

Boston's Age Strong Commission

# Weekly Digest

October 3 - October 9, 2022

Information & opportunities for Boston's older adults

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](http://boston.gov/agestrong)



@AgeStrongBos

## 18TH ANNUAL HISPANIC HERITAGE SENIOR CELEBRATION

Mayor Michelle Wu and the Age Strong Commission invite older Bostonians to celebrate Hispanic Heritage Month

**Reggie Lewis Athletic Center**  
1350 Tremont St., Roxbury  
Tuesday, October 11, 2022  
11:00am - 2:00 PM  
RSVP Required

Transportation requests are due by 10/3. For more info contact Vilma Valentin at 617-635-4363 or email [vilma.valentin@boston.gov](mailto:vilma.valentin@boston.gov)

CITY of **BOSTON**

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Commission



## MONDAY, OCTOBER 3

9am

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

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

11:30am

### **Age Strong Virtual Meditation**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

11:30am-12:30pm

### **Hike Boston - Horse of Course Program**

Franklin Park - El Parquecito De La Hermandad

450 Walnut St., Roxbury

Click [here](#) for more information.

5pm-6pm

### **Parks Fall Fitness: Virtual Dance Fitness**

Virtual Class

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

## TUESDAY, OCTOBER 4

7am-8am

### **Parks Fall Fitness: Virtual HIIT Class**

Virtual Class

Contact Phone Number: 617-635-4505

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

10am-12pm

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

BPL Lower Mills: 27 Richmond St., Dorchester

Contact Phone Number: 617-635-4366

10:30am

### **Codman Square Quilting Circle**

BPL: Codman Square

690 Washington St., Dorchester

Contact Phone Number: 617-436-8214

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

1:30pm-4:30pm

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

BPL Fields Corner

1520 Dorchester Ave., Dorchester

Contact Phone Number: 617-635-4366

2pm-4pm

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

BPL Connolly: 433 Centre St., Jamaica Plain

Contact Phone Number: 617-635-4366

3pm-4pm

### **Tech Help by Appointment**

BPL Jamaica Plain: 30 South St., Jamaica Plain

Contact Phone Number: 617-524-2053

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



## KEEP BOSTON SENIORS WARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit [boston.gov/seniors-save](https://boston.gov/seniors-save) to apply today.

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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](https://boston.gov/fitness)

TITLE SPONSOR



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Parks and Recreation





## WEDNESDAY, OCTOBER 5

9am-4:30pm

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

Cape Verdean Association of Boston  
242 Bowdoin St., Dorchester  
Contact Phone Number: 617-635-4366

10am-12pm

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

Veronica B. Smith Senior Center  
20 Chestnut Hill Ave., Brighton  
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](#)

1pm-4pm

### **MassHire Career Help**

BPL Grove Hall: 41 Geneva Ave., Dorchester  
Contact Phone Number: 617-427-3337  
Click [here](#) to register & for more information.

6pm-7pm

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

Virtual Class  
Contact Phone Number: 617-635-4505  
Click [here](#) to register & for more information.

## THURSDAY, OCTOBER 6

1pm-1:30pm

### **Lunchtime Short Story Club**

Virtual Event

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

3pm-4pm

### **Lunchtime Short Story Club**

Virtual Event

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

4:30pm-5:30pm

### **Mindful Movement**

BPL Parker Hill: 1497 Tremont St., Roxbury  
Contact Phone Number: 617-427-3820  
Click [here](#) to register & for more information.

6pm-7pm

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

Virtual Class

Contact Phone Number: 617-635-4505  
Click [here](#) to register & for more information.

## FRIDAY, OCTOBER 7

12pm-1pm

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

Virtual Class

Contact Phone Number: 617-635-4505  
Click [here](#) to register & for more information.

6:30pm-8pm

### **Allston-Brighton Renters' Garden Contest Award Ceremony**

Charles River Speedway  
525 Western Ave., Brighton  
Click [here](#) to register & for more information.



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

Oct. 12, 2022 | 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*

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**BOSTON  
PUBLIC  
LIBRARY**



**Hebrew SeniorLife**

HARVARD MEDICAL SCHOOL  
AFFILIATE

## SATURDAY, OCTOBER 8

8am-9am

### ***Parks Fall Fitness: Strength and Conditioning Class***

Virtual Class Harambee Park

930 Blue Hill Ave., Dorchester

Contact Phone Number: 617-635-4505

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

12pm-3pm

### ***Community Resource and Job Fair***

Virtual Class Harambee Park

1179 River St., Dorchester

Contact Phone Number: 617-635-4505

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

## SUNDAY, OCTOBER 9

8am-9am

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

Brighton Common

30 Chestnut Hill Ave., Brighton

Contact Phone Number: 617-635-4505

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

10am-2pm

### ***Leaf and Yard Waste Drop Off***

500 American Legion Highway, Mattapan

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

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



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)

CITY of BOSTON  Election

# 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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# 2022 MEDICARE OPEN ENROLLMENT EVENTS



## OCTOBER 15 - DECEMBER 7

**October 26**  
10:30am to 3pm  
Boston Public Library Grove Hall  
41 Geneva Ave., Dorchester

**November 14**  
10:30am to 3pm  
Boston Public Library Mattapan  
1350 Blue Hill Ave., Mattapan

**December 5**  
10:30am to 3pm  
Veronica B. Smith Sr. Ctr.  
20 Chestnut Hill Ave., Brighton

**November 2**  
10am to 3pm  
Hyde Park Community Center  
1179 River St., Hyde Park

**November 30**  
10am to 3pm  
Vine St. Community Center  
339 Dudley Street, Roxbury

*Call 617-635-4366 to schedule your appointment for these events or to make a counseling appointment for another time.*

- Meet with trained SHINE counselors, available to help Boston older adults find the best coverage for the least cost
- Review overall plan/coverage
- Change prescription drug coverage for the following year

### What to Bring:

- List of prescriptions
- Medicare/other insurance cards
- Your Medicare.gov username/password if already set up





## 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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