

BOSTON SENIORITY

City of Boston
Issue 8

Age Strong Commission
September 2026

Mayor Michelle Wu
Vol. 50

MAYOR'S LETTER
P. 3

UPCOMING EVENTS
P. 17

SENIOR CENTER
MONTH P. 26



CITY of BOSTON



FREE PUBLICATION



AGE+ Age Strong
Commission

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BOSTON SENIORITY MAGAZINE

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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



MAYOR'S LETTER SEPTEMBER 2026

Hello Boston!

From welcoming our FIFA friends to celebrating America's 250th and hosting the Tall Ships, we've had quite the season. Thank you to everyone who joined our festivities and helped make an unforgettable summer!

As we head into fall, we're sharing even more ways to stay engaged. And this September, we're especially excited to celebrate our communities with Senior Center Month, Grandparents Month, and Hispanic Heritage Month!

In this issue, you'll learn about our senior centers across the city and how they build community in every neighborhood. We also feature some of our local residents and their favorite memories as grandparents. And as we celebrate Boston's vibrant Hispanic communities, be sure to check out Boston Public Library's cultural reading list and our profile of the Veronica Robles Cultural Center in East Boston.

Finally, we're thrilled to announce that we've expanded our Healthy Rides program to make getting around the city a little easier. Boston seniors can enjoy four free monthly Lyft rides to health and wellness activities such as pharmacy visits, medical appointments, exercise classes, senior centers, support groups, and more. To schedule your ride, just call the Age Strong Shuttle at 617-635-3000.

See you out there!

Michelle Wu
Mayor of Boston

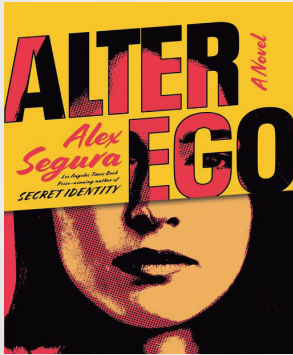
Michelle Wu 



BPL BOOK PICKS

Source: Boston Public Library

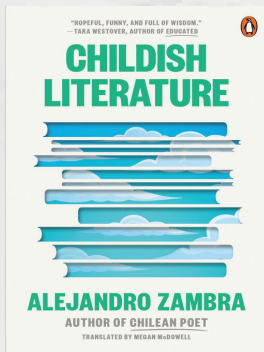
Vida Latina is a list of recent books which is printed as part of the Boston Public Library's observance of Hispanic Heritage Month each year.



Alter Ego by Alex Segura

A famous filmmaker and comic artist earns the chance to revive her favorite superhero — but

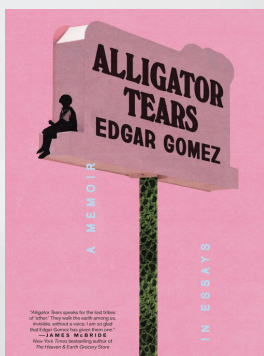
she will have to deal with the strings that come attached to the project.



Childish Literature by Alejandro Zambra

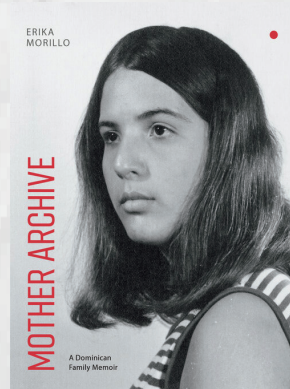
This collection of short stories is written by a father reflecting on his and other families' experiences as his son grows from

a baby to a child.



Alligator Tears by Edgar Gomez

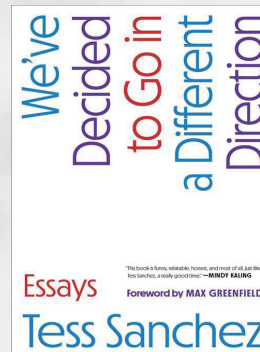
Gomez shares humorous and heartbreaking stories of growing up poor in Florida as a gay Latinx millennial.



Mother Archive by Erika Morillo

Crossing three generations and three countries, Morillo traces the trauma and violence in her

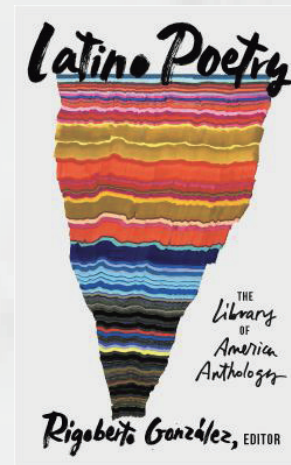
own family, including her mother's neglect and her father's murder.



We've Decided to Go in a Different Direction by Tess Sanchez

Sanchez lost her job during the pandemic -- just as her father

developed Alzheimer's disease. She shares funny tales about being a Hollywood casting agent and mom of two.



Latino Poetry, the Library of America Anthology

Spanning nearly 500 years, this sweeping collection celebrates over 180 Latinx poets

with works exploring heritage, displacement, and identity — offering a bold, resonant portrait of a vibrant tradition.



**BOSTON
PUBLIC
LIBRARY**

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



WATCH OUT FOR “CHECK WASHING” SCAMS

By Sophia Wang, Age Strong Staff

The U.S. Postal Inspection Service recovers more than \$1 billion in fraudulent checks and money orders each year. If you mail checks, watch out for “check washing” fraud, where scammers steal mailed checks and alter them to cash funds for themselves.

How It Works

- Scammers steal mail with paper checks from mailboxes, then use household chemicals to erase the name from the “payee” and “amount” fields while preserving your signature.
- They then write in the name of another payee and a larger amount on the “washed” check, deposit the check, and take the money for themselves.
- Some fraudsters now use high resolution photos of stolen checks and digital editing tools to create and print realistic fake checks.

What To Do

- **Consider going digital:** Use electronic payment methods whenever possible. This way there are no checks to be stolen,

and your transactions are more easily traceable.

- **Use a permanent gel pen:** Gel pen ink is harder to “wash” with chemicals than ballpoint pen ink.
- **Secure your mail:** Deposit your outgoing mail before the last pickup time, and do not leave your mail in the mailbox overnight. If you are away, hold your mail at the post office, or have a friend pick it up for you.
- **Monitor your bank accounts:** Review accounts frequently to see if there is any suspicious activity. You can also see images of your checks in your online bank account to make sure they’re not changed.

If you notice any fraud on your financial account, contact your bank immediately. You should file a police report and report the fraud to the U.S. Postal Inspection Service at usps.gov/report, or call +1 (877)-876-2455.

Source: *U.S. Postal Inspection Service & BNC National Bank.*

Age Strong's Neighborhood PROGRAMMING

BCYF Holland Community Center

Wed & Fri | 10am-1pm
85 Olney Street, Dorchester
(617) 635-5144

East Boston Senior Center

Monday-Friday | 8:30am-4pm
7 Bayswater Street, East Boston
(617) 961-3131

Veronica B. Smith Senior Center

Monday-Friday | 8:30am-4pm
77 Warren St, Brighton
(617) 635-6120

Codman Square Library

Tuesdays/Thursdays | 10am-1pm
690 Washington St, Dorchester
(617) 436-8214

The Elks Lodge #10

In partnership with Ethos
Tues, Wed, Thurs | 9am-3pm
1 Morrell Street, West Roxbury
(617) 323-1125

Dewitt Center

Mon & Wed | 10:30am-3pm
122 Dewitt Drive, Roxbury
(617) 275-7080

Union Church

Tues & Thurs | 9am-1pm
485 Columbus Avenue,
South End
(617) 536-0872

Spontaneous Celebration

Tuesdays/Thursdays | 10am-1pm
45 Danforth St, Jamaica Plain
(617) 635-4250

CITY of BOSTON **AGE+**

Age Strong
Commission



ENGLISH

Join us at Boston's Age Strong Commission's

MEMORY CAFES

For those with memory loss & their care partners, Age Strong offers a variety of free Memory Cafes across Boston's neighborhoods. Get support, resources & even, have fun! Visit boston.gov/memory-cafe for more details.



Rotating Friday each month | 11:30AM-1PM

September 11: Shaw-Roxbury Branch, 149 Dudley Street, Roxbury

October 9: East Boston Branch, 365 Bremen Street, East Boston

November 6: North End Branch, 25 Parmenter Street, North End

December 11: South Boston Branch, 646 E Broadway, South Boston

Second Wednesday each month | 10AM-12PM

Boston Public Library - Codman Square Branch

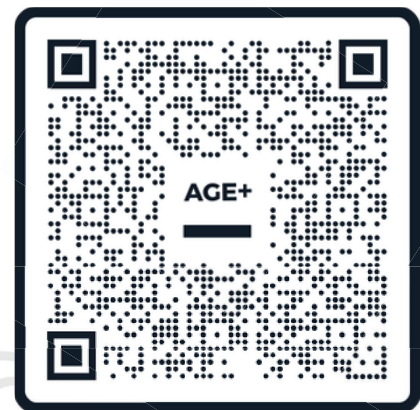
690 Washington Street, Dorchester

Last Monday each month | 10:30AM-12PM

Boston Public Library - Jamaica Plain Branch

-Bilingual in English & Spanish-

30 South Street, Jamaica Plain



FOR MORE INFORMATION OR TO RSVP, CONTACT CORINNE BRINDLEY AT 617-635-3745 OR CORINNE.BRINDLEY@BOSTON.GOV



CITY of BOSTON

AGE+

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**BOSTON
PUBLIC
LIBRARY**

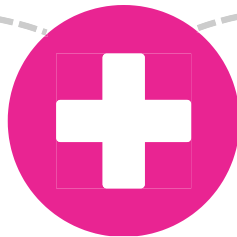


HR HEALTHY RIDES

FREE RIDES FOR BOSTON'S OLDER ADULTS TO...



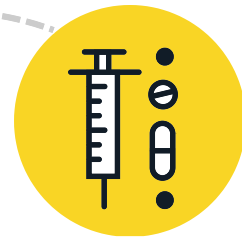
Exercise
Classes



Medical
Appointments



Community
Centers



Pharmacies

... and more!

ELIGIBILITY:

- 1 Must be 60+
- 2 Must be a City of Boston resident
- 3 Travel must be within City of Boston

BOOK YOUR RIDE:

- 1 Call the Age Strong Shuttle:
(617) 635-3000
 - 2 Either get your code to use your own app
- OR**
- 3 Have the Shuttle book your ride directly

BOSTON.GOV/HEALTHY-RIDES



OPEN STREETS

CAR-FREE • DANCING • FOOD • MUSIC • SHOPPING



Family-friendly, pedestrian-focused events that transform City streets into vibrant, car-free boulevards where people can dream, play, and explore.

ALL EVENTS FROM 10:30 AM TO 3 PM

STREETS CLOSE AT 9 AM

SATURDAY, SEPTEMBER 12

MATTAPAN

BLUE HILL AVE.

Between River St. and Babson St.

SUNDAY, OCTOBER 4

ALLSTON-BRIGHTON

BRIGHTON AVE. AND HARVARD AVE.

Between Cambridge St. and Commonwealth Ave.

SUNDAY, OCTOBER 18

ROSLINDALE

ROSLINDALE SQ.

Between Belgrade Ave. and Washington St.



BOSTON.GOV/OPEN-STREETS



CITY of BOSTON



Mayor Michelle Wu

BUILDING AN AGE AND DEMENTIA FRIENDLY BOSTON, ONE BUSINESS AT A TIME

By Age Strong Staff



Boston's older adults are the fastest growing population in Boston. This is an asset and opportunity for the business community. We know older adults are often loyal customers, and patronize businesses during off-peak hours. They also tend to want to shop in person and value social interaction. As this population grows, so does their collective buying power.

To help local businesses be better equipped to serve this population, the Age Strong Commission offers the “Age and Dementia-Friendly Business Program”. Participating businesses

receive employee training and site visits to evaluate the business environment and help businesses make no and low-cost changes to better accommodate older adult patrons.

These trainings on best practices enhances customer service for patrons of all ages. Similarly, any thoughtful upgrades, such as added seating and publicly accessible restrooms benefit everyone, including those with young children and individuals with disabilities.

At its core, an age-friendly business is one that adapts its physical environment, services, and

communication to be accessible, welcoming, and respectful for older adults. This can include features like clear signage, accessible entrances, ergonomic furniture, patient and attentive service, and products designed for ease of use. Ultimately, Age-Friendly businesses empower older adults to remain independent while improving the overall quality of life in a community.

To date, Age Strong has certified over one-hundred businesses, including these latest businesses this summer, in partnership with Civic Academy Alumnae Diane Eliot and Kelly McGrath from Brighton Main Streets:

- Tropical Smoothie Cafe, 470 Washington Street
- Corrib Restaurant & Pub, 396 Market Street
- Johnny D's Fruit & Produce, 1 Washington Street
- Kwench Juice Cafe, 403 Washington Street
- Vanity Fashion, 401 Washington Street
- Loretta's Hair Design, 385 Washington Street
- Brighton Nails, 8 Tremont Street
- Amanda's Flowers & Studio, 12 Tremont Street

Next we will be focused on Hyde Park kicking off an event on **Saturday September 12, from 8-11am at 678 Truman Parkway.** Hyde Park businesses are invited to attend.

The Age Strong Commission's Age Friendly initiative embeds age and dementia-friendly policies across transportation, housing, healthcare, economic security, and community planning to improve the well-being of older adults. The initiative emphasizes creating communities where people can grow up and grow old together, benefiting residents of all ages while supporting independence and social inclusion.

Is there a business you think should be certified "Age and Dementia-Friendly?" Please contact the Age Strong Commission at 617-635-4366 and ask for a member of the Age and Dementia-Friendly Boston team.

To view a full list of Age and Dementia-Friendly certified business, visit boston.gov/departments/age-strong-commission/age-friendly-businesses.

AGE STRONG'S PARTNER HIGHLIGHT: VERONICA ROBLES CULTURAL CENTER (VROCC)

By Jordan Rich, Age Strong Staff



Age Strong grantee, the Veronica Robles Cultural Center, is a hub of both culture and community in East Boston. Founded in 2013 by Veronica Robles and Willy Lopez in memory of their daughter, Kithzia, the Veronica Robles Cultural Center (VROCC) is a vibrant space that celebrates Latin American heritage and promotes community through folkloric dance, music, and the arts. Age Strong connected with Veronica and the VROCC team to learn more about their work.

East Boston has a culturally-diverse population, so why is it vital for VROCC to highlight culture through the arts?

Highlighting culture through the arts is essential for building a strong and unified community. For VROCC, this work is vital as it fosters belonging and community strength, empowers the Latinx community, and promotes cross-cultural collaboration. For VROCC, the arts are more than an expression—

they are a powerful tool to unite diverse populations, drive economic advancement, and create a vibrant, inclusive community.

How does VROCC use Age Strong grant funding to support working with older adults?

With support from the Age Strong grant, VROCC funds its Arts, Rhythm, and Roots program, directly addressing the holistic health, safety, and social needs of Boston's older residents. The grant allows VROCC to build a protective, bilingual environment where seniors feel valued and welcomed through tailored dance classes, traditional arts, self-defense lessons, and ancestral healing workshops. The funding also supports storytelling circles, intergenerational performances, bingo socials, and cultural field trips, empowering elders as wisdom keepers, combating isolation, and keeping them deeply connected to their heritage.

Where is programming offered and how do seniors sign up?

Programming for VROCC is held at 282 Meridian Street, in East Boston. To sign up residents can visit in person during business hours; fill out registration forms online at veronicaroblesculturalcenter.org; call us at **(781) 941-9540**; or email at **info@vrocc.org**.

Is programming free and open to the public?

Most of our cultural activities are free and open to the public, though we request advance registration online.

Why is it important for VROCC to connect with older adults?

Because elders are the true guardians of cultural heritage and a cornerstone of community identity. By offering joyful, holistic spaces, VROCC actively combats isolation, nurtures intergenerational healing, and empowers older adults to stay healthy, active, and deeply connected to both their roots and their community.

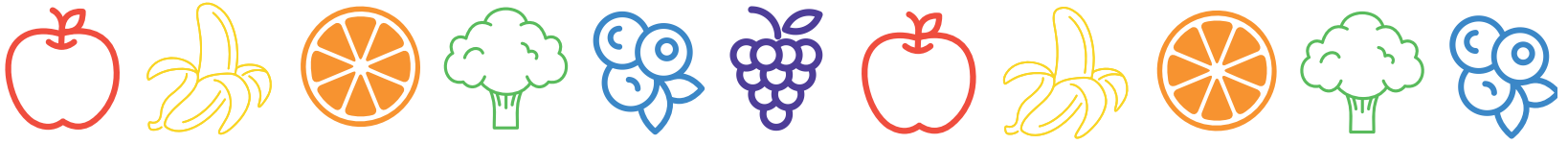
How will VROCC celebrate Hispanic Heritage month?

While Hispanic Heritage Month officially runs from September 15 to October 15, we are committed to celebrating Latin American heritage everyday, year-round. VROCC

hosts a vibrant lineup of special events, including Viva México, Viva El Salvador, preparation workshops for the upcoming Día de Muertos Festival, and collaborative community gatherings with key partners during Hispanic Heritage Month. Combined with our year-round classes and programs for all ages, VROCC ensures our community stays connected, proud, and engaged both during Hispanic Heritage Month and beyond.

Is there anything else you want Boston Seniority Magazine readers to know about VROCC's work?

VROCC is more than an arts center; it is a welcoming community space where culture, connection, and belonging come together. Our work is rooted in preserving Latinx traditions while also creating opportunities for children, youth, adults, and older adults to learn, participate, and feel seen. For older adults especially, we offer a culturally responsive environment where they can engage through music, dance, and shared experiences that honor their heritage. We want people to know that VROCC helps bridge generations and strengthens community identity while making support feel joyful, familiar, and accessible.



UPGRADE YOUR DIET FOR WHOLE GRAINS MONTH

By Maeve Forbes, Age Strong Staff

Did you know that September is Whole Grains Month? There is no better time to make sure these small, yet nutrient-mighty crops get into our daily diet.

Whole grains consist of three parts:

- The outer layer, known as bran, contains important fiber, vitamins and minerals that help our body function.
- The middle layer, known as endosperm, is the energy source where the starch is stored.
- The inner layer, known as germ, is where infection fighting antioxidants, vitamin E, and healthy fats are found.

Not all grains have the same nutritional value. It is important to choose “whole” grains, because “enriched” or “refined” grains lose the nutrient-dense bran and germ during processing. While “enriched” or “refined” grains have some vitamins and minerals added back in, they don’t provide the same amount of fiber or nutrients as “whole” grains.

Eating whole grains regularly improves digestion, prevents constipation, lowers cholesterol, and helps maintain blood sugar. They also provide B vitamins, iron, calcium, and magnesium, which support metabolism.

By taking a moment to make substitutions to your grocery list can benefit your brain and your health. Swap white rice for brown. Choose crackers and snacks made with 100% whole grain flour. Try whole wheat pasta, or choose quinoa or farro for grain.

Making swaps you enjoy is more important than picking the “perfect” replacement. Try new spices, vary ingredients, and know food can spark joy, even if it tastes a little different than what we’re used to.

If you’re unsure where to start, try this light and easy Corn Salad recipe made with Quinoa or Bulgar:



Salad ingredients:

- ¼ cup rinsed quinoa or bulgur
- ½ cup chicken or vegetable broth
- 1 can black beans, drained/rinsed
- 1 tomato, diced
- 1 cup fresh or frozen corn

Dressing:

- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 tablespoons cilantro or parsley, chopped
- 2 stalks scallions, chopped
- 1 teaspoon garlic, minced
- 1 teaspoon cumin

Step 1: cook quinoa or bulgur in broth for 12-15 minutes, until liquid is absorbed

Step 2: while the grain cooks, mix dressing ingredients in a bowl

Step 3: mix drained and rinsed beans, tomato and corn together

Step 4: cool grains to room temperature and mix other ingredients in

Pro tip: to keep your salad fresher for longer, store cooked grains, vegetables and dressing separately. Add together for each meal.

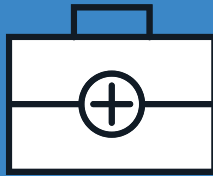


10 ESSENTIALS FOR YOUR EMERGENCY KIT

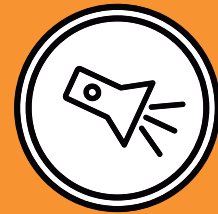
September is Emergency Preparedness Month – a time that encourages individuals, families, and communities to prepare for natural and man-made disasters. One way to do so is with an emergency kit at home, in case of severe weather, loss of power, or other emergencies.



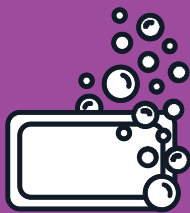
**NON-PERISHABLE
FOOD & WATER**



FIRST AID KIT



**FLASHLIGHT &
EXTRA BATTERIES**



**SANITATION &
HYGIENE SUPPLIES**



**SLEEPING BAGS &
WARM BLANKETS**



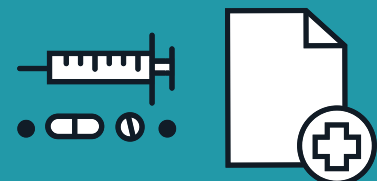
**COMMUNICATION
DEVICES &
CHARGERS**



**CHANGE OF
CLOTHES & SHOES**



**GLASSES &
HEARING AIDS**



**MEDICATION,
EQUIPMENT &
HEALTH DOCUMENTS**

**FOR MORE INFORMATION/QUESTIONS CONTACT
BOSTON'S OFFICE OF EMERGENCY MANAGEMENT**

617-343-2400 | OEM@Boston.gov

► EVENTS + ACTIVITIES

SEPTEMBER HAPPENINGS

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



Senior Quilting Group
10:30 AM – 12:30 PM
BPL Codman Square
690 Washington St
Dorchester
(617) 436-8214



Drop-In Knitting
11:00 AM – 12:00 PM
BPL Faneuil
419 Faneuil St,
Brighton
(617) 782-6705



Chess and Checkers with Charlie
2:30 PM – 5:30 PM
BPL Hyde Park
35 Harvard Ave,
Hyde Park
(617) 361-2524



A Community Meditation Circle
4:30 PM – 5:30 PM
BPL Jamaica Plain
30 South Street,
Jamaica Plain
(617) 524-2053



Weekly Chess Club for Adults
2:30 PM – 3:30 PM
BPL North End
25 Parmenter St,
North End
(617) 227-8135



History of Black Boston with Joel Mackall
6:00 PM – 7:00 PM
BPL North End
25 Parmenter St,
North End
(617) 227-8135

- ♥ Facebook: @AgeStrongBos
- ♥ Twitter: @AgeStrongBos
- ♥ 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

A CENTURY OF WISDOM: CELEBRATING BOSTON'S CENTENARIANS!

By Sophia Wang, Age Strong Staff

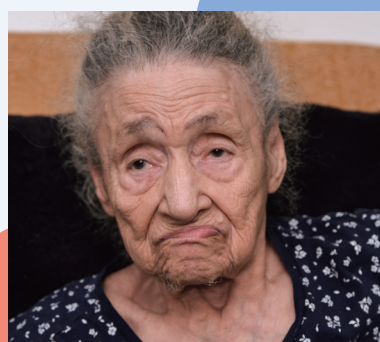
We are fortunate to live in an era where turning 100 is a milestone shared by more and more of our neighbors. Every centenarian carries a living history, resilience, and hard-earned wisdom. They have shaped the fabric of our communities and offer us invaluable insight into what it means to live a full life. Here in Boston, having so many 100 plus year olds in our midst is an extraordinary gift. Take the opportunity to listen, learn, and be inspired by them.



Alcinda Araujo, Age 104, Dorchester

Dorchester resident Alcinda Araujo served as a nurse for many years and is known for her kindness and strength. She continues to serve as an inspiration to her community.

Ardena Bailey, Age 100, Dorchester
Ardena was born in Emporia, Virginia, the youngest of five children. She grew up on a family farm and values hard work and resourcefulness.



Dorothy Diggs, Age 100, Dorchester

Dorothy was born in Springfield, and was raised in New Bedford. Her parents firmly believed that education came first, a value that would guide Dorothy throughout her life.

Bella Goldenberg, Age 100, Brighton

Bella was born in Balashikha, Russia, and was raised as an only child by her loving parents. Her life has been marked by resilience, dedication, kindness, faith, and an enduring love for family and friends.



Helen Greer Guildford, Age 100, Dorchester

Helen served as both a Registered Cardiopulmonary Technical Nurse and a Registered Pulmonary Function Technical Nurse. She loves learning, exploration, and travel. She volunteered for 40 years at the Dudley Branch of the Boston Public Library.

Evelyn Hawkesworth, Age 100, Dorchester

After serving at various Boston area hospitals Evelyn retired in 1997 from the Veterans Administration Hospital in Jamaica Plain after 30 years of service. She is a lifelong Dorchester resident, and is beloved by her sons, ten grandchildren, and fourteen great-grandchildren.



Eunice A Lopes, Age 100, Roxbury

Eunice was born in her grandmother's apartment on Thorndike Street in Boston. She leads a life marked by resilience, grace, and adventure.

Louis Lusardi, Age 103, West Roxbury

Louis is a proud United States Army veteran, earning a Purple Heart and five Bronze Stars for his extraordinary service as medic in World War II. He raised his children in Roslindale, and takes great pride in his large vegetable and flower garden.



Elsie Odware, Age 100, Roxbury

Elsie was born in Swainsboro, Georgia, when the town's population was approximately 2,000 residents. Her life is rooted in faith and kindness, as well as her love of family.

Zoila A Robles, Age 100, Allston

Zoila was born in Guatemala City, Guatemala, where she spent her childhood and early adult years surrounded by family and community. She is known for her strength, sacrifice, and love for those around her.



Alejandrina Valentin, Age 100, Jamaica Plain

Alejandrina dedicated her life to raising and caring for her family. She is deeply involved in her church, and is an active community member in Jamaica Plain.

Are you or your loved one turning 100+? Boston residents turning 100+ may request a Mayoral Birthday Citation. Simply fill out this form:
forms.gle/2YFYhMetBJJ26Lw76

IN BOSTON, WE AGE STRONG.

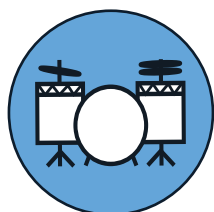
As part of Boston's Human Services cabinet, Age Strong aims to enhance the lives of older residents with meaningful programs, resources, and connections so we can live and age strong together in Boston. *Call us at (617) 635-4366 or visit boston.gov/age-strong.*

We can help with:



AGE STRONG ADVOCATES

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



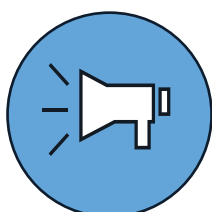
EVENTS & PROGRAMMING

Age Strong hosts dozens of events & programs for older residents, including celebrations for Black Heritage, Hispanic Heritage, LGBTQIA+ Pride & more. We host programs in community spaces across Boston including wellness, fall prevention, fitness, arts & more.



TRANSPORTATION

We help older adults connect to all transportation options available, like our Age Strong Shuttle, Taxi Coupons, and more.



VOLUNTEER OPPORTUNITIES

We connect older residents to many volunteer opportunities based on your interests, location & preferred time commitment.



AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where residents can live & age well in community. We host Memory Cafes for those with memory loss and support groups for care partners to share resources & experiences.

CELEBRATING NATIONAL GRANDPARENTS DAY

By Edzani Kelapile, Age Strong Staff



DONNA RICH &
GRANDCHILDREN

In the U.S., the first Sunday after Labor Day is observed as National Grandparents Day, a way to honor the contributions that grandparents make to their families every day and to celebrate intergenerational connections within our communities. Here in Boston, we take pride in celebrating the wisdom, care, and love our older adults share. In this issue of Seniority, we are thrilled to feature two local grandmothers, along with our own Age Strong team, who share what being a grandparent means to them.

Li Chen (Brighton) is a grandmother of three. She helped raise her grandchildren since they were young, getting them to and from school, cooking for them, and caring for their wellbeing. Now that

her grandchildren have grown, they, in turn, help to care for Mrs. Chen. "My grandchildren do my grocery shopping and laundry every week, and celebrate the holidays with me," she says. "It's fulfilling to see them grow up, and I feel happy that they are so loving to me."

For **Donna Rich** (East Boston) "the most rewarding thing about being a grandparent to my two granddaughters is feeling, since day one, that I am special to them," Donna shares. "Each minute we spend together is not perfect—but we are always perfect together. We end our days strong and love to part with "Love you, Nonna!" and "Love you too!"

Age Strong Staff

Grandparenting hits close to home for our team too. Several Age Strong Commission staff are active grandparents. Here is what some of them shared about finding fulfillment and joy in this new stage of life:

Michelle Pierre, Advocacy & Benefits Specialist, Hyde Park

Michelle has two grandchildren who live in Boston, and she describes taking care of them as something



that fills her with so much joy. “It’s like raising my three own kids,” she says. “I feel like I can make a real difference in their lives by just being there.” Some of her favorite parts of being a grandmother are buying them clothes, making them food, and praying with them before bed. “I also love taking them to the park and playing with them. It’s so nice to spoil them,” she says with a smile.

**Jean Desgrottes,
Taxi Coupon Coordinator**

One of the greatest joys and accomplishments in Jean’s life is being the proud grandfather of eight grandchildren who live in Hyde Park. “They bring purpose, happiness, and a unique perspective to my life every day,” he says. “Being a grandfather has taught me the importance of patience, compassion, and leading

by example.” Jean strives to be someone his grandchildren can look up to; someone who demonstrates kindness, integrity, and a strong work ethic. “Watching them learn, grow, and develop into their own unique individuals is incredibly rewarding, and I am grateful for the love, laughter, and lasting memories they bring to my life.”

**Tyisha Jones-Horner, Director of
Events & Programs, Dorchester**

“I have eight beautiful grandchildren,” Tyisha shares. “What I enjoy most is watching them grow and seeing how their eyes light up when they see their Grandma and Poppa. There’s something so special about the unconditional love grandchildren give. I also love noticing the little characteristics and personality traits that have been passed down through our family. Each of them has qualities that remind me of myself or their grandfather. I also really enjoy teaching them, sharing what I know, and then seeing the pride on their faces when they show me something they’ve learned. Being a grandparent is truly one of the greatest joys of my life.”

Happy National Grandparents Day to all Boston’s grandparents!

INCLUSIVE & BILINGUAL PROGRAMS FOR BOSTON'S OLDER ADULTS

By Age Strong Staff



The City of Boston and the Age Strong Commission are committed to ensuring every older resident has full access to our vibrant programs, services and events. To serve our diverse community, we offer language access options, including dedicated Spanish language and other bilingual activities.

For Hispanic Heritage Month, we're highlighting the many ways we ensure our Spanish-speaking residents stay informed, supported, and connected. Boston's older residents can always request accommodations in Spanish, ASL (American Sign Language), or any other language by calling Age Strong at (617) 635-4366.

Multilingual Staff

Many members of the Age Strong

staff are bilingual or multilingual in a variety of languages including Spanish, Vietnamese, Cabo Verdean Kriolu, Haitian Creole, Mandarin, Cantonese, Portuguese, and more. Whether through our staff or by using a language translation service, Age Strong can assist you.

Boston Seniority Magazine in Spanish

Age Strong publishes Boston Seniority Magazine, distributed to 350 locations across Boston including library branches, community centers, and grocery stores. We also publish "Selections in Spanish" each issue, online. To view the issues in Spanish, visit boston.gov/departments/age-strong-commission/boston-seniority-magazine#boston-seniority-magazine-en-espa%C3%B1ol

Inclusive Memory Cafe

Age Strong hosts a bilingual (English/Spanish) Memory Cafe for those with memory loss and their care partners, the last Monday of each month, 10:30am-12noon at the Jamaica Plain Branch of Boston Public Library, 30 South Street. To learn more, visit

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

Accessible Virtual Programming

Staying active is easy with Age Strong's free virtual weekday programs via Zoom. Most focus on wellness, fitness, and connection.

Non-English speakers can easily follow along by turning on Zoom's "translated captions" feature. View virtual offerings here:

boston.gov/departments/age-strong-commission/weekday-virtual-wellness-programs

Creative Aging Program

Arts and culture bring people together. Through our Creative Aging Program, older residents can access the free video on demand Silver Lines Series, an 8-part art class taught in Spanish by visual artist Silvina Ibanez. Attendees learn to draw simple things they have at home like fruits and other

objects. To view the series, visit:

boston.gov/departments/age-strong-commission/creative-aging-program

East Boston Senior Center

Age Strong's East Boston Senior Center (EBOS), located at 7 Bayswater Street, offers many classes, programs, and services in both English and Spanish.

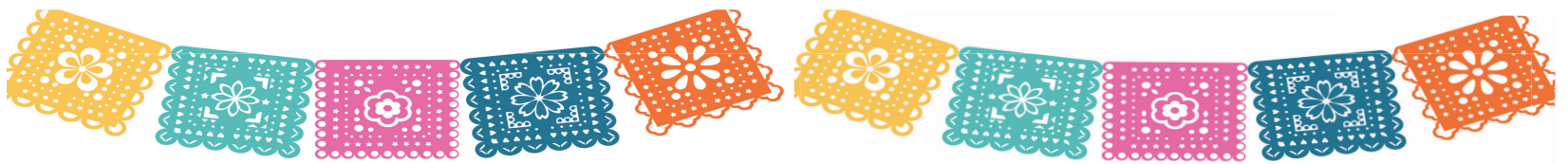
Membership is free to Boston residents age 55+. For more information, visit: boston.gov/municipal-buildings/east-boston-senior-center

Language Communications Access (LCA)

The City of Boston's Language Communications Access department provides tools and resources to make city services more accessible to all. Residents can request accommodations including translations and interpretations as needed. For more information visit:

boston.gov/departments/language-and-communications-access





HISPANIC HERITAGE MONTH ACTIVITIES IN BOSTON

Boston is home to Massachusetts' largest Latino community—more than 135,000 residents, who represent 20% of Boston's population. Here's some ways Boston will celebrate Hispanic Heritage Month, September 15 through October 15.

Hispanic Heritage Celebration

Each fall, Age Strong hosts the annual Hispanic Heritage Celebration to celebrate and honor the contributions Latino elders make to Boston with a special luncheon, live music, dancing, raffle prizes, and more. Stay tuned for a flyer with complete details.

¡Con Salsa! Ritmo y Sabor Block Party:

Enjoy an outdoor celebration inspired by Puerto Rican neighborhood block parties at the Summer Street Plaza in Downtown Crossing on September 12, 3-7pm, featuring live salsa and family activities. embraceboston.org/collective-action/masso-con-salsa-ritmo-y-sonido-block-party/

East Boston Latin Music and Dance Festival:

Head to East Boston Memorial Park on September 13, 1-8pm, fifth annual festival featuring live Latin music, dance performances, local crafts, and food. eastboston.com/events/5th-annual-east-boston-latin-music-and-dance-festival/

Mexican Flag Raising:

City Hall will host a flag-raising and cultural ceremony to honor Mexican heritage and the local community's contributions, September 18, 12noon, City Hall Plaza. boston.gov/calendar/mexican-flag-raising-and-cultural-event

Fiesta en la Plaza:

City Hall Plaza will host cultural programming, dance, and live music highlighting the diversity of Boston's Latin American communities, Sunday, September 28, free and open to all. boston.gov/departments/arts-and-culture/city-hall-plaza-events-and-programs



SENIOR CENTERS ARE CONNECTORS FOR OLDER ADULTS

By Edzani Kelapile, Age Strong Staff



Every September, we celebrate National Senior Center Month, a time to recognize and appreciate the vital role senior centers play in helping older residents live vibrant, connected, and healthy lives. The first senior center in the United States opened in Bronx, New York in 1943 and was known as the William Hodson Senior Center. Today, there are over 11,000 senior centers across the United States, and Boston is home to some of them.

Senior Centers are community hubs that offer older adults a place to build friendships and stay active. Members enjoy everything from fitness classes and wellness workshops to arts programming, field trips, and games, along with easy access to important resources and support services.

If you are an older adult living in Boston, consider stopping by a

senior center in your neighborhood this month. You might be surprised by everything waiting for you.

Allston/Brighton

Veronica B. Smith Senior Center

Temporary location:

77 Warren Street

Monday-Friday

(617) 635-4366

Free daily lunch

Charlestown

Beverly Gibbons Community Center for Older Adults

382 Main St, Charlestown

Monday-Friday

(617) 635-2095

Chinatown

Greater Boston Chinese Golden Age Center's Hong Lok House

15 Essex Street

Monday-Friday

(617) 357-0226

Free daily lunch



PROGRAMMING AT BCYF HOLLAND COMMUNITY CENTER, DORCHESTER

Dorchester

BCYF Grove Hall Senior Center

51 Geneva Avenue
Monday-Friday
(617) 635-1484
Free daily lunch

Operation Peace

15 Norfolk Street
Tuesday-Thursday
617-533-7940

BCYF Holland Community Center

Age Strong Drop-in Site
85 Olney Street
Wednesdays & Fridays
(617) 961-6837

Boston Public Library: Codman Square Branch

Age Strong Drop-in Site
690 Washington Street
Tuesdays & Thursdays
(617) 436-8214

Irish Pastoral Center

540 Gallivan Blvd.
(617) 265-5300

La Alianza Hispana

1000 Massachusetts Avenue
(617) 427-7175
Free daily lunch

Salvation Army Boston Kroc Center

650 Dudley Street
(617) 318-6000

Vietaid

42 Charles Street
Monday-Friday
(617) 822-3717
Free daily lunch

East Boston

East Boston Senior Center

7 Bayswater Street
Monday-Friday
(617) 961-3131
Free daily lunch

East Boston Social Centers

68 Central Square
Monday-Friday
(617) 874-7360

Anna Defronzo Senior Center

395 Maverick Street
(617) 569-4299

Fenway

Peterborough Senior Center

42 Peterborough Street
Tuesday-Friday
(617) 536-7154

Hyde Park

BCYF Hyde Park

1179 River Street
(617) 635-5178

Jamaica Plain

Spontaneous Celebrations

Age Strong Drop-in Site
45 Danforth Street
Tuesdays & Thursdays
(617) 635-4168

Mattapan

ABCD Mattapan

535 River Street
(617) 298-2045

BCYF Mildred Avenue

Senior Drop-in Site
42 Mildred Avenue
Tuesdays & Thursdays
(617) 635-1328

North End

ABCD North End

Neighborhood Service Center

1 Michelangelo Street
Monday-Friday
(617) 523-8125

Nazzaro Community Center

30 N Bennet St
(617) 635-5166

Roslindale

BCYF Roslindale

6 Cummins Highway
Monday-Friday
(617) 635-5186

Roxbury

Dewitt Center

Age Strong Drop-in Site
122 Dewitt Drive
Monday & Wednesday
(617) 635-4335

South Boston

South Boston Neighborhood House

136 H. Street
Monday-Friday
(617) 268-1619
Free daily lunch

South End

Union Church

Age Strong Drop-in Site
485 Columbus Avenue
Tuesday & Thursday
(617) 635-6935
Free daily lunch

West Roxbury

Pilot Senior Center

The Elks Lodge #10
1 Morrell Street
Tuesday-Thursday
(617) 323-1125



PROGRAMMING AT
UNION CHURCH,
SOUTH END

▶ SEEN AROUND TOWN





THE BUZZ: FREE ACTIVITIES FOR BOSTON OLDER ADULTS FROM AGE STRONG PARTNERS



Check out a sampling of activities from our community partners across Boston's neighborhoods. You can also view our Monthly "To-Do" calendar via email, listing dozens of free activities across Boston for older residents.



Casual Chess Night

Thursdays, 6-9pm

J.P. Licks,

659 Centre Street, Jamaica Plain

-JP Chess-

jpchess.org,

jamaicaplainchess@gmail.com



Chinatown Mid-Autumn Lantern Festival

Saturday, September 12

10:30am-5pm

Auntie Kay & Uncle Frank Chin

Park at Chinatown Gate

-Chinatown Main Streets-

Celebrate this traditional Chinese holiday with live performances, vendors, & cultural activities.

chinatownmainstreet.org,

(617) 350-6303



Family Van Free Health Screenings

Tuesdays, 9am-2pm

Nubian Square

2342 Washington Street, Roxbury

-Family Van-

Free preventative health services like screenings for blood glucose & blood pressure, mental wellness counseling, and resource referrals

familyvan.org

(617) 442-3200



Tech Hour

Thursdays, 2-3pm

Fenway Community Center,

1282 Boylston Street, Fenway

-Fenway Community Center-

fenwaycommunitycenter.org,

(857) 246-9053



Get the Best Coverage at the Lowest Cost!
assess your Medicare & prescription plan annually

2026 MEDICARE OPEN ENROLLMENT CLINICS



OCT. 15-DEC. 7

The annual Medicare Open Enrollment period runs October 15 through December 7. Older adults on Medicare should speak with a certified SHINE (Serving Health Insurance Needs for Everyone) counselor every year to get the best coverage for the lowest cost.

CALL AGE STRONG AT **617-635-4366 TO SIGN UP FOR
AN IN-PERSON APPOINTMENT AT UPCOMING
NEIGHBORHOOD OPEN ENROLLMENT CLINICS
OR TO SPEAK TO A CERTIFIED COUNSELOR BY PHONE**