

Boston's Age Strong Commission

Weekly Digest

June 27 - July 3, 2022

Information & opportunities for Boston's older adults

WEEKLY DIGEST
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**Stay Connected
to Age Strong:**

City Hall, Room 271

1 City Hall Square

Boston, MA 02201

617-635-4366

agestrong@boston.gov

boston.gov/agestrong



@AgeStrongBos

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!
10:30a.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.

CITY of **BOSTON**

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City of Boston
Age Strong
Commission



MONDAY, JUNE 27

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-1:30pm

Weekly Chess Club

25 Parmenter St., North End

Click [here](#) for more information.

2pm-3pm

Tech Help by Appointment

2 Boylston St., Chinatown

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 28

6:30am-7:30am

Park Summer Fitness: Yoga

Doherty Playground

349 Bunker Hill St., Charlestown

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](#).

11am - 12pm

Introductory Computer Class

BPL: Uphams Corner

500 Columbia Rd., Dorchester

Click [here](#) to register & for more information.

6pm-7pm

Park Summer Fitness: Kick It Class

Brighton Common

30 Chestnut Hill, Ave., Allston-Brighton

Click [here](#) to register & for more information.

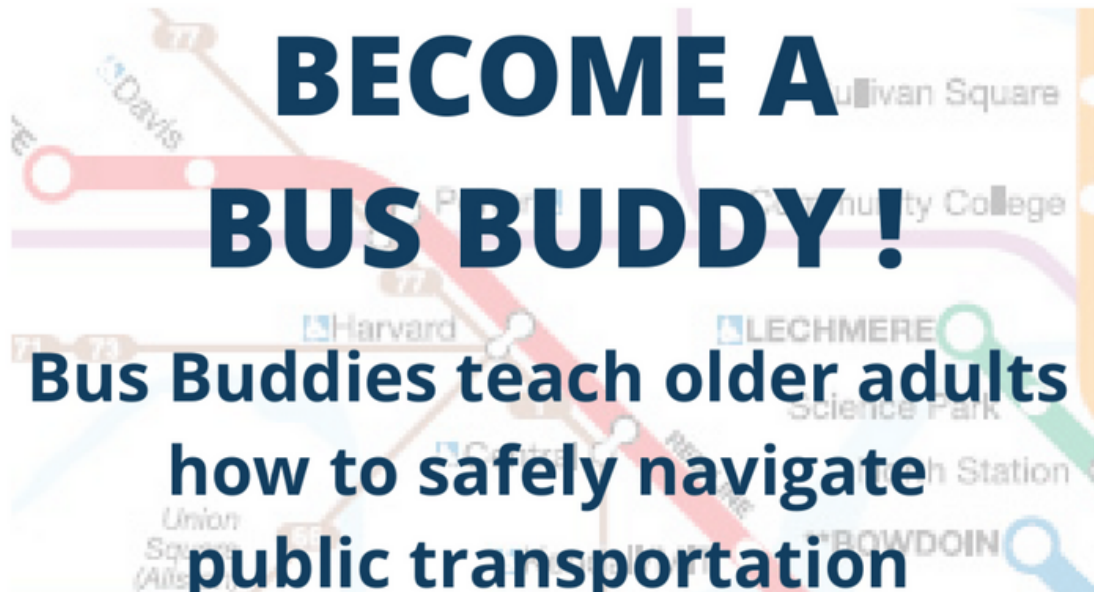
6:30pm-7:30pm

Park Summer Fitness: Zumba

Blackstone Square

1535 Washington St., South End

Click [here](#) to register & for more information.



BECOME A BUS BUDDY!

**Bus Buddies teach older adults
how to safely navigate
public transportation**

For more information, contact Monique Carvalho
at 617-635-4374 or email monique.carvalho@boston.gov

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WEEKEND CURBSIDE TEXTILE COLLECTION

By appointment only,
visit **boston.gov/textiles**
to schedule a pickup.

CITY of **BOSTON**



Public Works





WEDNESDAY, JUNE 29

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

Park Summer Fitness: Tai Chi

Symphony Park, 39 Edgerly Rd., Boston

Click [here](#) to register & for more information.

9:30am-10:30am

Neighborhood Coffee Hours - South Boston

Medal of Honor Park

East 3rd and M Streets, South Boston

Click [here](#) for more information.

11:30am

Age Strong Virtual Yoga

No registration necessary

Join by Zoom link [here](#).

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 30

9:30am-10:30am

Neighborhood Coffee Hours - Mattapan

Walker Playground

550 Norfolk St., Mattapan

Click [here](#) for more information.

10am-11am

Park Summer Fitness: Chair Yoga

Symphony Park, 39 Edgerly Rd., Fenway

Click [here](#) to register & for more information.

10:30am-11:30am

Yoga and Mindfulness on the Greenway

The Greenway Park

Hanover St. and Cross St., North End

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, JULY 1

10am-11am

Park Summer Fitness: Gentle Yoga

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, JULY 2**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, JULY 3**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: Virtual Yoga**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

Sponsored by



Parks and Recreation

DUNKIN'CITY of **BOSTON**



FREE FARES ON BUS ROUTES 23, 28, AND 29

Learn more at boston.gov/free-bus

CITY of **BOSTON**



OPEN STREETS BOSTON

July

10

JAMAICA PLAIN

Jackson Sq. to Centre & South

August

06

ROXBURY

Dudley St. to Grove Hall

September

24

DORCHESTER

Freeport St. to Gallivan Blvd.

OPENSTREETSBOSTON.ORG

Questions? Email us at info@openstreetsboston.org

All events from 9 a.m. - 3 p.m.

CITY of **BOSTON**

SUMMER 2022 FARMERS MARKET COMPOST DROP-OFFS

Boston Public Market at Dewey Square

Downtown | Thursdays 11:00 a.m. to 4:00 p.m.

Nubian Square Farmers Market

Roxbury | Saturdays from 11:00 a.m. to 3:00 p.m.

Dudley Town Common Farmers Market

Roxbury | Thursdays from 2:30 p.m. to 6:15 p.m.

Brighton Farmers Market

Brighton | Wednesdays from 2:00 p.m. to 6:30 p.m.

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Public Works



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](https://www.boston.gov/heat)

CITY of **BOSTON**

TAXI COUPONS FOR SALE!

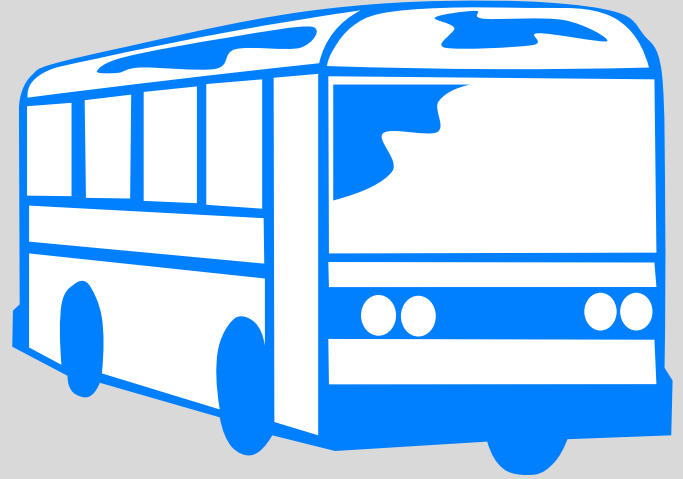


Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

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.

CITY of BOSTON



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**

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