

Boston's Age Strong Commission

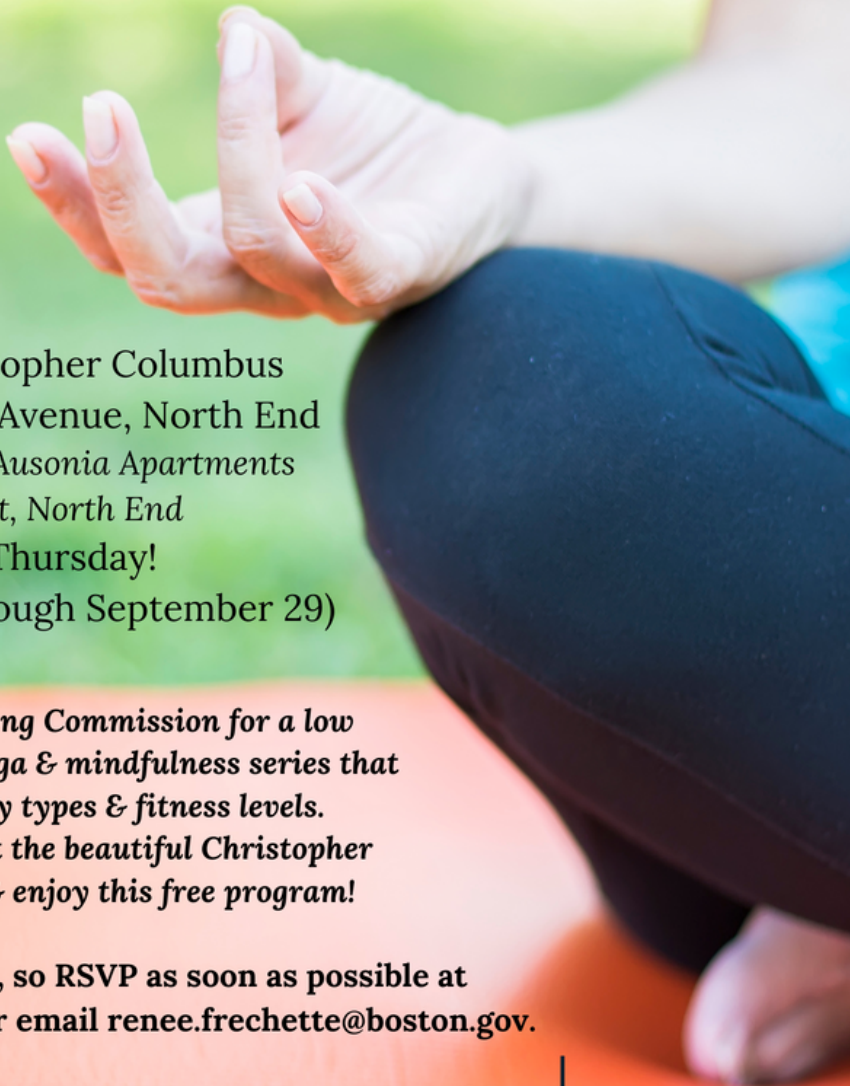
# Weekly Digest

August 1 - August 7, 2022

Information & opportunities for Boston's older adults

**New location for Age Strong  
yoga classes!**

## BOSTON'S AGE STRONG COMMISSION'S FREE COLUMBUS PARK YOGA CLASSES



**Where:** Christopher Columbus  
Park, Atlantic Avenue, North End

**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 at the beautiful Christopher  
Columbus Park & enjoy this free program!

Space is limited, so RSVP as soon as possible at  
617-635-4366 or email [renee.frechette@boston.gov](mailto:renee.frechette@boston.gov).

**CITY of BOSTON**

**AGE+**

Age Strong

WEEKLY DIGEST  
Table of Contents

[Age Strong  
Yoga Classes](#)

[Events August 1-7](#)

[Bus Buddy Volunteer](#)

[Become a Poll Worker](#)

[Age Strong Shuttle](#)

**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](http://boston.gov/agestrong)



@AgeStrongBos

**AGE+**

City of Boston  
Age Strong  
Commission



## MONDAY, AUGUST 1

9am

### **Age Strong Virtual Chair Yoga**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

11:30am

### **Age Strong Virtual Meditation**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

9am-5pm

### **Meet Your Age Strong Advocate: Lorna**

BCYF Nazzaro: 30 North Bennet St., North End

Contact Phone Number: 617-635-4366

5pm-6pm

### **Park Summer Fitness: Virtual Dance Fit**

Contact Phone Number: 617-635-4505

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

6pm-7pm

### **Park Summer Fitness: Barre Class**

Savin Hill Park, 25 Casplan Way, Dorchester

Contact Phone Number: 617-635-4505

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

## TUESDAY, AUGUST 2

6:30am-7:30am

### **Park Summer Fitness: Yoga**

Doherty Playground

349 Bunker Hill St., Charlestown

Contact Number: 617-635-4505

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

11am-1pm

### **Knitting/Crochet Circle**

BPL: Roslindale Branch

4246 Washington St., Roslindale

Contact Phone Number: 617-323-2343

Click [here](#) for more information.

11am -12pm

### **Device Help by Appointment**

BPL: Lower Mills

27 Richmond St., Dorchester

Contact Phone Number: 617-298-7841

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

11:30am -12:30pm

### **Age Strong Virtual Latin Dance**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

6pm-7pm

### **Park Summer Fitness: Kick It Class**

Brighton Common

30 Chestnut Hill, Ave., Allston-Brighton

Contact Phone Number: 617-635-4505

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

7:45pm

### **Jamaica Plain Movie Night: The Mitchells vs. the Machines**

Jamaica Way at Moraine St., Jamaica Plain

Contact Phone Number: 617-635-4505

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



# FREE FARES ON BUS ROUTES 23, 28, AND 29

Learn more at [boston.gov/free-bus](https://boston.gov/free-bus)

CITY of **BOSTON**



Transportation

## BECOME A BUS BUDDY!

Bus Buddies teach older adults  
how to safely navigate  
public transportation

For more information, contact Monique Carvalho  
at 617-635-4374 or email [monique.carvalho@boston.gov](mailto:monique.carvalho@boston.gov)

CITY of **BOSTON**

AGE\* | Age Strong



## WEDNESDAY, AUGUST 3

9:00am

### ***Park Summer Fitness: Tai Chi***

Symphony Park, 39 Edgerly Road, Boston  
 Contact Phone Number: 617-635-4505  
 Click [here](#) for more information.

10am-12pm

### ***Meet Your Age Strong Advocate: Angelina***

Veronica B. Smith Senior Center Cape  
 Verdean Association of Boston  
 24 Bowdoin St., Dorchester  
 Contact Phone Number: 617-635-4366

11:30am

### ***Age Strong Virtual Yoga***

No registration necessary  
 Contact Phone Number: 617-635-4366  
 Join by Zoom link [here](#).

10am-12pm

### ***Meet Your Age Strong Advocate: Alycia***

Veronica B. Smith Senior Center  
 20 Chestnut Hill, Brighton  
 Contact Phone Number: 617-635-4366

7:00pm

### ***Mattapan Neighborhood Concert: Angelina N The Unit***

Hunt Playground, 40 Almont St., Mattapan  
 Contact Phone Number: 617-635-4505  
 Click [here](#) to register & for more information.

## THURSDAY, AUGUST 4

10:30am-11:30am

### ***Age Strong's Yoga and Mindfulness Series***

Christopher Columbus Park  
 Atlantic Ave., North End  
 Contact Phone Number 617-635-4366  
 Click [here](#) for more information.

10am

### ***Park Summer Fitness: Chair Yoga***

39 Edgerly Rd., Fenway  
 Contact Phone Number: 617-635-4505  
 Click [here](#) to register & for more information.

6-7pm

### ***Park Summer Fitness: Zumba Tone Class***

Billings Field  
 369 LaGrange St., West Roxbury  
 Contact Phone Number: 617-635-4505  
 Click [here](#) to register & for more information.

7pm

### ***2022 Tito Puente Latin Music Series***

10 Mozart St., Jamaica Plain  
 Contact Phone Number: 617-635-4505  
 Click [here](#) for more information.

## FRIDAY, AUGUST 5

10am-11am

### ***Park Summer Fitness: Gentle Yoga***

239 Parker Hill Ave., Mission Hill  
 Contact Phone Number: 617-635-4505  
 Click [here](#) to register & for more information.

11:30am

### ***Age Strong Virtual Zumba***

No registration necessary  
 Contact Phone Number: 617-635-4366  
 Join by Zoom link [here](#).

## SATURDAY, AUGUST 6

8am-9am

### **Park Summer Fitness: Walking Group**

Franklin Park, 1 Circuit Drive, Dorchester

Contact Phone Number: 617-635-4505

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

10am-11am

### **Park Summer Fitness: HIIT Training**

Iacono Playground

150 Readville St., Hyde Park

Contact Phone Number: 617-635-4505

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

## SUNDAY, AUGUST 7

4pm

### **Elliot Schoolyard Summer Concerts**

24 Eliot Street, Jamaica Plain

Contact Number: 617-524-3313

Click [here](#) for more information.

6pm-7pm

### **Park Summer Fitness: Virtual Yoga**

Contact Number: 617-635-4505

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

**2022 FREE  
IMMIGRATION CONSULTATIONS**  
*currently by telephone*

**To schedule an appointment:**  
Call: 617-635-2980  
Email: [immigrantadvancement@boston.gov](mailto:immigrantadvancement@boston.gov)

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



Interpretation and disability accommodations are available. Consultations are 15 minutes and limited to one-time only.

<div style="background-color: #002060; color: white; padding: 2px 10px; margin-bottom: 5px;">July</div> <div style="background-color: white; padding: 5px; border: 1px solid #002060; font-weight: bold;">6 &amp; 20</div>	<div style="background-color: #002060; color: white; padding: 2px 10px; margin-bottom: 5px;">August</div> <div style="background-color: white; padding: 5px; border: 1px solid #002060; font-weight: bold;">3 &amp; 17</div>	<div style="background-color: #002060; color: white; padding: 2px 10px; margin-bottom: 5px;">September</div> <div style="background-color: white; padding: 5px; border: 1px solid #002060; font-weight: bold;">7 &amp; 21</div>
<div style="background-color: #002060; color: white; padding: 2px 10px; margin-bottom: 5px;">October</div> <div style="background-color: white; padding: 5px; border: 1px solid #002060; font-weight: bold;">5 &amp; 19</div>	<div style="background-color: #002060; color: white; padding: 2px 10px; margin-bottom: 5px;">November</div> <div style="background-color: white; padding: 5px; border: 1px solid #002060; font-weight: bold;">2 &amp; 16</div>	<div style="background-color: #002060; color: white; padding: 2px 10px; margin-bottom: 5px;">December</div> <div style="background-color: white; padding: 5px; border: 1px solid #002060; font-weight: bold;">7 &amp; 21</div>

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



**WEEKEND CURBSIDE TEXTILE COLLECTION**

By appointment only, visit **[boston.gov/textiles](https://boston.gov/textiles)** to schedule a pickup.

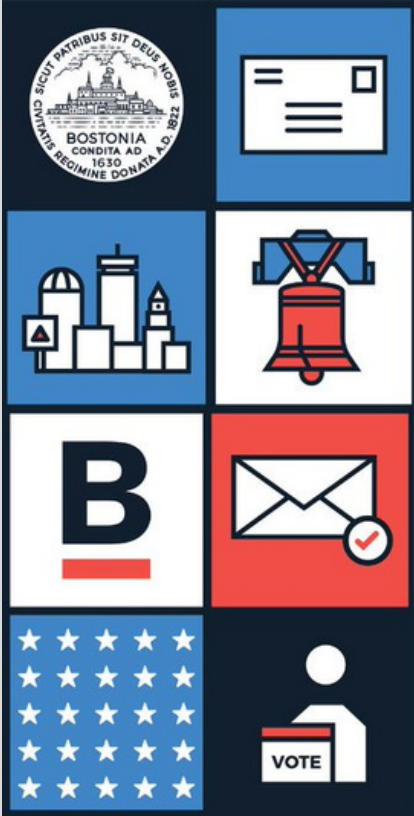
CITY of **BOSTON**  Public Works 




**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](https://bpl.org/long-term-lending)**

CITY of **BOSTON**  New Urban Mechanics  **BOSTON PUBLIC LIBRARY**



# BECOME A POLL WORKER

Help ensure that all registered voters are able to exercise their right to vote freely, without obstruction or influence.

- State Primary Day: Tuesday, September 6
- Election Day: Tuesday, November 8

Learn more: [boston.gov/poll-workers](https://boston.gov/poll-workers)

CITY of BOSTON



# 2022 SUMMER PARK EVENTS

Join us this summer for free events, workshops, sports, and other fun activities

Learn more at [boston.gov/parks](https://boston.gov/parks)

CITY of BOSTON



## TAXI COUPONS FOR SALE!

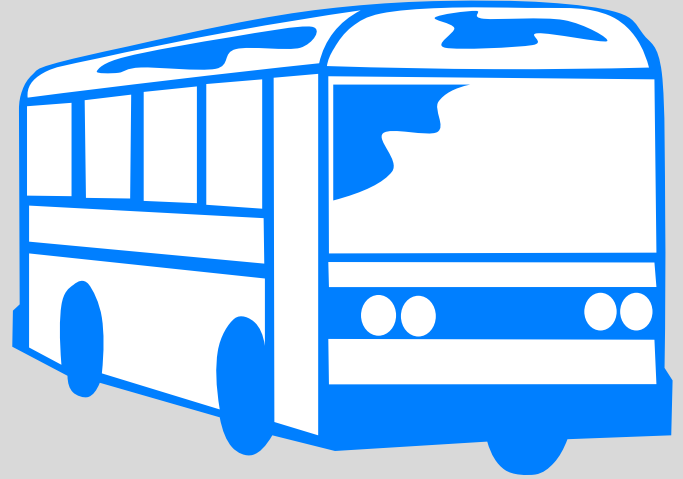


Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

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**

**AGE+**



*Age Strong*





# STATE PRIMARY

## Tuesday, September 6, 2022

### NEW POLLING LOCATIONS

Boston has added 20 new voting precincts to adjust for population change over the past decade. The new voting precincts will make voting more convenient with reduced wait times and increased voter access.

Find your polling location here: [sec.state.ma.us/WhereDoIVoteMA/](https://sec.state.ma.us/WhereDoIVoteMA/)

### VOTING DATES AND DEADLINES

**AUGUST 27**

Voter Registration Deadline at 5 p.m.

**AUGUST 27 - SEPTEMBER 2**

Week of In-Person Early Voting

**AUGUST 29**

Deadline to Request a Vote By Mail or Absentee Ballot at 5 p.m.

**SEPTEMBER 5**

Deadline for In Person Absentee Voting Ends at 12 p.m. (Must Qualify)

**SEPTEMBER 6 - State Primary Day**

Deadline to Return All Ballots to a Drop Box or the Boston Election Department at 8 p.m.

For More information go to [Boston.gov/election](https://Boston.gov/election) or Please Call **311**