



MONTHLY UPDATES

City of Boston's Age Strong Commission

DECEMBER 2023

Welcome to DECEMBER MONTHLY UPDATES, the monthly Age Strong Commission e-newsletter! At the beginning of each month, we email Boston Seniority Magazine and our new monthly To-Do Activities Calendar. Now, you'll also get important information for older Boston residents to age strongly city-wide.



WINTER/HOLIDAY RESOURCES

The City of Boston has pooled a list of resources for the winter/holiday season, including family support groups, food pantries, events & more.

[boston.gov/news/events-community-resources-and-giving-back-holiday-season](https://www.boston.gov/news/events-community-resources-and-giving-back-holiday-season)

SELECT BOSTON SENIORITY MAGAZINE ARTICLES: NOW IN SPANISH

Age Strong now offers select Boston Seniority Magazine articles translated into Spanish. You can sign up to get Spanish Seniority directly into your email box or read it online here: [boston.gov/departments/age-strong-commission/boston-seniority-magazine#boston-seniority-in-spanish](https://www.boston.gov/departments/age-strong-commission/boston-seniority-magazine#boston-seniority-in-spanish)



WINTER SAFETY TIPS

Make sure you are in the know for winter weather, potential power loss, frostbite prevention & more by visiting [boston.gov/winter-boston#get-prepared](https://www.boston.gov/winter-boston#get-prepared)





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BECOME AN AGE STRONG VOLUNTEER!

Did you know we offer many different ways you can help older residents? Choose the program that interests you & fits your schedule. Call Age Strong to learn more at 617-635-4366.

MEMORY CAFES/COGNITION CORNER

Join us on Wednesday, November 8, for our free monthly Memory Café gathering, for those living with memory loss & their caregivers, at the Codman Square Branch of the Boston Public Library from 10 a.m. to 12 p.m. Connect with others also navigating memory loss, learn tips, get resources. For more information, call Corinne White at 617-635-3745 or visit boston.gov/departments/age-strong-commission/memory-cafes

A Boston Public Library card is more than a card, it's your passport to technology, literacy, fluency, community, and so much more!



- Books & ebooks
- Museum passes
- Technology access
- Special collections
- Research & more!



bpl.org/your-library-card

WINTER FITNESS SERIES

Did you know that Boston's Parks & Recreation department offers free fitness classes through the winter? Choose from both in-person & virtual options in yoga, Zumba, Afrobeats, strength training, kickboxing & more. For details call 617-635-4505 or visit boston.gov/departments/parks-and-recreation/boston-parks-fitness-series





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SEE IF YOU'RE ELIGIBLE FOR FUEL ASSISTANCE



Call Age Strong to speak with a trained advocate to find out if you're eligible to save money on heating this winter at 617-635-4366.

BOSTON RESIDENTS AGE 25+ MAY ATTEND COMMUNITY COLLEGE FOR FREE!

These Boston community colleges offer free education to residents age 25+: Roxbury Community College, Bunker Hill Community College & others. To learn more visit boston.gov/tuition-free or call 617-918-5291.



AGE STRONG'S MONTHLY TO-DO ACTIVITIES CALENDAR



Age Strong now offers a monthly “To-Do” activities calendar that lists all free activities for older adults across the city. It’s color-coded by neighborhood & outlines both in-person & virtual events. You can sign up to get it in your email box by clicking here: boston.gov/departments/age-strong-commission#sign-up-for-updates

You can view issues online here: boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do



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311

311 is an easy-to-remember telephone number that connects you with a constituent service representative to help with your non-emergency needs. You can call 311 if you see a missing street sign, overflowing garbage bins, broken street lights, and more! To report an issue, call 311, download the 311 app, send a tweet to @BOS311, or make a report online at boston.gov/311



AGE STRONG ADVOCATES



Age Strong has a team of advocates, by neighborhood, here to help all Boston residents 60+ with eligibility for programs & services like SNAP/HIP, fuel assistance, taxi coupons & discounted internet service. Call 617-635-4366 to make an appointment with your advocate or meet them in-person at their neighborhood hours. See the schedule here: boston.gov/departments/age-strong-commission/how-age-strong-can-help-you



SENIORS SAVE PROGRAM

The Mayor's Office of Housing offers the Seniors Save program, which helps older adults replace failing heating systems. Call 617-635-4663 to see if you are eligible & how to apply.

boston.gov/departments/neighborhood-development/boston-home-center/how-join-seniors-save-program





IMPORTANT INFORMATION

AGE STRONG COMMISSION	617-635-4366
AGE STRONG SHUTTLE	617-635-3000
VERONICA B. SMITH SENIOR CENTER	617-635-6120
EAST BOSTON SENIOR CENTER	617-961-3131
ELECTION DEPARTMENT	617-635-8683
REPORT SCAMS/FRAUD - FTC	877-382-4357
MA ELDER PROTECTIVE SERVICES	800-922-2275
MBTA & THE RIDE	617-222-5123
MA EXECUTIVE OFFICE OF ELDER AFFAIRS	617-727-7750
DISABILITIES COMMISSION	617-635-3682
IMMIGRANT ADVANCEMENT	617-635-2980



Visit boston.gov/winter and take a look through some of the services and resources so that you're prepared for winter in the City of Boston.



AGE+



City of Boston
Age Strong Commission



THE BOSTON PARKS WINTER FITNESS SERIES

In-person and virtual fitness classes



boston.gov/fitness

JANUARY 7 - APRIL 6, 2024

SUNDAY		
8:00 a.m.	HIIT	Virtual
MONDAY		
10:00 a.m.	Yoga	BCYF Roslindale Center, Roslindale
5:00 p.m.	Zumba®	Virtual
TUESDAY		
11:00 a.m.	Strength & Balance	East Boston Senior Center, East Boston
6:00 p.m.	Yoga	Virtual
WEDNESDAY		
6:00 p.m.	Afrobeats	BCYF Vine Street Community Center, Roxbury
6:00 p.m.	Strength & Conditioning	Virtual
THURSDAY		
7:00 a.m.	Cardio Kickboxing	Virtual
1:00 p.m.	Tai Chi	Veronica Smith Center, Allston-Brighton
FRIDAY		
12:00 p.m.	Chair Yoga	Virtual
SATURDAY		
10:00 a.m.	Zumba®	Virtual

Virtual Registration: boston.gov/fitness

No classes on 1/15 & 2/19