

# Boston's Age Strong Commission

# Weekly Digest

November 7 - November 13, 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](mailto:agestrong@boston.gov)  
[boston.gov/agestrong](http://boston.gov/agestrong)

@AgeStrongBos

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## MONDAY, NOVEMBER 7

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 8

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 Codman Square

690 Washington St., Dorchester

Contact Phone Number: 617-635-4366

11am-1pm

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

BCYF Roche Community Center

1716 Centre St., West Roxbury

Contact Phone Number: 617-635-4366

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 Adams: 690 Adams St., Dorchester

1520 Dorchester Ave., Dorchester

Contact Phone Number: 617-635-4366

2pm-4pm

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

BPL Roslindale

4246 Washington St., Roslindale

Contact Phone Number: 617-635-4366

**NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH.**

**VISIT [BOSTON.GOV/NATIVE-AMERICAN](http://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](http://boston.gov/native-american)**



## THURSDAY, NOVEMBER 10

1pm-1:30pm

### ***Lunchtime Short Story Club***

Virtual Event

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

1pm-3pm

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

Fenway Community Center

1282 Boylston St., Fenway

Contact Phone Number: 617-635-4366

1:30pm

### ***Hike Boston: Horse of Course Program***

Franklin Park, 146 Seaver St., Roxbury

Click [here](#) 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 11

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 9

10am-12pm

### ***Age Strong Memory Cafe***

BPL Codman Square

690 Washington Square, Dorchester

Contact Phone Number: 617-635-3745

Click [here](#) for more information.

11:30am

### ***Age Strong Virtual Yoga***

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

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 12

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 13

8am-9am

### ***Parks Fall Fitness: Kick It Class***

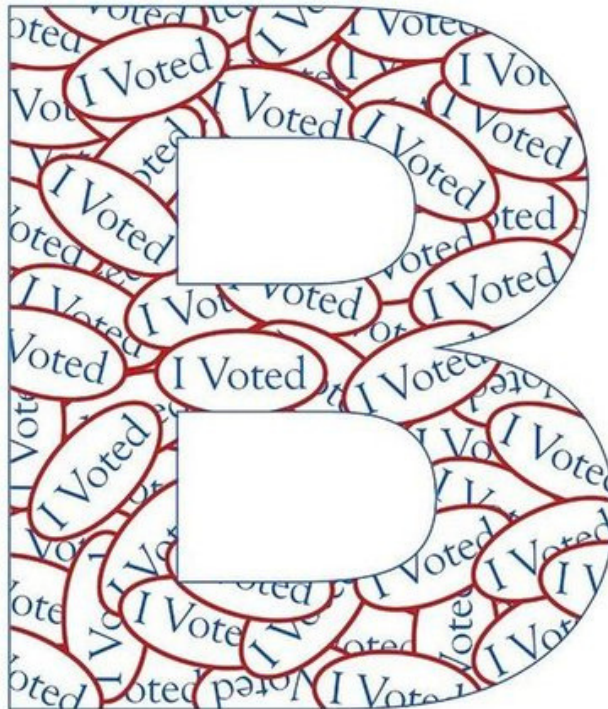
Brighton Common

30 Chestnut Hill Ave., Brighton

Contact Phone Number: 617-635-4505

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

**THE STATE ELECTION IS TUESDAY, NOVEMBER 8! VISIT [BOSTON.GOV/ELECTIONS](http://BOSTON.GOV/ELECTIONS) FOR MORE INFORMATION.**



**Don't forget to vote!**


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**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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Mayor's Office of Women's Advancement

# COMMUNITY LISTENING SESSION


**Thursday, November 9th from 6:00 - 7:30pm**

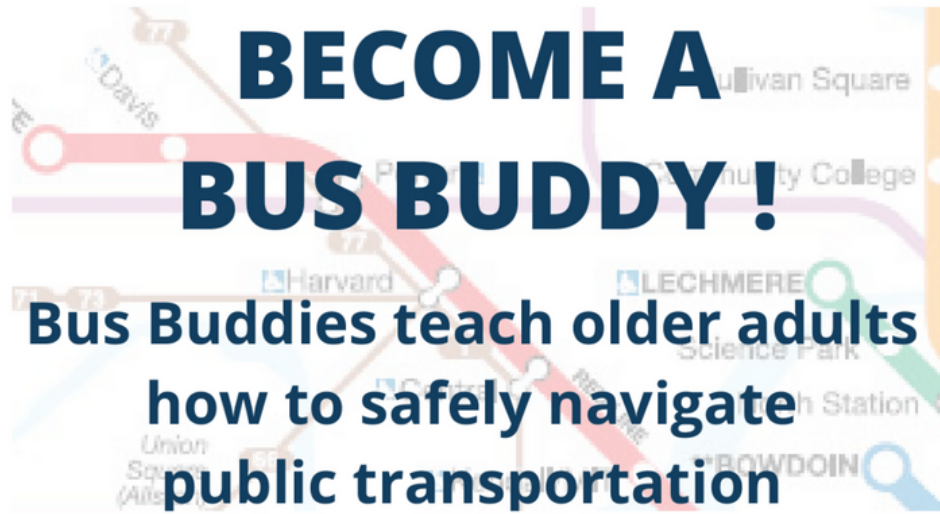
Shelburne Community Center  
2730 Washington St,  
Roxbury, MA 02119



**WOMEN'S WELLNESS FOCUS!**

Food provided; childcare and translations upon request. Contact# (617) 635-2525

**REGISTER TODAY:** [bit.ly/MOWANOV9](https://bit.ly/MOWANOV9)  Women's Advancement



# 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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### AGING & MEMORY LOSS ROAD MAP EDUCATION SERIES

## >>>> Road Map to Dementia Diagnosis



**\*\* Presented in Spanish \*\***

Liliana Ramirez Gomez, MD will discuss:

- When are memory changes cause for concern
- Actions to take if you are having memory issues
- Benefits of getting a diagnosis & steps involved
- Overview of the different types of dementia
- How research participation helps advance science

A current research study participant will join Dr. Ramirez Gomez to talk about what it's like to be in a study.

Friday, November 11, 2022  
12-1 PM EST  
Via Zoom  
To register: <https://bit.ly/SpanishRM>



alzheimer's  
association



## 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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