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:** Monday, June 6, 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) you wish you could change & change the ending

**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, in any language, 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*
MONDAY, MAY 23

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.

12pm-7:30pm
*Friends of the West Roxbury Branch Library Used Book Sale*
BPL: West Roxbury
1961 Centre St., West Roxbury
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.

TUESDAY, MAY 24

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](#).

2pm-3pm
*BPL Virtual: Tai Chi for Wellness with Eddie Watkins*
Click [here](#) to register & for more information.

3pm-4pm
*Tech Help by Appointment*
BPL: Jamaica Plain
30 South St., Jamaica Plain
Click [here](#) for more information.
CONGRATULATIONS TO OUR GRANTEES!

The City of Boston & the Age Strong Commission have awarded $360,000 in funding to 16 nonprofit community organizations to provide programming that creates connection & reduces social isolation of older adults. Below are the grantees:

- Boston Project Ministries
- Boston Public Housing Corporation
- Central Boston Elder Services
- Dorchester Bay Economic Development Corporation
- Little Brothers Friends of the Elderly/Boston
- Madison Park Development Corporation
- Maverick Landing Community Services
- Nigerian-American Multi-Service Association
- Operation P.E.A.C.E. Northeast
- Orchard Park Tenants Association/Saida’s Community Garden
- Somali Development Center
- The Urban Farming Institute of Boston
- Tzu Chi Foundation
- Urban Edge Housing Corporation
- Voice of the Tabernacle Multi Service Center
- Whittier Street Health Center Committee
WEDNESDAY, MAY 25

9:30am-10:30am
*Neighborhood Coffee Hours - Beacon Hill/Back Bay*
15p Commonwealth Avenue Mall, Back Bay
Click [here](#) for more information.

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

1pm-4pm
*MassHire Career Help*
BPL Grove Hall
41 Geneva Ave., Dorchester
Click [here](#) for more information.

3pm
*BPL Virtual: Shelf Service Live: Recommendations from BPL Librarians*
Click [here](#) for more information.

FRIDAY, MAY 27

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

11am-12pm
*Device Help by Appointment*
BPL: Lower Mills
27 Richmond St., Dorchester
Click [here](#) for more information.
2pm-3:30pm  
**Tricky Trivia Challenge**  
BPL: Mattapan  
27 Richmond St., Dorchester  
Click [here](#) to register & for more information.

3pm-4pm  
**Introduction to Container Gardening with Mass Audobon**  
BPL: East Boston  
365 Bremen St., East Boston  
Click [here](#) to register & for more information.

SATURDAY, MAY 28

9:30am-10:30am  
**Morning Yoga Flow**  
BPL: Honan-Allston  
300 North Harvard St., Allston  
Click [here](#) for more information.

10am-2pm  
**Egleston Farmer's Market**  
179 Amory St., Jamaica Plain  
Click [here](#) for more information.

11am-12pm  
**Hatha Yoga for Active Adults**  
BPL: South Boston  
646 East Broadway, South Boston  
Click [here](#) for more information.

11am-12:30pm  
**Dance Workshop: Latino Genres**  
BPL: East Boston  
365 Bremen St., East Boston  
Click [here](#) for more information.

12pm-2pm  
**Concert: Rara El Poze**  
BPL: Codman Square  
690 Washington St., Dorchester  
Click [here](#) for more information.

SUNDAY, MAY 29

10am-2pm  
**Leaf and Yard Waste Drop-Off**  
500 American Legion Highway, Mattapan  
Click [here](#) 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.

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

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

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.
LATINO Pioneers 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!"

SAVE THE DATE

JUNE 4th | 2022
The MOMS Club of South Boston

FOLLOW @SOUTHBOSTONMOMSCLUB FOR UPDATES
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.

CITY of BOSTON
RENTAL RELIEF FUND
Help for Boston residents at risk of losing their housing due to the pandemic

$35 million distributed
more than 5,000 households assisted
99 percent of households earn less than $58,000 per year

City of Boston Mayor’s Office
City of Boston Housing Authority
City of Boston New Urban Mechanics

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.

January 5 & 19
February 2 & 16
March 2 & 16
April 6 & 20
May 4 & 18
June 1 & 15

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