



MONTHLY UPDATES

City of Boston's Age Strong Commission

MAY 2024

Welcome to MAY MONTHLY UPDATES, the monthly Age Strong Commission e-newsletter! At the beginning of each month, we email *Boston Seniority Magazine* and our new monthly "To-Do" Activities Calendar. Now, you'll also get important information for older Boston residents to age strong city-wide.



AGE STRONG RESOURCE FAIR

The next Age Strong resource fair is **Saturday, June 1**, 11am to 2pm at IBEW, 256 Freeport Street, in Dorchester. Get information from 40 tablers on benefits, cost savings, Medicare Savings Program, and more. Free, open to the public. Call 617-635-4366 to RSVP or visit bit.ly/AgeStrongResourceFair

MEDICARE SAVINGS PROGRAM

As of March 1, older adults may be eligible to save up to \$3,000 on Medicare costs including premiums, prescriptions, co-pays, and deductibles. Call Age Strong to speak with an advocate at 617-635-4366 to find out more.





MAY UPDATES



MAYOR WU'S NEIGHBORHOOD COFFEE HOURS

Through the spring, Mayor Wu holds neighborhood coffee hours across the city to meet with neighbors and residents. To view the schedule and find locations, visit boston.gov/departments/parks-and-recreation/neighborhood-coffee-hours.

OPEN STREETS

The city hosts free weekend Open Streets events for neighbors and families to gather for fun, food and resources. See the schedule here:

boston.gov/departments/transportation/open-streets-boston



INTERNATIONAL DAY OF PLAY AT CITY HALL PLAZA

Join the City of Boston and friends to celebrate and experience the power of play on Tuesday, June 11th, the first International Day of Play! This family-friendly event is free and open to the public.

Guests will be able to celebrate and experience the power of play! The day will be filled with sports, biking, board games, bubbles, face painting, arts and crafts, dance and music, and many more fun and powerful play opportunities.

boston.gov/calendar/international-day-play





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BLOCK PARTY GRANTS AVAILABLE



The City of Boston encourages all hosts to hold block parties that are free and open to the public. You should apply for a Play Street Closing Permit at least 30 days before your Block Party.

boston.gov/departments/transportation/how-host-block-party

SUMMER PARKS FITNESS

The Parks & Recreation Department hosts its summer fitness series of free classes across the city.

boston.gov/fitness



AGE STRONG MEMORY CAFES



A Memory Café is a welcoming place for people with forgetfulness or other changes in their thinking. Cafés are a place to talk with others who understand what you are going through. You can forget about your limitations and instead focus on your strengths. Age Strong holds them monthly at Codman Square & Jamaica Plain Branches of BPL.

boston.gov/departments/age-strong-commission/memory-cafes



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CREATIVE AGING PROGRAM VIDEO ON DEMAND

Age Strong, in partnership with Goddard House created 3 series of online learning, ON DEMAND! Learn ballroom dancing, drawing (in Spanish), and how to make a memory book on your schedule, at your own pace!

youtube.com/aginginboston



VIRTUAL WELLNESS PROGRAMS

In addition to many in-person events/programs across the city, Age Strong also hosts a weekly wellness series of classes online. These include Tai Chi, Latin Fiesta, Meditation & more. No registration needed, all classes use this link: bit.ly/ZoomAgeStrongVirtual

BOSTON SENIORITY MAGAZINE

Age Strong publishes Boston Seniority Magazine 10 times each year, and distributes them to 350 locations across Boston, including Boston Public Library branches, community centers and grocery stores. The magazine is also viewable online here:

boston.gov/departments/age-strong-commission/boston-seniority-magazine

Each issue we translate a handful of articles into Spanish, available here: boston.gov/departments/age-strong-commission/boston-seniority-magazine#boston-seniority-in-spanish





MAY UPDATES

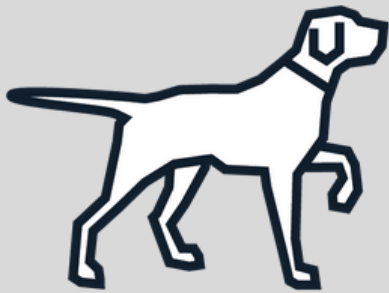
MONTHLY TO-DO (MAY)

Each month we publish our monthly “To-Do,” our citywide listing of free activities for older adults. It’s organized by neighborhood, and also includes in-person and virtual events.



boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do

DOG LICENSING & RABIES CLINICS



The city offers free dog licensing and rabies vaccinations June 1 (South Boston), and June 15 (Roxbury). For details, visit boston.gov/sites/default/files/file/2024/01/3821_Dog%20License%20flyer_2024.pdf

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City of Boston
Age Strong Commission



IMPORTANT INFORMATION

AGE STRONG COMMISSION	617-635-4366
AGE STRONG SHUTTLE	617-635-3000
VERONICA B. SMITH SENIOR CENTER	617-635-6120
EAST BOSTON SENIOR CENTER	617-961-3131
ELECTION DEPARTMENT	617-635-8683
REPORT SCAMS/FRAUD - FTC	877-382-4357
MA ELDER PROTECTIVE SERVICES	800-922-2275
MBTA & THE RIDE	617-222-5123
MA EXECUTIVE OFFICE OF ELDER AFFAIRS	617-727-7750
DISABILITIES COMMISSION	617-635-3682
FOOD JUSTICE	617-635-3717
IMMIGRANT ADVANCEMENT	617-635-2980

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