

Boston's Age Strong Commission

Weekly Digest

December 12 - December 18, 2022

Information & opportunities for Boston's older adults

WEEKLY DIGEST
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[Now open!
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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

NEXT FRIDAY!

HOLIDAY CONNECTIONS

CALL ANYWHERE IN THE WORLD
FOR FREE!

- up to 30 minutes per person
- plus get training on how to use your smartphone/tablet
- Boston residents age 60+ (individuals & groups)
- refreshments served

FRIDAY, DECEMBER 16, 8AM-2PM

Boston City Hall, 1 City Hall Square, Boston

RSVP Required -- contact Renee Frechette at
617-635-4168 or renee.frechette@boston.gov

CITY of **BOSTON**

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City of Boston
Age Strong
Commission



MONDAY, DECEMBER 12

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

2:30pm

Weekly Chess Club for Adults

BPL North End: 25 Parmenter St., North End

Contact Phone Number: 617-227-8135

Click [here](#) for more information.

TUESDAY, DECEMBER 13

10am-12pm

Meet Your Age Strong Advocate: Ivy

BPL Codman Square

690 Washington St., Dorchester

Contact Phone Number: 617-635-4366

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.

11:30am

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

6pm-8pm

'We Still Live Here': Film Screening and Discussion

North American Indian Center of Boston

105 S Huntington Ave., Jamaica Plain

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

**DID YOU KNOW YOU COULD
SAVE UP TO \$1,500
ON YOUR PROPERTY TAXES?**



**JOIN AGE STRONG'S PROPERTY TAX
WORK-OFF PROGRAM**

For more information, contact Lisa Martins at 617-635-5741 or email lisa.martins@boston.gov

ELECTRICITY PRICES ARE RISING				
	BUT YOUR BILL DOESN'T HAVE TO			
Learn more about Boston Community Choice Electricity at boston.gov/bcce			CITY of <u>BOSTON</u> Environment	



WEDNESDAY, DECEMBER 14

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.

6pm

Sip 'n' Stitch

BPL Honan-Allston

300 North Harvard St., Allston

Contact Phone Number: 617-787-6313

Click [here](#) for more information.

8pm

Boston Pops Veterans and Military Appreciation Night

301 Massachusetts Ave., Boston

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

THURSDAY, DECEMBER 15

11am

Hike Boston: Allandale Woods

19 VFW Pkwy., West Roxbury

300 North Harvard St., Allston

Click [here](#) for more information.

11:30am

Age Strong Virtual Latin Fiesta

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#)

12pm

MassHire Career Help

BPL Lower Mills

27 Richmond St., Dorchester

Contact Phone Number: 617-298-7841

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

1pm

Lunchtime Short Story Club

Virtual Event

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

3pm-7pm

Holiday Open House

BPL Uphams Corner

500 Columbia Rd., Dorchester

Contact Phone Number: 617-265-0139

Click [here](#) for more information.

6pm

Emmanuel Music: Breathe with Bach

BPL East Boston

365 Bremen St., East Boston

Contact Phone Number: 617-569-0271

Click [here](#) for more information.

FRIDAY, DECEMBER 16

8am-2pm

Holiday Connections Event

Boston City Hall, 1 City Hall Sq., Boston
 Contact Phone Number: 617-635-4168

11:30am

Age Strong Virtual Zumba

No registration necessary
 Contact Phone Number: 617-635-4366
 Join by Zoom link [here](#)

SATURDAY, DECEMBER 17

10am-1pm

Friends of the South Boston Branch Sale

BPL South Boston
 2300 Washington St., Roxbury
 Contact Phone Number: 617-268-0180
 Click [here](#) to register and for more information.


2pm-6pm

Boston Gives Back: Winter Wonderland

Bruce C. Boiling Building
 2300 Washington St., Roxbury
 Click [here](#) to register and for 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









FREE FARES ON BUS ROUTES 23, 28, AND 29

Learn more at boston.gov/free-bus

CITY of **BOSTON**



WANT FREE INTERNET?

Learn more about the Affordable Connectivity program to see if you qualify to save money on your internet bill.

Learn more at AffordableConnectivity.gov
Questions? digital.equity@boston.gov



CITY of **BOSTON**



NOW OPEN!

EAST BOSTON SENIOR CENTER



Programs & services for Boston residents age 60+

Monday - Friday, 8:30-4:30pm

Starting Thursday, December 1

7 Bayswater Street, East Boston

(across from the Orient Heights t-stop)

617-961-3131

ebseniorcenter@boston.gov

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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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