GET A NEW HEATING SYSTEM WITH SENIORS SAVE

The program is now providing up to $8,000 to income-eligible Bostonians over 60 years old to replace faulty heating systems.

Visit boston.gov/how-join-seniors-save-program for the application and more information.

CITY of BOSTON

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

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
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Events
December 13-19

Covid Booster Shots

Spice Bank Collective

Food Resource Guide

Weekly Digest
December 13-19, 2021
Information & opportunities for Boston's older adults
MONDAY, DECEMBER 13

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.

6pm

Black History Connections in Kwanzaa
Boston Public Library, Codman Square
690 Washington Street, Dorchester
Click here to register & for more information.

TUESDAY, DECEMBER 14

10:30am (through Feb 22)

A Quilting Circle
Boston Public Library, Codman Square Branch
690 Washington Street, Dorchester
Click here to register & for more information.

10:30am

BPL Virtual: Career Skills: Interviewing - Tips & Tricks
Click here to register & for more information.

11:30am

Age Strong Commission Virtual Latin Dance
Click here to attend via Zoom.

12noon

BPL Virtual: Introduction to Medicare: Learn the Basics
Click here to register & for more information.

12noon-5pm

Jamaica Plain Farmers Market (through Dec 18)
677 Centre St, Jamaica Plain
Click here for more information.

2pm

BPL Virtual: When Good Things Maybe Aren’t Anymore: Medication, Polypharmacy, and Aging with Christine Ritchie, MD, MSPH and Esteban Franco-Garcia, MD
Click here to register & for more information.
6:30pm
Veterans Appreciation Night at Boston Ballet Opera House
539 Washington Street, Downtown
Click here for more information.

WEDNESDAY, DECEMBER 15

10:30am
BPL: Book Discussion Group: The Power by Naomi Alderman
Boston Public Library, West Roxbury Branch
1961 Centre Street, West Roxbury
Click here to register & for more information.

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

12noon-3pm
Free Immigration Consultations
Mayor’s Office of Immigrant Advancement
Click here for more information.

1-3pm
Recipe Box Gathering
Boston Public Library, Roxbury Branch
149 Dudley Street, Roxbury
Click here to register & for more information.

3pm
BPL Virtual: Shelf Service Live Personalized Reading Recommendations from BPL Librarians
Click here to register & for more information.

6:30pm
Food & Book Club: Notes On Grief by Chimamanda Ngozi Adichie
Boston Public Library, Egleston Square
2044 Columbus Avenue, Roxbury
Click here to register & for more information.

7pm
BPL Virtual: Parenting with an Accent: How Immigrants Honor Their Heritage, Navigate Setbacks, and Chart New Paths for Their Children by Masha Rumer
Click here to register & for more information.
THURSDAY, DECEMBER 16

12noon-7pm
Friends of Uphams Corner Holiday Meet and Greet
Boston Public Library, Uphams Corner
500 Columbia Road, Dorchester
Click here for more information.

2pm
New England Conservatory: Holiday Ensemble with the Four Paper Clips
Boston Public Library, Central Branch
700 Boylston Street, Copley Square
Click here for more information.

2:30-5:30pm
Dudley Town Commons Farmers Market (through Jan 27)
11 Brook Ave, Roxbury
Click here for more information.

6:30pm
BPL: “¡Con Salsa!”
The History of Afro-Latin Music in the United States, Past, Present & Future
Boston Public Library, East Boston Branch
365 Bremen Street, East Boston
Click here to register & for more information.

8pm
Digital Concert: Jason Palmer Quintet
Celebrity Series of Boston
Click here to register & for more information.

FRIDAY, DECEMBER 17

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.

SATURDAY, DECEMBER 18

12noon-5pm
Jamaica Plain Farmers Market (through Dec 18)
677 Centre St, Jamaica Plain
Click here for more information.

1pm
Caroling at the Carousel with North End Music & Performing Arts Center
Rose Kennedy Greenway
Click here for more information.
NEW!

SPICE BANK COLLECTIVE

Donate unopened spices and dried herbs at your BPL branch!

BOSTON PUBLIC LIBRARY

The Greater Boston FOOD BANK

DECEMBER FOOD RESOURCE GUIDE

Holiday food resources, all in one place.
Available in 6 languages.

VISIT: www.vitalcxns.org/food