all ages free for first-time participants, and RTH subsidizes all others. Held at the Huntington YMCA according to their schedule. Stop by RTHCC Welcome Desk to review the schedule and register for a discounted swim lesson.

Teen/Adult Swim Lessons at Simmons University

Date: Feb 3rd – Mar 23rd

Day of the week: Saturday

Time: 1:00pm – 3:00pm

Location: Outing

Age: Family (All Ages)

Cost: Non-Resident \$15

Capacity: 15

Make a splash with our swim lessons, tailored for all ages and skill levels, where participants learn essential swimming techniques, water safety, and build confidence in a fun, supportive, and safe aquatic environment.

Lifeguard Training/Certification

Date: Feb 3rd – Mar 23rd

Day of the week: Saturday

Time: 12:00pm – 4:40pm

Location: Outing

Age: Youth (6-10), Middle School (11-13),
High School (14-17), Adults (18-55),
Seniors (55+)

Cost: Resident \$5, Non-Residents \$25

Capacity: 12

We are inviting everyone to a fantastic opportunity for certification and summer job opportunity with the 2023 RTH Summer P.E. & Aquatics team located at the RTH Aquatics Center next to Women's Brigham Memorial Hospital.

Differently Abled Learn to Swim Lessons

Date: Feb 3rd – Mar 23rd

Day of the week: Saturday

Time: 1:00pm – 3:00pm

Location: Outing

Age: High School (14-17), Adults (18-55),
Seniors (55+)

Cost: Non-Resident \$15

Capacity: 15

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.

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.

Entrepreneurship Club

Date: Jan 25th – Mar 14th

Day of the week: Thursday

Time: 6:00pm – 7:00pm

Location: RTH Teen Center

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

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

Youth Council

Date: Jan 26th – Mar 13th

Day of the week: Wednesday

Time: 5:00pm – 6:00pm

Location: RTH Teen Center

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

Join the RTH Youth Council. We are a group of neighborhood teens meeting weekly to become empowered to plan exciting events and initiatives for our community. Be it community service, campaign, social events, or workshops. shape the future of RTH.

Game Time

Date: Jan 21st – Mar 16th

Day of the week: Monday - Friday

Time: 4:00pm – 8:00pm

Location: RTH Teen Center

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

Engage in healthy competition of the minds while learning strategies that can be applied to everyday life. The games that will be played will be Chess, card games, Candyland, Uno, Sorry and Mancala

Curious Chef's Club

Date: Jan 26th – Mar 15th

Day of the week: Friday

Time: 5:00pm - 7:00pm

Location: RTH Teen Center

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

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

Fashion Show Committee

Date: Jan 23rd – Mar 12th

Day of the week: Tuesday

Time: 5:00pm - 7:00pm

Location: RTH Teen Center

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

We call on all event planners, models, fashion enthusiasts, and trendsetters! A professional event planner will lead you to prepare and present an awe-inspiring cultural fashion show that embraces and celebrates different cultures.

UNO Tournament

Date: Jan 22nd – Mar 11th

Day of the week: Monday

Time: 5:00pm - 8:00pm

Location: RTH Teen Center

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

Socialize with your peers playing the age-old card game UNO. Working as a team or individual, compete each week for prizes!

DISCOVER ELEGANCE AND CONFIDENCE AT THE

Etiquette Workshop

BY MEANINGFUL OCCASIONS



Join us for an enriching experience where we empower **youth 13-17** to navigate formal occasions with grace and poise.

SATURDAY

01/20/24

2 PM - 6 PM

**RTH COMMUNITY CENTER
20A Vining Street, Boston MA**

Use Promo Code **RTHVIP**



**Scan This to Register
Today!**

Enroll in our limited-spot etiquette workshop, preparing for the Nubian Square Youth Ball. Cultivate all-around shine. Act now, don't miss out!

**** POP UP SHOP W/ FREE FORMAL WEAR AND ACCESSORIES FOR THE BALL AVAILABLE!**



FOR INQUIRIES AND REGISTRATION, CONTACT US AT INFO@MEANINGFULOCCASIONS.COM OR TEXT 617-908-9783



Sports & Enrichment Programs

The department focus is to teach, develop, organize, manage, and offer RTH residents the opportunity to learn fundamentals sports skills, while instilling 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 Sundays

Date: Jan 21st – Mar 10th
Day of the week: Sunday
Time: 11:30am – 1:15pm
Location: RTHCC Gymnasium
Age: Youth (6-10), Middle School (11-13)
Cost: Non-Resident \$20
Capacity: 30

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.

Taekwondo Wednesdays

Date: Jan 24th – Mar 13th
Day of the week: Wednesday
Time: 5:00pm – 6:00pm
Location: RTHCC Room 117
Age: Youth (6-10), Middle School (11-13)
Cost: Non-Resident \$20
Capacity: 30

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.

Afterschool Program/PE/Sports Class

Date: Jan 21st – Mar 15th
Day of the week: Monday, Tuesday, Thursday, Friday
Time: 4:30pm – 5:30pm
Location: RTHCC Gymnasium
Age: Youth (6-10)
Capacity: 25

Explore and energize in our After-School PE Class, where students engage in various sports and activities to promote fitness, teamwork, and fun in a supportive and dynamic environment.

Taekwondo Wednesdays

Date: Jan 24th – Mar 13th
Day of the week: Wednesday
Time: 6:00pm – 7:00pm
Location: RTHCC Room 117
Age: High School (14-17), Adults (18-55),
Cost: Non-Resident \$20
Capacity: 30

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.

Soccer Skills and Drills

Date: Jan 23rd – Mar 14th
Day of the week: Tuesday, Thursday
Time: 5:15pm – 6:15pm
Location: RTHCC Gymnasium
Age: Youth (6-10), Middle School (11-13)
Capacity: 20

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 drill work and pickup games to learn and understand the sport better.

Table Tennis

Date: Jan 21st – Mar 16th
Day of the week: Monday - Sunday
Location: RTHCC Foyer
Age: Family (All Ages)

Table Tennis, or Ping-Pong, is a multiskilled sport where players must beat their opponents using various tactics. This sport involves fast thinking, increasing eye-hand coordination, agility, response time.

Cross Country Track and Field

Date: Jan 22nd – Mar 11th

Day of the week: Monday

Time: 5:15pm – 6:15pm

Location: RTHCC Foyer

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

Capacity: 15

Join our Middle School Track and field program, where young athletes discover their potential in various events, from sprints to long-distance running and field sports, fostering physical fitness, discipline, and a spirit of healthy competition.

Middle School Basketball Practice and Training

Date: Jan 24th – Mar 13th

Day of the week: Wednesday

Time: 5:35pm – 6:45pm

Location: RTHCC Gymnasium

Age: Middle School (11-13)

The RTH Middle School team will conduct weekly practices in preparation for league play. Middle School players of all levels and abilities are invited to come to train with the team to develop the fundamentals of basketball.

Middle School Basketball League

Date: Jan 26th – Mar 15th

Day of the week: Friday

Time: 5:00pm – 8:00pm

Location: RTHCC Gymnasium

Age: Middle School (11-13)

Capacity: 50

RTH will host a Middle School Basketball League with teams from the local community. We will promote healthy active play participation and sportsmanship. The team will practice and compete weekly concluding in a March Championship Game.

Saturday RTH Developmental Basketball League

Date: Jan 27th – Mar 16th

Day of the week: Saturday

Time: 11:00am – 3:00pm

Location: RTH Gymnasium

Age: Youth (6-10)

Capacity: 40

The RTH Developmental Basketball League is designed to help elementary school players learn the fundamentals of basketball. Younger players will practice weekly and compete against each other in the Saturday RTH Developmental Basketball League.

Elementary School (Youth) Basketball Skills and Drills

Date: Jan 24th – Mar 13th

Day of the week: Saturday

Time: 4:30pm – 5:30pm

Location: RTH Gymnasium

Age: Youth (6-10)

Capacity: 25

It is designed to help elementary school players improve their conditioning with various exercises and drills to increase stamina, speed, and endurance. It starts with exercises and moves to small groups to improve their basketball playing skills.

Teens Pick- Up Basketball

Date: Jan 27th – Mar 16th

Day of the week: Saturday

Time: 7:00pm – 9:00pm

Location: RTHCC Gymnasium

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

Capacity: 50

Teen Pick-Up B-Ball will promote healthy, active play while valuing participation, competition, and sportsmanship. This is a time for our teens to play against other teens to enhance their skills on the court while learning teamwork.

Adult Basketball

Date: Jan 23rd – Mar 14th

Day of the week: Tuesday, Thursday

Time: 6:30pm – 8:00pm

Location: RTHCC Gymnasium

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

Capacity: 40

Enjoy our open and safe program for adults of all skill levels, featuring an opportunity to connect with fellow basketball enthusiasts. Whether polishing skills or starting fresh, experience the competition and camaraderie in our community.

RTH Directory

Executive Office - Neville House

11 New Whitney Street, 1st Floor

Karen T. Gately, Executive Director

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Amanda Pelcher, Chief Financial Officer

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Irving Burday, Chief Operating Officer

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Latoya Cromartie, Payroll Specialist

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Patricia Haran, Controller

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Jun Jie Xu, IT Specialist

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Tanya Garnett, Office Coordinator

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Education & Resource Center at the Betty Powers Library 25 Mission Park Drive (Front Desk ext. 601)

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Xing Zhou, Instructor

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Jennifer Lewis, Youth Educational Services & Workforce Development Specialist

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Yolking Hallie, Program Manager – Afterschool & Family

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Senior Services, Flynn House

805 Huntington Avenue, 1st Floor

Laura Adams, Director of Senior Services

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RTH Community Center

20A Vining Street (Welcome Desk ext. 200)

Stephen Fulton, Director of RTH Community Center

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Zachary McCulloch, Health & Wellness Director

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Brianna Gonzalez, Teen Coordinator

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RTH After School Program Recreation Exploration Center

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Carmen Torres, Literacy Coordinator

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