

# SUMMER 2023 EDITION WHAT'S UP

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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.





## RTH Spring Session Dates (8 Week Session)

Day	Start Session	End Date
Sunday	July 9 <sup>th</sup>	August 27 <sup>th</sup>
Monday	July 10 <sup>th</sup>	August 28 <sup>th</sup>
Tuesday	July 11 <sup>th</sup>	August 29 <sup>th</sup>
Wednesday	July 12 <sup>th</sup>	August 30 <sup>th</sup>
Thursday	July 13 <sup>th</sup>	August 31 <sup>st</sup>
Friday	July 14 <sup>th</sup>	September 1 <sup>st</sup>
Saturday	July 15 <sup>th</sup>	September 2 <sup>nd</sup>

## RTH Summer Event Schedule

*Please note the following schedule changes for upcoming holidays*

Music on the Plaza	July 11 <sup>th</sup> 6pm – 8pm	Tuesday	Levinson Plaza
Health & Safety	July 19 <sup>th</sup> 6pm – 8pm	Wednesday	RTHCC Room 117
Ice Cream Social	July 27 <sup>th</sup> 6pm – 8pm	Thursday	Levinson Plaza
National Night Out	August 1 <sup>st</sup> 6pm – 9pm	Tuesday	Levinson Plaza
Health & Safety	August 16 <sup>th</sup> 6pm – 8pm	Wednesday	RTHCC Room 117
Block Party	August 19 <sup>th</sup> 12pm – 5pm	Saturday	Mission Park Campus
Music on the Plaza	August 31 <sup>st</sup> 6pm – 8pm	Thursday	Levinson Plaza

## 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 issue 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 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.



*Announcements/Community* ..... 3  
*Community Education & Job Training* ..... 5  
*Education & Resource Center (ERC)* ..... 7  
*at the Betty Powers Library*..... 7  
*Youth Education & Community Education* ..... 9  
*RTHCC Welcome Center* ..... 10  
*Health & Wellness*..... 11  
*Resident Services*..... 14  
*Senior Services*..... 15  
*Family Programs* ..... 17  
*Aquatics*..... 21  
*Teen Center* ..... 24  
*Sports & Enrichment Programs*..... 25  
*RTH Directory* ..... 29

**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 - 9:00pm  
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

**Anonymous Call Tip Line**

617-232-0436  
Please don't hesitate to call if you have any concerns about health, safety, and security.

Dear RTH Residents –

Summer is here! and with it, finally, a chance for unabashed Summer Fun! We hope you will take an opportunity – whether here in the What’s Up, or on [www.RoxburyTenants.org](http://www.RoxburyTenants.org) – to review the programs, services and events scheduled for this summer.

There are lots of exciting new opportunities, as well as the return of some old favorites. The refurbished Levinson Plaza offers a chance to take in the air, enjoy the new greenery and visit with your friends and family. Music on the Plaza and the Ice Cream Social are coming soon, see the Events section for dates and times.

Looking for educational opportunities for school-age kids? Check-out the Education and Resource Center (ERC), now offering Minecraft at no cost for 2nd through 8th graders. The Summer Eats program, located at the Parks Building offers Breakfast and Lunch Monday through Friday until September 1st.

The Mary T. Clifford Pool is open for the season and offers open swim hours, lap swim challenges, aqua-fitness classes, and swim-lessons. See the Aquatics section for more information.

Summer is short in New England – lets do our best to take advantage of the warm weather and creative ways to have fun. We look forward to seeing you ALL at the RTH Block Party, Saturday, August 19th for BBQ, Flea Market Tables, Games for kids, and more!

We hope you will join us!

Best,

*Karen*

Karen T. Gately  
Executive Director

# **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 – 9:45pm
  - Sunday 11:00am - 2:00pm

# Announcements/Community

## ANNUAL BLOCK PARTY

Date: August 19th

Day: Saturday

Time: 12:00pm – 5:00pm

Ages: Family (All Ages)

Where: Mission Park Campus

**BBQ, Flea Market Tables, Games for kids, and more! Look for upcoming flyers for more details!**

### **Francis Street Garden**

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

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

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

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

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



### **Fresh Truck Mobile Market**

Day of the week: Wednesday

Time: 3:00pm - 5:30pm

Location: Outside the Parks Community Building

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

### **Fresh Truck Online ordering**

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

### **Fresh Truck In-person Shopping**

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

### **Fresh Truck Lottery**

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

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

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

**Trinity Management**  
**Quick Recertification Tips**

**Old Neighborhood And Mosaic**

avelez@trinitymanagementcompany.com  
Office Phone: 617-232-5910



**Mission Park**

contactus@missionpark.com  
Office Phone: 617-566-0707

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

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**RTHCC Membership Appreciation Day**

Date: Jul 19<sup>th</sup> - Arthritis  
Day of the week: Wednesday  
Time: 12:00pm – 7:00pm  
Location: RTHCC  
Ages: Family (All Ages)

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.

**Walk & Talk with Executive Director**

Date: Jul 24<sup>th</sup>, Aug 23<sup>rd</sup>  
Day of the week: Monday, Wednesday  
Time: July 4:00pm, August 11:00am  
Location: RTHCC

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!***

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**Annual Block Party**

Date: August 19<sup>th</sup>  
Day of the week: Saturday  
Time: 12:00pm – 5:00pm  
Location: Kempton Playground  
Ages: Family (All Ages)

This is an annual community building event where community, neighbors, children and families come together to participate in fun activities, arts and crafts, face painters, there will be various foods and food trucks present for the event. Fun will be had by all.

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**National Night Out**

Date: Aug 1<sup>st</sup>  
Day of the week: Tuesday  
Time: 6:00pm – 9:00pm  
Location: Outing  
Age: Family (All Ages)

Get to know your neighbors, listen to music, make an ice-cream sundae. Parents can get a Children’s safety ID card and learn simple actions we can take to deter crime and build community. We will also have bike tune ups for children.

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**RTHCC Program and Class Pass**

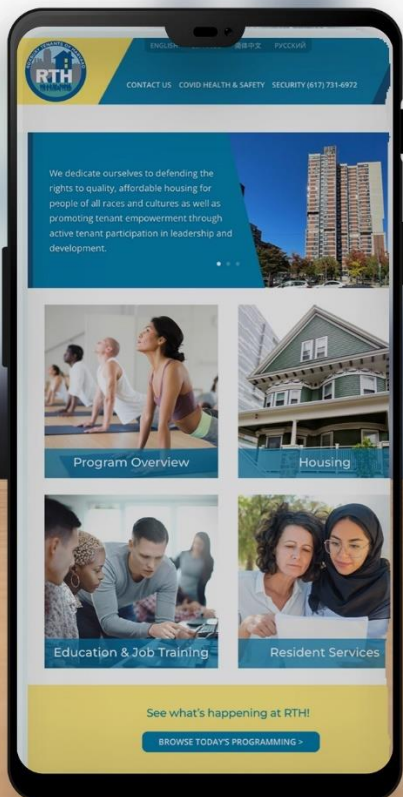
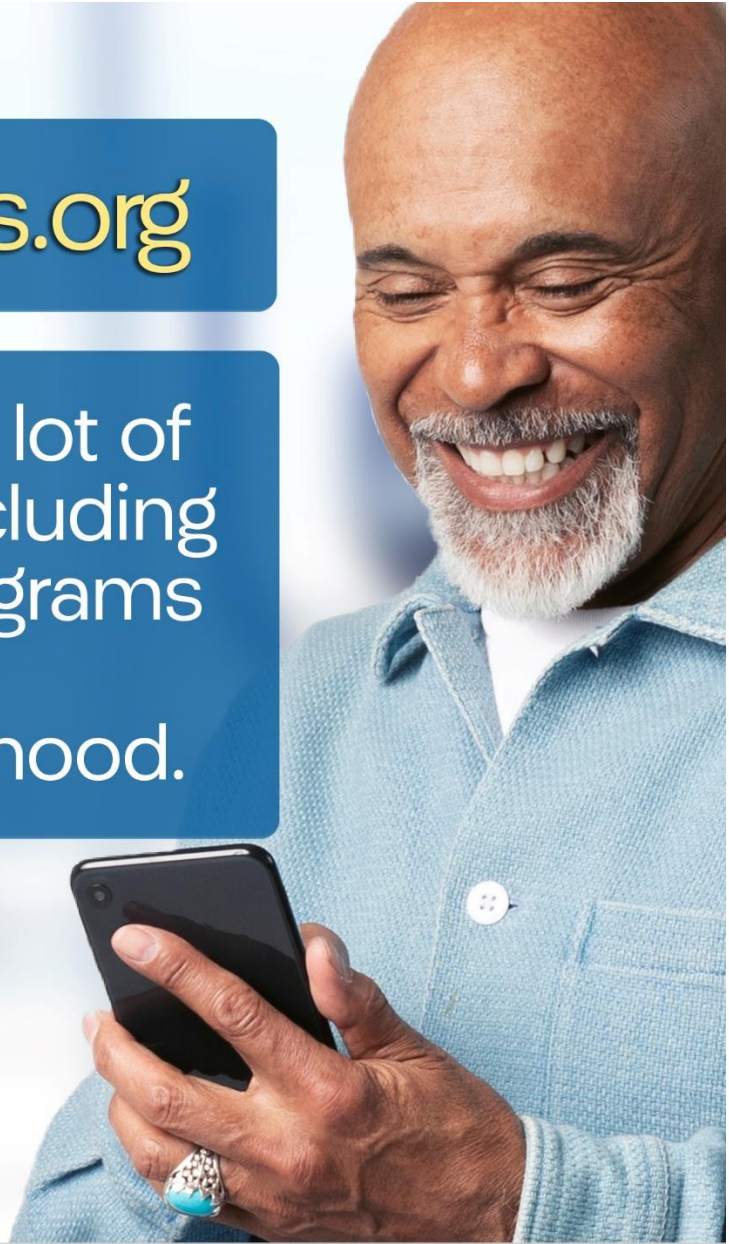
Cost: \$25 per pass with 10 classes available

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



# RoxburyTenants.org

Our new website has a lot of great info about RTH including its history, services, programs and an overview of our buildings and neighborhood.





# Community Education & Job Training

## **Bike Safety- Free bike lights!**

Date: Jul 23<sup>rd</sup> - Sep 15<sup>th</sup>  
Day of the Week: Sunday  
Time: 1:00pm – 4:00pm  
Location: Kempton Playground  
Age: Families (All Ages)

Bring your bikes to the Kempton Street Playground to get a set of front and rear bike lights- free! Stay for a hot dog off the grill and to meet other RTH cyclists

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## **Learn To Ride**

Date: Jul 23<sup>rd</sup> – Aug 6<sup>th</sup>  
Day of the Week: Sunday  
Time: 1:00pm – 2:30pm  
Location: Kempton Playground  
Age: Youth (6-10), Middle School (11-13)  
Capacity: 10

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. We have a small number of bicycles available for children and adults

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## **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.

## **Sewing with Julia Summer Sewing Workshop for Experienced Sewers - Adults & Mature Teens**

Date: Jul 11<sup>th</sup> – Aug 8<sup>th</sup>  
Day of the week: Tuesday  
Time: 6:30pm – 8:30pm  
Location: Flynn Kitchen  
Age: High School (14-17), Adults (18-55)  
Cost: \$25 RTH residents, \$50 Mission Hill Residents, \$150 Non-Residents  
Language: English  
Capacity: 8

Continuing and advanced sewers complete individual projects with the help of a professional designer/seamstress in our Sewing Workshop. Use our machines or bring your own. Classes are limited to 8 students. Fee paid by check or money order at registration

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## **Mahjong - Afternoons in the Library Series**

Date: Jul 11<sup>th</sup> – Aug 15<sup>th</sup>  
Day of the Week: Tuesday  
Time: 4:30pm – 6:00pm  
Location: ERC  
Age: Adults (18-55), Seniors (55+)  
Language: Chinese  
Capacity: 8

Mahjong is a tile-based game developed in China now popular around the world. Easy to learn the basics of but challenging to master, Mahjong develops skills of observation, tactics, memory, and adaptive strategies. Instruction in English and Chinese



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

## **The Betty Powers Library & Resource Center**

25 Mission Park Drive, Duggan Building

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

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

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

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

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

### **Saturday is Smartphone Day!**

Date: Jul 3<sup>rd</sup> – Sep 15<sup>th</sup>

Day of the week: Saturday

Time: 2:30pm – 3:30pm

Location: ERC

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

Language: English

Capacity: 10

Smartphone Basics. Learn to set up and maintain your phone, use the most common functions & features.

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### **Computer Club for Seniors**

Date: Jul 12<sup>th</sup> – Aug 9<sup>th</sup>

Day of the week: Wednesday

Time: 4:00pm – 5:00pm

Location: ERC

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

Language: Chinese

Capacity: 8

Practice your skills & learn new skills. Setup email accounts, practice sending and receiving email and sending attachments. Learn to safely navigate and explore the internet, You Tube, and other social media platforms

### **Did you know?**

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

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

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

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

### **BPS & EMPOW Studios Tech & Design STEM Camp**

Date: Jul 17<sup>th</sup> – Aug 18<sup>th</sup>

Day of the week: Monday - Friday

Time: 9:00am – 3:30pm

Location: ERC

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

Language: English

Capacity: 24

Coding, Video Game Design, Minecraft, Digital Art & Design. Learn fun technologies by completing projects and engaging in the engineering and design process & building new skills. Build relationships and collaborate on projects with other campers.

### **Minecraft EDU**

Date: Jul 15<sup>th</sup> – Aug 12<sup>th</sup>

Day of the Week: Saturday

Time: 1:00pm – 3:30pm

Location: ERC

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

Language: English

Capacity: 10

Minecraft Educators Edition is a game-based learning platform that promotes creativity, collaboration and problem-solving and is used by educators around the world to engage students across subjects and bring abstract concepts to life.



# Youth Education & Community Education

## SafeServe Food Handlers Certification Course - in English, Spanish, Chinese

Date: Jul 3<sup>rd</sup> – Sep 15<sup>th</sup>  
Day of the week: By Appointment  
Time: By Appointment  
Age: Adults (18-55), Seniors (55+)  
Cost: \$10 refundable upon completion

The SERV Safe Food Handler program covers Basic Food Safety, Personal Hygiene, Cross-contamination & Allergens, Time & Temperature, Cleaning & Sanitation. Online certification course available in English, Spanish, & Chinese. Contact ERC for more info.

## Green Learning sessions

Date: Jul 20<sup>th</sup> – Aug 21<sup>st</sup>  
Day of the week: Monday  
Time: 2:00pm – 4:00pm  
Location: Kempton Park  
Age: Family (All Ages)  
Language: English  
Capacity: 10

Drop in at the Learning Gardens at Kempton Park to learn about planting, nature, the environment, and our connection to it! Sessions will be led by the Green Learning/Garden Crew.

## Summer jobs for teens

Date: July 9<sup>th</sup> - Aug 25<sup>th</sup>  
Day of the week: By Appointment  
Time: 9:00am – 8:00pm  
Location: ERC  
Age: Middle School (11-13), High School (14-17)  
Language: English  
Capacity: 28

Teens have been hired to work in various departments and roles. For those interested in school year positions, contact Jen Lewis: [jlewis@roxburytenants.org](mailto:jlewis@roxburytenants.org), 617-232-4306 x600



# *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.

### **Anti-Violence Policy:**

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

# Health & Wellness

## **Fitness Orientation:**

Ages: 13+

Strongly Recommended for all members.

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

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

Don't worry! Fitness orientations aren't only for new members. If you think you would benefit from an orientation, please don't hesitate to register for an appointment. By Appointment scheduled at the welcome desk or call (617)232-4306 x200

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## **Fitness Testing:**

Ages: 14+

All residents are encouraged to schedule fitness testing for strength cardio and flexibility. Testing will help you know where you are in comparison to your fitness goals. It will also give you a snapshot of how successful your current routine has been. You will know what type of adjustments you will need in our current program to help you keep improving. By Appointment scheduled at the welcome desk or call (617)232-4306 x200

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## **Healthy Moves**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Monday, Wednesday, and Friday

Time: 10:00am – 11:00am

Location: RTHCC Foyer

Age: Seniors (55+)

Cost: Non-Resident \$25

Capacity: 12

This exercise program was developed for seniors to stay healthy. We will work on improving strength, endurance, and flexibility. Pre/post assessment included. Also helps enable seniors to remain social. each sessions ends with a healthy luncheon.

## **Tabata**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Tuesday

Time: 6:00pm – 7:00pm

Location: RTHCC Wellness Floor

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

Cost: Non-Resident \$25

Capacity: 12

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

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## **Yoga**

Date: Jul 11<sup>th</sup> – Sep 2<sup>nd</sup>

Day: Tuesday

Time: 11:00am – 12:00pm

Location: RTHCC Main Studio

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

Cost: Non-Resident \$25

Capacity: 12

This "Slow-Flow" class is open to all levels of experience, and is a great opportunity to improve strength, balance, and flexibility. Ongoing Enrollment !

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## **Muscle Work**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Monday, Thursday

Time: Monday 8am - 9am, Thursday 6pm - 7pm

Location: RTHCC Main Studio

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

Cost: Non-Resident \$25

Capacity: 12

For ages 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.

## **Zumba**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Saturday  
Time: 11:00am – 12:00pm  
Location: RTHCC Main Studio  
Age: High School (14-17), Adults (18-55),  
Seniors (55+)  
Cost: Non-Resident \$25  
Capacity: 12

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms to help improve cardiovascular fitness.

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## **Zumba Gold**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Wednesday  
Time: 7:00pm – 8:00pm  
Location: RTHCC Main Studio  
Age: Seniors (55+)  
Cost: Non-Resident \$25  
Capacity: 12

Zumba Gold is a lower-intensity version of the Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors. Zumba Gold provide an option for seniors seeking alternative means of reaching their exercise goals.

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## **Foam Roller**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Tuesday  
Time: 7:00pm – 8:00pm  
Location: RTHCC Main Studio  
Age: Adults (18-55), Seniors (55+)  
Cost: Non-Resident \$25  
Capacity: 12

Foam rollers are a popular tool for muscle knots or trigger points that can be caused by muscle imbalance, overuse and injuries. Working through the discomfort can help you increase your range of motion and decrease recovery time. Appropriate for all levels for fitness.

## **Tai Chi**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Wednesday  
Time: 11:30am – 12:30pm  
Location: RTHCC Main Studio  
Age: High School (14-17), Adults (18-55),  
Seniors (55+)  
Cost: Non-Resident \$25

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.

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## **Spin**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Tuesday, Thursday, Friday  
Time: 9:00am – 10:00am, Friday 6:00pm – 7:00pm  
Location: RTHCC Main Studio  
Age: High School (14-17), Adults (18-55),  
Seniors (55+)  
Cost: Non-Resident \$25  
Capacity: 12

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

---

## **Family Zumba**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Wednesday  
Time: 6:00pm – 7:00pm  
Location: RTHCC Main Studio  
Age: Family (All Ages)  
Cost: Non-Resident \$25  
Capacity: 12

Family Zumba gives you and your family a chance to be active together. It's a full body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a dose of awesome each time you leave class.

### **Full Body Workout**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Tuesday

Time: 8:00am – 9:00pm

Location: RTHCC Main Studio

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

Cost: Non-Resident \$25

Capacity: 12

This is a workout that aims to hit all the major muscle groups in one single class. Incorporating cardio movements, core strengthening and balancing exercises.

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### **Chinese Walking Group**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Thursday

Time: 3:00pm – 4:00pm

Location: Flynn Kitchen

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

Cost: Non-Resident \$25

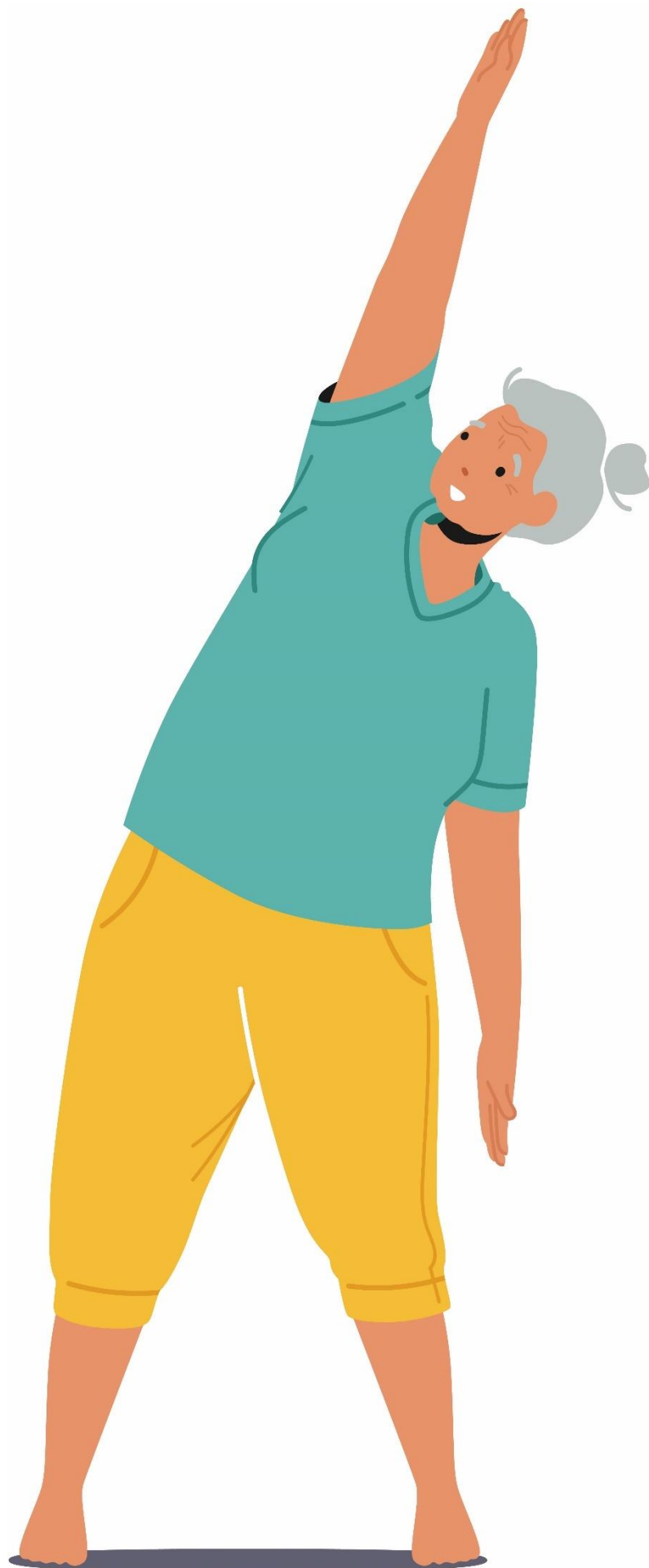
Capacity: 12

Great and fun way to expand your workout group and to improve your heart health.

### **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.





# 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 and Interpretation Services

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Tuesday, Thursday  
Time: 10:00am – 12:00pm  
Location: ERC  
Age: Family (All Ages)

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

## Path to Health

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: By Appointment  
Time: 9:00am – 6:00pm  
Location: N/A  
Age: Adults (18-55), Seniors (55+)

Join this 1 year research study if you are interested in Healthy Eating & Physical Activity. You must be 18 + years old and speak English or Spanish. Have delivered text messages and telephone calls. No visits to a clinic required and participate from home. Participants receive \$50 per study visit (\$150 over one year)

## Resident Services Coffee Hours

Date: Jul 9<sup>th</sup> – Aug 11<sup>th</sup>  
Day of the week: Thursdays  
Time: 3:00pm – 4:00pm  
Location: Lobbies  
Age: Family (All Ages)

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

## Girls' LEAP

Date: Jul 11<sup>th</sup> – Aug 8<sup>th</sup>  
Day of the week: Tuesday, Thursday  
Time: 5:00pm – 6:30pm  
Location: RTHCC Room 117  
Age: Youth (6-10), Middle School (11-13),  
High School (14-17)

GIRLS 8 - 18 ONLY. This is a 5-week physical & emotional self-defence program for girls & non-binary students. The program participants will discuss: body and situational awareness, using our voice as a first line of defence, conflict de-escalation, boundary setting, healthy & unhealthy relationships, escape skills (common grabs & holds), strike skills (how to hit, kick, etc)



# 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's a great opportunity to meet new people.

Date: Jul 19<sup>th</sup>, Aug 12<sup>th</sup>  
Day of the week: Wednesday, Saturday  
Time: 11:00am – 3:00pm  
Location: Outing (Meet in Levinson Tower)  
Age: Seniors (55+)  
Cost: July \$30, August \$25  
Capacity: 17

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

## Arts and Crafts Seniors

Date: Jul 9<sup>th</sup> – Sep 2<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 Taxi Coupons

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Tuesday  
Time: 12:00pm  
Age: Seniors (55+)  
Location: Flynn Kitchen, 1<sup>st</sup> floor  
Cost: \$5.00 for \$10.00 worth of coupons. 2 books limit

Discounted taxi coupons are available for Boston residents aged 60 and over. Coupons can be used in taxis licensed by the City of Boston. Seniors are allowed to purchase a maximum of two books per month.

## Senior Chat Programs

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

### Various Locations:

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

Date: Jul 7<sup>th</sup>, Aug 4<sup>th</sup>  
Day of the week: Friday  
Time: 1:00pm  
Location: RTHCC Room 117

#### *Russian Tea Room, Russian language focus*

Date: Jul 12<sup>th</sup>, Aug 9<sup>th</sup>  
Day of the week: Wednesday  
Time: 5:00pm  
Location: Flynn Kitchen

#### *Chit Chat Meeting, English language focus*

Date: Jul 18<sup>th</sup>, Aug 15<sup>th</sup>  
Day of the week: Tuesday  
Time: 3:00pm  
Location: Senior Drop-In Center

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

Date: Jul 21<sup>st</sup>, Aug 18<sup>th</sup>  
Day of the week: Friday  
Time: 12:00pm  
Where: Flynn Kitchen, 1<sup>st</sup> floor



## Senior Monthly Shopping Trips

### *Market Basket*

Date: Jul 4<sup>th</sup>, Jul 18<sup>th</sup>, Aug 1<sup>st</sup>, Aug 15<sup>th</sup>  
Day of the week: Tuesday  
Time: 9:30am  
Location: Outing  
Meet in Levinson Tower lobby at 9:20am

### *Chinatown Shopping*

Date: Jul 13<sup>th</sup>, Jul 27<sup>th</sup>, Aug 10<sup>th</sup>, Aug 24<sup>th</sup>  
Day of the week: Thursday  
Time: 10:00am – 2:00pm  
Location: Outing  
Meet at Levinson Lobby 9:40am

### *Kam Man Supermarket Quincy, Ma*

Date: Jul 6<sup>th</sup>, Jul 20<sup>th</sup>, Aug 3<sup>rd</sup>, Aug 17<sup>th</sup>  
Day of the week: Thursday  
Time: 10:00am  
Where: Outing  
Meet at Levinson Lobby 9:40am

### *Monthly Shopping trip to Mall*

Date: Jul 11<sup>th</sup>, Jul 25<sup>th</sup>, Aug 8<sup>th</sup>, Aug 22<sup>nd</sup>  
Day of the week: Wednesday, Thursday, Friday  
Time: 9:30am  
Where: Outing  
Meet in Levinson Tower lobby at 9:20am

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### **Coffee & Conversation**

Date: Jul 12<sup>th</sup> – Aug 30<sup>th</sup>  
Day of the week: Wednesday  
Time: 11:00am  
Age: Seniors (55+)  
Location: Senior Drop-In Center

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

## Bingo

Date: Jul 2<sup>nd</sup> – Sep 2<sup>nd</sup>  
Day of the week: Monday, Thursday, and Sunday  
Time: 2:00pm – 4:00pm, Sundays at 1pm  
Location: Senior Drop-In Center  
Age: Seniors (55+)  
Cost: \$.50 per bingo card  
Language: English, Spanish

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

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## Roof Deck

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Varies  
Time: Varies  
Location: Senior Drop-In Center

Come enjoy the roof deck. Look for hours posted on the bulletin boards. For date and time, please contact Laura Adams (617)232-4306 ext. 700.





# THEIR FUTURE, YOUR PASSION

## YMCA Early Childhood Education Academy

Make a difference in a child's life and get paid to grow your career in early childhood education.

Earn your EEC Teacher Certification for **FREE** through the YMCA of Greater Boston Early Childhood Education Academy, a paid apprenticeship program.



### PROGRAM INCLUDES

- One year paid apprenticeship at a YMCA of Greater Boston Early Learning Center
- 2000 hours of on-the-job training and 150 hours of technical training
- Child Growth & Development through Fisher College
- Apprentices will be paired with a mentor throughout the one year program
- Technical assistance including access to laptop and internet access
- One Year YMCA of Greater Boston Family Membership
- EEC Teacher Certification
- Priority consideration for teaching positions at the YMCA of Greater Boston and other partner agencies

### FOR MORE INFORMATION, CONTACT:

**Robert Lowell**

617-990-1027 | [RLowell@ymcaboston.org](mailto:RLowell@ymcaboston.org)

YMCA OF GREATER BOSTON | [YMCABOSTON.ORG](http://YMCABOSTON.ORG)

### ELIGIBILITY

- High School Diploma or HiSET (GED) Schedule Commitment
- Seeking Full-Time Employment
- Work Authorization
- All applicants will be required to successfully complete a CORI, SORI, Fingerprinting, DCF Background Check

## NOW ENROLLING FOR JULY!

SCAN THE QR CODE TO COMPLETE  
OUR INTEREST FORM!



# Family Programs

## Summer Outdoors Club

Date: Jul 12<sup>th</sup> – Aug 5<sup>th</sup>  
Day of the week: Wednesday  
Time: 7:00pm – 8:00pm  
Location: RTHCC Room 117  
Ages: Youth (6-10), Middle School (11-13)  
Language: English  
Capacity: 12

Summer is the time to get children outside. Walks, Scavengerhunts, relay races. When it rains we will plan to have board games. Snacks will be provided. Let's share in some summer fun and exploration. Registration at the Welcome desk is required along with adult attendance.

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## Tie Dying

Date: Jul 20<sup>th</sup>  
Day of the week: Thursday  
Time: 7:00pm – 8:00pm  
Location: RTHCC Room 117  
Ages: Youth (6-10), Middle School (11-13)  
Capacity: 12

Your child will be Tie Dying a t-shirt to keep. Children will be able to pick and choose the colors on their own. Please bring a plastic bag in for your child to take their t-shirts home in. T-shirts will need to be air dried at home. Parents must remain with children. Sign up at Welcome desk.

---

## Summer Arts and Crafts

Date: Aug 10<sup>th</sup> – Aug 31<sup>st</sup>  
Day of the week: Thursday  
Time: 6:30pm – 7:00pm  
Location: RTHCC Room 117  
Ages: Child (0-5), Youth (6-10), Middle School (11-13)  
Capacity: 12

Send your children in to make some creative summer arts and crafts. We will create sunflowers, lanterns, paper fish bowls, sun and rainbows made out of paper plates. Please register with the welcome desk. Parents must remain with children.

## Back to School giveaway

Date: Sep 3<sup>rd</sup>  
Day of the week: Sunday  
Time: 11:00am – 3:00pm  
Location: RTHCC Room 117  
Ages: Child (0-5), Youth (6-10), Middle School (11-13)  
Capacity: 100

Back to school items are expensive. Come pick up your free back pack that will have items that your child will need for school. There will be bags for children and teens only. Please register at welcome desk.

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## Build your own Ice Cream

Date: Jul 27<sup>th</sup>  
Day of the week: Thursday  
Time: 6:30pm – 7:30pm  
Location: RTHCC Room 117  
Ages: Youth (6-10), Middle School (11-13)  
Capacity: 12

It's summer time & warm weather. Stop by socialize, meet families & children to build your own ice cream sundae. Choices of toppings to choose from Parents if your child has a food allergy they will be offered an alternative. Please contact Welcome desk to reserve your spot.

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## Adult Shopping Trip - Market Basket 400 Somerville Ave

Date: Jul 15<sup>th</sup>  
Day of the week: Saturday  
Time: 10:00am – 3:30pm  
Location: Outing  
Ages: Adults (18-55), Seniors (55+)  
Capacity: 12

RTH will have an Adult shopping trip to beat the heat and prices. This is an opportunity to save some money, gas and time. You will be transported to Market Basket by RTH van. Please register at welcome desk. Please arrive on time, please bring your bags to pack up your groceries.

### **Farmer's Market 100 Hanover Street Boston**

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

Day of the week: Saturday

Time: 10:00am – 3:30pm

Location: Outing

Ages: Youth (6-10), Middle School (11-13),  
Adults (18-55), Seniors (55+)

Capacity: 12

Visit one of Boston's largest Farmer's Markets A wide variety of fresh fruits and vegetables, There are 30 vendors in an indoor market place offering fresh foods, prepared meals, crafts, specialty & seasonal items, prepared breakfast, lunch, and dinner options.

---

### **Farmer's Market 100 Hanover Street August**

Date: Aug 12<sup>th</sup>

Day of the week: Saturday

Time: 10:00am – 3:30pm

Location: Outing

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

Capacity: 12

You will visit one of Boston's largest Farmer's Markets A wide variety of fresh fruits and vegetables. There are 30 vendors in an indoor market place offering fresh foods, prepared meals, crafts, specialty & seasonal items, prepared breakfast, lunch, and dinner.

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### **Wrentham Mall Shopping Outlet.**

Date: Aug 26<sup>th</sup>

Day of the week: Saturday

Time: 10:00am – 3:30pm

Location: Outing

Ages: Youth (6-10), Middle School (11-13), Adults (18-55)

Capacity: 12

Would you like to get ahead start on back to school items, save money on items that you have been waiting to purchase at the sale price. Bring yourself money and your time. We will be traveling by RTH van.

### **Pizza Tour**

Date: Jul 8<sup>th</sup>

Day of the week: Saturday

Time: 11:00am – 3:30pm

Location: Outing

Ages: Youth (6-10), Middle School (11-13), Adults (18-55),  
Seniors (55+)

Capacity: 12

Boston Pizza Tour. Private North End Pizza Tours for a total of 11 people on Saturday, July 8, 2023 starting at 11AM. This event will be a 2.5 hour History Culture Walk, exploring Boston's oldest neighborhood - the North End. Please Register at Welcome desk. Travel by RTH Van.

---

### **Friday Nights Movie: Avatar**

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

Day of the week: Friday

Time: 6:30pm – 8:00pm

Location: Kempton Playground

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

Capacity: 40

The movie takes us to a world beyond what we can imagine, special effects & exploration of the land of Pandora and the people who live there called the Na'vi. Bring your sleeping bags, blankets & pillows. Popcorn & a drink will be served. Parents must remain with children.

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### **Friday Nights Movie: Avatar The Way of Water**

Date: Jul 21<sup>st</sup>

Day of the week: Friday

Time: 6:30pm – 8:00pm

Location: Kempton Playground

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

Capacity: 40

Jake Sully and Ney'tiri have formed a family since family is important to them they do everything to stay together. Suddenly an Ancient threat returns. Find out what that threat is. Popcorn & a drink will be served. Please register at Welcome desk. Parent must remain with their children.

**Friday Nights Movie: Black Panther**Date: Jul 28<sup>th</sup>

Day of the week: Friday

Time: 6:30pm – 8:00pm

Location: Kempton Playground

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

Capacity: 40

T'Challa returns home to take his place as king of Wakanda. There are challenges & conflict. Who ever becomes the next king will be challenged and their will be conflict. Please register at the Welcome desk. Snacks and a drink will be served. Parents must remain with their children.

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**Friday Nights Movie:****Black Panther Wakanda Forever**Date: Aug 4<sup>th</sup>

Day of the week: Friday

Time: 6:30pm – 8:00pm

Location: Kempton Playground

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

Capacity: 40

Flashes of Chadwick Boseman who inspired part. 1 of Black Panther and touching moments. Wakanda's people now have to fight against intruders and stabilize an unstable nation. Snacks will be provided, Registration at the welcome desk is required.

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**Friday Nights Movie: The Super Mario Movie**Date: Aug 11<sup>th</sup>

Day of the week: Friday

Time: 6:30pm – 8:00pm

Location: Kempton Playground

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

Capacity: 40

"The Super Mario Bros. Unfortunately, their self-starting zeal backfires when they majorly mess up on the job. Hoping to redeem themselves, they speed to an impending plumbing disaster. Popcorn and a drink will be served.

**Friday Nights Movie: Peter Pan and Wendy**Date: Aug 18<sup>th</sup>

Day of the week: Friday

Time: 6:30pm – 8:00pm

Location: Kempton Playground

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

Capacity: 40

Wendy Darling, a young girl looking to avoid boarding school, meets Peter Pan, a boy who refuses to grow up. Wendy, her brothers, and Tinker Bell travel with Peter to the magical world of Neverland, where she encounters an evil pirate captain. Popcorn and a drink will be served.

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**Friday Nights Movie: Elemental**Date: Aug 25<sup>th</sup>

Day of the week: Friday

Time: 6:30pm – 8:00pm

Location: Kempton Playground

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

Capacity: 40

In a city where fire, water, land, and air residents live together, a fiery young woman and a go-with-the-flow guy discover something elemental: Come in your pj's, bring a pillow and a blanket, relax and enjoy the show! Popcorn and a drink will be served. Please help keep RTH clean.

---

**Child Watch**Date: Jul 12<sup>th</sup> – Sep 1<sup>st</sup>

Day of the Week: Tuesday, Wednesday, Thursday

Time: 7:00pm – 8:00pm

Location: RTHCC Teen Center

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

Capacity: 7

Participate in RTHCC events & activities you can drop off your child. Activities, walks, and snacks will be provided. If your child has a food allergy please let us know. Sign up at welcome desk 24 hrs. in advance. Residents only

# Aquatics

## Parent and Child Learn to Swim Lessons

Date: Jul 12<sup>th</sup> – Aug 30<sup>th</sup>  
Day of the week: Wednesday  
Time: 5:00pm – 6:00pm  
Location: RTH Pool  
Age: Child (0-5)  
Cost: Non-Resident \$20

With assistance from an instructor, caregiver and child will swim together to ensure positive connection with swimming. Lessons will be given as a group. (For children 6 months to 2 years old.)

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## Differently Abled Learn to Swim Lessons

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Monday, Wednesday  
Time: 6:00pm – 7:00pm  
Location: RTH Pool  
Age: Family (All Ages)  
Cost: Non-Resident \$20

Adaptive swimming lessons with assistance from instructors. These hours will focus on being independent in the water while using basic safety and skills.

---

## Lifeguard Academy

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Monday, Friday  
Time: 10:00am – 12:00pm  
Location: RTH Pool  
Age: High School (14-17), Adults (18-55),  
Seniors (55+)

Made for students 13-18 who are working their way up to complete the Red Cross Lifeguard training course. The goal is to help teens who have not had formal swim lessons, or competitive swimming, develop the skills, strength and stamina to pass the prerequisite test to get into lifeguard training. Participants are eligible to become certified in lifeguarding.

## Teen Swim and Sports Night

Date: Jul 14<sup>th</sup> – Sep 1<sup>st</sup>  
Day of the week: Friday  
Time: 6:00pm – 8:00pm  
Location: RTH Pool  
Age: High School (14-17)

Come to the pool on Friday evenings for activities to engage in upbeat water activities, such as basketball, volleyball, and deep end swimming games.

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## Swim Clinic

Date: Jul 14<sup>th</sup> – Aug 31<sup>st</sup>  
Day of the week: Friday, Saturday  
Time: 12:30pm – 1:30pm  
Location: RTH Pool  
Age: Family (All Ages)  
Cost: Non-Resident \$20

By registration only, one on one lessons offered weekly.

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## Mile Swim and Practice

Date: Jul 31<sup>st</sup> – Aug 18<sup>th</sup>  
Day of the week: Monday - Sunday  
Time: By Appointment  
Location: RTH Pool  
Age: Family (All Ages)

The 3rd Annual Mile Swim Challenge will be held in the last week of July and last week of August. All Swimmers completing the mile swim will be honored at the end of the season pool celebration! Be one of the athletes to swim, walk, or jog 1 mile, raising awareness for our programs and RTH Community Center and Pool this summer. Practice lanes will be provided during lap and open swim hours.



### Adult Swim Hours

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Monday, Wednesday  
Time: 12:00pm – 1:00pm  
Location: RTH Pool  
Age: Adults (18-55), Seniors (55+)

Designed for adults enjoy quiet activity in the pool.

---

### Family Swim Hours

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Tuesday, Thursday, Saturday, Sunday  
Time: check description  
Location: RTH Pool  
Age: Family (All Ages)

Designed to enjoy a leisurely activity for families with small children, toddlers, and infants. Toys and games will be provided for those desiring to participate. 11:00 AM (Tue, Thur), 12:00 PM (Sat, Sun) - 1:00 PM (Tue, Thur), 1:30 PM (Sat, Sun)

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### Open Swim Hours

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Monday - Sunday  
Time: check description  
Location: RTH Pool  
Age: Family (All Ages)

Comprised of all members of the community to engage in activities while adhering to rules from lifeguards. Monday 1:30-6:00PM, Tuesday and Wednesday 2:30-5:00PM, Thursday 2:00-5:00PM, Friday 2:00-6:00PM, Saturday and Sunday 1:30-5:00PM.



### Youth and Middle School Learn to Swim Lessons (Session A)

Date: Jul 11<sup>th</sup> – Aug 3<sup>rd</sup>  
Day of the week: Tuesday, Thursday  
Time: 5:00pm – 6:00pm  
Location: RTH Pool  
Age: Child (0-5), Youth (6-10), Middle School (11-13)  
Cost: Non-Resident \$20

The Learn to swim program comprises of 8 classes for levels from beginner to advanced. Patrons are given assessment to determine level and master all skills in the level to advance to next level. Safety lessons and demonstrations included.

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### Youth and Middle School Learn to Swim Lessons (Session B)

Date: Aug 8<sup>th</sup> – Aug 31<sup>st</sup>  
Day of the week: Tuesday, Thursday  
Time: 5:00pm – 6:00pm  
Location: RTH Pool  
Age: Child (0-5), Youth (6-10), Middle School (11-13)  
Cost: Non-Resident \$20

The Learn to swim program comprises of 8 classes for levels from beginner to advanced. Patrons are given assessment to determine level and master all skills in the level to advance to next level. Safety lessons and demonstrations included.

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### Teen and Adult Learn to Swim Lessons (Session A)

Date: Jul 11<sup>th</sup> – Aug 3<sup>rd</sup>  
Day of the week: Tuesday, Thursday  
Time: 6:00pm – 7:00pm  
Location: RTH Pool  
Age: High School (14-17), Adults (18-55), Seniors (55+)  
Cost: Non-Resident \$20

The Learn to swim program comprises of 8 classes for levels from beginner to advanced. Patrons are given assessment to determine level and master all skills in the level to advance to next level. Safety lessons and demonstrations included.

### Teen and Adult Learn to Swim Lessons (Session B)

Date: Aug 8<sup>th</sup> – Aug 31<sup>st</sup>  
Day of the week: Tuesday, Thursday  
Time: 6:00pm – 7:00pm  
Location: RTH Pool  
Age: High School (14-17), Adults (18-55),  
Seniors (55+)  
Cost: Non-Resident \$20

The Learn to swim program comprises of 8 classes for levels from beginner to advanced. Patrons are given assessment to determine level and master all skills in the level to advance to next level. Safety lessons and demonstrations included.

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### Water Fitness (Session A)

Date: Jul 10<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Monday, Friday  
Time: 5:00pm – 6:00pm  
Location: RTH Pool  
Age: Family (All Ages)  
Cost: \$2 per class

Jump in and use the resistance of the water to strengthen your body! Patrons will be given an assessment test to determine skill. Safety lessons and demonstrations are also included. Monday 5pm - 6pm, Friday, 11:30am - 12:30pm

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### Water Fitness (Session B)

Date: Aug 7<sup>th</sup> – Sep 1<sup>st</sup>  
Day of the week: Monday, Friday  
Time: 5:00pm – 6:00pm  
Location: RTH Pool  
Age: Family (All Ages)  
Cost: \$2 per class

Jump in and use the resistance of the water to strengthen your body! Patrons will be given an assessment test to determine skill. Safety lessons and demonstrations are also included. Monday 5pm - 6pm, Friday, 11:30am - 12:30pm

### Swim Club (Session A)

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Monday, Wednesday, Friday  
Time: 11:00am – 12:00pm  
Location: RTH Pool  
Age: Youth (6-10), Middle School (11-13),  
High School (14-17)

Learn water skills and drills, enjoy being in the water and swimming to start the day. This team atmosphere will give swimmers the confidence and knowledge to train/swim together. 11:00 AM (Mon, Wed, Fri), 6:00 PM (Fri) - 12:00 PM (Mon, Wed, Fri), 7:00 PM (Fri)

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### Swim Club (Session B)

Date: Aug 7<sup>th</sup> – Sep 1<sup>st</sup>  
Day of the week: Monday, Wednesday, Friday  
Time: 11:00am – 12:00pm  
Location: RTH Pool  
Age: Youth (6-10), Middle School (11-13),  
High School (14-17)

Learn water skills and drills, enjoy being in the water and swimming to start the day. This team atmosphere will give swimmers the confidence and knowledge to train/swim together. 11:00 AM (Mon, Wed, Fri), 6:00 PM (Fri) - 12:00 PM (Mon, Wed, Fri), 7:00 PM (Fri)



# Teen Center

## Teen Center Drop-in Hours

Monday - Thursday	3:30pm - 8:00pm
Friday, Saturday	3:30pm - 9:00pm
Sunday	Closed

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 beginning May 8<sup>th</sup>, 4-6:30pm. Staff will be available to help with homework. Check the board for new activities and schedule.

## Co Ed Middle School Hip Hop

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Middle School Friday, High School Saturday  
Time: 7:00pm – 8:00pm  
Location: RTHCC Studio  
Capacity: 12

Hip-hop dance is a vibrant form of dance that combines a variety of freestyle movements to create a cultural art. Through its main styles of popping, locking, and breaking, hip-hop dance has evolved into one of the most influential styles of dance.

## Teen Hall Meetings

Date: Jul 11<sup>th</sup>  
Day of the week: Tuesday  
Time: Middle School (11-13 yrs.) 5:30pm – 6:30pm  
High School (14-17 yrs.) 6:45pm – 7:45pm  
Location: RTH Teen Center

Meetings will be held weekly. Everyone's opinion matters! Meetings will help Teens to have a voice in the planning and of activities, trips, speakers, parties and events.

## Be The Change

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>  
Day of the week: Wednesday  
Time: 4:00pm - 6:00pm  
Age: Middle School (11-13 yrs.)  
Location: RTH Teen Center

We would like our teens to start volunteering around the community giving back to their community. If you have any task that need to be done, Email Staff Brianna or Abu. We will send our middle school & teenagers out in the community to help you.

## Parent Meeting

Date: Jul 11<sup>th</sup>  
Day of the week: Tuesday  
Time: 7:00pm  
Age: Middle School (11-13 yrs.)  
Location: RTH Teen Center

Please join us to review the Teen Center Middle School Program offerings, Teen Center rules/expectations and meet the staff. We also want to answer your questions, concerns, and suggestions.

## Six Flags Trip

Date: Jul 14<sup>th</sup>  
Day of the week: Friday  
Time: 2:00pm - 9:00pm  
Location: Outing  
Age: High School (14-17 yrs.)  
Cost: Resident \$35, Non-Resident \$40  
Capacity: 13

Six Flags America is the ultimate destination for coaster fanatics & family fun. Get world-renowned entertainment.

## Supercharged Entertainment Field-Trip

Date: Aug 11<sup>th</sup>  
Day of the week: Friday  
Time: 3:00pm – 9:00pm  
Location: Outing  
Age: High School (14-17 yrs.)  
Cost: Resident \$25, Non-Resident \$30  
Capacity: 10

Experience the thrill of the world's largest indoor multi-level track. 3 rounds of Grandprix style go kart races. Youth should bring their own money for meal.

## Albatross Fishing & Sunset Cruise

Date: Aug 18<sup>th</sup>  
Day of the week: Friday  
Time: 11:30am – 7:00pm  
Location: Outing  
Age: High School (14-17 yrs.)  
Cost: Resident \$20, Non-Resident \$25  
Capacity: 10

Experience a trip aboard the Albatross. For your comfort we suggest you bring a light jacket or wind breaker as there is often a cool breeze out on the bay.

# *Sports & Enrichment Programs*

## **Youth Making Moves**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Monday, Wednesday

Time: Youth 4:00pm – 5:00pm

Middle-School 5:00pm – 6:00pm

High-School 6:00pm – 7:00pm

Location: RTHCC Gymnasium

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

High School (14-17)

Youth Making Moves is a program focused on youth helping them identify their gifts and talents. By identifying one's gifts, it sparks purpose which fuels direction and how we take the steps to achieve.

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## **Open Gym**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Monday - Saturday

Time: Monday 4:00pm, Tuesday: 11:00am,

Wednesday: 11:00am, Thursday: 11:00am,

Friday: 1:00pm, Saturday: 1:00pm

Location: Gymnasium

Open gym is time for residents to use the gymnasium facility for various activities such as basketball, frisbee, or catch.

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## **Blackstone Basketball League**

Date: Jul 12<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Tuesday, Thursday

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

4:00pm – 5:00pm

High School (14-17 yrs.)

5:00pm – 6:00pm

Location: Gymnasium

Players will receive schedules on July 16th with game times listed.

## **Midnight Jog & Walk**

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

Day of the week: Tuesday

Time: 11:15pm – 12:30am

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

Location: Outing

Once a week on Tuesday evenings. Please meet outside the Community Center across from 2 New Whitney St.

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## **Midnight Middle School & Teens Basketball with Purpose and Passion**

Date: Jul 18<sup>th</sup>, Aug 19<sup>th</sup>

Day of the week: Saturday

Time: 6:00pm – 12:00am

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

Location: Gymnasium

Cost: Resident \$3, Non-Resident \$12

Includes Dinner, videos, stretching, dynamic warm up, fellowship, Real Talk, networking, three point contests, 3 on 3, 5 on 5, along with give aways for top performers of the night.

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## **Adult Midnight Basketball with Purpose and Passion**

Date: Jul 28<sup>th</sup>, Sep 1<sup>st</sup>

Day of the week: Saturday

Time: 6:00pm – 12:00am

Age: Adults (18-55)

Location: Gymnasium

Cost: Resident \$15, Non-Resident \$25

Includes Dinner, videos, stretching, dynamic warm up, fellowship, Real Talk, networking, three point contests, 3 on 3, 5 on 5, along with give aways for top performers of the night.

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## **Read, Write, Run/Swim Triathlon**

Date: Aug 26<sup>th</sup>

Day of the week: Saturday

Time: 11:30am – 3:30pm

Location: Parks Community Building

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

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

Cost: Non-Resident \$5

One hour of reading, writing and exercising to move our body, mind and creativity.

### **Play with Heart Basketball**

Date: Jul 12<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Monday, Wednesday

Time: Youth (6-10), 5:00pm – 6:00pm  
Middle School (11-13) 6:00pm – 7:00pm  
High School (14-17 yrs.) 7:00pm – 8:00pm

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

Location: Gymnasium

High level cutting edge basketball skills training

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### **Taekwondo**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Sunday

Time: 11:00pm – 3:00pm

Location: Gymnasium

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

Cost: Non-Resident \$25

Whether your kid 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.

### **Pick up Basketball**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Friday

Time: 3:00pm – 6:00pm

Location: Gymnasium

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

Pickup Basketball is a chance for scrimmaging, learning skills. Each week players will be selected for different teams and positions to develop their skills. Outside teens are welcome to join if they are registered along with coaches.

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### **Soccer Open Gym**

Date: Jul 9<sup>th</sup> – Sep 2<sup>nd</sup>

Day of the week: Monday, Wednesday

Time: 3:00pm – 5:00pm

Location: Gymnasium

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

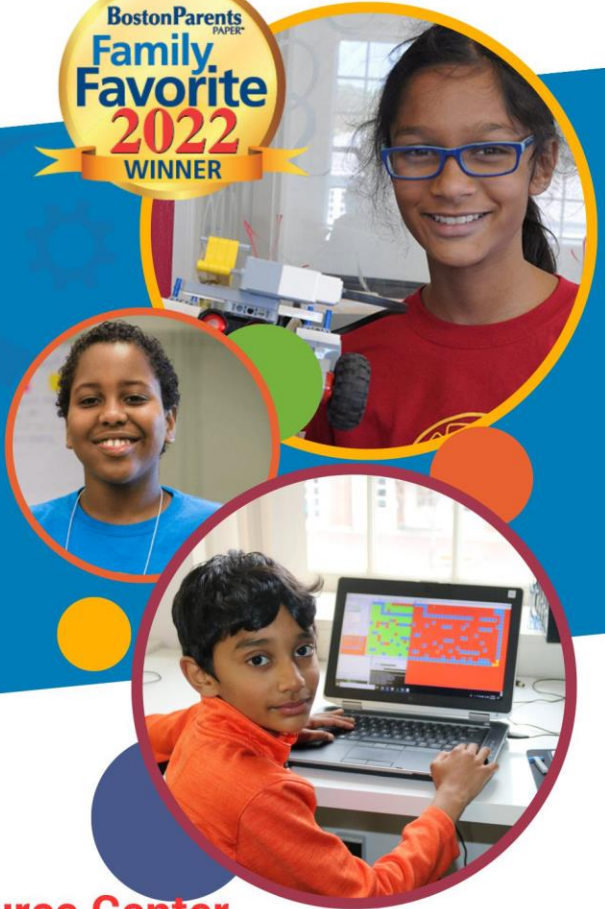
Open gym period for athletes to play soccer in the gymnasium.



# STEM SUMMER '23 PROGRAMS

~~~\$2,697~~

Free



**5 WEEKS: 7/17 - 8/18**

**Roxbury Tenants of Harvard Resource Center  
25 Mission Park Drive  
Boston, MA 02115**

**Monday to Friday: 9am to 3:30pm**

**Grades: Rising 2nd through 8th graders**

**Topics: Coding, 2D/3D Video Game Design, Minecraft, Digital 3D Art & Design**



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Sweet Home 3D®

**LIMITED # OF SEATS - REGISTER NOW!**

- ✓ **Coding:** Coding with Scratch
- ✓ **Video Game Design:** Roblox 3D Game Design, 2D Game Design with Flowlab
- ✓ **Minecraft:** Pixel Art, Architecture, Redstone, Commands, Modding
- ✓ **Digital Art & Design:** 3D Modeling, 3D Sculpting, 3D Architecture

**Register your child, scan here**



**or email: [CmcCarthy2@bostonpublicschools.org](mailto:CmcCarthy2@bostonpublicschools.org)**





JOIN US!

# RTH IS HIRING

VIEW OPEN POSITIONS ONLINE AT  
[www.roxburytenants.org](http://www.roxburytenants.org)

## SUBMIT YOUR RESUME

online or at RTHCC Welcome Desk



- Life-guard/Swim Instructor
- Pool Manager
- Swim Lesson Coordinator
- Aqua Fitness Instructor
- Summer Gym Coordinator
- P.T. Gym Monitors/Coach
- Specialist Sport Coach
- Teen Director
- Part Time Teen Specialist
- Teen Coordinator
- Senior Coordinator
- Resident Service Coordinator
- Social Worker
- Front Desk & Data Coordinator
- Paid Internship with Hospital Partners
- Summer Teen Jobs at RTH

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

# RTH Directory

## Executive Office - Neville House

11 New Whitney Street, 1st Floor

**Karen T. Gately**, Executive Director

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

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**Xing Zhou**, Instructor

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**Jennifer Lewis**, Youth Educational Services & Workforce Development Specialist

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## Senior Services, Flynn House

805 Huntington Avenue, 1st Floor

**Laura Adams**, Director of Senior Services

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## RTH Community Center

20A Vining Street (Welcome Desk ext. 200)

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**Brianna Gonzalez**, Teen Coordinator

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## Resident Services Parks Community Building

2 New Whitney Street 2nd Floor

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## RTH After School Program Recreation Exploration Center

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**Carmen Torres**, Literacy Coordinator

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