Boston's Age Strong Commission announces The Longest Day Campaign

Share YOUR Story...

Help Boston's Age Strong Commission raise awareness for those living with dementia & their care partners

We are inviting share your personal story — the reason you are committed to fighting Alzheimer's disease. Sharing your Alzheimer's/Dementia story is a powerful way to inspire others. Learn more and share your story at boston.gov/age-strong-the-longest-day
MONDAY, JUNE 13

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

9:30am-10:30am
Neighborhood Coffee Hours - Roxbury
Horatio Harris Park
Walnut Avenue and Monroe Street, Roxbury
Click here for more information.

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

1:30pm-2:30pm
Tai Chi
BPL: East Boston
365 Bremen St., East Boston
Click here for more information.

5pm-6pm
Park Summer Fitness: Virtual Dance Fit
Click here to register & for more information.

6pm-7pm
Park Summer Fitness: Barre Class
Savin Hill Park, 25 Casplan Way, Dorchester
Click here to register & for more information.

6pm-7pm
Park Summer Fitness: Yoga
Adams Park, 4225 Washington St., Roslindale
Click here to register & for more information.

TUESDAY, JUNE 14

6:30am-7:30am
Park Summer Fitness: Yoga
Doherty Playground
349 Bunker Hill St., Charlestown
Click here to register & for more information.

7am-8am
Park Summer Fitness: Virtual HIIT Training
Click here to register & for more information.

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

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

11:30am -12:30pm
Age Strong Virtual Latin Dance
No registration necessary
Join by Zoom link here.

6pm-7pm
Park Summer Fitness: Kick It Class
Brighton Common
30 Chestnut Hill, Ave., Allston-Brighton
Click here to register & for more information.

6:30pm-7:30pm
Park Summer Fitness: Zumba
Blackstone Square
1535 Washington St., South End
Click here to register & for more information.
BOSTON AGE STRONG COMMISSION'S
FREE GREENWAY YOGA CLASSES

**Where:** The Greenway Park  
(North End at Hanover Street 
& Cross Street)  
**Rain Location:** Ausonia Apartments  
185 Fulton Street, North End  
**When:** Every Thursday!  
11:30a.m. (through September 29)

Join the Age Strong Commission for a low impact gentle yoga & mindfulness series that welcomes all body types & fitness levels. Spend an hour on the beautiful Greenway & enjoy this free program!

Space is limited, so RSVP as soon as possible at 617-635-4366 or email renee.frechette@boston.gov.
WEDNESDAY, JUNE 15

9am-10am
**Park Summer Fitness: Strength and Conditioning**
Elliot Norton Park, 295 Tremont St., Chinatown
Click here to register & for more information.

9:30am-10:30am
**Neighborhood Coffee Hours - North End**
Langone Puopolo Park
529-543 Commercial St.
Click here for more information.

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

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.

6-7pm
**Park Summer Fitness: Line Dancing**
Franklin Park, 1 Circuit Drive, Dorchester
Click here to register & for more information.

THURSDAY, JUNE 16

10am-11am
**Park Summer Fitness: Chair Yoga**
Symphony Park, 39 Edgerly Rd., Fenway
Click here to register & for more information.

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.

6-7pm
**Park Summer Fitness: Zumba Tone Class**
Billings Field
369 LaGrange St., West Roxbury
Click here to register & for more information.

6-9pm
**Donna Summer Disco Party**
Copley Square, Back Bay
Click here for more information.

6-7pm
**Park Summer Fitness: Pound Class**
Mozart Street Playground
10 Mozart St., Jamaica Plain
Click here to register & for more information.

6-7pm
**Park Summer Fitness: Afrobeats Dance Class**
Gertrude Howes Playground
68 Moreland St., Roxbury
Click here to register & for more information.
FRIDAY, JUNE 17

10am-11am
*Park Summer Fitness: Gentle Yoga Class*
McLaughlin Playground
239 Parker Hill Ave., Mission Hill
Click here to register & for more information.

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

12:00pm
*Park Summer Fitness: Virtual Chair Yoga*
Click here to register & for more information.

SATURDAY, JUNE 18

8am-9am
*Park Summer Fitness: Walking Group*
Franklin Park, 1 Circuit Drive, Dorchester
Click here to register & for more information.

10am-11am
*Park Summer Fitness: HIIT Training*
Iacono Playground
150 Readville St., Hyde Park
Click here to register & for more information.

10am
*Park Summer Fitness: Virtual Zumba*
Click here to register & for more information.

SUNDAY, JUNE 19

9am-10am
*Park Summer Fitness: Strength Training*
A Street Park, 135-141 A St., South Boston
Click here to register & for more information.

4pm
*Elliot Schoolyard Summer Concerts*
24 Eliot Street, Jamaica Plain
Click here for more information.

6pm-7pm
*Park Summer Fitness: Strength Training*
Click here to register & for more information.

Mayor Michelle Wu’s
NEIGHBORHOOD COFFEE HOURS
9:30am-10:30am

For more info:
boston.gov/coffee-hours
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.

ACE+

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
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!"

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)
HEAT SAFETY TIPS
Stay hydrated. Drink more water, no matter how active you are. Avoid alcohol and sugary or caffeinated drinks. Don’t wait until you’re thirsty to drink.

Boston.gov/heat

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.

---

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.

<table>
<thead>
<tr>
<th>January</th>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 &amp; 19</td>
<td>2 &amp; 16</td>
<td>2 &amp; 16</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 &amp; 20</td>
<td>4 &amp; 18</td>
<td>1 &amp; 15</td>
</tr>
</tbody>
</table>

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

---

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

each of Boston’s 20 neighborhoods represented

households received an average of $8,776