

WINTER SESSION 1 + 2 EDITION

2026

# 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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#### **RTH EXECUTIVE OFFICES**

11 New Whitney Street  
617-232-4306 ext. 100  
Hours of Operation: **By Appointment**  
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 - 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.

### **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.

## Dear RTH Residents –

Warm Winter Greetings from RTH

As winter arrives and the first snowflakes fall, the RTH team is pleased to share a full slate of programs and events designed to help residents learn new skills, connect with neighbors, and support health and wellness throughout the season.

**Community Education** offerings include a variety of cooking programs, including *Hearty Winter Supper*, as well as *Sewing for Beginners*, offered on two different days each week. Residents interested in building essential life skills may register for *American Red Cross Babysitting* and *Advanced Child Care Certification* and *CPR & First Aid classes*.

Looking ahead to spring, the Gardening Club begins meeting in March. New technology programs are also coming soon, including smartphone basics for beginners and Coding & Robotics for Young Scientists. Teens seeking community service hours are encouraged to join the RTH Youth Council.

Residents focused on health goals for 2026 will find a range of options in the **Health & Wellness** section, including fitness and equipment orientations, boxing, spin, yoga, and one-on-one sessions with a certified personal trainer.

**Resident Services** continues to offer social opportunities such as coffee hours and chit chats, along with nutrition support including the Fresh Truck every Wednesday and additional food resources. A Cleaning Workshop in March is a great way to prepare for spring. RTH Seniors can enjoy shopping trips, movie nights, bingo, and popular Mystery Trips (advance registration required).

**Youth & Families** and **Teen** programs include Girls on the Run, Mindful Fun/Martial Arts, Curious Chefs Cooking and Baking Club, and outings to Roller World, Urban Air, the Children's Museum, and Dave & Buster's. Whatever your age or interests, there is something for everyone at RTH. Please review What's Up for full details and visit [www.roxburytenants.org](http://www.roxburytenants.org) for the complete program calendar.

**Here's to a healthy and engaged 2026—we look forward to seeing you in the community!**

Warmly,



Karen T. Gately  
Executive Director





## Winter Session 1 Dates (8 Week Session)

Day	Start Session	End Date
Sunday	01-04-2026	02-22-2026
Monday	01-05-2026	02-23-2026
Tuesday	01-06-2026	02-24-2026
Wednesday	01-07-2026	02-25-2026
Thursday	01-08-2026	02-26-2026
Friday	01-09-2026	02-27-2026
Saturday	01-10-2026	02-28-2026

## Winter Session 1 Holidays

Holiday	Date	Holiday Closure
Martin Luther King, Jr. Day	Monday, January 19 <sup>th</sup>	Closed
President's Day	Monday, February 16 <sup>th</sup>	RTH Closed–RTHCC Open 11a-7p

## Events and Meeting Schedule for Winter Session 1

Day	Date	Weekday	Location
Health & Safety	Jan 7 <sup>th</sup> 6pm - 8pm	Wednesday	RTHCC Room 117
Health & Safety	Jan 21 <sup>st</sup> 6pm - 8pm	Wednesday	RTHCC Room 117
Lunar New Year	Feb 28 <sup>th</sup> 6pm	Saturday	RTHCC Gymnasium
Health & Safety	Feb 18 <sup>th</sup> 6pm - 8pm	Wednesday	RTHCC Room 117
Black History Month	Feb 21 <sup>st</sup> 6pm	Saturday	RTHCC Gymnasium

## Winter Session 2 Dates (7 Week Session)

Day	Start Session	End Date
Sunday	03-01-2026	04-19-2026
Monday	03-02-2026	04-20-2026
Tuesday	03-03-2026	04-21-2026
Wednesday	03-04-2026	04-22-2026
Thursday	03-05-2026	04-23-2026
Friday	03-06-2026	04-24-2026
Saturday	03-07-2026	04-25-2026

## Winter Session 2 Holidays

Holiday	Date	Holiday Closure
Patriot's Day	Monday, April 20 <sup>th</sup>	RTH Closed–RTHCC Open 11a-7p

## Events and Meeting Schedule for Winter Session 2

Day	Date	Weekday	Location
International Women's Day	Mar 7 <sup>th</sup> 4pm	Saturday	RTHCC Gymnasium
St. Patrick's Day	Mar 14 <sup>th</sup> 12pm	Saturday	RTHCC Gymnasium
Health & Safety	Mar 18 <sup>th</sup> 6pm - 8pm	Wednesday	RTHCC Room 117
Health & Safety	Apr 15 <sup>th</sup> 6pm - 8pm	Wednesday	RTHCC Room 117

## **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](mailto: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 is Hiring!**

Join our experienced, professional, and committed team! Visit our website for current information about our open positions!

<https://roxburytenants.isolvedhire.com/jobs/>



## 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.

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### Trinity Management Company Resident Training – Waiting List

Date: March 24<sup>th</sup>  
Day of the Week: Tuesday  
Time: 5:30pm - 7:30pm  
Location: RTHCC Room 117

Join Trinity Management Company to learn more about the Waiting List, including:

- How to apply
- Income limits
- HUD requirements
- Bedroom sizes
- Special requests
- Who goes first
- How is the list organized and maintained?

Sign up at RTHCC Welcome Desk.

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### Walk and Talk with Executive Director

Day of the week: Monday  
Time: Feb 2<sup>nd</sup>: 11:00am - 12:00pm  
Apr 6<sup>th</sup>: 4:00pm - 5:00pm  
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.

## Lunar New Year Celebration

Date: Feb 28<sup>th</sup>  
Day of the Week: Saturday  
Time: 6:00pm  
Location: RTHCC Gymnasium  
Age: Family (All Ages)

Ring in the 2026 Chinese New Year with traditional treats, performances, and family-friendly fun. Come together as a community to welcome the Year of the Horse! Tickets will be available at RTHCC Welcome Desk soon.



## Black History Month Celebration

Date: Feb 21<sup>st</sup>  
Day of the Week: Saturday  
Time: 6:00pm  
Location: RTHCC Gymnasium  
Age: Family (All Ages)

Celebrate Black History Month 2026 with inspiring activities, cultural showcases, and community connection. All ages are welcome as we honor the past and celebrate the future. Tickets will be available at RTHCC Welcome Desk soon.



### International Women's Day

Date: Mar 7<sup>th</sup>  
Day of the week: Saturday  
Time: 4:00pm  
Location: RTHCC Gymnasium  
Age: Family (All Ages)

Celebrate International Women's Day 2026 with inspiring activities and community unity. Join us as we honor neighborhood women with special recognition and meaningful rewards.



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### St. Patrick's Day

Date: Mar 14<sup>th</sup>  
Day of the week: Saturday  
Time: 12:00pm  
Location: RTHCC Gymnasium  
Age: Adults (18-55), Seniors (55+)

Celebrate St. Patrick's Day with fellow RTH residents as we enjoy festive music, treats, and fun activities for all ages. Join us for a cheerful community gathering full of green-themed spirit!



# SAVING & INVESTING 101

## 储蓄与投资



**You will have an opportunity to have RTH deposit  
\$100 into your savings account!**

**您将有机会让RTH直接存入\$100您的储蓄账户！**

**Tuesday, Jan. 27th, 6pm - 7:30pm**

**Location: RTHCC room 117**

**Boxed dinner will be provided**

**1月27日（星期二）下午6点至7点30分**

**地点：RTHCC 117室**

**我们将提供免费盒装晚餐**

**REGISTER AT RTHCC: (617) 232-4306 EXT. 200**

**在 RTHCC 注册： (617) 232-4306 分机 200**



# СБЕРЕЖЕНИЯ И ИНВЕСТИЦИИ 101 AHORRO E INVERSIÓN 101



**У вас будет возможность получить от RTH  
депозит в размере 100 долларов на ваш  
сберегательный счет!**

**¡Tendrás la oportunidad de que RTH deposite  
100 dólares en tu cuenta de ahorros!**

**Вторник, 27 января, с 18:00 до 19:30.**

**Место: RTHCC, комната 117.**

**Будет предоставлен ужин в коробках.**

**Martes, 27 de enero, de 18:00 a 19:30.**

**Lugar: Sala 117 del RTHCC.**

**Se proporcionará una cena en caja.**

**РЕГИСТРАЦИЯ В RTHCC: (617) 232-4306,**

**ВНУТРЕННИЙ НОМЕР 200**

**INSCRÍBASE EN RTHCC: (617) 232-4306 EXT. 200**





# 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.

27 Affordable condominiums will be available for sale  
120% AMI- Two 2-bedroom units; One 1-bedroom unit  
100% AMI- Two 3-bedroom units; Five 2-bedroom units;  
Five 1-bedroom units  
80 % AMI- Three 3-bedroom units; Four 2-bedroom units;  
Five 1-bedroom units

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

Contact [raecker@roxburytenants.org](mailto:raecker@roxburytenants.org) for more information





# TREAT YOURSELF TO GREAT INTERNET



RTH Residents!! 'Tis the season to get fast, reliable internet you can count on.

**IT'S EASY TO SWITCH TO STARRY!**  
VISIT [STARRY.COM/RTHHELP](https://starry.com/rthhelp)  
FOR MORE INFORMATION



- ✓ Over 99.9% reliable
- ✓ RTH 200mbps/100mbps plan FREE
- ✓ Speeds are fantastic for streaming, gaming and working from home!
- ✓ Fast, free installation
- ✓ No contracts, cancel anytime



**VIZIO 40 INCH SMART TV GIVEAWAY!**  
VISIT [STARRY.COM/VIZIO](https://starry.com/vizio) TO  
ENTER FOR A CHANCE TO WIN



Contact us to learn about  
this exclusive RTH benefit!

Starry Representative  
508.216.0962  
[HelloBoston@starry.com](mailto:HelloBoston@starry.com)

# 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.



## 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.



## Homemade Pasta Basics

Date: Jan 21<sup>st</sup>  
Day of the Week: Wednesday  
Time: 6:30pm - 8:00pm  
Location: Flynn Kitchen  
Age: Adults (18-55), Seniors (55+)  
Language: English

We'll use the traditional well-method to create fresh egg pasta dough, roll and cut it into fettucine, and finish with a quick and delicious fresh herb browned butter sauce. You'll learn to use a pasta machine and also how to roll and cut pasta by hand.

## SERV Safe Food Handlers Certification Classes

Date: Jan 4<sup>th</sup> - Apr 25<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.

## Seafood Nutrition with Chef Danny G

Date: Jan 5<sup>th</sup>  
Day of the Week: Monday  
Time: 6:30pm - 8:00pm  
Location: Flynn Kitchen  
Age: Adults (18-55), Seniors (55+)  
Language: English

Join Chef Danny Garcia as he brings his globe-trotting flair to classic fish-and-pasta dishes. Create creamy lemon barramundi pasta or a zesty fish puttanesca in this fun, flavorful, hands-on class.

## Hearty Winter Supper w Chef Danny G

Date: Feb 2<sup>nd</sup>  
Day of the Week: Monday  
Time: 6:30pm - 8:00pm  
Location: Flynn Kitchen  
Age: Adults (18-55), Seniors (55+)  
Language: Spanish

Chef Danny G demonstrates how to make stuffed pork loin, roasted vegetables, and apple confection to help keep the cold winter away!

### **Easy Fish Tacos**

Date: Mar 18<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, Spanish

Heart healthy food need not be boring! We'll make tasty (and easy!) white fish tacos with toppings including shredded slaw and avocado and serve with yellow rice with corn and beans.

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### **Sewing with Julia Sewing Workshop**

Date: Jan 9<sup>th</sup> – Apr 24<sup>th</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.

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### **Sewing with Julia for Beginners**

Date: Jan 6<sup>th</sup> – Feb 24<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.

### **Sewing with Julia Beginners – Sat**

Date: Mar 7<sup>th</sup> – Apr 25<sup>th</sup>  
Day of the Week: Saturday  
Time: 1:00pm - 3:00pm  
Location: Flynn Kitchen  
Age: High School (14-17), Adults (18-55),  
Seniors (55+)  
Cost: \$50 Mission Hill, \$150 Non-Residents  
Language: English

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.

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### **Crochet Café**

Date: Jan 8<sup>th</sup> - Feb 26<sup>th</sup>  
Day of the Week: Thursday  
Time: 4:00pm - 5:00pm  
Location: ERC  
Age: adults (18-55), Seniors (55+)  
Language: English

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.

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### **Seafood Nutrition with Chef Kelly B**

Date: Apr 15<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, Chinese

Heart healthy, quick, and delicious! A little sweet & sour- we'll make a miso-glazed dish featuring barramundi, a mild, flaky white fish and serve with jasmine rice.

### English Conversation Group

Date: Jan 7<sup>th</sup> - Apr 29<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

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### American Red Cross Babysitting and Advanced Child Care Certification Class

Date: February and April School Vacation Weeks  
Day of the week: Monday  
Time: TBD  
Location: RTHCC Room 117  
Age: High School (14-17), Adults (18-55), Seniors (55+)  
Language: English  
Cost: \$10 RTH Residents, \$20 Non-Residents

Earn your babysitting certification. You will learn to deliver confident care and how to interact with infants and children in fun, appropriate ways. Whether you're just starting out or you've cared for your siblings for years and now want to start earning money or even build a business, this is the course for you.

---

### American Red Cross CPR & First Aid Certification Class - Adult and Pediatric

Date: Feb 20<sup>th</sup>  
Day of the week: Friday  
Time: 1:00pm – 5:00pm  
Location: RTHCC Room 117  
Age: High School (14-17), Adults (18-55), Seniors (55+)  
Language: English  
Cost: \$17 RTH Residents, \$33 Non-Residents

Be prepared for the moments that matter. This class will give you the information and the skills you need to help adults, children and infants during cardiac and other emergencies.



## ***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 Fridays**

Date: Jan 9<sup>th</sup> - Apr 24<sup>th</sup>

Day of the week: Friday

Time: 4:15pm - 5:15pm

Location: ERC

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

Language: English

Capacity: 12

CyberSafe AI: Dig Deeper! This adventure challenges students to go beyond the surface & explore AI ethics, critical thinking, & data literacy. Don't just accept AI at face value. Dig deeper and discover the power of mindful technology use!

### **Minecraft EDU Saturdays Session I**

Date: Jan 10<sup>th</sup> - Feb 28<sup>th</sup>

Day of the Week: Saturday

Time: 3:30pm - 4:30pm

Location: ERC

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

Language: English, Chinese

An epic Journey to the great Shiai! Recruit Judo Champions representing Courage, Respect, Modesty, Friendship, Honor, Sincerity, Self-control, & Politeness. Collect powerful cards & master your Judo deck, solve quests, & embody the spirit of Judo!

### **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](http://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!



## **Smart Phone Saturdays for Beginners**

### **Session I English**

Date: Jan 10<sup>th</sup> - Jan 31<sup>st</sup>  
Day of the Week: Saturday  
Time: 10:00am - 11:00pm  
Location: ERC  
Age: Adults (18-55), Seniors (55+)  
Language: English

Perfect for seniors and anyone new to Apple or Android devices. Learn essential smartphone concepts, core features, and everyday apps. Each session includes one-on-one troubleshooting and a Q&A to help you build confidence with your device.

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## **Smart Phone Saturdays for Beginners**

### **Session I Chinese**

Date: Jan 10<sup>th</sup> - Jan 31<sup>st</sup>  
Day of the Week: Saturday  
Time: 2:00pm - 3:00pm  
Location: ERC  
Age: Adults (18-55), Seniors (55+)  
Language: Chinese

Perfect for seniors and anyone new to Apple or Android devices. Learn essential smartphone concepts, core features, and everyday apps. Each session includes one-on-one troubleshooting and a Q&A to help you build confidence with your device.

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## **Smart Phone Saturdays for Beginners**

### **Session II**

Date: Mar 7<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the Week: Saturday  
Time: 2:00pm - 3:00pm  
Location: ERC  
Age: Adults (18-55), Seniors (55+)  
Language: English

Perfect for seniors and anyone new to Apple or Android devices. Learn essential smartphone concepts, core features, and everyday apps. Each session includes one-on-one troubleshooting and a Q&A to help you build confidence with your device.

## **Internet Safety for Seniors**

Date: Jan 10<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the Week: Wednesday  
Time: 11:30am - 12:30pm  
Location: ERC  
Age: Seniors (55+)  
Language: English, Chinese

Learn to stay safe online: manage passwords, spot scams, bank and shop securely, and protect your personal info. Get tips to help keep grandchildren safe with privacy settings, parental controls, and smart online habits. Perfect for seniors.

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## **Computer Basics English**

Date: Mar 7<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the Week: Saturday  
Time: 11:00am - 12:00pm  
Location: ERC  
Age: Adults (18-55), Seniors (55+)  
Language: English

Computer Basics teaches first-time users essential skills—using a mouse and keyboard, navigating software, managing files, browsing the web, emailing, and staying safe online—building confidence for everyday tasks.

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## **Computer Basics Chinese**

Date: Jan 6<sup>th</sup> - Apr 21<sup>st</sup>  
Day of the Week: Tuesday  
Time: 4:00pm - 5:00pm  
Location: ERC  
Age: Adults (18-55), Seniors (55+)  
Language: Chinese

Computer Basics teaches first-time users essential skills—using a mouse and keyboard, navigating software, managing files, browsing the web, emailing, and staying safe online—building confidence for everyday tasks.

---

## **English Conversation Group**

Date: Jan 7<sup>th</sup> - Apr 29<sup>th</sup>  
Day of the week: Wednesday  
Time: 1:00pm - 2:00pm  
Location: ERC  
Age: Adults (18-55), Seniors (55+)  
Language: English

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

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

Date: Jan 5<sup>th</sup> - Apr 24<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 an opportunity to practice critical skills and knowledge sets.

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### **Sphero Indi Cars & Bolts!**

#### **Coding Robotics for Young Scientists**

Date: Mar 8<sup>th</sup> - Apr 26<sup>th</sup>  
Day of the week: Sunday  
Time: 2:00pm - 3:30pm  
Location: Levinson Multi-Purpose Room  
Age: Youth (6-10)  
Language: English

Kids learn to program Indi robot car to navigate mazes and solve puzzles by placing color tiles that correspond to specific commands, or they can use the optional Sphero Edu Jr app for block coding on a tablet.

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### **Marble Runs are Amazing!**

#### **STEM for Young Engineers**

Date: Apr 18<sup>th</sup>  
Day of the week: Saturday  
Time: 3:30pm - 5:00pm  
Location: Levinson Multi-Purpose Room  
Age: Youth (6-10)  
Language: English

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!

### **Gardening Club**

Date: Mar 8<sup>th</sup> - Apr 26<sup>th</sup>  
Day of the week: Sunday  
Time: 11:00am - 12:00pm  
Location: Kempton Park  
Age: Family (All Ages)  
Language: English

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.

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### **Open Access Computer Time**

Date: Jan 5<sup>th</sup> - Apr 24<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



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 Workforce Office Hours

Date: Jan 6<sup>th</sup> - Apr 24<sup>th</sup>  
Day of the week: Tuesday, Friday  
Time: Tue: 7:00pm - 8:00pm  
Fri: 3:00pm - 4:00pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13),  
High School (14-17)

Individual support is offered to youth on applying for jobs, interviewing, collecting documents for the process, work permits, and onboarding for summer jobs. Email or call for appointment.

## Health & Wellness Peers

Date: Jan 5<sup>th</sup> - Apr 16<sup>th</sup>  
Day of the week: Monday, Wednesday, Thursday  
Time: 6:00pm - 8:00pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13),  
High School (14-17)

Apply to join the Health and Wellness Peers, learn and practice public speaking, research and advocacy skills all around issues that impact teens' health and well-being. Contact Jen or watch for application link on flyer to apply.

## First Steps to Work

Date: Jan 9<sup>th</sup> - Apr 17<sup>th</sup>  
Day of the week: Friday  
Time: 4:30pm - 5:30pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13)

This program offers youth in 6-8th grade or who have never worked before a chance to learn work skills while assisting with community programs or projects. Please contact Jen or see flyer for application link.

## RTH Youth Council

Date: Jan 27<sup>th</sup> - Apr 21<sup>st</sup>  
Day of the week: Tuesday, Friday  
Time: 6:00pm - 7:00pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13),  
High School (14-17)

Meet with fellow teens to discuss and advocate for what teens want and advise on teen programming at RTH! Earn community service hours! Look for application link on the flyer.

## Level Up for Work - Teen Edition

Date: Jan 29<sup>th</sup> - Mar 26<sup>th</sup>  
Day of the week: Thursday  
Time: 5:30pm - 6:30pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13),  
High School (14-17)

Brush up your skills and tools needed to get the job you want! Get feedback on your resume and learn how to make it stand out, practice interviewing, learn about LinkedIn, networking and how to navigate online onboarding.

# 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 Orientation:**

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

### **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!

### **Chair Massage**

Date: Jan 5<sup>th</sup> - Apr 20<sup>th</sup>

Day of the week: Monday

Time: By Appointment

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. Dates are 1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/6, and 4/20.

### **Cardio Equipment 101**

Date: Jan 4<sup>th</sup> - Apr 25<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!

### **Strength Equipment 101**

Date: Jan 4<sup>th</sup> - Apr 25<sup>th</sup>

Day of the week: By Appointment

Time: By Appointment

Location: RTHCC Wellness Floor

Age: Adults (18-55)

New to the gym or unsure how to use the strength machines? This resident offering, led by our trained fitness staff, will teach you the basics of leg press, chest press, leg curl, leg extension, a crunch machine and more!



### **Fit Check 2026**

Date: Jan 4<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: By Appointment  
Time: By Appointment  
Location: RTHCC Wellness Floor  
Age: High School (14-17), Adults (18-55)  
Language: English

Kick off 2026 with a powerful Fit Check! The start of the new year is the perfect moment to reflect on your health and set a clear path forward. Meet with our expert Fitness Staff to create personalized goals and a tailored program that will help you unlock your best self.

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### **January Treadmill Challenge**

Date: Jan 4<sup>th</sup> - Jan 31<sup>st</sup>  
Day of the week: Monday - Sunday  
Time: By Appointment  
Location: RTHCC Wellness Floor  
Age: Adults (18-55)

Work your way up to running your first 5k or more! For this challenge you will walk or run in place, improving cardiovascular health, aiding in weight loss on our treadmills. Prizes will be awarded to those who have accumulated the most miles in January.

---

### **Spin w/Elaine**

Date: Jan 6<sup>th</sup> - Apr 24<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)

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.

### **Healthy Moves w/Elaine**

Date: Jan 5<sup>th</sup> - Apr 24<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.

---

### **Muscle Works w/Elaine**

Date: Jan 12<sup>th</sup> - Apr 6<sup>th</sup>  
Day of the week: Monday  
Time: 8:00am - 9:00am  
Location: RTHCC Studio  
Age: Adults (18-55)

Start the week of right with a set of high volume (reps) and low resistance (weight) exercises aimed at targeting major muscle groups of the body. The class utilizes handheld dumbbells and bands to promote muscle function, strength, and endurance.

---

### **Muscle Works w/Sandy**

Date: Jan 15<sup>th</sup> - Apr 2<sup>nd</sup>  
Day of the week: Thursday  
Time: 6:00pm - 7:00pm  
Location: RTHCC Studio  
Age: Adults (18-55)

End the workday and start the weekend with a session of high volume (reps) and low resistance (weight) exercises targeting major muscle groups of the body. The class utilizes handheld dumbbells and bands to promote muscle function, strength, and endurance.

### **Yoga w/Noreen**

Date: Jan 6<sup>th</sup> - Apr 21<sup>st</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.

---

### **Full Body Workout w/Elaine**

Date: Jan 6<sup>th</sup> - Apr 23<sup>rd</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, strengthening core, and balancing exercises.

---

### **Tabata w/Sandy**

Date: Jan 6<sup>th</sup> - Apr 21<sup>st</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 durations of rest in between.

---

### **Zumba w/Neri**

Date: Jan 8<sup>th</sup> - Apr 23<sup>rd</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.

---

### **Family Zumba w/Param**

Date: Jan 7<sup>th</sup> - Apr 1<sup>st</sup>  
Day of the week: Wednesday  
Time: 6:00pm - 6:45pm  
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.

---

### **Zumba Gold w/Param**

Date: Jan 7<sup>th</sup> - Apr 1<sup>st</sup>  
Day of the week: Wednesday  
Time: 6:45pm - 7:30pm  
Location: RTHCC Studio  
Age: Adults (18-55)

Zumba Gold is a lower-intensity version of the Zumba class and was designed to meet the needs of aging populations. Zumba Gold provides an option for aging populations seeking alternative means of reaching their exercise goals.

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### **Program your Workout with a Personal Trainer with Zach**

Date: Jan 12<sup>th</sup> - Apr 3<sup>rd</sup>  
Day of the week: Monday - Friday  
Time: By Appointment  
Location: RTHCC Wellness Floor  
Age: Adults (18-55)

Meet with one of our qualified Fitness Director 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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### **Kung Fu Sword**

Date: Jan 5<sup>th</sup> - Apr 24<sup>th</sup>  
Day of the week: Monday - Friday  
Time: 9:00am - 10:00am  
Location: RTHCC Main Studio  
Age: Adults (18-55)

Kung Fu Sword is a unique exercise class that blends the movements of Taiji boxing, various martial arts, and dance. The movements are strong and flexible, aggressive and defensive, full of elegance and beauty displaying the impressive power of martial arts.

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

Date: Jan 5<sup>th</sup> - Apr 21<sup>st</sup>  
Day of the week: Tuesday  
Time: 7:00pm - 8:00pm  
Location: RTHCC Main Studio  
Age: Adults (18-55)

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

---

### **Stretch before Walking Group**

Date: Jan 6<sup>th</sup> - Apr 24<sup>th</sup>  
Day of the week: Tuesday, Thursday, Friday  
Time: 2:30pm - 3:00pm  
Location: RTHCC Wellness Floor  
Age: Adults (18-55)

Stretching before walking helps prevent injuries, increases your range of motion, and reduces muscle stiffness and soreness. This short session will prepare your muscles for Walking Group by improving circulation, making them more pliable.

### **Walking Group and Exercise Club**

Date: Jan 8<sup>th</sup> - Apr 23<sup>rd</sup>  
Day of the week: Tuesday (Eng), Thursday (Chi, Spa), Friday (Rus)  
Time: 3:00pm - 4:00pm  
Spanish: Thursday 6:00pm – 7:00pm  
Location: RTHCC Room 117  
Age: Adults (18-55)  
Language: English, Chinese, Spanish, Russian

All ARE WELCOME! Led in 4 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 Yoga w/Elise**

Date: Jan 7<sup>th</sup> - Apr 24<sup>th</sup>  
Day of the week: Wednesday, Friday  
Time: 11:00am - 12:00pm  
Location: RTHCC Main Studio  
Age: Adults (18-55)

A modified form of yoga that uses a chair for support to perform poses and breathing exercises while seated. This gentle workout on the joints is accessible for people with limited mobility or those who find it difficult to stand for long periods.

### **Strength and Sculpt w/Zach**

Date: Jan 5<sup>th</sup> - Apr 24<sup>th</sup>  
Day of the week: Monday, Wednesday, Friday  
Time: 1:00pm - 2:00pm  
Location: RTHCC Wellness Floor  
Age: Adults (18-55)

Build strength and tone your entire body in this structured 60-minute Push-Pull-Leg work out! Held on the fitness floor, this class utilizes a variety of equipment to target different muscles efficiently. Join us for lunch-time training sessions.

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### **Total Body Boot Camp with Ali**

Date: Jan 7<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: Wednesday, Friday, Saturday  
Time: Wed: 11:00am - 12:00pm  
Fri: 3:00pm - 4:00pm  
Sat: 5:00pm - 6:00pm  
Location: RTHCC Wellness Floor  
Age: Adults (18-55)

This class will cover the ultimate workout going round for round bootcamp style. You will perform a variety of compound movements testing your anaerobic and aerobic fitness levels through a variety of cardio and strength exercises.

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### **Teen Workout**

Date: Jan 2<sup>nd</sup> - Apr 20<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.







# FITNESS BOOT CAMPS

**TRAIN HARD. HAVE FUN. FEEL STRONG.**  
**JOIN OUR HIGH-ENERGY BOOT CAMP CLASS —**  
**A TOTAL-BODY WORKOUT USING WEIGHTS,**  
**MACHINES, AND FUNCTIONAL TRAINING!**  
**EVERY CLASS IS DIFFERENT TO KEEP YOU**  
**CHALLENGED AND MOTIVATED.**

**WHAT TO EXPECT:**  
**STRENGTH + CARDIO CIRCUITS**  
**FUNCTIONAL TRAINING WITH EQUIPMENT**  
**TEAM CHALLENGES & MOTIVATION**  
**SUITABLE FOR ALL LEVELS (MODIFICATIONS**  
**OFFERED)**

**WHEN: WED @11 AM**  
**FRI @ 3 PM**  
**SAT @ 5 PM**  
**WHERE: RTH FITNESS FLOOR**  
**INSTRUCTOR: ALI A**  
**DURATION: 45-60 MINUTES**

**BRING: WATER, TOWEL, AND YOUR**  
**ENERGY!**

**“STRONGER TOGETHER — ONE REP**  
**AT A TIME.”**

January- New year, New  
 Habits

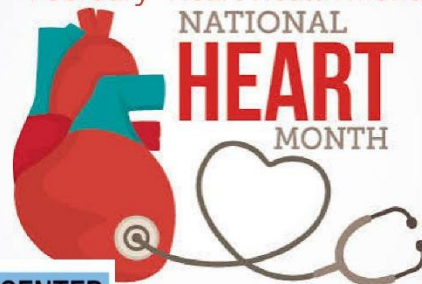
National Blood Donor Day



JANUARY IS  
 NATIONAL  
 BLOOD DONOR  
 MONTH

Member Appreciation  
 Wednesday January 21<sup>st</sup>

February- Heart Health Month



NATIONAL  
 HEART  
 MONTH

Member Appreciation  
 Wednesday February 18<sup>th</sup>

RTH-COMMUNITY CENTER

UPCOMING  
 MEMBER APPRECIATION  
 CELEBRATIONS!

Stop by the RTH-CC Welcome  
 Center this year and learn  
 more about these National  
 Appreciations!

March is  
 NATIONAL  
 NUTRITION  
 MONTH



March-Nutrition & Hydration Month



APRIL IS  
 STRESS  
 AWARENESS  
 MONTH

April-Stress Awareness & Mental Wellness





# BLOOD PRESSURE & INBODY READINGS



Participants will work with trained RTH-CC Fitness Staff and get fast and accurate blood pressure readings which can be tracked over the course of your visits.

Residents will also be shown the InBody scale which not only records weight but muscle mass, body fat and more for accurate fitness tracking!

---

JOIN US THIS WINTER 2026

**MONDAY  
THROUGH FRIDAY**

**DROP BY AND MAKE APPOINTMENT  
WITH FITNESS STAFF!!!**

**SIGN UP TODAY AT  
RTH-CC FITNESS DEPARTMENT**

FOR MORE INFORMATION : [ZMCCULLOCH@ROXBURYTENANTS.ORG](mailto:ZMCCULLOCH@ROXBURYTENANTS.ORG)

**NEW YEAR, SAME DREAMS—BIGGER ENERGY**

An illustration of three people running on a treadmill. In the foreground, a man with dark hair wearing an orange long-sleeved shirt and dark shorts is running. Behind him, another man with dark hair in a green shirt is running. To the right, a woman with blonde hair in a ponytail, wearing a yellow tank top and light blue shorts, is running. The background consists of horizontal bands of orange, pink, green, and teal, with stylized white and yellow shapes representing motion or energy.

# **JANUARY TREADMILL CHALLENGE**

*Roxbury Tenants of Harvard*

## **JANUARY CHALLENGE**

REGISTER AT  
THE FITNESS  
CENTER DESK.

FOR MORE  
INFORMATION  
PLEASE EMAIL  
STEPHEN  
FULTON

January Treadmill Challenge - Work your way up to running your first 5k or more! For this challenge you will walk or run in place, improving cardiovascular health, aiding in weight loss, strengthening muscles on our fitness floor treadmills and building your cardiovascular endurance. Prizes will be awarded to those who have accumulated the most miles in January.





# RTHCC BASKETBALL GAMES

Monday, December 29, 2025

Tuesday, December 30, 2025



**3:00 PM**

**2 vs 2**

Young–Middle Ages 8–12



**4:00 PM**

**3 vs 3**

Teen Ages 13–17



**5:00 PM**

**Shootout**

All Ages

Roxbury Tenants of Harvard Community Center  
20A Vining Street, Boston, MA 02115

**Register in person at the Welcome Desk.**

☎ (617) 232-4306 ext. 200

# 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.*

## Translations and Interpretation Services

Date: Jan 6<sup>th</sup> - Mar 31<sup>st</sup>  
Day of the week: Tuesday, Saturday  
Time: 10:00am - 12:00pm  
Location: Tue: Flynn Conference Room  
Sat: ERC  
Age: Family (All Ages)  
Language: English, Chinese, Russian, Spanish

Translation services are available for Chinese, Russian & and Spanish-speaking residents. You may have your email translated; management and facilities notices interpreted and discuss what is important to you with members of the Resident Services Staff.

## Coffee Hours

Date: Jan 8<sup>th</sup> - Mosaic  
Feb 12<sup>th</sup> - Duggan  
Mar 12<sup>th</sup> - Neville  
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: Jan 7<sup>th</sup> - Apr 1<sup>st</sup>  
Day of the week: Wednesday  
Time: 10:00am - 11:30am  
Location: Parks Community Building  
Age: Family (All Ages)

Catholic Charities' food pantry in Dorchester is a source of free food for the community. Prepared bags with balanced food items will aid in preparation. You must sign up one day prior. A minimum of five residents must participate. Please bring your ID.

## Fresh Food Monthly Distribution

Date: Jan 15<sup>th</sup>, Feb 19<sup>th</sup>, Mar 19<sup>th</sup>  
Day of the week: Thursday  
Time: 1:00pm  
Location: Parks Community Building  
Age: Family (All Ages)

60 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.

## Supporting Grief and Bereavement in Housing Communities

Date: Feb 19<sup>th</sup>  
Day of the week: Thursday  
Time: 6:00pm - 8:00pm  
Location: RTHCC Room 117  
Age: Adults (18-55), Seniors (55+)

Provide participants with the necessary skills and knowledge to effectively assist individuals in coping with grief and loss.

### **The Aging Process**

Date: Jan 22<sup>nd</sup>  
Day of the week: Thursday  
Time: 6:00pm - 8:00pm  
Location: RTHCC Room 117  
Age: Adults (18-55), Seniors (55+)

What to know to support older adults in housing. Participants will learn about various physical and cognitive changes that occur as individual age.

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### **Cleaning Workshop**

Date: Mar 26<sup>th</sup>  
Day of the week: Thursday  
Time: 6:00pm - 8:00pm  
Location: RTHCC Room 117  
Age: Family (All Ages)

This workshop discusses how to keep your unit clean and free of clutter, also how to properly use cleaning supplies to get the best results. Learn about the product to use if you suffer from allergies or other concerns.

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### **Fresh Truck Mobile Market**

Date: Jan 7<sup>th</sup> - Apr 1<sup>st</sup>  
Day of the week: Wednesday  
Time: 3:00pm - 6:00pm  
Location: Parks Community Building  
Age: Adults (18-55), Seniors (55+)  
Language: English

Fresh Truck is now a hybrid market with online ordering and in-person shopping available. Sign up online or by lottery.

Order online - call the Resource Center at (617) 232- 4306 ext. 601 to make an appointment if you need assistance ordering online from Fresh Truck.

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

### **International Women's Day**

Date: Mar 7<sup>th</sup>  
Day of the week: Saturday  
Time: 4:00pm - 6:00pm  
Location: RTHCC Gymnasium  
Age: Family (All Ages)

Celebrate International Women's Day 2026 with inspiring activities and community unity. Join us as we honor neighborhood women with special recognition and meaningful rewards.





# 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 Chat Programs

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

## Various Locations:

### *Joy Luck Club, Chinese language focus*

Date: Feb 6<sup>th</sup> - Apr 3<sup>rd</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: Jan 14<sup>th</sup> - Apr 8<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: Jan 9<sup>th</sup> - Apr 10<sup>th</sup>  
Day of the week: 2<sup>nd</sup> Friday of the month  
Time: 12:00pm - 2:00pm  
Location: Flynn Kitchen, 1st floor

### *Spanish Chat Meeting, Spanish language focus*

Date: Jan 16<sup>th</sup> - Apr 17<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: Jan 16<sup>th</sup> - Apr 24<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.

## Mystery Trip

Date: Feb 11<sup>th</sup>, Apr 15<sup>th</sup>  
Day of the week: Wednesday  
Time: Feb: 2:00pm  
Apr: 3:30pm - 7:30pm  
Location: Outing  
Age: Seniors (55+)  
Cost: Feb: \$20, Apr: \$15  
Capacity: 12

Mystery Trip Hint: February 11<sup>th</sup> is Karaoke, April 15<sup>th</sup> is Lunch.

## Soupalicious

Date: Jan 5<sup>th</sup> - Feb 23<sup>rd</sup>  
Day of the week: Monday  
Time: 12:00pm - 1:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

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

## Senior Taxi Coupons

Date: Jan 6<sup>th</sup> - Apr 7<sup>th</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 Monthly Shopping Trips**

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

#### ***Market Basket***

Date: Jan 6<sup>th</sup> - Apr 21<sup>st</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: Jan 8<sup>th</sup> - Apr 23<sup>rd</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: Jan 15<sup>th</sup> - Apr 16<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: Jan 13<sup>th</sup> - Apr 21<sup>st</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: Jan 6<sup>th</sup> - Apr 10<sup>th</sup>  
Day of the week: Friday  
Time: 10:00am - 1:00pm  
Meet in Levinson Tower lobby at 9:20am

---

#### **Senior Game Night**

Date: Jan 26<sup>th</sup> - Apr 20<sup>th</sup>  
Day of the Week: Monday  
Time: 4:00pm - 5:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

Join us for game night on 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month at 4:00pm. Lots of fun and laughter. Snacks provided.

### **Arts and Crafts Seniors**

Date: Jan 7<sup>th</sup> - Apr 22<sup>nd</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.

---

#### **Senior Bingo**

Date: Jan 4<sup>th</sup> - Apr 23<sup>rd</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.

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#### **Seniors Movie Night**

Date: Jan 7<sup>th</sup> - Apr 8<sup>th</sup>  
Day of the week: Wednesday  
Time: 5:30pm - 7:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

Join us for movie night on the 4th Wednesday of the month. Snacks provided. Movie suggestions are requested.

---

#### **Coupon Class**

Date: Mar 2<sup>nd</sup> - Apr 20<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.

### **Armchair Traveler**

Date: Feb 23<sup>rd</sup>  
Day of the week: Monday  
Time: 1:00pm - 2:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

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

---

### **Tea and Talk**

Date: Feb 10<sup>th</sup>  
Day of the week: Tuesday  
Time: 2:00pm - 3:00pm  
Location: Flynn Kitchen  
Age: Seniors (55+)

Come have tea with the Senior Department. We want to hear from you.

---

### **Stepping Stone**

Date: Jan 14<sup>th</sup> - Feb 25<sup>th</sup>  
Day of the week: Wednesday  
Time: 2:00pm - 4:00pm  
Location: Flynn Conference Room  
Age: Seniors (55+)

Stepping on! A class to help you avoid falls. Must speak English! Limited to 14!

---

### **Bowling**

Date: Mar 2<sup>nd</sup> - Apr 20<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.

### **Golden Club**

Date: Jan 8<sup>th</sup> - Apr 23<sup>rd</sup>  
Day of the week: Thursday  
Time: 4:30pm - 6:30pm  
Location: Flynn Conference Room  
Age: Seniors (55+)

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.



# 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!*

## Friday Night Family Movie

Date: Jan 9<sup>th</sup> - Apr 24<sup>th</sup>  
Day of the Week: Friday  
Time: 6:30pm - 9:00pm  
Location: RTHCC Room 117  
Age: Family (All Ages)

End the week and start the weekend with some popcorn, treats, and a family-oriented movie experience. Bring a soft pillow, stuffed animal, or blanket. This is a great way to spend time with family and friends. Parents - we'll have staff on-hand if you want to get in one last workout before the weekend starts.

## Chess Wizard

Date: Jan 10<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: Saturday  
Time: 1:00pm - 2:00pm  
Location: RTHCC Room 117  
Ages: Youth (6-10), Middle School (11-13)  
Cost: \$10 for Non-Resident

Chess Wizards provide an engaging and fun-filled introduction to chess for families and children. Through dynamic lessons and interactive games, kids learn the fundamentals of chess while developing problem-solving abilities and sportsmanship.

## Family Bingo

Date: Jan 10<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: Saturday  
Time: 4:00pm - 6:00pm  
Location: RTHCC Room 117  
Ages: Youth (6-10), Middle School (11-13)

Come play this variation of the classic game adapted for family fun with prizes. Play the game by marking numbers, words, or images on a card - a fun casual game but with an educational focus and kid-friendly themes.

## Healthy Snacks Cooking Class

Date: Jan 10<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: Saturday  
Time: 3:00pm - 5:00pm  
Location: RTHCC Room 117  
Ages: Youth (6-10), Middle School (11-13)  
Cost: \$5 for Non-Resident

Bring the whole family together for hands-on cooking experience! Kids and adults will team up to create delicious, wholesome snacks made from fresh, everyday ingredients. Families will learn simple recipes that are easy to recreate at home.

## Ladies First

Date: Jan 6<sup>th</sup> - Apr 21<sup>st</sup>  
Day of the week: Tuesday  
Time: 6:00pm - 8:00pm  
Location: RTHCC Room 117  
Ages: Adults (18-55)

Ladies First is a bi-weekly program designed for women of the RTH community. We will create powerful and enriching experiences, provide bonding opportunities, and promote unity. Dates are 1/6, 1/20, 2/3, 2/17, 3/3, 3/24, 4/7, and 4/21.

## Child Watch

Date: Jan 6<sup>th</sup> - Apr 23<sup>rd</sup>  
Day of the week: Tuesday, Wednesday, Thursday  
Time: 5:45pm - 8:00pm  
Location: Levinson Multipurpose Room  
Ages: Child (0-5), Youth (6-10)

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 to our child watch program while you take some time for yourself.

### **Mindful Fun/Martial Art**

Date: Jan 10<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the Week: Saturday  
Time: 2:00pm - 3:00pm  
Location: RTHCC Main Studio  
Age: Family (All Ages)  
Cost: \$10 for Non-Resident

RTH youth are invited to get into great shape while learning self-defense skills, learn techniques and skills - stances, strikes, blocks, and kicks. Sessions include Martial Arts disciplines while incorporating Mindfulness strategies.

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### **Roller World**

Date: Feb 28<sup>th</sup>  
Day of the week: Saturday  
Time: 12:00pm - 3:00pm  
Location: Outing  
Age: Youth (6-10), Middle School (11-13)  
Cost: \$10 for Non-Resident

Join RTH neighbors for this family event at Roller World. The rink is over 14,000 sq/ft and equipped with lights and music, as well as a smaller beginner's rink. \*All children must be accompanied by an adult (18+).

---

### **Boston Children Museum**

Date: Jan 10<sup>th</sup>  
Day of the week: Saturday  
Time: 11:00am - 3:00pm  
Location: Outing  
Ages: Family (All Ages)  
Cost: \$5 for Non-Resident

The Boston Children Museum is a world renowned, vibrant, and engaging destination for families designed to spark curiosity and creativity in children of all ages. \*All children must be accompanied by an adult (18+).

### **Urban Air**

Date: Feb 7<sup>th</sup>  
Day of the week: Saturday  
Time: 11:00am - 3:00pm  
Location: Outing  
Age: Youth (6-10), Middle School (11-13), High School (14-17)  
Cost: \$20 for Non-Resident

Urban Air is an exciting indoor adventure park that offers families fun and active environment for all ages. Urban Air also features designated areas for younger children. \*All children must be accompanied by an adult (18+).

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### **Girls on the Run**

Date: Apr 2<sup>nd</sup> - Apr 25<sup>th</sup>  
Day of the Week: Tuesday, Saturday  
Time: Tue: 5:30pm - 7:00pm  
Sat: 4:00pm - 5:30pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13)  
Cost: \$10 for Non-Residents

At Girls on the Run, trained volunteer coaches facilitate lessons that blend physical activity with life skill development. The Heart & Sole middle school program is designed to meet the unique needs of 6th-8th grade girls of all abilities.



# 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.

## WIIFM (What's In It For Me?)

### Youth Empowerment Workshops for RTH Teens

Date:	Mar 7 <sup>th</sup> - Apr 18 <sup>th</sup>
Day of the Week:	Saturday
Time:	4:00pm - 5:30pm
Location:	RTHCC Teen Center
Age:	High School (14-17)

The Teen Empowerment Workshop Series is designed to inspire confidence, leadership, and personal growth in today's youth. Through hands-on activities, teens develop the skills they need to navigate challenges and discover their own strengths.

## Curious Chefs Cooking and Baking Club

Date:	Jan 9 <sup>th</sup> - Apr 24 <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)

The Curious Chefs Cooking and Baking Club is a fun, interactive space where young people can explore the world of cooking and baking, build practical kitchen skills, and gain confidence in creating delicious meals and delectable desserts.

## Teen Movie Night

Date:	Jan 10 <sup>th</sup> - Apr 25 <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:	Jan 28 <sup>th</sup> - Mar 25 <sup>th</sup>
Day of the Week:	Wednesday
Time:	6:00pm - 7:00pm
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:	Jan 2 <sup>nd</sup> - Apr 20 <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.

### Parent Advisory Group

Date: Jan 14<sup>th</sup> - Apr 8<sup>th</sup>  
Day of the Week: Wednesday  
Time: 6:30pm - 7:30pm  
Location: RTHCC Teen Center  
Age: Adults (18-55)

Meeting the 2nd Wednesday of every month, the Parent Advisory Group for RTH Teen Programming is a collaborative committee of parents who provide insight, feedback, and support to help shape programs and services designed for our teens.

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### High Tea Sip and Paint

Date: Apr 24<sup>th</sup>  
Day of the Week: Friday  
Time: 5:30pm - 7:00pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13), High School (14-17)  
Cost: \$10 for Non-Residents

Sip, paint, and get creative! Enjoy chic high tea with delicious treats, then unleash your inner artist at a fun painting night. It's the perfect blend of elegance and creativity!

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### Dave and Busters

Date: Apr 17<sup>th</sup>  
Day of the Week: Friday  
Time: 6:00pm - 9:00pm  
Location: Outing  
Age: Middle School (11-13), High School (14-17)

Looking for nonstop fun, great food, and the perfect place to play? Dave & Buster's has it all! Enjoy a massive arcade packed with the latest games and a full menu with something for everyone. Dave & Buster's delivers the ideal mix of entertainment.

### Girls on the Run

Date: Mar 31<sup>st</sup> - May 30<sup>th</sup>  
Day of the Week: Tuesday, Saturday  
Time: Tue: 5:30pm - 7:00pm  
Sat: 4:00pm - 5:30pm  
Location: RTHCC Teen Center  
Age: Middle School (11-13)  
Cost: \$10 for Non-Residents

At Girls on the Run, trained volunteer coaches facilitate lessons that blend physical activity with life skill development. The Heart & Sole middle school program is designed to meet the unique needs of 6th-8th grade girls of all abilities.





# SAVE THE DATE

## YOUTH JOBS AND RESOURCE FAIR

REGGIE LEWIS TRACK AND ATHLETIC CENTER

**SATURDAY, APRIL 18TH, 2026**

**10:00 AM - 5:00 PM**

Timed Entry Wave A: 10:00am - 1:00pm

Timed Entry Wave B: 2:00pm - 5:00pm



**CITY of BOSTON**



Youth Employment  
and Opportunity



Worker  
Empowerment



Youth Engagement  
and Advancement



# WHAT'S IN IT FOR ME?



## LEVEL UP YOUR LIFE! WIIFM (WHAT'S IN IT FOR ME?) WORKSHOPS FOR HIGH SCHOOL TEENS

Stress less & chill out - Manage stress & emotions  
Speak up & be heard - Communicate with confidence  
Crush your goals - Set goals & stay motivated  
Make real connections - Build strong friendships  
Build your confidence - Boost self-confidence

Refreshments served!  
Registration at the  
RTHCC Welcome Desk  
617.232.4306 ext 200

**SATURDAYS, 4PM - 5:30PM**  
**MAR 7 - APR 18TH, 2026**  
**@ RTHCC TEEN CENTER**

*Spots are limited - don't miss out! Your vibe. Your growth. Your power.*



# Find FRIENDS and JOY IN MOVEMENT

That's the power of  
**heart & sole**

Twice per week for 8 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 6th - 8th grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.



Heart & Sole is a unique program just for girls! Get to know yourself and others through interactive lessons, team discussions and fun physical activities.

## Each season, Heart & Sole participants learn:



How to embrace who they are, both on the inside and outside



Strategies to become independent and critical thinkers



Skills to write their own stories



Tools to find inner strength through physical activity

**Site/Team Name:** Roxbury Tenants of Harvard

**Grades:** 6-8

**Program Starts:** Tuesday, March 31st

**Practice Days and Times:** Tu 5:30-7:00 PM & Sa 4:00-5:30 PM

**Celebratory 5K:** May 30, 2026 or May 31, 2026 (TBD)

**Program Fee:** \$0 for RTH Community Members

**Site Contact:** Stephen Fulton, sfulton@roxburytenants.org, 617-232-4306 x200

**GOTR Contact:** Steph Gendron, steph.gendron@girlsontherun.org

Scan  
to register  
starting  
Jan 12th!



Learn more and register today at  
<https://www.girlsontherunboston.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.*

## Table Tennis

Date: Jan 5<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: Monday - Sunday  
Time: Check Schedule  
Location: RTHCC Foyer  
Age: Family (All Ages)

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.

## Pickleball

Date: Jan 7<sup>th</sup> - Apr 26<sup>th</sup>  
Day of the week: Wednesday, Saturday, Sunday  
Time: Wed: 7:00pm - 8:00pm  
Sat: 10:00am - 12:00pm  
2:00pm - 6:00pm  
Sun: 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.

## Middle School Basketball - Instructional - Co-Ed

Date: Jan 10<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: Saturday  
Time: 12:00pm - 2:00pm  
Location: RTHCC Gymnasium  
Age: Middle School (11-13), High School (14-17)

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

## Middle School Basketball - Co-Ed

Date: Jan 9<sup>th</sup> - Apr 24<sup>th</sup>  
Day of the week: Friday  
Time: 5:30pm - 7:00pm  
Location: RTHCC Gymnasium  
Age: Middle School (11-13), High School (14-17)

Co-Ed Middle School Basketball will focus on promoting healthy active play while placing value on participation, competition, and sportsmanship. This is a time for RTH Middle Schoolers to play against neighbors and enhance their skills on the court.

## Middle School Basketball - Instructional - Girls

Date: Jan 10<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: Saturday  
Time: 12:00pm - 2:00pm  
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 - Girls

Date: Jan 9<sup>th</sup> - Apr 24<sup>th</sup>  
Day of the week: 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. This is a time for RTH Middle School students to play against neighbors and friends.

### **RTH/Hill House Youth Basketball League - Girls**

Date: Jan 9<sup>th</sup> - Mar 3<sup>rd</sup>  
Day of the week: Tuesday  
Time: 5:30pm - 7:00pm  
Location: RTHCC Gymnasium  
Age: Youth (6-10), Middle School (11-13)

The RTH/Hill House Youth Basketball League - Girls provides an opportunity to learn more and fall further in love with sport. We welcome girls ages 7-13 to experience our fun competitive basketball league.

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### **RTH/Hill House Youth Basketball League - Co-Ed 7-10**

Date: Jan 5<sup>th</sup> - Mar 2<sup>nd</sup>  
Day of the week: Monday  
Time: 5:30pm - 7:00pm  
Location: RTHCC Gymnasium  
Age: Youth (6-10)

The RTH/Hill House Youth Basketball League provides an opportunity to learn more and fall further in love with sport. Players aged 7-10 will take the next step in the sport and learn what it means to be part of a team.

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### **RTH/Hill House Youth Basketball League - Co-Ed 11-13**

Date: Jan 7<sup>th</sup> - Mar 4<sup>th</sup>  
Day of the week: Wednesday  
Time: 5:30pm - 7:00pm  
Location: RTHCC Gymnasium  
Age: Middle School (11-13)

The RTH/Hill House Youth Basketball League provides an opportunity to learn more and fall in love with sport. We welcome everyone to experience our competitive basketball league. Players aged 11-13 will learn what it means to be part of a team.

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### **Volleyball**

Date: Jan 7<sup>th</sup> - Apr 26<sup>th</sup>  
Day of the week: Wednesday, Saturday, Sunday  
Time: Wed: 7:00pm - 8:00pm  
Sat: 10:00am - 2:00pm  
4:00pm - 6:00pm  
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.

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### **Badminton**

Date: Jan 7<sup>th</sup> - Apr 26<sup>th</sup>  
Day of the week: Wednesday, Saturday, Sunday  
Time: Wed: 7:00pm - 8:00pm  
Sat: 10:00am - 2:00pm  
4:00pm - 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.

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

Date: Jan 5<sup>th</sup> - Apr 25<sup>th</sup>  
Day of the week: Monday, Friday, Saturday  
Time: Mon, Fri: 7:00pm - 9:00pm  
Sat: 6:00pm - 9:00pm  
Location: RTHCC Gymnasium  
Ages: High School (14-17), Adults (18-55)

Teen Pick-Up B-Ball will focus on promoting healthy active play placing value on participation, competition, and sportsmanship. This is a time for RTH teens to play against neighbors and friends, enhance their skills on the court.

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### **Adult Basketball**

Date: Jan 6<sup>th</sup> - Apr 23<sup>rd</sup>  
Day of the week: Tuesday, Thursday  
Time: 7:00pm - 8:00pm  
Location: RTHCC Gymnasium  
Ages: Adults (18-55)  
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.

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### **Soccer Skills and Drills**

Date: Jan 8<sup>th</sup> - Apr 23<sup>rd</sup>  
Day of the week: Thursday  
Time: 5:30pm - 7:00pm  
Location: RTHCC Gymnasium  
Age: Youth (6-10), Middle School (11-13)

This introductory class meets weekly. 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.

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## ***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**

[IBurday@roxburytenants.org](mailto:IBurday@roxburytenants.org) 617-232-4306 ext. 102

**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

### **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

**Darius Cortez-Ricco, P.E. & Aquatic Director**

[DCortezRicco@roxburytenants.org](mailto:DCortezRicco@roxburytenants.org) 617-232-4306 ext. 205

### **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

### **Senior Services, Flynn House**

805 Huntington Avenue, 1st Floor

**Laura Adams, Director of Senior Services**

[LAdams@roxburytenants.org](mailto:LAdams@roxburytenants.org) / 617-232-4306 ext. 700

**Mary O'Connor, Aging Well Manager**

[Moconnor@roxburytenants.org](mailto:Moconnor@roxburytenants.org) / 617-232-4306 ext. 702

### **Resident Services Parks Community Building**

2 New Whitney Street 2nd Floor

**Anne Moriarty, Interim Director of Resident Services**

[AMoriarty@roxburytenants.org](mailto:AMoriarty@roxburytenants.org) / 617-232-4306 ext. 306

**Terry Parson, Social Worker**

[TParson@roxburytenants.org](mailto:TParson@roxburytenants.org) / 617-232-4306 ext. 302

**Jia Yao Chen, Resident Service Coordinator**

[JChen@roxburytenants.org](mailto:JChen@roxburytenants.org) / 617-232-4306 ext.303

**Jingming Feng, Resident Service Coordinator**

[JFeng@roxburytenants.org](mailto:JFeng@roxburytenants.org) / 617-232-4306 ext.309

**Nadiia Novikova, Resident Service Coordinator**

[NNovikova@roxburytenants.org](mailto:NNovikova@roxburytenants.org) / 617-232-4306 ext.310

**Tania Rivera, Resident Service Coordinator**

[TRivera@roxburytenants.org](mailto:TRivera@roxburytenants.org) / 617-232-4306 ext.304

**Liz Verasamy, Office Coordinator**

[EVerasamy@roxburytenants.org](mailto:EVerasamy@roxburytenants.org) / 617-232-4306 ext.305

### **RTH After School Program Recreation Exploration Center**

835 Huntington Avenue

**Yolking Hallie, Youth & Family Director**

[YHallie@roxburytenants.org](mailto:YHallie@roxburytenants.org) (617) 232-4306 ext. 401