



Senior Services Winter Schedule

Harriet Tubman House
566 Columbus Avenue
Boston, MA 02118

For more information or to register, contact Heidy Viarruel by phone at (617) 375-8114 or by email at hviarruel@uses.org. A \$15 donation for the semester is requested.

USES.org/ss

Daily Lunch Program

Monday – Friday, 12:00 – 1:00 pm (except Holidays)

Computer Classes for Seniors

Mondays, 1/16 – 4/3, 1:30 – 3:00pm (Advanced)
Fridays, 1/20 – 4/7, 1:30 – 3:00pm (Beginner)

Platinum Singers

Wednesdays, 1/18 – 4/5, 2:00 – 3:30 pm

Yoga Stretching/Coordination

Wednesdays, 1/18 – 4/5, 12:30 – 1:30 pm

Jazzercise/Line Dancing

Fridays, 1/20 – 4/7, 11:00 am – 12:00 pm

Tai Chi

Tuesdays, 1/17 – 4/4, 2:00 – 3:00 pm
Thursdays, 1/19 – 4/6, 2:00 – 3:00 pm

Creative Recycle

Wednesdays, 10:00 am – 2:00 pm