



MONTHLY UPDATES

City of Boston's Age Strong Commission

MAY/JUNE 2025

Welcome to May/June 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.

AGE STRONG OFFERS NEW PROGRAMS FOR OLDER ADULTS



Age Strong has activated a handful of sites across neighborhoods, offering programs specifically for older residents age 55+. These include wellness, arts, games, fitness, socializing & more. Sites include the Dewitt Center (Roxbury), BCYF Holland (Dorchester), Union Church (South End) & others. To see dates & locations, visit boston.gov/departments/age-strong-commission/events-and-engagement-older-adults.

MAYOR WU'S COFFEE HOURS

Mayor Wu continues hosting coffee hours across Boston's parks, along with partners & many city departments, including Age Strong. Come by, say hi at the Age Strong table. Get useful information & sign up for our email list. For locations & dates, visit boston.gov/departments/parks-and-recreation/neighborhood-coffee-hours.





MAY/JUNE UPDATES

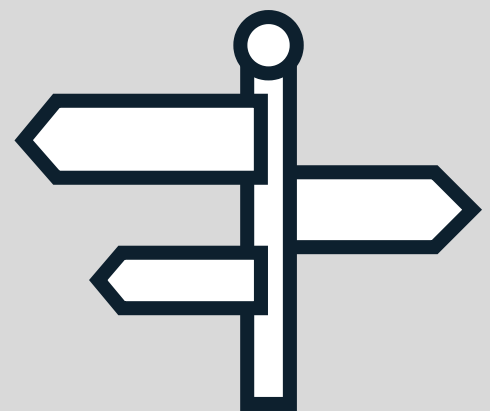
JOIN AGE STRONG FOR THE LONGEST DAY, JUNE 20



Join Age Strong for The Longest Day, when we raise awareness for Alzheimer's & other dementias, June 20, 12noon-2pm at Boston's City Hall Plaza Civic Pavilion. Gather resources & support from community organizations. The event includes healthy snacks, raffle prizes & somatic therapy. For more information contact Corinne White at corinne.white@boston.gov or 617-635-3745.

OPEN STREETS

Boston's Open Streets returns this summer & fall in Dorchester, Roxbury, Mattapan, Jamaica Plain & Hyde Park. Enjoy community, meet neighbors, learn about area businesses & more. In addition, Newbury Street in Back Bay will be car-free 10 Sundays from July 13 to September 21. For locations & dates visit boston.gov/news/Mayor-wu-announces-2025-open-streets-and-open-newbury-events.





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MAYOR'S GARDEN CONTEST



Applications are open for the annual Mayor's Garden Contest, Boston's citywide celebration of **urban gardening**. The contest recognizes gardeners who have landscaped, planted flowers, vegetables, trees, and shrubs, helping beautify Boston's neighborhoods. Did you know there's a category for Age Strong Gardener, open to residents age 65+? Applications are due July 9. For more information, visit boston.gov/departments/parks-and-recreation/Mayors-garden-contest.

APPLY TO BE A PROPERTY TAX WORK-OFF VOLUNTEER BY JULY 11

Boston homeowners age 55+ may be eligible to to "work off" up to \$2,000 off your property tax bill by volunteering for the City or its partners. Apply by July 11. For more information visit boston.gov/departments/age-strong-commission/senior-property-tax-work.



PARKS SUMMER FITNESS



Join Boston's Parks & Recreation Department for **free summer fitness classes across the city's parks, through August 31**. Choose from yoga to high intensity interval training, Zumba, line dancing, Barre & more. Everyone is welcome at the free classes, regardless of fitness level. For more information, dates & times visit boston.gov/sites/default/files/file/2025/04/'25-SFS-schedule.jpg.



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CITY HALL ON THE GO TRUCK

Boston's City Hall On the Go Truck offers city services outside City Hall, out in Boston neighborhoods, offering easy access to residents & businesses. Appeal/pay parking tickets, request an absentee ballot, register for the census, pay excise tax, register a dog license, apply for resident parking stickers & more. NOTE: the truck does NOT accept cash payments. For more information & dates, visit boston.gov/departments/civic-organizing/city-hall-go-truck.



LOW COST RABIES CLINIC: MAY 31



The city hosts a low-cost rabies clinic Saturday, May 31, 10am-2pm at Boston Centers for Youth & Families (BCYF) Tobin Community Center, 1481 Tremont Street in Roxbury. For more info call 617-635-1800 or visit boston.gov/animals.

AGE STRONG PUBLICATIONS

Stay in the know with Age Strong publications including Boston Seniority Magazine (also with select articles in Spanish), monthly calendars from our two senior centers & our Monthly "To-Do" free activities for Boston's older adults. Read them online here: boston.gov/departments/age-strong-commission/connect-us-age-strong.



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 Beverly Gibbons Community Center
for Older Adults

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+



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