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) you wish you could change & change the ending

Teaching artists will host in-person & virtual office hours for assistance/feedback on submissions, no registration required.

- **Monday, May 9, 10am-12noon**
  In-Person Office Hours with Eleanor
  Boston Public Library, Mattapan Branch
  1350 Blue Hill Avenue, Mattapan

- **Tuesday, May 10, 10am-12noon**
  Virtual Office Hours with Pampi
  Zoom Link: bit.ly/PoetryWorkshopBos

- **Wednesday, May 11, 10am-12noon**
  In-Person Office Hours with Eleanor
  Boston Public Library, Jamaica Plain Branch
  30 South Street, Jamaica Plain

- **Thursday, May 12, 10am-12noon**
  Virtual Office Hours with Pampi
  Zoom Link: bit.ly/PoetryWorkshopBos

- **Saturday, May 14, 10am-12noon**
  Virtual Office Hours with Mattia
  Zoom Link: bit.ly/PoetryWorkshopBos

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 Frachette at 617-635-4168 or email renee.frachette@boston.gov
MONDAY, MAY 9

9am
Age Strong Virtual Chair Yoga
No registration necessary
Join by Zoom link here.

9:30 am
Neighborhood Coffee Hours - Charlestown
9 St. Martin St., Charlestown
Click here for more information.

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.

2pm-4pm
Teacup Floral Art with Artful Meditation Workshop
BPL: Roxbury
149 Dudley St., Roxbury
Click here to register & for more information.

TUESDAY, MAY 10

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

11am-12pm
Older Adults Chair Yoga
BPL: Codman Square
690 Washington Street, Dorchester
Click here for more information.

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

6:30pm-7:45pm
Hatha Yoga
BPL: Fields Corner
1520 Dorchester Ave., Dorchester
Click here for more information.
WEDNESDAY, MAY 11

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

1pm-4pm
MassHire Career Help
BPL: Grove Hall
41 Geneva Avenue, Dorchester
Click here for more information.

130pm-3:30pm
Arts and Crafts with Jan Louissant: Wall Floral Art
BPL: Mattapan
1350 Blue Hill Ave., Mattapan
Click here for more information.

FRIDAY, MAY 13

6pm
Hyde Park Neighborhood Social
Antonios Bacari
5 Fairmount Avenue, Hyde Park
Click here for more information.

THURSDAY, MAY 12

1pm
BPL Virtual: Lunchtime
Science Fiction/Fantasy Short Story Club
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.

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

WEDNESDAY, MAY 11

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

1pm-4pm
MassHire Career Help
BPL: Grove Hall
41 Geneva Avenue, Dorchester
Click here for more information.

130pm-3:30pm
Arts and Crafts with Jan Louissant: Wall Floral Art
BPL: Mattapan
1350 Blue Hill Ave., Mattapan
Click here for more information.

FRIDAY, MAY 13

9:30am-10:30am
Neighborhood Coffee Hours - Jamaica Plain
Mozart Street Playground
10 Mozart St., Jamaica Plain
Click here for more information.

11:30am
Age Strong Virtual Zumba
No registration necessary
Join by Zoom link here.

4pm-5pm
BPL Virtual: Reading the Rainbow: An LGBTQ Book Group
Click here to register & for more information.
Mayor Michelle Wu’s

NEIGHBORHOOD COFFEE HOURS

9:30am-10:30am

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
    369 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 Commerical 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, Star Market
SATURDAY, MAY 14

9am-1pm
**Paint and Motor Oil Drop-Off**
Roxbury Public Works Yard
280 Highland Avenue, Roxbury
Click [here](#) for more information.

10am-2pm
**Dog Licensing and Low-Cost Rabies Clinic**
BCYF Condon Community Center
200 D St., South Boston
Click [here](#) for more information.

11:30am-1:30pm
**Community Learning Tech Course**
BPL: Mattapan
1350 Blue Hill Ave., Mattapan
Click [here](#) for more information.

SUNDAY, MAY 15

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

For more information on City events, visit [boston.gov/events](http://boston.gov/events)
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
YOU ARE INVITED

To the City of Boston Mayor’s Commission on Disabilities 2022 Disability Community Forum.

Please join us for an opportunity to meet City of Boston government officials, learn about accessibility initiatives, and provide input about accessibility priorities. To submit questions in advance visit: bit.ly/DisabilityBOS

MAY 11, 2022
2:00-3:30PM

SUFFOLK UNIVERSITY LAW SCHOOL
120 TREMONT ST.
BOSTON MA 02108

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.
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
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!"

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)

CITY of BOSTON

THIS WEEK’S WALK-IN COVID-19 VACCINE & BOOSTER CLINICS AND COVID-19 TESTING SITES

Visit boston.gov/covid19-vaccine for vaccine clinics. Visit boston.gov/covid19-testing for testing sites. Call the Mayor’s Health Line: 617-534-5050

2nd Boosters for Eligible Patients Now Available!
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.

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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

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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
households received an average of $9,776

each of Boston’s 20 neighborhoods represented
2022 DOG LICENSING AND PET VACCINE CLINICS

FOR BOSTON RESIDENTS ONLY | SATURDAYS | 10 A.M. - 2 P.M.

DORCHESTER | MARCH 5
BCYF Perkins Community Center | 155 Talbot Ave.

WEST ROXBURY | MARCH 19
BCYF Roche Community Center | 176 Centre St.

EAST BOSTON | APRIL 2
BCYF Fino Community Center | 86 Boardman St.

CHARLESTOWN | APRIL 16
BCYF Charlestown Community Center | 255 Medford St.

JAMAICA PLAIN | APRIL 30
BCYF Curtis Hall Community Center | 20 South St.

SOUTH BOSTON | MAY 14
BCYF Corddon Community Center | 200 D St.

ROXBURY | JUNE 4
BCYF Tobin Community Center | 1481 Tremont St.

DOG LICENSING FEES
• $15 spayed/neutered (please provide proof)
• $30 intact male/female
• No charge for seniors 70 and older

VACCINE FEES
• Rabies: $5
• Distemper: $5
• Microchipping: free

Microchips donated by HomeAgain

• Three-year rabies vaccines will be given if you are able to show proof of previous rabies vaccines.
• All pets must be accompanied by a person 18 years or older and on a leash or in a carrier.

For more info visit boston.gov/animals, call 617-635-1800, or find us on Facebook @bostonanimal

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.