

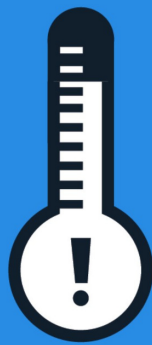
# Weekly Digest

July 25 - July 31, 2022

Information & opportunities for Boston's older adults

## City of Boston

### Declares Heat Emergency Through Sunday, July 24



## HEAT SAFETY TIPS

If you become lightheaded, confused, weak, or faint, stop all activity and immediately find shade or a cool area to rest.

If symptoms persist, call **9-1-1** immediately.

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

CITY of **BOSTON**

Mayor Wu declared a heat emergency due to extreme temperatures. Know the signs of heat exhaustion, like heavy sweating, cool/clammy skin, dizziness, nausea, and muscle aches. If you experience these, call 9-1-1.

For information on cooling centers, cooling kits, and safety tips, visit [boston.gov/heat](https://www.boston.gov/heat) or call 3-1-1 anytime.

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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](mailto:agestrong@boston.gov)

[boston.gov/agestrong](https://www.boston.gov/agestrong)



@AgeStrongBos

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City of Boston  
Age Strong  
Commission



## MONDAY, JULY 25

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](#).

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.

7pm-8:30pm

### **Roxbury Neighborhood Concert: Conscious Reggae**

Horatio Harris Park, 85 Harold St., Roxbury

Contact Phone Number: 617-635-4505

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

## TUESDAY, JULY 26

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.

6:30pm-7:30pm

### **Park Summer Fitness: Zumba**

Blackstone Square

1535 Washington St., South End

Contact Phone Number: 617-635-4505

Click [here](#) to register & 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:** Asonia Apartments  
185 Fulton Street, North End

**When:** Every Thursday!  
10:30a.m. (through September 29)

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



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**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](mailto:lisa.martins@boston.gov)



## WEDNESDAY, JULY 27

11:30am

### **Age Strong Virtual Yoga**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

3pm

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

Click [here](#) for more information.

1:30pm

### **Meet Your Age Strong Advocate: Yves Mary Jean**

BPL Mattapan: 1350 Blue Hill Avenue

Contact Phone Number: 617-635-4366

7pm-8:30pm

### **Roslindale Neighborhood Concert: Conscious Reggae**

Fallon Field, 910 South St., Roslindale

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

## THURSDAY, JULY 28

10am-11am

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

Symphony Park, 39 Edgerly Rd., Fenway

Contact Phone Number: 617-635-4505

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

Contact Phone Number 617-635-4366

Click [here](#) 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**

McLaughlin Playground

239 Parker Hill Ave., Mission Hill

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

## FRIDAY, JULY 29

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](#).

12:00pm

### **Friday Afternoon Concert Series: Latin Trident**

Sam Adams Park, Congress St.

Contact Phone Number: 617-635-4505

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

## SATURDAY, JULY 30

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, JULY 31

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.

**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

# WEEKEND CURBSIDE TEXTILE COLLECTION

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

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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



# COMMUNITY RESOURCE AND JOB FAIR

Direct, in-person support from the City of Boston with job applications, programs, and services for all ages

**FOOD TRUCK • FREE ICE CREAM • GAMES & ACTIVITIES**



**WEDS, JULY 27 • 4-7 PM**  
BCYF Vine Street Community Center  
339 Dudley St. Roxbury

**REGISTER TODAY**  
[bit.ly/BOSjobfair](https://bit.ly/BOSjobfair)



**CITY of BOSTON**  Human Resources  Equity and Inclusion

# 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.

**CITY of BOSTON**  Public Works

## TAXI COUPONS FOR SALE!

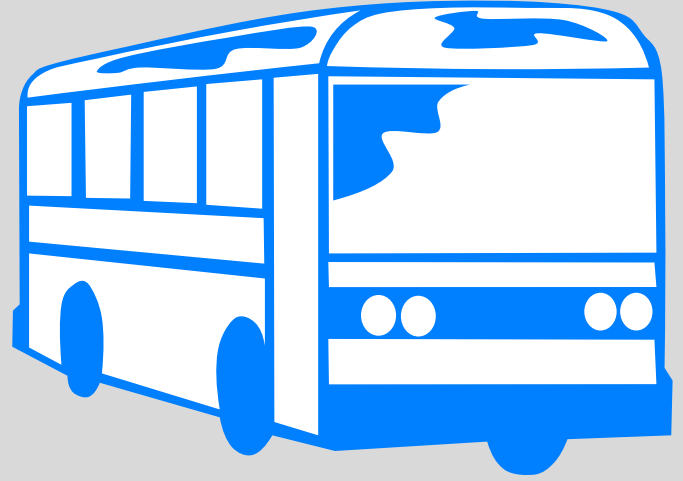


Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

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*