Join the Age Strong Commission's THE LONGEST DAY Campaign

Share YOUR Story...

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

We invite you to share YOUR personal story — your experience with Alzheimer's Disease, other dementias, or as a care partner. Sharing your story can inspire & help others. Learn more & share YOUR story online: boston.gov/age-strong-the-longest-day
MONDAY, JUNE 20
(JUNETEENTH)

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 21

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-2pm
*The Longest Day* Event
Boston City Hall Plaza
1 City Hall Square, Boston
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.

6pm-7:30pm
*LGBTQ Veterans Serving With Pride*
Building 22, Charlestown Navy Yard, Charlestown
Click here 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.

WEDNESDAY, JUNE 22

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 - Dorchester*
Ronan Park, 92 Mt. Ida Rd., Dorchester
Click here 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!
11:30 a.m. (through September 29)

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

DID YOU KNOW YOU COULD SAVE UP TO $1,500 ON YOUR PROPERTY TAXES?

JOIN AGE STRONG’S PROPERTY TAX WORK-OFF PROGRAM

For more information, contact Lisa Martins at 617-635-5741 or email lisa.martins@boston.gov

Applications to apply for the program are due July 1!
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.

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

THURSDAY, JUNE 23

6:30am-7:30am
**Park Summer Fitness: Virtual Fusion Fit**
Click [here]( ) to register & for more information.

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.

6-7pm
**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 24

9:30am-10:30am
**Neighborhood Coffee Hours - Hyde Park**
150 Readville St., Hyde Park
Click [here]( ) for more information.

10am-11am
**Park Summer Fitness: Gentle Yoga Class**
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 25**

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 26**

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 Elliot Street, Jamaica Plain
Click [here](#) for more information.

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

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**Mayor Michelle Wu’s**

**NEIGHBORHOOD COFFEE HOURS**

9:30am-10:30am

For more info: [boston.gov/coffee-hours](http://boston.gov/coffee-hours)
FREE FARES ON BUS ROUTES 23, 28, AND 29
Learn more at boston.gov/free-bus

HOUSEHOLD HAZARDOUS WASTE DAY
Saturday, June 18, 2022 | 9 a.m. – 2 p.m.
400 Frontage Road, Boston, MA

- Proof of Boston residency required.
- We do not accept waste from businesses.
- We accept clothing, electronics, tires, and more! Find the list of accepted items at boston.gov/hazardous-waste
NEED HELP GETTING ONLINE?
The Long Term Lending Program now offers Chromebooks and wifi-enabled routers to those in need. Supplies are limited, apply at: bpl.org/long-term-lending

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
Take our Age Strong Shuttle!

We provide Boston residents age 60 and older with free transportation within the City of Boston to non-emergency medical appointments, with advance notice. We also have wheelchair-accessible shuttles.

To set up a ride, call 617-635-3000

TAXI COUPONS FOR SALE!

Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

Please show an ID showing your Boston residency. Each coupon book costs $5 (worth $10), please pay with cash. Coupons don’t expire. For a limited time, each resident may buy 4 coupons/month.

Coupons are available at the Age Strong Commission Monday-Friday, 9am-5pm, as well as various sites. Click here to view the list of sites or call 617-635-4366.