

Boston's Age Strong Commission

# Weekly Digest

September 19 - September 25, 2022

Information & opportunities for Boston's older adults

## Open Streets Dorchester is Saturday, September 24th!

### DORCHESTER AVENUE

Freeport St. to Gallivan Blvd.

LIVE ART & ENTERTAINMENT

FAMILY FUN ZONE

WELCOME TO DORCHESTER CITY OF BOSTON

HEALTH & WELLNESS

MILES OF CAR FREE ENGAGEMENT

Saturday  
**SEPTEMBER 24**  
9 a.m. - 3 p.m.

[OPENSTREETS\*\*BOSTON\*\*.ORG](https://openstreetsboston.org)

CITY of BOSTON

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](mailto:agestrong@boston.gov)  
[boston.gov/agestrong](https://boston.gov/agestrong)

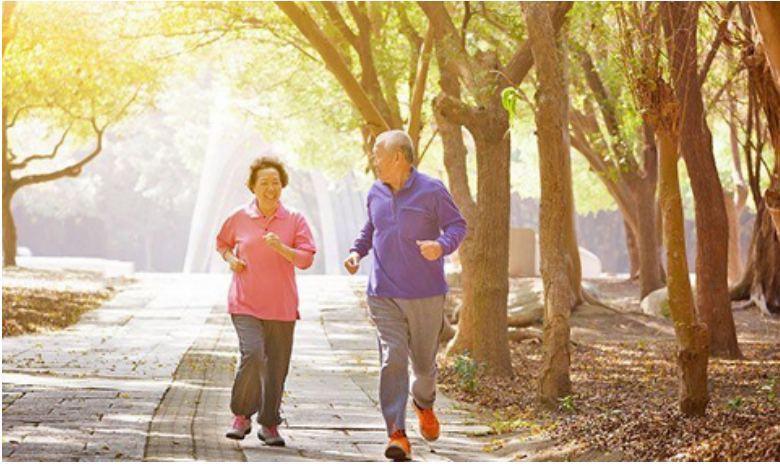


@AgeStrongBos

AGE+



City of Boston  
Age Strong  
Commission



## MONDAY, SEPTEMBER 19

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

10am

### **Hike Boston: Sherrin Woods**

Sherrin Woods

Austin Street and Windham Road Entrance

Contact Phone Number: 617-635-4505

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

5pm

### **Parks: Virtual Fitness: Dance Fit**

Contact Phone Number: 617-635-4505

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

## TUESDAY, SEPTEMBER 20

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.

10:30am

### **Codman Square Quilting Circle**

BPL: Codman Square

690 Washington St., Dorchester

Click [here](#) for more information.

11am-1pm

### **Introductory Computer Classes**

BPL: Uphams Corner

500 Columbia Rd., Dorchester

Contact Phone Number: 617-265-0139

Click [here](#) for more information.

12pm - 2pm

### **Fun Brain Games**

BPL: Chinatown Branch

2 Boylston St., Chinatown

Click [here](#) for more information.

6pm

### **Park Summer Fitness: Family Fitness**

Lopresti Park

Sumner and New Street, East Boston

Contact Phone Number: 617-635-4505

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

6:30pm-7:30pm

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

Blackston Square

1535 Washington Street, South End

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



# Women's Advancement COMMUNITY LISTENING SESSIONS

We are hosting community listening sessions in:

**Roxbury:** Thursday, September 22 | 6 - 7:30 p.m.  
Shelburne Community Center  
Register at [bit.ly/MOWASEPT22](https://bit.ly/MOWASEPT22)

**Mattapan:** Tuesday, October 18 | 6 - 7:30 p.m.  
Mattapan Library | Register at [bit.ly/MOWAUCT18](https://bit.ly/MOWAUCT18)

**Jamaica Plain:** Thursday, December 1 | 6 - 7:30 p.m.  
Jamaica Plain Library | Register at [bit.ly/MOWADEC1](https://bit.ly/MOWADEC1)

Food provided; Childcare and Translations available on request. Contact # 617-635-2525



				<b>OPEN</b>			
				<b>NEWBURY</b>			
				<b>STREET</b>			
<b>CITY of BOSTON</b>		<b>BOSTON.GOV/OPEN-NEWBURY</b>					





## WEDNESDAY, SEPTEMBER 21

11:30am

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

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

1pm

### ***MassHire Career Help***

BPL: Grove Hall

41 Geneva Ave., Dorchester

Contact Phone Number: 617-427-3337

Click [here](#) for more information.

6-7pm

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

Franklin Park

1 Circuit Drive, Dorchester

Contact Phone Number: 617-635-4505

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

6-7pm

### ***Park Summer Fitness: 305 Dance Class***

Christopher Columbus Park

110 Atlantic Ave., North End

Contact Phone Number: 617-635-4505

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

## THURSDAY, SEPTEMBER 22

10am

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

39 Edgerly Rd., Fenway

Contact Phone Number: 617-635-4366

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

10:30am-11:30pm

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

Christopher Columbus Park

Atlantic Ave., North End

Contact Phone Number: 617-635-4366

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

2pm

### ***Computer Basics for Chromebook and Beyond***

BPL: South Boston

Contact Phone Number: 617-268-0180

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.

6-7pm

### ***Park Summer Fitness: Pound Class***

Mozart Street Playground

10 Mozart St., Jamaica Plain

Contact Phone Number: 617-635-4505

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

# **\*\*URGENT MESSAGE\*\***



## **SNAP PARTICIPANTS IN BOSTON**

- If you receive SNAP or food stamps, you have received information about resetting your SNAP PIN (personal identification number) via text message and a letter from the Department of Transitional Assistance (DTA).

**- You will not be able to use your SNAP benefits without resetting your PIN number.**

- To reset your PIN, call **800-997-2555**, and follow the instructions.

You will need the following information:

- Your 16 digit card number
- Your Social Security # or your 99 #
- Your birth date

- Once you've reset your SNAP PIN, never share it, especially by phone or text.

- If you need additional help resetting your SNAP PIN, call the Massachusetts Department of Transitional Assistance line at 877-382-2363.

- And remember, we're always here to help you at the City of Boston at 311.

**CITY of BOSTON**

**AGE+**

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To view a video with more information go to:

[youtube.com/watch?v=aRbxnzqo-Aw](https://www.youtube.com/watch?v=aRbxnzqo-Aw)



## FRIDAY, SEPTEMBER 23

10am-11am

### ***Parks Summer Fitness: Gentle Yoga Class***

McLaughlin Playground

239 Parker Hill Ave, Mission Hill

Contact Information: 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](#).

6:30pm

### ***Parks Summer Fitness: Virtual Chair Yoga***

Contact Information: 617-635-4505

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

## SATURDAY, SEPTEMBER 24

9am

### ***Parks Summer Fitness: Walking Group***

Franklin Park

1 Circuit Drive, Dorchester

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

10am

### ***2022 Watercolor Painting Workshops:***

#### ***Ronan Park***

Ronan Park, 92 Mt. Ida Rd., Dorchester

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

10am

### ***Parks Summer Fitness: Virtual Zumba***

Contact information: 617-635-4505

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



## SUNDAY, SEPTEMBER 25

10am

### ***2022 Watercolor Painting Workshops:***

#### ***Allendale Woods***

75 WVF Parkway, West Roxbury

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

6pm

### ***Parks: Virtual Fitness: Yoga***

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

***For more information about City of Boston events, visit [boston.gov/events](https://boston.gov/events)***



## DOG LICENSING AND PET VACCINE CLINICS

We are offering low-cost vaccines and dog licensing at clinics around Boston. Learn more at [boston.gov/animals](http://boston.gov/animals)

**SATURDAYS | 10 A.M. – 2 P.M.**

**SOUTH END | SEPTEMBER 17**

Animal Rescue League of Boston ☐  
10 Chandler St.

**ALLSTON | OCTOBER 1**

BCYF Jackson Mann CC  
500 Cambridge St.

**HYDE PARK | OCTOBER 15**

BCYF Hyde Park CC  
1179 River St.

**DORCHESTER | OCTOBER 29**

BCYF Leahy Holloran CC  
1 Worrell St.

**DOG LICENSING FEES**

- \$15 spayed/neutered (please provide proof)
- \$30 intact male/female
- No charge for seniors 70 and older

**VACCINE FEES**

- Rabies: free\*
- Distemper: free\*
- Microchipping: free

☐\*supplies may be limited



# LOVE YOUR BLOCK

**SATURDAY, SEPTEMBER 17 & 24**

Looking to make a difference in your neighborhood? Join us for Love Your Block, our annual citywide cleanup event!

**LEARN MORE AND SIGN UP TO VOLUNTEER:**

**BOSTON.GOV/LOVE-YOUR-BLOCK**



**BOSTON BLOOMS** 

...with daffodils.

We distribute about 15,000 bulbs each year for volunteers to plant and beautify Boston.

For more info, call **617-635-4505** or visit **[boston.gov/boston-blooms](http://boston.gov/boston-blooms)**.

**CITY of BOSTON**  Parks and Recreation

**SATURDAY, SEPTEMBER 17TH 2022**  
**THE 2ND ANNUAL FRANKLIN PARK**

**JAZZ and R&B FESTIVAL**

starring **MARGO THUNDER**  **12PM - 6PM**

featuring **FRED WOODARD | WALI ALI | MIKE ROLLINS**

**MIDNIGHT CREW ALL-STAR REVIEW with BERNARD FULLEN**

**Franklin Park Valley - Gates Playhouse Site, Boston, MA**

**SPONSORED BY:**  
 Grove Hall Main Streets  
 Prime Real Estate Sales



# 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+**



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