



Healthy Directions/

Resources



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NOTE: These are just some resources within a short distance of Kenmore and West Roxbury Harvard Vanguard clinics.

West Roxbury Resources

As you make healthy changes, remember to check out resources in your own community.



These resources can make it easier to make changes—and more fun! They range in price, but many are free or low-cost.

Community Centers

Ohrenberger Community Center

175 W. Boundary Road
West Roxbury, MA 02132
phone: (617) 635-5183

The center has open gym for teenagers on Tuesday and Thursday evenings. There is also a dance class for adults on Saturday afternoons.

Membership is \$5 a year. Please call for a current class schedule.

West Roxbury Community Center

1205 VFW Parkway
West Roxbury, MA 02132
phone: (617) 635-5190

The center has a pool, yoga classes, and other activities. Pool hours are from 6:00 AM to 7:45 PM. Call for more information.

Dance Classes

Miss Emily's West Roxbury School of Dance

29 Corey Street
West Roxbury, MA 02132
phone: (617) 363-0376
web: www.missemilysdance.com

This school offers jazz dance classes for adults – no dance experience needed. A 6-week session is \$75. Please call or visit the site for a current class schedule.

Bike Paths

Stony Brook Reservation Bike Path

There are 10 to 12 miles of bike paths and many recreational activities at the reservation.

Learn more about Boston-area bike paths by calling the Department of Conservation and Recreation at (617) 727-4708. To see maps of the paths, visit www.mass.gov/dcr/recreate/biking.htm.

Parks

Stony Brook State Reservation

Turtle Pond Parkway through West Roxbury and Hyde Park
phone: (617) 333-7404

Stony Brook Reservation contains 475 acres of scenic landscapes and many recreational facilities. There are places to bike, hike, fish, ice skate, go swimming, play baseball, play tennis, and much more. There is also a tot lot. Open year-round, from dawn to dusk.

Playgrounds

Billings Field

LaGrange Street
West Roxbury, MA 02132
phone: (617) 635-4505

Billings Field has an exciting playground that will keep kids busy. There are also 3 well-lighted baseball/softball fields, 3 tennis courts, 2 full basketball courts, and a path for walking.

Hours:

Monday through Sunday: 6:00 AM to 11:30 PM

Millennium Park

180 Charles Park Road
West Roxbury, MA 02132
phone: (617) 325-6400

This park has a playground, walking trails, and a canoe launch.

Walking Programs

NeighborWalk

web: www.bphc.org/neighborwalk
email: bostonsteps@bphc.org
phone: (617) 534-5690

NeighborWalk is a citywide program that sponsors walking clubs in Chinatown, Dorchester, Hyde Park, Jamaica Plain, Mattapan, Roxbury, South Boston, and the South End. Call or email to learn more.

Athletic Facilities

West Roxbury/Roslindale YMCA

15 Bellevue Street
West Roxbury, MA 02132
phone: (617) 323-3200
web: www.ymcaboston.org

This YMCA offers exercise equipment, a gymnasium, fitness classes, strength training, a sauna, and a steam room. There is also childcare and a computer center.

Hours:

Monday to Friday: 5:30 AM to 10:30 PM
Saturday: 7:00 AM to 7:00 PM
Sunday: 7:00 AM to 8:00 PM

Fees:

Individual membership:

Household income \$36,999 or below: \$40/month plus \$50 joining fee
Household income \$37,000 above: \$54/month plus \$100 joining fee

Couple membership:

Household income \$56,599 below: \$66/month plus \$50 joining fee
Household income \$56,600 above: \$88/month plus \$100 joining fee

Family membership:

Household income \$56,599 below: \$66/month plus \$50 joining fee
Household income \$56,600 above: \$88/month plus \$100 joining fee

Gold's Gym

1600 VFW Parkway
West Roxbury, MA 02132
phone: (617) 327-4653
web: www.goldsgym.com/westroxburyma

Hours:

Monday to Thursday: 5:30 AM to 10:00 PM
Friday: 5:30 AM to 9:00 PM
Saturday and Sunday: 7:00 AM to 6:00 PM

This fitness facility includes cardiovascular equipment, strength training equipment, a spinning studio, and exercise class studios.

Fees:

Enrollment: \$49
Month to month: \$44.99/month
With a 12-month contract: \$34.99/month

West Roxbury High School

1205 VFW Parkway
West Roxbury, MA 02132
phone: (617) 635-5066

West Roxbury High School offers men's basketball on Tuesday evenings, all year long. You must fill out a request form to use the courts. Please call for a current schedule.

Draper Pool

5279 Washington Street
West Roxbury, MA 02132
phone: (617) 635-5021

This stand-alone indoor pool facility was renovated in 2001. It has small but clean changing rooms and restrooms. It is near a playground and a track for running.

Hours for open swim:

Monday, Wednesday, and Friday: 1:00 PM to 4:00 PM
Tuesday and Thursday: 1:00 PM to 6:00 PM
Saturdays: please call for current times

Fees:

Family membership: \$40.00 for one year
Individual membership: \$25.00 for one year

Jim Roche Community Ice Arena

1275 VFW Parkway
West Roxbury, MA 02132
phone: (617) 323-9512

The Jim Roche Community Ice Arena is a Commonwealth of Massachusetts public ice skating facility, overseen by the Department of Conservation and Recreation (DCR). The arena offers a wide variety of skating programs for all ages and abilities.

Call for skating schedule.

Fees:

Admission: \$4.00 Skate rental: \$4.00

Kenmore Resources

As you make healthy changes,
remember to check out resources
in your own community.



These resources can make it easier to make changes—and more fun! They range in price, but many are free or low-cost.

Gardens

Fenway Victory Gardens

Boylston Street, Park Drive, and Fenway
Boston, MA 02215
phone: (617) 267-6650
web: www.fenwayvictorygardens.com

The Fenway Victory Gardens is a community group that maintains 7 acres of individual and community garden plots in the Fens section of the Emerald Necklace park system. This is a great place to take a walk and admire the gardens.

Boston Common and Boston Public Garden

64 Arlington Street
Boston, MA 02116
(617) 338-4400

The Boston Common has many fountains, lagoons, gardens, and paths for walking. The Frog Pond is open for wading in summer and skating in winter.

Parks

Back Bay Fens

The Fenway Park Drive
Boston, MA 02113
phone: (617) 635-4505

Beautiful plants and trees liven this landscape year-round. The park has thousands of colorful roses in the rose garden.

Arnold Arboretum

125 Arborway
Boston, MA 02130
web: www.arboretum.harvard.edu

The beautiful grounds of the arboretum are open from sunrise to sunset every day of the year. There are guided tours, events, family activities, and more. The Visitor Center in the Hunnewell Building has staff to help you make the most of your visit, maps for self-guided tours, a bookstore, and bathrooms.

Visitor Center hours:

Monday to Friday: 9:00 AM to 4:00 PM
Saturdays: 10:00 AM to 4:00 PM
Sundays: 12:00 PM to 4:00 PM

Playgrounds

Amory Playground

1100 Beacon Street
Brookline, MA 02446

Amory Playground is located next to Hall's Pond Sanctuary and Amory Wood. There are 6 clay tennis courts, a baseball and softball diamond, and picnic tables.

Longwood Playground

127 Longwood Avenue
Brookline, MA 02115

This playground has 2 separate play areas, one for school age children and one for toddlers. There are also 3 tennis courts and 2 short combination softball and youth baseball fields.

Community Centers

Brookline Community Center for the Arts (BCCA)

327 Saint Paul Street, #2
Brookline, MA 02446
web: www.bccaonline.com

The BCCA is a non-profit community arts center in Brookline. It offers classes and workshops in dance, movement, and more.

Visit the web site for more information.

Pools

Veterans Memorial Pool

700 Memorial Drive
Cambridge, MA 02139
phone: (617) 354-9381

A lifeguard is on duty.

Hours:

Open from early July to early September. It is free.

Walking Programs

NeighborWalk

web: www.bphc.org/neighborwalk
email: bostonsteps@bphc.org
phone: (617) 534-5690

NeighborWalk is a citywide program that sponsors walking clubs in the neighborhoods of Chinatown, Dorchester, Hyde Park, Jamaica Plain, Mattapan, Roxbury, South Boston, and the South End. Call or email to learn more.

Athletic Facilities

YMCA Back Bay/Fenway

316 Huntington Avenue
Boston, MA 02115
phone: (617) 927 8060
web: www.ymcaboston.org

This YMCA offers exercise equipment, a gymnasium, fitness classes, strength training, a sauna, and a steam room. There is also childcare and a computer center.

Hours:

Monday to Friday: 5:30 AM to 10:30 PM
Saturday: 7:00 AM to 7:00 PM
Sunday: 7:00 AM to 8:00 PM

Fees:

Individual membership:

Household income \$36,999 or below: \$40/month plus \$50 joining fee
Household income \$37,000 above: \$54/month plus \$100 joining fee

Couple membership:

Household income \$56,599 below: \$66/month plus \$50 joining fee
Household income \$56,600 above: \$88/month plus \$100 joining fee

Family membership:

Household income \$56,599 below: \$66/month plus \$50 joining fee
Household income \$56,600 above: \$88/month plus \$100 joining fee

Simmons College Sports Center

300 The Fenway
Boston, MA 02115
phone: (617) 521-1080
web: www.simmons.edu/athletics/facilities/holmes/index.php

Simmons College Sports Center has cardio and weight lifting equipment, pool exercise classes, and basketball courts. Individual memberships are available for those who work in the Longwood Medical Area.

Membership Fees:

12 months: \$420
9 months: \$342
6 months: \$240
3 months: \$135
1 month: \$50

Fees must be paid by personal check.

Hours:

Monday to Thursday: 6:30 AM to 10:00 PM
Friday: 6:30 AM to 8:00 PM
Saturday: 9:00 AM to 5:00 PM
Sunday: 12:00 PM to 8:00 PM

Pool hours:

Lap Swim

Monday to Thursday:
6:30 AM to 8:00 AM (shallow pool only)
8:00 AM to 10:00 AM
11:30 AM to 2:30 PM
6:30 PM to 8:30 PM

Friday:

6:30 AM to 8:30 AM (shallow pool only)
8:00 AM to 10:00 AM
11:30 AM to 2:30 PM
6:30 PM to 7:30 PM
Saturday:
10:00 AM to 2:00 PM

Sunday:

10:00 AM to 2:00 PM
4:00 PM TO 5:00 PM (women only)

Boston Sports Club

201 Brookline Avenue
Boston, MA 02215
phone: (617) 266-7400
web: www.mysportsclubs.com

Boston Sports Club offers cardio and weight-lifting equipment. Group fitness classes and personal training sessions are also available.

Hours:

Monday to Thursday: 5:30 AM to 10:00 PM
Friday: 5:30 AM to 9:00 PM
Saturday and Sunday: 8:00 AM to 8:00 PM

Fees:

Enrollment fee: \$149
\$69/month (Call for seasonal specials.)

Gold's Gym Boston

71 Lansdowne Street
Boston, MA 02215
phone: (617) 536-6066
web: www.goldsgym.com

The gym has a large group exercise studio and a "Women's Only" fitness center.

Hours:

Monday to Thursday: 5:00 AM to 10:00 PM
Friday: 5:00 AM to 9:00 PM
Saturday and Sunday: 8:00 AM to 6:00 PM

Fees:

Enrollment: \$199
Membership with a 12-month contract: \$59/month
Membership with a 24-month contract: \$49/month

Healthworks Fitness Centers for Women

920 Commonwealth Avenue
Boston, MA 02215
phone: (617) 731-3030
web: www.healthworksfitness.com

Healthworks is a women's-only fitness center. It offers a wide variety of classes and cardio and weightlifting equipment. Members can also take advantage of personal training sessions and spa services.

Hours:

Monday to Friday: 5:30 AM to 10:00 PM
Saturday and Sunday: 7:30 AM to 8:00 PM

Fees:

Prices range from \$40/month to \$100/month. Call for more information.

FitCorp Longwood

77 Avenue Louis Pasteur
Boston, MA 02115
phone: (617) 375-5600
web: www.fitcorp.com/locations/longwoodmedicalarea.aspx

Hours:

Monday to Thursday: 5:30 AM to 10:00 PM
Friday: 5:30 AM to 9:00 PM
Saturday: 9:00 AM to 7:00 PM
Sunday: 9:00 AM to 6:00 PM

Membership Fees

Month-to-month: \$89/month
With a 12-month contract: \$79/month

FitCorp fitness center offers cardio and weightlifting equipment. There is also personal training and group fitness classes.

Marino Center at Northeastern University

360 Huntington Avenue

Boston, MA 02115

phone: (617) 373-4433

web: www.campusrec.neu.edu

The fitness floor offers many kinds of exercise equipment. There are aerobics classes, martial arts clubs, a gym, weight training, and an indoor track.

Hours:

Monday to Thursday: 5:00 AM to 1:00 AM

Friday: 5:00 AM to 9:00 PM

Saturday: 8:00 AM to 6:00 PM

Sunday: 12:00 PM to 6:00 PM

Note that hours change often. Please call the Marino Center before going!

Fees:

Residents of the City of Boston have free access to the Marino Center on a daily basis. This is given on a first-come, first-served basis. There is a limit of 50 people a day. There is a 3-hour workout limit.

All residents must:

- fill out a waiver during their first visit
- be at least 18 years old
- must have a valid Massachusetts Driver's License or Massachusetts Identification Card, issued by the Registry of Motor Vehicles, with a Boston address

Note: Get there early! The gym opens at 5:00 AM on Monday through Friday, and there are usually 50 people in the center by 6:30 AM. The gym opens at 8:00 AM on Saturday and 10:00 AM on Sunday, and there are usually 50 people there by 8:30 AM.

Yoga

Back Bay Yoga Studio

1112 Boylston Street

Boston, MA 02215

phone: (617) 375-0785

web: www.backbayyoga.com

This studio offers a wide variety of yoga classes, workshops, and healing therapies.

Fees:

Community class: \$5 (cash only)

Drop-in class: \$15

10-class card: \$130

Monthly unlimited: \$150

3-month unlimited: \$375

Yearly unlimited: \$1,250

Call or visit the web site for a class schedule.

Tae Kwon Do

Jae H Kim Tae Kwon Do Institute

102 Brookline Ave

Boston, MA 02215

phone: (617) 266-5050

web: www.tkd-boston.com

The institute offers a variety of specialty classes. Call for more information.

Hours:

Monday to Friday: 10:00 AM to 9:00 PM

Saturday: 10:00 AM to 6:00 PM

Sunday: 10:00 AM to 4:00 PM

Fees:

\$98/month

CW Taekwondo at Boston

600R Massachusetts Avenue
Cambridge, MA 02139

web: www.cwtkd.com

CW Taekwondo at Boston conducts beginner and intermediate Taekwondo (Tae Kwon do) classes that cover all ranks. They also offer a cardio kickboxing class and hold sport Taekwondo competition workouts.

Hours:

Monday to Thursday: 6:30 PM to 10:30 PM

Friday: 6:00 PM to 7:00 PM

Saturday: 12:30 PM to 2:00 PM

Email info@cwtkd.com for more information about classes and fees.

General Resources

Learn more about healthy eating and physical activity with these great web sites and resources.

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Healthy Eating

Massachusetts' Farmers' Markets

web: www.mass.gov/agr/massgrown/farmers_markets.htm

Farmers' markets are a great place to buy locally grown produce, meet growers and farmers, and teach kids about fruits and vegetables. You can search the site by county.

Fruits and Veggies Matter

web: www.fruitsandveggiesmatter.gov

Learn why fruits and vegetables are important, what counts as a serving, tips for getting fruits and veggies, and more. Use the "Analyze My Plate" feature to build a healthy meal.

Nutrition.gov

web: www.nutrition.gov

Type "dietary supplements" into the search box to learn about vitamins. Read questions and answers, see how multivitamins help your body, and more.

Physical Activity

NeighborWalk

web: www.bphc.org/neighborwalk

email: bostonsteps@bphc.org

phone: (617) 534-5690

NeighborWalk is a citywide program that sponsors walking clubs in Chinatown, Dorchester, Hyde Park, Jamaica Plain, Mattapan, Roxbury, South Boston, and the South End. Call or email to learn more.

Department of Conservation and Recreation (DCR)

web: www.mass.gov/dcr

The Massachusetts Department of Conservation and Recreation is a great resource for physical activity. Learn where you can walk, run, bike, ski, ride a horse, look for birds, and more! There are also listings of local events in and around Boston.

Map My Run

web: www.mapmyrun.com

Use this tool to plan and track walking routes all over Boston or anywhere in the country.

Boston Hiking Guide

web: www.geocities.com/Yosemite/Trails/1171

Use this guide to plan hikes and walks in and around Boston. It lists hiking areas that are near T stops and bus routes. There are also maps, suggestions for walks and hikes based on the season of the year, and much more.

Body Mass Index Calculator

web: www.nhlbisupport.com/bmi

Your body mass index, or BMI, is a measure of your body fat. It is based on how tall you are and how much you weigh. Use this easy tool to measure your BMI.

Quit-smoking Resources

Learn more about kicking butts from these great quit-smoking resources.

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If you decide to quit smoking, don't go it alone! There are many resources that can offer help and support.

Quitworks

web: www.trytostop.org

phone: 1 (800) TRY-TO-STOP (879-8676)

Join the Massachusetts Try-to-Stop community with this free resource. Harvard Vanguard Medical Associates recommends Quitworks to its patients. The site has general tips for quitting, information about medications that can help you quit, success stories, which insurance plans cover quit-smoking medications, and much more. The Quit Wizard can even help you create your own quit-smoking plan. Visit the Quickworks website or call to learn more.

Your Doctor or Nurse Practitioner

The person who provides your care at Harvard Vanguard Medical Associates can point you to quit-smoking resources at your center.

Community Resources

Local hospitals, health centers, and other community health resources may offer quit-smoking programs. Your employer or insurance company may also offer classes or programs.

Smokefree.gov

web: www.smokefree.gov

phone: 1 (800) QUIT-NOW (784-8669)

Use this online guide to learn how to quit, make a plan to quit, what to do on your Quit Day, and ways to stay smoke-free. You can even talk to a trained quit-smoking counselor by phone or instant message.

American Lung Association

web: www.lungusa.org

phone: 1 (800) LUNG-USA (586-4872)

Join the free Freedom From Smoking online program to learn how to avoid smoking triggers, cope with cravings, and stay quit. Type the words “freedom from smoking” in the Search box on the site’s home page.

Become an Ex

web: www.becomeanex.org

Use this site to learn how to become an ex-smoker. Make a quit plan, join the site’s community of quitters, and keep track of your progress.

Notes

