

BOSTON SENIORITY

City of Boston
Issue 6

Age Strong Commission
June 2026

Mayor Michelle Wu
Vol. 50



MAYOR'S LETTER
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SPEAKOUT BOSTON
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P. 19



CITY of BOSTON



FREE PUBLICATION



AGE+ Age Strong Commission

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BOSTON SENIORITY MAGAZINE

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**STAY CONNECTED
WITH THE AGE
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MAYOR'S LETTER

JUNE 2026

Hello Boston!

This June, we're kicking off an action-packed summer in our city. We're hosting the FIFA World Cup, honoring America's 250th, and welcoming the Tall Ships back to our Harbor. On top of celebrating these historic events, we're excited to share some ways for you to stay connected and in community this summer.

To help you get the most out of our beautiful green spaces, we've put together a list of our favorite parks programs that are free and open to all. Wind down your evenings with some live music at our Summer Concerts, or catch a classic film during our Movie Nights. You can even try out a new workout class as part of our Summer Fitness Series, featuring everything from yoga to Zumba.

We've also included a list of farmers markets across the city, where you can find fresh, nutritious fruits and vegetables from local growers. If you've got a green thumb yourself, remember to sign up for our Garden Contest, an annual, citywide celebration of urban gardening. There's even a special Age Strong category for our over-65 residents!

This issue also features our Creative Aging Program, which offers arts programming for local seniors to craft in community. And as we celebrate Pride Month, we're thrilled to spotlight our Age Strong partner SpeakOUT, a volunteer community building a safer, more inclusive world for our LGBTQ+ neighbors through storytelling, public speaking, and educational workshops.

We can't wait to dive into summer with all of you. See you out there!

Michelle Wu
Mayor of Boston

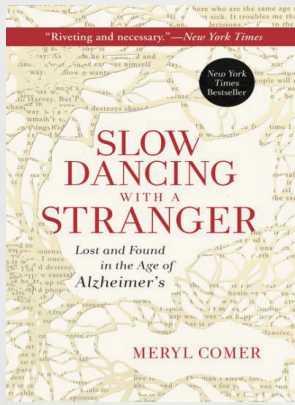
Michelle Wu 



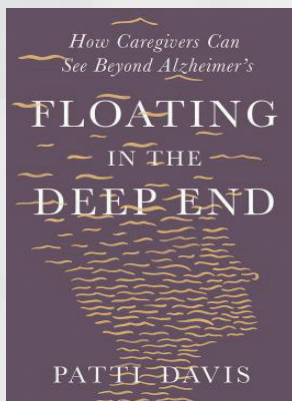
BPL BOOK PICKS

Source: Boston Public Library

Celebrate June's various celebrations and awareness days with this booklist!

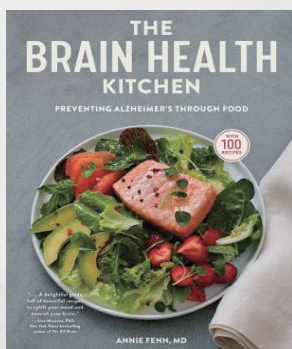


Slow Dancing With a Stranger by Meryl Comer
The truth about Alzheimer's - written by a care giving wife about her relationship with her husband.



Floating in the Deep End by Patti Davis
In a singular account of battling Alzheimer's, Patti Davis eloquently weaves personal

anecdotes with practical advice tailored specifically for the overlooked caregiver with her husband.



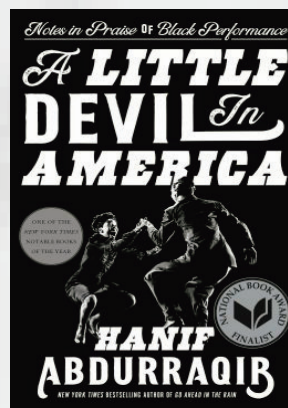
The Brain Health Kitchen by Annie Fenn
Dr. Annie Fenn gives readers a guide to preserving cognitive ability

through food, with 100 recipes to promote mental acuity.



Watermelon & Red Birds by Nicole A. Taylor

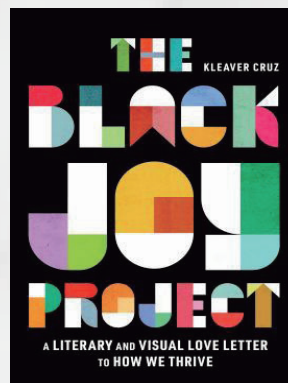
The very first cookbook to celebrate Juneteenth, from food writer and cookbook author Nicole A. Taylor—who draws on her decade of experiences observing the holiday.



A Little Devil in America by Hanif Abdurraqib

A poet, essayist and cultural critic presents a profound and lasting reflection on how black

performance is inextricably woven into the fabric of American culture.



The Black Joy Project by Kleaver Cruz

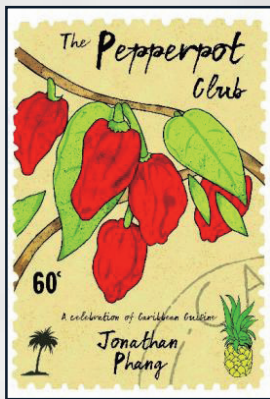
An educator and activist presents a counterbalance to the idea of how Blackness is often represented

with pain, suffering and violence to present a comprehensive picture of how Black people resist oppression and thrive through joy.



BOSTON PUBLIC LIBRARY

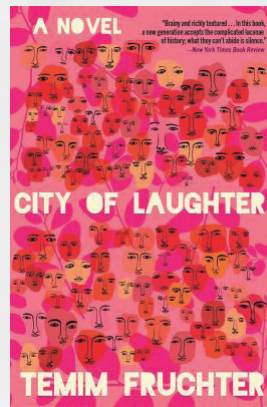
For more titles or BPL info, visit bpl.org or call 617-536-5400.



The Peppercot Club by Jonathan Phang

Find a collection of family recipes from the Caribbean along side stories

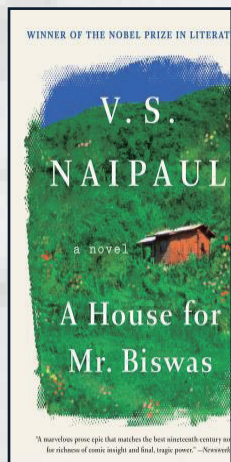
of author Jonathan Phang's childhood, growing up in a Chinese-Caribbean household in London.



City of Laughter by Temim Fruchter

Grieving her father, Shiva Margolin yearns to discover her family's guarded history by studying Jewish folklore. She travels

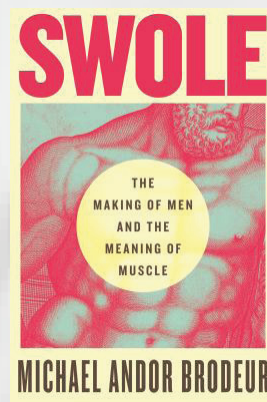
to Poland to experience Ropshitz, Poland, the "city of laughter," where she unearths a hundred years of confounding ancestry.



A House for Mr. Biswas by V. S. Naipaul

A heartrending, dark comedy of manners, "A House for Mr. Biswas" masterfully evokes a man's quest for

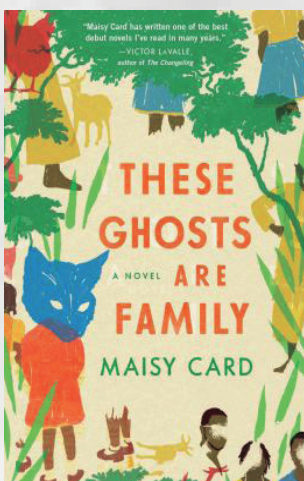
autonomy against the backdrop of postcolonial Trinidad.



Swole by Michael Andor Brodeur

Brodeur takes us into the culture centered around men's bodies, probing its limitations and promises: how men can love themselves

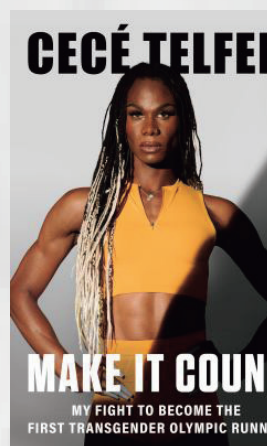
while rejecting the aggression, objectification, and misogyny that have for so long accompanied the quest to be swole.



These Ghosts Are Family by Maisy Card

Card's debut incorporates gothic fiction and Jamaican folklore to explore the immigrant

experience as told through the voices of these flawed, memorable characters.



Make It Count by CeCé Telfer

A track athlete's inspiring story of breaking barriers, this memoir reveals the triumphs and setbacks of becoming an Olympic contender

as a transgender woman, while pushing past prejudice to create her own legacy.



BEWARE OF MONEY RECOVERY SCAMS

By Sophia Wang, Age Strong Staff

If you have lost money due to a scam, beware of those who say they'll help you recover your money if you pay them first.

This could be a “recovery or refund scam” - where criminals deliberately target previous scam victims to swindle them a second time.

How It Works

- Scammers buy lists of contact details and information of people who have already paid for scams. These are called “sucker lists.” They then target these individuals, expecting them to fall for scams again.
- Fraudsters reach out and pretend to be with a legitimate government agency, law firm, or advocacy group, and say they can help you recover the money you lost. They use information they bought to create a convincing story.
- They tell you that you need to pay them a “retainer” or “processing fee” for them to help you, or tell you to give them your personal information. They then disappear with your money or steal your identity.

What To Do

- If someone demands a fee to get your money back, walk away! They are also likely a scam.
- Never share your personal or financial information
- Treat any requests to pay via cash, gift cards, cryptocurrency, wire transfers, payment apps or Western Union as an immediate red flag.
- If someone claims to be from a government Agency or organization, hang up and do your own research. Look up their official number on a trusted website or call them directly to verify.

If you were scammed, act quickly! Immediately contact the company you used to send the payment, and see if there is a way to dispute or get your money back.

To report fraud to reverse a fraudulent transaction, visit consumer.ftc.gov/articles/what-do-if-you-were-scammed.

Source: *Federal Trade Commission*

Mayor Michelle Wu's

GARDEN CONTEST

A citywide celebration of urban gardening

ENTRY DEADLINE: WEDNESDAY, JULY 8

Garden Categories:

- Container or Porch/deck garden
- Shade Garden
- Small Yard Garden (250 sq. ft. or less)
- Medium Yard Garden (250 sq. ft. or less)
- Large Yard Garden (larger than 500 sq. ft.)
- Community Garden
- Vegetable or Herb Garden
- Age Strong Garden (65+)
- Storefront, Organization, or Main Street District Garden
- Pollinator Garden

For more info and applications: **(617) 961-3004** or **boston.gov/garden-contest**



AGE STRONG PARTNER HIGHLIGHT: SPEAKOUT BOSTON

By Jordan Rich, Age Strong Staff



Boston's Age Strong Commission provides grant funding to various community organizations serving our diverse older adult population.

As we celebrate Pride Month, we are shining light on SpeakOUT Boston, a grantee organization dedicated to the LGBTQ+ community.

For over 50 years, SpeakOUT Boston has shared personal stories from the LGBTQ+ community to open minds and change attitudes. Below, Executive Director Ellyn Ruthstrom shares more about their work.

Why is it important for SpeakOUT to present panel discussions for older adults?

SpeakOUT is a multi-generational organization with members ranging from their 20s-70s. We believe that storytelling can start productive conversations with audiences of any age. I often emphasize that queer people weren't invented 20 years

ago; we've been around for as long as straight people have. If a person isn't LGBTQ+ themselves, they've had family, friends, colleagues, and neighbors who have been. It's important to include seniors in discussions about LGBTQ+ experiences so it's normalized like any other topic.

Is there stigma about aging or accepting support in the LGBTQ+ community?

I think there's a stigma about aging in all communities. In the LGBTQ+ community, hesitation to accept support can be due to the source. When support is offered by the state or unknown sources, there can be fear that those agencies might not understand the experiences and life patterns of LGBTQ+ people. Applying for support and getting involved can put people in a vulnerable position. There could be hesitancy to share private personal information about oneself in order to receive support.

I find there is an elevated awareness in the City of Boston on how important it is to build trust and create safe inclusive spaces for Boston's older LGBTQ+ citizens. The Mayor's Offices of LGBTQIA2S+ Advancement and the Age Strong Commission are actively working across the city to create and support those spaces for all seniors.

What programs and services do you offer to Boston's older adults?

We received a grant from the Age Strong Commission to present LGBTQ+ panel discussions at a variety of senior spaces across Boston. We have many speakers age 60+ who enjoy telling their stories! Many seniors have younger family members who are LGBTQ+ and our programs are a safe space for them to get their questions answered about sexual orientation, gender identity, and much more.

Are there panel discussions happening during LGBTQ+PRIDE Month that older adults can attend?

Yes! In June we'll present at the Veronica B. Smith Senior Center (Brighton) on Friday, June 5 at 11am (call **(617) 635-6120** to register); The Pryde (Hyde Park) on Monday, June 8 at 11:30am (call **(857) 342-3292** to register); and at Sophia Snow Place

(West Roxbury): Thursday, June 18 at 2pm (call **617-325-7900** to register).

How can people stay involved throughout the year?

Folks can visit our website speakoutboston.org to join our mailing list and to stay informed about upcoming panels, volunteer opportunities, and speaker training sessions.

If someone reading this wants to become a panelist or host a SpeakOUT discussion, who should they contact?

We are always looking for new speakers to join us! Every spring and fall we run a day-long speaker training to prepare new members to tell their stories. Email us at info@speakoutboston.org to become a speaker or to have SpeakOUT come to your venue.

Is there anything else you want Boston Seniority Magazine readers to know about SpeakOUT & your work?

Right now, the LGBTQ+ community is experiencing a lot of challenges due to the current political environment. SpeakOUT emphasizes that we can all be allies across identities to help create inclusive communities for all.

AGE STRONG'S CREATIVE AGING PROGRAM: NATIONAL POETRY MONTH & MORE!

By Age Strong Staff

In April, in honor of National Poetry Month, Age Strong partnered with Denise Washington, founder of Pop Up Poetry, to bring a four-week poetry workshop series to senior drop-in centers across Boston.

With her joyful greeting, “the Poet is here, the Poet is here!” Denise welcomed older adults into a creative space for self-expression, storytelling, and connection. Participants explored prose, free verse, spoken word, and personal reflection while building confidence and community through writing.

The series concluded with a celebration at Spontaneous Celebrations, one of Age Strong's partner programming sites in Jamaica Plain. The space was transformed into an intimate poetry lounge where participants shared original poems created during the workshops. Denise was joined by a live music

quartet featuring African drums and double bass, adding warmth, rhythm, and soulful energy to the afternoon.

Participants shared powerful reflections on retirement, community, wellness, and new beginnings. One who writes under the pen name “Queen,” shared a moving poem about retirement and embracing a new chapter in life. Another Piero Falci, spoke about how Age Strong programming at Spontaneous Celebrations has helped him stay socially connected, creatively engaged, and involved in wellness.

The Pop Up Poetry series reminded us that creativity has no age limit. Through poetry, music, laughter, and shared experience, older adults connected with one another and celebrated the power of their own voices.

Want to find your own spark?
We're excited to announce

two upcoming creative workshops celebrating the voices, memories, and stories of Boston's older adults.

Revolutionary! A Storytelling Workshop

Led by teaching artist Andrea Kamens, this series focuses on oral storytelling, active listening, and community building.

Participants will develop and share their personal stories in a supportive group setting, Tuesdays, 10:30AM-12noon (July 7, 14, 21, 28) at Boston Public Library (Central Branch)'s Commonwealth Salon.

The Soundtrack of My Life: A Collage of Memories

This unique, multilingual workshop is for non-native English speaking older adults. Through music, storytelling, and collage-making, seniors reflect on personal memories, build English language confidence, and foster meaningful social connections, Tuesdays, 2PM-3:30PM (June 16-July 20) at Woodbourne Apartments, in Jamaica Plain.

Join Age Strong's Creative Aging mail list to learn about free and low cost arts, email Edward Galan, Creative Aging Manager at edward.galan@boston.gov or call (617) 422-1761.

Age Strong's Creative Aging Program is supported by Goddard House and the Creative Aging Connections program.



CELEBRATING JUNETEENTH: FREEDOM DAY!

By Age Strong Staff

We celebrate Juneteenth, also known as Freedom Day to mark the end of slavery in the United States. Boston will host a variety of Juneteenth celebrations on and around June 19, 2026, including museum programs, community gatherings, and arts festivals.

A Juneteenth Celebration with Landmarks Orchestra at Dorchester's Kroc Center

Free with RSVP, June 15
eventbrite.com/e/a-juneteenth-celebration-tickets-891079170787

The Museum of Fine Arts (MFA)

Free admission, performances, activities on June 19
mfa.org/event/open-house/juneteenth

The We Create The World Vendor Market and Zine Fair

Free admission, ICA/Boston, June 19
icaboston.org/events/juneteenth-free-admission

Embrace Boston's Annual Roxbury Homecoming

Free - music & community in Nubian Square, Roxbury, June 19
embraceboston.org

Franklin Park Juneteenth Celebration

Free - picnic & barbecue with music & family activities throughout Franklin Park
franklinparkcoalition.org/event/juneteenth

For more information and other activities, visit
meetboston.com/events/holidays/juneteenth





NEIGHBORHOOD CONCERT SERIES

Enjoy **FREE** live music at your local park

Wednesday, July 8 | 7:00 p.m.
Hynes Playground, West Roxbury
Five Against None
(A Tribute to Pearl Jam)

Monday, July 13 | 7:00 p.m.
Town Field, Dorchester
FM Collective

Wednesday, July 15 | 6:30 p.m.
Rain Date: July 29
Ramler Park, Fenway
JGJ All Stars

Monday, July 20 | 7:00 p.m.
Blackstone Square, South End
Be Kind Rewind (90's Tribute)

Wednesday, July 22 | 7:00 p.m.
Fallon Field, Roslindale
Search Party

Monday, July 27 | 7:00 p.m.
Smith Playground, Allston
Terraplane Lane

Friday, July 31 | 7:00 p.m.
Medal of Honor Park, South Boston
Divas with a Twist

Sunday, August 2 | 5:00 p.m.
Highland Park, Roxbury
Jazz at the Fort featuring
George W. Russell Jr. & Company

Monday, August 3 | 6:30 p.m.
Hunt-Almont Park, Mattapan
National Night Out featuring
Stone Gon



**SCAN QR CODE
FOR MORE INFO OR VISIT
BOSTON.GOV/PARKARTS**



BOSTON'S AGE FRIENDLY CERTIFIED BUSINESSES

By Sarah Smith, Age Strong Staff



In 2014, the City of Boston proudly joined the World Health Organization's global network of Age-Friendly Cities through AARP. This commitment ensures that Boston works on policies, programs, and services that benefit older adults as they age, with independence and dignity. One such initiative is the Age and Dementia-Friendly Business Certification.

To earn this certification, local businesses complete an in-person

training to make their physical spaces and customer service more welcoming, inclusive, and accessible. Key steps include ensuring proper lighting, a patient staff, providing designated resting areas, installing non-slip flooring, and using universal wayfinding signage/symbols, like arrows.

By creating a more accessible environment, this program helps businesses thrive with a more diverse customer base, while simultaneously giving older adults

more access to goods and services. To date, Age Strong has trained and certified over 100 age-friendly businesses across Boston.

Our newest additions include all 8 YMCA Boston locations. The YMCA is a destination for all ages, offering dedicated programming for older adults at each site. One of them is Enhance Fitness, an evidence-based group exercise program designed to help older adults improve their strength, balance, flexibility, and overall health. It is a 16-week program, led by certified instructors and includes exercises performed either standing or seated, with modifications available for all fitness and mobility levels.

Beyond helping participants stay active and maintain independence, the classes provide an opportunity to build lasting social connections. An added perk for program participants, is that they can enjoy a complimentary YMCA membership for 16 weeks, providing full access to YMCA facilities and additional wellness opportunities.

Beyond health and wellness, the YMCAs support their communities providing other social services

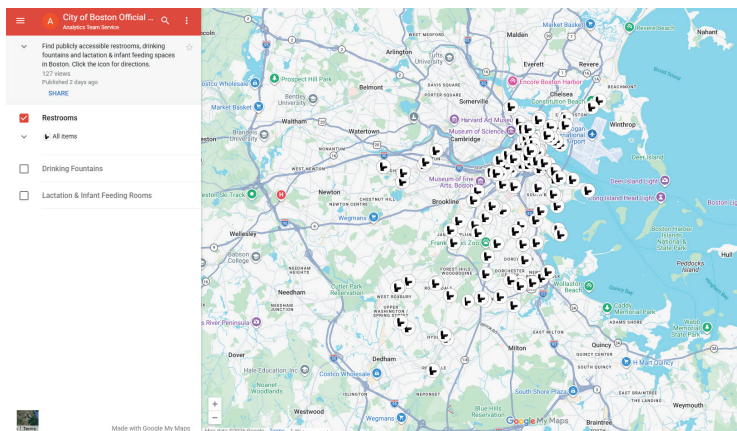
including food pantries and shelter programs.

To find Age-Friendly certified businesses near you or to learn how your business can get involved, visit boston.gov/departments/age-strong-commission/age-friendly-businesses.



BOSTON'S PUBLIC AMENITIES MAP: FIND WHAT YOU NEED AROUND BOSTON THIS SUMMER!

By Boston Planning Advisory Council



The City of Boston has launched a new online Public Amenities Map to help you quickly find the resources you need when you're on the go. The map is built on the familiar Google Maps platform, as an interactive guide to publicly accessible restrooms throughout Boston. Beyond restrooms, it also includes information about drinking fountains, as well as family friendly resources like baby changing stations and infant feeding spaces.

Smartphone users can simply open the map, click on the icon corresponding to what you need, and get step-by-step directions in Google Maps. The map also provides information on accessibility and restroom type.

This new resource expands on

the City's first public restroom map, originally launched by the Age Strong Commission in 2018. This expanded version adds new locations across all twenty-four of Boston's vibrant neighborhoods. The directory includes both public restrooms and private facilities that are open to the public. Please note that some privately-owned properties may not have clear signs pointing to every amenity, but staff can direct you as needed.

The map will be updated regularly based on YOUR feedback. As you explore Boston this summer, we encourage you to submit comments about accuracy and accessibility of the sites you visit.

Whether you're a lifelong Bostonian running errands or a first-time visitor, we hope this makes navigating Boston a little bit easier.

Learn more about the map and other city resources at boston.gov/amenities.

MAYOR MICHELLE WU'S

MOVIE NIGHTS



SUMMER 2026 SCHEDULE

FREE ENTRY | MOVIES START AT DUSK | FREE POPCORN

TUES AUGUST 4	ZOOTOPIA 2 Titus Sparrow Park 75 West Rutland Sq, South End		WED AUGUST 19	GOAT Draper Playground 5265 Washington St, West Roxbury	
MON AUGUST 10	BAD GUYS 2 Rogers Park 30 Rogers Park Ave, Allston-Brighton		THURS AUGUST 20	ANACONDA Iacono Playground 150 Readville St, Hyde Park	
TUES AUGUST 11	SUPERMAN Marcella Playground 260 Highland St, Roxbury		TUES AUGUST 25	ELIO East Boston Memorial Park 143 Porter St, East Boston	
WED AUGUST 12	OCTOBER SKY Healy Playground 160 Florence St, Roslindale		WED AUGUST 26	GOAT Winthrop Square Training Field 55 Winthrop St, Charlestown	
FRI AUGUST 14	NATIONAL TREASURE Jamaica Pond 345 Jamaica Way, Jamaica Plain		THURS AUGUST 27	SUPER MARIO GALAXY MOVIE Moakley Park Columbia Road at Mercer Street, South Boston	
MON AUGUST 17	SUPERMAN Walsh Playground 1005 Washington St, Dorchester		FRI AUGUST 28	WICKED FOR GOOD Copley Square 560 Boylston St, Back Bay	

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



boston.gov/movie-nights

CITY of BOSTON



Parks and Recreation

ADDITIONAL SUPPORT BY:



Tourism, Sports,
and Entertainment

BOSTON 250

MOVIE NIGHTS

FREE ENTRY | MOVIES START AT DUSK | FREE POPCORN



MALCOLM X

Friday, July 17

Malcolm X Park

Dale Street & Regent Street,
Roxbury



OCTOBER SKY

Wednesday, August 12

Healy Playground

160 Florence St, Roslindale

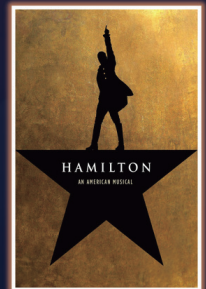


NATIONAL TREASURE

Friday, August 14

Jamaica Pond

345 Jamaica Way, Jamaica Plain



HAMILTON

Thursday, September 3

City Hall Plaza

1 City Hall Sq, Boston



Scan QR code for more info
or visit boston.gov/250-movies

WITH ADDITIONAL SUPPORT FROM

CITY of **BOSTON**



Parks and Recreation

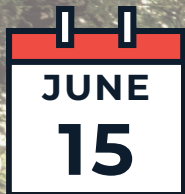


Tourism, Sports,
and Entertainment

▶ **EVENTS + ACTIVITIES**

JUNE HAPPENINGS

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



Adult Chess Club
6 PM – 7:30 PM
BPL Lower Mills
27 Richmond St,
Dorchester
(617) 298-7841



Book Club Café
11:00 AM – 12:15 PM
BPL Honan-Allston
300 North Harvard St,
Allston
(617) 787-6313



**Bike Repair Workshop
with Boston Bikes**
3:30 PM – 5:30 PM
BPL East Boston
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



Shut Up & Write!
6:30 PM – 7:45 PM
BPL Brighton
40 Academy Hill Rd,
Brighton
(617) 782-6032



**Spanish Language
Conversation Group**
10:00 AM – 11:00 AM
BPL Connolly
433 Centre St,
Jamaica Plain
(617) 522-1960

- ♥ **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

AN INTERVIEW WITH AGE STRONG PROPERTY TAX WORKOFF VOLUNTEER REBECCA PRIEST WHO SUPPORTS AGE STRONG'S MEMORY CAFES

By Age Strong Staff



Rebecca Priest has been drawn to working with older adults, both in her career and her volunteer work.

After graduating with a degree in social work from Simmons University in the late 1980s, she began her career at a mental health clinic before finding her true calling. “A friend suggested looking into a Visiting Nurse Association, so I took a position at the Milton VNA,” she recalls.

Rebecca credits her fondness for working with older people to her grandparents, both of whom lived to be over 100 years. Their longevity and wisdom gave her a positive outlook on aging, inspiring a life of

respecting older generations and gracefully welcoming growing older herself. “I always thought ‘It’ll be so cool when I get to be an elder,’” Rebecca says. “Now that I’m in my seventies, it’s truly a great stage of life!”

Before joining Age Strong’s Property Tax Work-Off Program (PTWOP), Rebecca served as a SHINE (Serving the Health Insurance Needs of Everyone) volunteer with ABCD and ETHOS, helping older adults understand and apply for Medicare.

“It’s a wonderful volunteer experience,” Rebecca says. “And it’s great that I can now serve as an Age Strong Property Tax Workoff volunteer. It allows me to help people while offsetting a portion of my property tax bill.”

Rebecca and her wife Madonna live in West Roxbury. “We met in 1996 through the Boston Globe, back when people put personal ads in the newspaper,” Rebecca recalls. After dating for 8 years, the couple found themselves waiting on history.

When Massachusetts became the first state to legalize same-sex marriage in 2004, they were ready. “Canada had legalized gay marriage some time before, so we used to joke that if Massachusetts didn’t pass it, then we were moving to Canada!”

In 2004, Rebecca and Madonna were wed at Back Bay’s historic Arlington Street Church. “It was like the whole city was happy for us,” Rebecca says. “Everyone on the sidewalk were saying ‘Congratulations!’”

Living openly and authentically is something Rebecca deeply values. “As an older adult, I’m just out and open about being a lesbian.” The couple is happy to live in Massachusetts and in Boston, where they feel safe and accepted by so many.

Rebecca describes volunteering as one of the most rewarding experiences of her life. “I did social work as a career, but it’s more satisfying to give help to others so freely, even if they will never be able to ‘pay you back,’” she says. “It makes the work even more satisfying.”

As a PTWOP volunteer, Rebecca

offers SHINE counseling at the Senior Center Pilot program in West Roxbury.

In addition to volunteering, Rebecca stays connected and stays active. She has been meditating for years, and this practice has opened the door to retreats, workshops, and lifelong friends and mentors. “It’s good to keep learning and being active; it feels better than playing solitaire on my phone,” Rebecca admits, although she does squeeze in a quick game from time to time.

“Being an older adult is a rich and rewarding moment in life, even if society doesn’t always value it,” Rebecca says. “That makes it doubly important for us to value this time ourselves.”

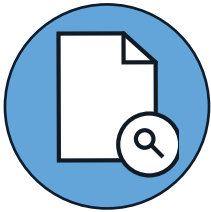
Through volunteering, staying active, and embracing her retirement alongside Madonna, Rebecca is giving herself permission to live the life she wants to live.

To learn more about the Property Tax Work-Off program, visit boston.gov/departments/age-strong-commission/senior-property-tax-work.

▶ IN BOSTON, WE AGE STRONG.

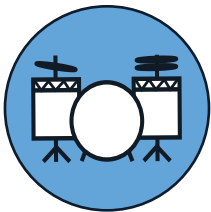
As part of Boston's Human Services cabinet, Age Strong aims to enhance the lives of older residents with meaningful programs, resources, and connections so we can live and age strong together in Boston. *Call us at (617) 635-4366 or visit boston.gov/age-strong.*

We can help with:



AGE STRONG ADVOCATES

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



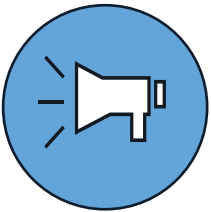
EVENTS & PROGRAMMING

Age Strong hosts dozens of events & programs for older residents, including celebrations for Black Heritage, Hispanic Heritage, LGBTQIA+ Pride & more. We host programs in community spaces across Boston including wellness, fall prevention, fitness, arts & more.



TRANSPORTATION

We help older adults connect to all transportation options available, like our Age Strong Shuttle, Taxi Coupons, and more.



VOLUNTEER OPPORTUNITIES

We connect older residents to many volunteer opportunities based on your interests, location & preferred time commitment.



AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where residents can live & age well in community. We host Memory Cafes for those with memory loss and support groups for care partners to share resources & experiences.



HOUSING SUPPORT

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

CELEBRATING BOSTON'S RICH CARIBBEAN HERITAGE THIS JUNE

By Edzani Kelapile, Age Strong Staff

In June we celebrate National-Caribbean Heritage Month, reflecting on the rich history, experiences, and triumphs of the Caribbean community in Boston and across the United States.

Boston is proud to have the largest Caribbean population in Massachusetts, with over 127,000 Caribbeans calling Roxbury, Dorchester, Mattapan, and Hyde Park home. The largest groups within this vibrant community are Dominicans, followed by Puerto Rican and Haitian residents.

To honor this month, Boston is hosting a variety of events celebrating Caribbean cultural heritage:

Virtual Caribbean Heritage Month Launch Event

Flag Raising Event, June 2, Boston City Hall Plaza

Caribbean American Heritage Month Celebration

June 5, South Boston Maritime Park

Caribbean American Heritage Festival

June 7, Reggie Lewis Center, Roxbury

For more information on Caribbean Heritage Month and the ways that the City of Boston will celebrate it, visit boston.gov/departments/equity-and-inclusion-cabinet/caribbean-heritage-month.



RECOGNIZING AND PREVENTING ELDER ABUSE IN BOSTON

By Age Strong Staff



June 15 marks World Elder Abuse Awareness Day, a time to reaffirm our commitment to the safety and dignity of our older adults. At the Age Strong Commission, we believe every Bostonian deserves to age with security and respect. However, elder abuse remains a hidden crisis, affecting approximately 1 in 10 older adults.

Elder abuse is any intentional or negligent act by a caregiver or trusted person causing harm to

an adult age 60 or older. It is not always physical; it often takes the form of:

- **Financial Exploitation:** unauthorized use of funds, forging signatures, or coercing an older adult to change legal documents
- **Emotional Abuse:** verbal threats, humiliation, or forced isolation
- **Neglect:** failure to provide essential care, such as food, medicine, or safe living conditions

Why Awareness Matters

Abuse often happens behind closed doors, and many survivors are hesitant to speak out due to fear, shame, or cognitive decline. By learning the warning signs, such as unexplained bruises, sudden changes in a bank account, or a person becoming unusually withdrawn, you can be the voice for someone who may not be able to speak for themselves.

How You Can Support

The most effective way to prevent abuse is to reach out to older family members and neighbors regularly. Social isolation is one of the biggest risk factors for exploitation. If you notice something that doesn't feel right, trust your instincts. Reporting is not about making an accusation; it's about initiating a wellness check to ensure someone is safe.

Where to Get Help in Boston

- If you or someone you know is in immediate danger, call 911.
- **Massachusetts Elder Abuse Hotline:** 1-800-922-2275 (24/7

to report suspected abuse or neglect)

- **Attorney General's Elder Hotline:** 1-888-243-5337 (M-F, 10am-4pm for scams, legal issues, and consumer protection).
- **Attorney General's Consumer Hotline:** 617-727-8400 (for fraud and financial exploitation).

Together, we can ensure Boston is a city where every older adult is valued and protected.

Central Boston Elder Services will host the fifth annual World Elder Abuse Awareness Day Walk on June 22, from 10am-1pm, starting at their courtyard at 2315 Washington Street in Roxbury. Join them and aging partners in shining the light on elder abuse and advocating for protecting older adults. For more information visit centralboston.org.

NATIONAL DEMENTIA AWARENESS MONTH

By Sarah Smith, Age Strong Staff



May is National Dementia Awareness Month, a time dedicated to educating communities, honoring caregivers, and highlighting the critical importance of early diagnoses.

To support this mission, Boston's Age Strong Commission offers vital programs and resources to those living with memory loss, their care partners, and their families. Among the most impactful of these resources is the network of

Memory Cafes across the city's neighborhoods.

Our Memory Cafes meet monthly at a variety of locations including Jamaica Plain, Dorchester, and West Roxbury. Memory Cafés provide a safe, welcoming space for people to connect with others who face similar challenges.

To get a closer look at their impact, we spoke to Age Strong RSVP Volunteer Keither Lennards, who has been helping at Memory Cafes since they started.

“These Memory Cafes are a wonderful thing,” said Lennards. “They allow both the caregiver and client an opportunity to relax, and they give caregivers an opportunity to learn things to include at home that offer stimulation.”

For Lennards, watching this initiative grow has been incredibly rewarding. “It's been wonderful to watch the program grow. I see new activities and witness firsthand how they help participants. There are so many fun programs now – reading,

music, dancing, exercise, and crafts.”

Over the years, Lennards has seen powerful transformations. “A young boy would often come to the cafes with his father and grandmother,” Lennard recalls. The father never spoke, but one time everyone took turns reading aloud. When it was his father’s turn, something shifted. He read out loud giving him the courage to speak. We couldn’t get him to stop talking for the rest of the meeting!”

For Lennards, the motivation to continue to show up comes down to the community they’re building. “Volunteering with the Memory Cafes is truly fulfilling,” Lennards shares. “I’m part of letting folks discover what they can achieve. Some, who face daily hardships, find a sense of belonging. They feel accomplishment and the benefit of a support system. Some people come in not knowing what to expect, but after every session, everyone wants more.”

To learn more about Age Strong’s Memory Cafes, call Corinne Brindley at 617-635-3745 or visit boston.gov/departments/age-strong-commission/memorycafes



AGE STRONG'S FREE PROGRAMMING FOR OLDER ADULTS IN DORCHESTER

By Age Strong Staff





Boston's Age Strong Commission hosts dozens of free programs and activities for Boston's older residents across neighborhoods, including two locations in Dorchester. On Wednesdays and Fridays Age Strong offers drop-in programs at Boston Centers for Youth & Families' Holland Community Center, located at 85 Olney Street. On Tuesdays and Thursdays, drop in at Boston Public Library's Codman Square Branch, located at 690 Washington Street.

BCYF Holland Center

Wednesdays

- Roundtable Talk | 10-10:30AM
- Mindfulness & Sound Healing | 10:30-11:30AM
- Bingocize (6/3 & 6/17), Board Games (6/10), Chair Exercise (6/24) | 11:30AM-1PM

Fridays

- Roundtable Talk | 10-11AM
- Ageless Grace | 11AM-12PM
- Stretching | 12-12:30PM
- Puzzles | 12:30-1:30PM

**no programs on June 19 for Juneteenth holiday*

Boston Public Library's Codman Square Branch

Note: This site is operating on a limited summer schedule from June through August, with the full program schedule resuming in September.

Tuesdays

- Tai Chi | 10:30-11:30AM

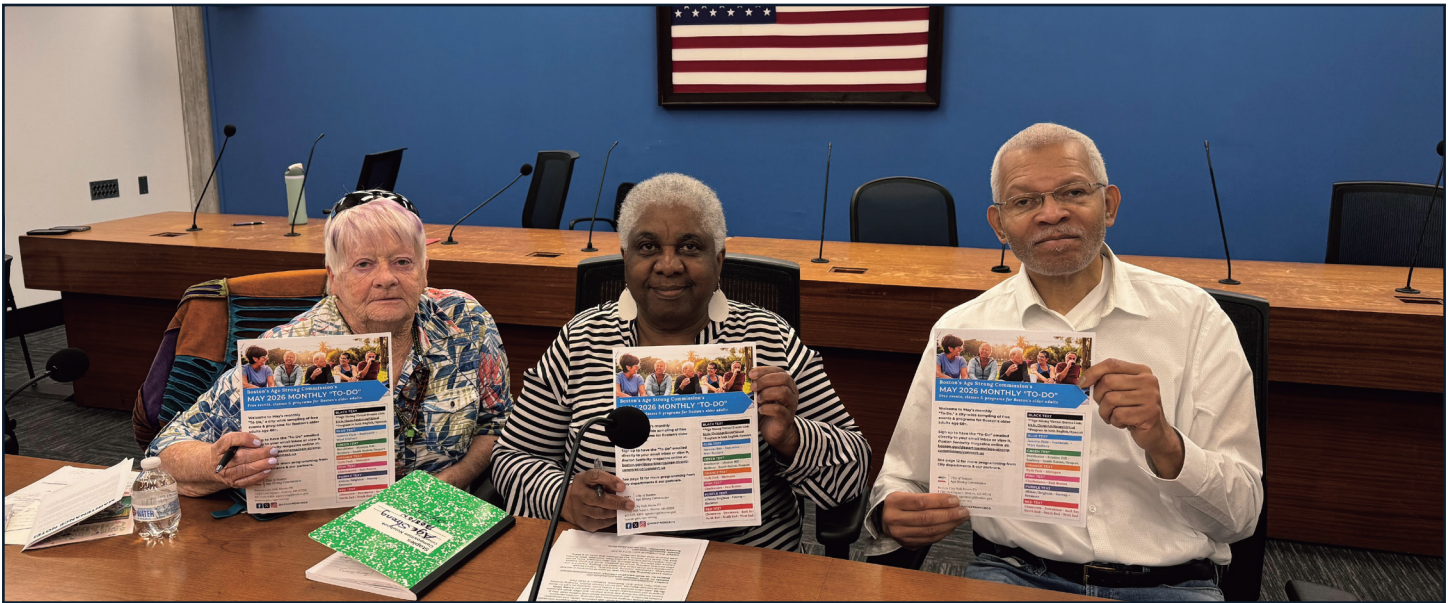
Thursdays

- Quilt Club | 10:30AM-12:30PM

Age Strong's other drop-in sites include Union Church (South End), Dewitt Center (Roxbury), and the Elks (West Roxbury). For more information on these drop-in sites or other Age Strong free programming, call **617-635-4366**.

Additionally, Age Strong supports a wide variety of community programs through grant funding and partnerships with BCYF and other organizations. For more information, please visit boston.gov/departments/age-strong-commission/events-and-engagement-older-adults.

▶ 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.



Boston Pride for the People Parade & Festival

Saturday, June 6, 11am
Parade starts at Copley Square, ending with a festival at Boston Common
info@bp4tp.org
bostonprideforthepeople.org



Dementia Friends Virtual Training

Tuesday, June 16, 1pm
Virtually via Zoom
1350 Tremont Street, Roxbury
-Dementia Friends Massachusetts-
Learn how to impact people affected by dementia

Register: dementiafriendsma.org/find-a-session/entry/1007



Bunker Hill Parade

Sunday, June 15, 12:30pm
Parade begins at Bunker Hill & Chelsea Streets, Charlestown
700 Boylston Street, Back Bay
-Battle of Bunker Hill Parade Committee-
bunkerhillparade.com



Open Mic Night - Roslindale

Thursday, June 25, 6:30-8:30pm
Adams Park, 4225 Washington Street, Roslindale
-City of Boston Parks & Recreation-
boston.gov/calendar/open-mic-roslindale





All fitness levels are welcome!

BOSTON PARKS SUMMER FITNESS SERIES

May 3 - August 29, 2026



For more details:
boston.gov/fitness

	TIME	CLASS	LOCATION, NEIGHBORHOOD
SUNDAY	8:00 a.m.	Yoga	Elliot Norton Park, Chinatown
	8:00 a.m.	Strength Training	Hynes Playground, West Roxbury
MONDAY	5:30 p.m.	Yoga	Adams Park, Roslindale
	6:00 p.m.	Ritmo (Rhythm) & Power	Iacono Playground, Hyde Park
	6:00 p.m.	All Levels Yoga	Medal of Honor Park, South Boston
	6:30 p.m.	Zumba®	East Boston Memorial Park, East Boston
TUESDAY	5:30 p.m.	All Ages Yoga	Winthrop Square, Charlestown (Training Field)
	6:00 p.m.	Kick It by Eliza	Brighton Common, Brighton
	6:00 p.m.	Zumba®	Marcella Playground, Roxbury
	6:30 p.m.	Family Zumba®	Walker Playground, Mattapan
WEDNESDAY	5:30 p.m.	Yoga	Horatio Harris Park, Roxbury
	6:00 p.m.	Zumba®	Mozart Street Playground, Jamaica Plain
	6:00 p.m.	Stretch & Mobility	Codman Square Park, Dorchester
	6:00 p.m.	Family Yoga	Portsmouth Street Playground, Allston
	6:30 p.m.	BCBS Line Dancing	Franklin Park, Dorchester (Refectory Hill)
THURSDAY	10:00 a.m.	Chair Yoga	Symphony Park, Fenway
	6:00 p.m.	BCBS Yoga	Boston Common, Downtown (Frog Pond)
	6:00 p.m.	Bota Fogo Dance Fitness	Christopher Columbus Park, North End
	6:30 p.m.	Dancehall Bootcamp	Mission Hill Playground, Mission Hill
FRIDAY	10:00 a.m.	Tai Chi	Titus Sparrow Park, South End
SATURDAY	8:00 a.m.	Walking Group	Franklin Park, Dorchester (Golf Clubhouse)
	10:00 a.m.	Yoga	Savin Hill Park, Dorchester

No classes will be held on 5/25, 6/19, & 7/4

@bostonparksdept @healthyboston

