



# Senior Services Spring Schedule

## **Harriet Tubman House** 566 Columbus Avenue Boston, MA 02118

For more information or to register, contact Heidi 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)

## **Creative Recycle**

Wednesdays – 10:00 am – 2:00 p.m.

## **Computer Classes for Seniors**

Fridays, 4/14 – 6/30, 1:30 – 3:00pm  
(Beginner/Advanced)

## **Platinum Singers**

Wednesdays, 4/12 – 6/28, 2:00 – 3:30 pm

## **Yoga Stretching/Coordination**

Wednesdays, 4/12 – 6/28, 12:30 – 1:30 pm

## **Jazzercise/Line Dancing**

Fridays, 4/14 – 6/30, 11:00 am – 12:00 pm

## **Tai Chi**

Tuesdays, 4/11 – 6/27, 2:00 – 3:00 pm  
Thursdays, 4/13 – 6/29, 2:00 – 3:00 pm

## **A Matter of Balance**

Thursdays, 4/27 – 6/15, 10:00 – 12:00 noon

