

Boston's Age Strong Commission

Weekly Digest

August 22 - August 28, 2022

Information & opportunities for Boston's older adults



NOTICE

MBTA Orange line will be closed from
August 19 - September 18

TRAVEL OPTIONS DURING ORANGE LINE SHUTDOWN PLAN AHEAD & ALLOW FOR LONGER TRAVEL TIMES

FREE SHUTTLES (ADA compliant)

- Between Forest Hills & Back Bay/Copley
- Between Oak Grove & State/Government Center
- Take the Green Line between Government Center & Copley
- Wheelchair accessible vans available upon request

COMMUTER RAIL

- Commuter Rail travel in City of Boston is free during shutdown
- When boarding, show the conductor a CharlieCard/CharlieTicket
- Cards/tickets don't need to have value on them
- Applies to Zone 1, 1A, 2
- Needham, Providence/Stoughton & Franklin/Foxborough Lines
- Free CharlieCards at Boston Public Library branches & City Hall
- Visit mbta.com/commuter-rail for maps/schedules

BLUEBIKES

- Free 30-day Bluebikes passes will be available for all
- Allows unlimited number of 45-minute trips at no
- Visit bluebikes.com to sign up & view bike locations

AGE STRONG SHUTTLE

- Boston residents age 60+ may schedule free rides to medical appointments
Monday-Friday, 8am-4pm. Call in advance 617-635-3000. First come, first served.

DISCOUNT TAXI COUPONS

- Boston residents age 65+ or those with disabilities may purchase discount taxi coupons which can be used on Boston licensed cabs. Call 617-635-4366 or visit boston.gov/departments/age-strong-commission/how-buy-taxi-coupons.

Visit boston.gov/orange-line to stay up-to-date!

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

AGE+



City of Boston
Age Strong
Commission



MONDAY, AUGUST 22

9am

Age Strong Virtual Chair Yoga

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

11:30am

Age Strong Virtual Meditation

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

9am-5pm

Meet Your Age Strong Advocate: Lorna

BCYF Nazzaro: 30 North Bennet St., North End

Contact Phone Number: 617-635-4366

5pm-6pm

Park Summer Fitness: Virtual Dance Fit

Contact Phone Number: 617-635-4505

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

7:45pm

Hyde Park Movie Night: Encanto

Iacono Playground

150 Readville St., Hyde Park

Contact Phone Number: 617-635-4505

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

TUESDAY, AUGUST 23

6:30am-7:30am

Park Summer Fitness: Yoga

Doherty Playground

349 Bunker Hill St., Charlestown

Contact Number: 617-635-4505

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

11am-12pm

Introductory Computer Classes

BPL: Uphams Corner

500 Columbia Rd., Dorchester

Contact Phone Number: 617-265-0319

Click [here](#) for more information.

11am -12pm

Device Help by Appointment

BPL: Lower Mills

27 Richmond St., Dorchester

Contact Phone Number: 617-298-7841

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

11:30am -12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

6pm -7pm

Park Summer Fitness: Kick It Class

30 Chestnut Hill Ave., Allston-Brighton

Contact Phone Number: 617-635-4505

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

7:45pm

South End Movie Night: Soul

Ramsay Park

1917 Washington St., South End

Contact Phone Number: 617-635-4505

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



Introducing the Age Strong Commission's **MEMORY CAFE**

Sept. 14, 2022 | 10 - 12 p.m. | Codman Square Library
690 Washington Street, Dorchester

A Memory Café is for those living with memory loss,
their loved ones and care partners

Engage in social and artistic activities

For more information & to RSVP, contact Corinne White:
617-635-3745 or **corinne.white@boston.gov**

Bilingual (Spanish) | Light refreshments served | Free

"Down Memory Lane" facilitated by Ruth Blackman, Gerontology Specialist





WEDNESDAY, AUGUST 24

9:00am

Park Summer Fitness: Tai Chi

Symphony Park, 39 Edgerly Road, Boston

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

11:30am

Age Strong Virtual Yoga

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

6:00pm

Park Summer Fitness: 305 Dance Class

110 Atlantic Ave., North End

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

6:00pm

Park Summer Fitness: Line Dancing

1 Circuit Drive, Dorchester

Contact Phone Number: 617-635-4505

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

THURSDAY, AUGUST 25

10:30am-11:30am

Age Strong's Yoga and Mindfulness Series

Christopher Columbus Park

Atlantic Ave., North End

Contact Phone Number 617-635-4366

Click [here](#) for more information.

10am

Park Summer Fitness: Chair Yoga

39 Edgerly Rd., Fenway

Contact Phone Number: 617-635-4366

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

6-7pm

Park Summer Fitness: Zumba Tone Class

Billings Field

369 LaGrange St., West Roxbury

Contact Phone Number: 617-635-4505

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

7:45pm

Charlestown Movie Night: Encanto

Winthrop Square

55 Winthrop St., Charlestown

Contact Phone Number: 617-635-4505

Click [here](#) for more information.

FRIDAY, AUGUST 26

10am-11am

Park Summer Fitness: Gentle Yoga

239 Parker Hill Ave., Mission Hill

Contact Phone Number: 617-635-4505

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

11:30am

Age Strong Virtual Zumba

No registration necessary

Contact Phone Number: 617-635-4366

Join by Zoom link [here](#).

5pm

R and B Dance Party

1 City Hall Square, Boston

Contact Phone Number: 617-635-3911

Click [here](#) for more information.

SATURDAY, AUGUST 27

8am-9am

Park Summer Fitness: Walking Group

Franklin Park, 1 Circuit Drive, Dorchester

Contact Phone Number: 617-635-4505

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

10am-11am

Park Summer Fitness: HIIT Training

Iacono Playground

150 Readville St., Hyde Park

Contact Phone Number: 617-635-4505

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

SUNDAY, AUGUST 28

10am-2pm

Leaf and Yard Waste Drop-Off

500 American Legion Highway, Mattapan

Contact Number: 617-635-4900

Click [here](#) for more information.

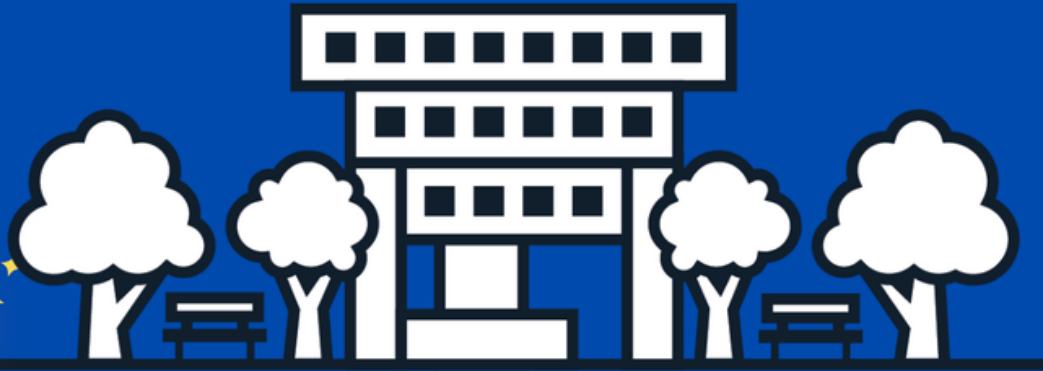
6pm-7pm

Park Summer Fitness: Virtual Yoga

Contact Number: 617-635-4505

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

ADA DAY 2022



NEW DATE

WEDNESDAY AUGUST 31, 2022 | 12-2PM

BOSTON CITY HALL PLAZA

CITY of BOSTON



Disabilities Commission



Mayor Michelle Wu

IMPORTANT MESSAGE!



Your polling location may have changed.

Check your polling location online here:
sec.state.ma.us/VoterRegistrationSearch

For more information please call 311 or visit boston.gov/election

NEW POLLING LOCATIONS

Boston has added 20 new voting precincts to adjust for population change over the past decade. The new voting precincts will make voting more convenient with reduced wait times and increased voter access.

VOTING DATES AND DEADLINES

AUGUST 27

Voter Registration Deadline at 5 p.m.

AUGUST 27 - SEPTEMBER 2

Week of Early Voting

AUGUST 29

Deadline to Request a Vote By Mail or Absentee Ballot at 5 p.m.

SEPTEMBER 5

Deadline for (qualified) In Person Absentee Voting Ends at 12 p.m.

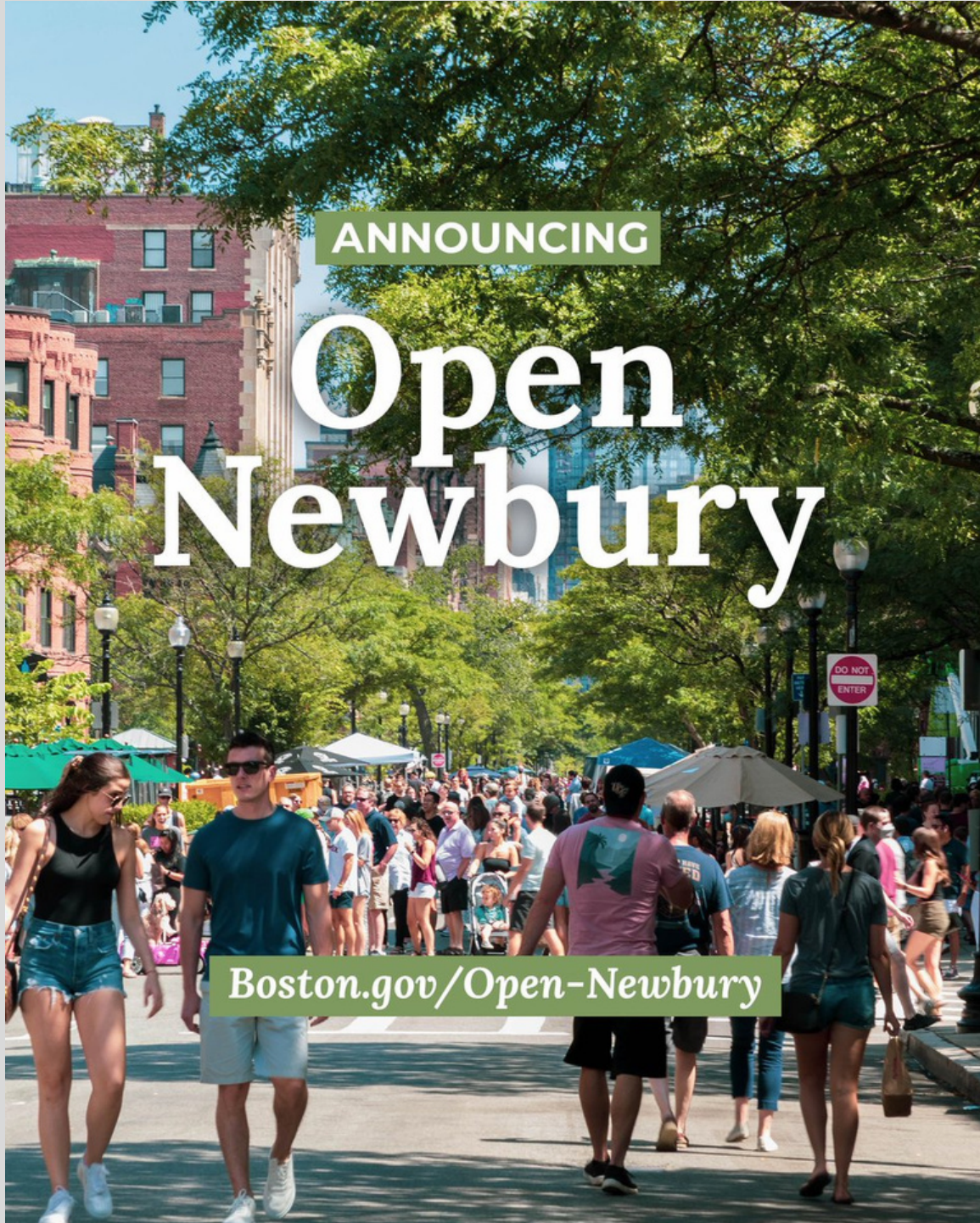
SEPTEMBER 6

STATE PRIMARY DAY

Deadline to Return All Ballots to a Drop Box or the Boston Election Department at 8 p.m.



**Open Newbury will be back August 21st!
Shop local & enjoy the car-free open street
for six Sundays in a row. Learn more:
Boston.gov/Open-Newbury**



MAYOR MICHELLE WU'S

Movie Nights

SUMMER 2022 SCHEDULE



Scan QR code for more details

TUES AUGUST 2 **The Mitchells vs. The Machines**
JAMAICA POND/PINEBANK
 Jamaicaaway at Moraine Street

MON AUGUST 22 **Encanto**
IACONO PLAYGROUND
 150 Readville Street, Hyde Park

TUES AUGUST 9 **Sing 2**
HEALY PLAYGROUND
 160 Florence Street, Roslindale

TUES AUGUST 23 **Soul**
RAMSAY PARK
 1917 Washington Street, South End

MON AUGUST 15 **Luca**
MEMORIAL PARK
 143 Porter Street, East Boston

THURS AUGUST 25 **Encanto**
WINTHROP SQUARE/TRAINING FIELD
 55 Winthrop Street, Charlestown

TUES AUGUST 16 **Shang-Chi and the Legend of the Ten Rings**
RONAN PARK
 92 Mt. Ida Road, Dorchester

MON AUGUST 29 **Raya and the Last Dragon**
HARDIMAN PLAYGROUND
 360 Faneuil Street, Brighton

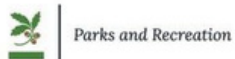
WED AUGUST 17 **Space Jam: A New Legacy**
MARCELLA PLAYGROUND
 260 Highland Street, Boston

TUES AUGUST 30 **Soul**
MOAKLEY PARK
 Columbia Road at Mercer Street
 (Near Roller Hockey Rink)

THURS SEPT 1 **Willie Wonka & the Chocolate Factory**
BOSTON COMMON FROG POND
 38 Beacon Street, Downtown

MOVIES START AT DUSK

For more info: (617) 635-4505, boston.gov/parkarts, or follow us @bostonparksdept



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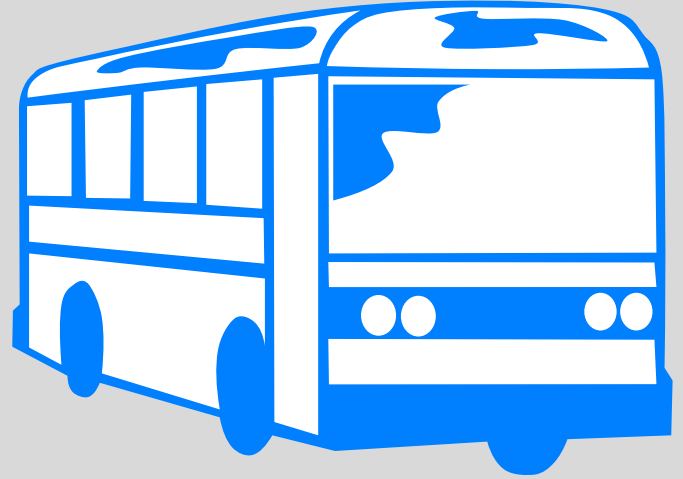
TAXI COUPONS FOR SALE!



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.



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**



Age Strong