

# BOSTON SENIORITY

City of Boston  
Issue 2

Age Strong Commission  
February 2026

Mayor Michelle Wu  
Vol. 50

MAYOR'S LETTER  
P. 3

AGE STRONG'S  
COST-SAVING  
CLINICS P.32

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CITY of BOSTON

FREE PUBLICATION

AGE+ | Age Strong  
Commission

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# BOSTON SENIORITY MAGAZINE

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# MAYOR'S LETTER

# HELLO BOSTON!

FEBRUARY 2026

Welcome to the February issue of Boston Seniority Magazine. 2026 is officially underway, and the cover of this month's issue captures the highlight of my year so far: Spending time with so many of you at the flower-arranging workshop we hosted at Union Church in the South End a few weeks ago!

Inside this issue, you'll find information on more upcoming opportunities to stay active, informed, and engaged this month.

For some fresh air, check out one of the free winter fitness classes hosted by our Parks Department, or head to one of the four monthly Memory Cafes we're hosting across our neighborhoods. When it's too cold to venture outside, check out the Boston Public Library's Black History Month reading list, or read some of our neighbors' reflections on what Lunar New Year means to them.

This month, Age Strong is also hosting various neighborhood Cost-Savings Clinics: in-person meetings with Age Strong advocates who can help you figure out what health, home, and tax benefits you may be eligible for. To schedule an appointment, call 617-635-4366.

And, if you've enjoyed this magazine or benefited from Age Strong's programming, we hope you'll consider becoming an Age Strong Volunteer. You can earn reimbursements, set your own hours, and make a difference in the lives of your friends and neighbors. Check out page 12 for details.

Looking forward to seeing you in the community,

Mayor Michelle Wu

*Michelle Wu* 

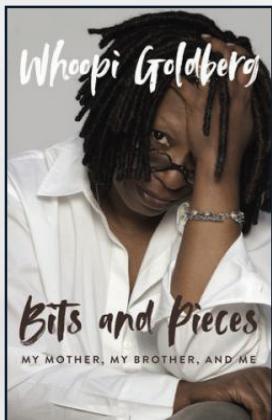


## ► BOOKS

### BPL BOOK PICKS

Source: Boston Public Library

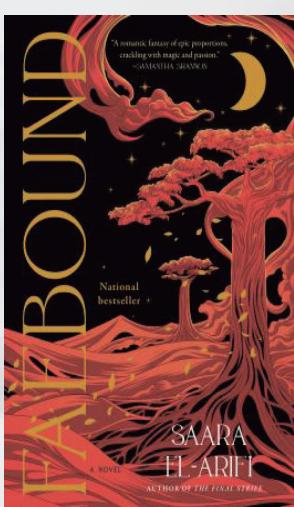
Black Is... is a list of books published in the previous year for all ages concerning the Black experience. This printing is part of the Boston Public Library's annual observance of Black History Month.



#### **Bits and Pieces** by Whoopi Goldberg

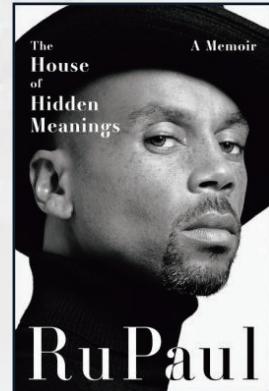
This new memoir from multi-award winner Whoopi Goldberg highlights her close relationship with

her mother and brother, their influence on her early life, and how, even after success, family always came first.

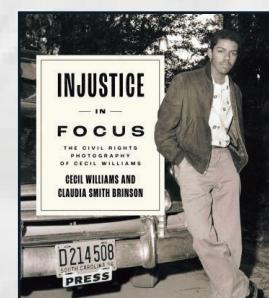


#### **Faebound** by Saara El-Arifi

An elven warrior and her prophet sister encounter the fae court after being forced into the terrifying wilderness beyond their homeland's borders.

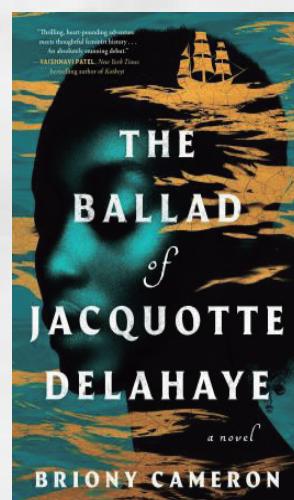


broken home, and later finding family, belonging, and success on his journey to self-acceptance.



**Injustice in Focus**  
by Cecil J. Williams

With 80 meticulously researched photographs, interviews and prose, an award-winning photojournalist offers a firsthand look into South Carolina's fight for civil rights, his life as a documentarian of the civil rights movement.



**The Ballad of Jacquette Delahaye**  
by Briony Cameron

This epic, dazzling tale based on true events illuminates a woman of color's rise to power as one of the few purported female pirate captains to sail the Caribbean, and the forbidden love story that will shape the course of history.



For more titles or BPL info, visit [bpl.org](http://bpl.org) or call 617-536-5400.

# SCAM CORNER: DON'T BECOME A MONEY MULE

By Sophia Wang, Age Strong Staff

**If you're asked to help move or transfer money on behalf of another person, you might be a money mule.** A money mule is someone who moves money from illegal activities of criminals, often without knowing. Being a money mule is illegal regardless of age or intent.

## What to know:

- Criminals may ask to use your bank account or open a new one in your name, to receive or send money for someone you've never met. They may offer you a portion of the money.
- Criminals often use social media, online romance schemes, or job offers to recruit money mules.
- Money mules may not know that they're involved in a scam; may ignore signs of the scam but participate anyway.

## How to protect yourself:

- Never use your bank account to transfer or receive money from those you don't know
- Never endorse or deposit checks that are not in your name

- Never buy gift cards or cryptocurrency for someone you met online
- Never share your banking passwords, PINs, or information
- End all contact with suspected criminal if you think you might be a money mule

If you think you might have fallen for a money mule scam, end all contact with the suspected criminal, alert your bank, file a report with the local police, and file a report with the FBI's Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov).



Source:  
Boston Police Department & FBI

# CELEBRATING BOSTON POET PHILLIS WHEATLEY: 18TH CENTURY AFRICAN AMERICAN POET

By Age Strong Staff



PHILLIS WHEATLEY

**Phillis Wheatley Peters (1753 – December 5, 1784) was an American writer who is widely considered as the first African-American author to publish a book of poetry.** Born in West Africa, she was kidnapped and sold into slavery at age seven, then transported to North America and purchased by the Wheatley family of Boston. Recognizing her extraordinary talent, the Wheatleys supported her

education and encouraged her writing.

Mary Wheatley, the family's daughter, was Phillis's first tutor in reading and writing. John Wheatley, the patriarch of the family, was considered progressive by the standards of his time in New England and provided Phillis with an education which was unheard of for an enslaved person, and highly unusual for a woman of any race at the time. By the age of 12, Phillis was reading Greek and Latin classics in their original languages, as well as complex passages from the Bible. At 14, she wrote her first poem, "To the University of Cambridge [Harvard], in New England."

In 1773, Phillis traveled to London with the Wheatleys' son seeking publication of her work. There, she met influential people who became her patrons. The London publication of her collection titled *Poems on*

*Various Subjects, Religious and Moral* brought her international fame both in England and the American colonies. Prominent figures, including George Washington, praised her work, and fellow African-American poet Jupiter Hammon later honored her work in his own poetry.

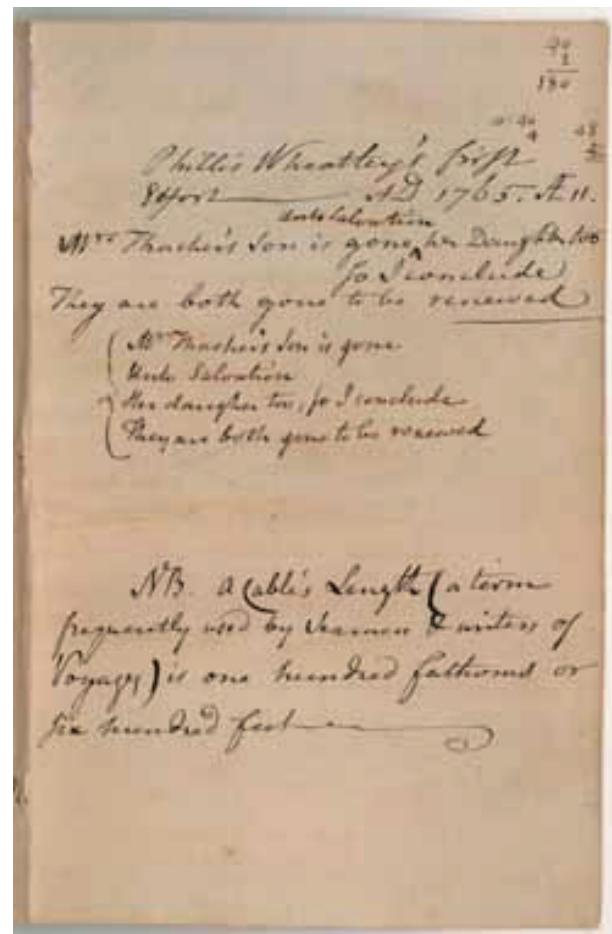
Following the publication of her book, Phillis was emancipated by the Wheatley family. The Wheatleys died soon thereafter and Phillis married John Peters, a grocer, and the couple faced significant financial hardship. They lost three children, who all died young. Phillis Wheatley-Peters died in poverty at 31.

In 1838, Boston-based publisher and abolitionist Isaac Knapp published a collection of Wheatley's poetry, alongside that of enslaved North Carolina poet George Moses Horton, under the title *Memoir and Poems of Phillis Wheatley, A Native African and a Slave*. An earlier memoir had been published in 1834 by Geo W. Light but did not include Horton's work.

Phillis Wheatley-Peters is honored and celebrated in many

ways across the United States, including the Boston Women's Memorial, a 2003 sculpture on Commonwealth Avenue in Boston featuring Phillis (alongside Abigail Adams and Lucy Stone), and Wheatley Hall at the University of Massachusetts, Boston is named for her.

To learn more about Phillis Wheatley, visit [masshist.org/features/endofslavery/wheatley](https://masshist.org/features/endofslavery/wheatley).



Phillis Wheatley's Earliest Poem  
Source: Massachusetts Historical Society.

## A HYMN TO THE EVENING

.....

By Phillis Wheatley

Soon as the sun forsook  
the eastern main  
The pealing thunder  
shook the heav'nly  
plain;  
Majestic grandeur!  
From the zephyr's  
wing,  
Exhales the incense of  
the blooming spring.  
Soft purl the streams,  
the birds renew their  
notes,  
And through the air  
their mingled music  
floats.  
Through all the heav'ns  
what beauteous dies  
are spread!  
But the west glories in  
the deepest red:  
So may our breasts

with ev'ry virtue glow,  
The living temples of  
our God below!  
Fill'd with the praise  
of him who gives the  
light,  
And draws the sable  
curtains of the night,  
Let placid slumbers  
sooth each weary  
mind,  
At morn to wake more  
heav'nly, more refin'd;  
So shall the labours of  
the day begin  
More pure, more  
guarded from the  
snares of sin.  
Night's leaden sceptre  
seals my drowsy eyes,  
Then cease, my song,  
till fair Aurora rise.

## SETTING GOALS FOR THE NEW YEAR

By Sarah Smith, Age Strong Staff

**As the new year begins, it is natural to begin setting goals for your 2026.** What do you want to do? Accomplish? Who do you hope to see? Reconnect with? Not only are these considerations common, they're also important. New Year's goals can offer a structured time for self-reflection, intentional planning, and overall personal growth.

Setting your intentions for the year ahead helps pinpoint which aspects of your life you'd like to improve or change. They offer a chance to reset old habits, or create new, healthier ones. Even if you've been dwelling on something for a while, making a clear commitment to work on the issue makes you that much more likely to actually achieve the goal, rather than being "stuck in a rut."

Some find it challenging to set goals for themselves, so we hope to offer support. The National Health Institute suggests using the **"SMART"** method of goal making to measure how obtainable your goal is, the steps that need to be taken, and how you know you've completed it.

**"SMART"** stands for:

**S** - Specific

What will you accomplish?

**M** - Measurable

How will you know when it is done?

**A** - Assignable

Who is responsible for making it happen

**R** - Realistic

Can you do this?

**T** - Timebound

When will this be accomplished?

As you move into 2026, challenge yourself to accomplish something meaningful, even if it's small. Well thought-out goals and the drive to achieve them can provide you with a whole new roadmap of how your year will go. Be proud of yourself for what you accomplished last year, and look forward to what is in store for you in the new year.



## AGE STRONG PARTNER HIGHLIGHT: VIETAID

By Jordan Rich, Age Strong Staff



**VietAID, one of Age Strong's Older Americans Act partners, was founded in 1994.** "Vietnamese immigrants and refugees," says Ling Nguyen, who runs VietAID's Senior Program, "believed in the power of community development and affordable housing and that it would reduce poverty and strengthen civic engagement in the Fields Corner neighborhood of Dorchester."

Since then, VietAID has grown into a "key multi-service community development corporation (CDC), anchored by the Vietnamese American Community Center it built in 2002. The center provides a preschool, youth programming,

senior care, diverse community services and spaces, and 164 units of affordable housing," Nguyen shares.

"Our Senior Day Program," she explains, "provides a welcoming space for older adults in the center of Dorchester, operating from 7AM-1PM weekdays. Seniors can socialize and build community with peers, enjoy coffee and tea in the morning and hot meals for lunch. Seniors can engage in activities like karaoke, bingo, dancing, Tai Chi, and yoga, all designed to support their physical and mental well-being. We also offer direct social services like access to benefits, and housing assistance."

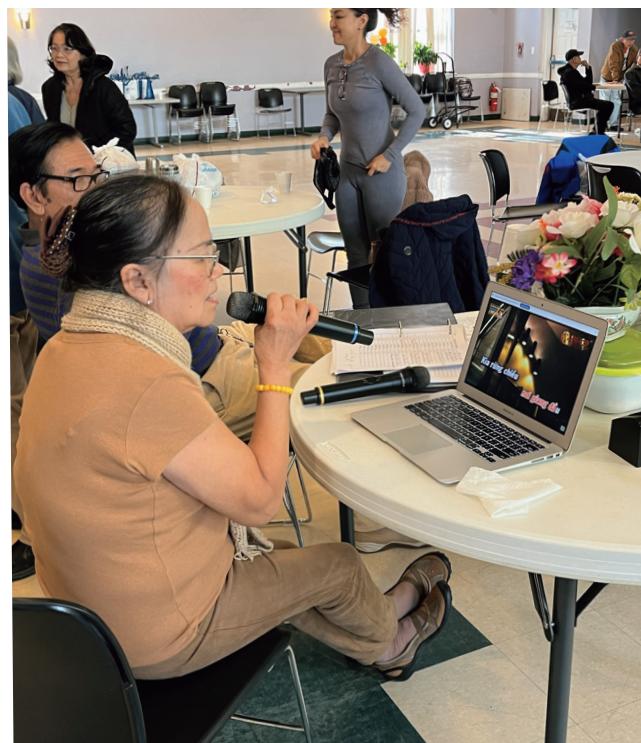


“Built on the foundation of Vietnamese culture and heritage, we revere our community’s elders as the link to history and those who have paved the way for generations to follow,” she says. Feedback is gathered with cultural and linguistic competence through translated materials, interpretation services, and settings where clients feel most comfortable sharing, such as peer-based group discussions. While we strive to make our services as accessible as possible, it is only through the insight and leadership of our clients that we can ensure our programs are truly of and for the community.”

“Many older adults have limited English proficiency, so we provide services in English and

Vietnamese,” she says, “VietAID is the only nonprofit in Fields Corner offering a safe, culturally affirming space where Vietnamese and other immigrant seniors feel welcome, respected, and understood. We serve 60-80 seniors daily, helping to reduce isolation and loneliness. VietAID offers seniors a second home where they can feel connected and supported as they age with dignity and joy.”

“We’ll celebrate Lunar New Year at our community center on February 28, 10AM-1PM,” she says. “All are welcome!” VietAID’s Senior Day Program is free and open to all seniors age 62+, who may sign up in person at 42 Charles Street, in Dorchester or call **(617) 822-3717**.



# AGE STRONG SEEKS NEW VOLUNTEERS!

The Age Strong Commission offers four different volunteer programs to help older residents live their best lives, while aging in place.

## AMERICORPS SENIORS RSVP PROGRAM

We match volunteers age 55+ with partner sites, including senior centers & food pantries, or train you to help residents learn English as a second language, prepare tax returns or facilitate opioid & scam prevention workshops.



## BOSTON CITY HALL GREETERS

City Hall Greeters provide friendly assistance to residents visiting City Hall. Each volunteer has access to an iPad equipped with maps and other information to assist visitors.



## PROPERTY TAX WORK-OFF PROGRAM

Boston homeowners age 60+ may "work off" up to \$2,000 from their property taxes by volunteering their skills & knowledge to one of the City's offices, community centers, or public schools.



## AMERICORPS SENIOR COMPANION PROGRAM

Senior Companion volunteers age 55+ help older adults with everyday tasks like getting to appointments & shopping, as well as providing respite care to care partners. Some volunteers may qualify for a tax-free stipend.



**FOR MORE INFORMATION  
CALL 617-635-4366 OR VISIT [BOSTON.GOV/AGE-STRONG](http://BOSTON.GOV/AGE-STRONG)**

**CITY of BOSTON**

**AGE+**

Age Strong  
Commission



**AmeriCorps  
Seniors**



# AGE STRONG COMMUNITY AMBASSADOR

## PART-TIME | 10 HOURS/WEEK | BOSTON RESIDENTS AGE 55+

### WE ARE HIRING

### WAAN SHAQAALAYS- IINAYNAA

### DU STA KONTRATA PESOAS PA TRABADJU

Are you 55+ & passionate about supporting your community?

Become an Age Strong Commission  
**Cape Verdean or Somali  
Community Ambassador!**

Use your life experience & local knowledge to connect older adults in your neighborhood to valuable resources & programs.

#### WHY APPLY?

- Make a difference in your neighborhood; help older adults access services, feel heard & supported
- Flexible work schedule
- Share your strengths; use your language, culture & community connections

#### WHAT YOU'LL DO:

- Meet older adults, listen to their needs & build trusted relationships
- Share about Age Strong's programs & services
- Represent Age Strong at local meetings & events

#### YOU'RE A GREAT FIT IF YOU ARE:

- 55 years or older
- Are a City of Boston resident
- Friendly & community-focused
- Bilingual
- Comfortable using basic computer programs

#### THREE WAYS TO APPLY:

- Visit Age Strong Community Ambassador webpage to submit an application
- Scan the QR code to fill out an application now!
- Or Email your resume to [Agestrongambassador@boston.gov](mailto:Agestrongambassador@boston.gov)

#### FOR MORE INFORMATION:

 [AGEAMBASSADOR@BOSTON.GOV](mailto:AGEAMBASSADOR@BOSTON.GOV)

 617-635-2451



**FREE**

BOSTON PARKS  
**WINTER**  
FITNESS SERIES



[boston.gov/fitness](http://boston.gov/fitness)

**JANUARY 5 - APRIL 4, 2026**

**MONDAY**

1:00 p.m.

Strength & Balance

East Boston Senior Center

**TUESDAY**

4:30 p.m.

Kids Dance Fitness

BCYF Roslindale Community Center

**WEDNESDAY**

1:00 p.m.

Tai Chi

BCYF Veronica Smith Community Center

**THURSDAY**

6:30 p.m.

Line Dancing

BCYF Hyde Park Community Center

**FRIDAY**

6:00 p.m.

Bota Fogo Dance

BCYF Vine Street Community Center

**SATURDAY**

11:00 a.m.

Yoga

BCYF Mildred Ave Community Center

12:00 p.m.

Walking Group

Franklin Park Golf Clubhouse

No classes will be held on 1/19 and 2/16.

**CITY of BOSTON**



Parks and Recreation



**TITLE SPONSOR**

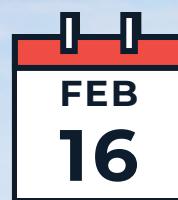


MASSACHUSETTS

## ► EVENTS + ACTIVITIES

# FEBRUARY HAPPENINGS

\* Please note events are free and are subject to change



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



**Creating a Self-Care Plan That Feels Good**  
11:00 AM – 12:30 PM  
**BPL Hyde Park**  
35 Harvard Ave.,  
Hyde Park  
**(617) 361-2524**



**Tuesday Games**  
1:00 PM – 2:30 PM  
**BPL Faneuil**  
419 Faneuil St.,  
Brighton  
**(617) 782-6705**



**Roxbury Concert Series**  
12:00 PM – 1:00 PM  
**BPL Shaw-Roxbury**  
149 Dudley St.,  
Roxbury  
**(617) 859-2129**



**36 Questions for Civic Love**  
5:30 PM – 7:00 PM  
**BPL Roslindale**  
4246 Washington St.,  
Roslindale  
**(617) 323-2343**



**Zine-Making Workshop: Our Air, Our Stories**  
2:00 PM – 4:00 PM  
**BPL East Boston**  
365 Bremen St.,  
East Boston  
**(617) 569-0271**

- ♥ **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](mailto:Bostonseniority@boston.gov)

## ALL ABOUT AGE STRONG'S ADVOCACY & BENEFITS TEAM & HOW THEY CAN HELP YOU!

By Ami Bennett, Age Strong Staff



**At the heart of the Age Strong Commission's work is our Advocacy and Benefits team - who work directly with Boston's older adults, age 55+, helping to connect them to information, resources, and benefits.** Whether residents visit the Age Strong offices at Boston City Hall, meet with our Advocates during their scheduled community hours across the city or call the Age Strong offices, help is readily available.

Most Age Strong Advocates are bilingual or multilingual, with language capacity in Spanish, Haitian Creole, French, Vietnamese, Cabo Verdean Creole,

and Portuguese – and all Advocates have access to our language line, and can communicate with older adults in their preferred language.

Advocates can share all kinds of information about Age Strong programs, services, activities and resources, especially those designed to help older adults save money. These include government benefits like **SNAP** (Supplemental Nutrition Assistance Program) and **HIP** (Healthy Incentives Program) which can help save money on food, as well as **HEAP** (Low Income Home Energy Assistance Program) which can save money on winter heating expenses.

All Advocates are also trained **SHINE** (Serving the Health Insurance Needs for Everyone) Counselors. They help older adults compare and enroll in the best health insurance and prescription drug plan at the lowest cost. Counseling also includes helping to apply for **Medicare** and **Medicaid** (MassHealth) as well as the **Medicare Savings Program** (MSP) which can help save money on health insurance premiums.

In addition, Age Strong Advocates connect older residents to transportation resources like our **Age Strong Shuttle**, that provides free rides within Boston to medical appointments and other destinations, Monday-Friday, as well as to our **Discounted Taxi Coupons**, which help save money on taking Boston taxi fares.

Advocates also assist Boston's older homeowners access programs like **Seniors Save**, which helps repair or replace outdated heating systems, the **Senior Home Repair Program**, which offers zero interest loans or assistance to older residents to remain safely in their homes, the **Senior Circuit Breaker Tax Credit**,

and potential property tax savings and/or deferral.

Additional support includes helping older adults apply for **Boston's Water Sewer Discount**, **Free Tax Preparation**, and other cost-savings programs that ease everyday living costs.

Advocates can also connect older residents to other Age Strong offerings like programming at our Senior Centers and other community sites, memory loss support, volunteer opportunities, and more.

Age Strong Advocates are available Monday-Friday, 9am-5pm in room 271 of Boston City Hall, by phone at **(617) 635-4366**, and by emailing [agestrong@boston.gov](mailto:agestrong@boston.gov). To learn more about Age Strong Advocates and where to meet them in community, visit [bit.ly/how-age-strong-can-help-you](http://bit.ly/how-age-strong-can-help-you)

*\*Advocates will help determine who is eligible for which programs, which are based on income.*

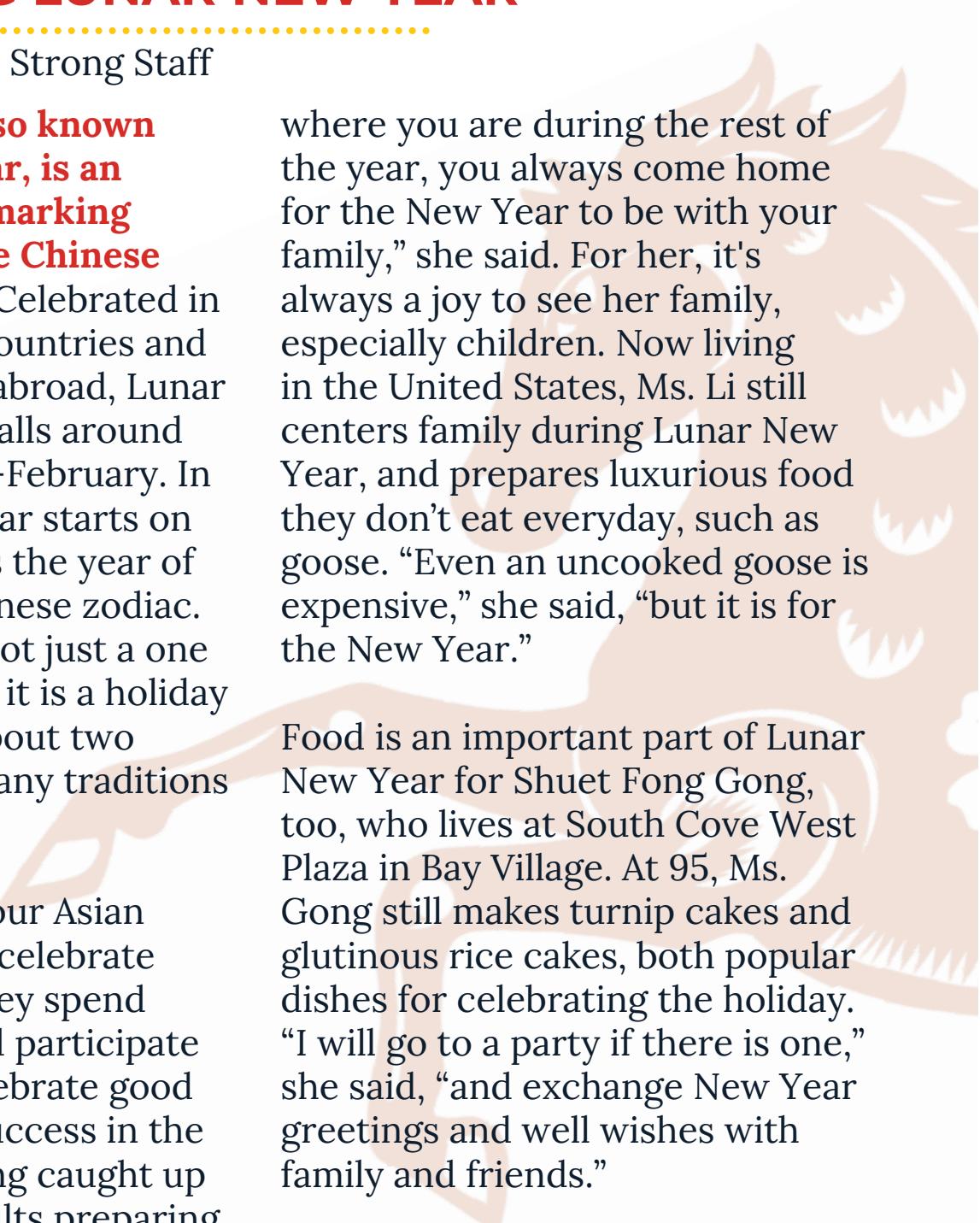
# CELEBRATING LUNAR NEW YEAR

By Sophia Wang, Age Strong Staff

**Lunar New Year, also known as Chinese New Year, is an important holiday marking the beginning of the Chinese lunisolar calendar.** Celebrated in a number of Asian countries and Asian communities abroad, Lunar New Year typically falls around late-January to mid-February. In 2026, Lunar New Year starts on February 17, and it is the year of the horse in the Chinese zodiac. Lunar New Year is not just a one day celebration, but it is a holiday period that spans about two weeks, filled with many traditions and special foods.

In Boston, many of our Asian American residents celebrate Lunar New Year. They spend time with family and participate in activities that celebrate good fortune to ensure success in the New Year. Age Strong caught up with a few older adults preparing for Lunar New Year.

For Lifang Li, a 72-year-old resident at the Eva White Apartments in the South End, Lunar New Year is all about being with family. “In China, no matter



where you are during the rest of the year, you always come home for the New Year to be with your family,” she said. For her, it’s always a joy to see her family, especially children. Now living in the United States, Ms. Li still centers family during Lunar New Year, and prepares luxurious food they don’t eat everyday, such as goose. “Even an uncooked goose is expensive,” she said, “but it is for the New Year.”

Food is an important part of Lunar New Year for Shuet Fong Gong, too, who lives at South Cove West Plaza in Bay Village. At 95, Ms. Gong still makes turnip cakes and glutinous rice cakes, both popular dishes for celebrating the holiday. “I will go to a party if there is one,” she said, “and exchange New Year greetings and well wishes with family and friends.”

Also living at South Cove West is 73-year-old resident, Jie Yi Li. She also celebrates by gathering with her family over a special meal. For many years, she would visit friends and family offering New Year’s greetings. Even though



she does this less, she still calls everyone to give her well wishes. For Ms. Li, she wishes for peace and prosperity for the people, good fortune in the New Year, and above all, good health.

Thi Trinh, 75, from Dorchester shares similar hopes for the New Year. “An khang thịnh vượng,” she said, which means to have good health without problems during the year. To celebrate Lunar New Year, known as Tết in Vietnamese culture, Ms. Trinh cooks traditional Vietnamese dishes, and spends time with her family. She also honors her ancestors with food offerings on her family altar, and cleans her house for the New Year.

Judy Wong, who is 78 and lives in Downtown, also cleans her home and buys new clothes in advance of the holiday. For her, Lunar New Year is the most important holiday in Chinese culture. “It’s like Thanksgiving for us, where families come together to celebrate,” she said. “It’s a traditional holiday spanning thousands of years.” An accomplished calligrapher, Ms. Wong prepares Fai Chun, calligraphy on red paper used in traditional decorations, to bring good luck for the New Year. As part of New England Kung Fu

Dance, a traditional Chinese dance group of older adults, Ms. Wong will perform at many Lunar New Year events. Of course she will give out red envelopes with money inside to children and young relatives to wish them luck.

According to Thanh Do, age 72 and Vietnamese, “Lunar New Year is a time to think about family, the smell of traditional food, and the place that still calls us home, no matter how far we have gone.” She and her family celebrate the New Year “by offering Tet cakes (Banh Tet with sticky rice, meat and beans), fruits and flowers to our ancestors, decorating yellow apricots, gifting lucky money to kids, and praying for a peaceful and healthy New Year.”

If you would like to participate in Lunar New Year festivities, visit the Lunar New Year Pop Up Flower Market at the China Trade Center (2 Boylston Street) February 11-16, for flowers and decorations or the Lion Dance Parade March 1. For more information visit [chinatownmainstreet.org](http://chinatownmainstreet.org) or call (617) 350-6303.

# BECOME AN AGE STRONG VOLUNTEER: HELP YOURSELF BY ALSO HELPING OTHERS

.....

By Sarah Smith, Age Strong Staff

**Age Strong offers many opportunities for Boston's older adults to volunteer and help the community.** Two of these programs are AmeriCorps Seniors RSVP Program and the Property Tax Work-Off Program. The RSVP Program pairs thousands of Americans ages 55+ with organizations making change in communities across the country. RSVP volunteers choose how, where, and when they want to serve, with commitments ranging from a few hours to 40 hours per week. The Property Tax Work-Off volunteer opportunity gives qualified homeowners who are aged 60+ the opportunity to work-off up to \$2,000 off their property tax bill by offering volunteer services to various departments in the city.

Boston-born Pat Maguire has served in both Age Strong volunteer programs. "I started by volunteering through the RSVP program," Pat says. "I had just gotten laid off from my job of 9

years, and I wanted something to do. While weighing my options, a friend, also an RSVP volunteer, suggested I look into volunteering."

Pat shared that her first RSVP Volunteer placement was as an ESOL (English for Speakers of Other Languages) teacher. "I've done work with immigrants before, with East Boston's Ecumenical Community Council, so teaching ESOL was already in my wheelhouse."

Pat also worked in different capacities of higher education, which helped lead her to her current Property Tax Work-Off volunteer position at Dorchester's Mather Elementary School. "It's really great. It feels like an extension of my previous experience. I'm an assistant to the teacher. I'm willing to do whatever she needs from me. The other day I photocopied my heart out! Other days I help students with reading and math."

Although the 2025 Property Tax Work-Off Program cycle ended in November, Pat continued volunteering at the Mather School, because she built lasting relationships there. “When I came back after the holiday break, as I walked up to the building I started hearing 6th graders calling my name, ‘Mrs. Maguire! You came back!’ They were so excited to see me. It felt really nice.”

Pat joined Age Strong’s Property Tax Work-Off Program in 2025. “I got Age Strong’s email about the opportunity and thought, this is perfect! I was able to continue filling my time volunteering, and earned a good amount off my property taxes, which helped a lot.”

“Age Strong is a fabulous resource,” Pat says. “I feel really supported by the organization and the Volunteer team. I can always call them with any questions. I feel like I’m at my best with others, and volunteering through these programs has allowed me to do just that. I get to spend my time helping and

building relationships, and that’s what it’s all about.”

For more information about Age Strong’s Volunteer opportunities, visit [boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people](https://boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people) or call the commission at **(617) 635-4366**.

### *Age Strong Volunteer Pat Maguire*



HOME ENERGY ASSISTANCE

# ABCD FUEL ASSISTANCE

PROGRAM RUNS NOVEMBER 2025 – APRIL 2026

**FOR HOMEOWNERS  
AND RENTERS**



**We can help you and your family stay safe and warm by covering a portion of your heating bills — oil, gas, electric and others.**

- If you qualify, we may pay up to **\$1,000** of your fuel bill this winter.
- If you are **NOT** living in state or federally subsidized housing, you may be eligible for assistance not only with heating bills but also with rent if heat is included.
- Check the chart to see if your yearly income falls at or below the level indicated.
- If you qualify for ABCD fuel assistance, we help pay your winter heating bill by working directly with vendors, and you can take advantage of many other services that are absolutely free.
- **IMPORTANT:** If you applied for Fuel Assistance last winter, you must return the application mailed to you to receive assistance this year.

*This federally funded program serves income eligible, elderly and disabled residents in thousands of households every year.*

**ELIGIBILITY GUIDELINES:  
2025-2026 FUEL ASSISTANCE**

HOUSEHOLD SIZE	TOTAL GROSS YEARLY INCOME
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573
5	\$115,504
6	\$131,436
7	\$134,423
8	\$137,410
Over 8*	<b>*SEE ABCD FUEL ASSISTANCE STAFF</b>

## APPLY TODAY!

**Residents of Boston, Brookline, and Newton**  
can reach ABCD Fuel Assistance at:  
178 Tremont Street, Boston, MA.  
Call us at 617.357.6012  
TTY: 617.423.9215

**Residents of Everett, Malden, Medford,  
Melrose, Stoneham, Winchester, and Woburn**  
can reach ABCD Fuel Assistance at:  
18 Dartmouth Street, Malden MA.  
Call us at 781.322.6284

**Or make an appointment at your nearest  
ABCD intake site listed on the back**

# SENIOR CIRCUIT BREAKER TAX CREDIT

## PUT UP TO \$2,820 IN YOUR POCKET!

The Massachusetts “Circuit Breaker” tax credit provides **tax relief for low to moderate income older adults age 65+**. This tax credit is available for renters & homeowners. Additionally, residents may apply for this income tax credit even if they owe no income taxes.



### BASIC REQUIREMENTS FOR ELIGIBILITY:

- Must be a Massachusetts resident or part-year resident.
- Must be age 65 or older by December 31 of the tax year.
- Must own or rent residential property in Massachusetts and occupy it as your primary residence. For tax year 2025, your total Massachusetts income doesn't exceed:
  - **\$75,000** for a single individual who is not the head of a household.
  - **\$94,000** for a head of household.
  - **\$112,000** for married couples filing a joint return.
- Homeowners can qualify if their property taxes & half of the water & sewer bills are more than 10% of their annual gross income.
- Renters can qualify if 25% of their rent is over 10% of their total income for the year.

### YOU ARE INELIGIBLE FOR THIS TAX CREDIT IF:

- You are married & your status is married, but filing separately.
- You are a dependent of another taxpayer.
- You receive a federal or state rent subsidy or you rent from a tax-exempt entity.
- For tax year 2025, the assessed value of your principal residence exceeds \$1,298,000.

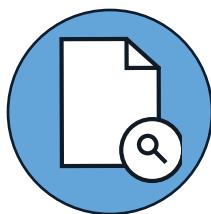
### CONTACT THE BOSTON TAX HELP COALITION FOR MORE INFO:

Call **617-635-4500** or visit **Boston.gov/Tax-Help** for more information.

# ► IN BOSTON, WE AGE STRONG.

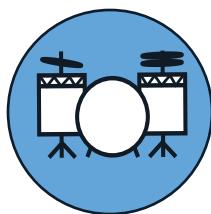
As part of the City's Human Services cabinet, The Age Strong Commission's mission is to enhance your life with meaningful programs, resources, and connections so we can live and age strong together in Boston.

*We can help with:*



## 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.



*Call us for more details at (617) 635-4366*



## **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 their 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.

# WANT TO PROVIDE PROGRAMMING FOR BOSTON'S OLDER ADULTS AGE 60+?

## Apply for Age Strong's *Rolling Grant*!

Age Strong Seeks to provide essential financial assistance to help small non-profit and community groups overcome the unexpected costs that often arise related to day-to-day and programming expenses.

**Grants range up to \$2,500**

For application & guidelines visit  
[boston.gov/age-strong-rolling-grant](http://boston.gov/age-strong-rolling-grant)

For more information call 617-635-4366  
or email [agestrong@boston.gov](mailto:agestrong@boston.gov)

**APPLICATIONS**

**DUE  
MARCH 12  
11:59PM EST**



**CITY of BOSTON**

**AGE+**

Age Strong  
Commission

Join us at one of the Age Strong Commission's

# MEMORY CAFES

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

**\*NEW\* Second Friday each month | 10:30AM-12PM**

**Boston Public Library - West Roxbury Branch**

1961 Centre Street, West Roxbury

FREE  
EVENT

**\*NEW\* Rotating Friday each month | 11:30AM-1PM**

**January 9: Shaw-Roxbury Branch, 149 Dudley Street, Roxbury**

**February 20: East Boston Branch, 365 Bremen Street, East Boston**

**March 6: North End Branch, 25 Parameter Street, North End**

**April 17: South Boston Branch, 646 E Broadway, South Boston**

FOR  
AGES  
55+

**Second Wednesday each month | 10AM-12PM**

**Boston Public Library - Codman Square Branch**

690 Washington Street, Dorchester



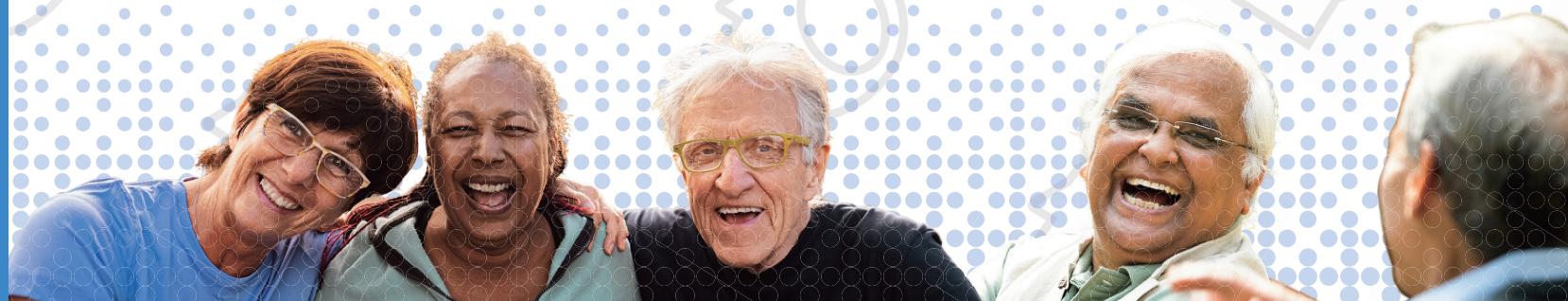
**Last Monday each month | 10:30AM-12PM**

**Boston Public Library - Jamaica Plain Branch**

**-Bilingual in English & Spanish-**

30 South Street, Jamaica Plain

**FOR MORE INFORMATION OR TO RSVP, CONTACT CORINNE WHITE  
AT 617-635-3745 OR CORINNE.WHITE@BOSTON.GOV.**



**CITY of BOSTON**



Age Strong  
Commission



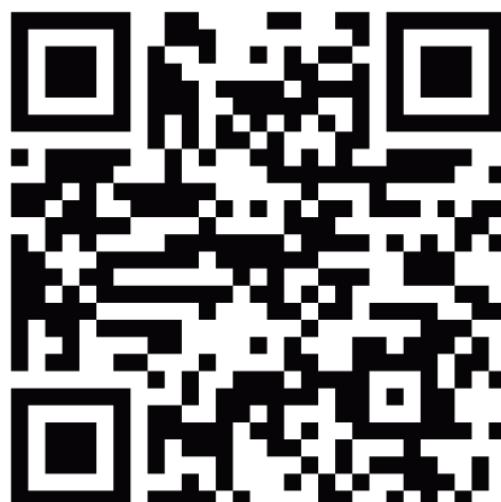
## YOUR IDEAS, YOUR CITY, YOUR VOTE! PARTICIPATORY BUDGETING IN BOSTON

**Ideas in Action is Boston's city-wide Participatory Budgeting initiative, where residents can decide how to spend a part of the City's budget.** Through **February 15, 2026**, Boston residents can vote and **decide on how \$2.2 million in Participatory Budgeting funds will be spent** for community-driven projects across the City.

"Our residents provided invaluable insights and their ideas will drive how we can deliver on issues that matter most in our communities," said Mayor Michelle Wu. "We are excited to have residents now vote on these proposals, and I am thankful to

all community members who engaged in shaping these ideas." The office will fund the most voted projects up to \$2.2 million. It's estimated that between 6 to 9 projects will be awarded. "The projects on this year's ballot represent the direct result of our office's deep commitment to community engagement," said Renato Castelo, Director of the Office of Participatory Budgeting. "By partnering with 19 organizations across the city, we've brought the voices of hundreds of residents to the table. I invite everyone to participate in this final step and vote for the projects that will

IT'S TIME TO PUT  
YOUR → IDEAS  
INTO ACTION!



have the greatest impact on their community."

This is another opportunity for you to directly influence how the City allocates its resources and ensure the needs of older adults are prioritized. Make your voices heard!

### **Who Can Vote?**

- All Boston residents aged 11 and older, regardless of citizenship status.

### **Where to Vote?**

- The easiest way to vote is by visiting [Boston.gov/Participate](https://www.Boston.gov/Participate)

Residents can also vote in person at City Hall and select BFYC Community Centers:

- BCYF Pino, East Boston
- BCYF Quincy, Chinatown
- BCYF Holland, Dorchester
- BCYF Leahy Holloran, Dorchester
- BCYF Vine Street, Roxbury
- BCYF Hennigan, Jamaica Plain

2026 funding proposals include support for food access, literacy, immigrants, small businesses, housing, aging, green space, recovery, and others including:

- Neighborhood Fresh Food Access Initiative | \$500,000
- Immigrant Legal Defense Fund | \$400,000
- Immigrant Stories Through Art: Creating Belonging, Building Connections | \$300,000
- Workforce Training Programs Focused on Trades | \$300,000
- Immigrant Career Pathways: Bridging Language and Employment | \$300,000
- Youth Financial Literacy and Empowerment Workshops | \$250,000
- Small Business Development Resource Program | \$250,000
- Community Litter Reduction Campaign | \$200,000
- Green My Block | \$100,000
- Voices of Recovery: Sobriety Supports and Storytelling Pilot | \$200,000
- Healing Through Art: Creative Pathways to Wellness | \$300,000
- Bridging the Gap: Assistance for Housing Stability | \$200,000
- Senior Caregiver Resources & Training Programs | \$200,000

To review the project proposals for this cycle, and for more information, visit [Boston.gov/Participate](https://Boston.gov/Participate) or call **(617) 635-2381**.

# ►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 via email, listing dozens of free activities across Boston for older residents.



## Lunar New Year Lion

### Dance Parade

March 1, 10:30am-3pm

Phillips Square, 1 Harrison Avenue,  
Chinatown

-Chinatown Main Streets-

**617-350-6303**

**BoscmsED@gmail.com**

## Community Dinners at Holy

### Trinity Cathedral

February 9, 6-7:30pm

165 Park Drive, Fenway

Enter the church door by the  
parking lot.

-Holy Trinity  
Orthodox Cathedral-

## Spanish for Lunch... Presencial!

Free open-level Spanish informal  
conversation workshops.

Tuesdays, 12-1pm, through  
February 24

101 Arch Street, 8th Floor, Boston

-Boston Area Spanish  
Exchange (BASE)-

**Registration required:**

[spanishclassesboston.com/  
events/forlunchpresencial](http://spanishclassesboston.com/events/forlunchpresencial)

**617-865-3665**

## Learn & Play Chess

Thursdays, 7pm

1481 Tremont Street, Roxbury  
-BCYF Tobin Center-

**617-534-5216**

**robert.chan@boston.gov**

## Bird Watching at Belle Isle Marsh

Discover raptors/birds on a  
leisurely one-mile walk over flat,  
relatively easy terrain.

February 7 & 21, 8-9:30am

1399 Bennington Street, East Boston  
Meet at information kiosk near  
main parking lot

-Department of Conservation  
& Recreation-  
**617-721-4132**

**Matthew.Nash@mass.gov**



Scan to visit  
program webpage!



# GET RELIEF FROM RISING COSTS AT **COST-SAVING CLINICS!**

Call **617-635-4366** to register for cost-saving clinics where Boston residents aged 55+ can find help lowering everyday expenses. For details, visit [boston.gov/cost-saving](http://boston.gov/cost-saving).

## **JANUARY 27-30**

10:30am-3pm

BPL Shaw Branch  
149 Dudley Street, Roxbury

## **FEBRUARY 23-27**

10am-3pm

BCYF Roslindale  
6 Cummins Highway, Roslindale

## **FEBRUARY 9-10**

10:30am-3pm

BCYF Paris Street  
12 Paris Street, East Boston

## **MARCH 9-13**

10am-3pm

The Parish of All Saints  
209 Ashmont St, Dorchester

## **FEBRUARY 11-13**

February 11: 1-5pm

February 12 & 13: 10am-3pm  
BCYF Curtis Hall  
20 South Street, Jamaica Plain

## **MARCH 23-27**

10am-3pm

Boston City Hall  
1 City Hall Square, Downtown

## **ASK ABOUT TRANSPORTATION SUPPORT**



Mayor Michelle Wu



CITY of **BOSTON**