Let Boston's Age Strong Commission Help You with Benefits

The annual Medicare Open Enrollment period starts October 15 & runs through December 7. This is the time you can compare & change plans to make sure you get the best coverage at the least cost.

Age Strong advocates can help Boston's older adults apply for benefits including SNAP (supplemental nutrition assistance program, formerly food stamps), fuel assistance (in partnership with ABCD), & Seniors Save program that replaces furnaces for older adults.

Reach out to Age Strong at 617-635-4366 for help with your Medicare or to find out what benefits YOU may qualify for!
BOSTON'S AGE STRONG COMMISSION - WEEKLY DIGEST

BECOME AN AGE STRONG RSVP VOLUNTEER!

Are you interested in serving your community in a way that suits your schedule, skills, and interest? Serve as an AmeriCorps Seniors volunteer in our RSVP program. AmeriCorps Senior volunteers report better health & longevity having served their neighbors & community.

- Provide in-person or virtual companionship to homebound & frail older adults
- Support adult ESL in conversation sessions, one-on-one, or in ESL classes
- Provide the gift of respite to a caregiver in need of a break
- Prepare tax returns for older Bostonians
- Become a 'bus buddy' by teaching older adults how to navigate public transportation
- Facilitate opioid prevention & education workshops
- Facilitate financial wellness & scam prevention workshops

To sign up, contact Age Strong at 617-635-4366 or email agestrong@boston.gov.
MONDAY, OCTOBER 11

9:30am
Age Strong Commission Virtual Chair Yoga
Click here to attend via Zoom.

10am
Parks Fitness: Salsa with MetaMovements
O’Day Playground
75 West Newton Street, South End
For more information, click here.

TUESDAY, OCTOBER 12

9:30am
BPL: Virtual: Career Skills: Effective Communication
Click here to register & for more information.

11am-6pm
Copley Square Farmers Market
139 St. James Avenue, Copley Square
Click here for more information.

11:30am
Age Strong Commission Virtual Zumba
Click here to attend via Zoom.

12noon-1pm
Tuesday Tunes on The Greenway: AfroDesiaCity
Dewey Square, Atlantic Ave/Summer Street
Click here for more information.

WEDNESDAY, OCTOBER 13

10am
Parks Fitness: Chair Yoga with Karma
Symphony Park
39 Edgerly Road, Fenway/Kenmore
For more information, click here.

11am
Virtual: Workforce Development: Interview Basics Workshop
Click here to register & for more information.

11:30am
Age Strong Commission Virtual Yoga
Click here to join via Zoom.

12noon-1pm
Wandering Wednesdays with Boston Music Project
Rose Kennedy Greenway, Pearl Street/Atlantic Avenue
Click here for more information.

2-6:30pm
Allston Farmers Market
Brighton Common
30 Chestnut Hill Ave, Brighton
Click here for more information.
2-6:30pm
*Charlestown Farmers Market*
Main & Austin Streets, Charlestown
Click [here](#) for more information.

3pm
*BPL: Virtual: Shelf Service Live Personalized Reading Recommendations from BPL Librarians*
Click [here](#) to register & for more information.

3-6:30pm
*East Boston Farmers Market*
1 P William C Kelly Square, East Boston
Click [here](#) for more information.

6pm
*Parks Fitness: Line Dancing with Rhythm Riders*
Franklin Park (Refectory Hill)
1 Circuit Drive, Dorchester
For more information, click [here](#).

**THURSDAY, OCTOBER 14**

7am
*Parks Fitness: Tai Chi with Joseph*
Elliot Norton Park
295 Tremont Street, South End
For more information, click [here](#).

11am
*Parks Fitness: Virtual Chair Yoga with Ivor*
For more information & to register, click [here](#).

11am-4pm
*Dewey Square Farmers Market*
700 Atlantic Avenue, South Boston
Click [here](#) for more information.

12noon-1pm
*Takeout Thursdays on The Greenway with Berklee College of Music*
Dewey Square Park, Atlantic Ave/Summer St.
Click [here](#) for more information.

2pm
*BPL: Virtual: Chair Yoga for Older Adults*
Click [here](#) to register & for more information.

2-6pm
*Seaport Farmers Market*
Sea Green Park
21 Stillings Street, South Boston
Click [here](#) for more information.

3-6pm
*Blue Hills Farmstand*
162 Blue Hills Avenue, Dorchester
Click [here](#) for more information.
FRIDAY, OCTOBER 15

9:30am
BPL: Virtual: Career Skills: Loneliness while Job Searching
Click here to register & for more information.

10am-12noon
BPL: Virtual: Virtual Drop-in Office Hours: Legal Services Center
Click here to register & for more information.

11am-6pm
Copley Square Farmers Market
139 St. James Avenue, Copley Square
Click here for more information.

11:30am
Age Strong Commission Virtual Meditation
Click here to join via Zoom.

10am-12noon
Ashmont Farmers Market
1900 Dorchester Avenue, Dorchester
Click here for more information.

"Life is about enjoying yourself and having a good time." - Cher
TAXI COUPONS FOR SALE!

Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

Please show an ID showing your Boston residency. Each coupon book costs $5 (worth $10), please pay with cash. Coupons don’t expire. For a limited time, each resident may buy 4 coupons/month.

Coupons are available at the Age Strong Commission Monday-Friday, 9am-5pm, 1 City Hall Square, Room 271 Boston as well as various sites. Click here to view the list of sites or call 617-635-4366.

List of licensed Boston taxi companies:
- Top Cab: 617-266-4800
- Boston Cab Assoc.: 617-536-3200
- I.T.O.A. Cab Assoc. 617-825-4000
- City Cab Assoc.: 617-536-5100
- Metro Cab Assoc.: 617-782-5500
- Tunnel Taxi: 617-567-2700
- 617TaxiCab Inc: 617-829-4222

Boston's Municipal Election
Tuesday, November 2, 2021
Choose Boston's next Mayor & City Councilors

Register to vote by October 13 online, by mail, or in-person. Click here for more information.

Vote early in Boston starting October 23, by mail or in-person. Click here for more information.
SATURDAY, OCTOBER 16

9am-1:30pm  
*Roslindale Farmers Market*  
Adams Park  
4225 Washington Street, Roslindale  
Click [here](#) for more information.

9am-12noon  
*Fields Corner Farmers Market*  
500 Geneva Avenue, Dorchester  
Click [here](#) for more information.

10am  
*Parks Fitness: Restorative Yoga with Born Bi-Kim*  
Marcella Playground  
260 Highland Street, Roxbury  
For more information, click [here](#).

10am-4pm  
*Chinatown Farmers Market*  
Rose Kennedy Greenway, Chinatown  
Click [here](#) for more information.

11am-2pm  
*Codman Square Farmers Market*  
360 Talbot Avenue, Dorchester  
Click [here](#) for more information.

11am-6pm  
*The Greenway Artisan Market*  
Atlantic Avenue/State Street  
Click [here](#) for more information.

3pm  
*Celebrity Series of Boston Presents Charles Overton Group*  
Salvation Army Kroc Center  
650 Dudley Street, Dorchester  
Click [here](#) for more information.

SUNDAY, OCTOBER 17

11am-3pm  
*SOWA Farmer’s Market*  
500 Harrison Avenue, South End  
For more information, click [here](#).
BOSTON SENIOR CENTERS!

Please contact each center as in-person hours & programs may be in flux due to Covid protocols.

La Alianza Hispana, Aliancianos Senior Center
1000 Massachusetts Avenue, Suite 101, Roxbury
617-427-7175

Inquilinos Boricuas en Accion, IBA
405 Shawmut Avenue, South End
617-535-1753

ABCD North End/West End Neighborhood Service Center
1 Michelangelo Street, North End
617-523-8125

ABCD Mattapan Family Service Center
535 River Street, Mattapan
617-298-2045

Boston Center for Youth & Families Grove Hall
51 Geneva Ave Dorchester
617-635-1484

Boston Center for Youth & Families Golden Age Center
382 Main Street, Charlestown
617-635-5175

Veronica B. Smith Senior Center
20 Chestnut Hill Avenue, Brighton
617-635-6120

Greater Boston Chinese Golden Age Center
Brighton House
677 Cambridge Street, Brighton
617-789-4289

Greater Boston Chinese Golden Age Center
Quincy Towers
5 Oak Street West, Chinatown
617-423-7560

Salvation Army Kroc Center
650 Dudley Street, Dorchester
617-318-6939

VietAID
42 Charles Street, Dorchester
617-822-3717

Operation PEACE Peterborough Senior Center
42 Peterborough Street, Fenway
617-536-7154

The Kennedy Center
55 Bunker Hill Street, Charlestown
617-241-8866

East Boston Social Center
68 Central Square, East Boston
617-569-3221

South Boston Neighborhood House
136 H Street South Boston
617-268-1619
GET HELP PAYING FOR YOUR HEATING FUEL

The Age Strong Commission works with ABCD (Action for Boston Community Development) to help qualifying older adults pay your winter heating bill. The program is available to homeowners & renters even if you live in non-subsidized housing with heat included in your rent. Age Strong can help you figure out if you meet the qualifications & with the application process. Call Age Strong at 617-635-4366 for an appointment!

STAY CONNECTED TO BOSTON’S AGE STRONG COMMISSION

In-person: City Hall, Room 271, 1 City Hall Square, Boston, MA 02201
By telephone: 617-635-4366
By email: agestrong@boston.gov
Website: boston.gov/agestrong
Facebook: Facebook.com/agestrongbos
Twitter: @AgeStrongBos