Weekly Digest
March 7 - March 13, 2022
Information & opportunities for Boston’s older adults

Free Tax Services

Events March 7 - March 13

Citizenship Day

Write Your Story

Immigration Consultations

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

Boston's Age Strong Commission

ALL ABOARD

Starting Tuesday, March 1, the 23, 28 and 29 MBTA buses will be fare-free for two years.

OFFICE of MAYOR WU
MONDAY, MARCH 7

9am
Age Strong Virtual Chair Yoga
No registration necessary
Click here for more information.

11:30am
Age Strong Virtual Meditation
No registration necessary
Click here for more information.

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

TUESDAY, MARCH 8

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

11am-1pm
Knit/Crochet Circle
Boston Public Library: Roslindale Branch
4246 Washington Street, Roslindale
Click here for more information.

11:30am-12:30pm
Age Strong Virtual Latin Dance
No registration necessary
Click here for more information.

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

WEDNESDAY, MARCH 9

10:30am
BPL: Older Adults’ Chair Yoga
Boston Public Library: West End Branch
151 Cambridge Street, West End
Click here to register & for more information.

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

11:30am
Age Strong Virtual Yoga
No registration necessary
Click here for more information.

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

4-7pm
BPL: Free Tax Preparation (Drop-Off & Remote Only)
Click here to register & for more information.
DID YOU KNOW YOU COULD SAVE UP TO $1,500 ON YOUR PROPERTY TAXES?

JOIN AGE STRONG’S PROPERTY TAX WORK-OFF PROGRAM

Our mission is to enhance the lives of Boston's older adults with meaningful programs and resources.

ABOUT PTWOP

- Qualified older homeowners could volunteer up to 106 hours for the City of Boston, in exchange for a property tax abatement of up to $1,500 per fiscal year.

REQUIREMENTS

- Age 60+
- Gross income: $40,000 or less if single, $55,000 or less if married
- You must own & occupy property 3+ years & occupy property as a primary residence.

HOW IT WORKS

Step 1
Submit your application with all supporting documents by July 1, 2022.

Step 2
If approved, we’ll match you with a volunteering opportunity.

Step 3
When you complete the hours, you’ll receive a property tax abatement.

AGE+ City of Boston
Age Strong Commission
Mayor Michelle Wu

617-635-5741
lisa.martins@boston.gov
THURSDAY, MARCH 10

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

2pm
*BPL Virtual: Chair Yoga for Older Adults*  
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.

7pm
*BPL: “Master Thieves: The Boston Gangsters Who Pulled off the World’s Greatest Art Heist”*  
Boston Public Library: Jamaica Plain Branch  
30 South Street, Jamaica Plain  
Click [here](#) to register & for more information.

11:30am
*Age Strong Virtual Zumba*  
No registration necessary  
Click [here](#) for more information.

FRIDAY, MARCH 11

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

12noon-3pm
*Parks: Virtual Fitness: Yoga*  
Click [here](#) to register & for more information.

SATURDAY, MARCH 12

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

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

SUNDAY, MARCH 13

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

Let's Help Boston's Older Adults Get Access to Food

Make Local Deliveries or Volunteer at a Local Pantry

• Must be 55+
• Pass a CORI check
• Have a valid driver's license & reliable vehicle
• Flexible schedule

To Register, Call:
Monique Carvalho at 617-635-4374

GIVE BACK As an AmeriCorps Volunteer Tax Preparer!!!

Help older adults maximize their state and federal refunds.

- Help provide no-cost tax preparation services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.

No tax preparation experience required!

• Must Be 55+
• Complete a CORI check

For more information, contact
Monique Carvalho 617-635-4374
Monique.Carvalho@Boston.gov

WINTER SAFETY TIPS

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call 911.

Boston.gov/cold

City of Boston
Age Strong Commission
Mayor Michelle Wu

City of Boston
AmeriCorps
Seniors

AmeriCorps

AGE+

AGE+
BOSTON 2022
CITIZENSHIP DAY

SATURDAY, MARCH 26

RECEIVE FREE HELP WITH YOUR CITIZENSHIP APPLICATION!

You must:
• Be at least 18 years old
• Be a legal permanent resident for 5 years or 3 years if married to a U.S. Citizen

CALL NOW FOR AN APPOINTMENT

(617) 694-5949
ProjectCitizenship.org

*COVID-19 protocols will be in place on Citizenship Day on March 26.
TELLING YOUR STORY!
Join this two-week writing workshop and learn how to turn your favorite memories into micro-stories, memoirs, and personal memory maps – FREE on Zoom. Offered by Age Strong Boston and Write the World.

JOIN US:
Tuesdays from 7PM to 8PM on March 8 & March 15

OR
Wednesdays from 11AM to NOON on March 9 & March 16

TO REGISTER, OR FIND OUT MORE CONTACT:
Renee Frechette renee.frechette@boston.gov 617-635-4168

FREE! MEETS ONLINE!

Walk Up

Free COVID-19 Testing

Bruce C. Bolling Building
2300 Washington Street
Roxbury, MA 02119

Tuesdays - Saturdays
12 p.m. - 8 p.m.

OTHER TESTING SITES AVAILABLE HERE: BOSTON.GOV

Call the Mayor’s Health Line at 617-534-5050 for more information
HEY BOSTON, RECYCLE YOUR CLOTHING AND TEXTILES!

Boston and HELPBY are working together to keep unwanted clothes, shoes, and accessories out of the trash. As part of our Zero Waste Boston plan, our clothing and textile dropoff sites help the City budget, create jobs for Boston residents, and support 300 local charities.

Just drop your dry, unwanted clothes, shoes, and textiles in the bin, and we’ll take it from there.

Check our website for more info, visit: boston.gov/clothing

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Hearing Loss?

Will you hear your smoke alarm?

The Boston Fire Department will install a free bed shaker alarm with smoke and CO detectors to ensure you will be able to respond in the event of an emergency. For installation and additional information please call 617-343-3337 or email michelle.mccourt@boston.gov

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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
FREE IMMIGRATION CONSULTATIONS
Ask a lawyer for advice
immigrantadvancement@boston.gov
617-635-2980

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.
COVID-19 Vaccine in Boston

The COVID-19 vaccine is an important and effective tool to keep ourselves and our communities safe. Along with wearing masks, social distancing, and frequent handwashing, the vaccine will help us end the COVID-19 pandemic. Click here for more information.

Need help booking an appointment?

Older Boston residents that are interested in the COVID vaccine and who need help with online registration or transportation should contact the Age Strong Commission at 617-635-4366 for vaccine assistance.