Boston's Age Strong Commission

Weekly Digest

January 3-9, 2022

Information & opportunities for Boston's older adults

Happy New Year 2022!



Learn About Winter Safety in Boston



Information is available on snow emergency parking locations, shoveling expectations, space saver restrictions, plowing, & more.

Go to <u>Boston.gov/winter-boston</u> to learn about services and resources that can help prepare you for this winter.

Because, in Boston, winter is always coming.

WEEKLY DIGEST
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Boston's Vaccine Requirement

Fuel Assistance

Events Jan. 3-9

Covid Booster Shots

Alert-Boston

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

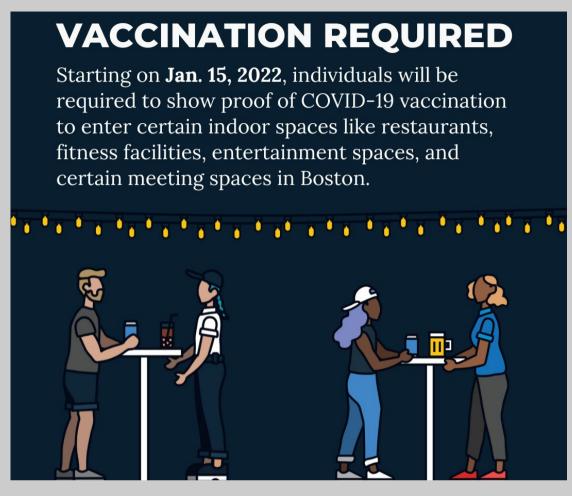




@AgeStrongBos

AGE+

City of Boston Age Strong Commission



Learn more at BOSTON.GOV/B-TOGETHER



Fuel Assistance:

Qualified residents of Boston can get up to \$1,030 to help with their heating bill.

Age Strong Commission advocates can help you fill out or renew your fuel assistance application, call 617-635-4366.



MONDAY, JANUARY 3

<u>5pm</u>

Parks: Virtual Fitness: Dance Fit

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

TUESDAY, JANUARY 4

10:30am

A Quilting Circle

BPL: Codman Square 690 Washington Street, Dorchester Click <u>here</u> to register & for more

information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

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

WEDNESDAY, JANUARY 5

<u>11am</u>

Parks: Virtual Fitness: Chair Yoga

Click here to register & for more information.

12noon-3pm

Free Immigration Consultations

Click here for more information.

<u>3pm</u>

BPL Virtual: Shelf Service Live
Recommendations from BPL librarians.

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

THURSDAY, JANUARY 6

<u>1pm</u>

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club

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

2:30-5:30pm

The Dudley Winter Market

11 Brook Avenue, Roxbury Click <u>here</u> for more information.

<u>6:00pm</u>

BPL Virtual: Book Group

"Dominicana" by Angie Cruz

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



6:30pm

Parks: Virtual Fitness: Zumba

Click here to register & for more information.

6:30pm

"¡Con Salsa!" History of Afro-Latin Music in the US

BPL: Hyde Park Branch 35 Harvard Avenue, Hyde Park Click here for more information.

FRIDAY, JANUARY 7

12:30pm

Parks: Virtual Fitness: Chair Meditation

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

4:30pm

"Still Arts Rise II" Exhibition Opening Reception

Boston City Hall, Scollay Square Gallery, floor 3 1 City Hall Square, Boston Click here for more information.

SATURDAY, JANUARY 8

<u>9am</u>

Parks: Virtual Fitness: Strength TrainingClick here to register & for more information.

<u>10am-1pm</u>

Dorchester Winter Farmers Market
6 Norfolk Street, Dorchester
Click here for more information.

SUNDAY, JANUARY 9

12noon-3pm

Roslindale Farmers Market
19 Corinth Street, Roslindale
Click here for more information.

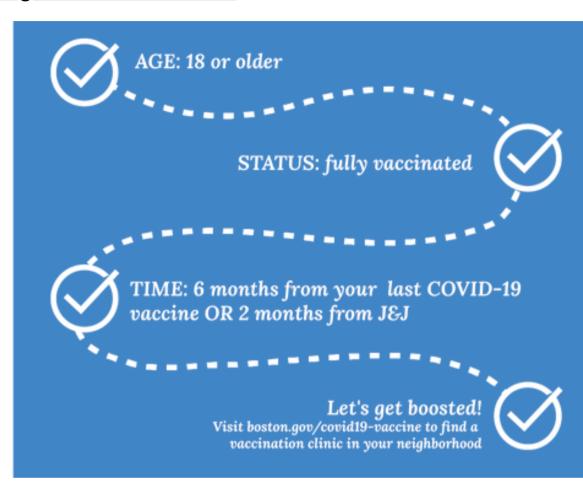
<u>6pm</u>

Parks: Virtual Fitness: Yoga Click <u>here</u> to register & for more information.

LET'S GET BOOSTED!

Visit boston.gov/Covid19-vaccine for more information.

ARE YOU
ELIGIBLE FOR
A COVID-19
BOOSTER?



CITY of BOSTON



KEEP BOSTON SENIORS WARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit **boston.gov/seniors-save** to apply today.

BOS:311

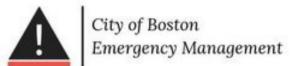
311 is an easy-to-remember telephone number that connects you with highly-trained Constituent Service Center representatives who are ready to help you with requests for non-emergency City services and information.

The 311 Constituent Service Center is open 24 hours a day, 7 days a week, 365 days a year.

All Emergencies (Police, Fire, EMS) should be reported to 911.







SIGN UP FOR ALERT-BOSTON!

In 4 simple steps:

- 1 Enter your Email or Phone number
- 2 Select how you would like to be Alerted
- 3 Enter your First and Last Name
- 4 Enter your Zip Code & Select a Language

Sign up at boston.gov/alert-boston