Creative Aging Project’s City-Wide Poetry Prompt

Inviting Boston’s Older Adults to Write & Share Original Poems

The top 3 submissions will be published in *Boston Seniority* magazine!
Submission Deadline: Wednesday, May 25, 2022 at 5:00pm

Older adults are invited to submit original poetry based on any of these prompts:
- Write a recipe describing a specific emotional feeling
- Write the autobiography of your grandparent’s hands
- Write about a moment in history (your own or global)

How to submit your poetry:
Email: AgeStrong@Boston.gov
Fax: 617-635-3213
Mail: Age Strong Commission,
Boston City Hall, Room 271
1 City Hall Sq., Boston, MA 02201

*All poems are welcome, even if not in line with the suggested “prompt.” For more information call Renee Frechette at 617-635-4168 or email renee.frechette@boston.gov*
TUESDAY, MAY 17

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

11am-1pm
*Knit/Crochet Circle*
BPL: Roslindale Branch
4246 Washington Street, Roslindale
Click [here](#) for more information.

11am-12pm
*Device Help by Appointment*
BPL: Lower Mills
27 Richmond St., Dorchester
Click [here](#) for more information.

11am-12pm
*Older Adults Chair Yoga*
BPL: Codman Square
690 Washington St., Dorchester
Click [here](#) for more information.

11:30am-12:30pm
*Age Strong Virtual Latin Dance*
No registration necessary
Join by Zoom link [here](#).

6:30pm-7:45pm
*Hatha Yoga*
BPL: Fields Corner
1520 Dorchester Ave., Dorchester
Click [here](#) for more information.

MONDAY, MAY 16

9am
*Age Strong Virtual Chair Yoga*
No registration necessary
Join by Zoom link [here](#).

11:30am
*Age Strong Virtual Meditation*
No registration necessary
Join by Zoom link [here](#).

12pm
*Weekly Chess Club*
BPL: North End
25 Parmenter St, North End
Click [here](#) for more information.

1:30pm
*BPL: Tai Chi*
BPL: East Boston
365 Bremen St, East Boston
Click [here](#) to register & for more information.

3pm-4pm
*BPL Virtual: How to Use Headspace: Meditation and Mindfulness Are Easy*
Click [here](#) to register & for more information.
WEDNESDAY, MAY 18

9:30am-10:30am
Neighborhood Coffee Hours - Fenway/Kenmore
Ramler Park, 130 Peterborough St., Fenway
Click here for more information.

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

3pm
BPL Virtual: Shelf Service Live: Recommendations from BPL Librarians
Click here for more information.

3pm-4pm
Lower Mills Makers
BPL Lower Mills
27 Richmond St., Dorchester
Click here for more information.

THURSDAY, MAY 19

1pm
BPL Virtual: Lunchtime
Science Fiction/Fantasy Short Story Club
Click here to register & for more information.

2pm-3pm
BPL Virtual: Breathwork and Meditation with Jesse Rosinski
Click here to register & for more information.

2pm-4pm
Chess and Checkers with Charlies
BPL: Hyde Park
35 Harvard Ave., Hyde Park
Click here for more information.

3pm-4pm
West End Book Club
BPL: West End
151 Cambridge St., West End
Click here for more information.

5pm-8pm
Yarn & Book Sale
BPL: Roslindale
4246 Washington St., Roslindale
Click here for more information.

5:30pm-7:30pm
Beginner Sewing
BPL: Uphams Corner
35 Harvard Ave., Hyde Park
Click here to register & for more information.

6:30pm-7:30pm
Sheffield Chamber Players Concert
30 South St., Jamaica Plain
Click here for more information.

FRIDAY, MAY 20

9:30am-10:30am
Neighborhood Coffee Hours - West Roxbury
Billings Field, 369 Lagrange St., West Roxbury
Click here for more information.
Mayor Michelle Wu’s

NEIGHBORHOOD
COFFEE HOURS
9:30am-10:30am

2022

Wednesday, May 4: East Boston Memorial Park
   Porter and Orleans Streets, East Boston
Friday, May 6: McLaughlin Playground
   239 Parker Hill Avenue, Jamaica Plain
Monday, May 9: Doherty Park
   349 Bunker Hill Street, Charlestown
Friday, May 13: Mozart Park
   10 Mozart Street, Jamaica Plain
Wednesday, May 18: Ramler Park
   130 Peterborough Street, Fenway-Kenmore
Friday, May 20: Billings Field
   360 LaGrange Street, West Roxbury
Wednesday, May 25: Commonwealth Avenue Mall
   15 Commonwealth Avenue, Back Bay
Friday, May 27: Garvey Park
   995 Morrissey Boulevard, Dorchester
Thursday, June 2: Elliot Norton Park
   295 Tremont Street, Boston

Wednesday, June 8: Smith Playground
   235 Western Avenue, Allston-Brighton
Thursday, June 9: Fallon Field
   910 South Street, Roslindale
Friday, June 10: Peters Park
   230 Shawmut Avenue, South End
Monday, June 13: Horatio Harris Park
   Walnut Avenue and Monroe Street, Roxbury
Wednesday, June 15: Langone Park
   529 Commercial Street, Boston
Wednesday, June 22: Ronan Park
   Mount Ida Road and Marie Street, Dorchester
Friday, June 24: Iacono Playground
   150 Readville Street, Hyde Park
Wednesday, June 29: Medal of Honor Park
   East 3rd and M Streets, South Boston
Thursday, June 30: Walker Playground
   550 Norfolk Street, Mattapan

Sponsored by Parks and Recreation, Dunkin’, City of Boston, Starbucks
11am-12pm
*Device Help by Appointment*
BPL: Lower Mills
27 Richmond St., Dorchester
Click [here](#) for more information.

11:30am
*Age Strong Virtual Zumba*
No registration necessary
Join by Zoom link [here](#).

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**SATURDAY, MAY 21**

9am-2pm
*Household Hazardous Waste, Paper, Shredding, Textiles, and Electronics Drop-Off*
Central DPW Facility
400 Frontage Rd., Boston
Click [here](#) for more information.

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**If it's been at least four months since your first booster, you are eligible for a second booster if you are:**

- 50 years or older; or
- 12 years or older and moderately to severely immunocompromised; or
- 18 years or older AND received 1 Johnson & Johnson's Janssen COVID-19 primary dose and 1 booster dose

Boosters are essential for preventing severe illness from COVID-19. **Stay up to date on your vaccinations by getting your COVID-19 booster!**

[boston.gov/covid19-vaccine](http://boston.gov/covid19-vaccine)

Mayor's Health Line: 617-534-5050
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.

City of Boston
Age Strong Commission
Mayor Michelle Wu

617-635-5741
lisa.martins@boston.gov
BECOME A 
BUS BUDDY!

Bus Buddies teach older adults how to safely navigate public transportation

Bus Buddy Volunteers:
- receive practical training
- receive some reimbursement for travel/meals
- receive free accidental/liability insurance
- are CORI cleared
- are invited to our yearly volunteer recognition

Interested?
Call Monique Carvalho at 617-635-4374 or email monique.carvalho@boston.gov
The Boston Parks and Recreation Department is updating our

**OPEN SPACE AND RECREATION PLAN**

[boston.gov/open-space](http://boston.gov/open-space)

Take our survey! We'd like to hear from you.

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**Medicare Covers Over-The-Counter Covid-19 Tests**

During the COVID-19 public health emergency, people with Medicare can get up to 8 over-the-counter COVID-19 tests per month for free from participating pharmacies and health care providers.

Visit medicare.gov/medicare-coronavirus#300 for more information.
LATINOPioneers in Boston
Documentary Premiere

THURSDAY, MAY 26, 2022
Boston Public Library - Copley Square, 700 Boylston Street. Boston, Massachusetts

www.quelindoboston.com
INTERESTED IN FREE OR DISCOUNTED INTERNET?

The Affordable Connectivity Program offers eligible households up to $30 per month for internet service, and up to $100 in a one-time discount for a digital device.

Learn more and submit an application online at ACPBenefit.org.
"One small act can create an enormous impact"

Become a Respite Volunteer!

AmeriCorps Seniors RSVP volunteers offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

We offer reimbursement for some out-of-pocket expenses.

*Must be 55+

For more information, call Monique!!
617-635-4374
AmeriCorps Seniors is offering two new engaging workshops

Let's Connect Virtually!! Schedule a Group Workshop with Boston RSVP Today!

Money Smart
- Learn best practices on how to manage your money
- Recognize and reduce the risk of financial exploitation
- Guard against identity theft

Opioid Prevention & Education
- Learn more about Opioids & the effects they have on the body
- How to prevent overdose
- How to communicate with and support loved ones who are living with addiction

To learn more or schedule a workshop contact:
Monique Carvalho at 617-635-4374
Monique.carvalho@boston.gov
ALL ABOARD

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

OFFICE of MAYOR WU

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

Here is how the HLAC works:
- Ordinary T-3 smoke alarm
- Patented Lifetone™ technology constantly listens for your smoke alarm
- Bright orange screen flashes "FIRE"
- Powerful pulsating bed shaker vibrates
- The LOUD low-frequency 520 Hz T-3 alarm sounds
  A baritone voice says "FIRE! GET OUT!"

EVACUATION
REQUEST FOR INFORMATION (RFI)

The Office of Emergency Management is seeking the community's help to find innovative ways to approach and improve our evacuation planning through the Evacuation Request For Information!

Please respond to this RFI and help us improve the way we think about evacuation in Boston by visiting:

Bit.ly/BostonEvacuation-RFI

BE INFORMED, PLAN AHEAD, STAY READY!
2022 BOSTON ANNUAL RESIDENT LISTING

The Boston Annual Resident Listing is how you, as a Bostonian, ensure that our City works for all of its people.

Learn more at boston.gov/census
or call 617-635-VOTE (8683)
Request FREE High Speed Internet & a Chromebook Laptop through the Boston Public Library’s Long Term Lending Program

If you are an adult Boston resident who either has no home Internet service — or if the Internet service you have is too slow for online learning — you may be able to access free high-speed home internet via an LTE enabled home wi-fi router through June 2023 from the Boston Public Library. Those who qualify may also receive a new Google Chromebook laptop!

A limited number of spaces exist for this program. Apply now at www.bpl.org/long-term-lending.

2022 FREE IMMIGRATION CONSULTATIONS
currently by telephone

To schedule an appointment:
Call: 617-635-2980
Email: immigrantadvancement@boston.gov

Ask a volunteer lawyer for immigration advice on the first and third Wednesday of every month from 12 - 3 p.m.

Interpretations and disability accommodations are available. Consultations are maximum of 15 minutes.

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For more information:
Call: 617-635-2980, Website: boston.gov/immigrants
Facebook & Twitter: @BOSimmigrants