

Boston's Age Strong Commission

# Weekly Digest

September 26 - October 2, 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

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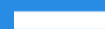
Stay Connected  
to Age Strong:

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 26

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

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

Contact Phone Number: 617-635-4505

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

5pm

### **National Recovery Month Film Premiere**

BPL Copley: 700 Copley St., Boston

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

## TUESDAY, SEPTEMBER 27

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 Fitness: Family Fitness**

Lopresti Park

Sumner and New Street, East Boston

Contact Phone Number: 617-635-4505

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

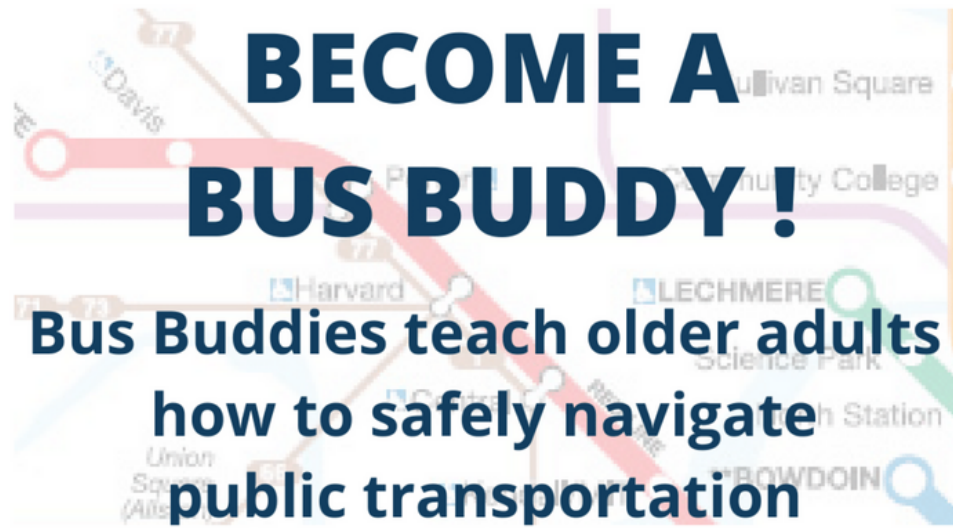
6:30pm-7:30pm

### **Park Fitness: Zumba**

Blackston Square

1535 Washington Street, South End

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



# 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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**THE BOSTON PARKS  
FALL  
FITNESS SERIES**

Virtual and in-person fitness classes

All classes are free and open to the public!

**OCTOBER 2 - NOVEMBER 19, 2022**

For the full list of classes,  
please visit [boston.gov/fitness](http://boston.gov/fitness)

TITLE SPONSOR



CITY of **BOSTON**



Parks and Recreation







1:30pm-3:30pm

**Meet Your Age Strong Advocate: Yves**

BPL - Mattapan Branch

1350 Blue Hill Ave., Mattapan

Contact Phone Number: 617-635-4366

**THURSDAY, SEPTEMBER 29**

**WEDNESDAY, SEPTEMBER 28**

9am-4:30pm

**Meet Your Age Strong Advocate: Angelina**

Cape Verdean Association of Boston

242 Bowdoin St., Dorchester

Contact Phone Number: 617-635-4366

11:30am

**Age Strong Virtual Yoga**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

1:30pm-3:30pm

**Meet Your Age Strong Advocate: Mary**

BCYF Curtis Hall Community Center

20 South St., Jamaica Plain

Contact Phone Number: 617-635-4366

10am-12:00pm

**Meet Your Age Strong Advocate: Yves**

BCYF Hyde Park Community Center

1179 River St., Hyde Park

Contact Phone Number: 617-635-4366

10am

**Park 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.

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.

6-7pm

**Park Fitness: Zumba Tone Class**

Billings Field

369 LaGrange St., West Roxbury

Contact Phone Number: 617-635-4505

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



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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**BOSTON  
PUBLIC  
LIBRARY**



## FRIDAY, SEPTEMBER 30

10am-11am

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

Contact Information: 617-635-4505

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

## SATURDAY, OCTOBER 1

9am

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

Franklin Park

1 Circuit Drive, Dorchester

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

10am

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

Virtual Event

Contact Phone Number: 617-635-4505

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



## SUNDAY, OCTOBER 2

10am

### ***Parks Fitness: Kick It Class***

Brighton Common

30 Chestnut Hill Ave., Brighton

Contact Phone Number: 617-635-4505

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

11am

### ***Roxbury Open Studios***

The Dewitt Center, 122 Dewitt Dr., Roxbury

Contact Phone Number: 617-635-4445

Click [here](#) for more information.

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



# JOIN THE CITY OF BOSTON'S WALKING TEAM!



Help raise visibility for Alzheimer's Disease & support those living with the disease & their care partners.

The Walk to End Alzheimer's is **Sunday, October 16, 10am**  
**DCR North Point Park, 6 Museum Way, Cambridge, MA**

*get your City of Boston t-shirt in advance  
& walk as a group on site*

To sign up, email Corinne White at  
[corinne.white@boston.gov](mailto:corinne.white@boston.gov) or 617-635-3745

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## AMERICORPS SENIORS OFFERS TWO NEW ENGAGING WORKSHOPS

Let's Connect Virtually!!  
Schedule a Group Workshop with Boston RSVP Today!



### MONEY SMART

- Learn best practices on managing your money
- Recognize/reduce the risk of financial exploitation
- Guard against identity theft

### OPIOID PREVENTION & EDUCATION

- Learn more about opioids & the effects they have on the body/mind
- Learn how to prevent an overdose
- Learn how to communicate with/support loved ones who are living with addiction



To learn more or to schedule a workshop contact:  
Monique Carvalho at 617-635-4374 or [monique.carvalho@boston.gov](mailto:monique.carvalho@boston.gov)

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ENGLISH

## REGISTER TO VOTE!

You can register to vote online, by mail, at City Hall - Room 241. The deadline for the State Election is Saturday, October 29, at 5 p.m.

To be eligible to vote, you must be at least 18 years of age and a U.S. citizen. For more info, visit [boston.gov/vote](http://boston.gov/vote)

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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.

**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**

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*Age Strong*