

BOSTON SENIORITY

Age Strong Commission

City of Boston

Mayor Michelle Wu

Calendar 2026

Issue 1

Vol. 50

**SPECIAL 2026
CALENDAR EDITION**



MAYOR'S LETTER



RESOURCES



IMPORTANT PHONE NUMBERS





Happy 2026, Boston!

I hope you enjoyed a joyful, restorative holiday season. This Boston Seniority Magazine calendar is designed to keep you engaged and informed. It can help you stay on top of important dates, point you toward programs that put money back in your pocket, and keep you in the know on exciting community events. Inside, you'll find information about supports like SNAP and the Circuit Breaker Tax Credit, as well as Seniors Save, which helps older adults repair or replace old heating systems. It also includes a list of key phone numbers, so you'll know who to call in an emergency or how to reach the City when something needs attention.

Starting in February, Boston Seniority Magazine will be back with new issues throughout the year—sharing resources,

updates, and stories from older residents across Boston.

If you ever need help navigating City services, Age Strong is here for you. Your advocate can answer questions, help with applications, connect you to volunteer opportunities, and make sure you're aware of programs and events happening near you. And they'll make sure you get all the benefits and resources you're eligible for.

Boston was built by residents like you who invested in their communities and looked out for one another. Thank you for the role you've played in shaping our city, and for all you continue to contribute.

Wishing you a happy and healthy 2026!



SINCERELY,
MAYOR MICHELLE WU

Michelle Wu

JANUARY 2026

"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL
OR TO DREAM A NEW DREAM."

-C.S. Lewis

| DECEMBER 2025 | | | | | | | FEBRUARY 2026 | | | | | | |
|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
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| 28 | 29 | 30 | 31 | | | | | | | | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------------------------|---------|-----------|---------------------|--------|----------|
| | | | | 1 New Year's Day | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 Martin Luther King Jr. Day | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

MAYOR'S SAVINGS HIGHLIGHT

COMMUNITY CHOICE ELECTRICITY

The City of Boston offers Community Choice Electricity which may save you money on your electricity bill. Call (855) 402-5868 for more information.

MY NOTES



AGE STRONG BLACK HERITAGE MONTH
CELEBRATION

FEBRUARY 2026

"AGING IS NOT 'LOST YOUTH' BUT A NEW STAGE OF OPPORTUNITY AND STRENGTH."

-Betty Friedan

| JANUARY 2026 | | | | | | | MARCH 2026 | | | | | | |
|--------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|
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| | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 | | | | | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|-----------------------|----------------------|-----------|----------|--------|-----------------------|
| 1 National Freedom Day | 2 Groundhog Day | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 Valentine's Day |
| 15 | 16 Presidents' Day | 17 Lunar New Year | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

MA residents 65+ are eligible for the reduced rate MBTA Senior Charlie Card. If you're under 65, there's a new income-eligible reduced fare. Call 617-222-3200 for details.

MAYOR'S SAVINGS HIGHLIGHT

SENIOR CIRCUIT BREAKER TAX CREDIT

Residents age 65+ are eligible to claim a refundable credit on property taxes or rent paid on personal income tax returns. For more information, visit mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit.

MY NOTES



CHARLESTOWN PRIDE LUNCHEON

MARCH 2026

“THE LONGER I LIVE, THE MORE BEAUTIFUL LIFE BECOMES.”

-Frank Lloyd Wright

| FEBRUARY 2026 | | | | | | | APRIL 2026 | | | | | | |
|---------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | | | | | 26 | 27 | 28 | 29 | 30 | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|--|---|----------|------------------------------------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 <small>International Women's Day + Daylight Saving Begins</small> | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 <small>St. Patrick's Day</small> | 18 | 19 | 20 <small>Spring Begins</small> | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | The deadline to file for property tax exemption or deferral is coming up on April 1. Call the Assessing Department at (617) 635-4287 to learn more. | | | |

MAYOR'S SAVINGS HIGHLIGHT

FREE TAX PREPARATION

The Boston Tax Help Coalition (BTHC) provides FREE tax preparation & filing services to Boston residents who qualify. For more information, call (617) 541-2670 or visit boston.gov/departments/center-working-families/worker-empowerment/boston-tax-help-coalition.

MY NOTES



LUNCH AT EAST BOSTON SENIOR CENTER

APRIL 2026

“IN THE END, IT’S NOT THE YEARS IN YOUR LIFE THAT COUNT. IT’S THE LIFE IN YOUR YEARS.”

-Abraham Lincoln

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------------------------------------|---------|-----------------|--------------------------------|--------|----------|
| April 16 is National Healthcare Decisions Day. Don't forget to make a plan/directive for your medical care. | 1 April Fool's Day | 2 | 3 | 4 | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 Healthcare Decisions Day | 17 | 18 |
| 19 | 20 Patriots' Day + Boston Marathon | 21 | 22 Earth Day | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

MARCH 2026

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MAY 2026

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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

MAYOR'S SAVINGS HIGHLIGHT

PROPERTY TAX WORK-OFF

Qualified homeowners can work-off up to \$2,000 from their property taxes by volunteering for the City of Boston. For more information, call Age Strong at (617) 635-4366 or visit boston.gov/departments/age-strong-commission/senior-property-tax-work.

MY NOTES



**MAYOR WU'S CHINATOWN/BAY VILLAGE
COFFEE HOUR**

MAY

2026

"IN YOUTH WE LEARN; IN AGE WE
UNDERSTAND."

-Marie Von Ebner-Eschenbach

| APRIL 2026 | | | | | | | JUNE 2026 | | | | | | |
|------------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
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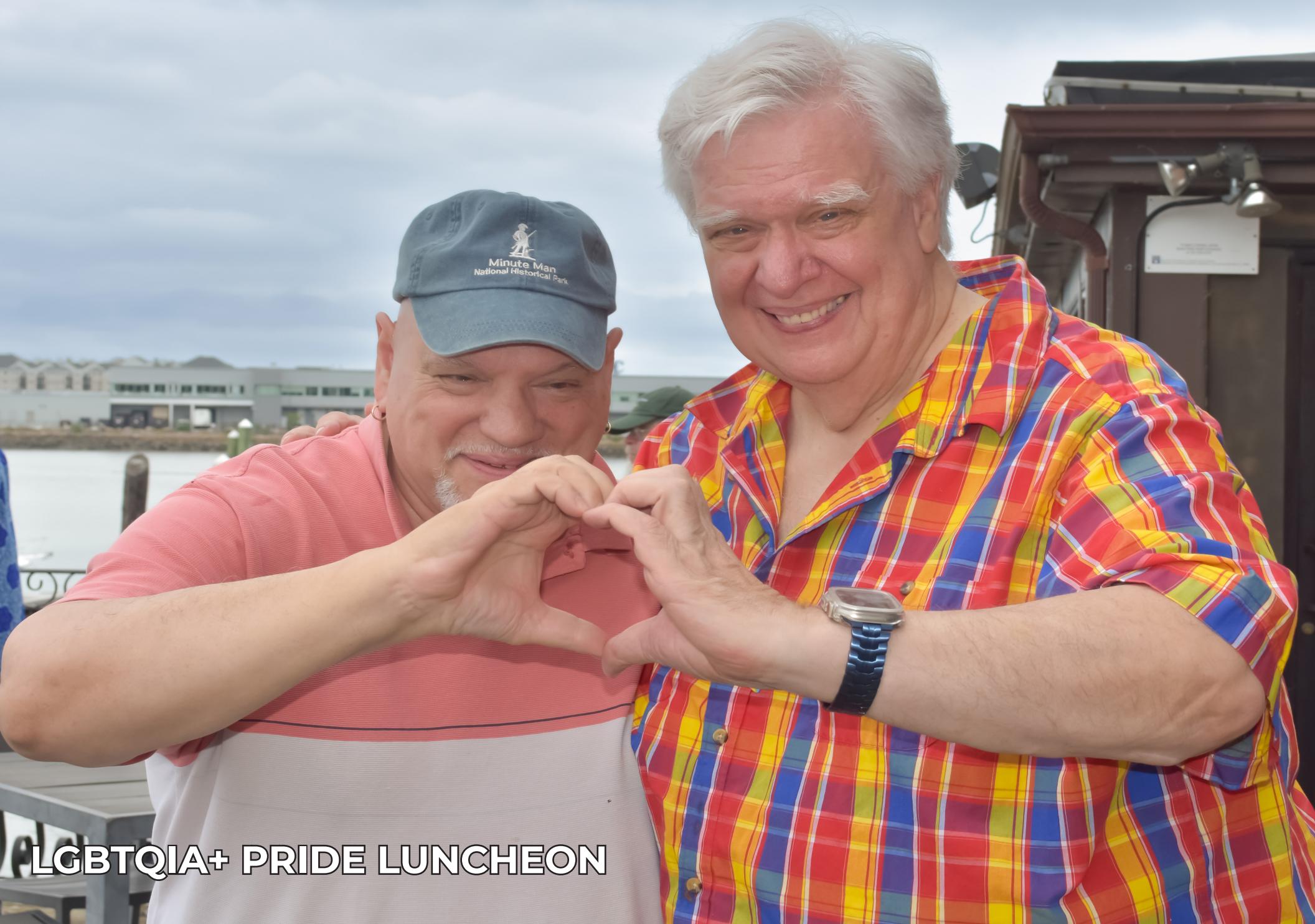
MAYOR'S SAVINGS HIGHLIGHT

SENIORS SAVE

The Seniors Save program helps Boston's older residents (age 60+) repair or replace failing heating systems to ensure they are ready for winter. For details, call Age Strong at (617) 635-4366 or Boston Home Center at (617) 635-4663.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--------------|---------|-----------|----------|--------|------------------|
| | | | | | 1 | 2 |
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| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Mother's Day | | | | | | Armed Forces Day |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | Memorial Day | | | | | |

MY NOTES



LGBTQIA+ PRIDE LUNCHEON

JUNE 2026

“ONE DAY YOU WILL LOOK BACK AND SEE THAT ALL ALONG YOU WERE BLOOMING.”

- Morgan Harper Nichols

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---------------------------------------|---------|---|----------|------------------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Flag Day | 15 World Elder Abuse Awareness Day | 16 | 17 Bunker Hill Day Observed | 18 | 19 Juneteenth | 20 |
| 21 The Longest Day + Summer Begins + Father's Day | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | The City's Office of Immigrant Advancement offers legal clinics, citizenship workshops & other resources. Call (617) 635-2980 for more information. | | | |

| MAY 2026 | | | | | | JULY 2025 | | | | | | | |
|----------|----|----|----|----|----|-----------|----|----|----|----|----|----|----|
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
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| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | | | | | | | | | |

MAYOR'S SAVINGS HIGHLIGHT

FOOD RESOURCES

Need help paying for food? See if you qualify for SNAP & HIP (Healthy Incentives Program) that offers perks for buying healthy fruits & vegetables from HIP vendors. Call Age Strong at (617) 635-4366 for more info.

MY NOTES



MAYOR WU'S VISIT TO THE WOODBOURNE
APARTMENTS IN JAMAICA PLAIN

JULY 2026

"AGE IS NOT HOW OLD YOU ARE, BUT HOW MANY YEARS OF FUN YOU'VE HAD."

-Matt Maldre

| JUNE 2026 | | | | | | | AUGUST 2026 | | | | | | |
|-----------|---|----|----|----|----|----|-------------|----|----|----|----|----|----|
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| | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 9 | 10 | 11 | 12 | 13 |
| | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 16 | 17 | 18 | 19 | 20 |
| | | 28 | 29 | 30 | | | | | 23 | 24 | 25 | 26 | 27 |
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---------|-----------|-----------------------|--|----------|
| Beat the heat: wet a washcloth & put it on your neck and wrists to stay cool. You can even freeze it! | 1 | 2 | 3 | 4 Independence Day | | |
| 5 | 6 | 7 | 8 | 9 | 10 Property Tax Work-Off Applications Due | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 Parents' Day | 27 | 28 | 29 | 30 | 31 | |

MAYOR'S SAVINGS HIGHLIGHT

TAXI COUPONS

Discounted taxi coupons are available to Boston residents age 65+ & those with disabilities. Call Age Strong at (617) 635-4366 or visit boston.gov/departments/age-strong-commission/how-buy-taxi-coupons.

MY NOTES



AGE STRONG'S 2025 VOLUNTEER RECOGNITION
EVENT AT VENEZIA IN DORCHESTER

AUGUST 2026

“LAUGHTER IS TIMELESS, IMAGINATION HAS NO AGE, AND DREAMS ARE FOREVER”

-Walt Disney

| JULY 2026 | | | | | | | SEPTEMBER 2026 | | | | | | |
|-----------|----|----|----|----|----|----|----------------|----|----|----|----|----|----|
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 26 | 27 | 28 | 29 | 30 | 31 | | 27 | 28 | 29 | 30 | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|--------------------------------|----------|--------|----------|
| Boston residents may call 311 to report non-emergency issues like potholes or streetlight outages or to schedule pick-up of large items like refrigerators, air conditioners & computers. Visit 311 online at boston.gov/departments/boston-311 . | | | | | | 1 |
| 2 Friendship Day | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 Women's Equality Day | 27 | 28 | 29 |
| 30 | 31 | | | | | |

MAYOR'S SAVINGS HIGHLIGHT

AGE STRONG SHUTTLE

Age Strong's Shuttle provides Boston residents age 60+ with free transportation to medical appointments & other essential destinations. Most vans are wheelchair-accessible. Call (617) 635-3000 M-F 8AM-4PM, to schedule.

MY NOTES



BEATRICE BUSBY'S 110TH BIRTHDAY AT
THE SHERRILL HOUSE IN JAMAICA PLAIN

SEPTEMBER 2026

"AGING IS JUST ANOTHER WORD FOR LIVING."

-Cindy Joseph

| AUGUST 2026 | | | | | | | OCTOBER 2026 | | | | | | |
|-------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 30 | 31 | | | | | | | | | | | | |

MAYOR'S SAVINGS HIGHLIGHT

FUEL ASSISTANCE

ABCD's Home Energy Assistance Program (HEAP) offers financial assistance to low-income residents by helping pay heating bills (November-April). Call Age Strong at (617) 635-4366 or ABCD at (617) 357-6012.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|---|---------------------|-----------|---|--------|----------|
| September is Senior Center Month! | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 Labor Day | 8 | 9 | 10 | 11 | 12 |
| 13 National Grandparents Day | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 World Alzheimer's Day + Fall Prevention Awareness Day | 22 Autumn Begins | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | To receive City emergency notifications, sign up for Alert Boston by calling the Emergency Management Department at 617-343-2400. | | |

MY NOTES



VERONICA B. SMITH SENIOR CENTER
HALLOWEEN PARTY

OCTOBER 2026

"YOUTH IS THE GIFT OF NATURE, BUT AGE IS A WORK OF ART."

-Stanislaw Jerzy Lec

| SEPTEMBER 2026 | | | | | | NOVEMBER 2026 | | | | | |
|----------------|----|----|----|----|----|---------------|----|----|----|----|----|
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | | 29 | 30 | | | |

MAYOR'S SAVINGS HIGHLIGHT

MEDICARE OPEN ENROLLMENT

The annual Medicare Open Enrollment period runs from October 15 through December 7. Review your health insurance & prescription drug plan each year for the most coverage at the least cost. For more information, call Age Strong at (617) 635-4366.

MY NOTES

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|-------------------------------|-----------|---|--------|-----------------|
| | | | | 1 International Day of Older Persons | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 Indigenous Peoples' Day | 14 | 15 White Cane Safety Day | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 Halloween |



2025 PUERTO RICAN VETERANS' MEMORIAL
WREATH LAYING IN THE SOUTH END

NOVEMBER 2026

"IT MATTERS NOT HOW LONG WE LIVE BUT HOW."

-Phillip James Bailey

| OCTOBER 2026 | | | | | | DECEMBER 2026 | | | | | |
|--------------|----|----|----|----|----|---------------|----|----|----|----|----|
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 27 | 28 | 29 | 30 | 31 |

MAYOR'S SAVINGS HIGHLIGHT

WATER & SEWER DISCOUNT

Boston homeowners age 65+ or fully disabled homeowners who live in a 1-4 family residential dwelling, are eligible for a 30% discount on their monthly water, sewer, & storm water charges.

Call Age Strong at (617) 635-4366 or the Water Sewer Commission at (617) 989-7800.

MY NOTES

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------|--------|---|--------------------|------------------------|---|----------|
| 1 Daylight Saving Time Ends | 2 | 3 | 4 | 5 | 6 Property Tax Work-Off Hours Deadline | 7 |
| 8 | 9 | 10 | 11 Veterans Day | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 Thanksgiving Day | 27 | 28 |
| 29 | 30 | The City of Boston's Veterans Services Department can help those who served with information on benefits, programs, and resources. Call (617) 635-3026 to learn more. | | | | |



BPD'S "WALK THE BEAT" GROUP WITH BFD'S HENRY "HANK" PERKINS AT AGE STRONG'S ANNUAL HOLIDAY CONNECTIONS EVENT

DECEMBER 2026

"THE YEARS TEACH MUCH, WHICH THE DAYS NEVER KNEW."

-Ralph Waldo Emerson

| NOVEMBER 2026 | | | | | | | JANUARY 2027 | | | | | | |
|---------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 29 | 30 | | | | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | | 31 | | | | | | |

MAYOR'S SAVINGS HIGHLIGHT

MEDICARE SAVINGS PROGRAM

Older adults may qualify for help paying health insurance premiums through the Medicare Savings Program. Call Age Strong at (617) 635-4366 to learn more.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-----------------------------------|---------|----------------------|--|---------------------|----------------------|
| | | 1 | 2 | 3 | 4 | 5 Hanukkah Begins |
| 6 | 7 Pearl Harbor Remembrance Day | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 Winter Begins | 22 | 23 | 24 | 25 Christmas Day | 26 Kwanzaa |
| 27 | 28 | 29 | 30 | UMass Boston's Pension Action Center offers free help with accessing pensions & lost 401k funds for those who have lived/worked in New England. Call 888-425-6067 for information. | | |
| | | | 31 New Year's Eve | | | |

MY NOTES

► IN BOSTON, WE AGE STRONG.

As part of the City's Human Services Cabinet, Age Strong's mission is to enhance the lives of older adults with meaningful programs, resources, and connections so that together we can live and age strong in Boston.

Our offerings include...

AGE STRONG ADVOCATES

Our Advocates connect older adults to resources, benefits & information including health insurance counseling, food access applications, referrals to fuel assistance, protective services & more.

BOSTON SENIORITY MAGAZINE, NEWSLETTERS, AND MORE

Age Strong publishes Boston Seniority Magazine, distributed to 350 locations across Boston neighborhoods, including library branches, community centers & grocery stores. We also distribute Age Strong's "To-Do" & provide information and resources through our website boston.gov/agestrong & our social media channels.

FOOD RESOURCES

We help older adults access quality food and nutrition education to live healthy, strong lives.

SENIOR CENTERS & SPACES

We believe that social engagement improves overall wellbeing. The City of Boston & Age Strong are committed to providing engaging programming for older adults in our senior centers as well as expanding programming into additional community spaces across neighborhoods.

EVENTS & PROGRAMMING

Age Strong produces a variety of events & programs specifically for older residents, including celebrations for Black Heritage, Hispanic Heritage & LGBTQ+ Pride. We also help activate programming at Boston Centers for Youth & Families (BCYF) & other community spaces, including fall prevention, mindfulness, arts, cooking & more.

AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where people can age and live well in community.

CARE PARTNER SUPPORT

We can help answer questions & connect care partners to resources and supports that help take care of loved ones more effectively.

VOLUNTEER OPPORTUNITIES

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

SUPPORTING COMMUNITY PARTNERS

Age Strong supports over 60 community partners by providing grants that fund direct services and programs at nonprofits across Boston's neighborhoods.



UTILITY AND TAX SAVINGS

We can connect older residents to programs & resources that may help save money on taxes, utilities, and healthcare.

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.

HOUSING SUPPORT

We help older residents learn about tenants rights, navigate housing eligibility, and assist with housing applications.

► ENGAGING PROGRAMMING FOR BOSTON'S OLDER RESIDENTS

The City of Boston & the Age Strong Commission believe that continued social engagement contributes to our overall health and well-being. We offer a variety of free programming across the neighborhoods, at our own senior centers and by activating community spaces. To learn more about locations & activities, visit boston.gov/age-strong.

Age Strong Senior Centers

Senior Centers offer information, assistance, programs and activities like tai chi, zumba, book clubs, knitting clubs, guest speakers, technology classes, and more. We operate the Veronica B. Smith Senior Center (Brighton) & the East Boston Senior Center. To learn more, visit boston.gov/departments/age-strong-commission/senior-centers.

Age Strong Drop-in Neighborhood Programming

Age Strong also offers a variety of free programming on select weekdays including coffee hours, board games, fitness, wellness and arts at the Dewitt Center (Roxbury), Union Church (S. End), Spontaneous Celebrations (JP), and in partnership with Ethos the Elks (W. Roxbury). Get details at bit.ly/age-strong-events.

Boston Centers for Youth & Families (BCYF) Senior Centers

BCYF operates the Beverly Gibbons Senior Center (Charlestown) and the Grove Hall Senior Center (Dorchester) & offers senior programs at their many other **neighborhood centers**. Visit boston.gov/departments/boston-centers-youth-and-families or call your branch for more information.

Boston Public Library

Each branch of the Boston Public Library offers programming for older adults. To access an online calendar, sortable by 'older adults' Visit bpl.bibliocommons.com/v2/events, or call your local branch for more information.

Community Centers & Other Spaces

Age Strong helps fund many programs at non-profit organizations including ABCD, VietAID, Greater Boston Chinese Golden Age Center, East Boston Social Center, La Alianza Hispana, South Boston Neighborhood House, Peterborough Senior Center, and more.



2026 GOALS



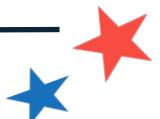
This Year I Will....



Steps to Accomplish This



This Year I'll Try....



Inspiration for the New Year



►2027 CALENDAR

| JANUARY 2027 | | | | | | |
|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | 1 | 2 | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

| FEBRUARY 2027 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | | | | | | |

| MARCH 2027 | | | | | | |
|------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

| APRIL 2027 | | | | | | |
|------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | 1 | 2 | 3 | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

| MAY 2027 | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | 1 | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| JUNE 2027 | | | | | | |
|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

| JULY 2027 | | | | | | |
|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| AUGUST 2027 | | | | | | |
|-------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| SEPTEMBER 2027 | | | | | | |
|----------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| OCTOBER 2027 | | | | | | |
|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

| NOVEMBER 2027 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

| DECEMBER 2027 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

► RESOURCES

Here are some important numbers to keep in mind if you're looking for help.

ELDER PROTECTIVE SERVICES

Assists those age 60+ who are at high risk and suffering from self-neglect, caregiver neglect, physical/sexual abuse or financial exploitation. Call **(800) 922-2275** to file a report. Reports can be filed 24/7. Call 911 or local police if you have an emergency or life-threatening situation.

BOSTON ELDERINFO

Aging and home care services available to those age 60+ who are eligible. Offering help with various in-home tasks ranging from homemaking, personal care, laundry, and meal preparation. More programs and services are available for Boston residents. For more information, call **(617) 292-6211** or visit elderinfo.org.

SCAM PREVENTION

Older adults are often the target of financial scams and fraud. Never give out your personal or financial information to a source you don't trust. To report scams, call the Boston Police Department's CrimeStoppers Tip Line at **(800) 494-8477**. For more about scams, visit aarp.org/scams.

Reach out to Age Strong at **(617) 635-4366** for more information about our services.

► MORE IMPORTANT NUMBERS

ABCD Fuel Assistance

(617) 357-6012

Eversource

(800) 592-2000

MBTA

(617) 222-3200

Boston Parks and Recreation Department

(617) 635-4505

Boston Water & Sewer

(617) 989-7800

Inspectional Services

(617) 635-5300

National Grid

(800) 322-3223

Verizon

(800) 837-4966

Consumer Complaints

(617) 635-3834

MassDOT

(857) 368-4636

Tow Lot

(617) 635-3900

Non-emergency Services

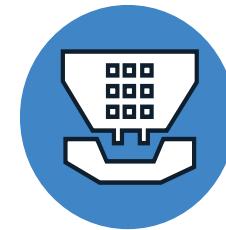
311

◀ CONNECT WITH THE AGE STRONG COMMISSION

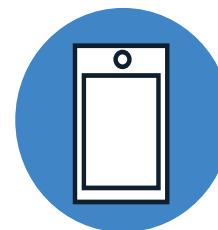
Address
One City Hall Sq. Rm. 271
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& Instagram
@agestrongbos



Bluesky
@agestrong.boston.gov



LinkedIn
bit.ly/AgestrongLinkedIn



Age Strong Shuttle
(617) 635-3000

