

Boston's Age Strong Commission

# Weekly Digest

July 18 - July 24, 2022

Information & opportunities for Boston's older adults

WEEKLY DIGEST  
Table of Contents

[Free Yoga Classes on the Greenway](#)

[Events July 18-July 24](#)

[Future Rent Stabilization](#)

[ADA Day 2022](#)

[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

## 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](mailto:renee.frechette@boston.gov).

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## MONDAY, JULY 18

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

### **South Boston Neighborhood Concert:**

#### **Soul City Band**

Medal of Honor Park (Lee Playground)

E Broadway at N Street

Click [here](#) for more information.

## TUESDAY, JULY 19

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

### **Device Help by Appointment**

BPL: Lower Mills

27 Richmond St., 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.

7pm

### **Allston-Brighton Neighborhood Concert:**

#### **The Dope Lotus**

Smith Playground, 235 Western Ave., Allston

Click [here](#) for more information.

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## 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](https://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**

# 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)

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## WEDNESDAY, JULY 20

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: Daniel Gallagher**

William J Devine Golf Course Patio

1 Circuit Drive, Dorchester

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

## THURSDAY, JULY 21

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.

7pm

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

Lopresti Park, 33 Sumner St., East Boston

Click [here](#) for more information.

## FRIDAY, JULY 22

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 23

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 24

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

# GOLF COURSE SUMMER CONCERT SERIES

George Wright Golf Clubhouse	William J. Devine Golf Clubhouse
<p><b>Wednesday, July 13</b> 6:00 p.m. Annie Cheevers &amp; Ryan McHugh George Wright Golf Clubhouse</p>	<p><b>Wednesday, July 20</b> 6:00 p.m. Daniel Gallagher William J. Devine Golf Clubhouse</p>
<p><b>Wednesday, July 27</b> 6:00 p.m. It's a J Thing! George Wright Golf Clubhouse</p>	<p><b>Wednesday, August 10</b> 6:00 p.m. Kaliloops William J. Devine Golf Clubhouse</p>
<p><b>Wednesday, August 3</b> 6:00 p.m. Grayson Ty George Wright Golf Clubhouse</p>	<p><b>Wednesday, August 17</b> 6:00 p.m. Jon Hollywood Music William J. Devine Golf Clubhouse</p>

@bostonparksdept | Scan QR code for more information



**ADA DAY 2022**

Food | Music | Info | T-shirts | Friends | Fun

 **Tuesday July 19th**

 **Boston City Hall Plaza**  
**12 -2pm**

**CITY of BOSTON**  Disabilities Commission  Mayor Michelle Wu

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

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

**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.

<b>July</b> <b>6 &amp; 20</b>	<b>August</b> <b>3 &amp; 17</b>	<b>September</b> <b>7 &amp; 21</b>
<b>October</b> <b>5 &amp; 19</b>	<b>November</b> <b>2 &amp; 16</b>	<b>December</b> <b>7 &amp; 21</b>

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



## 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](http://Boston.gov/heat)

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## TAXI COUPONS FOR SALE!

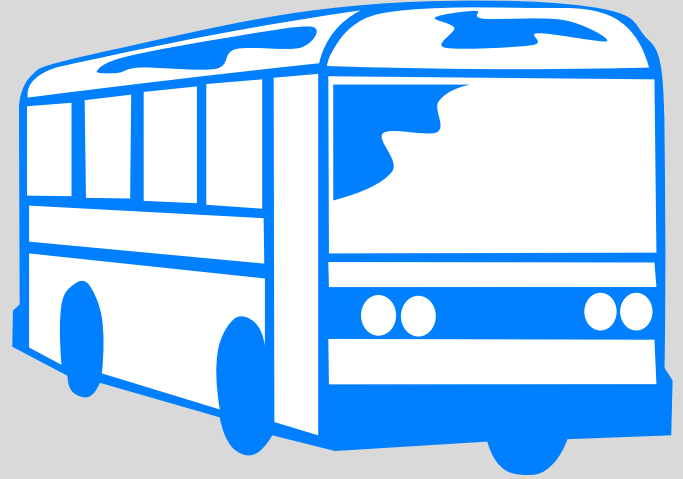


Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

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.

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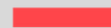


## Take our Age Strong Shuttle!

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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