

# Boston's Age Strong Commission

# Weekly Digest

November 14 - November 20, 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



MEDICARE HEALTH INSURANCE  
Name: JOHN L. SMITH  
Medicare Number: YEG4-YES-MK72  
Hospital (PART A) 03-01-2016  
Medical (PART B) 03-01-2016

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

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

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

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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**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

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## MONDAY, NOVEMBER 14

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](#).

1pm

### ***Russian Language Yoga Class***

Veronica B. Smith Senior Center

20 Chestnut Hill Ave., Brighton

Contact Phone Number: 617-635-6120

5pm-6pm

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

Virtual Class

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

## TUESDAY, NOVEMBER 15

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-12:30pm

### ***Codman Square Quilting Circle***

690 Washington St., Dorchester

Contact Phone Number: 617-436-8214

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

11:00am-1pm

### ***Knitting/Crochet Circle***

4246 Washington St., Roslindale

Contact Phone Number: 617-323-2343

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](#).

2pm

### ***Tech Goes Home Computer Classes***

4246 Washington St., Roslindale

Contact Phone Number: 617-323-2343

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

6:30pm

### ***Hatha Yoga***

BPL Fields Corner

1520 Dorchester Ave., Dorchester

Contact Phone Number: 617-436-2155

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

**NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH.**

**VISIT [BOSTON.GOV/NATIVE-AMERICAN](https://boston.gov/native-american) TO LEARN MORE ABOUT THE CITY'S RICH NATIVE AMERICAN HISTORY AND HOW WE ARE RECOGNIZING THE MONTH IN BOSTON.**

November is  
**NATIVE AMERICAN  
HERITAGE MONTH**



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**[boston.gov/native-american](https://boston.gov/native-american)**



## THURSDAY, NOVEMBER 17

12pm-2pm

### **MassHire Career Help**

BPL Lower Mills

27 Richmond St., Dorchester

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 18

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 16

11:30am

### **Age Strong Virtual Yoga**

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

3pm-4pm

### **Shelf Service Live: Personalized Reading Recommendations from BPL Librarians**

Virtual Event

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

3pm-4pm

### **Tech Help by Appointment**

BPL Fields Corner

1520 Dorchester Ave., Dorchester

Contact Phone Number: 617-436-2155

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 19

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 20

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.

**For Ages  
55+**

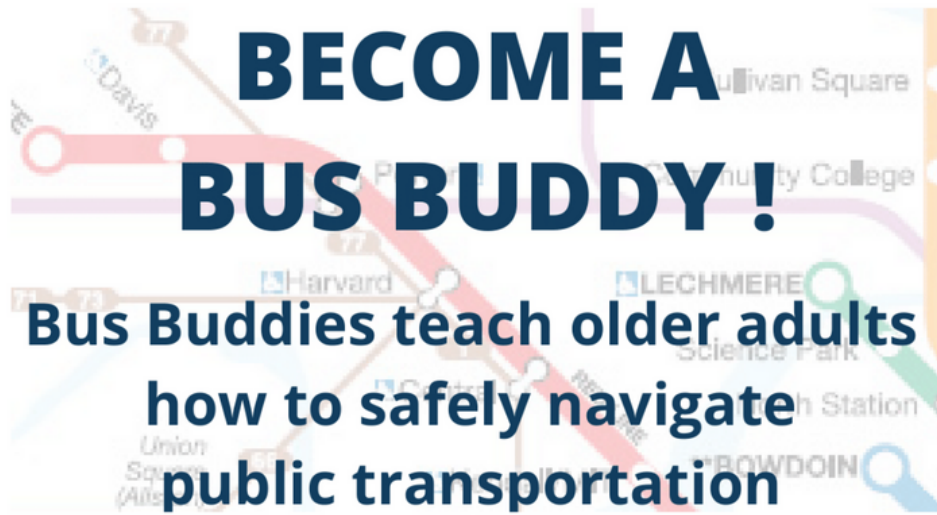
## Age Strong Commission's Virtual Programs and Classes

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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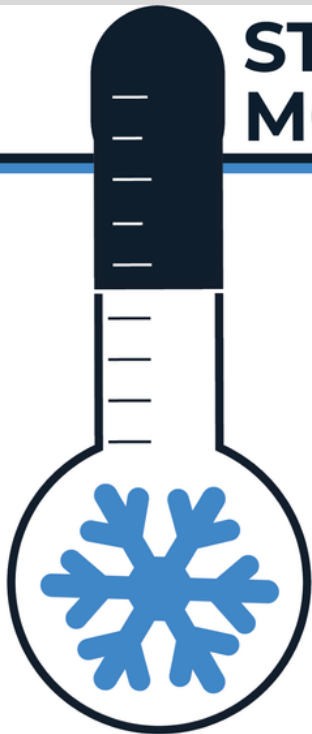
# BECOME A BUS BUDDY!

## 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](mailto:monique.carvalho@boston.gov)

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## STAY SECURE IN THE COLDER MONTHS WITH **SENIORS SAVE**

*Stay warm this winter by updating your heating system with Seniors Save.*

*The program is now providing up to \$8,000 to income-eligible Bostonians over 60 years old to replace faulty heating systems.*

*Visit [boston.gov/how-join-seniors-save-program](http://boston.gov/how-join-seniors-save-program) for the application and more information.*

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# CITY HALL PLAZA REOPENING

Friday, November 18, 2022  
11 - 2 p.m. and 6 - 8 p.m.

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SASAKI

## CITY BUDGET WORKSHOPS FOR SELECTED GROUPS

Learn about how to shape your City's priorities through the budget. Join an in-person or virtual workshop in November!

Register at [bit.ly/budget24cob](https://bit.ly/budget24cob)

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Black Male Advancement



Budget



LGBTQ+ Advancement



Neighborhood Services



Youth Engagement And Employment



Civic Organizing



Disabilities Commission

## 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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