

Boston's Age Strong Commission

Weekly Digest

October 17 - October 23, 2022

Information & opportunities for Boston's older adults

WEEKLY DIGEST
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City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366
agestrong@boston.gov
boston.gov/agestrong

  [@AgeStrongBos](#)

 City of Boston
Age Strong
Commission

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:

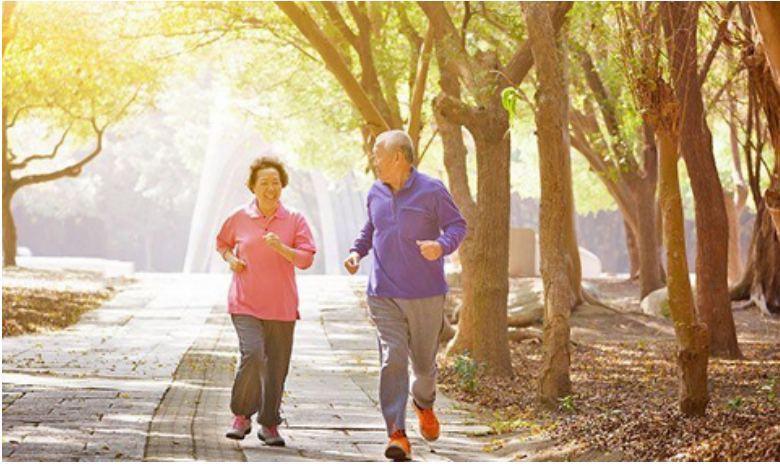
- List of prescriptions
- Medicare/other insurance cards
- Your Medicare.gov username/password if already set up

 CITY of BOSTON

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 ETHOS





MONDAY, OCTOBER 17

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

10am-11am

Hike Boston - Allendale Woods

19 VFW Parkway, West Roxbury

Contact Phone Number: 617-635-4505

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

11:30am

Age Strong Virtual Meditation

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

5pm-6pm

Parks Fall Fitness: Virtual Dance Fitness

Virtual Class

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

TUESDAY, OCTOBER 18

7am-8am

Parks Fall Fitness: Virtual HIIT Class

Virtual Class

Contact Phone Number: 617-635-4505

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

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.

2pm-3pm

Hike Boston - Commonwealth Avenue Mall

Arlington St., Back Bay

Contact Phone Number: 617-635-4505

Click [here](#) to register & 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.

WEDNESDAY, OCTOBER 19

11:30am

Age Strong Virtual Yoga

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

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

CITY of **BOSTON**

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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

CITY of **BOSTON** Election



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 20

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 21

12pm-1pm

Parks Fall Fitness: Virtual Chair Yoga Class

Virtual Class

Contact Phone Number: 617-635-4505

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

5pm-8pm

Fall-O-Ween Festival

38 Beacon St., Back Bay

525 Western Ave., Brighton

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

SATURDAY, OCTOBER 22

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.

SUNDAY, OCTOBER 23

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.

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



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 to apply today.

CITY of **BOSTON**



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

TITLE SPONSOR



CITY of **BOSTON**



Parks and Recreation




For Ages 55+

Age Strong Commission's Virtual Programs and Classes

DAY OF WEEK	TIME	PROGRAM
MONDAY	9AM - 10AM	CHAIR YOGA
MONDAY	11:30AM - 12:30PM	MEDITATION
TUESDAY	11:30AM - 12:30PM	LATIN DANCE
WEDNESDAY	11:30AM - 12:30PM	YOGA
THURSDAY	11:30AM - 12:30PM	LATIN FIESTA
FRIDAY	11:30AM - 12:30PM	ZUMBA

Join by zoom link here: bit.ly/ZoomAgeStrongVirtual. For more information on our events call 617-635-3979 or visit boston.gov/age-strong-events

CITY of **BOSTON**  Age Strong



HIKE BOSTON

September 27, 2022 | 11:00 a.m. | Boston Common
Tour of Central Burying Ground
 125 Boylston Street | Boston, MA 02116

September 28, 2022 | 11:00 a.m. | Franklin Park
Ruins Tour | Pierpont Road (near rear entrance of the zoo) | Boston, MA 02121

For more info visit
boston.gov/hike-boston

CITY of **BOSTON**  Parks and Recreation

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+

| *Age Strong*