

BOSTON SENIORITY

SUMMER IN THE CITY

Age Strong Commission

City of Boston

Mayor Michelle Wu

July 2025

Issue 6

Vol. 49



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**STAY CONNECTED
WITH THE AGE
STRONG COMMISSION!**



Main number: (617) 635-4366



Age Strong Shuttle: (617) 635-3000



Website: boston.gov/age-strong



Email: agestrong@boston.gov

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Inside our July issue, learn about Boston's free public pools, farmers markets & tips to beat the heat!



BOSTON SENIORITY MAGAZINE

Michelle Wu
Mayor

Emily K. Shea
Commissioner

Ami Bennitt
Director of Communications

Sarah Smith
Communications Coordinator

Edzani Kelapile
Communications Coordinator

Jordan Rich
Partnership and Sponsorship Manager

Sophia Wang
Partnership Coordinator

1 City Hall Square - Room 271
Boston, MA 02201

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- ♥ Facebook: @AgeStrongBos
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- ♥ Instagram: @AgeStrongBos
- ♥ Bluesky: @agestrong.boston.gov

Do you have a story to share?
We want to hear from you!

Email us at:
Bostonseniority@boston.gov



MAYOR'S LETTER

JULY 2025

Hello Boston!

Summer in the city is in full swing, and that means longer, brighter days and plenty of opportunities for fun, relaxation, and connection. In this issue of Boston Seniority Magazine, we'll dive into all the ways to find joy and keep your mind and body active.

Immerse yourself in a story from our Boston Public Library summer reading list, and see if you can complete their annual Summer Reading Bingo; spend some time at our public pools; pick up some fresh produce at a farmers market; and enjoy live music, fresh food, and time with neighbors at our Open Streets events.

And with more time in the sun, make sure you're dressing light, staying hydrated, and finding time to cool off. You'll find more helpful tips on how to beat the heat in the pages ahead.

In this issue, we'll also explore how Age Strong builds community with partners from across the city, including a profile of Maverick Landing Community Services in East Boston. And we'll look ahead to some upcoming City planning projects, as well as Age Strong's Civic Academy this fall.

I hope you'll take advantage of the longer days and warmer weather to enjoy all that Boston has to offer this summer!

See you in community,

Michelle Wu 

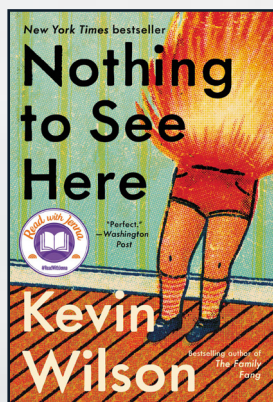
Michelle Wu
Mayor of Boston



BPL BOOK PICKS

Source: Boston Public Library

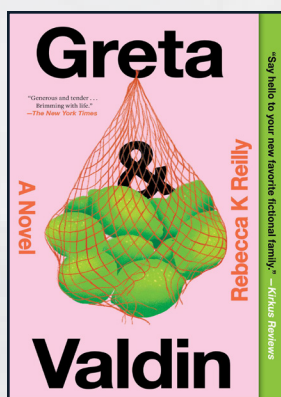
Are you looking for a suggestion for the "Suggestion from Library Staff" challenge in this year's Adult Summer Reading Bingo? Check out one of their picks for a great read!



Nothing to See Here
by Kevin Wilson

Kevin Wilson's best book yet—a moving and uproarious novel

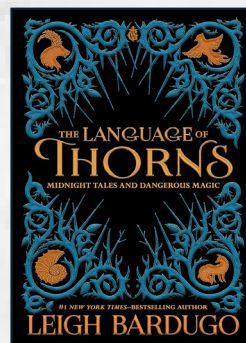
about a woman who finds meaning in her life when she begins caring for two children with remarkable and disturbing abilities.



Greta & Valdin
by Rebecca K Reilly

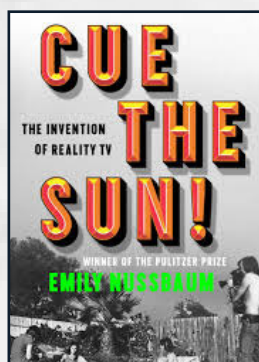
This tender and riotous book gives readers a front-row seat to the inner lives of two

brilliant and chaotic 20-something siblings (and their messy, wonderful family) as they navigate the tumults of love, career, family, and identity.



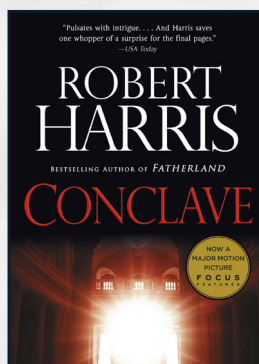
The Language of Thorns
by Leigh Bardugo

Travel to Grishnaverse, a world of dark bargains, haunted towns and of hungry woods where a young mermaid's voice can summon deadly storms & where a river might do a lovestruck boy's bidding but only for a terrible, terrible price.



Cue the Sun!
by Emily Nussbaum

Cue the Sun is a rollicking, deeply reported story about how the early reality TV business metastasized into an industry that now dominates entertainment in the United States.



Conclave
by Robert Harris

The Pope is dead. Behind the locked doors of the Sistine Chapel, one hundred and eighteen cardinals from all over the globe will cast their votes in the world's most secretive election. They are holy men. But they have ambition.



**BOSTON
PUBLIC
LIBRARY**

For more titles or BPL
info, visit bpl.org or call
617-536-5400.




BPL BINGO 2025



For Readers Ages 18 and Older

June 1 - August 31

Book titles and activities may only be used once per card

VISIT A LIBRARY  What library did you visit?	AUTHOR OF COLOR  What book did you read?	READ OUTSIDE  Where did you go?	INDIGENOUS AUTHOR  What book did you read?	PARTICIPATE IN A LIBRARY PROGRAM  What program did you join?
LISTEN TO A NEW SONG  What song did you listen to?	BOOK WITH A GREEN COVER  What book did you read?	SUGGESTION FROM LIBRARY STAFF  What book did you read?	READ A NEW POEM  What poem did you read?	LGBTQ+ AUTHOR  What book did you read?
BOOK PUBLISHED IN 2025  What book did you read?	TRY A NEW RECIPE  What kind of food did you try?	 FREE TO ALL	TEEN OR CHILDREN'S BOOK  What book did you read?	LEARN A FUN FACT  What did you learn?
BOOK ABOUT AN IMMIGRANT  What book did you read?	RECOMMEND A BOOK  Who did you recommend it to?	ANTHOLOGY OR SHORT STORY COLLECTION  What book did you read?	LEARN A WORD IN A NEW LANGUAGE  What word did you learn?	CREATE A PIECE OF ART  What did you make?
BANNED OR CHALLENGED BOOK  What book did you read?	EXPLORE BOSTON HISTORY  What did you learn?	DISABLED OR NEURODIVERGENT AUTHOR  What book did you read?	BOOK IN TRANSLATION  What book did you read?	TELL SOMEONE ABOUT BPL BINGO  Who did you tell?



READ



ACT



DISCOVER

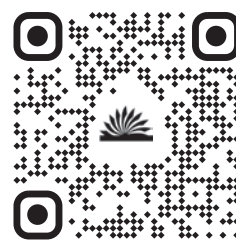
PARTICIPATION DETAILS ON SIDE 2

NAME: _____

Visit bpl.org/bingo to learn more and sign up for our newsletter — tell a friend!



Summer Reading at the BPL is generously supported by the Boston Public Library Fund.



LEARN MORE!



BPL BINGO 2025

HOW TO PARTICIPATE

Fill out this Bingo Card with what you read and did to fulfill the challenges, starting from June 1, 2025. You do not have to return your Bingo Card. It is yours to keep! The Summer Reading Challenge officially ends on August 31, 2025, but we hope you will continue reading all year round.

JOIN THE SUMMER READING COMMUNITY

We would love to hear about your summer reading books and activities! Stop by your local BPL location to put your completed challenges on the library's Bingo Board and share what you've been up to with other summer reading participants. Can't come in person? Email us at **bingo@bpl.org**. We will put your completed challenge on the board for you. We also have summer reading events planned throughout the summer. Visit **bpl.org/events** to learn about programs at your local library.

GET HELP



Get book
suggestions &
activities:
bpl.org/bingo



Get personalized book
recommendations:
bpl.org/shelf-service



Questions about
Adult Summer
Reading? Email us:
bingo@bpl.org

BEWARE OF UNSOLICITED PACKAGES: THE BRUSHING SCAM

By Sophia Wang, Age Strong Staff

Source: U.S. Postal Inspection Service



Sometimes a package you didn't order shows up at your door, with items given to you for free. This may seem harmless, but these unsolicited packages may be part of a larger “brushing” scam, which is illegal in the U.S.

How They Do It & Why It May Be A Scam

- A package you didn't order arrives, addressed to you. There is no return address, or the return address is a retailer or company.
- The sender is usually an international third party company, and they often get your address and information through unlawful ways online.
- The aim of sending these packages is to create the impression that you bought these items. Scammers will then write a fake positive review of the product in your name, pretending to be a verified

buyer. These fake reviews will then falsely inflate a product's ratings, leading to more sales for them.

- Since the scammer already sent items to your address, this means that your personal information is likely compromised.

What To Do

- Do NOT pay for the merchandise, even if the sender follows up.
- Change your account passwords and monitor your credit report and bills.
- Keep it if you like it. By law, unsolicited merchandise is yours to keep.
- Throw it away, as long as it is safe to do so.
- Report the scam to the retailer and the Federal Trade Commission at reportfraud.ftc.gov.

JULY IS DISABILITY PRIDE MONTH

By Edzani Kelapile, Age Strong Staff

Did you know that more than 1 in 4 adults in the U.S. have a disability?

Since 1990, Disability Pride Month has been celebrated to recognize the experiences and achievements of people with disabilities. This month reminds disabled persons to embrace their disabilities as parts of who they are, honoring uniqueness as a part of diversity, and to reject internalized ableism while reclaiming public visibility.

Disability Pride was first celebrated in 1990 in Boston. It recognized the importance of the Americans with Disabilities Act (ADA), which was signed into law that same year on July 26. The month of July grew over time to be emblematic of Disability Pride as a whole. Across the U.S., communities celebrate with parades and other festivities which highlight the importance of accessibility along with the beauty of each and every person's distinctiveness, without the stigma and pressures of "needing to be fixed."

Before the passing of the Americans with Disabilities Act, those with disabilities had to contend with many barriers that blocked them from enjoying and participating in their communities, leading to segregation and discrimination. Although the

Rehabilitation Act of 1973 prohibited disability discrimination in government programs, it did not provide protections in other aspects of life. Activists from around the United States advocated for more legal protections through demonstrations and protests, resulting in notable action on March 12, 1990. The Wheels of Justice March saw over 700 people march through Washington, D.C. demanding for the ADA to be passed, and shortly after prominent figures gave powerful speeches, 60 people with disabilities crawled up the steps leading to the Capitol building in what would become known as the Capitol Crawl. The ADA was passed in July of 1990, a few months after these demonstrations.

To learn more about the experiences of persons with disabilities, the Boston Public Library shares an annual booklist titled "Disabled, Not Unable," here: bpl.bibliocommons.com/v2/list/display/2504215469/2737000907.

In addition, be sure to join the Boston's Disabilities Commission on July 23 for their "ADA 35 Boston" event to celebrate the 35th anniversary of the Americans with Disabilities Act. To learn more call 617-635-3562 or visit boston.gov/calendar/ada-35-boston.

Want to learn more about government & how to use your voice to affect change?

JOIN AGE STRONG'S SENIOR CIVIC ACADEMY!

6 in-person sessions at Boston City Hall:

September: 30 | October: 7, 16, 23, 30 | November: 6

APPLICATIONS DUE BY AUGUST 15, 2025

Applicants notified by September 19



Link to online application:
bit.ly/senior-civic-academy

For more information or a print application, contact Hayfaa Ali at 617-635-2664 or hayfaa.ali@boston.gov



SCAN ME!



AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

2025 BOSTON FARMER'S MARKETS

BY NEIGHBORHOOD



Back Bay: Copley Square Farmers Market*

227 Dartmouth St
5/20-11/25 Tuesday | 11AM-6PM,
5/16-11/21 Friday | 11AM-6PM

Brighton Farmers Market

30 Chestnut Hill Ave, 6/11-10/29
Wednesday | 2-6:30PM

Charlestown Farmers Market*

Main and Austin St.
6/19-10/29, Wednesday | 1-6PM

Dorchester: Ashmont Friday Market*

1900 Dorchester Ave
6/11-10/31, Friday | 2-6PM

Dorchester: Codman Square Farmers Market*

20 Wainwright St.
7/19-10/18, Saturday | 11AM-2PM

Dorchester: DotHouse Health Farmers Market*

1353 Dorchester Ave,
7/8-10/14,
Tuesday | 11:30AM-1:30PM

Dorchester: Fields Corner Farmers Market*

150 Park St, 7/19-10/25,
Saturday | 9AM-11AM

East Boston Farmers Market*

200 Border St, Central Square
Park, 7/2-10/22,
Wednesday | 3:00PM-6:30PM

Fenway-Kenmore: Charlesgate Farmers Market

Charlesgate Park
6/22-10/12, Sunday | 10AM-2PM

***ACCEPTS SNAP/EBT/HIP**

Mattapan Square Farmers Market*

882 Cummins Hwy, 02126
7/12-10/25 Saturday | 10AM-1PM

Mission Hill Farmers Market*

725 Huntington Ave, Hanlon Sq.
5/08-11/13, Thursday | 11AM-6PM

Roslindale Farmers Market*

4236 Washington St.
6/07-11/22, Saturday | 9AM-1:30PM

Roxbury: Dudley Farmers Market*

427 Dudley St, 6/26-10/30,
Thursday | 2PM-6PM

Roxbury:Nubian Square Farmers Market*

2300 Washington St, 02119
7/19-11/01, Saturday | 11AM-3PM

Roxbury Crossing Farmers Market*

1400 Termont St., 4/19-12/19,
Tuesday/Friday | 11AM-6PM

Seaport: Fish & Farm Market*

212 Northern Ave, Boston Fish Pier,
6/7-10/25, Saturday | 11AM-3PM

South Boston Farmers Market*

446 W Broadway
6/02-11/17, Monday | 11AM-5PM

South End: SOWA*

500 Harrison Ave, 5/4-10/26,
Sunday | 11:00AM-5:00PM

South End: Worcester Street Farm and Flea Market

725 Tremont St., 6/14-10/18,
Every other Saturday | 10AM-3PM



STAYING HEALTHY ON A BUDGET



By Maeve Forbes, Age Strong Staff



Eating a healthy diet is important to keep a healthy mind and body.



This is why, even on a budget, we can fuel our bodies with the most nutritious food we can afford.



Grocery shopping on a budget can be overwhelming, so here are tips to make it easier:



Plan Your Weekly Meals



Before you go to the store, plan what you want to eat and which items you will need to buy. Look through your cabinets and fridge to see what you may already have.



Make a grocery list to round out what's missing.



Cut Your Coupons



While you can clip coupons from the weekly printed ads, you can also download apps (if you have a smartphone) for your local grocery store to find further coupons and sales, like Star Market, Shaws, Stop & Shop, and others. You can even outline a virtual grocery cart to know how much you will spend on your trip! If you need help with the app, visit the customer service desk at your store and ask for assistance.



Buy Canned or Frozen Produce

Frozen produce has the same nutritional value for less money than fresh. Most frozen vegetables cost about a dollar less than fresh and will last a few months in the freezer so you won't waste money on produce that goes bad. Many frozen vegetables also come precut and can be bought in mixed packs. This can help you make more nutritional meals without the extra work of cutting or the extra money of buying multiple, whole fresh vegetables. Canned fruits and vegetables can often cost less than fresh. Be mindful to buy "no sodium added" vegetables and be sure fruits are canned in water, not syrups.

Tap Into Your Community!

Consider buying in bulk with friends, family or neighbors to save money or why not start a weekly dinner swap? If each person makes one dish you can trade meals and have a diverse meal rotation for the week ahead. An additional benefit of tapping into your community is creating a safe environment to share money-saving knowledge, try new recipes, and support each other.





OPEN STREETS IS BACK!

All events from 10:30 a.m. to 3 p.m.
(Streets close at 9 a.m. | Activities start at 10:30 a.m.)



JULY 12

ROXBURY BLUE HILL AVE.

Between Warren St. & Quincy St.

AUGUST 10

HYDE PARK

HYDE PARK AVE. & RIVER ST.
Between Fairmount St. & Davison St.

SEPTEMBER 14

DORCHESTER DORCHESTER AVE.

Between Ashmont St. & Adams St.

OCTOBER 18

MATTAPAN BLUE HILL AVE.

Between River St. & Babson St.

NOVEMBER 2

JAMAICA PLAIN CENTRE ST.

Between Lamartine St. & South St.

**SCAN TO
LEARN MORE!**



10 TIPS TO BEAT THE HEAT

Before Periods of Extreme Heat



- Have plenty of drinking water available
- Locate your nearest cooling centers
- Install air conditioners and use ceiling or standing fans

Preparing for Potential Power Outages



- Keep devices charged and consider backup power
- Prep meals that don't require an oven or stove
- Use passive cooling in your home: Cover windows to shade the room using curtains, towels, or aluminum-foil-covered cardboard reflectors

During Extreme Heat



- Stay hydrated.
- Wear loose-fitting, light clothing.
- Limit outdoor activity.
- Take a cool shower or bath.

**FIND WAYS TO
COOL DOWN AT
[BOSTON.GOV/HEAT](https://boston.gov/heat)**



► **EVENTS + ACTIVITIES**

JULY HAPPENINGS

** Please note events are free and are subject to change*



JP Fiber Arts Club
4:00 PM – 5:30 PM
BPL Jamaica Plain
30 South St,
Jamaica Plain
(617) 524-2053



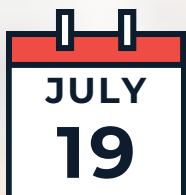
**Bremen Street
Community Gardening**
4:00 PM – 5:00 PM
BPL East Boston
365 Bremen St,
East Boston
(617) 569-0271



The Book-Sitters Club
6:00 PM – 7:00 PM
BPL Central
700 Boylston St,
Back Bay
(617) 536-5400



**Piece by Piece
Puzzlers**
1:00 PM – 2:30 PM
BPL Lower Mills
27 Richmond St,
Dorchester
(617) 298-7841



Queer Crafts
3:00 PM – 4:00 PM
BPL Faneuil
419 Faneuil St
Brighton
(617) 782-6705



**South End Summer
Concerts**
6:30 PM – 8:00 PM
BPL South End
685 Tremont St,
South End
(617) 655-2441



Book Club Café
11:00 AM – 12:15 PM
BPL Honan Allston
300 North Harvard St,
Allston
(617) 787-6313



**Summer Reading
BINGO Art**
6:00 PM – 7:30 PM
BPL Brighton
40 Academy Hill Rd,
Brighton
(617) 442-6186



SUMMER IN THE CITY

Welcome to July -- Summer in the City! With longer days of sunlight & warmer weather, there's more to do across the city & in your own neighborhood. From free city pools to fun farmers markets, from city beaches to free outdoor concerts -- there's surely something for everyone!

But don't forget to prepare for summer heat: find tips inside to stay cool & hydrated, know where to find cooling centers & to prepare for possible power outages.

-Boston Seniority Magazine Team



BOSTON CENTERS FOR YOUTH & FAMILIES OFFERS FREE PLACES TO SWIM ACROSS BOSTON

By Sarah Smith, Age Strong Staff

If you're looking for a way to beat the heat, why not visit one of Boston Centers for Youth and Families' free pools to cool off? Not only do these pools offer free swimming hours, but some offer fun, swimming activities such as water aerobics.

FREE BCYF SWIMMING POOLS IN BOSTON

BCYF Clougherty Pool (outdoor)

331 Bunker Hill Street,
Charlestown
Tuesday-Sunday | 8AM-7PM
Opens June 28 for the season

BCYF Charlestown Pool

255 Medford Street, Charlestown
Monday-Friday | 9AM-7PM

BCYF Paris Street Pool

113 Paris Street, East Boston
Tuesday-Friday | 9AM- 8PM,
Saturday | 9AM-4:30PM

BCYF Mirabella Pool (outdoor)

475 Commercial Street, North
End
Tuesday-Sunday | 8AM-7PM -
Opens July 1 for the season

BCYF Quincy Pool

885 Washington Street,
Chinatown
Tuesday-Friday | 4:30-8:30PM,
Saturdays | 9:30AM-4:30PM

BCYF Condon Pool

200 D Street, South Boston
Currently closed, expected to
reopen for summer

BCYF Curley Beach

1663 Columbia Road, South
Boston
Monday-Thursday | 6AM-8PM,
Friday | 6AM-7PM
Saturday/Sunday | 8AM-3PM

BCYF Mason Pool

159 Norfolk Avenue, Roxbury
Tuesday-Friday | 6AM-8:30PM,
Saturday | 7:30AM-5PM

BCYF Marshall Pool

35 Westville Street, Dorchester
Monday-Friday | 3-8PM

BCYF Leahy-Holloran Pool

1 Worrell Street, Dorchester
Tuesday-Friday | 3:30-8:30PM,
Saturday | 9:30AM-4:30PM

BCYF Mildred Avenue Pool

5 Mildred Avenue, Mattapan
Currently closed, expected to
reopen this summer

BCYF Mattahunt Pool

100 Hebron Street, Mattapan
Mondays | 11AM-7 PM
Tuesday-Friday | 11AM-9 PM,
Saturday | 9AM-5PM

BCYF Flaherty Pool

160 Florence Street, Roslindale
Mondays | 9:30AM-4:30PM,
Tuesday-Friday | 6AM-8:30PM,
Saturday | 7:30AM-2:30PM

BCYF Curtis Hall Pool

20 South Street, Jamaica Plain
Tuesday-Friday | 10AM-8PM,
Saturday | 9AM-4PM

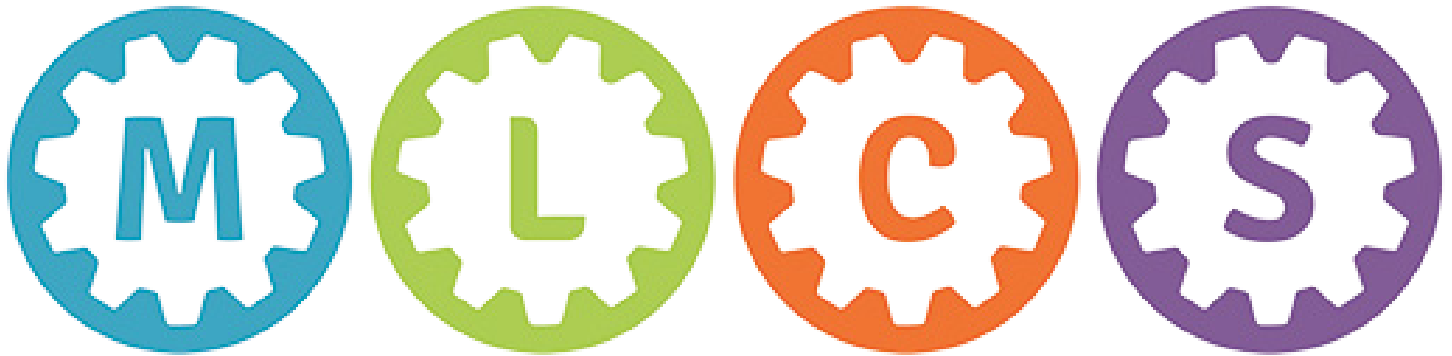
BCYF Draper Pool

5275 Washington Street,
West Roxbury
Tuesday-Friday | 6AM-9PM,
Saturday | 7AM-5PM

**To find city pools as well as splash pads, and view
schedules, visit**
boston.gov/departments/boston-centers-youth-and-families/pools-and-splash-pads

PARTNER HIGHLIGHT: MAVERICK LANDING COMMUNITY SERVICES

By Jordan Rich, Age Strong Staff



Maverick Landing Community Services (MLCS) started in 2007 as part of the redevelopment of the Maverick Landing housing community in East Boston. MLCS is a vibrant nonprofit organization serving people of all ages, with a special focus on youth, families, and older adults. Its mission is to build an equitable community by uplifting and supporting families, promoting community health, and nurturing resident leadership and creativity. Age Strong connected with Resident Services & Engagement Coordinator, Elba Oliva, to learn more.

What programs and services do you offer to older adults? What are your most popular programs? We offer a range of programs for older adults that promote wellness, social engagement, and lifelong learning. Popular offerings include Mandela Yoga (Thursdays), Zumba

(the first 3 Thursdays monthly), digital literacy classes, ESOL classes, Bingo, and community events.

Are services and programs free and open to the public? How do older adults sign up to attend?

Yes, our programs for older adults are free and open to the public. Older adults can sign up by calling our office or stopping by in person. We strive to make the process easy and accessible, and our staff is always happy to help with registration or provide more information.

East Boston has a diverse population. Are programs and services provided in multiple languages? Yes! Our programs and services can be done in either English or Spanish. We use translators for other languages.

Which Maverick Landing programs are supported by the Age Strong grant program? We're able to provide wellness programs like Yoga and Zumba, specifically to older adults, thanks to Age Strong's grant.

What are the challenges facing the older adults that you serve? Many older adults in our community face challenges such as social isolation, language barriers, and financial insecurity. Some also struggle with digital literacy, which can make it harder to access online resources or stay connected with loved ones.

What do older adults seek when attending Maverick Landing Community Services? They're often looking for connections and support. Whether it's making new friends, learning a new skill, or simply having a place where they feel seen and heard. We are proud to provide all that for them.

Are there any major barriers to providing services to the older adults in your area? Yes, there are several. Language and cultural differences can pose challenges. Additionally, stigma around asking for help can prevent some older adults from accessing the support they need.

How do you encourage older adults to participate or accept support? We take a community-centered approach, building trust through outreach, word-of-mouth, and partnerships with local organizations. We offer programs that reflect the interests and cultures of the people we serve, and we make a point to listen to their feedback.

Is there anything else you'd like Boston Seniority Magazine readers to know about Maverick Landing Community Services? We want Boston older adults to know that at Maverick Landing Community Services we're here for them. We believe in the strength of community and the power of connection, and we welcome everyone.

To learn more about MLCS, call 617-569-5146 or visit mlcsboston.org.



CELEBRATING OUR AGE STRONG GRANTEES

By Age Strong Staff

At Age Strong, we value our community partners and our older residents. Because it takes all of us to create a community where people can live and age well. Through three different grant programs, we fund over 60 community partners to provide direct services to Boston's older residents. See a list of our amazing partners below.

Older Americans Act Grantees

Action for Boston Community Development Mattapan
Action for Boston Community Development North End/West End
Boston Medical Center, Living Well at Home Program
Boston Senior Home Care
DEAF, Inc.
East Boston Social Centers
Ecumenical Social Action Committee (ESAC)
Ethos
FriendshipWorks
Greater Boston Chinese Golden Age Center
Greater Boston Legal Services
John F. Kennedy Family Service Center
La Alianza Hispana
Little Brothers Friends of the Elderly
Madison Park Development

Corporation
Massachusetts Association for the Blind and Visually Impaired
Massachusetts College of Pharmacy and Health Sciences
Operation PEACE
South Boston Neighborhood House
Vietnamese American Initiative for Development (VietAID)

Expanding Engagement Grantees

1975: A Vietnamese Diaspora Commemoration Initiative
Action for Boston Community Development (ABCD)
Bay Cove Human Services
Benevolent Fraternity of Unitarian Churches
Boston Project Ministries
Boston Public Housing Corporation
Boston Senior Home Care
Buddhist Tzu Chi Foundation
Cape Verdean Community UNIDO
Castle Square Tenants Organization.
Central Boston Elder Services
Community Centers of Jamaica Plain
Dorchester Bay Economic Development Corporation
DotHouse Health
Ethos
Fenway Civic Association
Fenway Community Center at Viridian

FriendshipWorks
 Four Corners Main Streets
 Friends of the Codman Square
 Library Branch
 Friends of the Rafael Hernández
 School
 Greater Boston Chinese Golden
 Age Center
 Jamaica Plain Community
 Connections/Tree of Life
 Haley House
 Hawthorne Youth and Community
 Center
 La Alianza Hispana
 LGBTQ Senior Housing
 Little Brothers Friends of the
 Elderly
 Massachusetts College of Art and
 Design Foundation
 Massachusetts Senior Action
 Council
 Maverick Landing Community
 Services
 Mission Hill Health Movement
 Museum of Fine Arts
 North End Community Health
 Committee
 Pine Street Inn
 Rogerson Communities
 Shaloh School Oholei Torah
 Sherrill House
 The Home for Little Wanderers
 Urban Edge
 Veronica Robles Cultural Center
 Wakullah Street Community
 Garden
 West Broadway Task Force
 YardTime

Behavioral Health Grantees

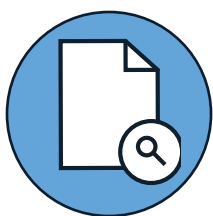
2Life Communities
 Boston Medical Center, Living
 Well at Home Program
 Central Boston Elder Services
 Community Caring Clinic
 Ethos
 Greater Boston Chinese Golden
 Age Center
 Greater Boston Legal Services
 Pine Street Inn
 Samaritans
 The Community Builders.
 Trustees of Boston College



► IN BOSTON, WE AGE STRONG.

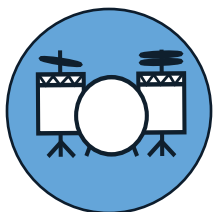
As part of the City's Human Services cabinet, The Age Strong Commission's mission is to enhance your life with meaningful programs, resources, and connections so we can live and age strong together in Boston.

We can help with:



AGE STRONG ADVOCATES

Our Advocacy and Benefit Specialists connect older adults to resources, benefits & information including health insurance counseling, food access applications, referrals to fuel assistance, tax relief exemptions, protective services & more.



EVENTS & PROGRAMMING

Age Strong produces a variety of events & programs specifically for older residents, including celebrations for Black Heritage, Hispanic Heritage & LGBTQ+ Pride. We host our programming in community spaces around Boston with various focuses such as fall prevention, mindfulness, arts, cooking & more.



TRANSPORTATION

We are committed to helping connect older adults to all of the transportation options available, such as our Age Strong Shuttle, Taxi Coupons, and more.



Call us for more details at (617) 635-4366



VOLUNTEER OPPORTUNITIES

We can connect you to a variety of volunteer opportunities based on your interests, location, and preferred time commitment.



AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where people can age and live well in community. We hold Memory Cafes for those experiencing memory loss and thier care partners to meet in a safe, social environment, as well as support groups for care partners to learn about resources and share experiences.



HOUSING SUPPORT

Our housing advocates can help older residents learn about tenants rights, eviction prevention, navigate housing eligibility, and assist with housing applications.

PROJECTS IN THE CITY OF BOSTON



The City of Boston is introducing a new, easy-to-use search tool so you can explore public projects underway across Boston. From safer streets to upgraded pools and community centers, our search tool provides links to project pages where you can find key information, including goals, timelines, and how you can get involved. As things are heating up across the city, here are some projects to check out over the summer.

BCYF Clougherty Pool (Charlestown)

The City is making a major investment in renovating Clougherty Pool, a public pool operated by Boston Centers for Youth & Families. Originally built in the 1940s, the renovations prioritize the facility's modernization and increased accessibility. The upgraded pool reopened last summer. Improvements to the bathhouse and roof terrace will be complete this summer. The renovations to Clougherty Pool are part of a larger investment the City is making in modernizing its 18 city-owned pools.

Mattahunt Wilds (Mattapan)

Construction began on the Mattahunt Woods Urban Wild Improvement Project in spring 2024 and is expected to be complete in summer 2025. With much of the urban wild previously in a state of disrepair, restoration of this publicly-owned natural area was the first priority. This included adding native vegetation, as well as removing hazardous trees, invasive species and illegally dumped construction debris.

In addition to site restoration, the project prioritized making the urban wild accessible and connected to the broader neighborhood. It includes constructing an accessible trail system throughout the property and creating two new entrances, the first off of Cummins Highway on Itasca Street and the second on Alabama Street.

Malcolm X Park Public Art Project (Roxbury)

The renovation of Malcolm X Park (completed in 2023) enhanced recreation for children of all ages by increasing lighting, improving courts, and offering art and educational spaces.

The Boston Art Commission and the Mayor's Office of Arts and Culture, in collaboration with the City's mural consultant, Street Theory, commissioned four new artworks to complement the park's renovation. These include a mural on an exterior wall of the BCYF Shelburne, and three murals on the park's basketball courts.

These are only three of the nearly two hundred projects featured on the site. We'll continue to add to our tracker over time, so stay tuned for updates!

Scan here to start exploring, or visit boston.gov/departments/boston-digital-service/project-search.



MEET BOSTON RESIDENT, DIANA WU

By Sarah Smith, Age Strong Staff



After retiring at 55, Diana Wu was looking for a hobby, and stumbled upon Age Strong's Veronica B. Smith Senior Center (VBS). Born in Taiwan, Wu moved to Boston's Brighton neighborhood in 1985. She worked at New England Medical Center for 10 years before going to acupuncture school and pursuing that as her career. She now lives in Brighton with her husband and son, her daughter abroad in Barcelona.

When she first retired, she traveled. Then she became a member of the Museum of Fine Arts. Exploring the exhibitions, she felt inspired, and thought of taking up painting. One day, on the way to visit her local library branch, Diana stopped into VBS to see if they offered art classes. She signed up, soon finding a new interest making her free time meaningful.

"At the beginning, they were doing a lot of watercolor," said Wu. "I wasn't great at it -- you have to be very patient. But Dawn, our instructor, really helps find what works for you, introducing me to acrylic painting. It was amazing. From that day on acrylic painting was for me."

Instructor Dawn Scalterto has taught at VBS since 1996. "Her instruction not only helped me find a new hobby, Dawn welcomes older adults in the community to try out a new activity without judgement," Wu explains.

"Some are nervous to join the class, saying 'I can't paint.' But that's not what this class is about. It's not about how good you can paint, it's about freedom. It's about expression," Wu said.

Through attending painting classes, Wu has also connected

with Boston's Age Strong Commission services, attending events and connecting more with her local community. "There's always something going on! Age Strong hosts a lot of events; encouraging me to get out of the house and try something new. I think a big problem with seniors is being stuck inside. It's lonely, and you get stuck in routine. The senior center and Age Strong really helps me get outside to talk and do something."

Another class at VBS Diana raved about was the exercise class that Jackie McLaughlin, Assistant Director teaches. "It's not only about the exercise...you can tell that Jackie really puts her heart and soul into this class. You can feel that love and encouragement from her that you're not afraid or ashamed to try. She makes you feel so...so good."

Diana encourages her friends to attend classes and socialize at VBS. "I came in for the classes, but I make sure to tell more people to come here. The classes are great, but so is the community. You meet so many friends, so many different people. It's so worth it."

To learn more about VBS visit boston.gov/departments/age-strong-commission/veronica-b-smith-senior-center.



▶ SEEN AROUND TOWN





THE BUZZ: AGE STRONG PARTNER

ACTIVITIES IN JULY



Check out a sampling of activities from our community colleagues & Age Strong partners across Boston's neighborhoods. You can also view our Monthly "To-Do" calendar via email, listing dozens of free activities across Boston: boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do

Jazz & Blues Concert with Pat Loomis & Friends

Friends of the South End Library
South End Library Park (Tremont & Rutland Streets)
Tuesdays, July 1, 15, 29, 6:30pm
info@friendsofsouthendlibrary.org

Chinatown Main Street Summer Festival

Chinatown Main Street & Rose Kennedy Greenway
Boston Chinatown,
Harrison Avenue/Beach Street
Saturday, July 5, 10am-5:30pm
617-350-6303

Food Pantry

ABCD: Allston/Brighton Neighborhood
Opportunity Center
640 Washington Street Suite #201/202, Brighton
Monday: 11am-4pm,
Wednesday-Friday: 10am-4pm
Please call in advance to register at 617-903-3640

Mayor's Office of Immigrant Advancement Community Hours

Get information & resources about food, housing, education
Codman Square Branch Library,
690 Washington Street, Dorchester
Thursday, July 10, 10am-12pm
617-635-2980,
immigrantadvancement@boston.gov

Tai Chi

Bowdoin Street Health Center
230 Bowdoin Street, Dorchester
Tuesdays, 1-1:45pm & 2-2:45pm
617-754-0013,
avalent2@bidmc.harvard.edu

Coffee & Conversation

BCYF Beverly Gibbons Community Center for Older Adults
382 Main Street, Charlestown
Monday-Friday, 8-10am
617-635-5175

TAXI COUPONS

Boston's Age Strong Commission offers discounted taxi coupons for Boston residents age 65+ & persons with disabilities.

Coupons may be purchased **in-person with cash** at Age Strong (Room 271, City Hall) or at select sites across Boston.

- Bring your **ID with proof of Boston residency**
- Each coupon book costs \$5 (worth \$10)
- Coupons don't expire



View participating taxi companies & coupon sale sites here:

**BOSTON.GOV/
TAXICOUPONS**

OR CALL 617-635-4366