Happy Thanksgiving to all of our friends and partners. We are thankful for all of you!
- The Age Strong Commission Team

**Am I eligible for a COVID-19 booster shot?**

**Who?**
- Individuals 18+ who are fully vaccinated

**When?**
- At least 6 months after Pfizer or Moderna
- At least 2 months after J&J

**Which booster shot do I get?**
- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster

**ENCHANTED TROLLEY TOUR AND TREE LIGHTINGS**

**Friday, December 3 | 5:30 – 7 p.m.**
Mattapan, Revere, and West Roxbury

**Saturday, December 4 | 1 – 6:45 p.m.**
- Dorchester, Jamaica Plain, Mission Hill, Roxbury, South End, and Brighton
- Sunday, December 5 | 1 – 7 p.m.
- South Boston, Chinatown, North End, Charlestown, East Boston, and Dorchester

Stay Connected to Age Strong:
City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366
agestrong@boston.gov
boston.gov/agestrong

@AgeStrongBos

WEEKLY DIGEST Table of Contents

Events
November 29-December 5

Covid Booster Shots

Age Strong Shuttle

Medicare Savings Programs

City of Boston
Age Strong Commission
MONDAY, NOVEMBER 29

9:30am
**Age Strong Commission Virtual Chair Yoga**
Click [here](#) to attend via Zoom.

11am
**Age Strong Commission Virtual Zumba**
Click [here](#) to attend via Zoom.

5pm
**Copley Square Tree Lighting**
560 Boylston Street, Back Bay
Click [here](#) for more information.

5:30pm
**BPL: Reading Frederick Douglass Together**
Boston Public Library, Roxbury Branch
149 Dudley Street, Roxbury
Click [here](#) for more information.

6pm
**BPL Virtual: An Afro-Indigenous History of the United States by Kyle T. Mays**
Click [here](#) to register & for more information.

TUESDAY, NOVEMBER 30

10:30am
**BPL Virtual: Career Skills: Resume Writing**
Click [here](#) to register & for more information.

11:30am
**Age Strong Commission Virtual Latin Dance**
Click [here](#) to attend via Zoom.

WEDNESDAY, DECEMBER 1

11:30am
**Age Strong Commission Virtual Yoga**
Click [here](#) to attend via Zoom.

12noon-3pm
**Free Legal Immigration Consultations Mayor’s Office of Immigrant Advancement**
Click [here](#) for more information.

1pm
**Recipe Box Gathering**
Boston Public Library, Roxbury Branch
149 Dudley Street, Roxbury
Click [here](#) for more information.

3pm
**BPL Virtual: Shelf Service Live**
**Personalized Reading Recommendations from BPL Librarians**
Click [here](#) to register & for more information.
THURSDAY, DECEMBER 2

10am
**BPL Virtual: Digital Skills for Everyday Tasks**
Click [here](#) to register & for more information.

5:30pm
**BPL: The Hedgehogs Winter Concert**
Boston Public Library, Brighton Branch
40 Academy Hill Road, Brighton
Click [here](#) to register & for more information.

6pm
**BPL Virtual: Book Group: Say Nothing by Patrick Radden Keefe**
Click [here](#) to register & for more information.

6pm
**Boston Common Tree Lighting**
139 Tremont Street, Boston Common
Click [here](#) for more information.

7pm
**Kanopy Club: Kanopy Club: A Scanner Darkly**
Click [here](#) to register & for more information.

8pm
**Lighting of Commonwealth Avenue Mall**
15 Commonwealth Avenue, Back Bay
Click [here](#) for more information.

FRIDAY, DECEMBER 3

11:30am
**Age Strong Commission Virtual Meditation**
Click [here](#) to join via Zoom.

4pm
**BPL: Virtual: Friday Unwind: Gentle Yoga with Hands to Heart Center**
Click [here](#) to register & for more information.

5:30-8pm
**Mayor’s Enchanted Trolly Tour**
5:30, Mattapan Square
6:15, Wolcott Square, Readville
7, Hastings Street Lot, Centre Street, West Roxbury
Click [here](#) for more information.

SATURDAY, DECEMBER 4

All Day
**Boston Public Library Re-Opening Roslindale Branch**
4246 Washington Street, Roslindale
Click [here](#) for more information.

10am-4pm
**City-Wide Friends Book Sale**
Friends of the Boston Public Library Central Branch
700 Boylston Street, Copley Square
Click [here](#) for more information.
1-8pm

**Mayor’s Enchanted Trolly Tour**

1:00, Codman Square, Dorchester
1:45, Hyde Square, Jamaica Plain
2:30, J.P. Monument, Jamaica Plain
3:30, Brigham Circle, Mission Hill
4:15, Bolling Building, Roxbury
5:30, Blackstone Square, South End
6:45, Oak Square, Brighton

Click here for more information.

**SUNDAY, DECEMBER 5**

1-8pm

**Mayor’s Enchanted Trolly Tour**

1:00, M Street Park, South Boston
2:00, Beach Street and Harrison Avenue, Chinatown
3:00, Paul Revere Mall, North End
4:00, Thompson Square, Charlestown
5:00, Maverick Square, East Boston
7:00, Adams Corner, Dorchester

Click here for more information.

**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.

To sign up, contact
Age Strong at 617-635-4366 or email agestrong@boston.gov.
ARE YOU HAVING A TOUGH TIME PAYING YOUR MORTGAGE?
WE CAN HELP.

The Boston Home Center offers Foreclosure Prevention and Intervention Counseling and Home Preservation Services.

Our services are free and confidential.

CALL 617-635-4663 OR EMAIL HOMECENTER@BOSTON.GOV FOR ASSISTANCE.

FIGHT THE FLU IN BOSTON

Everyone six months and older should get the flu vaccine.

If you do not have health insurance, call the Mayor’s Health Line at (617) 534-5050 or toll-free at (800) 847-0710. BPHC will be offering vouchers for free flu vaccines to uninsured or underinsured adults. If you have questions about the flu call the Infectious Disease Bureau at (617) 534-5611.

We are here to help! All calls are free and confidential.
Are you in need of a companion?

The Age Strong Commission’s AmeriCorps Senior Companion Volunteers are trained & ready to help. Senior Companions serve as a friend/companion one-on-one in an older adult & home. They provide assistance & friendship to older adults who have difficulty with daily living tasks. To learn more about our Senior Companion program click here.

Age Strong Shuttle

Did you know Boston’s older adults qualify for free rides on the Age Strong Shuttle?

We offer free wheelchair-accessible transportation to non-emergency doctor appointments. Call 617-635-3000 for more information.

Become a part of the Age Strong team!

Interested in working for Age Strong? We are hiring! Work with a great team advocating for Boston’s older adults.

Check out our new career opportunities page to learn more here.
Medicare Savings Programs in 2022

If you are a Massachusetts resident on Medicare with limited income and assets, you may qualify for help paying your Medicare costs. MassHealth offers Medicare Savings Programs, also known as MassHealth Buy-In (MHBI) to help with these costs.

A Medicare Savings Program can help pay some out-of-pocket costs, including:

- your monthly Medicare Part B premium (currently deducted from your Social Security benefit)
- prescription drug costs through the Part D Extra Help program, which you automatically qualify for with a Medicare Savings Program
- in certain cases, your out-of-pocket Part A and Part B costs, such as coinsurance and deductibles
- in certain cases, your Part A premium, if you have one

See if you qualify by calling Boston’s Age Strong Commission to make an appointment with an advocate at 617-635-4366.