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!
10:30 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.

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

AGE+ City of Boston
Age Strong Commission
MONDAY, JULY 11

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](#).

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.

7pm
**Dorchester Neighborhood Concert: Bon Jovi Tribute**
Hemenway Park, 540 Adams St., Dorchester
Click [here](#) for more information.

TUESDAY, JULY 12

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](#) to register & for more information.

11:30am -12:30pm
**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.

WEDNESDAY, JULY 13

9:30am-10:30am
**Park Summer Fitness: Tai Chi**
Symphony Park, 39 Edgerly Rd., Boston
Click [here](#) to register & for more information.
PROPERTY OWNERS:
Share Your Thoughts on a Future Rent Stabilization Policy

Join us for a virtual listening session on:
THURSDAY, JULY 21
6:00 to 7:30pm

The presentation and guiding questions will be tailored to property owners, but all are welcome to attend.

To RSVP, please visit bit.ly/rentstabilizationjuly21.

Written comments may be submitted to the Rent Stabilization Advisory Committee through the following form: https://bit.ly/rentstabilizationcomments

BOSTON.GOV/RENT-STABILIZATION

WITHOUT ACCESS TO RELIABLE INTERNET?
The Long Term Lending Program now offers Chromebooks and wifi-enabled routers to those in need. Supplies are limited, apply at:
bplo.org/long-term-lending
9:30am-10:30am
**Neighborhood Coffee Hours - Eat Boston**
East Boston Memorial Park
Porter and Orleans Streets, East 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.

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 15

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 16

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 17

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.

Submit Applications: [Boston.gov/GardenContest](http://Boston.gov/GardenContest)
WEEKEND CURBSIDE TEXTILE COLLECTION

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

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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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

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.