

Boston's Age Strong Commission

Weekly Digest

July 4th - July 10th, 2022

Information & opportunities for Boston's older adults

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

BOSTON AGE STRONG COMMISSION'S FREE GREENWAY YOGA CLASSES

Where: The Greenway Park
(North End at Hanover Street
& Cross Street)

Rain Location: Ausonia Apartments
185 Fulton Street, North End

When: Every Thursday!
10:30a.m. (through September 29)

Join the Age Strong Commission for a low impact gentle yoga & mindfulness series that welcomes all body types & fitness levels. Spend an hour on the beautiful Greenway & enjoy this free program!

Space is limited, so RSVP as soon as possible at 617-635-4366 or email renee.frechette@boston.gov.

CITY of **BOSTON**

AGE+

Age Strong

AGE+

City of Boston
Age Strong
Commission



TUESDAY, JULY 5TH

6:30am-7:30am

Park Summer Fitness: Yoga

Doherty Playground

349 Bunker Hill St., Charlestown

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

11am-1pm

Knitting/Crochet Circle

BPL: Roslindale Branch

4246 Washington St., Roslindale

Click [here](#) for more information.

11:30am - 12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Join by Zoom link [here](#).

2pm-3pm

Haley House Free Meals

23 Dartmouth St, Boston

Click [here](#) for more information.

1pm -3pm

Grubstreet Workshop: Roxbury Memoir Project

149 Dudley Street, Roxbury

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

2:30pm-5pm

July Films Celebrating Leslie Caron

South Boston Public Library

646 East Broadway, South Boston

Click [here](#) for more information.

2:30pm-5:00pm

Knit Group

1961 Centre Street, West Roxbury

Click [here](#) for more information.

WEDNESDAY, JULY 6TH

9:30am-10:30am

Park Summer Fitness: Tai Chi

Symphony Park, 39 Edgerly Rd., Boston

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

11:30am

Age Strong Virtual Yoga

No registration necessary

Join by Zoom link [here](#).

2:00pm-3:00pm

How to Use Headspace: Meditation and Mindfulness are Easy

Online Event

Click [here](#) to register.

6:00pm-7:00pm

Mo & Hazel: Concerts in the Courtyard

Central Library in Copley Square

700 Boylston Street, Boston

Click [here](#) for more information.

6pm-7pm

Park Summer Fitness: Line Dancing

Franklin Park, 1 Circuit Drive, Dorchester

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



SUMMER 2022 FARMERS MARKET COMPOST DROP-OFFS

Boston Public Market at Dewey Square
Downtown | Thursdays 11:00 a.m. to 4:00 p.m.

Nubian Square Farmers Market
Roxbury | Saturdays from 11:00 a.m. to 3:00 p.m.

Dudley Town Common Farmers Market
Roxbury | Thursdays from 2:30 p.m. to 6:15 p.m.

Brighton Farmers Market
Brighton | Wednesdays from 2:00 p.m. to 6:30 p.m.

CITY of BOSTON  Public Works

AmeriCorps Seniors RSVP volunteers offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

We offer reimbursement for some out-of-pocket expenses.

**Must be 55+*

AGE+ | City of Boston
Age Strong Commission
Mayor Michelle Wu



**For more information,
call Monique!!
617-635-4374**



THURSDAY, JULY 7TH

10am-11am

Park Summer Fitness: Chair Yoga

Symphony Park, 39 Edgerly Rd., Fenway
Click [here](#) to register & for more information.

10:30am-11:30am

Yoga and Mindfulness on the Greenway

The Greenway Park
Hanover St. and Cross St., North End
Click [here](#) for more information.

2:00pm-4:00pm

Chess and Checkers with Charlie Cleary

35 Harvard Ave, Hyde Park
Click [here](#) for more information.

6:00pm-7:00pm

Adopt A Block Community Walk - Roxbury

160 Warren Street, Boston
Click [here](#) for more information.

6:00pm-7:30pm

A Beginners Guide to Navigating the Internet Computer Class Series

Central Library In Copley Square
700 Boylston Street, Boston
Click [here](#) to register & for more information.

FRIDAY, JULY 8TH

10am-11am

Park Summer Fitness: Gentle Yoga

239 Parker Hill Ave., Mission Hill
Click [here](#) to register & for more information.

1:00pm-3:00pm

Friday Films

151 Cambridge St, Boston
Click [here](#) for more information.

2pm-3pm

Haley House Free Meals

23 Dartmouth St, Boston
Click [here](#) for more information.

SATURDAY, JULY 9TH

8:00am-9:00am

Park Summer Fitness: Walking Group

Franklin Park
1 Circuit Drive, Dorchester
Click [here](#) to register & for more information

10:00am-11:00am

Park Summer Fitness: Virtual Yoga

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

SUNDAY, JULY 10TH

9am-10am

Park Summer Fitness: Strength Training

A Street Park, 135-141 A St., South Boston
Click [here](#) to register & for more information.

2pm-3pm

Haley House Free Meals

23 Dartmouth St, Boston
Click [here](#) for more information.



WITHOUT ACCESS TO RELIABLE INTERNET?

The Long Term Lending Program now offers Chromebooks and wifi-enabled routers to those in need. Supplies are limited, apply at: bpl.org/long-term-lending

CITY of **BOSTON**



New Urban Mechanics



 Parks and Recreation

Mayor Michelle Wu's
GARDEN CONTEST
A CITYWIDE CELEBRATION OF URBAN GARDENING

Important Dates
Entry Deadline: Wednesday, July 13, 2022
Judges Visit Gardens: Week of July 25th
Awards Ceremony: Late August

Submit Applications: Boston.gov/GardenContest



WEEKEND CURBSIDE TEXTILE COLLECTION

By appointment only,
visit boston.gov/textiles
to schedule a pickup.

CITY of **BOSTON**  Public Works 



Massachusetts
Councils On Aging

The Walk Massachusetts Challenge Returns!

May 1 - October 31, 2022



Registration opens April 1
To register: www.walkmachallenge.com

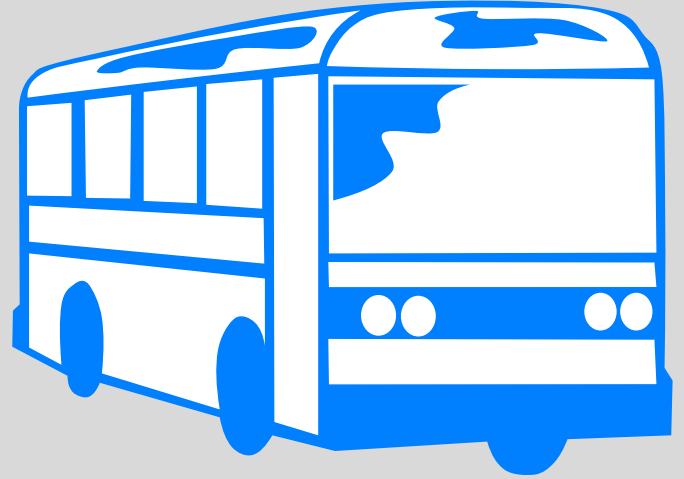
TAXI COUPONS FOR SALE!



Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

Please show an ID showing your Boston residency. Each coupon book costs \$5 (worth \$10), please pay with cash. Coupons don't expire. For a limited time, each resident may buy 4 coupons/month.

Coupons are available at the Age Strong Commission Monday-Friday, 9am-5pm, as well as various sites. Click [here](#) to view the list of sites or call 617-635-4366.



Take our Age Strong Shuttle!

We provide Boston residents age 60 and older with free transportation within the City of Boston to non-emergency medical appointments, with advance notice. We also have wheelchair-accessible shuttles.

**To set up a ride,
call 617-635-3000**



Age Strong