

Boston's Age Strong Commission

Weekly Digest

May 2 - May 8, 2022

Information & opportunities for Boston's older adults

If it's been at least four months since your first booster, you are eligible for a second booster if you are:

- 50 years or older; or
- 12 years or older and moderately to severely immunocompromised; or
- 18 years or older AND received 1 Johnson & Johnson's Janssen COVID-19 primary dose and 1 booster dose

Boosters are essential for preventing severe illness from COVID-19. **Stay up to date on your vaccinations by getting your COVID-19 booster!**

boston.gov/covid19-vaccine



Mayor's Health Line:
617-534-5050

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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

Medicare Covers Over-The-Counter Covid-19 Tests

During the COVID-19 public health emergency, people with Medicare can get up to 8 over-the-counter COVID-19 tests per month for free from participating pharmacies and health care providers.

Visit [medicare.gov/medicare-coronavirus#300](https://www.medicare.gov/medicare-coronavirus#300) for more information.



AGE+



City of Boston
Age Strong
Commission



MONDAY, MAY 2

9am

Age Strong Virtual Chair Yoga

No registration necessary

Join by Zoom link [here](#).

11am

Job Search Workshops with MassHire

BPL: Fields Corner

1520 Dorchester Avenue, Dorchester

Click [here](#) for more information.

11:30am

Age Strong Virtual Meditation

No registration necessary

Join by Zoom link [here](#).

1:30pm

BPL: Tai Chi

BPL: East Boston

365 Bremen St, East Boston

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

5:30pm-7pm

Writing workshop with Poet Laureate

Porsha Olayiwola

BPL: Roxbury

149 Dudley Street, Roxbury

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

TUESDAY, MAY 3

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

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

11am-1pm

Knit/Crochet Circle

BPL: Roslindale Branch

4246 Washington Street, Roslindale

Click [here](#) for more information.

11am-12pm

Older Adults Chair Yoga

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) for more information.

11:30am -12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Join by Zoom link [here](#).

5:30pm

Virtual: Housing Stability Free Legal Clinic

Click [here](#) for more information.

6:30pm

BPL: Hatha Yoga

BPL: Fields Corner Branch

1520 Dorchester Avenue, Dorchester

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

WEDNESDAY, MAY 4

9:30am-10:30am

Neighborhood Coffee Hours - East Boston

East Boston Memorial Park

Porter and Orleans Street, East Boston

Click [here](#) for more information.



11:30am

Age Strong Virtual Yoga

No registration necessary

Click [here](#) for more information.

1pm-4pm

MassHire Career Help

BPL: Grove Hall

41 Geneva Avenue, Dorchester

Click [here](#) for more information.

3pm

BPL Virtual: Shelf Service Live: Recommendations from BPL Librarians

Click [here](#) for more information.

3pm-4pm

Lower Mills Makers

BPL: Lower Mills

27 Richmond Street, Dorchester

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

5pm

Virtual Resume Basics Workshop

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

THURSDAY, MAY 5

1pm

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club

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

2-3pm

BPL Virtual: Breathwork and Meditation with Jesse Rosinski

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

2-6pm

East Boston Farmers Market

250 Sumner Street, East Boston

Click [here](#) for more information.

3pm-4pm

Crafternoons at the South End

BPL: South End

685 Tremont Street, South End

Click [here](#) for more information.

5pm-8pm

Friends of the Jamaica Plain Branch Library Spring Book Sale

BPL: Jamaica Plain

30 South Street, Jamaica Plain

Click [here](#) for more information.

6pm

Book Group: Voyage of Mercy by Stephen Puleo

BPL: South Boston

646 East Broadway, South Boston

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

FRIDAY, MAY 6

9:30am-10:30am

Neighborhood Coffee Hours - Mission Hill

239 Parker Hill Avenue, Mission Hill

Click [here](#) for more information.

11:30am

Age Strong Virtual Zumba

No registration necessary

Join by Zoom link [here](#).

Mayor Michelle Wu's

NEIGHBORHOOD COFFEE HOURS

9:30am-10:30am



Wednesday, May 4: East Boston Memorial Park

Porter and Orleans Streets, East Boston

Friday, May 6: McLaughlin Playground

239 Parker Hill Avenue, Jamaica Plain

Monday, May 9: Doherty Park

349 Bunker Hill Street, Charlestown

Friday, May 13: Mozart Park

10 Mozart Street, Jamaica Plain

Wednesday, May 18: Ramler Park

130 Peterborough Street, Fenway-Kenmore

Friday, May 20: Billings Field

369 LaGrange Street, West Roxbury

Wednesday, May 25: Commonwealth Avenue Mall

15 Commonwealth Avenue, Back Bay

Friday, May 27: Garvey Park

995 Morrissey Boulevard, Dorchester

Thursday, June 2: Elliot Norton Park

295 Tremont Street, Boston

Wednesday, June 8: Smith Playground

235 Western Avenue, Allston-Brighton

Thursday, June 9: Fallon Field

910 South Street, Roslindale

Friday, June 10: Peters Park

230 Shawmut Avenue, South End

Monday, June 13: Horatio Harris Park

Walnut Avenue and Monroe Street, Roxbury

Wednesday, June 15: Langone Park

529 Commerical Street, Boston

Wednesday, June 22: Ronan Park

Mount Ida Road and Marie Street, Dorchester

Friday, June 24: Iacono Playground

150 Readville Street, Hyde Park

Wednesday, June 29: Medal of Honor Park

East 3rd and M Streets, South Boston

Thursday, June 30: Walker Playground

550 Norfolk Street, Mattapan

Sponsored by



Parks and Recreation

DUNKIN'

CITY of BOSTON



SATURDAY, MAY 7

10am-1pm

Three Leaves: A Conversation on Haitian Poets with Danielle Legros Georges

BPL: Mattapan

1350 Blue Hill Avenue, Mattapan

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

10am-2pm

Cinco De Mayo Celebration

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) for more information.

For more information on City events, visit boston.gov/events

SPECIAL MUNICIPAL ELECTION
 Tuesday, May 3, 2022 | District One City Councilor

Boston Neighborhoods in this District include:
 Charlestown, East Boston, and The North End

- Ward 1 Precincts 1 - 14
- Ward 2 Precincts 1 - 7
- Ward 3 Precincts 1 - 4

**DID YOU KNOW YOU COULD
SAVE UP TO \$1,500
ON YOUR PROPERTY TAXES?**



JOIN AGE STRONG'S PROPERTY TAX WORK-OFF PROGRAM

*Our mission is to enhance the lives of
Boston's older adults with meaningful
programs and resources.*

ABOUT PTWOP

- Qualified older homeowners could volunteer up to 106 hours for the City of Boston, in exchange for a property tax abatement of up to \$1,500 per fiscal year.

REQUIREMENTS

- Age 60+
- Gross income:
\$40,000 or less if single
\$55,000 or less if married
- You must own & occupy property 3+ years & occupy property as a primary residence.

HOW IT WORKS



Step 1

Submit your application with all supporting documents by July 1, 2022.



Step 2

If approved, we'll match you with a volunteering opportunity.



Step 3

When you complete the hours, you'll receive a property tax abatement.

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

617-635-5741
lisa.martins@boston.gov



DISABILITY COMMUNITY FORUM

CITY of BOSTON

YOU ARE INVITED

To the City of Boston Mayor's Commission on Disabilities
2022 Disability Community Forum.

Please join us for an opportunity to meet City of Boston government officials, learn about accessibility initiatives, and provide input about accessibility priorities. To submit questions in advance visit: bit.ly/DisabilityBOS



MAY 11, 2022
2:00-3:30PM



SUFFOLK UNIVERSITY
LAW SCHOOL
120 TREMONT ST.
BOSTON MA 02108



The Boston Parks and Recreation Department is updating our

OPEN SPACE AND RECREATION PLAN

boston.gov/open-space

Take our survey! We'd like to hear from you.






TAKE THE SURVEY

**HEADING BACK
TO THE OFFICE?
TELL US ABOUT THE
NEW COMMUTE**

[BIT.LY/COMMUTESURVEY2022](https://bit.ly/commutesurvey2022)

**BOSTON COMMUTER SURVEY
SPRING 2022**



City of Boston
Transportation



INTERESTED IN FREE OR DISCOUNTED INTERNET?

The Affordable Connectivity Program offers eligible households up to \$30 per month for internet service, and up to \$100 in a one-time discount for a digital device.

Learn more and submit an application online at **ACPBenefit.org**.

CITY of BOSTON



Innovation and Technology

ALL ABOARD

Starting Tuesday,
March 1, the 23, 28 and
29 MBTA buses will be
fare-free for two years.

OFFICE of MAYOR WU



Hearing Loss?

Will you hear your smoke alarm?

The Boston Fire Department will install a free bed shaker alarm with smoke and CO detectors to ensure you will be able to respond in the event of an emergency. For installation and additional information please call 617-343-3337 or email michelle.mccourt@boston.gov



Here is how the HLAC works:

Ordinary T-3 smoke alarm

Patented Lifetone™ technology constantly listens for your smoke alarm

Bright orange screen flashes "FIRE"

Powerful pulsating bed shaker vibrates



The LOUD low-frequency 520 Hz T-3 alarm sounds
A baritone voice says "FIRE! GET OUT!"



EVACUATION

REQUEST FOR
INFORMATION

(RFI)



The Office of Emergency Management is seeking the community's help to find innovative ways to approach and improve our evacuation planning through the **Evacuation Request For Information!**

Please respond to this RFI and help us improve the way we think about evacuation in Boston by visiting :

[Bit.ly/BostonEvacuation-RFI](https://bit.ly/BostonEvacuation-RFI)



BE INFORMED, PLAN AHEAD, STAY READY!



2022 BOSTON ANNUAL RESIDENT LISTING

The Boston Annual Resident Listing is how you, as a Bostonian, ensure that our City works for all of its people.

Learn more at boston.gov/census or call **617-635-VOTE (8683)**

CITY of **BOSTON**



Elections



THIS WEEK'S WALK-IN COVID-19 VACCINE & BOOSTER CLINICS AND COVID-19 TESTING SITES



Visit boston.gov/covid19-vaccine for vaccine clinics.
Visit boston.gov/covid19-testing for testing sites.
Call the Mayor's Health Line: 617-534-5050



2nd Boosters for Eligible Patients Now Available!