

Boston's Age Strong Commission

Weekly Digest

June 6 - June 12, 2022

Information & opportunities for Boston's older adults

WEEKLY DIGEST
Table of Contents

[Free Greenway
Yoga Classes](#)

[Events June 6- June 12](#)

[Creative Aging Poetry
Prompt](#)

[Become a Bus Buddy](#)

[Affordable Connectivity
Program](#)

**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!
11:30a.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+

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City of Boston
Age Strong
Commission



MONDAY, JUNE 6

9am

Age Strong Virtual Chair Yoga

No registration necessary

Join by Zoom link [here](#).

11:30am

Age Strong Virtual Meditation

No registration necessary

Join by Zoom link [here](#).

12pm-1:30pm

Weekly Chess Club

BPL: North End,

25 Parmenter St., North End

Click [here](#) for more information.

1:30pm-2:30pm

Tai Chi

BPL: East Boston

365 Bremen St., East Boston

Click [here](#) for more information.

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 7

7am-8am

Park Summer Fitness: Virtual HIIT Training

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

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington St., Dorchester

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

11am-1pm

Knit/Crochet Circle

BPL: Roslindale Branch

4246 Washington St., Roslindale

Click [here](#) for more information.

11am-12pm

Device Help by Appointment

BPL: Lower Mills

27 Richmond St., Dorchester

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.

6:30pm-7:30pm

Park Summer Fitness: Zumba

Blackstone Square

1535 Washington St., South End

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

CREATIVE AGING PROJECT'S CITY-WIDE POETRY PROMPT

Inviting Boston's Older Adults to Write & Share Original Poems

The top 3 submissions will be published in *Boston Seniority* magazine!

Submission Deadline: Monday, June 6, 2022 at 5:00pm

Older adults are invited to submit original poetry based on any of these prompts:

- Write a recipe describing a specific emotional feeling
- Write the autobiography of your grandparent's hands
- Write about a moment in history (your own or global) you wish you could change & change the ending



How to submit your poetry:

Email: AgeStrong@Boston.gov

Fax: 617-635-3213

Mail: Age Strong Commission, Boston City Hall, Room 271
1 City Hall Sq., Boston, MA 02201

All poems are welcome, in any language, even if not in line with the suggested "prompt." For more information call Renee Frechette at 617-635-4168 or email renee.frechette@boston.gov



WEDNESDAY, JUNE 8

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 - Allston/Brighton

Smith Playground, 235 Western Ave., Allston
Click [here](#) for more information.

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 9

9:30am-10:30am

Neighborhood Coffee Hours - Roslindale

Fallon Field, 910 South St., Roslindale
Click [here](#) 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 10

9:30am-10:30am

Neighborhood Coffee Hours - South End

Peters Park, 230 Shamut Ave., South End

Click [here](#) for more information.

10am-11am

Park Summer Fitness: Gentle Yoga Class

McLaughlin Playground

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 11

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-12pm

2022 Watercolor Painting Workshops: Ringgold Park

10 Ringgold St., South End

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

10am

Park Summer Fitness: Virtual Zumba

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

SUNDAY, JUNE 12

9am-10am

Park Summer Fitness: Strength Training

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

Click [here](#) to register & 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



**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.

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Age Strong Commission
Mayor Michelle Wu

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

BECOME A BUS BUDDY!

**Bus Buddies teach older adults
how to safely navigate
public transportation**

Bus Buddy Volunteers:

- receive practical training
- receive some reimbursement for travel/meals
- receive free accidental/liability insurance
- are CORI cleared
- are invited to our yearly volunteer recognition

Interested?

**Call Monique Carvalho at 617-635-4374
or email monique.carvalho@boston.gov**

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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://www.acpbenefit.org)**.

CITY of BOSTON



Innovation and Technology



"One small act

can create an

enormous impact"

Become a Respite Volunteer!

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



**AmeriCorps
Seniors**

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



City of Boston
Age Strong
Commission

AmeriCorps Seniors is offering two new engaging workshops

Let's Connect Virtually!!

Schedule a Group Workshop with Boston RSVP Today!



Money Smart

- Learn best practices on how to manage your money
- Recognize and reduce the risk of financial exploitation
- Guard against identity theft

Opioid Prevention & Education

- Learn more about Opioids & the effects they have on the body
- How to prevent overdose
- How to communicate with and support loved ones who are living with addiction

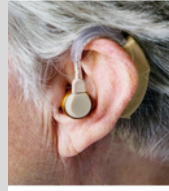


To learn more or schedule a workshop contact:
Monique Carvalho at 617-635-4374
Monique.carvalho@boston.gov

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!"



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)



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

CITY of **BOSTON**



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!



Request FREE High Speed Internet & a Chromebook Laptop through the Boston Public Library's Long Term Lending Program

If you are an adult Boston resident who either has no home Internet service — or if the Internet service you have is too slow for online learning — you may be able to access free high-speed home internet via an LTE enabled home wi-fi router through June 2023 from the Boston Public Library. Those who qualify may also receive a new Google Chromebook laptop!



A limited number of spaces exist for this program. Apply now at www.bpl.org/long-term-lending.



2022 FREE IMMIGRATION CONSULTATIONS

currently by telephone

To schedule an appointment:

Call: 617-635-2980

Email: immigrantadvancement@boston.gov

Ask a volunteer lawyer for immigration advice on the first and third Wednesday of every month from 12 - 3 p.m.



Interpretations and disability accommodations are available. Consultations are maximum of 15 minutes.

January 5 & 19	February 2 & 16	March 2 & 16
April 6 & 20	May 4 & 18	June 1 & 15

For more information:
Call: 617-635-2980, Website: boston.gov/immigrants
Facebook & Twitter: @BOSImmigrants



CITY of BOSTON RENTAL RELIEF FUND

Help for Boston residents at risk of losing their housing due to the pandemic

\$35 million distributed



each of Boston's 20 neighborhoods represented

more than 5,000 households assisted



99 percent of households earn less than \$58,000 per year



households received an average of \$8,776