

Boston's Age Strong Commission

# Weekly Digest

August 8 - August 14, 2022

Information & opportunities for Boston's older adults

City of Boston

Declares Heat Emergency  
Through Sunday, August 7



## HEAT EMERGENCY

A heat emergency has been declared in Boston from **Thursday, August 4**, through **Sunday, August 7**.

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



@AgeStrongBos

AGE+



City of Boston  
Age Strong  
Commission



**TUESDAY, AUGUST 9**

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](#).

2pm-4pm

**Meet Your Age Strong Advocate: Mary**

BPL Roslindale:

4246 Washington St., Roslindale

Contact Phone Number: 617-635-4366

7:45pm

**Roslindale Movie Night: Sing 2**

Healy Playground

160 Florence St., Roslindale

Contact Phone Number: 617-635-4505

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

**MONDAY, AUGUST 8**

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.

7pm

**South End Neighborhood Concert**

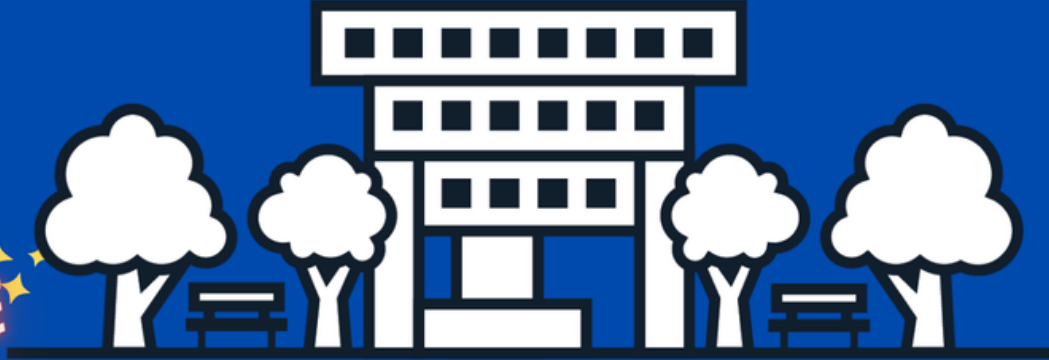
Blackstone Square

1530 Washington St., South End

Contact Phone Number: 617-635-4505

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

# ADA DAY 2022



**NEW DATE**

**WEDNESDAY AUGUST 31, 2022 | 12-2PM**

**BOSTON CITY HALL PLAZA**

**CITY of BOSTON**



Disabilities Commission



Mayor Michelle Wu

## 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, AUGUST 10

9:00am

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

Symphony Park, 39 Edgerly Road, Boston

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

11:30am

### **Age Strong Virtual Yoga**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

6:00pm

### **Golf Course Summer Concert Series**

William J Devine Golf Course Patio

1 Circuit Drive, Dorchester

Contact Phone Number: 617-635-4505

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

6:00pm

### **Park Summer Fitness: Line Dancing**

1 Circuit Drive, Dorchester

Contact Phone Number: 617-635-4505

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

7:00pm

### **West Roxbury Neighborhood Concert:**

#### **Rebels**

Billings Field, 369 LaGrange St., West Roxbury

Contact Phone Number: 617-635-4505

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

## THURSDAY, AUGUST 11

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.

1pm-3pm

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

1282 Boylston St., Fenway

Contact Phone Number: 617-635-4366

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.

## FRIDAY, AUGUST 12

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](#).

7pm

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

Boston Common

Contact Phone Number: 617-961-3082

Click [here](#) for more information.

## SATURDAY, AUGUST 13

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 14

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.

<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



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

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

CITY of **BOSTON**



Transportation



## 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)

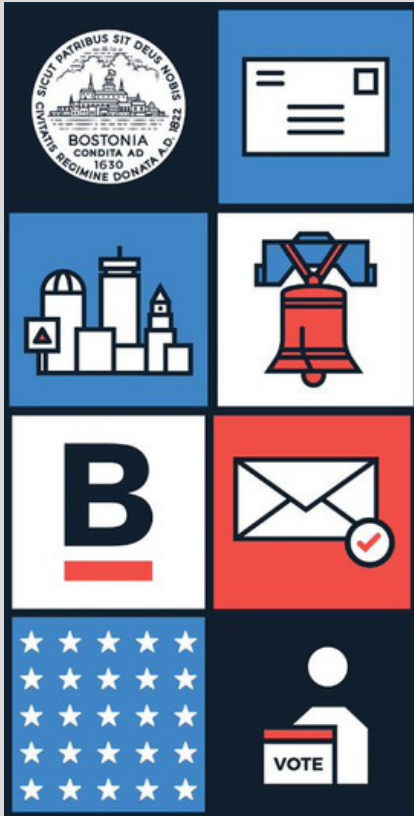
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New Urban Mechanics



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**





Introducing the Age Strong Commission's  
**MEMORY CAFE**

2nd Wednesday of every month | 10 - 12 p.m.  
 Codman Square Library | 690 Washington Street,  
 Dorchester

A Memory Café is for those living with memory loss,  
 their loved ones and care partners

Engage in social and artistic activities

For more information & to RSVP, contact Corinne White:  
**617-635-3745** or **corinne.white@boston.gov**

*Bilingual (Spanish) | Light refreshments served | Free*

*August 10 | September 14 | October 12 | November 9 | December 14*

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# 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**