

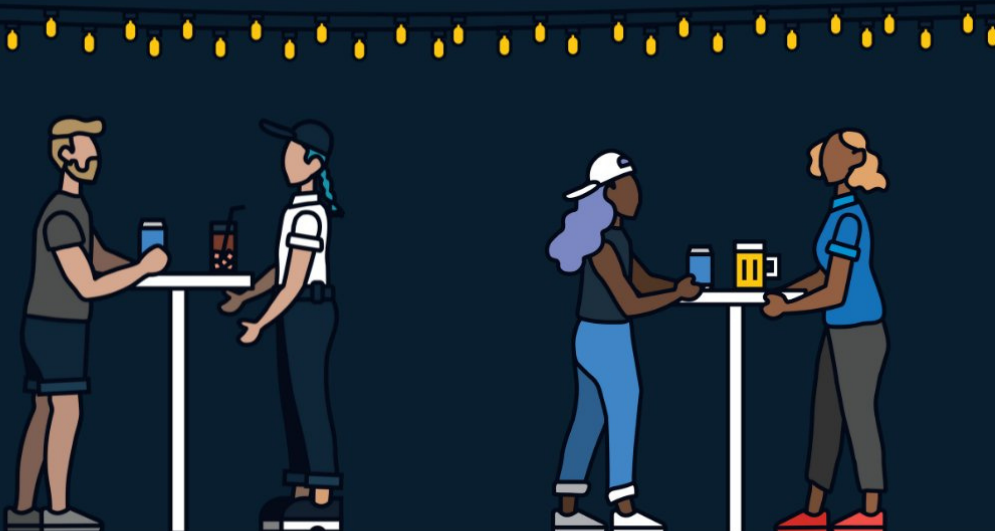
Weekly Digest

January 10-16, 2022

Information & opportunities for Boston's older adults

VACCINATION REQUIRED

Starting on **Jan. 15, 2022**, individuals will be required to show proof of COVID-19 vaccination to enter certain indoor spaces like restaurants, fitness facilities, entertainment spaces, and certain meeting spaces in Boston.



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

Am I eligible for a COVID-19 booster shot?

Who?

Individuals **12+** who are fully vaccinated*

*Individuals age 12-17 can only get the Pfizer booster



When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster



AGE+

City of Boston
Age Strong
Commission

For help scheduling a booster or transportation to get a booster,
call 311 or Age Strong at 617-635-4366 or visit www.boston.gov



MONDAY, JANUARY 10

9am

OLLI Virtual: Monday Morning Coffee Chat
UMass Boston's Osher Lifelong Learning Institute

Email ollireg@gmail.com to sign up.

12noon

OLLI Virtual: Getting to Know Van Gogh
UMass Boston's Osher Lifelong Learning Institute

Email ollireg@gmail.com to sign up

1pm

BPL Virtual: Movie Discussion Group
"The Donut King"

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

5pm

Parks: Virtual Fitness: Dance Fit

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

TUESDAY, JANUARY 11

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

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

10:30am: Film showing via Zoom

12:30pm: Film discussion via Zoom

OLLI Winter Film Series: "Father of the Bride" (1950)

UMass Boston's Osher Lifelong Learning Institute

Email ollireg@gmail.com to sign up

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

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

WEDNESDAY, JANUARY 12

11am

Parks: Virtual Fitness: Chair Yoga

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

1:30pm

A Journey through America's National Park System

UMass Boston's Osher Lifelong Learning Institute

Email ollireg@gmail.com to sign up

3pm***BPL Virtual: Shelf Service Live******Recommendations from BPL librarians***Click [here](#) to register & for more information.**THURSDAY, JANUARY 13**12noon***BPL Virtual: Digital Skills for Everyday Tasks***Click [here](#) to register & for more information.12noon***OLLI Virtual: The Battle for Burma: 1944-45***UMass Boston's Osher Lifelong Learning
InstituteEmail ollireg@gmail.com to sign up1pm***BPL Virtual: Lunchtime******Science Fiction/Fantasy Short Story Club***Click [here](#) to register & for more information.2pm***BPL Virtual: Tai Chi with Eddie Watkins***Click [here](#) to register & for more information.2:30-5:30pm***The Dudley Winter Market***

11 Brook Avenue, Roxbury

Click [here](#) for more information.6:30pm***Parks: Virtual Fitness: Zumba***Click [here](#) to register & for more information.**FRIDAY, JANUARY 14**12:30pm***Parks: Virtual Fitness: Chair Meditation***Click [here](#) to register & for more information.**SATURDAY, JANUARY 15**9am***Parks: Virtual Fitness: Strength Training***Click [here](#) to register & for more information.10am-1pm***Dorchester Winters Farmers Market***

6 Norfolk Street, Dorchester

Click [here](#) for more information.**SUNDAY, JANUARY 16**12noon-3pm***Roslindale Farmers Market***

19 Corinth Street, Roslindale

Click [here](#) for more information.6pm***Parks: Virtual Fitness: Yoga***Click [here](#) to register & for more information.



PLAN FOR THE COLD

Information for Everyone



Dress in loose layers with a waterproof outer layer.



Stay inside some place warm.



If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.

DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.
- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.
- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.
- Cold affects people unequally. Those who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, or use substances are more at risk.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

RESOURCES

1

Get warm at public warming centers and Boston Public Libraries.

2

Get emergency notices via text, email or phone from AlertBoston.

3

Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.

For more information on these resources, call 3-1-1 or visit boston.gov/cold




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

 City of Boston
Emergency Management



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.