Boston's Age Strong Commission

Weekly Digest

November 8-14, 2021

Information & opportunities for Boston's older adults



SIGN UP FOR EMERGENCY ALERTS

Our AlertBoston system is for residents, businesses, and visitors to the City of Boston. We'll notify you by phone, text, or email in the event of an emergency.

Sign up at Boston.gov/alert

WEEKLY DIGEST
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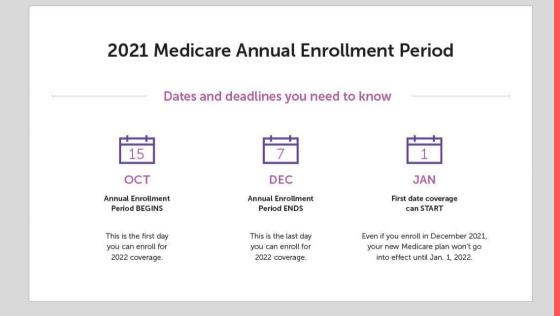
Events November 8-14

Volunteer Opportunities

Native American Futures Month

Holiday Lights

Job Opportunities



Call Boston's Age Strong Commission to make an appointment with an advocate to see if you have the best plan at the least cost.

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



City of Boston Age Strong Commission



MONDAY, NOVEMBER 8

9:30am

Age Strong Commission Virtual Chair Yoga Click here to attend via Zoom.

<u>11am</u>

Age Strong Commission Virtual ZumbaClick here to attend via Zoom.

<u>1pm</u>

BPL: Movie Discussion Group
To Catch a Thief (1955, PG)
Click here to register & for more inform

Click <u>here</u> to register & for more information.

TUESDAY, NOVEMBER 9

11am-6pm (through 11/23)

Copley Square Farmers Market

139 St. James Avenue, Copley Square Click <u>here</u> for more information.

11:30am

Age Strong Commission Virtual Latin Dance

Click here to attend via Zoom.

<u>2pm</u>

BPL: Fall Harvest Wreath Workshop

Boston Public Library, Fields Corner Branch 1520 Dorchester Avenue, Dorchester Click <u>here</u> to register & for more information.

WEDNESDAY, NOVEMBER 10

11:30am

Age Strong Commission Virtual Yoga Click here to attend via Zoom.

1pm-3pm

Recipe Box Gathering

Boston Public Library, Roxbury Branch 149 Dudley Street, Roxbury Click <u>here</u> to register & for more information.

2:30pm

BPL Virtual: Living Room Conversations VII: Crafting Understanding

Click <u>here</u> to register & for more information.

<u>3pm</u>

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

Click here to register & for more information.

<u>3pm</u>

BPL Virtual: Shopping Safely Online

Click here to register & for more information.

3-6:30pm

East Boston Farmers Market

1 P William C Kelly Square, East Boston Click <u>here</u> for more information.

<u>6pm</u>

BPL Virtual: Talk with Jared Ross Hardesty
Click here to register & for more information.

THURSDAY, NOVEMBER 11 VETERANS DAY

11am-4pm (through 11/18)

Dewey Square Farmers Market
700 Atlantic Avenue, South Boston
Click here for more information.

FRIDAY, NOVEMBER 12

10am-12noon

BPL: Virtual Drop-in Office Hours:
Legal Services Center

Click <u>here</u> to register & for more information.

<u>11am-6pm</u>

Copley Square Farmers Market 139 St. James Avenue, Copley Square

11:30am

Age Strong Commission Virtual Meditation

Click here for more information.

Click <u>here</u> to join via Zoom.



<u>2pm</u>

Museum of Fine Arts Virtual Program For those with memory loss & their care partners. Paper Stories, Layered Dreams.

Click here for more information.

<u>4pm</u>

BPL: Virtual: Friday Unwind
Gentle Yoga with
Hands to Heart Center
Click here for more information.

SATURDAY, NOVEMBER 13

<u>9am-1:30pm (through November)</u> **Roslindale Farmers Market**

Adams Park 4225 Washington Street, Roslindale Click <u>here</u> for more information.

9am-12noon (through November)
Fields Corner Farmers Market
500 Geneva Avenue, Dorchester
Click here for more information.



3pm Celebrity Series of Boston: Free Concert - Debo Ray & Quartet Salvation Army Kroc Center 650 Dudley Street, Dorchester Click here for more information.

SUNDAY, NOVEMBER 14

<u>10am-2pm</u>

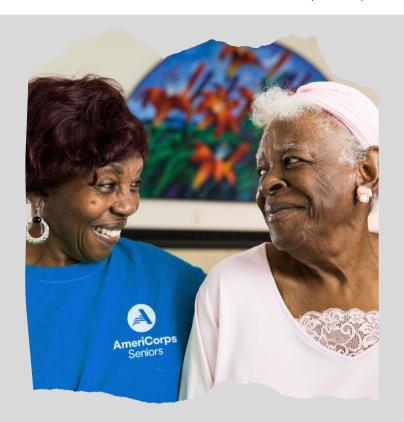
<u>Leaf & Yard Waste Drop-off</u>

500 American Legion Highway, Mattapan Click <u>here</u> for more information.

<u>3pm</u>

Giving Thanks Together in Celebration

Salvation Army Kroc Center 650 Dudley Street, Dorchester Click <u>here</u> 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.





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





Holiday Lights Events

The official holiday season kick-off in Boston includes the lighting of the City of Boston's official Christmas tree in the Boston Common, the annual Trellis lighting in the North End, and more!

Call the Boston Parks and Recreations Department at 617-635-4505 or visit boston.gov/parks to learn more.

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.

Am I eligible for a booster shot?

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+

- > 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.













Become a part of the Age Strong team!

Interested in working for Age Strong? We are hiring! Work with a great team advocating for Boston's older adults.

Check out our new career opportunities page to learn more here.



Age Strong Shuttle

Did you know Boston's older adults qualify for free rides on the Age Strong Shuttle?

We offer free wheelchair-accessible transportation to non-emergency doctor appointments. Call 617-635-3000 for more information.



Are you in need of a companion?

The Age Strong Commission's AmeriCorps Senior Companion Volunteers are trained & ready to help. Senior Companions serve as a friend/companion one-on-one in an older adult & home. They provide assistance & friendship to older adults who have difficulty with daily living tasks. To learn more about our Senior Conpanion program click here.