

## Boston's Age Strong Commission

# Weekly Digest

April 25 - May 1, 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](https://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](mailto:agestrong@boston.gov)  
[boston.gov/agestrong](https://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, APRIL 25

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](#).

1pm

### **Take Back the Kitchen: Cooking Classes for Older Adults**

BPL: Roxbury

149 Dudley Street, Roxbury

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

4pm

### **Creating with Paper**

BPL: Lower Mills

27 Richmond Street, Dorchester

Click [here](#) for more information.

5pm

### **Parks: Virtual Fitness: Dance Fit**

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, APRIL 26

10:30am

### **A Quilting Circle**

BPL: Codman Square

690 Washington Street, Dorchester

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

11am-1pm

### **Knit/Crochet Circle**

Boston Public Library: Roslindale Branch

4246 Washington Street, Roslindale

Click [here](#) for more information.

11am

### **Picnic in the Park**

Central Square Park

Border Street at Liberty Plaza Shopping

Center, East Boston

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

***Parks: Virtual Fitness: Afrobeats Dance***

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

6:30pm

***BPL: Hatha Yoga***

Boston Public Library, Fields Corner Branch

1520 Dorchester Avenue, Dorchester

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

**WEDNESDAY, APRIL 27**

11am

***Parks: Virtual Fitness: Chair Yoga***

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

11:30am

***Age Strong Virtual Yoga***

No registration necessary

Click [here](#) for more information.

3pm

***BPL Virtual: Shelf Service Live:***

***Recommendations from BPL Librarians***

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

6pm

***Terence Blanchard: Opera Composer in Jazz***

BPL: Copley

700 Boylston Street, Boston

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

6:30pm

***Food & Book Club: Just Us by Claudia Rankine***

BPL: Egleston

2044 Columbus Avenue, Roxbury

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

**THURSDAY, APRIL 28**

1pm

***BPL Virtual: Lunchtime***

Science Fiction/Fantasy Short Story Club

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

2-6pm

***East Boston Farmers Market***

250 Sumner Street, East Boston

Click [here](#) for more information.

2pm

***Tai Chi for Wellness with Eddie Watkins***

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

6:30pm

***Parks: Virtual Fitness: Zumba***

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

**FRIDAY, APRIL 29**

10am-12noon

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

Click [here](#) to register & 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

**2022**



[boston.gov/coffee-hours](http://boston.gov/coffee-hours)

**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 Commercial 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**



12pm

**Mayor's Poetry Program Reading**

Boston City Hall

1 City Hall Square, Boston

Click [here](#) for more information.

12:30pm

**Parks: Virtual Fitness: Chair Meditation**

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

2pm

**Tricky Trivia Challenge**

BPL: Mattapan

1350 Blue Hill Avenue, Mattapan

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

**SATURDAY, APRIL 30**

9am

**Parks: Virtual Fitness: Strength Training**

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

1pm

**Spring Poetry Reading**

640 Washington Street, Boston

Click [here](#) for more information.

**SUNDAY, MAY 1**

10 am

**Leaf & Yard Waste Drop-Off**

500 American Legion Highway, Mattapan

Click [here](#) for more information.



The Boston Parks and Recreation Department is updating our

# OPEN SPACE AND RECREATION PLAN

[boston.gov/open-space](https://boston.gov/open-space)

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



City of Boston  
Parks and Recreation

**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](https://bit.ly/DisabilityBOS)



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



**SUFFOLK UNIVERSITY**  
**LAW SCHOOL**  
**120 TREMONT ST.**  
**BOSTON MA 02108**



## Seniors Save Program

Did you notice over this winter you need to replace your faulty heating system? The Boston Home Center's Seniors Save Program helps Boston residents over 60 replace their failing heating systems.

Visit [boston.gov/how-join-seniors-save-program](https://boston.gov/how-join-seniors-save-program) for the application and more information.



**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](https://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](mailto: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](https://boston.gov/census) or call **617-635-VOTE (8683)**

CITY of **BOSTON**



Elections



## 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

