

Boston's Age Strong Commission

Weekly Digest

November 1-7, 2021

Information & opportunities for Boston's older adults

2021 Medicare Annual Enrollment Period

Dates and deadlines you need to know



OCT

Annual Enrollment Period BEGINS

This is the first day you can enroll for 2022 coverage.



DEC

Annual Enrollment Period ENDS

This is the last day you can enroll for 2022 coverage.



JAN

First date coverage can START

Even if you enroll in December 2021, your new Medicare plan won't go into effect until Jan. 1, 2022.

For 2021 Medicare Annual Enrollment, call Age Strong for an appointment with an advocate to see if you have the best plan at the least cost.

Municipal Election

Tuesday, November 2, 2021

On The Ballot:

- Office of Mayor
- Offices of City Councillor at-Large
- District City Council
- Three Ballot Questions

Boston.gov/elections

CITY of BOSTON



Polls open 7am-8pm on November 2

WEEKLY DIGEST
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Stay Connected
to Age Strong:

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366
agestrong@boston.gov
boston.gov/agestrong



@AgeStrongBos

AGE+



City of Boston
Age Strong
Commission



MONDAY, NOVEMBER 1

9:30am

Age Strong Commission Virtual Chair Yoga

Click [here](#) to attend via Zoom.

11:30am

Age Strong Commission Virtual Zumba

Click [here](#) to attend via Zoom.

TUESDAY, NOVEMBER 2

11am-6pm (through 11/23)

Copley Square Farmers Market

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Latin Dance

Click [here](#) to attend via Zoom.

6:30pm

BPL Virtual "¡Con Salsa!" The History of Afro-Latin Music in the U.S.

Click [here](#) to register & for more information.

WEDNESDAY, NOVEMBER 3

11:30am

Age Strong Commission Virtual Yoga

Click [here](#) to attend via Zoom.

12pm-3pm

Free Telephone Immigration Legal Consultations

Call 617-635-2980 or email

immigrantadvancement@boston.gov for

appointments.

1pm-3pm

Recipe Box Gathering

Boston Public Library, Roxbury Branch

149 Dudley Street, Roxbury

Click [here](#) to register & for more information.

2:30pm

BPL Virtual: Living Room Conversations VII "Healing"

Click [here](#) to register & for more information.

3pm

BPL Virtual: Shelf Service Live Personalized Reading Recommendations from BPL Librarians

Click [here](#) to register & for more information.

3-6:30pm

East Boston Farmers Market

1 P William C Kelly Square, East Boston

Click [here](#) for more information.

THURSDAY, NOVEMBER 4

11am-4pm (through 11/18)

Dewey Square Farmers Market

700 Atlantic Avenue, South Boston

Click [here](#) for more information.

2pm

Sara Ting: Poem to Ignite Transformation

Boston Public Library, Central Branch

700 Boylston Street, Copley Square

Click [here](#) for more information.

4:30pm

Jamaica Plain Public Art Celebration

Boston Public Library, Jamaica Plain Branch

30 South Street, Jamaica Plain

Click [here](#) for more information.

6pm

Book Group: "Anxious People" by Fredrik Backman

Boston Public Library, South Boston Branch

646 East Broadway, South Boston

Click [here](#) to register & for more information.

7pm

BPL: Virtual: Kanopy Club

"Beauty and the Beast" (1946)

Watch the film on Kanopy then join the Zoom discussion

Click [here](#) for more information.



FRIDAY, NOVEMBER 5

10am-12noon

BPL: Virtual Drop-in Office Hours:

Legal Services Center

Click [here](#) to register & for more information.

11am-6pm

Copley Square Farmers Market

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Meditation

Click [here](#) to join via Zoom.

4pm

BPL: Virtual: Friday Unwind

Gentle Yoga with

Hands to Heart Center

Click [here](#) for more information.



SATURDAY, NOVEMBER 6

9am-1:30pm (through November)

Roslindale Farmers Market

Adams Park

4225 Washington Street, Roslindale

Click [here](#) for more information.

9am-12noon (through November)

Fields Corner Farmers Market

500 Geneva Avenue, Dorchester

Click [here](#) for more information.

12pm-3pm

Boston Veterans Day Parade

Meet at Charles

Click [here](#) for more information.

SUNDAY, NOVEMBER 7

10am-2pm

Leaf & Yard Waste Drop-off

500 American Legion Highway,

Mattapan

Click [here](#) for more information.



**BECOME AN AGE STRONG
RSVP VOLUNTEER!**

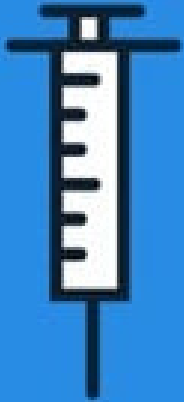
Are you interested in serving your community in a way that suits your schedule, skills, and interest? Serve as an AmeriCorps Seniors volunteer in our RSVP program. AmeriCorps Senior volunteers report better health & longevity having served their neighbors & community.

To sign up, contact

Age Strong at 617-635-4366 or
email agestrong@boston.gov.



FIGHT THE FLU IN BOSTON



Everyone six months and older should get the flu vaccine.

If you do not have health insurance, call the Mayor's Health Line at (617) 534-5050 or toll-free at (800) 847-0710. BPHC will be offering vouchers for free flu vaccines to uninsured or underinsured adults. If you have questions about the flu call the Infectious Disease Bureau at (617) 534-5611.

We are here to help! All calls are free and confidential.

CITY of BOSTON



**Need help paying
for heat
this winter?**

You're not alone.

**Find out if YOU qualify for
fuel assistance discounts!**

Call Age Strong for an appointment with an advocate.





Dia De Muertos Boston

In traditional Mexican homes, every November 1st and 2nd, dear departed family members are remembered with altars lovingly decorated with photographs, papel picado, offerings of fruit, favorite food and drink, candles, and masses of fragrant orange marigolds, la flor de cempasuchil.

The City of Boston invites you to submit and view photos of loved ones on the virtual altar online at www.boston.gov/diademuertos.

COVID-19

Am I eligible for a booster shot?

Who?

If you received a Pfizer or Moderna series:

- > 65 years and older
- > Age 18+ who live in long-term care settings
- > Age 18+ who have underlying medical conditions
- > Age 18+ who work or live in high-risk settings

If you received a J&J vaccine:

- > Age 18+

When?

- > At least 6 months after Pfizer or Moderna
- > At least 2 months after J&J

Which booster shot do I get?

- > You may have a preference, but you can get any booster shot.



FIND OUT MORE AT CDC.GOV & VACCINES.GOV

Free Fares on Route 28 Bus

For three months from
August 29th to November 29th, 2021...



...Route 28 bus
riders can
board buses at
all doors
without
paying a fare!

CITY of BOSTON

Mayor Kim Janey