VACCINATION REQUIRED
Starting on Jan. 15, 2022, individuals will be required to show proof of COVID-19 vaccination to enter certain indoor spaces like restaurants, fitness facilities, entertainment spaces, and certain meeting spaces in Boston.

Am I eligible for a COVID-19 booster shot?

Who?
Individuals 12+ who are fully vaccinated
*Individuals age 12-17 can only get the Pfizer booster

When?
- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

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

For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit www.boston.gov
MONDAY, JANUARY 10

9am
**OLLI Virtual: Monday Morning Coffee Chat**
UMass Boston’s Osher Lifelong Learning Institute
Email ollireg@gmail.com to sign up.

12noon
**OLLI Virtual: Getting to Know Van Gogh**
UMass Boston’s Osher Lifelong Learning Institute
Email ollireg@gmail.com to sign up

1pm
**BPL Virtual: Movie Discussion Group**
“The Donut King”
Click here to register & for more information.

5pm
**Parks: Virtual Fitness: Dance Fit**
Click here to register & for more information.

TUESDAY, JANUARY 11

10:30am
**A Quilting Circle**
BPL: Codman Square
690 Washington Street, Dorchester
Click here to register & for more information.

10:30am: Film showing via Zoom
12:30pm: Film discussion via Zoom
**OLLI Winter Film Series: “Father of the Bride” (1950)**
UMass Boston’s Osher Lifelong Learning Institute
Email ollireg@gmail.com to sign up

6:30pm
**Parks: Virtual Fitness: Afrobeats Dance**
Click here to register & for more information.

WEDNESDAY, JANUARY 12

11am
**Parks: Virtual Fitness: Chair Yoga**
Click here to register & for more information.

1:30pm
**A Journey through America’s National Park System**
UMass Boston’s Osher Lifelong Learning Institute
Email ollireg@gmail.com to sign up
3pm
*BPL Virtual: Shelf Service Live Recommendations from BPL librarians*
Click [here](#) to register & for more information.

**THURSDAY, JANUARY 13**

12noon
*BPL Virtual: Digital Skills for Everyday Tasks*
Click [here](#) to register & for more information.

12noon
**OLLI Virtual: The Battle for Burma: 1944-45**
UMass Boston’s Osher Lifelong Learning Institute
Email ollireg@gmail.com to sign up

1pm
*BPL Virtual: Lunchtime Science Fiction/Fantasy Short Story Club*
Click [here](#) to register & for more information.

2pm
*BPL Virtual: Tai Chi with Eddie Watkins*
Click [here](#) to register & for more information.

2:30-5:30pm
**The Dudley Winter Market**
11 Brook Avenue, Roxbury
Click [here](#) for more information.

6:30pm
**Parks: Virtual Fitness: Zumba**
Click [here](#) to register & for more information.

**FRIDAY, JANUARY 14**

12:30pm
**Parks: Virtual Fitness: Chair Meditation**
Click [here](#) to register & for more information.

**SATURDAY, JANUARY 15**

9am
**Parks: Virtual Fitness: Strength Training**
Click [here](#) to register & for more information.

10am-1pm
**Dorchester Winters Farmers Market**
6 Norfolk Street, Dorchester
Click [here](#) for more information.

**SUNDAY, JANUARY 16**

12noon-3pm
**Roslindale Farmers Market**
19 Corinth Street, Roslindale
Click [here](#) for more information.

6pm
**Parks: Virtual Fitness: Yoga**
Click [here](#) to register & for more information.
PLAN FOR THE COLD
Information for Everyone

- Dress in loose layers with a waterproof outer layer.
- Stay inside some place warm.
- If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.

DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.
- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.
- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.
- Cold affects people unequally. Those who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, or use substances are more at risk.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

RESOURCES

1. Get warm at public warming centers and Boston Public Libraries.
2. Get emergency notices via text, email or phone from AlertBoston.
3. Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.

For more information on these resources, call 3-1-1 or visit boston.gov/cold
KEEP BOSTON SENIORS WARM THIS WINTER

The Seniors Save program can provide up to $8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.