

Boston's Age Strong Commission

Weekly Digest

October 24 - October 30, 2022

Information & opportunities for Boston's older adults

CALL AGE STRONG TO MAKE AN APPOINTMENT WITH YOUR ADVOCATE TO ASSESS YOUR CURRENT PLAN & FIND OUT IF YOU CAN GET BETTER COVERAGE OR SAVE MONEY!

617-635-4366

OR ATTEND AN EVENT BELOW

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

AGE+ Age Strong

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WEEKLY DIGEST
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Stay Connected to Age Strong:

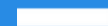
City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366

agestrong@boston.gov
boston.gov/agestrong



@AgeStrongBos

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City of Boston
Age Strong
Commission



MONDAY, OCTOBER 24

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](#).

3pm-4pm

Hike Boston - Walter Street Burying

Ground Program

19 VFW Parkway, West Roxbury

Contact Phone Number: 617-635-4505

Click [here](#) to register & 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 25

7am-8am

Parks Fall Fitness: Virtual HIIT Class

Virtual Class

Contact Phone Number: 617-635-4505

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

11:30am

Age Strong Virtual Class: Latin Dance

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

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.

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 26

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-12:00pm

Meet Your Age Strong Advocate: Yves

BCYF Hyde Park Community Center

1179 River St., Hyde Park

Contact Phone Number: 617-635-4366

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

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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

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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

1:30pm-3:30pm

Meet Your Age Strong Advocate: Yves

BPL - Mattapan Branch

1350 Blue Hill Ave., Mattapan

Contact Phone Number: 617-635-4366

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 27

10:30am

Resume Workshop

BPL Mattapan: 1350 Blue Hill Ave., Mattapan

Contact Phone Number: 617-298-9218

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

1pm-1:30pm

Lunchtime Short Story Club

Virtual Event

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

3pm-4:30pm

Computer Skills for Everyday Life

BPL Roxbury: 149 Dudley St., Roxbury

Contact Phone Number: 617-442-6186

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 28

10am

Hike Boston - Franklin Park

1 Franklin Park Rd., Roxbury

Contact Phone Number: 617-635-7383

Click [here](#) for more information.

11:30am

Age Strong Virtual Zumba

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

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 29

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 30

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.



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

Nov. 9, 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**

Featuring Ageless Grace with Maria Skinner
Bilingual (Spanish) | Light refreshments served | Free





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



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Parks and Recreation





**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



**HIKE
BOSTON**

Join the Boston Parks Department for walks in parks and urban wilds. Hikes will explore different wilderness or park areas of Boston, primarily on unpaved paths and will include interpretive programming.

For more info, call **617-635-4505**,
or 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

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

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



STATE ELECTION

Tuesday, November 8, 2022

REGISTER TO VOTE DEADLINE:

Saturday, October 29, 2022
sec.state.ma.us/OVR/

VOTE BY MAIL DEADLINE:

Applications are due November 1.
Get your application here
sec.state.ma.us/ele/eleabsentee/absidx.htm

YOUR POLLING PLACE MAY HAVE CHANGED:

To check your polling place, visit
sec.state.ma.us/WhereDoIVoteMA

For more information please call **311** or the Age Strong Commission at **617-635-4366**

