



UNITED SOUTH END  
SETTLEMENTS

senior  
program



# Senior Services Fall 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](mailto:hviarruel@uses.org). A \$15 donation for the semester is requested.

**[USES.org/ss](http://USES.org/ss)**

## **Daily Lunch Program**

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

## **Computer Classes for Seniors**

Mondays, 9/12 – 12/12, 1:30 – 3:00 pm (Advanced)

Fridays, 9/16 – 12/16, 1:30 – 3:00 pm (Beginner)

## **Platinum Singers**

Wednesdays, 9/14 – 12/14, 2:00 – 3:30 pm

## **Yoga Stretching/Coordination**

Wednesdays, 9/14 – 12/14, 12:30 – 1:30 pm

## **Jazzercise/Line Dancing**

Fridays, 9/16 – 12/16, 11:00 am – 12:00 pm

## **Tai Chi**

Tuesdays, 9/13 – 12/13, 2:00 – 3:00 pm

Thursdays, 9/15 – 12/15, 2:00 – 3:00 pm

## **Creative Recycling**

Wednesdays – 10:00 am – 2:00 pm