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)

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.
MONDAY, JUNE 6

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
BPL: North End,
25 Parmenter St., North End
Click here for more information.

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 7

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

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

11am-1pm
Knit/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.
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: Monday, June 6, 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

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, in any language, even if not in line with the suggested “prompt.” For more information call Renee Frechette at 617-635-4168 or email renee.frechette@boston.gov
WEDNESDAY, JUNE 8

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 - Allston/Brighton
Smith Playground, 235 Western Ave., Allston
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.

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

THURSDAY, JUNE 9

9:30am-10:30am
Neighborhood Coffee Hours - Roslindale
Fallon Field, 910 South St., Roslindale
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.

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 10

9:30am-10:30am
**Neighborhood Coffee Hours - South End**
Peters Park, 230 Shamut Ave., South End
Click [here](#) for more information.

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 11

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-12pm
**2022 Watercolor Painting Workshops: Ringgold Park**
10 Ringgold St., South End
Click [here](#) to register & for more information.

10am
**Park Summer Fitness: Virtual Zumba**
Click [here](#) to register & for more information.

SUNDAY, JUNE 12

9am-10am
**Park Summer Fitness: Strength Training**
A Street Park, 135-141 A St., South Boston
Click [here](#) to register & 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
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
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

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](http://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