

Boston's Age Strong Commission

Weekly Digest

July 11 - July 17, 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**

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City of Boston
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Commission



MONDAY, JULY 11

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](#).

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.

7pm

Dorchester Neighborhood Concert: Bon Jovi Tribute

Hemenway Park, 540 Adams St., Dorchester

Click [here](#) for more information.

TUESDAY, JULY 12

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.

11am -12pm

Introductory Computer Class

BPL: Uphams Corner

500 Columbia Rd., Dorchester

Click [here](#) to register & 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.

WEDNESDAY, JULY 13

9:30am-10:30am

Park Summer Fitness: Tai Chi

Symphony Park, 39 Edgerly Rd., Boston

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



PROPERTY OWNERS:

Share Your Thoughts on a Future Rent Stabilization Policy

Join us for a virtual listening session on:

THURSDAY, JULY 21

6:00 to 7:30pm

The presentation and guiding questions will be tailored to property owners, but all are welcome to attend.

To RSVP, please visit bit.ly/rentstabilizationjuly21.

Written comments may be submitted to the Rent Stabilization Advisory Committee through the following form: <https://bit.ly/rentstabilizationcomments>

BOSTON.GOV/RENT-STABILIZATION



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





9:30am-10:30am

Neighborhood Coffee Hours - Eat Boston

East Boston Memorial Park
Porter and Orleans Streets, East Boston
Click [here](#) for more information.

11:30am

Age Strong Virtual Yoga

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

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.

6pm-7:30pm

2022 Golf Course Summer Concert Series: Annie Cheevers and Ryan McHugh

George Wright Golf Course Patio
402 West Street, Hyde Park
Click [here](#) to register & for more information.

THURSDAY, JULY 14

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.

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, JULY 15

10am-11am

Park Summer Fitness: Gentle Yoga

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, JULY 16

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, JULY 17

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: Virtual Yoga

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

 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 



 **OPEN STREETS BOSTON**

July 10	JAMAICA PLAIN <i>Jackson Sq. to Centre & South</i>
August 06	ROXBURY <i>Dudley St. to Grove Hall</i>
September 24	DORCHESTER <i>Freeport St. to Gallivan Blvd.</i>

OPENSTREETSBOSTON**.ORG**
Questions? Email us at info@openstreetsboston.org

All events from 9 a.m. - 3 p.m.

CITY of **BOSTON**

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.

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Public Works



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](https://www.boston.gov/heat)

CITY of **BOSTON**

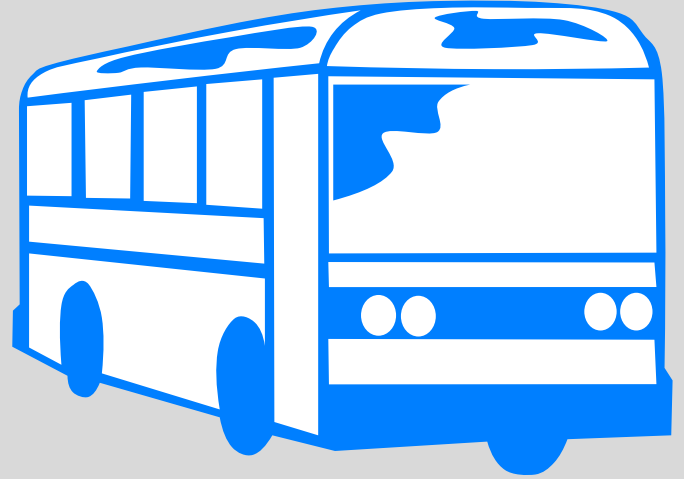
TAXI COUPONS FOR SALE!



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.



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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