**Weekly Digest**
**June 27 - July 3, 2022**
Information & opportunities for Boston's older adults

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**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.

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**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
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-12pm
Knitting/Crochet Circle
BPL: Roslindale Branch
4246 Washington St., Roslindale
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

WEEKEND CURBSIDE TEXTILE COLLECTION

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

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.

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**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.

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

6pm-7pm
**Park Summer Fitness: Virtual Yoga**
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

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.

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
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.

**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

**CITY of BOSTON**