

Boston's Age Strong Commission

Weekly Digest

June 20 - June 26, 2022

Information & opportunities for Boston's older adults

Join the Age Strong Commission's **THE LONGEST DAY** Campaign



Share **YOUR** Story...

Help Boston's Age Strong Commission raise awareness for those living with dementia & their care partners

CITY of **BOSTON** **AGE+** | Age Strong

We invite you to share YOUR personal story — your experience with Alzheimer's Disease, other dementias, or as a care partner. Sharing your story can inspire & help others.

Learn more & share YOUR story online:
boston.gov/age-strong-the-longest-day

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

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City of Boston
Age Strong
Commission



MONDAY, JUNE 20 (JUNETEENTH)

5pm-6pm

Park Summer Fitness: Virtual Dance Fit

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

6pm-7pm

Park Summer Fitness: Barre Class

Savin Hill Park, 25 Casplan Way, Dorchester

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

6pm-7pm

Park Summer Fitness: Yoga

Adams Park, 4225 Washington St., Roslindale

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

TUESDAY, JUNE 21

6:30am-7:30am

Park Summer Fitness: Yoga

Doherty Playground

349 Bunker Hill St., Charlestown

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

7am-8am

Park Summer Fitness: Virtual HIIT Training

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

11am-1pm

Knitting/Crochet Circle

BPL: Roslindale Branch

4246 Washington St., Roslindale

Click [here](#) for more information.

11am-2pm

'The Longest Day' Event

Boston City Hall Plaza

1 City Hall Square, Boston

Click [here](#) for more information.

11:30am -12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Join by Zoom link [here](#).

6pm-7pm

Park Summer Fitness: Kick It Class

Brighton Common

30 Chestnut Hill, Ave., Allston-Brighton

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

6pm-7:30pm

LGBTQ Veterans Serving With Pride

Building 22, Charlestown Navy Yard,

Charlestown

Click [here](#) for more information.

6:30pm-7:30pm

Park Summer Fitness: Zumba

Blackstone Square

1535 Washington St., South End

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

WEDNESDAY, JUNE 22

9am-10am

Park Summer Fitness: Strength and Conditioning

Elliot Norton Park,

295 Tremont St., Chinatown

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

9:30am-10:30am

Neighborhood Coffee Hours - Dorchester

Ronan Park, 92 Mt. Ida Rd., Dorchester

Click [here](#) for more information.

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!
11:30a.m. (through September 29)

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

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



**JOIN AGE STRONG'S PROPERTY TAX
WORK-OFF PROGRAM**

For more information, contact Lisa Martins at 617-635-5741 or email lisa.martins@boston.gov

**Applications to apply for
the program are due July 1!**



11:30am

Age Strong Virtual Yoga

No registration necessary
Join by Zoom link [here](#).

1pm-4pm

MassHire Career Help

BPL Grove Hall
41 Geneva Ave., Dorchester
Click [here](#) for more information.

3pm

**BPL Virtual: Shelf Service Live:
Recommendations from BPL Librarians**

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.

THURSDAY, JUNE 23

6:30am-7:30am

Park Summer Fitness: Virtual Fusion Fit

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

10am-11am

Park Summer Fitness: Chair Yoga

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

1pm

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club
Click [here](#) to register & for more information.

2pm-4pm

Chess and Checkers with Charlies

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

6-7pm

Park Summer Fitness: Zumba Tone Class

Billings Field
369 LaGrange St., West Roxbury
Click [here](#) to register & for more information.

6-7pm

Park Summer Fitness: Pound Class

Mozart Street Playground
10 Mozart St., Jamaica Plain
Click [here](#) to register & for more information.

6-7pm

**Park Summer Fitness: Afrobeats Dance
Class**

Gertrude Howes Playground
68 Moreland St., Roxbury
Click [here](#) to register & for more information.

FRIDAY, JUNE 24

9:30am-10:30am

Neighborhood Coffee Hours - Hyde Park

150 Readville St., Hyde Park
Click [here](#) for more information.

10am-11am

Park Summer Fitness: Gentle Yoga Class

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

11:30am

Age Strong Virtual Zumba

No registration necessary

Join by Zoom link [here](#).

12:00pm

Park Summer Fitness: Virtual Chair Yoga

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

SATURDAY, JUNE 25

8am-9am

Park Summer Fitness: Walking Group

Franklin Park, 1 Circuit Drive, Dorchester

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

10am-11am

Park Summer Fitness: HIIT Training

Iacono Playground

150 Readville St., Hyde Park

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

10am

Park Summer Fitness: Virtual Zumba

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

SUNDAY, JUNE 26

9am-10am

Park Summer Fitness: Strength Training

A Street Park, 135-141 A St., South Boston

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

4pm

Elliot Schoolyard Summer Concerts

24 Eliot Street, Jamaica Plain

Click [here](#) for more information.

6pm-7pm

Park Summer Fitness: Strength Training

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

Mayor Michelle Wu's
**NEIGHBORHOOD
COFFEE HOURS**

9:30am-10:30am

For more info:

boston.gov/coffee-hours



Sponsored by



Parks and Recreation

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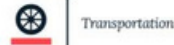




FREE FARES ON BUS ROUTES 23, 28, AND 29

Learn more at boston.gov/free-bus

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HOUSEHOLD HAZARDOUS WASTE DAY

Saturday, June 18, 2022 | 9 a.m. - 2 p.m.
400 Frontage Road, Boston, MA

- Proof of Boston residency required.
- We do not accept waste from businesses.
- We accept clothing, electronics, tires, and more! Find the list of accepted items at boston.gov/hazardous-waste

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NEED HELP GETTING ONLINE?

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

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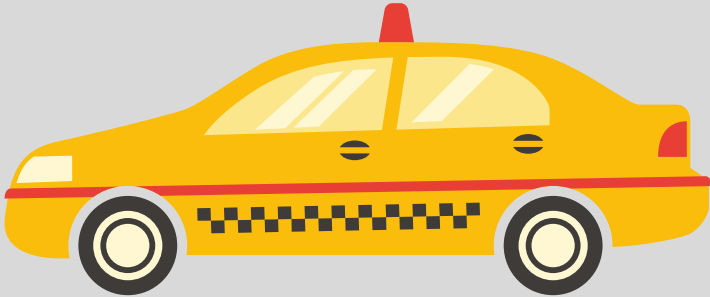
HEAT SAFETY TIPS

Stay hydrated. Drink more water, no matter how active you are. Avoid alcohol and sugary or caffeinated drinks. Don't wait until you're thirsty to drink.

Boston.gov/heat

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TAXI COUPONS FOR SALE!

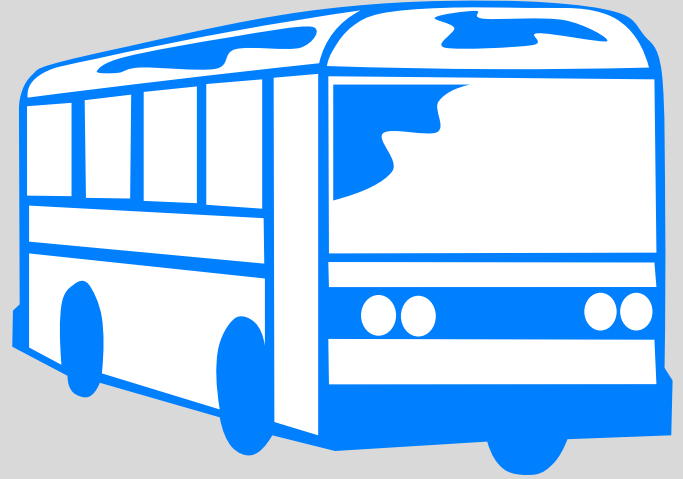


Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

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.

CITY *of* **BOSTON**



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**

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