

Boston's Age Strong Commission

Weekly Digest

November 21 - November 27, 2022

Information & opportunities for Boston's older adults

Happy Thanksgiving to all of our friends and partners. We are thankful for all of you!
-The Age Strong Commission Team

[WEEKLY DIGEST Table of Contents](#)

[2022 Medicare Open Enrollment Events](#)

[Events November 21-27](#)

[Native American Heritage Month](#)

[Age Strong Virtual Events](#)

[Free Fares on Bus Routes](#)

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

2022 MEDICARE OPEN ENROLLMENT EVENTS

OCTOBER 15 - DECEMBER 7



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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ETHOS





TUESDAY, NOVEMBER 22

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.

WEDNESDAY, NOVEMBER 23

11:30am

Age Strong Virtual Yoga

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

MONDAY, NOVEMBER 21

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

2022 Trellis Lighting at

Christopher Columbus Park

Christopher Columbus Park

110 Atlantic Ave., North End

Contact Phone Number: 617-635-6120

Click [here](#) 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



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.

FRIDAY, NOVEMBER 25

10am

MassHire Career Help

BPL Mattapan

1350 Blue Hill Ave., Mattapan

Contact Phone Number: 617-298-9218

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

11:30am

Age Strong Virtual Zumba

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

11:30am

Device Help by Appointment

BPL Lower Mills

27 Richmond St., Dorchester

Contact Phone Number: 617-298-7841

Click [here](#) for more information.

SATURDAY, NOVEMBER 26

9:30-10:30am

Emmanuel Music: Breathe with Bach

690 Adams St., Dorchester

Contact Phone Number: 617-436-6900

Click [here](#) for more information.

4pm-6pm

2022 Lighting of the Ship at Martin's Park

64 Sleeper St., South Boston

Contact Phone Number: 617-635-4505

Click [here](#) for more information.



SUNDAY, NOVEMBER 27

10am-2pm

Leaf and Yard Waste Drop-Off

500 American Legion Highway, Mattapan

Contact Phone Number: 617-635-4900

Click [here](#) 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. For more information on our events call 617-635-3979 or visit 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

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CLOTHING AND TEXTILES ARE NOT TRASH

The City of Boston recycles unwanted clothing, shoes, and linens. Find the list of accepted items and schedule your pickup at boston.gov/textiles



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Public Works



FREE FARES ON BUS ROUTES 23, 28, AND 29

Learn more at boston.gov/free-bus

CITY of BOSTON



Transportation

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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