

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

Spring Section Dates

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-Sat 9:00am - 6:00pm

Sun Closed

#### **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 time to welcome Spring after a long and gloomy winter! The change of seasons is often a time to make changes in our lives — and for many of us, Spring is the time for renewal and rejuvenation. Longer days leave us more energized. Warmer weather encourages us to get outside. The return of seasonal fruits and vegetables encourages us to eat well and nourish ourselves.

The Spring What's Up is brimming with opportunities to support your goals, whatever they may be. Schedule a Fitness Orientation if you are looking to begin working out, or if you want to step things up. Ask about an InBody assessment – it's a great tool to help you assess your progress. And if you are looking for active opportunities to socialize, we have group exercise classes for all ages and abilities.

As we shake off the winter doldrums, consider a cooking class to freshen up your kitchen game. Community favorite 'Anatomy of a Chicken' is back – it's a great way to stretch your food budget and learn new kitchen skills. Seafood Nutrition class has families and kids focus this cycle – it's a great way to start kids early on the path to brain-healthy eating.

If food isn't your thing, we have crafting and gardening and tech classes - all geared to helping you make the most of your time while having fun with your neighbors.

Lastly, I would be remiss if I did not mention the upcoming Annual Meeting, Sunday June 9th. Mark your calendars for this important chance to learn about what is going on in your community, and to VOTE for your Board of Directors. This year for the first time we will be taking nominations in advance – in addition to on the floor the day of the meeting – if you have ever considered running, we hope this expanded nomination process encourages you. Let's take a leap into Spring together!

Sincerely,



Karen T. Gately Executive Director



#### **RTH Spring Session Dates (10 Week Session)**

Day	Start Session	End Date
Monday	April 8 <sup>th</sup>	June 24 <sup>th</sup>
Tuesday	April 9 <sup>th</sup>	June 11 <sup>th</sup>
Wednesday	April 10 <sup>th</sup>	June 12 <sup>th</sup>
Thursday	April 11 <sup>th</sup>	June 13 <sup>th</sup>
Friday	April 12 <sup>th</sup>	June 14 <sup>th</sup>
Saturday	April 13 <sup>th</sup>	June 15 <sup>th</sup>
SUNDAY	April 14 <sup>th</sup>	June 23 <sup>rd</sup>

#### **Spring Holiday Schedule**

Patriot's Day	April 15 <sup>th</sup>	Monday	RTHCC 11:00am – 7:00pm
Memorial Day	May 27 <sup>th</sup>	Monday	Holiday – RTH Closed
Juneteenth	June 19 <sup>th</sup>	Wednesday	Holiday – RTH Closed

#### **Spring Events and Meetings Schedule**

Health and Safety	April 17 <sup>th</sup> 6pm – 8pm	Wednesday	RTHCC Room 117
Mother's Day Celebration	May 10 <sup>th</sup> 12pm – 2pm	Friday	RTHCC Gymnasium
Health and Safety	May 15 <sup>th</sup> 6pm – 8pm	Wednesday	RTHCC Room 117
Peace & Reconciliation	May 22 <sup>nd</sup> 5:30pm-7pm	Wednesday	RTHCC Gymnasium
Annual Meeting	June 9 <sup>th</sup> Registration 1pm Meeting starts 2pm	Sunday	RTHCC Gymnasium
Health and Safety	June 12 <sup>th</sup> 6pm – 8pm	Wednesday	RTHCC Room 117

#### **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 <a href="mailto:executiveoffice@roxburytenants.org">executiveoffice@roxburytenants.org</a>. 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

#### ays to Register for a ringrams & Events at

(First Come First Served)

#### **Option 1: Register Online**

- Go to <a href="www.RoxburyTenants.org">www.RoxburyTenants.org</a> 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  $1^{\rm st}$  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

## Date: June 9<sup>th</sup> Day: Sunday Ages: Family (All Ages) Location: RTHCC Gymnasium

Time: Registration starts at 1:00pm, Meeting starts at 2:00pm

Vote for the 2024 Board of Directors! Transportation and Child Watch available with prior sign-up at the Welcome Desk. Welcome Desk Phone #: (617)232-4306 ext.200

Are you interested in Running for the RTH Board of Directors at this year's Annual Meeting? For the first time, this year candidates for election may be nominated in advance! The process is simple, and nomination forms have been sent to every household. If you need a copy of the nomination form, you can pick one up at the Welcome Desk. Submit your nomination form by April 17<sup>th</sup>. If you are interested in running but miss the deadline – don't worry! Individual candidates may still be nominated from the floor on the day of the Annual Meeting.

#### Walk & Talk with Executive Director

Date: Monday, April 29<sup>th</sup> 4:00pm Friday, May 17<sup>th</sup> 11:00am

Location: RTHCC

Age: Family (All Ages)

Take a walk around your neighborhood with Executive Director Karen Gately. Ask questions, learn community history, see the neighborhood from a new perspective! Register at RTHCC Welcome Desk.

**RAIN OR SHINE - Dress for the Weather!** 

#### **Peace & Reconciliation**

Date: May 22<sup>nd</sup>

Day of the week: Wednesday
Time: 5:30pm – 7:00pm
Location: RTHCC Gymnasium
Age: Adults (18-55), Seniors (55+)

Capacity: 150

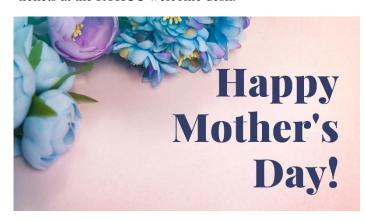
In light of so many difficult things going on in the world this year, including the War in Ukraine and Russia. We invite everyone to come together for a discussion of self-care, compassion and healing. Light refreshments will be served. See RTHCC for tickets.

#### **Mother's Day Celebration**

Date: May 10<sup>th</sup>
Day of the week: Friday
Time: 12:00pm – 2:00pm
Location: RTHCC Gymnasium
Age: Adults (18-55), Seniors (55+)

Capacity: 150

Please join us for a Luncheon as we celebrate Mother's Day. There will be a raffle of gift baskets. Please get your tickets at the RTHCC welcome desk.



#### 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

#### **Resident Room Rental is back!**

Parks Community Building is 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.

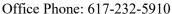
(You cannot get a ticket for another person) To receive a lottery ticket, you must be in the Parks Community room by 2:40pm. If you arrive after 2:40pm, you must wait in the lobby. Once the lottery is completed, the numbers will be given out in the order residents arrive.

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

#### Trinity Management Quick Recertification Tips

#### Old Neighborhood And Mosaic

a velez @trinity management company.com





#### 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.

#### Community Education & Job Training

#### RTH/BWH Believe and Achieve Scholarship

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.

Wenworth 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 617-989-4526



First Robotics Wentworth Institute of Technology is offering a scholarship for FIRST Robotics participants beginning with candidates for Fall 2023 admission. Wentworth Institute of Technology will consider any student who has participated in FIRST Robotics consistently throughout high school for our FIRST Robotics Scholarship. To be eligible for the Wentworth FIRST Robotics Scholarship, students must have applied and been accepted to Wentworth by the Early Action Round 2 application deadline of January 1. Up to 5 scholarships will be awarded each year. The scholarship amount will be \$10,000/year renewable for four years provided satisfactory academic progress is maintained as outlined in Wentworth's academic catalog.

#### **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.

#### Air Fryer Meals You Want to Eat!

Date: May 22th

Day of the week: Wednesday Time: 6:00pm – 8:00pm 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 or wings and fish & chips in an air fryer! Join us to learn how and have a chance to win an air fryer!

#### Anatomy of a Chicken with Chef Danny Garcia

Date: Jun 5<sup>th</sup>

Day of the Week: Wednesday Time: 6:00pm – 8:00pm Location: Flynn Kitchen

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

Language: English Capacity: 15

Chef Danny Garcia demonstrates how to cut up a whole chicken to make three budget friendly, healthful, and delicious family meals. Each participant takes home a whole chicken to practice what they've learned and create their own dishes for their families.

#### Seafood Nutrition- Healthy Families & Kids

Date: Apr 24<sup>th</sup>

Day of the week: Wednesday Time: 6:00pm – 8:00pm Location: Flynn Kitchen Age: Family (All Ages)

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 the ingredients to recreate a kid-friendly recipe at home. Grandparents welcome, too!

#### Sewing with Julia Sewing Workshop (8 weeks)

Date: Apr 12<sup>th</sup> – May 31<sup>st</sup> Day of the week: Friday Time: 6:30pm – 8:30pm Location: Flynn Kitchen

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

Seniors (55+)

Language: English

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

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.

#### Sewing with Julia Sewing Workshop for Beginners

Date: Apr 8<sup>th</sup> – Jun 10<sup>th</sup> Day of the Week: Monday Time: 4:30pm – 6:00pm Location: Flynn Kitchen

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

Seniors (55+) Language: English

Capacity: 8

Teens and 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.

#### Kids Can Sew with Julia! (8 weeks)

Date: Apr 12<sup>th</sup> – May 31<sup>st</sup> Day of the Week: Friday Time: 4:30pm – 6:00pm Location: Flynn Kitchen

Age: Youth (9-10) Middle School (11-13)

Language: English

Capacity: 8

Children 9 and older learn the basics of using a sewing machine. Those with some prior experience have the opportunity to grow their skills. All participants will complete a project. Supplies and fabric provided.

#### **Saturday Translation**

Date: Apr 13<sup>th</sup> – Jun 15<sup>th</sup> 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!

#### **Green Learning- House plants and more!**

Date: Apr 28th

Day of the Week: Sunday Time: 12:00pm – 1:00pm Location: Kempton Playground

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

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

Language: English

Learn to prepare or amend soil and to repot your house plants. Workshop led by a certified Master Gardener. Bring your plants and pots; soil and limited number of pots will be available for participants.

#### **Green Learning- Seedlings!**

Date: Apr 14<sup>th</sup>

Day of the Week: Sunday Time: 12:00pm – 1:00pm Location: Kempton Playground

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

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

Learn which seedings 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.

#### Bike Rodeo!

Date: Apr 16<sup>th</sup>

Day of the Week: Tuesday Time: 1:00pm - 3:00pm

Location: Outing

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

Learn the ABC's of safe cycling, traffic signs & hand signals, and practice riding skills on our course. Prizes include helmets, bike locks, and bikes!

#### **RTH Afterschool Program**

Accepting Application all Year Around

Dates: July 1,2024 - August 30,2024.

Time: 8:15 a.m.-6:00 p.m.

Age: Children aged 5-12, K2-6th grades. Location: 835 Huntington Ave Boston MA 02115

Registration April 1<sup>st</sup>, 2024 - May 31<sup>st</sup>, 2024.

\$ 38 per week RTH (Roxbury Tenants of Harvard)

residents: sibling \$19

\$ 110 per week non-residents; sibling \$ 55

\$76 per week staff sibling \$38

Weekly Tuition payment on ProCare/ Money Order For help registering may call 617-232-4306 ext.401/402.

Breakfast, Lunch, and snacks provided

Activities include:

Gym games- kick ball, soccer, basketball, Red Light

Green Light, Pac Man tag, and more!

Swin lessons and pool free time- all campers will take lessons with certified instructors and enjoy

free swim and pool games

STEM- science experiments, Green Learning

gardening, Lego Explore challenge!

Martial Arts!

Theater arts!

Arts and crafts - painting, quick dry pottery, gimp,

and more!

**BPS** reading challenge!

Chess Wizards! Learn to play the game of kings! Field trips- weekly field trips to destinations such as Extreme Craze, Connor Farm, Canobie Lake, and

more!

RTH's Summer Enrichment Program (SEP) more information and registration about the Summer Enrichment Program, please contact RTHCC Front Desk. (617)232-4306 x200.

For more information

**Yolking Goin- Hallie** 

Email: Yhallie@roxburytenants.org

Phone: 617-232-4306 ext.401

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

#### The Betty Powers Library & Resource Center

25 Mission Park Drive, Duggan Building Open Monday - Saturday 9:00 am - 6:00 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: Apr 13<sup>th</sup> – Jun 15<sup>th</sup> Day of the week: Saturday Time: 1:30pm – 2:30pm

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.

#### **Intro to Computers in Chinese**

Date: Apr 10<sup>th</sup> – Jun 12<sup>th</sup> Day of the Week: Wednesday Time: 11:30am – 12:30pm

Location: ERC

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

Language: English

Capacity: 8

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

#### 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!

#### **Computer Basics in Chinese**

Apr  $9^{th}$  – Jun  $11^{th}$ Date: 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**

Apr  $8^{th}$  – Jun  $10^{th}$ Day of the week: Monday Time: 5:00pm - 6:00pm

Location: ERC

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

Language: Spanish Capacity: 8

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

#### Minecraft EDU

Apr 13<sup>th</sup> – Jun 15<sup>th</sup> Date: Day of the week: Saturday 5:00pm - 6:00pmTime:

Location: ERC

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

Capacity: 12

Minecraft Educators Edition is a game-based learning platform that promotes creativity, collaboration, and problem-solving. This class offers the opportunity to learn & practice block-based and Python coding and Redstone projects.

#### Practicing your interview skills

Apr 23rd Date:

Day of the week: Tuesday 4:30pm - 6:00pmTime: Location: RTHCC Teen Center High School (14-17) Age:

Capacity: 15

Learn about elements for a successful interview and practice your skills with others!

Enjoy Boston's Museums, the NE Aguarium, and the Franklin Park Zoo!

**BPS Sundays** provides opportunities for free admission to the city's museums, aquariums, and zoos for K-12 students. On the first and second Sunday of every month, Boston Public Schools students and up to three of their family members can gain free entry to the New England Aquarium, Museum of Science, Boston Children's Museum, Franklin Park Zoo, Institute of Contemporary Art, and Museum of Fine Arts.

#### **EBT Card to Culture**

Use your EBT card to gain free or discounted admission to many of the Commonwealth's museums and cultural institutions- over 150 in the Greater Boston area alone! For a list or participating organizations and more information, please visit Mass.gov/info-details/ebt-card-to-culture-organizations

ICA (Institute of Contemporary Arts) Free Thursday Nights- Admission is FREE for all every Thursday from 5 to 9 PM during ICA Free Thursday Nights. Advanced tickets are recommended. Tickets for Free Thursday Nights become available at 10 AM the morning of. https://www.icaboston.org/events/ica-free-thursday-night/



#### **Girls Who Game Minecraft Challenge**

Date: Apr 13th – Jun 15th Day of the Week: Saturday Time: 3:30pm - 4:30pm

Location: ERC

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

Language: English Capacity: 12

In this club, Minecrafters will learn about different topics in environmental science and work together as a group to design solutions using new technologies like AI to assist in building greener and more sustainable communities. Open to boys, too!

#### **IXL**

Date: Apr  $8^{th}$  – Jun  $13^{th}$ 

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, and social studies. Learners are also provided an opportunity to practice critical skills and knowledge sets.

#### **Homework Help Center**

Date: Apr 8<sup>th</sup> – Jun 13<sup>th</sup>

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

Time: 4:00pm - 6:00pm

Location: ASP

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

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 Fridays**

Date: Apr 12<sup>th</sup> – Jun 14<sup>th</sup> Day of the Week: Friday Time: 4:30pm – 5:30pm

Location: ERC

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

Language: English Capacity: 8

Minecraft Educators Edition is a game-based learning platform that promotes creativity, collaboration and problem-solving. Have fun Minecrafting with friends!

#### **English Conversation Group**

Date: Apr 10<sup>th</sup> – Jun 19<sup>th</sup>
Day of the Week: Wednesday
Time: 1:00pm – 2:00pm

Location: ERC

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

Language: English Capacity: 8

Short readings and discussions will enhance your English skills. Join this friendly group for tea and conversation. "

#### **Computers for Beginners- English**

Date: Apr 13<sup>th</sup> – Jun 15<sup>th</sup> Day of the Week: Saturday Time: 11:00am – 12:00pm

Location: ERC

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

Language: English

Capacity: 8

Learn the basics of using a computer. Participants will learn to set up an email account, create folders and input items, use a USB drive, navigate the web, and much more. Whether you are a beginner or want a refresher, this course may be for you!



#### Youth Education & Community Education

#### First Steps to Work:

#### apprenticeships for middle school students

Date: Apr 12<sup>th</sup> - Jun 14<sup>th</sup>
Day of the week: Friday
Time: 4:30pm - 5:30pm
Location: RTHCC Teen Center
Age: Middle School (11-13)

Language: English Capacity: 10

First Steps to Work offer middle school youth opportunities to learn while assisting RTH. Options include Garden Crew, Community Events Crew, and more. The team meeting is on Friday at 4:30 pm. Contact Jen for application. The deadline is April 20th.

#### Parent/family meetings: your teen working

Date: Apr 9<sup>th</sup>, May 7<sup>th</sup>
Day of the week: Tuesday
Time: 6:00pm – 7:00pm
Location: RTHCC Teen Center
Age: High School (14-17)

Language: English Capacity: 15

Learn about job programs for 14-18 year olds, what paperwork your teen will need to start working, the work permit process, and more.

#### **RTH Youth Council**

Date: Apr 9<sup>th</sup> – Jun 11<sup>th</sup>
Day of the week: Tuesday
Time: 5:00pm – 6:00pm
Location: RTHCC Teen Center

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

Language: English Capacity: 18

Come join the RTH Youth Council, a group of neighborhood teens who work together to plan and host community service projects to social events and workshops. Step up and shape the future of your community!

#### **Terra Rover Build**

Date: Apr 16th

Day of the week: Tuesday Time: 3:00pm - 5:00pm

Location: Outing

Age: High School (14-17)

Language: English

Capacity: 8

Join students from BU School of Engineering to test-build a Terra Rover kit! High school students are welcome to participate, all parts and manuals are provided.

#### **RTH History Tour**

Date: May 14th

Day of the week: Tuesday Time: 4:30pm – 5:30pm

Location: RTHCC

Age: Family (All Ages)

Capacity: 20

Come walk with us and learn about RTH's history! From the original neighborhood to the building of Mission Park, we will revisit the places and community organizing that led to us still being here now! Led by First Steps to Work apprentices.

#### HappyB2.0 research project

Wed. May 1st: 4-5:30pm or 5:30-7pm Thurs. May 2nd: 5-6:30pm or 6:30-8pm

Fri. May 3rd: 6-7:30pm

Wed. May 8th: 4:30-6pm or 6-7:30pm Thurs. May 9th: 5-6:30pm or 6:30-8pm

Location: Outing

Age: High School (14-17)

Language: English

Capacity: 15 slots available in each meeting, sign up at RTHCC Welcome Desk.

Get involved in new research on the impacts of social media on teen's well-being! Hear from the research team and learn how to be a part of it! Parents attend to sign off on consent forms as teens download the app where the research will take place.

#### 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 FTNESS 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: Apr 8<sup>th</sup> – Jun 24<sup>th</sup>

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 and endurance. Included is a pre and post-assessment. Join friends and neighbors for a great workout!

#### Spin

Date: Apr 9th – Jun 21st

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

#### **Muscle Works**

Date: Apr 8<sup>th</sup> – Jun 20<sup>th</sup>

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+)

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: Apr 9<sup>th</sup> – Jun 20<sup>th</sup>

Day of the week: Tuesday, Thursday

 $Time: \quad 8:00am - 9:00am$ 

Location: RTHCC Main Studio

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

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: Apr 9<sup>th</sup> – Jun 18<sup>th</sup>
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: Apr 8<sup>th</sup> – Jun 19<sup>th</sup>

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 that embraces the mind, body, and spirit. Originating in ancient China, tai chi is one of the most effective exercises for the health of the mind and body. It is easy to learn and soon delivers its health benefits.

#### **Tabata**

Date: Apr 9<sup>th</sup> – Jun 18<sup>th</sup>
Day of the week: Tuesday
Time: 6:00pm – 7:00pm
Location: RTHCC Main Studio

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

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

#### **Family Zumba Party**

Date: Apr 10<sup>th</sup> – Jun 19<sup>th</sup>
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: Apr 11th – Jun 22nd

Day of the week: Thursday, Saturday
Time: Thursday: 7:00pm - 8:00pm
Saturday: 11:00am - 12:00pm
Saturday: 2:00pm - 3:00pm
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: Apr 10<sup>th</sup> – Jun 19<sup>th</sup>
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 Zumba class and was designed to meet the anatomical, physiological, and psychological needs of aging populations. Zumba Gold provides an option for aging populations seeking alternative means of exercise.

#### **RTHCC Membership Appreciation Days**

Date: April 24<sup>th</sup> – Member Appreciation Breakfast

May 15<sup>th</sup> – Stroke Awareness

June 26<sup>th</sup> – Summer Safety Awareness

#### **Spring Fitness Challenges**

Date: Apr 8<sup>th</sup> – Jun 21<sup>st</sup>

Day of the week: Monday - Sunday

Time: 7:00pm - 8:00pm

Location: RTHCC Wellness Floor

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

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

Seniors (55+)

Competitors may participate in either of the challenges or all of them! Row the furthest distance, hang for the longest, and climb to the highest point. Staff will track the total distance, time, and heights, and prizes will be awarded at the end!

#### **Walking Group**

Date: Apr 9<sup>th</sup> – Jun 20<sup>th</sup>

Day of the week: Tuesday, Thursday

Time: 3:00pm – 4:00pm Location: RTHCC Main Studio Age: Adults (18-55), Seniors (55+)

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.

#### Leg Day

Date: Apr 12<sup>th</sup> – Jun 21<sup>st</sup>
Day of the week: Friday
Time: 8:00am – 9:00am
Location: RTHCC Main Studio
Age: Adults (18-55), Seniors (55+)

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

#### Kung Fu Fan

Date: Apr 8<sup>th</sup> – Jun 21<sup>st</sup>

Day of the week: Monday - Friday

Time: 9:00am – 10:00am Location: RTHCC Main Studio Age: Adults (18-55), Seniors (55+)

Kung Fu Fan is a unique martial art exercise class that blends the movements of Taiji boxing and other martial arts and dances. The movements are strong and flexible, aggressive and defensive, full of elegance and beauty and the impressive power of martial art.

#### **Chair Massage**

Date: Monday, May 1st,

Wednesday, May 27<sup>th</sup>

Time: 4:30pm - 7:30pm

Location: RTHCC Main Studio

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

Residents can enjoy the benefits of fully-clothed chair massage combined with reiki and other modalities that promote relaxation. This program is wheelchair accessible. Please register ahead of time for your 10-minute appointment.

#### Program your Workout with a Personal Trainer

Date: Apr 8<sup>th</sup> – Jun 21<sup>st</sup>

Day of the week: Monday - Friday

Time: 8:00am - 7:00pm

Location: RTHCC Wellness Floor Age: Adults (18-55), Seniors (55+)

Meet with one of our qualified fitness professionals for one on one to help build out your workout program. Discuss your fitness goals and exercise history to gain a better footing on how to progress safely and effectively with your workout routine.

#### **Ladies First**

Date: Apr 9<sup>th</sup> – Jun 11<sup>th</sup> Day of the week: Tuesday Time: 6:00pm – 7:30pm Location: RTHCC Room 117

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

Ladies First is a weekly program designed for women of the RTH community. We will provide bonding opportunities and promote unity while learning to appreciate our community. You will learn and laugh while forming relationships with other women.

#### **RTHCC Program and Class Pass**

Cost: \$25 per pass with 10 classes available

Have a relative or a friend who wants to participate in group-ex classes non-resident? This access pass may be used to participate in group exercise classes and some programs. Stop by the Welcome Desk to purchase.



Learn how to swim with the Huntington YMCA lessons

Late Spring: April 22nd - June 23rd, 2024

No classes May 27 or June 19

Age: 6 months &up

First come, first serve!

Registration is Open!

Register at RTH Community Center @ welcomedeskstaff@roxburytenants.org or call: 617-232-4306 ext 200

#### 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: May 15<sup>th</sup>, Jun 12<sup>th</sup>
Day of the week: Wednesday
Time: 3:00pm – 4:00pm

Locations:

May 15<sup>th</sup> – Duggan Building Jun 12<sup>th</sup> – Mosaic Building 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: Apr 9<sup>th</sup> – Jun 22<sup>nd</sup>

Day of the week: Tuesday, Saturday

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 & RS Resident Trainings**

Date: May 21st

Day of the week: Tuesday Time: 5:30pm – 6:30pm Location: RTHCC Room 117

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

Trinity Management and Resident Services are hosting a 1 hour training on "How is my Rent calculated and what information is used".

#### Path to Health

Date: Apr 8<sup>th</sup> - Sep 30<sup>th</sup>

Day of the week: Monday - Friday

Time: 9:00am - 6:00pm Location: By Appointment

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

Language: English, Spanish

Join 1 year research study for Healthy Eating and Physical Activity. Must be 18 + years old, speak English or Spanish. Delivered text messages and phone calls. Participate from home. Participants receive \$50 per study visit (\$150 over one year).

#### **Food Pantry Emergency Food Assistance**

Date: Apr 10<sup>th</sup> - Jun 12<sup>th</sup> Day of the week: Wednesday Time: 10:00am - 1:00pm

Location: Parks Community Building Age: Adults (18-55), Seniors (55+)

Language: English, Spanish

If you are in need of emergency food call Resident Services to sign up to receive 1 bag of food per family or senior from Catholic Charities. Please bring a photo ID and Proof of Residency and name and DOB for each household member.

#### 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 a great opportunity to meet new people.

Date: May 29th

Day of the week: Wednesday Time: 11:00am – 3:00pm

Location: Outing Age: Seniors (55+)

Cost: \$25

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

#### **Arts and Crafts Seniors**

Date: Apr 10<sup>th</sup> – Jun 12<sup>th</sup>
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: May 7<sup>th</sup>, Jun 4<sup>th</sup>

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

1st Tuesday of the month. 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 four 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: May 3<sup>rd</sup>, Jun 7<sup>th</sup>

Day of the week: 1st Friday of the month

Time: 1:00pm

Location: RTHCC Room 117

#### Russian Tea Room, Russian language focus

Date: Apr 10<sup>th</sup>, May 22<sup>nd</sup>

Day of the week: 2<sup>nd</sup> Wednesday of the month

Time: 5:00pm

Location: Flynn Kitchen

#### Chit Chat Meeting, English language focus

Date: Apr 12<sup>th</sup>, Jun 14<sup>th</sup>

Day of the week: 2<sup>nd</sup> Friday of the month

Time: 1:00pm

Location: Flynn Kitchen

#### Spanish Chat Meeting, Spanish language focus

Date: Apr 19th, Jun 21st

Day of the week: 3<sup>rd</sup> Friday of the month

Time: 12:00pm

Where: Flynn Kitchen, 1st floor

#### **Senior Center Drop-in**

Date: Apr 8<sup>th</sup> – Jun 21<sup>st</sup> Day of the week: Friday Time: 11:00am – 2pm

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

 $Date: \quad Apr \ 16^{th} - Jun \ 18^{th}$ 

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: Apr 11th – Jun 20th

Day of the week: 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month

Time: 10:00am - 1:30pm

Location: Outing

Meet at Levinson Lobby 9:50am

#### Kam Man Supermarket Quincy, Ma

Date: Apr  $18^{th}$  – Jun  $20^{th}$ 

Day of the week: 1st and 3rd Thursday of the month

Time: 10:00am - 1:30pm

Where: Outing

Meet at Levinson Lobby 9:50am

#### Senior Monthly Mall Shopping Trip

Date: Apr 9<sup>th</sup> – Jun 25<sup>th</sup>

Day of the week: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month

Time: 9:30am - 1:30pm

Where: Outing

Meet in Levinson Tower lobby at 9:20am

#### Bingo

Date: Apr 8<sup>th</sup> – Jun 23<sup>rd</sup>

Day of the week: Monday, Thursday, and Sunday

Time: 2:00pm (1:00pm on Sunday) Location: Senior Drop-In Center

Age: Seniors (55+) 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: Apr 8<sup>th</sup> – Jun 17<sup>th</sup> 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.

#### **Seniors Spring Event**

Date: Apr 11th

Day of the week: Thursday Time: 6:00pm – 7:30pm

Location: Parks Community Building

Age: Seniors (55+)

Come enjoy music by Kalfornia Kal, A tribute to the Rat

pack!

#### Mission Hill Birthday Party Tobin Community Ctr.

Date: Jun 12th

Day of the week: Wednesday Time: 11:30am – 2:00pm

Location: Outing
Age: Seniors (55+)

An enjoyable afternoon celebrating Mission Hill senior's birthdays. A great way to meet other seniors in Mission

Hill.





## 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 TODAYI

#### **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

#### **Books and Toy Trade**

Date: Apr 13<sup>th</sup> – Jun 15<sup>th</sup>
Day of the week: Saturday
Time: 12:00pm – 2:00pm
Location: RTHCC Teen Center
Ages: Family (All Ages)

Toy and book swap - Why buy new? Bring your gently used toys and books to swap with your neighbors. Save money, de-clutter your home, and have a fun afternoon connecting with friends and neighbors.

#### **Fun Fit for Kids**

Date: Apr 12<sup>th</sup> – Jun 14<sup>th</sup>
Day of the week: Friday
Time: 6:30pm – 7:30pm
Location: RTHCC Teen Center
Ages: Family (All Ages)

Capacity: 20

This great initiative will inspire our youth to cultivate self love, foster friendships, engage with our community, and prioritize essential elements of well-being, through nutrition, movement, community and mindset.

#### **Family Zumba**

Date: Apr 13<sup>th</sup> – Jun 15<sup>th</sup>
Day of the week: Saturday
Time: 12:00pm – 4:00pm
Location: RTHCC Teen Center
Ages: Family (All Ages)

Capacity: 20

Zumba is a fitness program that combines Latin and international music with dance moves. Family Zumba routines incorporate interval training to help improve cardiovascular fitness. The whole family will have fun learning some Latin and other dances!

#### **Lucky Strike**

Date: Apr 27<sup>th</sup>

Day of the week: Saturday
Time: 11:00am – 4:00pm
Location: RTHCC Teen Center
Ages: Family (All Ages)

Capacity: 15

Lucky strike is a great place for fun with your family & friends. Lucky strike specializes in crafting memorable corporate outings, delightful social gatherings, festive and network atmosphere. This place is for bowling, arcades, and memorable events.

#### **Chop Chef**

Date: Apr 12<sup>th</sup> – Jun 14<sup>th</sup>
Day of the week: Friday
Time: 6:00pm – 7:30pm
Location: RTHCC Teen Center

Ages: Youth (6-10)

Capacity: 15

Students will discover the fascinating flavors and techniques behind cooking all types of foods. Chop Chef is not just about following recipes; it's about bringing creativity and unique dishes together.

#### **Uno Challenge**

Date: Apr 13<sup>th</sup> – Jun 15<sup>th</sup>
Day of the week: Saturday
Time: 1:00pm – 3:00pm
Location: RTHCC Teen Center
Ages: Youth (6-10)

Capacity: 20

Socialize with your peers playing the age-old card game UNO. Working as a team or individually, compete each week for prizes! This is a great way to get to know each other.

#### Family Camp - Lake Winnipesaukee, New Hampshire

Date: Aug 20<sup>th</sup> – Aug 25<sup>th</sup>

Day of the week: Tuesday - Sunday

Location: Outing

Ages: Family (All Ages)

Cost: Residents \$125, Non-resident Guest \$200 per person

Experience camp life as a family. Great preparation for children to attend over camp on their own. Families have their own cabins. Non-resident guests in same cabin. Apply at the RTHCC Welcome Desk.



4/16 - Bike Rodeo

4/17 - Children's Museum

4/18 - Big Joe Storytelling & Puppetry

4/19 - Museum of Science

Spring is in the air. Let your child enjoy the April Vacation activities we are hosting this vacation week! For children ages 5 - 12 years old. Please register at RTHCC Welcome Desk in advance. For more information, contact (617)232-4306 ext.200

\$ 33.00 for ASP children. Sibling rate \$16.00.

\$ 57.00 for non-ASP children, Sibling rate \$29.00.

\$ 155.00 for Nonresident, sibling rate \$78.00.

\$ 114.00 for staff, Sibling rate \$ 57.00.



#### Teen Center

#### **Teen Center Drop-in Hours**

Monday - Sunday 4:00pm - 8:00pm

Middle School Student grade 6-8Highschool 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: Apr 11<sup>th</sup> – Jun 13<sup>th</sup>
Day of the week: Thursday
Time: 6:00pm – 7:00pm
Location: RTHCC 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.

#### **Game Time**

Date: Apr  $8^{th}$  – Jun  $23^{rd}$ 

Day of the week: Monday - Saturday

Time: 4:00pm – 8:00pm Location: RTHCC 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

#### **Game Night**

Date: Apr 8<sup>th</sup> – Jun 24<sup>th</sup>
Day of the week: Monday
Time: 5:00pm – 8:00pm
Location: RTHCC Teen Center

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

Socialize with your peers playing the age-old card or board games. The games will change weekly. Working as a team or individual, compete each week for prizes!

#### **Curious Chef's Club**

Date: Apr 12<sup>th</sup> – Jun 14<sup>th</sup>
Day of the week: Friday
Time: 5:00pm - 7:00pm
Location: RTHCC Teen Center

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

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.

#### Trivia Night

Date: Apr 10<sup>th</sup> – Jun 12<sup>th</sup>
Day of the week: Wednesday
Time: 5:00pm - 6:00pm
Location: RTHCC Teen Center

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

One of the most popular pastimes today is trivia games. Playing trivia can improve memory, boost problem-solving skills, and develop good learning habits. Working as a team or individual, compete each week for prizes!

#### **Teen Birthday Parties**

Date: Apr 9<sup>th</sup> – Jun 11<sup>th</sup> (Planning Dates) Party Date: April 26<sup>th</sup>, May 31<sup>st</sup>, and June 21<sup>st</sup>

Day of the week: Tuesday Time: 5:30pm - 8:00pm Location: RTHCC Teen Center

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

Every month we celebrate all the teen birthdays in that month at our Birthday Party! Planning meetings are held on 1st Tuesdays of the month at 5:30pm in the Teen Center, and youth input is welcome!

#### 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.

#### **Huntington YMCA Swim Lessons**

Date: Apr 8<sup>th</sup> – Jun 23<sup>rd</sup>

Day of the week: By Appointment

Time: By Appointment

Location: Outing

Age: Family (All Ages)

Swim lessons for all ages are currently free for city of Boston residents. Lessons are held at the Huntington YMCA according to their schedule. Stop by RTHCC Welcome Desk to review schedule and register.

#### **Soccer Skills and Drills**

Date: Apr  $9^{th}$  – Jun  $13^{th}$ 

Day of the week: Tuesday or Thursday

Time: 5:15pm – 6:15pm Location: RTHCC Gymnasium

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

Cost: Non-Resident \$20

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 both drill work and pickup games to better learn and gain understanding of the sport.

#### Table Tennis - youth/teen

Date: Apr 9<sup>th</sup> – Jun 13<sup>th</sup>

Day of the week: Tuesday, Thursday

Time: 6:15pm – 7:15pm Location: RTHCC Gymnasium

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

High School (14-17)

Capacity: 20

Table Tennis, otherwise known as Ping-Pong, is a multiskilled sport in which players must beat their opponents using various tactics. Receive instruction for increased eye hand coordination, agility, and response time. Compete with you peers.

#### **Table Tennis**

Date: Apr 9<sup>th</sup> – Jun 23<sup>rd</sup>

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, eye-hand coordination, agility and response time, and even quicker actions to score points.

#### Middle School Basketball Practice and Training

Date: Apr 10<sup>th</sup> – Jun 12<sup>th</sup>
Day of the week: Wednesday
Time: 5:35pm – 6:45pm
Location: RTHCC Gymnasium

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

Capacity: 50

We will conduct weekly practices in preparation for league play. Middle School players are invited to train with the team to develop fundamentals of basketball, including ball control teamwork, and strategy. Register at the Welcome Desk.

#### Middle School Basketball League

Date: Apr 12<sup>th</sup> – Jun 14<sup>th</sup>
Day of the week: Friday
Time: 5:00pm – 8:00pm
Location: RTHCC Gymnasium

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

Capacity: 50

RTH will host a Middle School Basketball League with teams from local community centers. The team will practice and compete weekly concluding in a March Championship Game. Limited spots; Pick up registration forms at the RTHCC Welcome Desk.

#### Saturday RTH Developmental Basketball League

Date: Apr 13<sup>th</sup> – Jun 15<sup>th</sup>
Day of the week: Saturday
Time: 11:00am – 3:00pm
Location: RTH Gymnasium

Age: Child (0-5), Youth (6-10)

Capacity: 40

The Basketball League is designed to help elementary school players learn the fundamentals and improve their basketball playing skills. Younger players will practice weekly and compete against each other and youth from local community centers.

#### Middle School Vacation Week Basketball Tournament

Date: Apr 15<sup>th</sup> – Apr 19<sup>th</sup> Day of the week: Monday - Friday

Time: TBD

Location: RTH Gymnasium

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

Capacity: 50

RTH will host a Middle School Vacation Week Basketball Tournament with teams from local community centers. We will focus on promoting healthy active play while placing value on sportsmanship. Limited spots; register at the Welcome Desk.

#### Elementary School (Youth) Basketball Skills and Drills

Date: Apr 10<sup>th</sup> – Jun 12<sup>th</sup>
Day of the week: Wednesday
Time: 4:30pm – 5:30pm
Location: RTHCC Gymnasium
Age: Child (0-5), Youth (6-10)

Capacity: 25

This program is designed to help elementary school players improve their conditioning with exercises to increase stamina, speed, and endurance. It starts with exercises for basketball skills for individuals to improve their basketball playing skills.

#### Open Gym

Date: Apr  $8^{th}$  – Jun  $23^{rd}$ 

Day of the week: Monday - Sunday Time: Check Gym Schedule Location: RTHCC Gymnasium Age: Family (All Ages)

Enjoy an open, safe space to run and play, and enjoy free play with your child(ren), neighbors, or yourself. Courts may be divided to allow a variety of shared activities. Jump rope, throw balls, walk, jog, run, and play a game of pickup basketball

#### JR Sports Program

Date: Tuesday, April 9<sup>th</sup> – Jun 11<sup>th</sup>

Thursday, April 11<sup>th</sup> – Jun 13<sup>th</sup> Friday, April 12<sup>th</sup> – Jun 14<sup>th</sup>

Time: 4:30pm – 5:30pm Location: RTHCC Gymnasium

Age: Youth (6-10)

Capacity: 25

Explore and energize in our JR Sports Program, where youth engage in a variety of sports and activities, designed to promote fitness, teamwork, and fun in a supportive and dynamic environment.

#### Teens Pick-Up Basketball

Date: Apr 13<sup>th</sup> – Jun 15<sup>th</sup>
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 focus on promoting healthy active play while placing value on participation, competition, and sportsmanship. This is a special time for our teens to play against other teens to enhance their skills on the court while also learning teamwork.

#### **Adult Basketball**

Date: Apr 9<sup>th</sup> – Jun 13<sup>th</sup>

Day of the week: Tuesday, Thursday

Time: 6:30pm – 8:00pm Location: RTHCC Gymnasium

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

Capacity: 40

Enjoy our 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 perfect mix of competition and camaraderie in our community.

#### **Preschool Sports Basics with Parent**

Date: Apr 8<sup>th</sup> – Jun 24<sup>th</sup>
Day of the week: Monday
Time: 4:30pm – 5:30pm
Location: RTHCC Gymnasium

Age: Child (0-5)

Capacity: 10

Parent and child class that will introduce preschoolers to sports basics. Including running, jumping, throwing while being supported by parents. This class is emphasis on fun and participation.

#### **Aquatics Positions Available - Hiring NOW - Roxbury Tenants of Harvard**

The City of Boston's Mayor Michelle Wu wants to ensure as a coastal city, we want to make sure all our young people can safely enjoy our water and pools.

- Are you interested in meaningful work with an inner-city community?
- Do you want to help build a family-friendly city where every child can explore their passions?
- Are you a swim enthusiast or certified lifeguard with an interest in helping others?
- Are you looking for a flexible schedule and consistent work?

Join our experienced, professional, aquatics team and help keep our community safe!

#### **AVALABLE POSITIONS:**

**Lifeguard -** Under the supervision of the Aquatics Program Manager, the primary function of the lifeguard is to protect the safety of the swimmers in and around assigned areas (1) by preventing accidents and (2) by responding to an emergency quickly and efficiently to minimize the danger of those involved.

**Swim Instructor -** Under the supervision of the Aquatics Program Manager, responsibilities include planning, implementing, and evaluating students during their scheduled lesson times. Instructors should be knowledgeable and skilled to teach correctly.

Hourly Range: \$22 -\$30 – depending on position, relevant experience, and certifications.

Schedule: Monday - Friday AND weekend hours are available.

## Hire Bonuses ranging from \$250-\$1250 may apply for certain positions. Potential for employment in coming seasons.

#### Qualifications

- Must be a minimum of 18 years of age.
- Experience as a lifeguard preferred; at minimum, experience working with children/youth.
- Current certifications in Lifeguard/Swim Instructor, Pro CPR, First Aid and Oxygen, or willing to obtain.
- Must be able to swim 300 yards, retrieve 10# brick from 9.5 feet and tread water for 2 minutes using your legs only.
- Ability to work with youth and families from a variety of backgrounds.

RTH is an EEO employer. For more information and job opportunities, please visit: https://roxburytenants.isolvedhire.com/jobs/

## Mission Hill Little League



#### SIGN UP FOR THE 2024 SEASON!

## Register online at www.missionhill-littleleague.org Opening Day is April 27th!

#### **Ages & Divisions**

All boys and girls ages 4 - 12 years old can register.

T-ball

4 - 6 years old

**Rookies** 

7 - 8 years old (Coach pitch)

**Minors** 

9 - 10 years old (Kid pitch with no stealing) **Majors** 

11 - 12 years old (Kid pitch with stealing)

#### Cost

Free!
Donations gratefully accepted
Volunteers needed!

#### **Boundaries**

Players should live or go to school within the league boundaries, which include Mission Hill, Jamaica Plain, the Fenway, Roxbury, parts of Dorchester, and parts of the South End.

#### Registration

Register online or in person on one of the following days:

Saturday, March 30th

Tuesday, April 2nd

Saturday, April 6th

Tuesday, April 9th

10am - 12pm

5pm - 7pm

10am - 12pm

5pm - 7pm

Location:

What to bring:

Killilea Field at 269 Parker Hill Ave

Please bring a COPY of your child's birth certificate, proof of address, and a parent/guardian to sign consent.

Questions? Want to Volunteer?

Call or text Dan Weldon: 617-939-1766 or email missionhill.littleleague@gmail.com

<sup>\*</sup>Every player must register, every year | If registering online, you can verify birth certificate and address later in person

## 

VIEW OPEN POSITIONS ONLINE AT www.roxburytenants.org

Full-Time, Part-Time, and Seasonal Positions SUBMIT YOUR RESUME

online at www.roxburytenants.org

- Life-guard/Swim Insturctor
- Head Life-Guard
- Aquatics Program Manager
- Teen Director
- A.S.P. Group Leader
- Social Worker
- Front Desk Receptionist
- Paid Internship with Hospital Partners
- -Age Well Manager
- Summer Teen Jobs at RTH



You can also contact us at jobs@roxburytenants.org if you are interested - resume/cover letter welcome, but not required. We look forward to hearing from you!

# RTH SUMMER 2024 Job Opportunities

Seasonal part-time and full-time employment available during the summer of 2024. Potential for further growth in coming seasons.

### **AQUATICS**

(\$22-\$30 DEPENDING ON POSITION AND ASSOCIATE CERTIFICATIONS)

Life-guard/Swim Instructor Aquatics Program Manager Lead/Head Lifeguard

## **GYM/SPORTS**

(HIRE IMMEDIATELY)

**Sports Coordinator** 

## TEEN/YOUTH CENTER

(HIRE IMMEDIATELY)

Teen Director
Front Desk Receptionist \$17-18

Some hire bonuses may apply for certain positions, ranging from \$250 - \$1250.

Visit www.roxburytenants.org for more information

#### RTH Directory

**Executive Office - Neville House** 

11 New Whitney Street, 1st Floor.

**Karen T. Gately,** *Executive Director* 

KGately@roxburytenants.org 617-232-4306 ext. 104

Jenni Shaw, HR Director

JShaw@roxburytenants.org 617-232-4306 ext. 108

Irving Burday, Chief Information Officer

IBurday@roxburytenants.org 617-232-4306 ext. 102

Latoya Cromartie, HR Administrator

LCromartie@roxburytenants.org 617-232-4306 ext. 101

**Lori Taylor,** *Executive Assistant/Project Manager* LTaylor@roxburytenants.org 617-232-4306 ext. 107

Patricia Haran, Controller

PHaran@roxburytenants.org 617-232-4306 ext. 106

Tanya S Garnett, Office Coordinator

TGarnett@roxburytenants.org 617-232-4306 ext. 100

Jun Jie Xu, IT Specialist

Junx@roxburytenants.org 617-232-4306 ext. 105

**RTH Community Center** 

20A Vining Street (Welcome Desk ext. 200)

Curtis Williams, Member Services Director

CWilliams@roxburytenants.org 617-233-4306 ext. 202

**Byron Rounds,** Physical Education/ Sports & Aquatics Director

BRounds@roxburytenants.org 617-232-4306 ext. 205

**Stephen Fulton, Senior Program Director** 

SFulton@roxburytenants.org 617-232-4306 ext. 201

Zachary McCulloch, Health & Wellness Director

ZMcCulloch@roxburytenants.org 617-232-4306 ext.203

**Education & Resource Center at the Betty Powers** 

**Library** 25 Mission Park Drive (Front Desk ext. 601)

**Roxanne Haecker,** Program Director, Community

**Education & Workforce Development** 

RHaecker@roxburytenants.org (617) 232-4306 ext. 603

Xing Zhou, Resource Center Coordinator

XZhou@roxburytenants.org (617) 232-4306 ext. 601

**Jennifer Lewis,** Program Manager, Youth Workforce Development

JLewis@roxburytenants.org (617) 232-4306 ext. 600

Recreation Exploration Center RTH After School

**Program** 835 Huntington Avenue

**Yolking Hallie,** Program Manager – Afterschool &

Family

YHallie@roxburytenants.org (617) 232-4306 ext.401

Tamika Pizarro, Program Coordinator

TPizarro@roxburytenants.org 617-232-4306 ext. 402

Carmen Torres, Literacy Coordinator

CTorres@roxburytenants.org 617-232-4306 ext. 403

**Senior Services, Flynn House** 

805 Huntington Avenue, 1st Floor.

Laura Adams, Director of Senior Services

LAdams@roxburytenants.org / 617-232-4306 ext. 700

**Resident Services Parks Community Building** 

2 New Whitney Street 2nd Floor

Scott Amaral, Director of Resident Services

SAmaral@roxburytenants.org / 617-232-4306 ext. 306

**Terry Parson,** Resident Service Coordinator TParson@roxburytenants.org / 617-232-4306 ext. 302

Nadiia Novikova, Resident Service Coordinator

NNovikova@roxburytenants.org / 617-232-4306 ext.310

Jia Yao Chen, Resident Service Coordinator

JChen@roxburytenants.org / 617-232-4306 ext. 303

**Jingming Feng,** *Resident Service Coordinator* **JFeng@roxburytenants.org** / 617-232-4306 ext. 309

Mirtha Lara, Resident Service Coordinator Mlara@roxburytenant.org / 617-232-4306. 304

Elizabeth Verasamy, Office Coordinator

EWerasamy@roxburytenants.org / 617-232-4306 ext. 305