

FALL + LATE FALL EDITION

2025

# What's Up



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



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## **RESIDENT SERVICES**

Parks Community Building  
2 New Whitney Street 2nd Floor  
617-232-4306 ext. 305

Hours of Operation: **By Appointment**  
Mon - Fri 8:30am - 7:00pm

## **RTH COMMUNITY CENTER**

20A Vining Street  
617-232-4306 ext. 200

Hours of Operation:  
Sun 10:00am - 3:00pm  
Mon - Thu 7:00am - 8:00pm  
Fri 7:00am - 9:00pm  
Sat 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:  
Mon - Fri 9:00am - 6:00pm  
Sat 9:00am - 12:00pm  
1:00pm - 6:00pm

## **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.

## **RTHCC Renovation**

RTH Community Center Entry repairs are ongoing through October 2025, requiring the closure of the main entrance on New Whitney Street. Please use the Vining Street entrance to enter the building; elevator access is available. Thank you for your patience while we complete this necessary work

**Dear RTH Residents –**

Where did Summer go? Time flies when we are having fun. We all love the promise of long days and warm weather, but Fall brings us opportunities for new adventures. Returning to or starting school or college, renewing or beginning a new health or fitness journey – whatever the Fall has in store for you, RTH has programs and opportunities to help support you in your goals!

Our Health & Wellness team is offering a Fall Wellness Challenge to help you get stronger, feel better and stay motivated, and provides an opportunity to work with a personal trainer in a small group setting. If a solo workout is more your style, remember that the fitness team offer equipment orientations for members by appointment.

If your brain is the muscle you are looking to exercise, check out opportunities to learn something new in the kitchen with a slow-cooker class. Or focus on self-care with a Skincare workshop with Sirena's Secret. For the more outdoorsy folks, the Gardening Club will continue to meet through December – or simply stop by the Kempton Playground to see how our gardening project evolves in the cooler weather.

There's no ignoring the rising prices at the supermarket! Our Resident Services team stands ready to help connect families and seniors with food resources available in our area and in our own community. Don't forget that your EBT card will be reimbursed for a portion of the fruits and vegetables you buy from HIP Farm vendors and the Fresh Truck, helping you put healthy food on your table.

Finally, the Fall events season sees a return to many of our favorite events, including Pumkin Patch, Latin Night, Diwali Celebration, , and more. Check out the Announcements section for the schedule of Fall events, and it will be time for our Winter Holiday events before you know it! We hope you'll take an opportunity to share food, music, and social opportunities with your friends and neighbors.

Thank you for taking time to see what we have to offer this Fall to help you live your best RTH Life. Stay Safe and Be Well!

Sincerely,

*Karen*

Karen T. Gately  
Executive Director



## Fall Session 1 Dates (7 Week Session)

Day	Start Session	End Date
Sunday	9-14-2025	10-26-2025
Monday	9-15-2025	10-27-2025
Tuesday	9-16-2025	10-28-2025
Wednesday	9-17-2025	10-29-2025
Thursday	9-18-2025	10-30-2025
Friday	9-19-2025	10-31-2025
Saturday	9-20-2025	11-01-2025

## Fall Session 1 Holidays

Holiday	Date	Holiday Closure
Indigenous People's Day	Monday, October 13 <sup>th</sup>	Floating Holiday – RTHCC 11-7pm

## Events and Meeting Schedule for Fall Session 1

Day	Date	Weekday	Location
Health & Safety	Sept 17th 6pm- 8pm	Wednesday	RTHCC Room 117
Mission Hill Rd Race	Sept 27th 8:30am- 11:30am	Saturday	Kevin Fitzgerald PK
Pumpkin Patch	Oct 11th 1pm-3pm	Saturday	Kempton Street
Health & Safety	Oct 15th 6pm-8pm	Wednesday	RTHCC Room 117
Latin Night	Oct 18th 6pm-10pm	Saturday	RTHCC Gym
Diwali	Oct 19 <sup>th</sup> 6pm-9pm	Sunday	Parks Community Building
Kids Halloween Party	Oct 25th 6pm-8pm	Saturday	RTHCC Room 117

## 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.

## Fall Session 2 Dates (7 Week Session)

Day	Start Session	End Date
Sunday	11-02-2025	12-14-2025
Monday	11-03-2025	12-15-2025
Tuesday	11-04-2025	12-16-2025
Wednesday	11-05-2025	12-17-2025
Thursday	11-06-2025	12-18-2025
Friday	11-07-2025	12-19-2025
Saturday	11-08-2025	12-20-2025

## Fall Session 2 Holidays

Holiday	Date	Holiday Closure
Veteran's Day	Tuesday, November 11 <sup>th</sup>	Floating Holiday – RTHCC 11-7pm
Thanksgiving	Thursday, November 27 <sup>th</sup>	Closed
Day after Thanksgiving	Friday, November 28 <sup>th</sup>	Floating Holiday – RTHCC 11-7pm

## Events and Meeting Schedule for Fall Session 2

Day	Date	Weekday	Location
Health & Safety	Nov 19th 6pm-8pm	Wednesday	RTHCC Room 117
Senior Thanksgiving Lunch	Nov 22nd 12pm-3pm	Saturday	RTHCC Gym
Mayor Trolley Tour	Dec 6th 2pm-6pm	Saturday	Brigham Circle
Adult Holiday Party	Dec 13th 6pm-10pm	Saturday	RTHCC Gym
Kids Holiday Party	Dec 14th 1pm-4pm	Sunday	RTHCC Gym
Health & Safety	Dec 17th 6pm-8pm	Wednesday	RTHCC Room 117



You can register to vote for the November 5<sup>th</sup> mayoral elections until October 25<sup>th</sup>, 2025.

[Go to: MASS.GOV/TOPICS/VOTING](https://www.mass.gov/topics/voting)

to register to vote, learn your polling location and more!

MAKE YOUR VOICE HEARD  
YOUR VOTE COUNTS!

## **Join the Fun!**

**New RTH Website – [www.Roxburytenants.org](http://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](http://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

# ***RTHCC Welcome Center***

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

### **Please note the following:**

- **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 teens in grades 9 – 12.
- **Family** programs are designed for children of all ages when accompanied by their parent or guardian.
- **Adult** programs are designed for adults 19 (and out of high school) to 55.
- **Senior** programs are designed for adults 55+.

If you have any questions regarding registration, please contact RTHCC Welcome Desk. (617)232-4306 x200.

#### **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.

#### **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.

#### **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.

#### **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!

**Membership:**

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

**RTHCC Class Pass:**

\$25 per pass with 10 classes. Have a non-resident who wants to participate in group-ex or other drop-in class? Access to all group exercise or drop-in classes with this pass.

**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.

**How is RTH making an impact?**

**What has RTH done to make an impact in the community? Do you have an amazing story, highlight or picture to share? Submit your story for a chance to be highlighted in our next edition of the Telstar newsletter. You can email your story to Roxanne at [Rhaecker@roxburytenants.org](mailto:Rhaecker@roxburytenants.org).**



# Announcements/Community

## Trinity Management Quick Recertification Tips

**Old Neighborhood and Mosaic**  
avelez@trinitymanagementcompany.com  
Office Phone: 617-232-5910



**Mission Park**  
[missionpark.com/contactus](http://missionpark.com/contactus)  
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 for providing the necessary documentation to complete their certification.
- Communication with the office is welcomed by walk in, phone, email, or fax.

## Francis Street Garden

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

The Francis Street Garden, located at 42 Francis Street, is open to the community's quiet enjoyment.

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

## Fresh Truck Mobile Market

Day of the week: Wednesday  
Time: 3:00pm – 6:00pm  
Location: Outside the Parks Community Building

## 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. To receive a lottery ticket, you must be in the Parks Community room by 2:40pm. You must be physically present. (You cannot get a ticket for another person) If you arrive after 2:30pm, you must wait in the lobby. Once the lottery is completed, the numbers will be given out in the order residents to arrive. The drawing will take place at 2:40 p.m.

## Do you know?

The Healthy Incentive Program (HIP) puts money back on your EBT card when you use SNAP dollars to buy fruits and vegetables from HIP farm vendors, like at your local farmers market and Fresh Truck. The monthly amounts are \$40 for households of 1-2 people, \$60 for households of 3-5 people, and \$80 for households of 6+ people.

## Resident Room Rental

The Parks Community Room will be available for RTH residents to use for private events on Saturdays from 4:00pm – 10:00pm. There is an equipment rental fee of \$100 and a \$100 refundable cleaning/damage deposit.

For reservations and information, please contact the RTHCC Welcome Desk at (617)232-4306 ext.200.

## 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](mailto:executiveoffice@roxburytenants.org). Please leave your name, contact information and the committee, program, event, or area you would like to volunteer for.

## Walk and Talk with Executive Director

Day of the week: Monday

Time: Oct 20<sup>th</sup>: 4:00pm – 5:00pm  
Dec 1<sup>st</sup>: 11:00am – 12:00pm

Location: RTHCC

Age: Family (All Ages)

Join Executive Director Karen Gately for a walk around the neighborhood! Learn more about RTH history, ask about upcoming projects, or simply take the opportunity to up your step-count. Event is rain or shine – please dress for the weather and meet us in the RTH Community Center Lobby.

## Pumpkin Patch

Date: Oct 11<sup>th</sup>

Day of the Week: Saturday

Time: 1:00pm – 3:00pm

Location: Kempton Park

Age: Family (All Ages)

Join us for a fun-filled family event at the Pumpkin Patch! Families and children of all ages are invited to participate in many activities including a pumpkin scavenger hunt where kids can explore and discover hidden treasures.



## Latin Night

Date: Oct 18<sup>th</sup>

Day of the Week: Saturday

Time: 6:00pm – 10:00pm

Location: RTHCC Gymnasium

Age: Adults (21+)

Join us in an evening of dancing and delicious Latin cuisine.



## Kids Halloween Party

Date: Oct 25<sup>th</sup>  
Day of the week: Saturday  
Time: 6:00pm – 8:00pm  
Location: RTHCC Room 117  
Age: Youth (6-10), Middle School (11-13)

Join us for a spooktacular kids' Halloween party, perfect for all children who love to dress up and enjoy some treats! The event will feature engaging activities like bingo, a fun "find the candy" game, arts, and crafts. All done with plenty of delicious treats to enjoy.



## Diwali

Date: Oct 19<sup>th</sup>  
Day of the week: Sunday  
Time: 6:00pm – 9:00pm  
Location: Parks Community Building  
Age: Family (All Ages)

Join us as we celebrate Diwali, the Festival of Lights, with joy, togetherness, and traditions that brighten our community. The evening will be filled with festive music, delicious food, and the warm glow of diyas. Let's come together to share happiness, prosperity, and the spirit of light over darkness.



## Seniors Thanksgiving Luncheon

Date: Nov 22<sup>nd</sup>  
Day of the week: Saturday  
Time: 12:00pm – 3:00pm  
Location: RTHCC Gymnasium  
Age: Seniors (55+)

Join us for a warm and festive Senior Thanksgiving Luncheon filled with delicious food, laughter, and community spirit. It's a wonderful opportunity to gather with friends, share gratitude, and enjoy the holiday season together. Come celebrate thankfulness in a welcoming and joyful atmosphere.



## Annual Mission Hill Road Race

### a 5k road race and walk to benefit

Date: September 27<sup>th</sup>  
Day of the Week: Saturday  
Time: Meet at Flynn Lobby @ 8:15am  
Walkers start at 9:00 a.m.  
Runners start at 9:30a.m.  
Location: The Kevin W. Fitzgerald Park

Take the Challenge – It will be a hill of a run!  
Followed by Music, Kids Fun Run, and Awards Ceremony. Join the RTH running team!

Please call Laura Adams at (617) 232-4306 ext., 700 to register for the race/walk.



<b>Pumpkin Patch</b>	
<b>Date:</b> October 11 <sup>th</sup>	<b>Day of the week:</b> Saturday
<b>Ages:</b> Family (All Ages)	<b>Location:</b> Kempton Park
<b>Time:</b> 1:00pm – 3:00pm	
Join us for a fun-filled family event at the Pumpkin Patch! Families and children of all ages are invited to participate in many activities including a pumpkin scavenger hunt where kids can explore and discover hidden treasures	

<b>Latin Night</b>	
<b>Date:</b> October 18 <sup>th</sup>	<b>Day of the week:</b> Saturday
<b>Ages:</b> Adults (21+)	<b>Location:</b> RTHCC Gymnasium
<b>Time:</b> 6:00pm – 10:00pm	
Join us in an evening of dancing and delicious Latin cuisine.	

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<b>Time:</b> 6:00pm – 9:00pm	
Join us as we celebrate Diwali, the Festival of Lights, with joy, togetherness, and traditions that brighten our community. The evening will be filled with festive music, delicious food, and the warm glow of diyas. Let's come together to share happiness, prosperity, and the spirit of light over darkness.	

<b>Kids Halloween Party</b>	
<b>Date:</b> October 25th	<b>Day of the week:</b> Saturday
<b>Ages:</b> Youth (6-10), Middle School (11-13)	<b>Location:</b> RTHCC Room 117
<b>Time:</b> 6:00pm – 8:00pm	
Join us for a spooktacular kids' Halloween party, perfect for all children who love to dress up and enjoy some treats! The event will feature engaging activities like bingo, a fun "find the candy" game, arts, and crafts. All done with plenty of delicious treats to enjoy.	

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<b>Time:</b> 12:00pm – 3:00pm	
Join us for a warm and festive Senior Thanksgiving Luncheon filled with delicious food, laughter, and community spirit. It's a wonderful opportunity to gather with friends, share gratitude, and enjoy the holiday season together. Come celebrate thankfulness in a welcoming and joyful atmosphere.	



# RTH IS HIRING!

JOIN OUR TEAM

## OPEN POSITION :

- Director of Teen Programs
- Elder Program Manager
- Social Worker
- Per Diem CDL Driver

Go to [ROXBURYTENANTS.ORG](http://ROXBURYTENANTS.ORG) for more details and to apply.  
RTH is not just a great place to live, it's a great place to work!



# FALL 'WHAT'S UP' WELLNESS CHALLENGE

8 Weeks • Twice a Week • Get Stronger • Feel Better, Stay Motivated

Join our **FALL FORWARD HEALTHIER** program  
led by a Certified Personal Trainer!



- ✓ Track your weight & InBody metrics each week
- ✓ Set weekly goals & discuss healthy habits
- ✓ Fun, guided circuit workouts & intro to free weights
- ✓ At-home workouts for missed sessions
- ✓ Earn rewards for milestones – build toward your program T-shirt!

**DATES: SEPTEMBER 15TH – OCTOBER 22ND, 2025**

**LOCATION: RTH-CC FITNESS DEPARTMENT**

**TIME: MONDAYS & WEDNESDAYS, 5 PM – 6 PM**

**COST: FREE – just show up & get results!**

**SIGN UP:** Visit the RTH-CC WELCOME CENTER DESK to register



# Coming soon!

RTH's newest homeowner opportunity  
@ 775 Huntington Avenue



Homebuying 101 is required to apply for any of Boston's homebuyer financial assistance programs

The Boston Home Center takes you through the entire home buying process from beginning to end.

Topics covered include:

- Information on preparing for the mortgage process
- First time homebuyer mortgages
- How to find a home
- The legal aspects of buying a home
- How to work with professionals during the homebuying process.

Homebuying 101 is hosted by the following agencies:

Massachusetts Affordable Housing Alliance

Financial Education Associates

Allston Brighton Community Development

Urban Edge

# STARRY INTERNET

*Are you tired of the old internet speeds and buffering?*

200

DOWNLOAD  
SPEED

FREE

***RTH is offering FREE Starry internet available now!***

***For those who haven't signed up yet, please take the time to connect with a Starry representative about this great offer only for RTH residents!***

## Starry Contact Info:

(888) 231-9403

[HelloBoston@Starry.com](mailto:HelloBoston@Starry.com)

[Starry.com/RTHhelp](http://Starry.com/RTHhelp)



STARRY



# **Community Education & Job Training**

*The Community Education & Workforce Development Department helps RTH residents access education, job training, and employment to achieve economic self-sufficiency. We collaborate with Resident Services and institutional partners to overcome barriers and provide career opportunities.*

## **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](mailto:rhaecker@roxburytenants.org) if you would like an application emailed to you.

## **Brigham and Women's Hospital** Founding Member, Mass General Brigham

### **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](mailto:SenaJ@wit.edu) or 617-930-3664.



### **Slow Cookers are for Busy Families**

Date: Nov 19<sup>th</sup>  
Day of the Week: Wednesday  
Time: 6:30pm – 8:00pm  
Location: Flynn Kitchen  
Age: High School (14-17), Adults (18-55), Seniors (55+)  
Language: English

Slow cookers are a boon for busy families. With a little planning, 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!

### **SERV Safe Food Handlers Certification Classes**

Date: Sep 14<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: By Appointment  
Location: Online  
Age: High School (14-17), Adults (18-55), Seniors (55+)  
Language: English, Spanish, Chinese

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.

### **Little Chefs with Chef Kelly Barry**

Date: Oct 3<sup>rd</sup> – Dec 5<sup>th</sup>  
Day of the Week: Friday  
Time: 4:30pm – 5:30pm  
Location: Flynn Kitchen  
Age: Youth (5-10)  
Language: English

Chef Kelly's Little Chefs program makes cooking fun while teaching kids essential life skills. With a focus on safety, healthy choices, inclusivity, and hands-on learning, children 6- 10 of all abilities gain confidence in the kitchen.

### **Mi Botiquin**

Date: Dec 3<sup>rd</sup>  
Day of the Week: Wednesday  
Time: 6:30pm – 8:00pm  
Location: Flynn Kitchen  
Age: High School (14-17), Adults (18-55), Seniors (55+)  
Language: Spanish

Reyna of Sirena's Secret empowers families to embrace natural healing with affordable, sustainable herbal remedies. Rooted in ancestral wisdom, she honors tradition while helping families confidently care for their well-being.

## **Skin Care Workshop by Sirena's Secret**

Date:	Oct 1 <sup>st</sup>
Day of the week:	Wednesday
Time:	6:30pm – 8:00pm
Location:	Flynn Kitchen
Age:	High School (14-17), Adults (18-55), Seniors (55+)
Language:	English, Spanish
Capacity:	20

Avoid ashy skin this winter, Reyna will demonstrate how to cleanse daily without drying your skin out and how to replenish, restore, and regenerate with an ultra-hydrating, glow-boosting elixir.

## **Sewing with Julia Sewing Workshop**

Date:	Sep 19 <sup>th</sup> – Oct 31 <sup>st</sup>
Day of the Week:	Friday
Time:	6:00pm – 8:00pm
Location:	Flynn Kitchen
Age:	High School (14-17), Adults (18-55), Seniors (55+)
Cost:	\$50 Mission Hill, \$150 Non-Residents
Language:	English, Russian

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 for Beginners**

Date:	Sep 16 <sup>th</sup> – Oct 28 <sup>th</sup>
Day of the Week:	Tuesday
Time:	6:00pm – 8:00pm
Location:	Flynn Kitchen
Age:	High School (14-17), Adults (18-55), Seniors (55+)
Cost:	\$50 Mission Hill, \$150 Non-Residents
Language:	English

Sewing with Julia for Beginners. Learn the basics of how to use a sewing machine, how to read a pattern, and how to create simple garments. Use our machines or bring your own.

## **Crochet Café**

Date:	Sep 18 <sup>th</sup> – Dec 18 <sup>th</sup>
Day of the Week:	Thursday
Time:	4:00pm – 5:00pm
Location:	ERC
Age:	adults (18-55), Seniors (55+)
Language:	English, Chinese

Join Joseph Melanson and Li Fang Zhang as we work on our fall and winter projects. Materials are limited so you are encouraged to bring your own materials. Registration is required.

## **Gardening Club**

Date:	Sep 14 <sup>th</sup> – Dec 20 <sup>th</sup>
Day of the week:	Sunday
Time:	11:00am – 12:00pm
Location:	Kempton Park
Age:	Family (All Ages)
Language:	English
Capacity:	20

Gardening boosts mental and physical health reduces stress and anxiety and builds social connections. Join the gardening group to connect with others, grow your skills, and help cultivate a garden filled with beautiful flowers and vegetables.

## **English Conversation Group**

Date:	Sep 17 <sup>th</sup> – Dec 17 <sup>th</sup>
Day of the week:	Wednesday
Time:	1:00pm – 2:00pm
Location:	ERC
Age:	Adults (18-55), Seniors (55+)
Language:	English
Capacity:	10

Join this informal and friendly group where new English learners can practice their speaking skills. Drop-ins welcome

## **Bike Repair with Max**

Date:	Sep 29 <sup>th</sup>
Day of the week:	Monday
Time:	4:00pm – 6:30pm
Location:	Kempton Street Park
Age:	Youth (6-10)
Language:	English
Capacity:	10

Professional bike mechanic, Max, will teach you to fix a flat, reattach or tighten your chain, adjust your brakes, and make other basic bike repairs.

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

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

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 - 6:00 pm

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

## **Minecraft EDU**

Date: Sep 19<sup>th</sup> – Dec 20<sup>th</sup>

Day of the week: Friday, Saturday

Time: Fri: 4:15pm – 5:15pm

Sat: 3:30pm – 4:30pm

Location: ERC

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

Language: English

Capacity: 10

Minecraft Educators Edition is a game-based learning platform that promotes creativity, collaboration, and problem-solving. This semester we are working through multiple levels of the Minecraft EDU Foundations of AI curriculum!

## **IXL for Learning & Skills Practice**

Date: Sep 15<sup>th</sup> - Dec 19<sup>th</sup>

Day of the Week: By Appointment

Time: 4:00pm – 5:00pm

Location: Levinson multi-Purpose Room

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

Language: English

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

## **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](http://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!

### **Open Access Computer Time**

Date: Sep 15<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the Week: Monday - Friday  
Time: 9:00am – 5:30pm  
Location: ERC  
Age: Family (All Ages)  
Language: English, Chinese

Our computer lab offers 12 computers with free internet. Friendly staff are here to help! We also provide fax and copy services to make your visit easy and convenient. Stop by and get connected! Computers may not be available during scheduled classes

### **Marble Runs are Amazing STEM for Young Engineers**

Date: Dec 20<sup>th</sup>  
Day of the week: Saturday  
Time: 3:30pm – 5:00pm  
Location: Levinson multi-Purpose Room  
Age: Youth (6-10)  
Language: English  
Capacity: 12

Marble runs allow children to construct, manipulate, engineer, explore, and experiment while introducing a beginning understanding of physical principles. Come build a marble run, have fun, and enhance your creativity and problem-solving skills!

### **Learn to Ride a two-wheeled bike**

Date: Sep 19<sup>th</sup> – Oct 18<sup>th</sup>  
Day of the week: Friday  
Time: 4:30pm – 5:30pm  
Location: Mission Park Half Court  
Age: Youth (6-10)  
Language: English  
Capacity: 10

Cycling promotes physical and mental well-being, fosters independence, builds confidence, and is FUN! A MassBike trained instructor will help you learn to ride a two wheeled bike. Bring your bike or use one of ours. Helmets required

### **Interland - Be Internet Awesome for Kids**

Date: Dec 22<sup>nd</sup>  
Day of the week: Monday  
Time: 4:00pm – 5:00pm  
Location: ERC  
Age: Youth (6-10)  
Language: English  
Capacity: 20

Kids learn to navigate the online world safely and confidently. Enjoy exciting games while learning key digital skills—spotting phishing scams, creating strong passwords, understanding what to share online, and much more!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# PRESCHOOL LEARNING EXPERIENCES

## Boston Universal Pre-Kindergarten

### And Open Preschool Spaces

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 8:30 -3 with no cost to the families with Boston Residency with an option of fee based extended day. Our preschool classroom is open our regular hours: 7:30 am to 5:30 PM

Spaces are limited: Apply today!

We currently have preschool and infant space available as well!!

#### HOW YOU QUALIFY FOR UPK SPECIFIC CLASSROOM

- Children must be 4 years old prior to September 1<sup>st</sup>
- Live in the city of Boston

#### WHAT YOU'LL NEED TO APPLY:

- Documentation of your child's age
- Proof of Boston Residency
- All Vouchers Accepted for both classrooms.



#### RTH Early Education Center

82 Fenwood Rd. Boston MA. 02115

#### Contact:

Program Director – Brenda Powers [bpowers@ymcaboston.org](mailto:bpowers@ymcaboston.org)  
617 851 8226

# **Youth Education & Community Education**

*The RTH Youth Educational Services and Workforce Development department helps RTH youth build critical skills, explore careers, and ensure they are on a path to education or employment with marketable skills for a more secure future. The department partners with educational institutions and community organizations to create opportunities for RTH youth.*

## **Youth Shaping Community Council**

Date: Sep 24<sup>th</sup> – Nov 12<sup>th</sup>  
Day of the week: Wednesday  
Time: 6:00pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13),  
High School (14-17)

Meet with fellow teens to discuss what teens need and advise on teen programming at RTH!

## **Getting Ready to Work series**

Date: Sep 14<sup>th</sup> – Dec 20<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)

Learn about applying for jobs, resume and interviewing, references, onboarding tips, communications skills, customer service skills, teamwork.

## **First Steps to Work**

Date: Sep 14<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: Friday  
Time: 4:30pm – 5:30pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13),  
High School (14-17)



If you are in middle school and want to prepare for the working world, apply for this program to learn how to work while supporting RTH's events and activities! Apply here:

## **Health and Wellness Peers/Restorative Practices project**

Date: Sep 14<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: TBD  
Time: TBD  
Location: RTHCC Teen Center  
Age: Middle School (11-13),  
High School (14-17)

Join our team in working to increase the use of restorative practices (RP) in Boston Public Schools! Learn and practice community-based research, advocacy, and RP circle-keeping skills. Contact Jen Lewis for application instructions.

## **Youth Workforce Development office hours**

Date: Sep 15<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the week: Monday, Friday  
Time: Monday; 6:00pm – 7:00pm  
Friday; 3:00pm – 4:00pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13),  
High School (14-17)

Email or call for an appointment for an individual session with job coaching, assistance with applications, practice interviewing, etc.

# Health & Wellness

*RTH is committed to fostering optimum physical and behavioral health to all the members of our community. To this end, we maintain educational and recreational facilities, qualified professional staff and a broad scope of programs in our Community Center, swimming pool, library and technology center. Below is an overview of these departments and links to the dedicated sections on our website for more detail and schedules. You should never be bored living at RTH!*

## **SIGN UP FOR THESE FREE RESIDENT FITNESS SERVICES!**

### **Fitness Assessment:**

Ages: 14+

#### 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 assessments 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

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### **Equipment Orientation:**

Ages: 14+

During this session our trained Fitness Floor Staff will guide you through the proper use, safety protocols, and adjustments of various machines, ensuring they are tailored to your individual needs and goals. This orientation aims to boost your confidence and effectiveness during workouts by helping you understand equipment setup, targeted muscle groups, and correct usage techniques.

### **Kung Fu Sword Ages 14+**

Date: Sep 15<sup>th</sup> – Dec 19<sup>th</sup>

Day of the week: Monday - Friday

Time: 9:00am – 10:00am

Location: RTHCC Main Studio

Language: English

Kung Fu Sword 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 arts.

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### **Cardio Equipment 101**

Date: Sep 15<sup>th</sup> – Dec 19<sup>th</sup>

Day of the week: By Appointment

Time: By Appointment

Location: RTHCC Wellness Floor

Age: Adults (18-55)

Language: English

New to the gym or unsure how to use the cardio machines? This resident offering, led by our trained fitness staff, will work with you one-on-one to teach you in-depth basics of treadmills, ellipticals, stationary bikes, and more!

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### **The InBody Scale**

When you step on a scale all you see is a number with no context. Go beyond the scale with the InBody Test, a non-invasive, quick, and accurate body composition analysis. The InBody will help you understand how your weight is broken down into muscle, fat, bone, and body water. Evaluate your results with Health and Wellness Director Zach and develop a plan to reach your health and fitness goals. Come in for an appointment today!

## **Healthy Moves**

Date: Sep 15<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the week: Monday, Wednesday, Friday  
Time: 10:00am – 11:00am  
Location: RTHCC Foyer  
Age: Adults (18-55)

This exercise program is great 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.

## **Spin with Elaine**

Date: Sep 15<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the week: Tuesday, Thursday, Friday  
Time: Tue/Thu: 9:00am – 10:00am  
Friday: 6:00pm – 7:00pm  
Location: RTHCC 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 with energizing music. It's an opportunity to get your heart pumping.

## **Muscle Works**

Date: Sep 15<sup>th</sup> – Dec 18<sup>th</sup>  
Day of the week: Monday, Thursday  
Time: Mon; 8:00am – 9:00am  
Mon, Thu; 6:00pm – 7:00pm  
Location: RTHCC 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 with Elaine**

Date: Sep 15<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the week: Tuesday, Thursday  
Time: 8:00am – 9:00am  
Location: RTHCC Studio  
Age: Adults (18-55)

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 with Noreen**

Date: Sep 16<sup>th</sup> – Dec 16<sup>th</sup>  
Day of the week: Tuesday  
Time: 11:00am – 12:00pm  
Location: RTHCC Studio  
Age: Adults (18-55)

Our yoga class welcomes all levels and will feature a variety of poses with modifications giving participants options to make each position more challenging or simpler. This class will focus on opening the body through controlled movements.

## **Tai Chi**

Date: Sep 15<sup>th</sup> – Dec 17<sup>th</sup>  
Day of the week: Monday, Wednesday  
Time: 11:30am – 12:30pm  
Location: RTHCC Studio  
Age: Adults (18-55)

Tai Chi is an art embracing the mind, body and spirit. Originating in China, tai chi is one of the most effective exercises. Although an art with great depth of knowledge, it can be easy to learn and soon delivers its health benefits.

### **Zumba w/Neri**

Date: Sep 15<sup>th</sup> – Dec 18<sup>th</sup>

Day of the week: Thursday

Time: 7:00pm – 8:00pm

Location: RTHCC Studio

Age: Adults (18-55)

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.

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### **Family Zumba with Param**

Date: Sep 17<sup>th</sup> – Dec 17<sup>th</sup>

Day of the week: Wednesday

Time: 5:30pm - 6:30pm

Location: RTHCC Studio

Age: Adults (18-55)

Family Zumba gives you 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.

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### **Tabata w/Sandy**

Date: Sep 16<sup>th</sup> – Dec 16<sup>th</sup>

Day of the week: Tuesday

Time: 6:00pm – 7:00pm

Location: RTHCC Studio

Age: Adults (18-55)

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

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### **Foam Rolling w/Sandy**

Date: Sep 16<sup>th</sup> - Dec 16<sup>th</sup>

Day of the week: Tuesday

Time: 7:00pm – 7:30pm

Location: RTHCC Main Studio

Age: Adults (18-55)

This class incorporates a self-myofascial release technique using a foam roller that aids in alleviating muscle tension and soreness.

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### **Program your Workout with a**

### **Personal Trainer with Zach**

Date: Sep 15<sup>th</sup> – Dec 19<sup>th</sup>

Day of the week: Monday - Friday

Time: By Appointment

Location: RTHCC Studio

Age: Adults (18-55)

Meet with one of our qualified personal trainers for a one-on-one consultation to help develop 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.

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### **Fall Forward Healthier w/ Zach**

Date: Sep 15<sup>th</sup> – Dec 17<sup>th</sup>

Day of the week: Monday, Wednesday

Time: 5:00pm – 6:00pm

Location: RTHCC Wellness Floor

Age: Adults (18-55)

Twice-a-week, join us in fitness for this individually designed program to help you track progress, build strength, and feel your best. Combining the accountability and nutrition-focus of weight loss programs with the movement and accessibility.

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### **Stretch and Roll w/ Zach**

Date: Sep 19<sup>th</sup> – Dec 19<sup>th</sup>

Day of the week: Friday

Time: 8:00am – 9:00am

Location: RTHCC Main Studio

Age: Adults (18-55)

Language: English, Chinese

In Stretch and Roll participants will work on myofascial release through the use of foam rolling and dynamic stretch poses to gain flexibility and ease tensions in various muscle groups and joints across the body.

## **Martial Arts for Everyone**

Date: Sep 15<sup>th</sup> – Dec 16<sup>th</sup>  
Day of the week: Tuesday  
Time: 6:30pm – 7:30pm  
Location: RTHCC Room 117  
Age: Adults (18-55)

Self Defense is for Everyone! Come and join us to get in the best physical and mental shape of your life, all while learning the important life skills of self-defense. Learn techniques and foundational skills like stances, blocks, and kicks.

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## **FIT CHECK 2025**

Date: Sep 15<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: By Appointment  
Time: By Appointment  
Location: RTHCC Wellness Floor  
Age: Adults (18-55)

Meet with our expert Fitness Staff today to create personalized goals and a tailored program that will help you unlock your best self.

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## **Walking Group**

Date: Sep 16<sup>th</sup> – Dec 18<sup>th</sup>  
Day of the week: Tuesday, Thursday  
Time: 3:00pm – 4:00pm  
Location: RTHCC Room 117  
Age: Adults (18-55)  
Language: English, Chinese

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.

## **Chair Massage**

Date: Sep 19<sup>th</sup>, 29<sup>th</sup>, Oct 6<sup>th</sup>, 20<sup>th</sup>  
Day of the week: Monday, Friday  
Time: 4:00pm – 7:00pm  
Location: RTHCC Wellness Floor  
Age: Adults (18-55)

Register at the Welcome Center Desk for the RTH-Fitness Departments monthly 10 minute chair massages! Appointment required.

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## **Chair Yoga with Elise**

Date: Sep 10<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the week: Wednesday, Friday  
Time: 11:00am – 12:00pm  
Location: RTHCC Wellness Floor  
Age: Adults (18-55)

Chair Yoga is a gentle, accessible class designed to improve flexibility, balance, and relaxation using the support of a chair—perfect for all fitness levels. Join us to stretch, breathe, and move with ease in a safe and comfortable environment.

# **Resident Services**

*We can assist with a wide range of services and facilitate connections 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.*

## **Cleaning Workshop**

Date: Sep 18<sup>th</sup> – Chinese  
Oct 16<sup>th</sup> – Russian  
Nov 13<sup>th</sup> – English  
Dec 18<sup>th</sup> - Spanish  
  
Day of the week: Thursday  
Time: 6:00pm – 8:00pm  
Location: Parks Community Building  
Age: Family (All Ages)

The workshops educate residents on cleaning and being ready for inspections. Residents will learn how to acquire products and how to make non-toxic cleaning materials. Residents who complete the workshops will receive free cleaning supplies.

## **Coffee Hours**

Date: Sep 25<sup>th</sup> – Duggan  
Oct 23<sup>rd</sup> – Flynn  
Nov 20<sup>th</sup> – Levinson  
Dec 11<sup>th</sup> - Mosaic  
  
Day of the week: Thursday  
Time: 3:00pm – 4:00pm  
Age: Family (All Ages)

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

## **Resident Services In-House Food Pantry**

Date: By Appointment  
Location: Parks Community Building  
Age: Family (All Ages)

If you are experiencing food insecurities and in need of a few items to get you through a tough time, please visit us and we will be happy to help. This food pantry stocks only dry foods (Non-perishable).

## **Catholic Charities Food Pantry**

Date: Sep 17<sup>th</sup> – Dec 17<sup>th</sup>  
Day of the week: Wednesday  
Time: 10:00am – 11:30am  
Location: Outing  
Age: Family (All Ages)

Every Wednesday morning, we will provide transportation to Yawkey Center Food Pantry. Residents that need food assistance, please meet up by the back of Levinson building. Contact Liz (617)232-4306 ext. 305 for more information.

## **Fresh Food Monthly Distribution**

Date: Oct 16<sup>th</sup>, Nov 20<sup>th</sup>, Dec 18<sup>th</sup>  
Day of the week: Thursday  
Time: 1:00pm  
Location: Parks Community Building  
Age: Family (All Ages)

50 Bags of fresh groceries will be distributed to seniors and individuals who are handicapped and homebound, single moms with small children and any individuals who are experiencing food insecurities. No need to sign up, the food pantry team will contact you.

## **Translation & Interpretation Services**

Date: Sep 16<sup>th</sup> – Dec 16<sup>th</sup>  
Day of the week: Tuesdays  
Time: 10:00am – 12:00pm  
Spanish: 5:30pm – 6:30pm  
Location: Flynn Conference Room  
Age: Family (All Ages)

Translation services are available for all residents, Chinese, Russian, Spanish-speaking residents and all other languages as requested. You may have mail translated; Management and facilities notices interpreted; other issues you may need to discuss with a member of the Resident Services Staff.

# 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.

## Mystery Trip

Date: Oct 9<sup>th</sup>, Dec 9<sup>th</sup>  
Day of the week: Tuesday, Thursday  
Time: Oct; 10:00am – 3:00pm  
Dec; 9:30am – 3:30pm  
Location: Outing  
Age: Seniors (55+)  
Cost: \$25

Don't miss out on this month's Mystery trip, an adventure is to be had. Enjoy the afternoon with friends. October hint: Boat. December hint: Mansion.

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

## Senior Trip

Date: Oct 7<sup>th</sup>  
Day of the week: Tuesday  
Time: 5:30pm – 7:00pm  
Location: Outing  
Age: Seniors (55+)

Franklin Park Zoo light.

## Senior Taxi Coupons

Date: Oct 7<sup>th</sup> – Dec 2<sup>nd</sup>  
Day of the week: First Tuesday of the month  
Time: 12:00pm  
Age: Seniors (60+)  
Location: Flynn Kitchen, 1<sup>st</sup> 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: Oct 3<sup>rd</sup> – Dec 5<sup>th</sup>  
Day of the week: 1<sup>st</sup> Friday of the month  
Time: 1:00pm – 3:00pm  
Location: RTHCC Room 117

**Russian Tea Room, Russian language focus**  
Date: Oct 8<sup>th</sup> – Dec 10<sup>th</sup>  
Day of the week: 2<sup>nd</sup> Wednesday of the month  
Time: 5:00pm – 7:00pm  
Location: Flynn Kitchen, 1st floor

**Chit Chat Meeting, English language focus**  
Date: Oct 10<sup>th</sup> – Dec 12<sup>th</sup>  
Day of the week: 1<sup>st</sup> Friday of the month  
Time: 11:00am – 1:00pm  
Location: Flynn Kitchen, 1st floor

**Spanish Chat Meeting, Spanish language focus**  
Date: Sep 19<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the week: 3<sup>rd</sup> Friday of the month  
Time: 12:00pm – 2:00pm  
Where: Flynn Kitchen, 1<sup>st</sup> floor

## Senior Center Drop-in

Date: Sep 19<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the week: Friday  
Time: 11:00am – 2:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

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

## **Senior Monthly Shopping Trips**

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

### **Market Basket**

Date: Sep 16<sup>th</sup> – Dec 16<sup>th</sup>  
Day of the week: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month  
Time: 9:30am – 1:30pm  
Meet in Levinson Tower lobby at 9:20am

### **Chinatown Shopping**

Date: Sep 25<sup>th</sup> – Dec 11<sup>th</sup>  
Day of the week: 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month  
Time: 10:00am – 1:30pm  
Meet at Levinson Lobby at 9:45am

### **Kam Man Supermarket Quincy, Ma**

Date: Sep 18<sup>th</sup> – Dec 18<sup>th</sup>  
Day of the week: 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
Time: 10:00am – 3:00pm  
Meet at Levinson Lobby at 9:50am

### **Monthly Shopping trip to Mall**

Date: Sep 23<sup>rd</sup> – Dec 9<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  
Meet in Levinson Tower lobby at 9:20am

### **Monthly Shopping Trip Super 88 & 99**

Date: Oct 10<sup>th</sup> – Dec 12<sup>th</sup>  
Day of the week: Friday  
Time: 10:00am – 1:00pm  
Meet in Levinson Tower lobby at 9:20am

### **Game Night**

Date: Nov 6<sup>th</sup> – Dec 18<sup>th</sup>  
Day of the Week: Thursday  
Time: 4:00pm – 5:30pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

Join us for game night on Thursday at 4:00pm. Lots of fun and laughter. Snacks provided.

## **Arts and Crafts Seniors**

Date: Sep 17<sup>th</sup> – Dec 17<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 consist of painting, jewelry, card design, ceramics, holiday crafts, floral designs, art history, drawing, and more.

### **Bingo**

Date: Sep 14<sup>th</sup> – Dec 17<sup>th</sup>  
Day of the week: Monday, Thursday, Sunday  
Time: 2:00pm – 5:00pm  
Location: Senior Drop-in Center  
Age: Seniors (55+)  
Language: English, Spanish

Sunday Bingo starts at 1pm. 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.

### **Seniors Movie Night**

Date: Oct 29<sup>th</sup> – Nov 26<sup>th</sup>  
Day of the week: Wednesday  
Time: 4:30pm – 6:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

Join us for movie night on the 1st and 3rd Wednesday of the month. Snacks provided. Movie suggestions are requested.

### **Coupon Class**

Date: Sep 15<sup>th</sup> – Oct 27<sup>th</sup>  
Day of the week: Monday  
Time: 11:30am – 12:30pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

Learn digital couponing. Must have cell phone. Must know English. Limit to 15.

## **Mission Hill Road Race/Walk**

Date: Sep 27<sup>th</sup>  
Day of the week: Saturday  
Time: 8:30am – 12:00pm  
Location: Meet at Flynn Lobby @ 8:15AM  
Age: Seniors (55+)

Walk, Run and Enjoy. Live band, Art stands, lawn games and more. A great neighborhood day!

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## **Celebrating Senior Center Month**

Date: Sep 30<sup>th</sup>  
Day of the week: Tuesday  
Time: 1:00pm – 3:00pm  
Location: Parks Community Building  
Age: Seniors (55+)

A lively celebration for all the seniors that make our Senior Center fantastic

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## **Bowling**

Date: Sep 15<sup>th</sup> – Dec 15<sup>th</sup>  
Day of the week: Monday  
Time: 10:00am – 1:30pm  
Location: Outing  
Age: Seniors (55+)

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

---

## **Bingocize**

Date: Sep 15<sup>th</sup> – Oct 22<sup>nd</sup>  
Day of the week: Monday, Wednesday  
Time: 3:00pm – 4:00pm  
Location: Flynn Conference Room  
Age: Seniors (55+)

Bingocize is a fun way to play bingo and improve your health and quality of life. It is held 2 times a week. You must be committed to the program.

## **Golden Club**

Date: Sep 15<sup>th</sup> – Oct 27<sup>th</sup>  
Day of the week: Monday  
Time: 4:30pm – 6:30pm  
Location: Flynn Kitchen  
Age: Seniors (55+)  
Capacity: 15

Join us for Golden Club. The club is a place where friendships are formed, and new things are tried. You must be committed to the program. Priority given to new participants.

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## **Armchair Traveler**

Date: Sep 22<sup>nd</sup> – Nov 24<sup>th</sup>  
Day of the week: Monday  
Time: 2:00pm – 3:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

Travel the world without leaving your seat. No passport required. Last Monday of the month.

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## **Soupalicious**

Date: Nov 3<sup>rd</sup> – Dec 15<sup>th</sup>  
Day of the week: Monday  
Time: 8:30am – 12:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

Drop by the Senior Center for a warm cup of soup, conversations with your neighbors.

# ***Family Programs***

*Families that play together..... Recreation plays an important role in the lives of many families. Research has demonstrated that family recreation and leisure are associated with several positive outcomes in families – increased satisfaction, stability, improved communication and overall family functioning. RTH's family programs are designed to bring your family together!*

## **Healthy Eating Habits**

Date: Sep 20<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: Saturday  
Time: 3:00pm – 5:00pm  
Location: RTHCC Room 117  
Ages: Family (All Ages)

RTH is dedicated to supporting healthier lifestyles for all. Families will enjoy preparing a fun, nutritious snack together while learning simple, practical ways to make healthy eating part of everyday life.

## **Martial Arts**

Date: Sep 20<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: Saturday  
Time: 2:00pm – 3:00pm  
Location: RTHCC Room 117  
Ages: Youth (6-10), Middle School (11-13)

Learn functional martial arts. Youth will be exposed to Kenpo, Aikido, Shaolin Kung Fu, and Silat. Lessons will incorporate meditation and mindfulness training to allow the student the ability to use these practices in their daily life.

## **Friday Night Movies**

Date: Sep 19<sup>th</sup> – Dec 19<sup>th</sup>  
Day of the week: Friday  
Time: 6:30pm – 8:30pm  
Location: RTHCC Room 117  
Ages: Family (All Ages)

Come relax and enjoy some popcorn, and a thrilling adventure movie. Bring a soft pillow, stuffed animals, and blanket! This is a great way to come out, spend time with friends, and start the weekend on a high note.

## **Family Bingo**

Date: Sep 20<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: Saturday  
Time: 11:00am – 1:00pm  
Location: RTHCC Room 117  
Ages: Family (All Ages)

Family Bingo is a variation of the classic game adapted for family fun with prizes. Instead of using only numbers, we might use pictures, sight words, or other kid-friendly themes.

## **Ladies First**

Date: Sep 16<sup>th</sup> – Dec 23<sup>rd</sup>  
Day of the week: Tuesday  
Time: 6:00pm – 8:00pm  
Location: RTHCC Room 117  
Ages: Adults (18-55)

Ladies First is a weekly program designed for women of the RTH community. We will create powerful and enriching experiences, provide bonding opportunities, and promote unity. Dates are 9/16, 9/30, 10/14, 10/28, 11/11, 11/25, 12/9, 12/23.

## **Child Watch**

Date: Sep 15<sup>th</sup> – Dec 18<sup>th</sup>  
Day of the week: Monday - Thursday  
Time: 5:45pm – 8:00pm  
Location: RTHCC Teen Center  
Ages: Youth (6-10), Middle School (11-13)

Need someone to look after your children while you work out or join a class? Look no further. RTHCC is here to welcome your children in our child watch program while you take some time for yourself.

## **MassArt Art Museum**

Date: Oct 18<sup>th</sup>  
Day of the Week: Saturday  
Time: 1:00pm – 3:00pm  
Location: Outing  
Age: Family (All Ages)

Come experience the MassArt Art Museum - Boston's newest and free contemporary art museum. The MassArt Art Museum offers an accessible contemporary art experience for an audience of all ages.

## **Pumpkin Patch**

Date: Oct 11<sup>th</sup>  
Day of the Week: Saturday  
Time: 1:00pm – 3:00pm  
Location: Kempton Park  
Age: Family (All Ages)

Join us for a fun-filled family event at the Pumpkin Patch! Families and children of all ages are invited to participate in many activities including a pumpkin scavenger hunt where kids can explore and discover hidden treasures.

## **Kids Halloween Party**

Date: Oct 25<sup>th</sup>  
Day of the week: Saturday  
Time: 6:00pm – 8:00pm  
Location: RTHCC Room 117  
Age: Youth (6-10), Middle School (11-13)

Join us for a spooktacular kids' Halloween party, perfect for all children who love to dress up and enjoy some treats! The event will feature engaging activities like bingo, a fun "find the candy" game, arts, and crafts. All done with plenty of delicious treats to enjoy.

## **The Mayor's Enchanted Trolley Tour**

Date: Dec 7<sup>th</sup>  
Day of the week: Saturday  
Time: 1:00pm – 5:00pm  
Location: Outing  
Age: Family (All Ages)

For the 28th year, the Mayor's Enchanted Trolley Tour will continue the festive tradition of lighting holiday trees while bringing holiday spirit to children across Boston. The event includes visits with Santa, tree lightings, and more.

## **Boston Lights: A Lantern Experience**

Date: Sep 20<sup>th</sup>  
Day of the week: Saturday  
Time: 5:00pm – 7:00pm  
Location: Outing  
Age: Family (All Ages)

Step into Boston Lights, an immersive lantern spectacle inspired by global habitats. Wander through glowing forests, light tunnels, mythical creatures, and towering owls while exploring China's heritage with pandas, peacocks, and dragons.

## **Apple Picking**

Date: Oct 5<sup>th</sup>  
Day of the week: Sunday  
Time: 11:00am – 5:00pm  
Location: Outing  
Age: Family (All Ages)  
Cost: \$10 per adult, \$5 per kids with adult  
\$25 per non-resident.

Experience the joy of apple picking, a fun and innovative activity for families who love the outdoors! Each family will receive a bag to collect delicious apples as they explore the orchard. Enjoy a day of fresh air, laughter, and quality time together!

## **Kids Holiday Party**

Date: Dec 14<sup>th</sup>  
Day of the week: Sunday  
Time: 1:00pm – 4:00pm  
Location: RTHCC Gymnasium  
Age: Family (All Ages)

It's that time of year to come out and celebrate with us. There will be fun activities and hot cocoa! Santa will be there with gifts for all!



## ***Free stuff to do!***

**Enjoy These FREE Fun Activities in Boston!** Boston is full of adventure! Grab your friends, and explore Boston without spending a dime! Check out our list and get ready to make some memories.

### **Autumn In the city - some free and low-cost activities: Boston Freedom Trail**

<https://freetoursbyfoot.com/the-freedom-trail/>

Autumn is the perfect time to walk the 2.5-mile Freedom Trail that includes 16 historic sites and offers a unique opportunity to walk in the footsteps of history and learn about the events and people that shaped Boston and the United States.

The Visitor Center on the Boston Common and the Freedom Trail are free, but you can also purchase a map or download audio tours from the National Park Service

**Download this tour and discover many more using the free NPS App!**

**How to find the Freedom Trail Tour on the [NPS App](#)**

1. Download the free NPS App from your preferred app store
2. Tap "Find a Park" and search "Boston National Historical Park"
3. Select "Boston National Historical Park, Massachusetts," which will take you to the park homepage on the App
4. Tap "Self-Guided Audio Tours"
5. Select "The Freedom Trail"

The MBTA Green line will take you to **Park Street Station** which is the closest station to the start of the Freedom Trail in Boston Commons.

The Freedom Trail ends at the U.S.S. Constitution and Bunker Hill Monument in Charlestown. You can walk or take the [Charlestown Water Shuttle](#) to get back to downtown Boston.

Pack a lunch, head to the Boston Common Visitor's Center, and walk in the footsteps of history right here in your own hometown!

**Head of the Charles Regatta**- October 17-19 <https://www.hocr.org/> for more information

Rowers from near and far come to Boston to take part in the world's largest Regatta. The Regatta offers spectators a variety of activities, many of them free. If you're looking for a relaxed setting with spectacular views, check out the **Eliot Bridge Enclosure; the Weld Exhibition** is a great place to local grub and Regatta merchandise. For a lively and energetic venue, check out The **Riverbender** where alumni and spectators gather to support their favorite teams. Visit the Rowing and Fitness Expo at the finish line to test out a rowing machine or browse vendor merchandise.

Spectators traveling to and from the Regatta are encouraged to use public transportation. Visit [www.mbta.com](http://www.mbta.com) for schedule and route information.

*Ready? Why not test your skills on the RTHCC fitness center's rowing machines!*

# Teen Center

*The Teen Center is a vibrant space where RTH teens can connect, engage in a variety of programs, and enhance their knowledge, talents, and skills. In addition to enriching activities, the center offers exciting trips that give teens the opportunity to explore the city, have fun, and create lasting memories!*

## 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.

## Curious Chef's Club

Date:	Sep 17 <sup>th</sup> – Dec 17 <sup>th</sup>
Day of the Week:	Wednesday
Time:	5:00pm - 8:00pm
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.

## Homework Center (Late Fall)

Date:	Nov 6 <sup>th</sup> – Dec 18 <sup>th</sup>
Day of the Week:	Tuesday, Thursday
Time:	4:30pm - 5:30pm
Location:	RTHCC Teen Center
Age:	Middle School (11-13), High School (14-17)

Have a question about your math homework? Don't know how to start your essay? Need a quiet place to get your work done? The Teen Center has partnered up with Northeastern and is holding a Homework Center. Teens will receive one on one support.

## Movie Night

Date:	Sep 20 <sup>th</sup> – Dec 20 <sup>th</sup>
Day of the Week:	Saturday
Time:	6:00pm – 8:30pm
Location:	RTHCC Teen Center
Age:	Middle School (11-13), High School (14-17)

Join us for fun-filled nights of cinema, snacks, and socializing with your friends. Whether you're a film enthusiast or just looking for a relaxing evening, this is perfect for teens who want to unwind and enjoy a great movie in a lively atmosphere.

## Teen Birthday Parties

Date:	Sep 17 <sup>th</sup> – Dec 17 <sup>th</sup>
Day of the Week:	Wednesday
Time:	5:30pm – 7:30pm
Location:	RTHCC Teen Center
Age:	Middle School (11-13), High School (14-17)

The last Wednesday of every month, we celebrate all the teen birthdays in that month at our Birthday Party! Planning meetings are held on 1st Wednesday of the month at 6:30pm in the Teen Center, and youth input is welcomed!

## Teen Workout

Date:	Sep 15 <sup>th</sup> – Dec 15 <sup>th</sup>
Day of the Week:	Monday
Time:	4:30pm – 6:00pm
Location:	RTHCC Wellness Floor
Age:	Middle School (11-13), High School (14-17)

Join us for an energizing and fun full body workout designed specifically for teens! This class combines strength training, cardio, and flexibility exercises to help build muscle, improve endurance and increase overall fitness.

### **Girl's Group**

Date: Sep 16<sup>th</sup> – Dec 16<sup>th</sup>  
Day of the Week: Tuesday  
Time: 6:00pm – 7:00pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13), High School (14-17)

The RTH Teen Center Girl's Group will provide a supportive, small-group environment to boost self-esteem and confidence. We will address challenges unique to adolescent girls, such as body image concerns, peer pressure, and emotional regulation.

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### **Boy's Group**

Date: Sep 20<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the Week: Saturday  
Time: 5:00pm – 6:00pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13), High School (14-17)

The RTH Teen Center Boys' Groups will provide a safe space to develop crucial social-emotional skills, build positive peer relationships, and learn to manage emotions and challenging behaviors through a trusted adult and peer support system.

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### **Art Group**

Date: Sep 18<sup>th</sup> – Dec 18<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)

The RTH Teen Center Art group will highlight a hands-on exploration of various art forms like drawing, painting, and mixed media, focusing on building skills, fostering personal expression, and encouraging creative problem-solving.

# HOPE

# Women's Self

# Defense Class

Health • Opportunity • Physical • Education



16<sup>x</sup>

## FREE WOMEN'S SELF-DEFENSE SERIES

Presented by B2 CSO and BCE Officers

STARTING SEPTEMBER 12th, FRIDAYS, 6:00 - 7:00 p.m.

Roxbury Tenants Of Harvard Community Center

20A Vining Street, Mission Hill

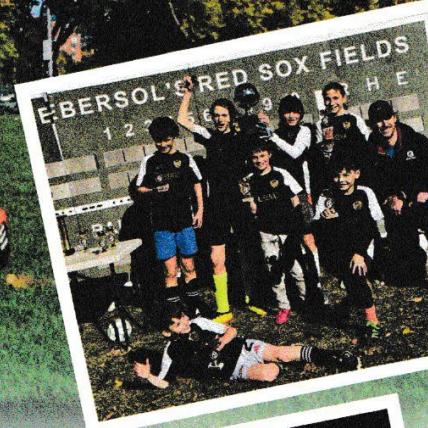
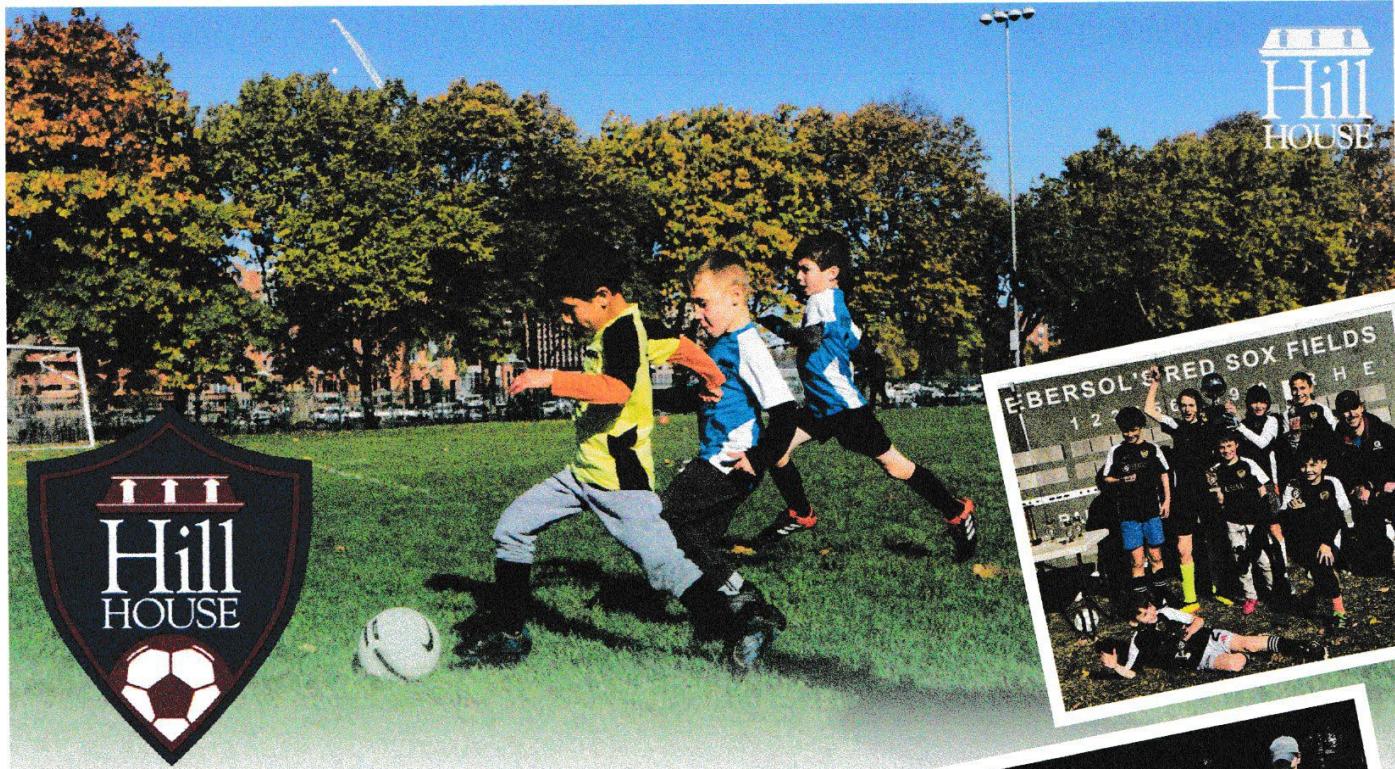
**Class is free, but space is limited!**

**For more information, contact:**

**BPD Area B-2 Officer Shepard: 617-343-4278**

Register at RTHCC Welcome Desk,

Contact (617)2324306 ext.200 for more information.



## SOCcer LEAGUE INFO

### GRADE      LEAGUE

K-1      World Cup League

### DAYS

TUE + SAT

2-3      Major League

WED + SAT

2-4      National Girls League

THUR + SAT

4-8      Premier League

WED + SAT



Roxbury Tenants of Harvard

- **FREE FOR RTH RESIDENTS WHILE SPOTS LAST!**
- FOR INFORMATION PLEASE CONTACT RTHCC WELCOME DESK (617) 232-4306 EXT 200 - WE WILL ASSIST WITH REGISTRATION LIVE



**REGISTER**



Teddy Ebersol's Red Sox Fields



Season Start:  
September 9th

Season End:  
November 13th

### Questions?

John King - Athletics Manager - [jking@hillhouseboston.org](mailto:jking@hillhouseboston.org)

**617-227-5838 ext. 140**

**[www.hillhouseboston.org](http://www.hillhouseboston.org)**



## BOSTON NFL FLAG FOOTBALL LEAGUE



### LEAGUE

### GRADE

### SUNDAYS

Roxbury Tenants of Harvard

**ROOKIE**

K-1

**8:00am**

- **FREE FOR RTH  
RESIDENTS WHILE  
SPOTS LAST!**

**JUNIOR**

2-3

**9:00am**

- **FOR INFORMATION PLEASE  
CONTACT RTHCC WELCOME  
DESK (617) 232-4306 EXT  
200 - WE WILL ASSIST WITH  
REGISTRATION LIVE**

**SENIOR**

4-5

**10:30am**

**PRO**

6-8

**12:00pm**

**REGISTER HERE ->**



**Roberto Clemente Field**

### Questions?

John King - Athletics Manager - [jking@hillhouseboston.org](mailto:jking@hillhouseboston.org)



Season Start:  
**September 7th**

Season End:  
**November 16th**

**617-227-5838 ext. 140**  
**[www.hillhouseboston.org](http://www.hillhouseboston.org)**

# ***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 what their skill level, we'll provide a supportive environment that encourages growth and celebrates each child's unique talent.*

## **Soccer Skills and Drills**

Date:	Sep 16 <sup>th</sup> - Dec 18 <sup>th</sup>
Day of the week:	Tuesday, Thursday
Time:	5:15pm – 6:30pm
Location:	RTHCC Gymnasium
Age:	Youth (6-10), Middle School (11-13)

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

## **Table Tennis**

Date:	Sep 14 <sup>th</sup> - Dec 20 <sup>th</sup>
Day of the week:	Monday - Sunday
Time:	Check Schedule
Location:	RTHCC Foyer
Age:	Youth (6-10), Middle School (11-13)

Table Tennis, otherwise known as Ping-Pong, is a multiskilled sport in which players must beat their opponents using various tactics. This sport involves fast thinking, gives way to increase eye hand coordination, agility and response time.

## **Middle School Basketball - Instructional – Girls**

Date:	Sep 15 <sup>th</sup> - Dec 19 <sup>th</sup>
Day of the week:	Monday, Friday
Time:	5:30pm – 7:00pm
Location:	RTHCC Gymnasium
Age:	Middle School (11-13), High School (14-17)

Middle School Basketball for girls will focus on promoting healthy active play while placing value on participation, competition, and sportsmanship. Middle School players of all levels and abilities are invited to come.

## **Middle School Basketball - Instructional - Co-Ed**

Date:	Sep 15 <sup>th</sup> - Dec 19 <sup>th</sup>
Day of the week:	Monday, Friday
Time:	5:30pm – 7:00pm
Location:	RTHCC Gymnasium
Age:	Middle School (11-13), High School (14-17)

Co-Ed Middle School Basketball for girls will focus on promoting healthy active play while placing value on participation, competition, and sportsmanship. Middle School players of all levels and abilities are invited to come.

## **Volleyball**

Date:	Sep 17 <sup>th</sup> – Dec 14 <sup>th</sup>
Day of the week:	Wednesday, Sunday
Time:	Wed; 6:00pm - 7:00pm
	Sun; 10:00am – 3:00 pm
Location:	RTHCC Gymnasium
Age:	Family (All Ages)

Volleyball is popular because it's a versatile, accessible sport that promotes teamwork, physical fitness, and a strong social community. With a broad appeal that has reached the Olympics, its blend of intensity and ability to be enjoyed by all ages.

## **Pickleball**

Date:	Sep 17 <sup>th</sup> - Dec 14 <sup>th</sup>
Day of the week:	Wednesday, Saturday, Sunday
Time:	Wed; 7:00pm – 8:00pm
	Sat; 2:00pm – 6:00pm
	Sunday; 10:00am – 3:00pm
Location:	RTHCC Gymnasium
Age:	Family (All Ages)

Pickleball is a paddle sport for 2 to 4 players that combines elements of tennis, badminton, and ping-pong. Pickleball is popular because it is easy to learn and accessible to players of all ages, making it a low-impact and fun sport.

## **Badminton**

Date: Sep 17<sup>th</sup> – Dec 14<sup>th</sup>  
Day of the week: Wednesday, Saturday, Sunday  
Time: Wed; 7:00pm – 8:00pm  
Sat; 2:00pm – 6:00pm  
Sun; 10:00am – 3:00pm  
Location: RTHCC Gymnasium  
Age: Family (All Ages)

Badminton is a racket sport where two or four players hit a shuttlecock over a net using stringed rackets. Though the sport demands fitness, agility, and racket skills, it is a fun activity for players of all ages and skill levels.

## **Teens/HS/MS Pick-Up Basketball**

Date: Sep 19<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: Monday, Friday, Saturday, Sunday  
Time: Mon; 7:00pm – 8:00pm  
Fri; 7:00pm – 9:00pm  
Sat; 10:00am – 2:00pm  
Sun; 6:00pm – 9:00pm  
Location: RTHCC Gymnasium  
Ages: High School (14-17), Adults (18-55)

Practice for the RTH Youth and Middle School Basketball teams. We will focus on promoting healthy active play while placing value on participation, competition, and sportsmanship with an eye toward league play this fall.

## **Adult Basketball**

Date: Sep 16<sup>th</sup> – Dec 18<sup>th</sup>  
Day of the week: Tuesday, Thursday  
Time: 6:30pm – 8:00pm  
Location: RTHCC Gymnasium  
Ages: Family (All Ages)  
Cost: Non-Residents \$25.00 guest pass required

Come enjoy our open and safe program for adults of all skill levels. An opportunity to connect with fellow basketball enthusiasts. Whether you're polishing skills or starting fresh, experience the perfect mix of competition and camaraderie.

## **Open Gym**

Date: Sep 14<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: Monday - Sunday  
Time: Check Schedule  
Location: RTHCC Gymnasium  
Age: Family (All Ages)

Come enjoy an open safe space to run, play and enjoy free play of your choice with your child(ren), neighbors, or yourself. Courts may be divided to allow a variety of shared activities.

## **Huntington YMCA Swim Lessons**

Date: Sep 14<sup>th</sup> – Dec 20<sup>th</sup>  
Day of the week: By Appointment  
Time: Check Schedule  
Location: Outing  
Age: Family (All Ages)

Swim lessons for all ages are held at the Huntington YMCA according to their schedule. Stop by RTHCC Welcome Desk to review schedule and register for your swim lesson.

## **RTH is Hiring!**

Join our experienced, professional, and committed team!

Available Positions include:  
Elder Program Manager  
Social Worker  
Director of Teen Programs  
Per Diem CDL Driver

RTH is an EEO employer. For more information and a full list of job opportunities, please visit:  
<https://roxburytenants.isolvedhire.com/jobs/>

## ***RTH Directory***

**Executive Office - Neville House**  
11 New Whitney Street, 1st Floor

**Karen T. Gately, Executive Director**  
[KGately@roxburytenants.org](mailto:KGately@roxburytenants.org) 617-232-4306 ext. 104

**Donna Desmond, Chief Financial Officer**  
[DDesmond@roxburytenants.org](mailto:DDesmond@roxburytenants.org) 617-232-4306 ext. 110

**Jenni Shaw, Human Resources Director**  
[JShaw@roxburytenants.org](mailto:JShaw@roxburytenants.org) 617-232-4306 ext. 108

**Irving Burday, Chief Information Officer**  
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**Latoya Cromartie, HR Administrator**  
[LCromartie@roxburytenants.org](mailto:LCromartie@roxburytenants.org) 617-232-4306 ext. 101

**Lori Taylor, Executive Assistant/Project Manager**  
[LTaylor@roxburytenants.org](mailto:LTaylor@roxburytenants.org) 617-232-4306 ext. 107

**Patricia Haran, Controller**  
[PHaran@roxburytenants.org](mailto:PHaran@roxburytenants.org) 617-232-4306 ext. 106

**Jun Jie Xu, Senior IT Specialist**  
[Junx@roxburytenants.org](mailto:Junx@roxburytenants.org) 617-232-4306 ext. 105

**Tanya Garnett, Office Coordinator**  
[TGarnett@roxburytenants.org](mailto:TGarnett@roxburytenants.org) 617-232-4306 ext. 100

**Anindita Majumdar, Staff Accountant**  
[amajumdar@roxburytenants.org](mailto:amajumdar@roxburytenants.org) 617-232-4306 ext. 111

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**RTH Community Center**  
20A Vining Street (Welcome Desk ext. 200)

**Stephen Fulton, Senior Program Director**  
[SFulton@roxburytenants.org](mailto:SFulton@roxburytenants.org) 617-232-4306 ext. 201

**Curtis Williams, Welcome Desk Administrator**  
[CWilliams@roxburytenants.org](mailto:CWilliams@roxburytenants.org) 617-232-4306 ext. 202

**Zachary McCulloch, Health & Wellness Director**  
[ZMcCulloch@roxburytenants.org](mailto:ZMcCulloch@roxburytenants.org) 617-232-4306 ext. 203

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

**Roxanne Haecker, Director of Community Education & Workforce Development**  
[RHaecker@roxburytenants.org](mailto:RHaecker@roxburytenants.org) (617) 232-4306 ext. 603

**Xing Zhou, Program Coordinator**  
[XZhou@roxburytenants.org](mailto:XZhou@roxburytenants.org) (617) 232-4306 ext. 601

**Jennifer Lewis, Youth Educational Services & Workforce Development Specialist**  
[JLewis@roxburytenants.org](mailto:JLewis@roxburytenants.org) (617) 232-4306 ext. 600

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**Senior Services, Flynn House**  
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**Laura Adams, Director of Senior Services**  
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