

BOSTON SENIORITY

PARKS & RECREATION

City of Boston

Age Strong Commission

Mayor Michelle Wu

Issue 7

August 2025

Vol. 49

MAYOR'S LETTER
P. 4

PARKS INTERVIEW
P.14

UPCOMING EVENTS
P. 31



CITY of BOSTON



FREE PUBLICATION



AGE+ | Age Strong
Commission

CONTENTS

4
MAYOR'S LETTER

The latest updates straight from the Mayor's desk.

5
BPL BOOK PICKS

Check out picks from the BPL's beach-reads booklist to find your perfect summer book!

6-7
AGE STRONG'S NEW AGE-FRIENDLY BUISNESSES

Learn about Age Strong's newest Age-Friendly Buisnesses & how to become one.

11
SCAM CORNER: JUICE JACKING

Watch out for this new scam in airports.

12-13
PARTNER HIGHLIGHT: THE KENNEDY CENTER

Learn about Age Strong's partner, The Kennedy Center in Charlestown!

18-19
BASIC CITY SERVICES: PARKS & RECREATION

Learn about the City of Boston's Parks & Recreation Commission

20
PARK'S FREE CONCERTS

See if there are any free concerts in your area!

28
NUTRITION CORNER

Learn about the Senior Nutrition Program.

30
SEEN AROUND TOWN

See if we saw you!

IN THIS ISSUE...

Inside learn about Boston's Parks and Recreation Department, Age Strong site activation & more...



BOSTON SENIORITY MAGAZINE

Michelle Wu
Mayor

Emily K. Shea
Commissioner

Ami Bennitt
Director of Communications

Sarah Smith
Communications Coordinator

Edzani Kelapile
Communications Coordinator

Jordan Rich
Partnership and Sponsorship Manager

Sophia Wang
Partnership Coordinator

1 City Hall Square - Room 271
Boston, MA 02201

Printed by Flagship Press, Inc.

Boston Seniority Magazine is published by Boston's Age Strong Commission and is supported in part by The Executive Office of Aging & Independence.

Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston.

STAY CONNECTED WITH THE AGE STRONG COMMISSION!



Main number: (617) 635-4366



Age Strong Shuttle: (617) 635-3000



Website: boston.gov/age-strong



Email: agestrong@boston.gov



Facebook: @AgeStrongBos



Twitter: @AgeStrongBos



Instagram: @AgeStrongBos



Bluesky: @agestrong.boston.gov

Do you have a story to share?
We want to hear from you!

Email us at:
Bostonseniority@boston.gov



MAYOR'S LETTER

August 2025

Hello Boston!

It's summer in the city and the heat is on!

In this August issue of Boston Seniority Magazine, you can learn all about our City's Parks Department and the exciting efforts they oversee. Their work in our Emerald Necklace, urban wilds, and historic burial grounds keeps Boston clean, green, and beautiful. They are also home to Boston's Park Ranger Mounted Unit, which brings safety and joy to our parks—especially for our little ones.

On top of that, you'll get the opportunity to meet Age Strong partner organization, The Kennedy Center in Charlestown; learn about the senior nutrition program; and meet the newest Age-Friendly-certified businesses.

There's so much going on across our neighborhoods: join our free summer movie nights, dance to live music, soak up the sun at our parks, cool off in our pools, or sing along at our golf course concert series. Pick the activities that work for you and don't miss out on the fun!

Finally, municipal elections are just around the corner, with the Preliminary Election on September 9. This year, Boston residents will vote for Mayor and City Council. Make sure you're registered to vote by August 30, and double check your local polling place.

See you out in the community,

Michelle Wu
Mayor of Boston



Michelle Wu

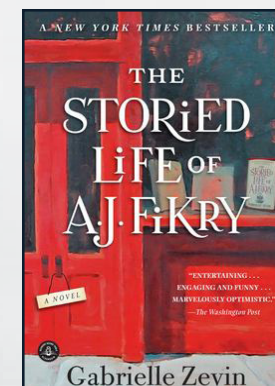


BOOKS

BPL BOOK PICKS

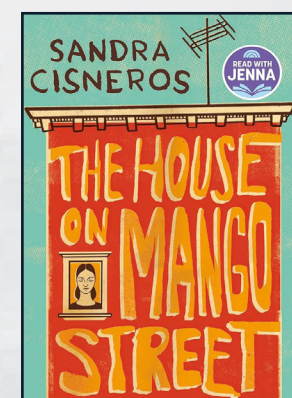
Source: Boston Public Library

Planning a trip to the beach? Throw one of these titles in with your sunscreen and towel. Choose from a variety of genres to find the book that matches your summer style!



The Storied Life of A.J. Fikry by Gabrielle Zevin

When his most prized possession, a rare collection of Poe poems, is stolen, bookstore owner A. J. Fikry begins isolating himself from his friends, family and associates before receiving a mysterious package that compels him to remake his life.

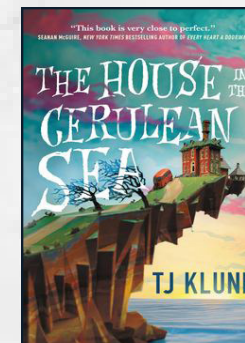


The House on Mango Street by Sandra Cisneros

A young girl living in a Hispanic neighborhood in Chicago ponders the advantages and disadvantages of her environment and evaluates her relationships with family and friends.



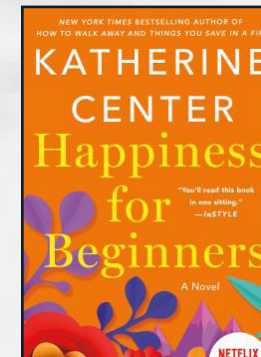
For more titles or BPL info, visit bpl.org or call 617-536-5400.



The House in the Cerulean Sea by TJ Klune

A magical island. A dangerous task. A burning secret. When Linus Baker, a Case

Worker at the Department in Charge Of Magical Youth is unexpectedly summoned by Extremely Upper Management & given a curious and highly classified assignment Linus must set aside his fears and determine whether or not they're likely to bring about the end of days



Happiness for Beginners by Katherine Center

A year after getting divorced, Helen Carpenter, thirty-two, lets

her annoying, ten years younger brother talk her into signing up for a wilderness survival course with him & his best friend.



The Good Sister by Sally Hepworth

Twin sisters who are polar opposites but who are harboring a deep, dark secret about their

sociopathic mother must face the consequences of both her actions and their own when one tries to start a family.

AGE STRONG'S Age-Friendly Businesses

NEW

In 2014, the City of Boston joined the World Health Organization network of Age-Friendly Cities through AARP. This means our city is working to create policies, programs, and services that benefit older adults to age in place, with independence and dignity. One step towards this goal is the creation of an age and dementia-friendly business certification.

All age-and-dementia-friendly businesses complete training to make their spaces more inclusive and user-friendly for older adult customers. Steps include ensuring that they have proper lighting, a patient staff, providing resting areas and non-slip flooring, and using universal wayfinding signage/symbols, like arrows.

This program can help businesses thrive by creating a diverse customer base, giving older adults access to many goods and services. Age Strong has trained and certified 96 age-friendly businesses in Boston. Here are the two newest!

For more information about Age Strong's Age-Friendly Businesses, how to become one, and a list of Age-Friendly businesses to shop at visit www.boston.gov/age-friendly.

THE RECORD CO.

960 Massachusetts Avenue,
Roxbury



The Record Co. on the Roxbury/Dorchester line is a nonprofit offering affordable music-making space like rehearsal and recording studios. The Record Co. believes that music creation brings people together, and no matter who you are you have the ability and opportunity to create it. The Record Co. removes technical and social barriers between music makers and creative visions. To learn more about The Record Co. visit therecordco.org.

REVAMP TRAINING

1678 Dorchester Avenue, Dorchester



Located in Dorchester, ReVamp Training is a gym, offering fitness classes and personal/small group training alongside experienced and supportive coaches. Earlier this year, ReVamp partnered with Age Strong on a short-term free fitness and strength training programming for older adults. To learn more, visit revamptraining.fit.

OMBUDSMAN

By Age Strong Staff

Did you know there are people who can advocate for you or your loved one living in a nursing or rest home?

That's right, Ombudsmen are available to help!

An Ombudsman helps residents of nursing and rest homes to voice their concerns and ensure their rights and dignity are respected. An Ombudsman can advocate on behalf of a resident, with his/her permission, on any issue related to their quality of life or care, helping to resolve complaints.

When asked about the most common concerns of older adults at long-term care facilities Marietta McCarthy at Ethos shared, "Residents always wish to return to their community." In addition to this desire to remain independent, she noted that "the most common concerns include quality of life issues such as food, roommate disputes,

missing items, how they are treated by staff, delays in response time to call bells, and interactions with family members."

To help address these concerns, the Ombudsman

**a Bridge
Qual
Massachuse**

program plays a vital role in long-term care settings.

In Boston, the program is funded by the Age Strong Commission through the Older Americans Act. The program is operated by our partner Ethos, who serve residents across all nursing and rest homes in the city. This program ensures that

trained staff and volunteers visit each facility regularly to meet with residents and families, offering support and advocacy. Across the nation, thousands of staff and volunteers are designated by their State Ombudsman as

**to
ity Care
tts Long-Term Care Ombudsman**

representatives to directly serve long-term care residents.

Becoming an Ombudsman can be a rewarding service to the community. According to McCarthy, "This federally mandated program requires 18 hours of classroom training, 6 hours of homework, and 12 hours of Shadow Visits with a

certified Ombudsman."

While Ombudsman advocates do not directly respond to clinical care issues, they may refer these concerns to the Department of Public Health. They also contribute to the Department of Public Health inspections conducted at every long-term care facility.

Important take-away: If you or a loved one lives in a nursing or rest home in Boston, there are people available to help you navigate any concerns and

ensure your voice is heard.

More volunteer Ombudsmen are needed across Boston. If interested in becoming one or requesting advocacy call (617) 477-6615.

To reach the Ombudsman for Assisted Living facilities call (617) 222-7495.

SPECIAL BIRTHDAY COMING UP?

Request a Mayoral Citation!

Did you know that Boston residents can request a Mayoral Citation for milestone birthdays or anniversaries?

**REQUEST AT LEAST
TWO WEEKS IN
ADVANCE**

**AgeStrongComms@boston.gov
617-635-4366**



AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

BE CAREFUL WHERE YOU CHARGE YOUR PHONE: BEWARE OF “JUICE JACKING”

By Sophia Wang, Age Strong Staff

In airports and other public places, you may see charging stations where you can plug in a USB cable to charge your phone or other device. These may be convenient, but charging through public USB ports can allow hackers and scammers to transfer malware onto your device. This is called “juice jacking.”

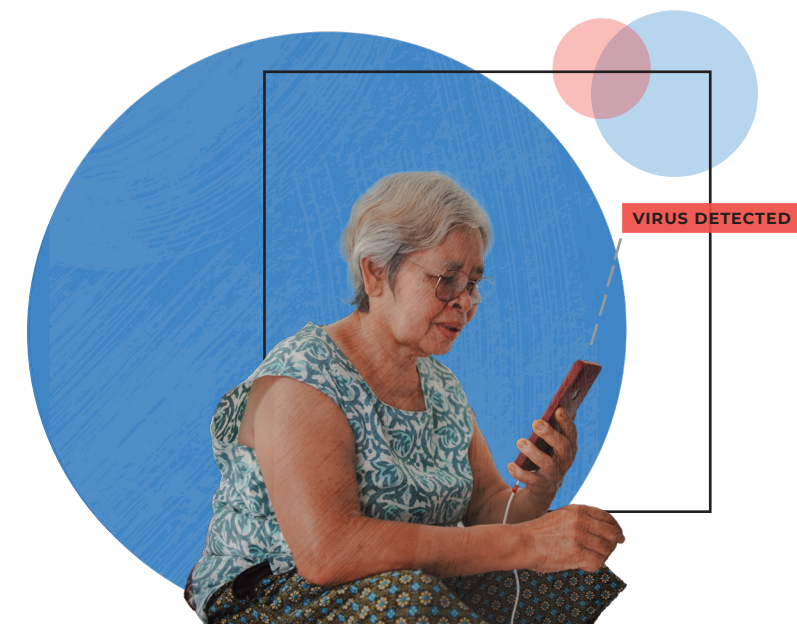
Scammers can install malicious programs onto your device when you plug it into a public USB port, and gain access to the information on your device. This can happen because USB plugs are designed to be able to transfer data both ways, and it’s been demonstrated that malware can be transferred to a device through USB. Various government agencies have issued advisories on prevention.

Juice Jacking Prevention Tips:

- **Only use YOUR OWN portable battery or wall charger.**
- **Always decline data transfer requests** if asked to “share data” or “trust this computer” when in public. Always select “charge only.”

- **Turn off your device before charging** if you need to use a public USB port.

Source: Federal Trade Commission & US Army Cyber Command



AGE STRONG PARTNER HIGHLIGHT: THE KENNEDY CENTER CHARLESTOWN

By Jordan Rich, Age Strong Staff

Charlestown's Kennedy Center is a multiservice organization serving residents of all ages, from infants to older adults. Age Strong spoke with Director of Community Services Crystal Galvin and Senior Services Advocate Richard Murphy to learn more.

What do older adults seek from The Kennedy Center? They're looking for connection, purpose, and support. Whether it's a wellness class, a social gathering, or a home care visit, seniors come to The Kennedy Center to stay engaged, healthy, and independent.

Which programs & services do you offer to older adults? Our Senior Services include case management to navigate healthcare and social services, health screenings and education, safety awareness workshops, in-home services, exercise, and recreation. We also provide free lunch programs and direct connections to additional resources such as WIC, SNAP, and other food support services. We host Tai Chi Mondays at 55 Bunker Hill Street. On Thursdays and Fridays at 10am, we offer additional wellness and social programs at 15 Tufts Street, 3rd Floor, in Charlestown. **Are services and programs free & open to the public?** Many are free

or low-cost, thanks to city and state funding, including support from Age Strong. Most services are open to all Charlestown residents aged 55+. Folks can sign up by calling our main office, visiting our website www.kennedycenter.org, or stopping by 15 Tufts Street, to speak with staff.

Which Kennedy Center programs are supported by the Age Strong?

The Age Strong grant supports weekly fitness classes, nutrition and wellness workshops, and recreation; services that promote aging in place with dignity and independence.

Have you seen a change in the type of support older adults are looking for since The Kennedy Center opened?

While traditional services like meal assistance and home care remain vital, we've seen a clear shift in what older adults are seeking. Many are looking for more active and engaging opportunities, such as wellness activities, technology support, and lifelong learning, as well as meaningful social connections. In response, we've expanded programs to meet those changing needs.

What are the challenges facing older adults you serve? Social isolation, mobility limitations, and chronic health conditions are common concerns. Rising housing costs and a lack of affordable, accessible

transportation make it increasingly difficult for many to age in place safely and comfortably. Language barriers and limited digital literacy also present hurdles, especially when it comes to navigating healthcare, benefits, and online services. Many live on fixed or very limited incomes, and the impacts of poverty are far-reaching, contributing to food insecurity, gaps in healthcare access, and the inability to meet even basic needs. Financial hardships can cause emotional stress, further isolating the already vulnerable.

How do you encourage older adults to participate or accept support?

Our staff meets folks where they are, literally and figuratively, with home visits, translation support, and consistent follow-up to build trust and comfort. We prioritize outreach through local partnerships, multilingual communication, and trusted relationships within the community.

Is there anything else you'd like Boston Seniority Magazine readers to know about The Kennedy Center?

The Kennedy Center is here for them. Whether you're looking for support, a social connection, or just a place to feel seen and valued, our doors are open.

The Kennedy Center's Mr. Murphy

Mr. Richard Murphy, Charlestown's own, came out of retirement in 2020 to counsel older adults through the Covid pandemic. Director of

the The Kennedy Center's Head Start Program in the early 2000s, Mr. Murphy couldn't resist the opportunity to return to The Kennedy Center to support the people of Charlestown.

Now age 78, Richard works part-time as a Senior Services Advocate at the Kennedy Center performing wellness calls, launching new programming, and spending Tuesdays at the Tufts Street office offering programs like Memories with Murphy: an intergenerational look back on old photographs, sparking community conversation about life in Charlestown. Over the years he has seen Charlestown change in many ways and is determined to preserve the strength of community in the neighborhood.

Soon he will start an oral history project to connect generations by sharing and conserving Charlestown's history, stories, and neighborhood lore. A lover of history, Mr. Murphy is proud of his Charlestown upbringing and plans to stay engaged.



MAYOR MICHELLE WU'S

MOVIE NIGHTS



SUMMER 2025 SCHEDULE

FREE ENTRY | MOVIES START AT DUSK | FREE POPCORN

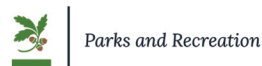
TUES AUGUST 5	CAPTAIN AMERICA: BRAVE NEW WORLD Ronan Park 56 Percival St, Dorchester		WED AUGUST 20	MUFASA Malcolm X Park 150 Martin Luther King Blvd, Roxbury	
MON AUGUST 11	TRANSFORMERS ONE Jamaica Pond Pinebank 345 Jamaica Way, Jamaica Plain		THURS AUGUST 21	HAROLD AND THE PURPLE CRAYON McGann Playground 240 West Street, Hyde Park	
TUES AUGUST 12	WALL E Healy Playground 160 Florence St, Roslindale		TUES AUGUST 26	WILD ROBOT Noyes Playground 86 Boardman St, East Boston	
WED AUGUST 13	MIGRATION Chandler Pond 95 Lake Shore Rd, Allston-Brighton		WED AUGUST 27	MOANA 2 Barry Field 41 Medford St, Charlestown	
FRI AUGUST 15	PADDINGTON IN PERU Hynes Playground 502 VFW Parkway, West Roxbury		THURS AUGUST 28	DESPICABLE ME 4 Moakley Park Columbia Road at Mercer Street, South Boston	
MON AUGUST 18	MOANA 2 Titus Sparrow Park 75 West Rutland Sq, South End		FRI AUGUST 29	WICKED Boston Common Parade Ground 38 Beacon St, Boston	

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



boston.gov/movie-nights

CITY of **BOSTON**



TITLE SPONSOR

BANK OF AMERICA

ADDITIONAL SUPPORT BY:



Tourism, Sports,
and Entertainment

EVENTS + ACTIVITIES

AUGUST HAPPENINGS

* Please note events are free and are subject to change



**Burbank String
Quartet**
12:30 PM - 1:30 PM
BPL Central
700 Bolyston St,
Back Bay
(617) 859-2129



August Booksale
9:30 AM - 3:30 PM
BPL South Boston
646 East Broadway,
South Boston
(617) 268-0180



Chess Club (All Ages)
10:00 AM - 11:30 AM
BPL Roslindale
4246 Washington St,
Roslindale
(617) 323-2343



**Bremen Street
Community Gardening**
4:00 PM - 5:00 PM
BPL Lower Mills
365 Bremen St,
East Boston
(617) 569-0271



Board Games Club
1:30 PM - 3:30 PM
BPL West End
151 Cambridge St,
West End
(617) 523-3957



Plant-Cutting Swap
9:00 AM - 5:00 PM
BPL Egleston Square
2044 Columbus Ave,
Roxbury
(617) 445-4340



**Piece by Piece
Puzzlers**
1:00 PM - 2:30 PM
BPL Lower Mills
27 Richmond St,
Dorchester
(617) 298-7841



Queer Crafts
3:00 PM - 4:00 PM
BPL Faneuil
419 Faneuil St,
Brighton
(617) 782-6705



BASIC CITY SERVICES: PARKS & RECREATION

IN BOSTON, WE ARE LUCKY TO BE HOME TO THE FIRST PUBLIC PARK IN OUR NATION, BOSTON COMMON. IN THIS ISSUE YOU'LL LEARN ABOUT OUR CITY'S VAST PUBLIC PARKS, FREE PUBLIC PROGRAMMING, PARK RANGERS, HISTORIC BURIAL GROUNDS & URBAN WILDS.

- BOSTON SENIORITY TEAM

BOSTON COMMON, MAINTAINED
BY CITY OF BOSTON'S PARKS
COMMISSION

BOSTON'S PARKS & RECREATION DEPARTMENT

By Ami Bennitt, Age Strong Staff



As a historic city, Boston is home to our nation's first public park, the Boston Common, built in 1634. The Common is part of the Emerald Necklace, a network of nine parks, designed by Frederick Law Olmstead, known as “the father of landscape architecture” in the United States. He designed Central Park in Manhattan, Prospect Park in Brooklyn, and dozens more.

The Emerald Necklace spans 1,100 acres and more than seven miles, connecting neighborhoods. It includes Franklin Park, the Arnold Arboretum, Jamaica Pond, Olmstead Park, Riverway, Back Bay Fens, Commonwealth Avenue Mall, and the Public Garden.

The Boston Parks and Recreation Department manages this vast network with a year-round staff of 389 full time employees which expands to over 500 during summer months to support programming, lifeguards, and maintenance. Boston

boasts 144 playgrounds and 321 formal parks which include burial grounds, cemeteries, and urban wilds – totaling over 2,200 acres of green space. Dorchester holds the most parks of any neighborhood with 49, with Roxbury as a close second holding 44.

In addition to parks and playgrounds, the department oversees over a dozen historic burial sites, 29 urban wilds, four high school athletic fields for Boston Public Schools, two award-winning municipal golf courses, and three active municipal cemeteries dating back to the late 1850s: Mount Hope in Mattapan, Fairview in Hyde Park, and Evergreen in Brighton. The department also oversees 40,000 street trees that provide shade and make up the city's urban canopy.

According to Interim Chief of Parks, Brian Swett (who also serves as Boston's first Chief Climate Officer), “Olmstead designed our park system specifically for open spaces: both for the ecology and health of the city and

for residents to recreate together and gather. He was intentional regarding civic life and democracy of publicly accessible open spaces: without fee or membership.”

Gene Surrillo, Chief Park Ranger, a lifelong Jamaica Plain resident explains, “as someone who grew up in the city, I know first-hand the value of recreational programs—which, by the way, are year-round. From ice skating to sailing, fitness, basketball leagues, bocci, pickle ball, summer concert series, zumba, these programs, over 600 free of cost annually, not only promote civic life, but add to residents' overall quality of life.”

Surrillo also highlights the department's commitment to public safety saying, “Overall, our department's mission is to preserve and protect our green and open spaces,” Gene continues. “But from a public safety perspective, we work collaboratively with other city departments, plus the City of Brookline and the state's department of recreation. We all work together as we each have overlapping responsibilities depending on which park or property.”

Swett emphasizes that parks are also vital to Boston's climate strategy. “Today, Boston parks also serve as assets to climate resilience,” Swett explains. “Olmstead designed the open spaces for peoples' health, access to nature, trees, and open

air. They also are anchors for water retention and flood prevention. We need to keep investing in our assets to strengthen our resilience from nor'easters and other climate change challenges.”

When asked to share a fun fact about Boston parks, Surrillo explains, “Jamaica Pond, a 9-acre fresh body of water, was originally used for ice for refrigeration in winters. Interim Chief Swett shared that when Harvard College gifted Arnold Arboretum to the City of Boston in 1872, “the management agreement was for 1,000 years with a renewal for another 1,000 years. From the beginning, it was intended to remain as a public asset, free for all to enjoy.”

“As a city,” Swett explains, “we have to reinvest in the open space assets we have for their highest and best use. It's our responsibility to steward them for future generations. Most families' lived experience in Boston is through its schools and neighborhood parks. Our parks connect us to our neighbors—and to our community.”

Get out there and enjoy the many wonderful green spaces Boston has to offer. You may just take a rest under a centuries old tree, bump into a zumba class, or make a new friend. For more information on Boston's Parks and Recreation Department call **(617) 635-4505** or visit: **boston.gov/departments/parks-and-recreation**.

FREE SUMMER CONCERTS ACROSS BOSTON

By Sarah Smith, Age Strong Staff

Boston’s Parks & Recreation department offers a variety of free live music concerts across the city during the summer. See below for performers, locations, and times. For more information, call 617-635-4505.

August ParkARTS Parks Concert Series

August 3, 5pm

*Jazz at the Fort, featuring
Yoron Israel & High
Standards*

Highland Park, 58 Beech
Glen Street, Roxbury

August 8, 7pm

Ghosts in the Machine
Blackstone Square, 1530
Washington Street,
South End

August ParkARTS Golf Course Concert Series

August 6, 6pm

Zion Rodman (solo)
William J. Devine Golf
Course Patio, 1 Circuit
Drive, Dorchester

August 13, 6pm

*A Sort of Homecoming
(U2 cover band)*
George Wright Golf
Course Clubhouse, 420
West Street, Hyde Park

August ParkARTS Tito Puente Latin Music Series

August 7, 7pm

Clave & Blues
Mozart Street
Playground,
10 Mozart Street,
Jamaica Plain

August 14, 7pm

Jesus Pagán
Boston Common
(Parkman Bandstand),
139 Tremont Street,
Downtown



Granary Burying Ground, Downtown Boston

HISTORIC BURYING GROUNDS IN BOSTON

By Edzani Kelapile, Age Strong Staff



As one walks along Tremont Street past Boston Common, there are two burying grounds that announce themselves as special and historic — the Granary Burying Ground and the King’s Chapel Burying Ground. The Granary began in 1660 to lessen overcrowding at the King’s Chapel, begun in 1630 as Boston became settled. In addition to these, Boston is home to many other historic burying sites throughout the centuries and neighborhoods.

The Historic Burying Grounds Initiative is run by the City of Boston’s Parks and Recreation Department, managing sixteen burial grounds across the city. Many hold founders of Boston and of the United States, from Downtown, Charlestown, Dorchester, Roxbury, and others.

Copp’s Hill Burying ground in Charlestown, for example, was laid out in 1659 and it’s believed that British soldiers during the American Revolution used headstones for target practice. Over 10,000 were buried here through the 1850s. The Central Burying Ground, started in 1756 on Boston Common, was also

made to lessen overcrowding at earlier laid out grounds. Dorchester is home to a number of historical burying sites including North Burying Ground, first laid out in 1634, the earliest remaining landmark of the neighborhood. Dorchester South Burying Ground, opened in 1814, was created in response to expansion in the early 1800s. As time went on, burying grounds became designed with ornamental trees and winding carriageways, a far cry from plainer grounds of earlier centuries. Brighton’s Market Street Burying Ground was first owned by Watertown as grazing land, then Cambridge as the Third Church’s burying grounds until 1807, when Brighton became its own town. People were no longer buried at the Market Street Burying Ground in 1872. To learn more about Boston’s historic burying grounds, call the Parks and Recreation Department at (617) 635-4505 or visit [boston.gov/departments/parks-and-recreation/historic-burying-grounds-initiative](https://www.boston.gov/departments/parks-and-recreation/historic-burying-grounds-initiative).

BOSTON'S PARK RANGERS & MOUNTED RANGER UNIT

By Sarah Smith, Age Strong Staff

Did you know that Boston's Park Rangers have a Mounted Unit on horses? Housed in Franklin Park, the Mounted Unit offers tours to the public as well as volunteer opportunities that allow residents to connect with the horses and the city's green spaces.

In 1982, the Boston Parks and Recreation Department Park Ranger Division was formed. Today, the Rangers serve the public in the proud tradition of "park keepers." These responsibilities include public assistance, public safety and protection, visitor assistance, and interpretive programming.

They serve Boston's nine Emerald Necklace parks, historic burying grounds, neighborhood parks, and playgrounds. Rangers come from diverse backgrounds ranging from park management to recreation, liberal arts to law enforcement, and environmental studies. Rangers are trained in first aid, CPR, and crisis intervention.

Within the Park Rangers division is the Mounted Unit, which was also established in 1982 with four horses donated by the Boston Police, and four riders to patrol in Arnold Arboretum. Over the years, the Mounted Unit has grown into a recognized and respected agency

in Boston—now operating its own stables in Franklin Park, managing horses, tack, trailers, and patrol vehicles. The Unit now patrols all parks, playgrounds, and burying grounds across the city.

In addition to patrolling, Rangers offer first aid, tourist information, provide directions, information park rules and regulations, and serve as a welcoming presence. The Mounted Unit also represents the city as an honor guard, appearing at parades, park openings, and tree lighting ceremonies. They also attend funerals by honoring dignitaries as well as fallen officials that have died in the line of duty.

Rangers play a critical role in preserving public spaces. They enforce Massachusetts Division of Fisheries and Wildlife regulations, check State fishing permits, assist injured animals, extinguish all fires which do not require the immediate attention of the Boston Fire Department, and uphold leash and Pooper Scooper laws. They also monitor park wildlife and habitats.

For more information on Boston's Mounted Unit call **(617) 635-4505** or visit **boston.gov/departments/parks-and-recreation/boston-park-rangers**.

URBAN WILDS

By Edzani Kelapile, Age Strong Staff

From salt marshes in East Boston and Dorchester, to meadows in Roxbury, and beautiful streams of water through West Roxbury and Hyde Park, Boston's landscape once looked vastly different than it does today. The natural beauty of the area appears in large contrast to how it is now, due to the effects of human activity and urbanization. However, some parts of these ecosystems still remain, known as "urban wilds," and the City of Boston Parks Department manages 29 of these spaces across the neighborhoods.

Urban wilds provide a break from our concrete environment and opportunity to learn about natural/native plants in the area. On top of ecological benefits like storing floodwater and reducing the "urban heat island" effect on the city, these spaces also promote conservation efforts and encourage visitors to think about how they relate to and depend on the natural world for their wellbeing.

The Boston Urban Wilds Initiative began in the 1970s environmental movement, through the efforts of the Boston Redevelopment Authority's landmark document titled "Boston's Urban Wilds: A Natural Area Conservation Program." Through

the cooperation of groups such as the Boston Natural Areas Fund, the Massachusetts Audubon Society, the Boston Youth Clean-up Corps, and the Massachusetts Department of Conservation and Recreation, a significant amount of land has been preserved, despite threats from potential urban development.

The city has continued efforts to expand the Urban Wilds Initiative, protecting land from development and environmental destruction. Last September, about 1 acre of land was added to the Sherrin Woods Urban Wild in Hyde Park. Also in 2024, the City and the community celebrated improvements to the Roslindale Wetlands Urban Wild, adding 35,000 sq ft of additional space, an accessible entrance, restored native trees and shrubs, among other improvements.

There are urban wilds in several neighborhoods, such as Roslindale, Mattapan, Mission Hill, and more. For more information contact the Parks and Recreation Department at **(617) 635-4505** or visit **boston.gov/departments/parks-and-recreation/urban-wilds-program**.

► **IN BOSTON, WE AGE STRONG.**

As part of the City's Human Services cabinet, The Age Strong Commission's mission is to enhance your life with meaningful programs, resources, and connections so we can live and age strong together in Boston.

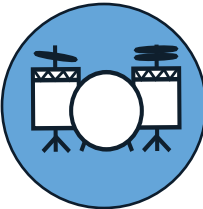


We can help with: *Call us for more details at (617) 635-4366*



AGE STRONG ADVOCATES

Our Advocacy and Benefit Specialists connect older adults to resources, benefits & information including health insurance counseling, food access applications, referrals to fuel assistance, tax relief exemptions, protective services & more.



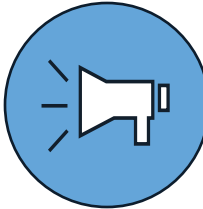
EVENTS & PROGRAMMING

Age Strong produces a variety of events & programs specifically for older residents, including celebrations for Black Heritage, Hispanic Heritage & LGBTQ+ Pride. We host our programming in community spaces around Boston with various focuses such as fall prevention, mindfulness, arts, cooking & more.



TRANSPORTATION

We are committed to helping connect older adults to all of the transportation options available, such as our Age Strong Shuttle, Taxi Coupons, and more.



VOLUNTEER OPPORTUNITIES

We can connect you to a variety of volunteer opportunities based on your interests, location, and preferred time commitment.



AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where people can age and live well in community. We hold Memory Cafes for those experiencing memory loss and thier care partners to meet in a safe, social environment, as well as support groups for care partners to learn about resources and share experiences.



HOUSING SUPPORT

Our housing advocates can help older residents learn about tenants rights, eviction prevention, navigate housing eligibility, and assist with housing applications.



BECOME AN ELECTION DAY POLL WORKER

TUESDAY SEPTEMBER 9 & NOVEMBER 4

ENSURING THE RIGHT TO VOTE

Election day poll workers ensure that all voters can exercise their right to vote in free and fair elections. You can help your neighbors by becoming a poll worker!

VOLUNTEER STIPEND

Poll Workers receive a stipend of \$160-200, depending on position, as well as payment for required training.

ARE YOU BILINGUAL?

Those who speak Spanish, Arabic, Vietnamese, Chinese (Mandarin and Cantonese), Somali, Russian, Haitian Creole, or Cape Verdean Creole are strongly encouraged to apply.

Democracy runs on poll workers.
Apply to be a poll worker *today*.



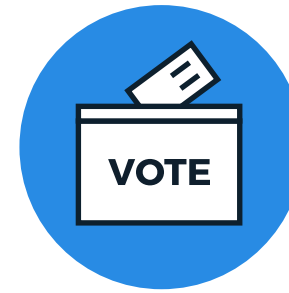
Sign up at **BOSTON.GOV/POLLWORKER**

Learn more by emailing POLLWORKERS@BOSTON.GOV
or calling 617-635-0905

CITY of **BOSTON**



Election



2025 Election Calendar

DEADLINES AND EARLY VOTING INFO

VOTING DEADLINES

PRELIMINARY MUNICIPAL ELECTION

AUGUST 30 5 PM in person, 11:59 PM online deadline to register to vote.

SEPTEMBER 2 5 PM deadline to submit vote by mail and absentee ballot application.

SEPTEMBER 9 7 AM to 8 PM - **Preliminary Municipal Election Day.**

GENERAL MUNICIPAL ELECTION

OCTOBER 25 5 PM in person, 11:59 PM online deadline to register to vote.

OCTOBER 28 5 PM deadline to submit vote by mail and absentee ballot application.

NOVEMBER 4 7 AM to 8 PM - **General Municipal Election Day.**

EARLY VOTING DATES

PRELIMINARY MUNICIPAL ELECTION

August 30, 31; September 2 through September 5

GENERAL MUNICIPAL ELECTION

October 25 through October 31



For full information on voting dates and deadlines, visit the Boston Election Department website at: BOSTON.GOV/ELECTIONS

BOSTON ELECTION DEPARTMENT | 1 CITY HALL SQUARE, ROOM 241

CITY of **BOSTON**



Election



THE SENIOR NUTRITION PROGRAM

By Maeve Forbes, Age Strong Staff

The Senior Nutrition Program, established in 1972 through the Older Americans Act (OAA), provides older adults (60+) with free, nutritious, home-delivered and community group meals in the U.S. every day. The national program aims to reduce food insecurity and malnutrition, promote socialization, and support wellbeing to help older adults maintain independence and age in place.

In Boston, Age Strong partners with the non-profit organizations Ethos and Greater Boston Chinese Golden Age Center to provide over 700,000 meals and additional nutrition services each year.

Home-delivered meals, also known as Meals on Wheels, provides older adults with limited mobility, isolation, significant difficulty preparing meals, or who are homebound with nutritious, hot meals. In addition to meal delivery, the drivers ensure the well-being of older residents by providing both a daily safety check and a friendly conversation.

Community Meal Sites, sometimes called Community Cafes, allow older adults and their spouses to enjoy their

lunches with others at over 40 locations across Boston. Through a shared meal, these sites provide socialization and opportunities for new connections. Many also host programming that promotes engagement and wellness. To find the site closest to you, visit **boston.gov/age-strong**.

For more information and to register for meal services contact Age Strong's non-profit partners.

Ethos

Offers a diverse array of traditional American, Caribbean, Vietnamese, Italian, Vegetarian, and Kosher meals.

Call **(617) 477-6606** or visit **ethocare.org/services/nutrition/**

The Greater Boston Chinese Golden Age Center

Offers hot, culturally appropriate Chinese meals made with fresh ingredients every day. Call **(617) 357-0226** or visit **gbcgac.org/programs-and-services/elderly-nutrition-program/**

A donation of \$2 a meal is suggested but not required to receive services through the nutrition program.



AGE STRONG PROGRAMMING

Did you know that Age Strong offers many programs and activities across Boston at no cost to Boston residents? We operate two senior centers and are activating new programs at many sites across the city. We also offer virtual classes and video classes on demand!

BCYF Holland Community Center

85 Olney Street, Dorchester
Wednesdays & Fridays 10am-1pm
(through July 16)
Arts classes & social gatherings

East Boston Senior Center

7 Bayswater Street, East Boston
(617) 961-3131

Veronica B. Smith Senior Center

20 Chestnut Hill Avenue, Brighton
(617) 635-6120

Senior Bowling League

820 Morrissey Boulevard,
Dorchester
Thursdays at 10am-12noon
at Boston Bowl
Bowling shoes provided

Summer Fitness Programming

433 Center Street, Jamaica Plain
Tuesdays at 10:30am-12:45pm

Spontaneous Celebrations

45 Danforth Street,
Jamaica Plain
Tuesdays & Thursdays
9:15am-1pm (through May 26)
A variety of wellness classes

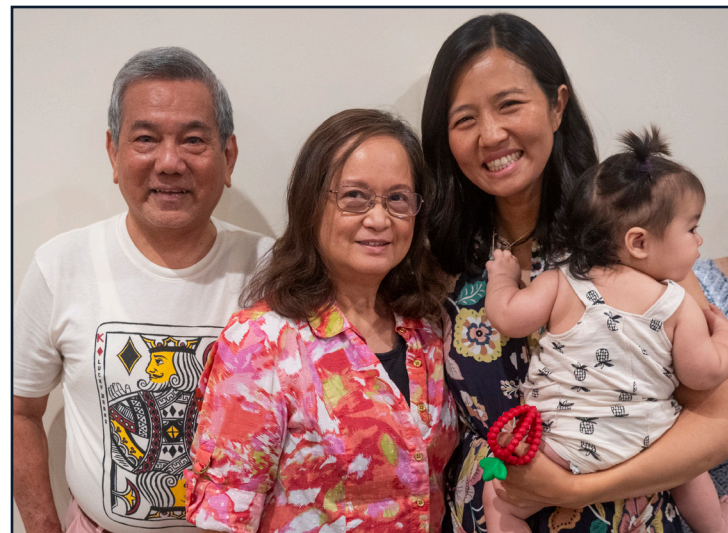
Dewitt Center

122 Dewitt Drive, Roxbury
Mondays & Wednesdays
10:30am-3pm & 6-8pm
(through June 25th)
Exercise, arts & wellness classes
& socialization activities

Union Church

485 Columbus Avenue,
South Boston
Tuesdays & Thursdays 9am-1pm
A variety of exercise, arts & wellness classes

▶ SEEN AROUND TOWN



THE BUZZ: FREE ACTIVITIES FOR BOSTON OLDER ADULTS FROM AGE STRONG PARTNERS

Check out a sampling of activities from our community partners across Boston's neighborhoods. You can also view our Monthly "To-Do" calendar online, listing dozens of free activities across Boston: boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do.

Weekly Tech Cafe

LBFE Boston
Jackson Mann Community Center
40 Armington Street, Allston
Mondays in August, 2:30-3:30pm
617-635-5153

Ignite Your Light: Gentle Yoga Class

Bowdoin Street Health Center
Instructions can be offered in
Cape Verdean Creole
230 Bowdoin Street, Dorchester
Wednesdays, August 6 & 13,
6-7pm
BSHC-CommunityHealth@
bidmc.harvard.edu, 617-754-0180

Writing on the Porch: A Writing Workshop

Osher Lifelong Learning Institute at
UMass Boston (OLLI)
Part of the free OLLI summer
programs, no prior experience
necessary
Online via Zoom, registration
required
Thursday, August 14, 10-11:30am
To register: email ollireg@gmail.com
or call 617-287-7312 with program
title avalent2@bidmc.harvard.edu

Salsa in the Square

Free salsa lessons with Salsa y
Control, all levels welcome
Roslindale Village Main Streets
Birch Street Plaza, Roslindale
Wednesdays in August, 7-8pm
salsa lesson, 8-9pm open dance
info@roslindale.net, 617-327-4065

Berklee's Summer in the City: South Boston

Berklee College of Music
Free performances by musicians of
Berklee College of Music
South Boston Maritime Park,
Northern Avenue & D Street
Fridays in August, 5pm
[college.berklee.edu/events/
summer/south-boston-maritime-
park](https://college.berklee.edu/events/summer/south-boston-maritime-park)

Community Unity Walk

City of Boston Office of
Neighborhood Services
Join city staff & faith leaders for a
walk; discuss solidarity & summer
safety
Ronan Park, 92 Mount Ida Road,
Dorchester
Thursday, August 21, 5:30pm
william.dickerson2@boston.gov



OPEN STREETS IS BACK!

All events from 10:30 a.m. to 3 p.m.
(Streets close at 9 a.m. | Activities start at 10:30 a.m.)



**SCAN TO
LEARN MORE!**



JULY 12

ROXBURY BLUE HILL AVE.

Between Warren St. & Quincy St.

AUGUST 10

HYDE PARK

HYDE PARK AVE. & RIVER ST.
Between Fairmount St. & Davison St.

SEPTEMBER 14

DORCHESTER DORCHESTER AVE.

Between Ashmont St. & Adams St.

OCTOBER 18

MATTAPAN BLUE HILL AVE.

Between River St. & Babson St.

NOVEMBER 2

JAMAICA PLAIN CENTRE ST.

Between Lamartine St. & South St.