

# Boston's Age Strong Commission

# Weekly Digest

October 31 - November 6, 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

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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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## MONDAY, OCTOBER 31

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](#).

5pm-6pm

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

Virtual Class

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

6pm-8pm

### **Spark Halloween Party**

67 Newbury St., Boston

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

## TUESDAY, NOVEMBER 1

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.

11:30am

### **Age Strong Virtual Class: Latin Dance**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

1:30pm-4:30pm

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

BPL Fields Corner

1520 Dorchester Ave., Dorchester

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.



# STATE ELECTION

## Tuesday, November 8, 2022

### REGISTER TO VOTE DEADLINE:

Saturday, October 29, 2022  
[sec.state.ma.us/OVR/](https://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](https://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](https://sec.state.ma.us/WhereDoIVoteMA)

For more information please call **311** or the  
Age Strong Commission at **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](https://bit.ly/ZoomAgeStrongVirtual). For more information on our events call 617-635-3979 or visit [boston.gov/age-strong-events](https://boston.gov/age-strong-events)

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## THURSDAY, NOVEMBER 3

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.

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, NOVEMBER 4

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.

## WEDNESDAY, NOVEMBER 2

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.

## SATURDAY, NOVEMBER 5

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, NOVEMBER 6

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*



## 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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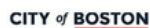


All classes are free and open to the public!

**OCTOBER 2 - NOVEMBER 19, 2022**

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

TITLE SPONSOR



Parks and Recreation





## 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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## 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](https://boston.gov/hike-boston)

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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.

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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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