



MONTHLY UPDATES

City of Boston's Age Strong Commission

APRIL 2025

Welcome to APRIL 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 strong in Boston.

MAYOR WU'S COFFEE HOURS



Coffee Hours offer a unique opportunity to speak directly with the Mayor and staff from City departments about City services and resident concerns. Through personal conversations, and a suggestion box at each site, Mayor Wu looks forward to hearing how the City of Boston can improve parks, public areas, and City services. To see dates/locations, visit:

boston.gov/departments/parks-and-recreation/neighborhood-coffee-hours

LOW COST DOG LICENCE & RABIES CLINICS

Those 70+ qualify for no-cost dog licences & \$2 rabies vaccinations for both cats & dogs. Upcoming clinics are May 3 in Jamaica Plain, May 17 in South Boston & May 31 in Roxbury. For more information, visit boston.gov/sites/default/files/file/2025/01/Rabies-and-dog-licensing-clinics-2025.pdf



ENHANCING BEHAVIORAL HEALTH ACCESS: GRANT OPPORTUNITY: APPLICATION DUE APRIL 24



Age Strong invites non-profit organizations, entities, or licensed professionals that provide direct services, trainings, and/or capacity to increase mental and/or behavioral health supports to Boston's older adults (55+)-including supporting the needs of mental/behavioral health programs and clinical providers to better serve both underserved and marginalized communities. Click here to learn more & to apply:

boston.gov/departments/age-strong-commission/2025-enhancing-behavioral-health-care-access-older-adults-grant

AGE STRONG MONTHLY “TO-DO”

Find dozens of free activities for Boston's older adults in Age Strong's Monthly “To-Do.” Many listings across neighborhoods for in-person, virtual & even video on demand options. Click here to view:

boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do





APRIL UPDATES

REAL ID: GOES INTO EFFECT MAY 7



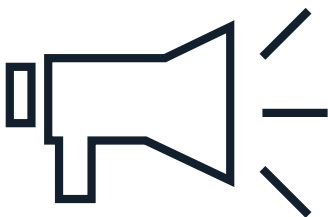
In Massachusetts, residents will need a new REAL ID to fly & to enter various federal buildings including courts. Learn how to get yours: mass.gov/info-details/massachusetts-identification-id-requirements

HOME REPAIR CLINIC: MAY 9

Join Age Strong & the Mayor's Office of Housing for a **free home repair clinic**, at Boston Public Library's Central Branch, 700 Boylston Street, in Copley Square. Learn to protect your home's value, reduce repair costs & maintain your safety as you age. For more information call 617-635-4877 or email andrea.burns@boston.gov.



AGE STRONG COMMUNITY LISTENING SESSIONS



Share your ideas & feedback with Age Strong – tell us what makes Boston a great city to live & age in. Fill out a survey or attend an in-person community listening session & share your voice. Upcoming in person sessions in Mission Hill & Brighton. For more information & to RSVP: boston.gov/departments/age-strong-commission/2024-2025-age-strong-needs-assessment



APRIL UPDATES

PROPERTY TAX WORKOFF VOLUNTEER OPPORTUNITY: APPLY BY JULY 11

If you're a Boston homeowner, you may be eligible to "work off" up to \$2000 of your property tax bill by volunteering for Age Strong at various city partner sites or departments. Applications due July 11. Click here to learn more & to apply: boston.gov/departments/age-strong-commission/senior-property-tax-work



ABC FOREVER YOUNG PROGRAM FOR OLDER ADULTS



Boston Parks and Recreation Department launches the ABC Forever Young Program, inviting older adults to enjoy a spring filled with fun, fitness, and fellowship. This free program, in partnership with Boston Centers for Youth and Family (BCYF), offers engaging outdoor activities designed to promote active lifestyles, social connections, and community spirit. Weekly on Wednesdays 11am-1pm, April through June in Charlestown & the North End. To learn more, visit boston.gov/news/stay-active-spring-abc-forever-young-program-older-adults

WELLNESS CLASSES FOR OLDER ADULTS: SPONTANEOUS CELEBRATIONS, JAMAICA PLAIN

Through May 26, Age Strong hosts wellness classes including sound bath, chair yoga, gentle pilates, tai chi & more. For more information call Bob Linscott at 617-635-4250.





APRIL UPDATES

FREE VIRTUAL PROGRAMS

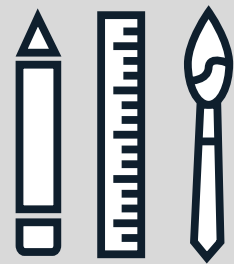


Age Strong offers online wellness programs each weekday including chair yoga, Latin dance, yoga/meditation & more. Learn more & get the link: boston.gov/departments/age-strong-commission/weekday-virtual-wellness-programs

CREATIVE AGING PROGRAMS: VIDEO ON DEMAND

Learn to ballroom dance, draw or create a memory book, online when you want. Each series is 8 sequential sessions on demand.

boston.gov/departments/age-strong-commission/creative-aging-program



AGE STRONG MEMORY CAFES & CARE PARTNER SUPPORT GROUP



Each month Age Strong hosts two Memory Cafes & a care partner support group. Memory Cafes meet every final Monday at Boston Public Library in Jamaica Plain 10:30am-12noon & every second Wednesday at Boston Public Library in Codman Square/Dorchester 10am-12noon. Care partner support group meets the 4th Friday of each month at BCYF Roslindale 12noon-1pm. Contact Corrine White for more information at 617-635-3745.

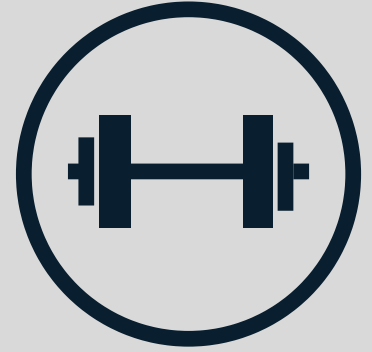


APRIL UPDATES

BOSTON PARKS SUMMER FITNESS SERIES START MAY 4

The Boston Parks Fitness Series offers free fitness programming in Boston parks. Join in-person and virtual classes led by certified fitness instructors. Everyone is welcome at the free classes, regardless of fitness level. This initiative is a partnership between the Boston Parks and Recreation Department and the Public Health Commission. It's sponsored by Blue Cross Blue Shield of Massachusetts. *Classes won't be held Monday, May 26 (Memorial Day), Thursday, June 19 (Juneteenth), and Friday, July 4 (Independence Day).

boston.gov/departments/parks-and-recreation/boston-parks-fitness-series



BOSTON SENIORITY MAGAZINE IN SPANISH



Don't forget that Age Strong publishes select Boston Seniority Magazine articles in Spanish each month. Read them here: boston.gov/departments/age-strong-commission/boston-seniority-magazine#boston-seniority-magazine-in-spanish

Mayor Michelle Wu's

NEIGHBORHOOD COFFEE HOURS

Join Mayor Michelle Wu and City Staff for coffee
and conversation!



April 29-June 18

10:00 a.m. - 11:00 a.m.

boston.gov/coffee-hours



Mattapan | Tuesday, April 29

Walker Playground, 550 Norfolk St.

Rain location: BCYF Mattahunt

Charlestown | Thursday, May 1

Charlestown Winthrop Square (Training Field)

55 Winthrop St.

Rain location: BCYF Charlestown Community Center

Mission Hill | Monday, May 5

Mission Hill Playground, 1497 Tremont St.

Rain location: BCYF Tobin Community Center

Jamaica Plain | Thursday, May 8

Mozart Street Playground, 10 Mozart St.

Rain location: BCYF Curtis Hall

West Roxbury | Monday, May 12

Billings Field, 369 LaGrange St.

Rain location: BCYF Roche Community Center

Back Bay/Beacon Hill | Thursday, May 15

Commonwealth Avenue Mall, 15 Commonwealth Ave.

(Near Arlington St. entrance)

Rain location: Boston Public Library - Central Library

Dorchester | Tuesday, May 20

Dorchester Doherty Gibson Playground (Town Field)

1545 Dorchester Ave.

Rain location: VietAID

South End | Wednesday, May 21

Titus Sparrow Park, 75 W Rutland Sq.

Rain location: Union Combined Parish

North End | Thursday, May 22

Langone Playground, 529 Commercial St.

Rain location: BCYF Nazzaro Community Center

Allston/Brighton | Thursday, May 29

Brighton Common, 30 Chestnut Hill Ave.

Rain location: Veronica B. Smith Senior Center

Bay Village/Chinatown | Friday, May 30

Elliot Norton Park, 295 Tremont St.

Rain location: Josiah Quincy Upper School

Roxbury | Monday, June 2

Crawford Street Playground, 320 Walnut Ave.

Rain location: Vine Street BCYF

Roslindale | Thursday, June 5

Adams Park, 4225 Washington St.

Rain location: BCYF Roslindale Community Center

East Boston | Friday, June 6

East Boston Memorial Park, Porter and Orleans Streets

Rain location: BCYF Martin Pino Community Center

Fenway/Kenmore | Wednesday, June 11

Back Bay Fens - Kelleher Rose Garden

73 Park Dr.

Rain location: Fenway Community Center

Hyde Park | Thursday, June 12

Iacono Playground, 150 Readville St.

Rain location: Hyde Park Municipal Building

South Boston | Tuesday, June 17

Medal of Honor Park, East Broadway and North Street

Rain location: BCYF Curley Community Center

Dorchester | Wednesday, June 18

Mother's Rest at Four Corners

410 Washington St.

Rain location: BCYF Marshall Community Center



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 AGING & INDEPENDENCE	617-727-7750
DISABILITIES COMMISSION	617-635-3682
FOOD JUSTICE	617-635-3717
IMMIGRANT ADVANCEMENT	617-635-2980

AGE+



City of Boston
Age Strong Commission