

WHAT'S UP

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

ROXBURY TENANTS OF HARVARD MISSION STATEMENT

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



winter 22/23

RTH Fall Session Dates (9 Week Session)

Day	Start Session	End Date
Sunday	January 22nd	March 19th
Monday	January 23rd	March 27th
Tuesday	January 24th	March 14th
Wednesday	January 25th	March 15th
Thursday	January 26th	March 16th
Friday	January 27th	March 17th
Saturday	January 21st	March 25th

RTH Holiday Schedule

Please note the following schedule changes for upcoming holidays

Martin Luther King, Jr. Day	January 16 th	Monday	Closed
President's Day	February 20 th	Monday	Closed

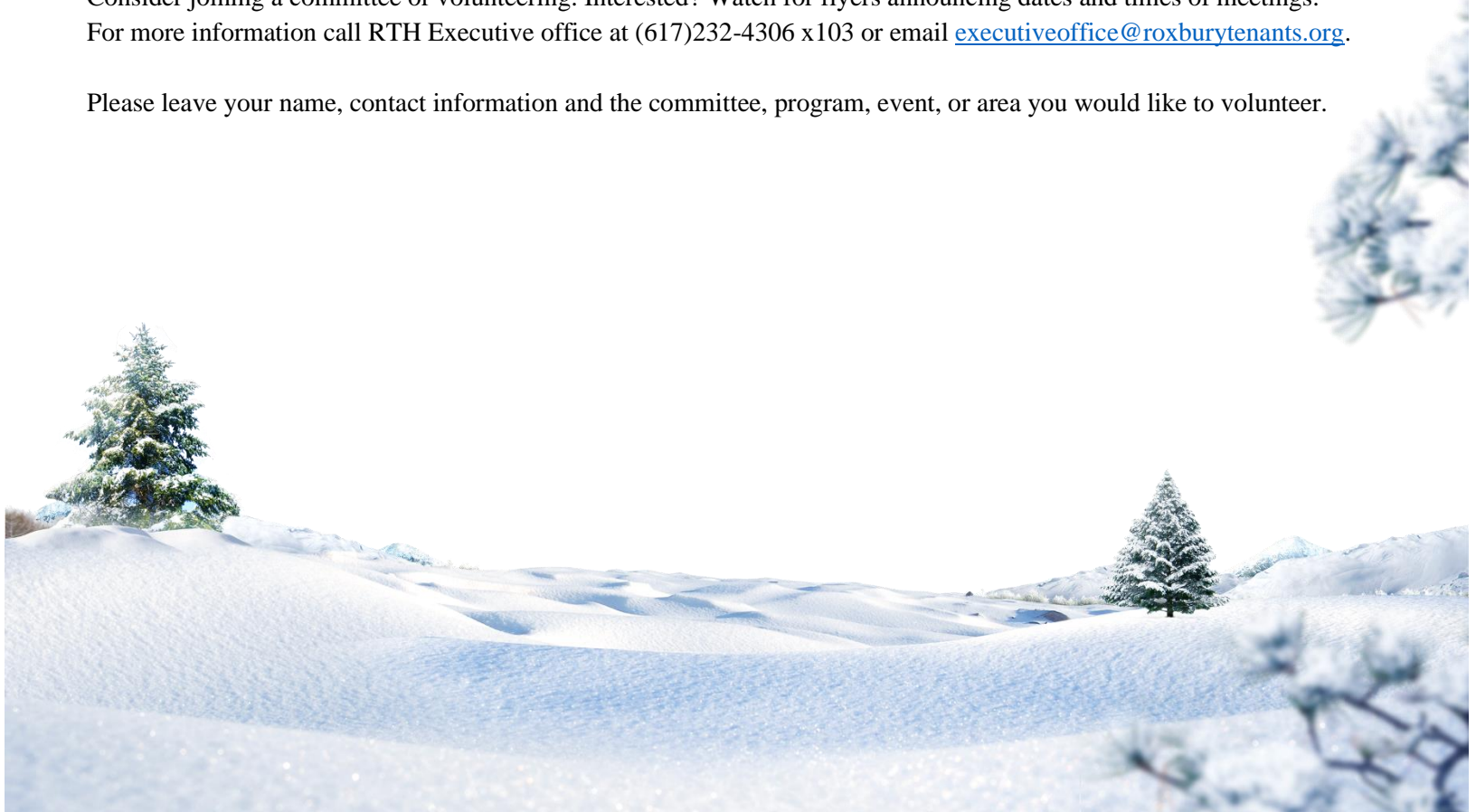
RTH Committees and Volunteer Opportunities

Looking for an opportunity to become involved in your community? What skills or interest would you like to share?

We hope you will become engaged, learn about RTH and what makes us so unique. Join us as we work together on projects and issues of interest. We need a range of skills, backgrounds, experiences that will help the committees with its work.

Consider joining a committee or volunteering. Interested? Watch for flyers announcing dates and times of meetings. For more information call RTH Executive office at (617)232-4306 x103 or email executiveoffice@roxburytenants.org.

Please leave your name, contact information and the committee, program, event, or area you would like to volunteer.



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RTH EXECUTIVE OFFICES

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

RTH COMMUNITY CENTER

20A Vining Street
617-232-4306 ext. 200
Hours of Operation:
Sunday 10:00am - 3:00pm
Monday - Thursday 7:00am - 8:00pm
Friday 7:00am - 9:45pm
Saturday 10:00am - 9:00pm

MISSION PARK / TRINITY MANAGEMENT

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

RTH PROPERTIES / TRINITY MANAGEMENT

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

RESIDENT SERVICES

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

SENIOR SERVICES

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

EDUCATION & RESOURCE CENTER (ERC)

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

SECURITY OFFICE

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

Dear RTH Residents,

IT'S A NEW YEAR - WITH ALL OF ITS CHOICES AND CHALLENGES AND OPPORTUNITIES!

Can I really change my body? My attitude? My life?

Can I face the challenges the world throws at me every day?

Will I find opportunities for better education, communication, and support?

Well at RTH, we believe the answer to all the above is YES!

Whether you plan to embrace new fitness goals, improve your education or employment prospects, or make some significant changes to better your life – we are here to support you. This edition of the What's Up program guide contains many new programs, classes, and social opportunities for the new season, as well as the ongoing programs you already enjoy.

Please take a few moments to check out what's in store for Winter Programming and sign up today to enjoy all RTH has to offer to your family and friends. If you have ideas for future programming or want to become more involved, reach out! We have opportunities for volunteers for upcoming events or if you have a skill or talent you want to share, let us know if you have questions about registration, how programs will run or what is being offered. As always let us know if you have any suggestions to better meet your needs.

Stay Safe, Be Well, and Join us for a Healthier and Happier 2023!

Sincerely,

Karen

Karen T. Gately
Executive Director

RTH Program Safety Guidelines

As many of us gathered with family and friends over the holidays, or traveled for a long-awaited vacation, we have also possibly exposed ourselves to colds, the Flu, or Covid 19. We continue to encourage all staff and residents, who are able, to stay current on Flu and Covid vaccinations. Staff who choose to remain unvaccinated or not fully boosted continue to test weekly.

Residents are asked to refrain from participating in programs or events and contact their healthcare provider if they are experiencing symptom, including: cough, runny nose, fever, chills, muscle aches, sore throat, shortness of breath or difficulty breathing, nausea and/or vomiting, diarrhea, loss of taste or smell.

Mask wearing (at the time of this publication) is voluntary; disposable masks are available at all departments, as is hand sanitizer.

Most programs, classes and events are returned to full in-person participation. Pre-registration is required for most activities and encouraged for ongoing programs and classes.

For the latest information from the CDC regarding Covid-19, go to:

<https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html>

Or scan the QR code below:



Join the Fun!

Three Ways to Register for a Programs & Events at RTH

(First Come First Served)

Option 1: Register Online

- 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

(NO same day registration for classes, must be done 24 hours in advance)

Please come to the RTHCC Welcome Desk to register

- Monday thru Thursday 7:00am - 7:00pm
 - Friday 7:00am – 9:00pm
 - Sunday 11:00am - 2:00pm

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 – 9:00pm
 - Sunday 11:00am - 2:00pm

Announcements/Community

RTH Winter 2023 Events

<u>Date</u>	<u>Time</u>	<u>Event</u>
Feb. 11 th 2023	5:00 PM	Chinese Lunar New Year
Feb. 26 th 2023	2:00 PM – 6:00 PM	Black History Month
Mar. 11 th 2023	6:00 PM	Saint Patrick's Day

Walk & Talk with Executive Director

Date: Monday, Feb 13th- 1:00pm
Monday, Mar 20th – 11:00am
Meets at RTH Community Center Lobby

Take a walk around your neighborhood with Executive Director Karen Gately. Ask questions, learn community history, see the neighborhood from a new perspective!
RAIN OR SHINE - Dress for the Weather!

Francis Street Garden

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

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

The garden will remain locked when snow/ice create a slippery hazard.

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

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

Fresh Truck Mobile Market

Day of the week: Wednesday
Time: 3:00pm - 5:30pm
Location: Outside the Parks Community Building

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

Fresh Truck Online ordering

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

Fresh Truck In-person Shopping

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

Fresh Truck Lottery

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

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

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

Trinity Management
Quick Recertification Tips



Old Neighborhood And Mosaic

avelez@trinitymanagementcompany.com

Office Phone: 617-232-5910



Mission Park

contactus@missionpark.com

Office Phone: 617-566-0707

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

Senior Celtics

Date: Feb 7th

Day of the week: Tuesday

Time: 1:00pm

Age: Seniors (55+)

Location: RTHCC Gymnasium

The theme will be “Paint and Sip”. Seniors will tap into their creativity and inspiration while sipping tea. Tea blends and refreshments will be enjoyed for seniors to enjoy while painting.

*Must sign up for at RTHCC for attend.

Black History Month

Date: Feb 26th

Day of the week: Sunday

Time: 2:00pm – 6:00pm

Age: Open to all

Location: RTHCC Gymnasium

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Celebrate with RTH Community!

Chinese Lunar New Year

Date: Feb 11th

Day of the week: Saturday

Time: 6:00pm

Age: Open to all

Location: RTHCC Gymnasium

2023 is the Year of the Rabbit — a kind, energetic, and resilient animal that represents patience and treating others with respect. Join RTH Community in welcoming the Year of the Rabbit with performances, art and craft activities, and food inspired by Lunar New Year traditions across Asia!

St. Patrick’s Day

Date: March 11th

Day of the week: Saturday

Time: 6:00pm

Age: Adults (21+)

Location: RTHCC Gymnasium

RTH Community will be celebrating St. Patrick’s Day. It’s a celebration of the Irish culture with special foods, music, dancing, drinking and a whole lot of green. You must be 21 to attend.

Please call the RTHCC Hot line at (617) 232-4306 ext. 200 to sign up for this event.

NEW! RTH Website Coming Soon!

After lots of hard work and planning, Roxbury Tenants of Harvard is preparing to roll out our new website!

Watch for flyers – and be glad you’ll soon have access to program and organization information, program schedules and much more – from the comfort of your home or convenience of your mobile device. See you soon at: www.roxburytenants.org

RTHCC Program and Class Pass

Cost: \$25 per pass with 10 classes available

Have a relative or a friend who wants to participate in group ex classes non-resident? all-access to all group exercise or programs.

RTHCC Membership Appreciation Day

Date: Feb 15th – Heart Health

Mar 15th – Disability Awareness

Apr 19th – Autism Awareness

Day of the week: Wednesdays

Time: 5:00pm – 7:00pm

Ages: All Ages

Where: RTHCC

Come join us for refreshments, prizes, nutritional and membership information on residents and members by providing healthy snacks and inviting them to participate in the current challenge.

Game Night (New!)

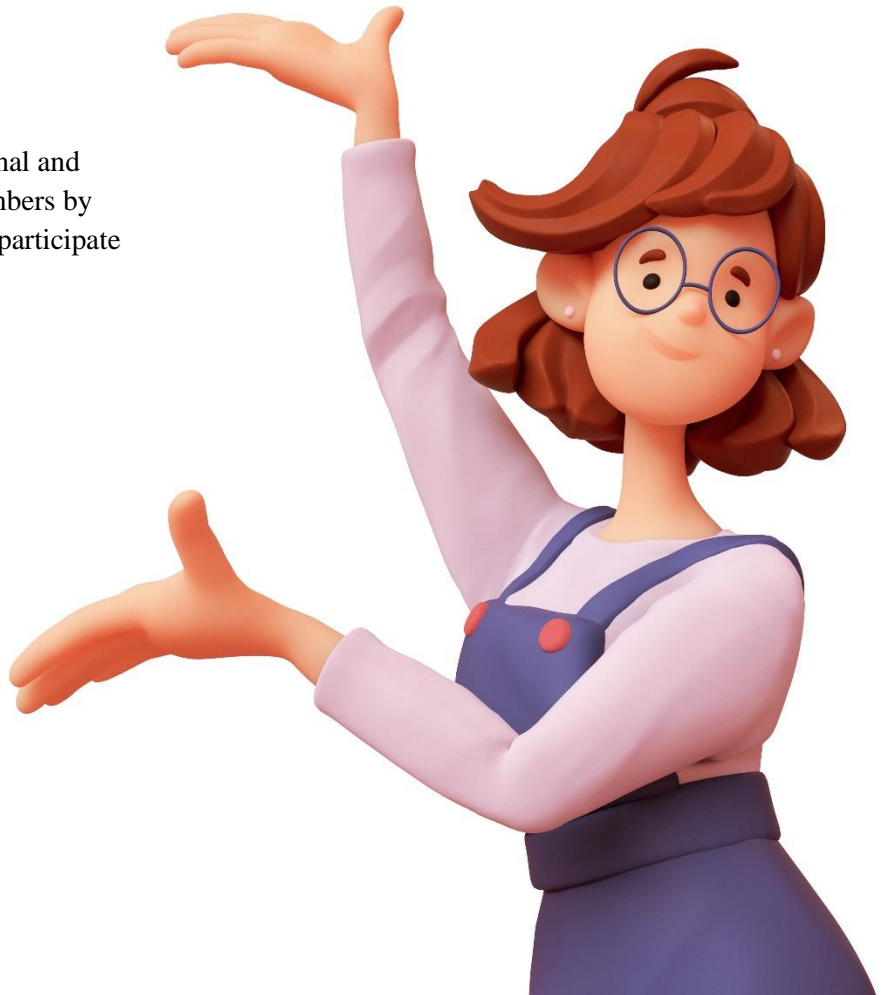
Day of the week: Saturdays

Time: 6:00pm – 8:00pm

Ages: Adults (18+)

Where: Parks Building

Why should kids have all the fun? Game Nights for adults will include games, snacks and practical learning tips to make everyday life easier.



Community Education & Job Training

The Ins and Outs of RTH

Date: Mar 23rd – May 11th
Day of the week: Second Thursday of each month
Time: 5:30pm
Location: RTHCC Room 117
Age: Teens and Adults
Capacity: 20

Learn about the history of RTH, our mission and by-laws, how the Board of Directors manages RTH, and how to run for the Board of Directors.

Community Read: “Rolling Warrior”

Date: Feb 1st – Feb 28th, Virtual author discussion Mar 1st
Day of the Week: Wednesday
Time: Participants read on their own,
Mar 1st discussion 4pm
Location: RTHCC Room 117
Age: Middle school youth, teens, and adults

Read “Rolling Warrior: the Incredible, Sometimes Awkward, True Story of a Rebel Girl on Wheels who Helped Spark a Revolution”! Watch the author event on Youtube and discuss with community members also reading the book.

Mandarin Chinese

Date: Feb 5th – Jun 11th
Day of the Week: Sunday
Time: 2:30pm – 4:00pm
Location: ASP Multi-purpose room
Age: 6 – 12
Cost: Residents \$15 per month plus \$20 for textbooks
Non-Residents \$175 per month plus \$20 for textbooks
Language: English, Mandarin
Capacity: 8 - 12

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

Stand Against Racism: Community Conversation

Date: Community conversation Apr 26th
YW Boston-Curated content available in April
Day of the Week: Wednesday
Time: 5:00pm
Location: RTHCC Room 117
Age: Middle school youth, teens, and adults

Read and view content curated by YW Boston, engage in conversation with community members on the topics, share perspectives.

Green Spaces at RTH/Community Garden Focus Groups

Date: Jan 24th – Mar 14th
Day of the week: Tuesday
Time: 6:00pm
Location: Flynn Conference Room
Age: Teens and Adults
Capacity: 5 - 15

Discuss and build plans for community garden space for our neighborhood! Meet with neighbors, learn about and write grants, learn about gardening, plan and host spring garden events, envision and start the process to develop more growing spaces at RTH.

Learn To Ride – with League of American Bicyclists certified instructor, Laura Smeaton

Date: Mar 19th
Day of the week: Sunday
Time: 2:00pm – 3:00pm
Location: Half Court
Age: 4+
Capacity: 6

Learn to ride a two wheeled bike! We will practice balancing on your bike, then move on to learning to ride. We will also learn the basic safety rules of riding and have lots of fun! This class is designed for young children, but we are happy to add additional classes if there are adults who would like to learn or practice riding. We have a small number of bicycles available for children who do not yet have their own bikes. First come, first served! Reserve a bike when you register.

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- February, May, August, and November

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

SERV Safe Food Handlers Certification Classes

Date: Online class. To be arranged individually

Age: 16+

Cost: Residents \$10 refundable fee
(Upon receiving certificate)

Do you want to work in a restaurant or for a catering service? The SERV Safe certification is for you! The SERV Safe Food Handler program covers five key areas:

- Basic food Safety
- Personal Hygiene
- Cross-contamination & Allergens
- Time & Temperature
- Cleaning & Sanitation

RTH requires all staff and volunteers who serve or prepare food for or at community events to have this training. The class and certification are free if you are a volunteer or Community Events Committee member. Note that SERV Safe courses are offered online only. If you need computer or internet access, we are happy to arrange computer access time for you at the Resource Center.

Email rhaecker@roxburytenants.org for more information

Volunteers needed for RTH Cooking Demonstrations- contact Roxanne rhaecker@roxburytenants.org

Southern Salmon Croquettes and Creamy Slaw with Seafood Nutrition

Date: Jan 18th

Day of the Week: Wednesday

Time: 6:00pm

Location: Flynn Kitchen

Age: 18+

Capacity: 12

Call them salmon burgers, fish cakes, or French influenced Louisiana southern style salmon croquettes- whatever you can them, they are easy to make and delicious. Serve with a creamy slaw side or roasted vegetables for a quick, heart healthy meal. Each participant will take home a bag of ingredients to make croquettes and slaw at home for their families.

Black Bean Veggie Burgers and Fries with Chef Diana Goldman

Date: Feb 15th

Day of the week: Wednesday

Time: 6:00pm

Location: Flynn Kitchen

Age: 18+

Capacity: 12

Beantown Kitchen's Chef Diana Goldman demonstrates how delicious plant based vegan cooking can be. Learn to make black bean and vegetable burgers your family will love and how to make and freeze burgers ahead of time for easy and quick dinners! Each participant will take home a bag of ingredients to make burgers and fries at home for their families.

Anatomy of a Chicken with Chef Danny Garcia

Date: Mar 15th

Day of the week: Wednesday

Time: 6:00pm

Location: Flynn Kitchen

Age: 18+

Capacity: 12

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

Sewing with Julia, Friday Night Workshop for Experienced Sewers

Date: Jan 27th – Mar 17th

Day of the Week: Friday

Time: 6:30pm – 8:30pm

Location: Flynn Kitchen

Age: 18+

Cost: Mission Hill Residents and RTH Staff \$50
Non-residents \$150

Capacity: 8

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

Kids can sew with Julia!

Date: Jan 13th – Mar 3rd

(Mar 10th and 17th make up date)

Day of the week: Friday

Time: 4:00pm – 5:30pm

Location: Flynn Kitchen

Age: 8 - 12

Cost: Non-Residents \$10

Capacity: 8

Children 8 and up will learn the basics of machine and hand sewing. No experience is necessary. Learn how to thread a needle and basic hand sewing stitches, as well as how to operate a sewing machine. Learn a new skill, be creative, and make new friends!

Sewing for Beginners

Date: Jan 23rd – Mar 13th

Day of the week: Monday

Time: 6:30pm – 8:30pm

Location: Flynn Kitchen

Age: 18+

Cost: Mission Hill Residents and RTH Staff \$50
Non-residents \$150

Capacity: 8

Learn the basics of how to use a sewing machine, how to read a pattern, and how to create simple garments. This class is suitable for absolute beginners and/or those who haven't sewn in a long while and would like to become reacquainted with sewing techniques and new machines.

Sewing with Julia - Techniques (Intermediate level)

Date: Jan 24th – Mar 14th

Day of the week: Tuesday

Time: 6:30pm – 8:30pm

Location: Flynn Kitchen

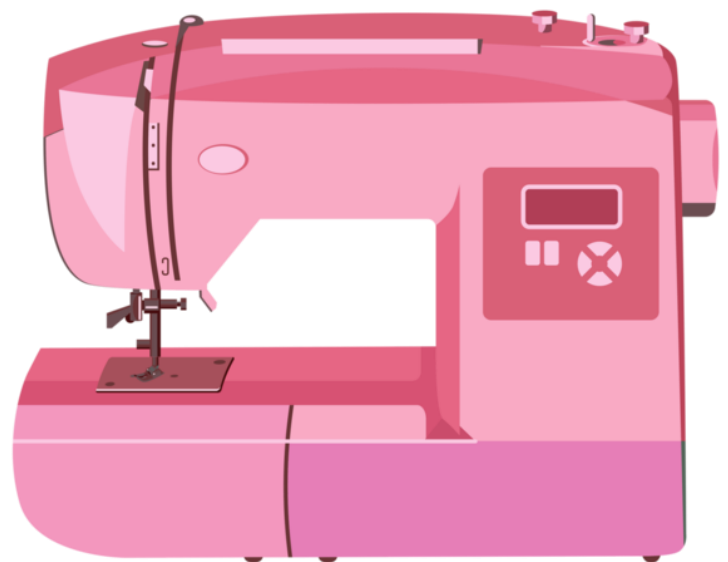
Age: 18+, by permission of the instructor

Cost: Mission Hill Residents and RTH Staff \$50
Non-residents \$150

Language: English, Russian

Capacity: 8

Practice and learn how to add a zipper, measure for curtains, make pillows, etc. in part 2-techniques class (must have taken Sewing with Julia for Beginner class)



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

The Betty Powers Library & Resource Center

25 Mission Park Drive, Duggan Building

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

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

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

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

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

Intro to Computers in Chinese (8 weeks)

Date: Jan 25th

Day of the week: Wednesday

Time: 11:30am

Location: ERC

Age: 18+

Language: Chinese

Capacity: 8

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

Computer Basics in Chinese (8 weeks)

Date: Jan 24th

Day of the week: Tuesday

Time: 4:00pm

Location: ERC

Age: 18+

Language: Chinese

Capacity: 8

Become familiar with the different parts of the computer and how they work together, how to set up an email account, send and receive email, send attachments. Learn useful computer terms, introduction to the Internet.

Did you know?

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

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

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

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

Crochet & Knitting Drop-in Group

Date: Feb 1st, 8th, 15th, 22nd, Mar 1st, 8th, 15th, 22nd

Day of the week: Wednesdays

Time: 3:00pm

Location: ERC

Age: 18+

Capacity: 8

Please join us for a crochet & knitting group with an experienced fiber artist. Bring an old project you've wanted to finish up but got stuck on or bring new ideas of something you would like to try. In this circle we will work on our individual projects together or we can all work on the same kind of project together. Come and teach, come, and learn. A limited amount of supplies will be provided for those who register. Otherwise, attendance is on a drop-in basis. Light refreshments will be served.

Saturday Translation

Date: Starts Jan 14th

Day of the week: Saturdays

Time: 10:00am – 12:00pm

Location: ERC

Age: 18+

Language: English/Chinese

Bring your letter to get translated!

Smartphone Saturday

Date: Starts Jan 14th

Day of the week: Saturdays

Time: 1:00pm – 2:00pm

Location: ERC

Age: 18+

Language: English/Chinese

Capacity: 10

This program is designed for seniors or people that are new to the Apple or Android smartphones. Students will be introduced key concepts and technologies behind our smartphone and get to learn tips on how use the basic functions and apps of their smartphones. At the end of each class, there will also be individual troubleshoot/ Q and A sessions.

Caring for Your Vital Records

Date: Jan 25th

Day of the week: Wednesday

Time: 3:00pm

Location: ERC

Age: 18+

Capacity: 8

Birth certificates, immigration records, marriage certificates, life insurance documents, will and power of attorney, family papers, taxes etc. !

This workshop will focus on identifying what vital records are, why it's important to preserve them and secure the information contained in them. We will look at retention periods (how long you should keep a record) to determine the document's disposition and use archival quality products to take basic preservation measures of your paper documents.

Materials will be provided.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



PRESCHOOL LEARNING EXPERIENCES

RTH EARLY EDUCATION CENTER

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

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

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

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

OUR OPTIONAL FOOD PROGRAM INCLUDES NUTRITIOUS MEALS AND WEEKLY MENUS!

SPACES ARE LIMITED,
ENROLL TODAY!

HOW TO QUALIFY FOR UPK SPECIFIC CLASSROOM

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

WHAT YOU WILL NEED TO APPLY

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

ALL VOUCHERS ACCEPTED FOR BOTH CLASSROOMS



Youth Education & Community Education

Summer Jobs Info Session

Date: Feb 21st
Day of the week: Tuesday
Time: 12:00pm – 3:00pm
Location: RTH Teen Center
Age: Teens

Meet some of our partners, learn about what jobs are available for teens during the summer, refresh your resume, and get assistance in completing online applications! Ongoing assistance is provided upon request through March and April for applications and onboarding.

Youth Justice Rally

Date: Feb 23rd
Day of the week: Thursday
Time: 11:00am
Location: Boston Common & MA State House
Age: Middle school youth and Teens

March to the Statehouse and advocate for issues that are important to you: teen jobs, housing, education, etc.! Speak with your elected official about your priorities! (Prep info session will be scheduled before the event)

FYRE Monthly Info Session

Date: Jan 26th, Mar 23rd, Apr 27th, May 18th
Day of the week: Thursdays
Time: 5:00pm
Location: RTH Teen Center
Age: Middle school-age girls
Capacity: 15

Get to know our partner program, Fierce Youth Igniting Excellence (FYRE), the girls leadership program offered through YW Boston at RTH! Middle school girls explore identity, self-care and power, relationships, and develop an action plan for their community through the program.

Youth Professional Development

Date: Feb 10th – Apr 21st
Day of the week: Every other Fridays
Time: 3:30pm
Location: RTHCC Room 117
Age: Teens
Capacity: 10

Join teens who are working at RTH to develop your awareness and strategy for getting into the work that will fulfill your life! A different topic each session, every other Friday, sessions build upon each other.

Workforce Development Coaching

Date: ongoing, by appointments
Day of the week: Mondays
Time: 2:30pm – 5:30pm
Location: Betty Powers Library & Resource Center/RTH Teen Center
Age: Teens and Young Adults

Discuss goals for career or work, find resources & training opportunities, get assistance with applications, online onboarding, practice interviewing, and networking.

Contact Jen Lewis 617-232-4306 x600, jlewis@roxburytenants.org for appointment.

Homework Help

Date: Jan 22nd – June 15th
Day of the week: Monday - Friday
Time: 4:00pm – 6:00pm
Location: ASP
Age: Grades K2 – 8
Language: English
Capacity: 25

RTH Homework Help provides homework assistance for elementary and middle school students in a supportive environment with the help of tutors from local colleges. Please note: Homework Help is not an afterschool program; when your child has finished his or her homework, they must leave. If you need care for your child after school, please register for the RTH After School program.

RTHCC Welcome Center

Reminders

Anti-Harassment:

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

Access Keycard:

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

Check-In:

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

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

Comment Cards:

We welcome comments and suggestions about our programs and facilities.

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

Dress Code:

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

Food/Drinks:

Allowed in designated areas only.

Inclement Weather:

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

Information Changes:

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

Locker Rooms (day use only):

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

Valuables:

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

Violence Policy:

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

Health & Wellness

Fitness Orientation:

Ages: 13+

Strongly Recommended for all members.

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

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

Don't worry! Fitness orientations aren't only for new members. If you think you would benefit from an orientation, please don't hesitate to register for an appointment.

By Appointment scheduled at the welcome desk or call (617)232-4306 x200

Fitness Testing:

Ages: 13+

All residents are encouraged to schedule fitness testing for strength cardio and flexibility. Testing will help you know ~~where you are in comparison to your fitness goals.~~ It will also give you a snapshot of how successful your current routine has been. You will know what type of adjustments you will need in our current program to help you keep improving.

By Appointment scheduled at the welcome desk or call (617)232-4306 x200

Healthy Moves

Day of the week: Monday, Wednesday, and Friday

Time: 10:00am – 11:00am

Location: RTHCC Foyer

Age: Senior, 55+

This exercise program was developed for seniors to enable them to stay healthy and fit. We will work on improving strength, endurance, and flexibility. Included is a pre and post assessment. There is a key socialization component as well, which helps enable seniors to remain interactive with their friends and neighbors..

Meditative Stretch

Day of the week: Monday, Wednesday, Friday

Time: 1:00pm – 2:00pm, (Fri 11:00am)

Location: RTHCC Wellness Floor

Age: 16+

Capacity: 12

This 10-week program aims to help you become more connected with your body. This class helps to identify areas of tension in the body. This class is good for stress relief, improved flexibility, as well as full body awareness.

Power Hour

Day of the week: Monday

Time: 3:00pm – 4:00pm

Where: RTHCC Wellness Floor

Age: 16+

Capacity: 12

This circuit training allows you to exercise from 30 seconds to 5 minutes and then move to another exercise. This will give attention to all major postural muscles and trigger a Tabata-like effect activating both fast and slow-twitch muscle fibers.

The Resistance

Day of the week: Tuesday, Thursday

Time: 12:00pm – 1:00pm

Location: RTHCC Wellness Floor

Age: Seniors 55+

Capacity: 10,

This functional resistance band circuits workout is broken up into three sections. There is no jumping or other plyometric movements involved. The goal of this class is to increase strength, stability, and muscle tone. This class is for all age groups and abilities.

Spin

Day of the week: Thursday, Friday

Time: Thu 10:00am, Fri 6:00pm

Location: RTHCC Foyer

Age: 16+

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

Zumba

Day of the week: Wednesday, Thursday, Saturday

Time: 7:00pm (Saturday 11:00am)

Location: RTHCC Main Studio

Age: 16+

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.

Stretch & Bend

Day of the week: Tuesday & Thursday

Time: 8:00am

Location: RTH Community Center Studio

Age: 16+

There are strength benefits associated with stretching. This class is good for stress relief, improved flexibility, developing static strength, as well as full body awareness.

Muscle Work

Day of the week: Thursday

Time: 6:00pm

Location: RTHCC Main Studio

Age: 16+

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.

Tabata

Day of the week: Tuesday

Time: 6:00pm – 6:45pm

Location: RTHCC Main Studio

Ages: 16+

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

Strength & Conditioning

Day of the week: Monday

Time: 5:00pm – 6:00pm

Location: RTHCC Wellness Floor

Ages: 16+

Capacity: 12

This circuit training class is a fast-paced class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise. This will give attention to all major postural muscles and trigger a Tabata-like effect activating both fast and slow-twitch muscle fibers.

Tai Chi

Day of the week: Monday, Wednesday, Thursday

Time: 11:30am

Location: RTHCC Main Studio

Ages: 16+

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

Yoga – Mixed-Level Flow

Day of the week: Tuesday, Friday

Time: Tuesday 11:00am, Friday 4:30pm

Location: RTHCC Main Studio

Ages: 16+

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

Chair Aerobics

Day of the week: Sunday

Time: 2:00pm – 3:00pm

Location: RTHCC Main Studio

Ages: 55+

Capacity: 12

This is a dynamic aerobics class for older adults or individuals with lower body injuries or limitations. This class is designed to increase heart rate and provide all the aerobic and cardiorespiratory benefits as a Zumba or dance class. The class utilizes a chair for safety and balance and advances to standing exercises to continue its progressive cycles.

Kids can cook with Health & Wellness

Date: Feb 2nd – Mar 23rd

Day of the week: Thursday

Time: 5:00pm – 7:00pm

Location: RTHCC Room 117

Ages: 7-13

Capacity: 14

Children 7 and up will learn how to prepare their own meals. No experience is necessary. The children will learn how to use everyday items to make healthy and tasty meals. This program is aimed at combating childhood obesity, understanding the nutritional value of food, learning new skills, self-expression and making new friends!

(We will accept up to 14 participants but only before the start of the class. If there is a wait list, we the wait list will be priority when the program runs again in Q2)



Ask the Expert: Speaker Series

Navigating Life with Diabetes – Joslin Diabetes Center

Date: Jan 11th

Day of the week: Wednesday

Time: 3:30pm – 4:30pm

Location: RTHCC Room 117

Food for Thought, Nutrition for people with Diabetes – Joslin Diabetes Center

Date: Feb 8th

Day of the week: Wednesday

Time: 3:30pm – 4:30pm

Location: RTHCC Room 117

Diabetes and Exercise – Joslin Diabetes Center

Date: Mar 8th

Day of the week: Wednesday

Time: 3:30pm – 4:30pm

Location: RTHCC Room 117

The ‘Ask the expert speaker series’, is aimed at getting the questions that residents have answered by people who are able to provide them with the information that can help them make informed decisions about their lives. At times, getting health questions answered, especially on an individual case by case basis, is difficult. Having experts on specific topics come in, will allow residents to get answers that are personalized and understandable.

The InBody Scale

The InBody scale is a machine that measures body composition such as muscle mass, and fat mass, through bioelectrical impedance analysis (BIA), at RTH we will be able to record and monitor our client’s fitness journey and help us create better programs that fits their needs. The InBody can help users understand what their weight is made up of. They will be able to see how their weight is broken down into muscle, fat, bone, and body water.

Stop by to make an appointment with one of our trained wellness staff members.

Wellness Workshops

Exercise and Rheumatoid Arthritis –

Presented by: Cristina Harverty, Ph D. Dean, School of Health Science at Lasell University

Date: Jan 25th

Day of the week: Wednesday

Time: 4:00pm – 5:00pm

Location: RTHCC Room 117

Time Importance of Exercise –

Presented by: Johnny Dunbar MA, NCAA Coach, Certified Personal Trainer

Date: Feb 22nd

Day of the week: Wednesday

Time: 4:00pm – 5:00pm

Location: RTHCC Room 117

Financial Fitness and Health

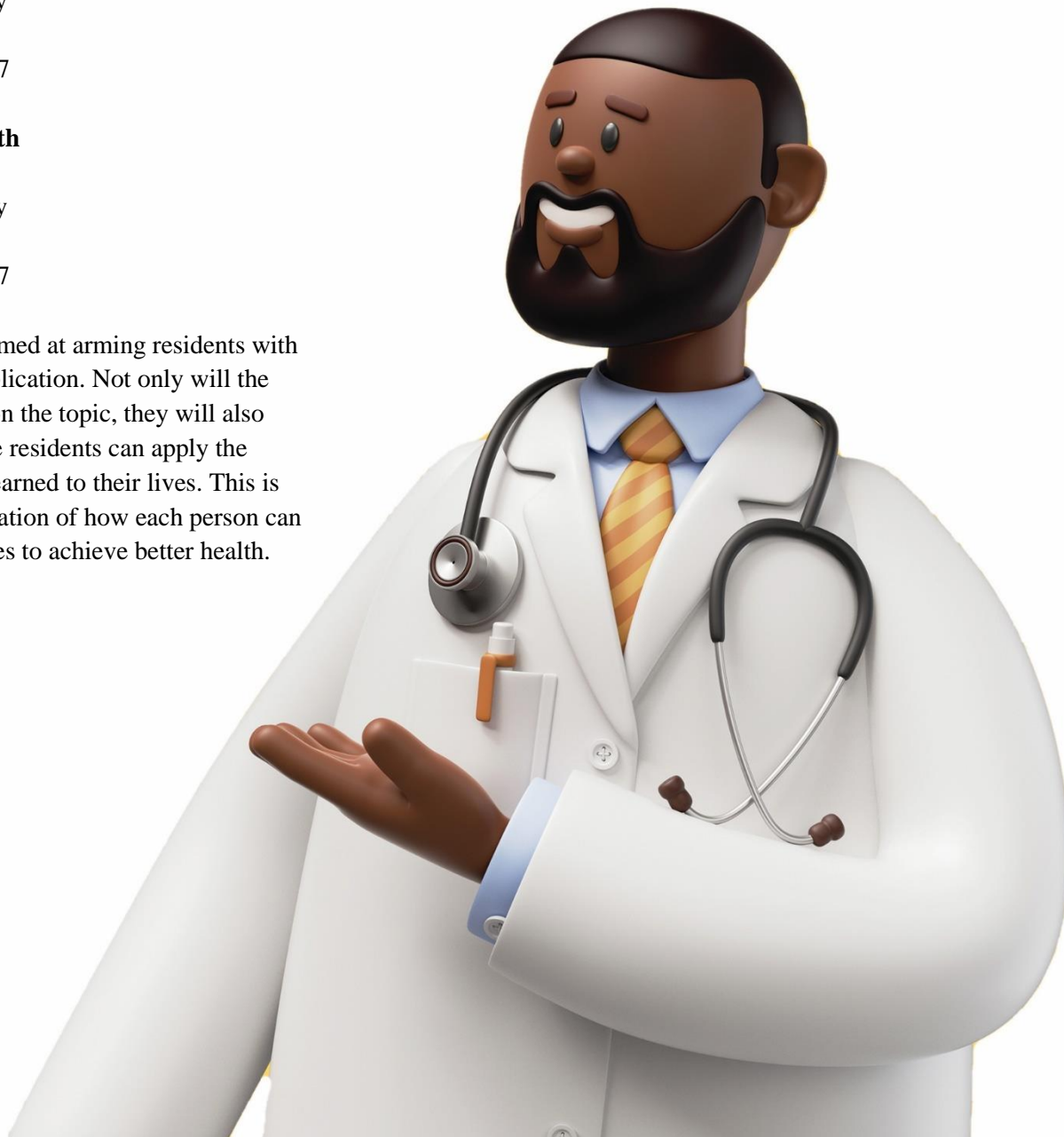
Date: Mar 22nd

Day of the week: Wednesday

Time: 4:00pm – 5:00pm

Location: RTHCC Room 117

The wellness workshop is aimed at arming residents with information for practical application. Not only will the expert provide information on the topic, they will also provide examples of how the residents can apply the information that they have learned to their lives. This is not a lecture, but a demonstration of how each person can start improving their lifestyles to achieve better health.



Resident Services

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

Translation & Interpretation Services

Date: Ongoing

Day of the week: Tuesday and Saturday

Time: 10:00am

Location: Flynn Conference Room

Age: All

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

Resident Services Coffee Hours

Date: Feb 9th Duggan Building

Mar 16th Flynn Building

Mar 30th Mosaic

Day of the week: Thursdays

Time: 3:00pm – 4:00pm

Age: All

Join us for coffee and a treat, meet the Resident Services Staff and learn about programs, benefits and how we can assist you.



Senior Services

Seniors

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

Senior's Mystery Trips

Mystery Trips are exciting and adventurous! We give you a clue and suggest how to dress - you open yourself up to learn something new or explore a new destination. It is a fantastic opportunity to meet new people and have fun with the ones you already know. The destination might be a mystery, but we promise, it will be worth the trip.

Date: March 22nd
Day of the week: Wednesday
Time: 4:00pm
Cost: \$15.00

Hint is "Fun"

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

You can register by calling 617-232-4306 ext. 200, visit RTH Welcome Desk or email us at welcomedeskstaff@roxburytenants.org

ISGM Concerts

Date: Feb 12th, 19th
Day of the week: Sundays
Time: 1:00pm
Location: Isabella Stewart Gardener Museum

Feb 12th – Horszowski Trio
Feb 19th – Leila Josefowicz, Violin

Tickets are limited. Please register with the RTHCC Welcome Desk (617) 232-4306 ext. 200

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

Day of the week: Feb 3rd, 10th, Mar 3rd, 10th
Time: 1:00pm
Location: Parks Community Building

Russian Tea Room, Russian language focus

Day of the week: Feb 8th, Mar 8th
Time: 5:00pm
Location: Flynn Kitchen

Chit Chat Meeting, English language focus

Day of the week: Feb 14th, March 14th
Time: 3:00pm
Location: Senior Drop-In Center

Spanish Chat Meeting, Spanish language focus

Day of the week: Feb 17th, Mar 17th
Time: 12:00pm
Where: Flynn Kitchen, 1st floor

Please call the RTHCC at (617) 232-4306 ext. 200 to register for Senior Chat. The deadline to sign up is 2 days in advance of the chat.

Taxi Coupons

Day of the week: Feb 7th, Mar 7th
Time: 12:00pm
Age: Seniors 60 +
Location: Flynn Kitchen, 1st floor
Cost: \$5.00 for \$10.00 worth of coupons. 2 books limit

Discounted taxi coupons are available for Boston residents aged 60 and over. Coupons can be used in taxis licensed by the City of Boston. Seniors are allowed to purchase a maximum of two books of taxi coupons per month. It is a great idea to have a few books handy in case of an emergency.

Senior Monthly Shopping Trips

Preregistration is required for shopping trips, and a self-check health assessment will be performed before boarding the bus. Contact the Welcome Desk to register! Call (617) 232-4306 ext.200 to register for these trips.

Market Basket

Day of the week: Feb 21st, March 7th, March 21st
Time: 9:30am
Location: Outing
Meet in Levinson Tower lobby at 9:20am

Chinatown Shopping

Day of the week: Feb 9th, 23rd, Mar 9th, 23rd
Time: 10:00am
Location: Outing
Meet in Levinson Tower lobby

Kam Man Supermarket Quincy, Ma

Day of the week: Feb 2nd, Feb 16th
Time: 10:00am
Where: Outing
Meet in Levinson Tower lobby

Monthly Shopping trip to Mall

Day of the week: Feb 14th, Feb 28th
Time: 9:30am
Where: Outing
Meet in Levinson Tower lobby at 9:20am

Coffee & Conversation (New!)

Day of the week: Wednesdays
Time: 11:00am
Age: Seniors 60 +
Location: Senior Drop-In Center

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

Bilingual Bingo – English/Spanish

Day of the week: Monday, Thursday, and Sunday
Time: 2:00pm (1:00pm on Sunday)
Age: Seniors
Location: Senior Drop-In Center

Come early buy your Bingo cards grab a good seat and hang out with your friends. No admittance into Bingo after 2:15 pm weekdays, or after 1:15pm on Sundays

Bilingual Bingo – English/Chinese

Day of the week: Friday
Time: 3:30pm
Age: Seniors
Location: Senior Drop-In Center

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

Arts and Crafts

Day of the week: Wednesdays
Time: 11:30am - 1:30pm
Age: Seniors
Location: Flynn Kitchen, 1st floor

Everyone is an artist. Our arts and crafts class welcomes all seniors, no experience necessary. Arts and Crafts classes are effective ways to reduce stress and maintain a healthy brain



Family Programs

Arts and Crafts Club

Date: Jan 25th, Feb 1st, 8th, 15th
Day of the week: Saturday, Wednesday
Time: 6:30pm – 7:30pm
Ages: 3-10 yrs. Old
Location: RTHCC Room 117
Capacity: 12 Children

Families, you are invited to join RTH's Arts and Craft club. We will be creating different arts and crafts where families and children can come together and create a take home craft. Arts and Craft Activities will be the following. Happy New Year, Chinese New Year, Martin Luther King, and Valentine's Day

Family Arts and Crafts

Date: Feb 4th, 18th, Mar 4th, 18th
Day of the week: Saturday
Time: 11:00am – 12:30pm
Ages: 5-12 yrs. Old with family
Location: RTHCC Room 117

Parents must remain with children. Children will be able to complete arts and crafts based on monthly themes. February Valentine's Day and St. Patrick's Day. Several different activities will be offered simultaneously to allow children additional options.

Family Winter Movies

Date: Feb 18th, Mar 18th
Day of the week: Saturday
Time: 12:00pm – 1:30pm
Ages: 5-12 with adult over 18
Location: RTHCC Room 117

Parents must remain with children. Movies that will be shown will be Our Friend Martin, Shrek for St. Patrick's Day. Come enjoy winter movies in a warm atmosphere where you will be able to meet new families and Friends. Enjoy some hot cocoa with marshmallows.

Family Game Night

Date: Feb 22nd, Mar 1st, 8th, 15th
Day of the week: Wednesday
Time: 6:30pm – 7:30pm
Ages: 5-12 yrs. Old
Location: RTHCC Room 117
Capacity: 12 Children

Families will have the opportunity to participate and work as a team on board games. You will be able to socialize with others and learn a new family game together. The games that will be played will be Candyland, Uno, Sorry and Mancala, New Year's B.I.N.G.O and Valentines B.I.N.G.O.

Family Parent Group for children with Autism, Ms. Carmen

Date: Jan 28th, Feb 25th, Mar 25th
Day of the week: Saturday
Time: 11:00am – 12:30pm
Ages: 5-12 yrs. Old with family
Location: RTHCC

Parents must remain with children. Initial meeting will be a discussion to determine parents' interests. This will outline future groups.

Child Watch

Date: Jan 25th
Day of the week: Wednesdays
Time: 5:00pm – 7:30pm
Ages: 5-12 yrs.
Location: RTHCC

Parents will have the opportunity to have some, "me time" while participating in RTH's activities. Parents will drop off their children where they will engage in games, arts and crafts and other activities.

Teen Center

Teen Center Drop-in Hours

Monday - Thursday 3:30pm - 7:00pm
Friday 3:30pm - 9:45pm
Saturday 3:30pm - 8:45pm

The Teen Center offers drop-in recreation to RTH teens during our daily operational hours. Drop-in activities include the use of our game room, (open gym times vary as well as our computer lab which has high-speed internet and is open and staffed during designated hours. We encourage ALL teens to stop by and enjoy our outstanding facility. **See details below**

Teen Birthday Parties!

Date: Jan 27th, Feb 24th, Mar 31st

Day of the week: Fridays

Time: 6:30pm - 9:00pm

Ages: 13 – 17

Where: RTH Teen Center

Every month we celebrate all the teen birthdays in that month at our Birthday Party!

*Planning meetings are held on 1st Tuesdays of the month at 5:30pm in the Teen Center, and youth input is welcome!

TEEN

We want to hear from you! What ideas do you have for daytrips? Do you have an idea for a new teen program? Any questions about services or programs, please call Brianna Gonzalez (617) 232-4306 ext. 207 or email bgonzalez@roxburytenants.org.

Field Trips: Travel with the Teen Center!

Date: Feb 17th, Mar 24th

Day of the week: Fridays

Time: Varies

Age: 13-17

Where: Outing

Cost: *Varies

February 17th Museum of Fine arts

March 17th Movie Theatre Regal Fenway

*Some trip cost VARY depending on ticket prices

Inter-generational Chess Club!

Date: Ongoing

Day of the week: Saturdays

Time: 4:00pm

Age: 13-17

Location: RTHCC

To encourage our community to engage in healthy competitions of the minds while learning strategies that can be applied to everyday life. Chess is a lot of fun and a form of mental therapy that's been proven to assist with stress and depression.





FEBRUARY VACATION OPPORTUNITIES AT RTH

Must register 48 hours prior to start time.
Sign up at RTHCC Welcome Desk

* See RTHCC Welcome Desk for special registraton requirement

Tuesday, 02/14/2023

- Valentine's Day Bash 5:30pm-7:30pm
(Ages: 13-17 yrs. old)

Saturday, 02/18/2023

- *Northeastern Basketball Game 12:00pm
(Ages: 13-17 yrs. old) \$5 resident / \$10 non-resident
- Ice Skating at Kelly Rink 2:00pm-5:00pm
(Ages: 8-12 yrs. old) \$1 resident / \$2 non-resident

Tuesday, 02/21/2023

- Summer Jobs Info Session (RTHCC Teen Center) 12:00pm-3:00pm
(Ages: 13-17 yrs. old)
- *Youth vs. Staff Basketball (RTHCC) 3:30pm-5:30pm
- Cookies and Hot Chocolate (RTHCC Lobby) 6:00pm-7:30pm
Come in out of the cold!!! (All Ages)

Wednesday, 02/22/2023

- *Annual RTH/YES Ski Day (Nashoba Valley) 5:30am-6:00pm
(Ages: 8-17 yrs. old) \$5 resident / \$10 non-resident
- Pizza Party (RTHCC room #117) 5:30pm-7:30pm
(All Ages)

Thursday, 02/23/2023

- Youth Justice Rally (Boston Common & MA State House) 11:00am
(Ages: 12-18 yrs. old)

Saturday, 02/25/2023

- Movie Day (RTHCC Teen Center) 5:00pm-8:00pm
Wear your pajamas. Popcorn, cookies, & hot chocolate
(Ages: 13-17 yrs. old)



For more information, contact **Brianna Gonsalves**
bgonsalves@roxburytenants.org (617) 232-4306 ext. 200

Sports & Enrichment Programs

Family Obstacle Course

Date: Starts Jan 23rd
Day of the week: Monday
Time: 1:00pm – 2:00pm
Age: Youth 3-5 – 5 with Parent
Location: RTHCC Gym B

The Family Obstacle Course is for parents with young children between the ages of 3-5. This course is designed for parents and their children to go through adventures and problem-solving activities together. Movement and challenges helps children develop gross motor skills and increase confidence. grow much needed skills to be used.

Family Open Gym

Date: Starts Jan 23rd
Day Time:
Mondays 2:00-3:00pm
Tuesdays 1:00-2:00pm
Wednesdays 3:00-4:00pm
Fridays 2:00-3:00pm

Age: 2-5 with parent
Location: RTHCC Gym A

Come enjoy an open safe space to run, play and enjoy free play of your choice with your child(ren). The focus will be on shared space and collaborative play and lots of fun!

Parent/ Child Move & Play

Date: Starts Jan 24th
Day s:
Tuesday -- 12:00noon
Thursday -- 1:00pm
Location: RTHCC Gym A
Age: 0-5 with Parent
Cost: Non-resident \$15

This is a guided developmental parent/child playtime. Class is designed for parents and children to enjoy having fun while moving and working on balance, coordination and agility.

Family Volleyball

Date: Starts Jan 27th
Day of the week: Friday
Time: 5:15pm – 6:00pm
Age: Families
Location: RTHCC Gym A
Family Volleyball is a fun time where families are encouraged to come play and discover their volleyball skills..

Community Open Gym

Date: Starts Jan 28th
Day of the week: Saturday
Time: 5:00pm – 6:45pm
Location: RTHCC Gym A

Community Open Gym is a time for playing a variety of games and activities, learning skills, networking Intergenerational within the RTH community while developing character and community with one another. This time gives way for youth, teens, adults, and seniors to bond with one another, character development, as well as social skills. Courts may be divided to allow a variety of shared activities. Our Code of Conduct will be strictly enforced. Activities may include jump rope, walking, jogging, soccer, floor hockey, pickle ball, tumbling, table tennis, B-Ball and so much more. Families will which activity that will be played. Come and enjoy.

Table Tennis (Ping Pong) Skills & Drills

Date: Starts Jan 27th
Day of the week: Friday
Time: 3:05pm – 4:05pm
Age: 6+
Location: RTHCC Gymnasium

Table Tennis, otherwise known as Ping-Pong, is a multi-skilled sport in which players must beat their opponents using various tactics. This sport involves fast thinking and even quicker actions to be taken to score points. Coming to training gives way for kids to grow their thinking and problem-solving skills. This sport also gives way to increase eye hand coordination, agility and response time.

Huntington Ave YMCA Swim Lessons

Date: Feb 27th – Apr 16th
Day of the week: See YMCA for schedule
Time: See YMCA for schedule
Location: Huntington YMCA
Cost: Residents \$25

Swim lessons offered through RTH at a discounted rate and held at the Huntington YMCA. To redeem the discount coupon please register at RTHCC Welcome Desk. Residents are responsible to go to Huntington Ave YMCA to register after purchase of coupon.

Pickle Ball

Date: Starts Jan 23rd
Day Time
Monday 11:00-12:55pm
Friday 11:00-12:00pm
Age: 18 +
Location: RTHCC Gym A&B

Pickle Ball is a mash of sports like Tennis, Badminton, as well as table tennis. This sport involving four people takes teamwork and collaboration to a whole new level. With players having only one teammate it is a necessity to use both communication and problem-solving skills during play. This sport like many others will help those practice agility and quickness.

Taekwondo

Date: Starts Jan 22nd
Day of the week: Sunday
Time: 11:30am for Ages 4 – 6
12:30pm for Ages 7 – 13
Location: RTHCC Gymnasium
Cost: Non-Residents \$25

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



Chinese Cultural Dance

Date: Starts Jan 28th
Day of the week: Saturday
Time: 5:00pm – 7:00pm
Age: 5 - 13
Location: RTHCC Studio
Cost: Non-Residents \$25

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

Indoor Track (Speed Building)

Date: Starts Jan 23rd
Day of the week: Monday
Time: 5:15pm
Age: 6-17
Location: RTHCC Gymnasium
Cost: Non-Residents \$15

Indoor Track is a discipline that involves covering various distances and speeds inside. The sport involves races like the 100m, 400m, and 800m which test runners' athletic ability. Athletes will build up their distances, work on speed drills as well as their stamina to better equip themselves for races.

Soccer Skills and Drills

6-10 RTHCC Gym A

Jan 24	Tues	5:20-6:20pm	6-10yrs	Gym A
	Tues	5:20-6:20pm	11-13yrs	Gym B
Jan 25	Wed	3:00-4:00pm	3-5yrs	Gym A
	Wed	5:15-6:15pm	6-10yrs	Gym B
	Wed	5:20-6:20pm	14-17yrs	Gym A

Cost: Non-Residents \$15

This introductory class will establish the fundamental rules and skills in soccer. In this group setting we will include both drill work and pickup games to better learn and gain respect for this sport. Participants may have opportunity to visit professional soccer game

Volleyball Skills & Drills

Date: Starts Jan 27th
Day of the week: Friday
Time: 4:15pm – 5:15pm
Age: 6-13 yrs
Location: RTHCC Gym A&B
Age: 6-13 RTHCC Gym A

This introductory class will establish the fundamental rules and skills in volleyball. In this group setting we will include both drill work and pickup games to better learn and gain respect for this sport. Participants will develop themselves as players as well as stay in shape. This class helps those interested get a good workout as well as tuning up their play in the sport of volleyball.

Floor Hockey kills and Drills

Date: Starts Jan 26th
Day of the week: Thursday
Time: 5:00pm-6:00pm
Age:
6-10yrs. Gym A
11-13yrs. Gym B

Location: RTHCC Gym A
Cost: Non-Residents \$15

This introductory class will establish the fundamental rules and skills in Floor Hockey. In this group setting we will include both drill work and pickup games to better learn and gain respect for this sport. Participants may have the opportunity to visit post-secondary hockey games.

Wrestling Skills & Drills (NEW!)

Date: Starts Jan 27th
Day of the week: Thursday
Time: 7:00pm – 8:00pm
Age: 6-10
Location: Parks Building
Fee: Non-Residents \$15

Wrestling Skills & Drills help those interested in Wrestling to develop themselves as wrestling as well as stay in shape. This sport helps those interested in getting an intense workout as well as taking training to another level as wrestlers and athletes.

Pre-School Basketball Skills and Drills (NEW!)

Date: Starts Jan 27th
Day of the week: Friday
Time: 1:00-2:00pm
Age: 3-5
Location: RTHCC Gym A
Cost: Non-Residents \$15

RTH Pre-School Basketball is a form of exercise for young children to stay active in the vital stages of growth in their life. The program presents the opportunity for children to develop the fundamentals of basketball that could be used later in their life. This also gives them the opportunity to exert the massive loads of energy toddlers seem to have for parents to not have to worry about once they get back home. We encourage parents to participate in the class as well to get exercise.

Youth Basketball Skills and Drills

Date: Starts Jan 23rd
Day of the week: Monday
Time: 6:00pm-7:00pm
Age: 6-10yrs.
Location: RTHCC Gym A&B
Cost: Non-Residents \$15

RTH Youth Basketball is designed to help players of all levels come and improve their conditioning with a series of various exercises and drills to increase stamina, speed, and endurance. It starts with exercises and moves to basketball skills and drills for small groups or individuals to improve their basketball playing skills.

Girls B-Ball (NEW!)

Date: Starts Jan 26th
Day of the week: Thursday
Time: 6:05-7:05
Age: 11-13yrs. Gym A
Age: 14-17yrs. Gym B
Location: RTHCC Gym B
Cost: Non-Residents \$15

This introductory and developmental girls' class will establish the fundamental rules and skills of B-Ball. In this group setting we will include both drill work and pickup games to better learn and gain respect for this sport. Our girls and young women will have the opportunity to connect and develop relationships in safe place while having fun.

Middle School and Teen Basketball Skills & Drills

Date: Starts Jan 23rd

Time:

Age: 11-13yrs	Mon 7:00-8:00pm,	Gym A
	Wed 6:30-7:30pm	Gym A
14-17yrs	Mon 7:00-8:00	Gym B

Fee: Non-Residents \$15

Basketball Skills and Drills is a program meant to act as a guide for middle school and high school participants to enrich themselves in the sport of basketball. We are here to provide workouts to both stay in shape as well as become better players. Practicing the act of discipline in the form of these workouts gives way for students to both grow as players as well as people.

Middle School Basketball League

Date: Starts Feb 4th

Day of the week: Saturday

Time: 12:00pm – 2:00pm

Age: 11-13

Location: RTHCC Gym A&B

Fee: Non-Residents \$15

Middle School Basketball League helps those who are interested in Basketball to get a chance to perform their skills at the best level within the league. Playing here would not only make you a better player but also give many the chance to connect with those within the league and community here at RTH. Outside teams must register both players and coaches prior to entering the league.

Pick Up Basketball

Date: Starts Jan 27th

Day of the week: Friday

Time: 6:00pm – 7:30pm

Age: 11-13 Gym B

14-17 Gym A

Location: RTHCC Gymnasium

Fee: Non-Residents \$15

Pickup Basketball is a chance for scrimmaging, learning skills, and networking with friends and neighbors while playing basketball. Each week players will be selected for different teams and positions to develop their skills while having fun. This class provides opportunity to develop and strengthen friendships while staying active and perfecting your game.

Teen Basketball Conditioning

Date: Starts Jan 25th

Day of the week: Wednesday

Time: 6:30pm

Age: 14-17

Location: RTHCC Gym B

Fee: Non-Residents \$15

RTH teen Basketball is designed to help players of all levels come and improve their conditioning with a series of various exercises and drills to increase stamina, speed, and endurance. It starts with an hour of exercises and the next hour is basketball skills and drills for small groups or individuals to improve their basketball skills.

Teen Basketball League

Date: Starts Feb 4th

Day of the week: Saturday

Time: 2:30pm – 5:00pm

Age: 14-17

Location: RTHCC Gym A&B

Fee: Non-Residents \$25

Teen Basketball League helps those who are interested in Basketball to get a chance to perform their skills at the best level within the league. Playing here would not only make you a better player but also give many the chance to connect with those within the league and community here at RTH. Outside teams must register both players and coaches (background check) prior to entering the league.

Middle school & Teen Open Gym

Date: Starts Jan 27th

Thursday 7:00-8:00pm

Friday 8:00- 9:30pm

Location: RTHCC Gym A 11-13yrs

Gym B 14-17yrs.

Playing sports and games while learning skills, networking, developing social skills. Our Code of Conduct will be strictly enforced.

Differently Abled Sports Date: Starts Jan 26th

Day of the week: Wednesday

Time: 4:00-5:00pm

Location: RTH CC Gym A

The program aims to provide individuals with learning differences, sport instruction in a safe and caring environment that is accepting of all learning styles. We will work together to create a comfortable experience for the parent/guardian and the individual.

After School Program, K2 – 5th grades

Accepting Enrollments for Children ages 5-12 years

The RTH After School Program (ASP) is licensed as a School-Age Child Care program through the Massachusetts Department of Early Education and Care (EEC) and serves the needs of children 5-12 years. Our Program provides a safe, fun, friendly place for children with a wide variety of age-appropriate activities that promote learning and fun in an atmosphere where respect, teamwork, and a sense of community are valued. The mission of the RTH After School Program is to strengthen the academic achievement, social skills, and leadership development of school-age children from our diverse community. Our Program challenges the imagination, creativity, self-directed initiative in all children through activities that allow them to express their talents through exciting enrichment activities in science, computer, literacy, and math. Arts and crafts, cooking, sports and games, special guests, and field trips are all part of the fun. In addition, a healthy snack, dinner, and homework assistance is offered daily. A full-day program for school vacation is available for students – 8:00am – 6:00pm. Children must be enrolled in K2-5th grades and ages of 5-12-year-old to participate.

RTH Resident Fees	\$33.00 weekly fee**
Sibling rate for Residents only/half price for a second child	\$16.50 weekly fee **
Staff	\$66.00 weekly fee **
Non-Resident	\$100.00 weekly fee **

Vacation Fee: RTH Residents Fee: \$55.00/half price for sibling \$27.50**

Vacation Weeks:

February 2023: **President’s Day**, closed Monday February 20th.

Open 8:00am - 6:00 pm Tuesday, February 21st-Friday February 24th.

For more information or to sign up, contact: Afterschool Program Site Coordinator, Denise Watson
Dwatson@roxburytenants.org or (617)232-4306 ext. 402

** *New rates effective 2023*





RTH IS HIRING

We have opening in many departments

- Seniors Services
 - Fitness
 - Administrative
 - Resident Services
 - Transportation
- (non-CDL Per Diem Shuttle Drivers)






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

2023 JOB FAIR


 **9th FEB. 2023**

 **10 AM - 2 PM**

-  Various Trades Positions
-  Projects across Greater Boston
-  Must have OSHA credentials, resume*



REGISTER NOW

 WORC²
2103 Washington St
Roxbury

*** Resume Assistance is available at WORC², email kconrad@neigc.com for more information**



Section 3 (income-based) & Boston Residents encouraged to apply.

www.worc2.org



WHERE A CAREER BECOMES A CALLING



NURTURE THE POTENTIAL OF LITTLE LEARNERS!

Join our talented team of experts in our RTH Early Education Center, with the YMCA of Greater Boston.

As a valued member of our early education team, whether a teacher or a manager, you will have the exciting honor and opportunity to provide a safe and nurturing environment for our youngest learners as you guide their exploration, discovery and learning through love and play. The difference you make in this important work will impact a child's life and yours! Find your passion for youth development at the Y!

The YMCA of Greater Boston is an incredible place to have a fulfilling career or enjoy part-time employment — all while we are supporting and strengthening our communities, because our community is our cause .

Work for the Y, where a career becomes a calling.

When you join us in your career here, you can look forward to:

- Developing your leadership skills in a caring, challenging & diverse working environment
- Exploring a wide range of opportunities as you learn new skills and functions
- Shaping the future of young children while making a difference each day for our communities and each another
- Engaging in YMCA career training programs and work alongside of those who have the same passion
- A healthy work/life balance

Comprehensive benefits including:

- Quarterly Professional Development
- FREE YMCA Membership
- Robust Retirement Plan
- Health, Dental, and Vision Benefit Package
- Vacation and Sick Time



LEARN MORE & APPLY AT [YMCABOSTON.ORG/CAREERS](https://ymcaboston.org/careers)

YMCA OF GREATER BOSTON | [YMCABOSTON.ORG](https://ymcaboston.org)

RTH Directory

Executive Office - Neville House

11 New Whitney Street, 1st Floor

Karen T. Gately, Executive Director

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

Amanda Pelcher, Chief Financial Officer

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

Irving Burday, Chief Operating Officer

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Lori Taylor, Senior Administration

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Patricia Haran, Controller

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

Juan Castillo-Then, Technology Specialist

jcastillo-then@roxburytenants.org 617-232-4306 ext. 103

Jun J. Xu, Technology Assistant

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

Education & Resource Center at the Betty Powers

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

Roxanne Haecker, Director of Community Education & Workforce Development

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

Xing Zhou, Instructor

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

Jennifer Lewis, Youth Educational Services & Workforce Development Specialist

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 / 617-232-4306 ext. 700

RTH Community Center

20A Vining Street (Welcome Desk ext. 200)

Chris Mitchell, Health & Wellness Director

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

Curtis Williams, Welcome Desk Administrator

cwilliams@roxburytenants.org 617-232-4306 ext. 202

Byron Rounds, Physical Education/ Sports & Aquatics Director

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

Nichelle Jenkins, Welcome Desk Coordinator

njenkins@roxburytenants.org 617-232-4306 ext. 200

Brianna Gosalves, Teen Coordinator

bgosalves@roxburytenants.org 617-232-4306 ext.207

Resident Services Parks Community Building

2 New Whitney Street 2nd Floor

Scott Amaral, Director of Resident Services

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

Terry Parson, Resident Service Coordinator

tparson@roxburytenants.org / 617-232-4306 ext. 302

Jingming Feng, Assistant Program support

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

RTH After School Program Recreation Exploration Center

835 Huntington Avenue

Denise Watson, Director of Youth and Family Programs

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

Carmen Torres, Literacy Coordinator

ctorres@roxburytenants.org 617-232-4306 ext. 401