

Boston's Age Strong Commission

Weekly Digest

October 10 - October 16, 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
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

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2pm-4pm

Meet Your Age Strong Advocate: Mary

4246 Washington St., Roslindale

Contact Phone Number: 617-635-4366

Click [here](#) for more information.

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.

TUESDAY, OCTOBER 11

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 Codman - 690 Washington St., Dorchester

Contact Phone Number: 617-635-4366

11am-1pm

Meet Your Age Strong Advocate: Mary

1716 Centre St., West Roxbury

Contact Phone Number: 617-635-4366

Click [here](#) for more information.

1:30pm-4:30pm

Meet Your Age Strong Advocate: Ivy

BPL Adams - 690 Adams St., Dorchester

Contact Phone Number: 617-635-4366

WEDNESDAY, OCTOBER 12

10am-12pm

Age Strong Memory Cafe

690 Washington St., Dorchester

Contact Phone Number: 617-635-3745

Click [here](#) for more information.

10am-12pm

Civic Engagement Day

1 City Hall Square, 5th Floor, Boston

Contact Phone Number: 617-635-3682

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

11:30am

Age Strong Virtual Yoga

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

6pm-7pm

Parks Fall Fitness: Virtual Zumba Fitness

Virtual Class

Contact Phone Number: 617-635-4505

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



THURSDAY, OCTOBER 13

11:30am-12:30pm

Lunchtime Short Story Club Hike Boston - Horse of Course Program

Boston Common - 139 Tremont St., Boston
Click [here](#) to register & for more information.

1pm-1:30pm

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 14

12pm-1pm

Parks Fall Fitness: Virtual Chair Yoga Class Virtual Class

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

SATURDAY, OCTOBER 15

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.

10am-2pm

Dog Licensing and Low-Cost Rabies Clinic

BCYF Hyde Park Community Center
1179 River St., Hyde Park
Contact Phone Number: 617-635-5348
Click [here](#) for more information.

SUNDAY, OCTOBER 16

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.

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 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



Age Strong



ENGLISH

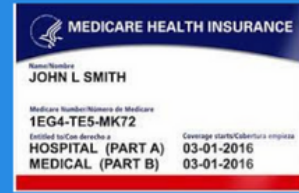
REGISTER TO VOTE!

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



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



GIVING THANKS! TOGETHER IN CELEBRATION

in collaboration with the Mayor's Office of Arts & Culture,
Age Strong Commission, Age-Friendly Boston,
ABCD/North End/West End Neighborhood Services Center, The
Greenway Conservancy and Friends of Heritage Park

Sunday, November 13, 2022
2:00 pm

Meet & Greet

Poetry: Share a Favorite

**Tie a Ribbon Giving Thanks
on The Wishing Tree**


Walk the Labyrinth

Seasonal Refreshments

***Share the Warmth:* Bring a Winter Hat, Scarve or
Gloves for the ABCD* Winter Drive**

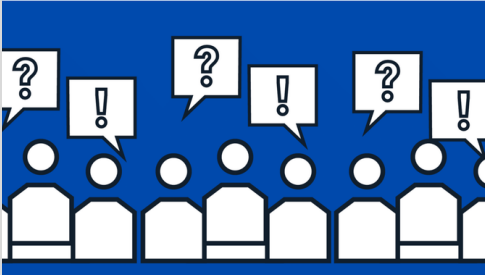
***Action for Boston Community Development**

Armenian Heritage Park on The Greenway, Boston




CIVIC ENGAGEMENT DAY

Wednesday | October 12, 2022 | 10am-12pm
Boston City Hall | 5th Floor



- Tour Boston City Council chambers
- Register and make a plan to vote
- Discover accessible voting options
- Learn about Boards and Commissions
- Explore how to engage with City Council
- Meet Mayor Michelle Wu

Pre-registration encouraged but not required. ASL and CART have been requested. To register and request additional accommodations visit: <https://www.boston.gov/calendar/civic-engagement-day>



CITY of BOSTON

Save the Date



MBTA Career Fair

at Boston City Hall Plaza
Thursday, October 13
10am - 2pm

For more information




- Accounting & Finance
- Labor & Trades
- Information Technology
- Environmental Services
- Engineering
- Drivers, Operators and Motorpersons
- Office and Administrative Support
- Legal
- Safety
- Occupational Health

and many more

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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