

BOSTON SENIORITY

City of Boston
Issue 7

Age Strong Commission
July/August 2026

Mayor Michelle Wu
Vol. 50



MAYOR'S LETTER
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BEAT THE HEAT
P. 10

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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
STRONG COMMISSION!**



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MAYOR'S LETTER JULY/AUGUST 2026 Hello Boston!

Boston is heating up with an action-packed season of events. This summer, we're hosting the FIFA World Cup, welcoming the Tall Ships back to the Harbor, and commemorating the 250th anniversary of our country's founding. We're so excited to celebrate with everyone—and especially all of you!

On top of these once-in-a-lifetime events, we've created a guide for all our free, annual programming. Stay active with our summer fitness series, join us for an outdoor concert or movie night in the park, or take a park ranger-led tour to learn more about our beautiful green spaces. Be sure to also check out your local farmers markets for some fresh summer produce!

In this issue, we are proud to profile one of our incredible Age Strong partners, the Cape Verdean Association of Boston. CVAB supports our local Cape Verdean diaspora through advocacy, youth leadership, and immigrant services. (Congratulations to Cape Verde for qualifying for their first-ever World Cup!)

Finally, the state primary elections are coming up on September 1st. Your voice and vote will help shape the decisions that affect our communities. So, we've included all the information you need to get ready—including voter registration deadlines, how to participate in our local census, and opportunities to work the polls.

This is going to be an unforgettable summer, Boston. See you out in community!

Michelle Wu
Mayor of Boston

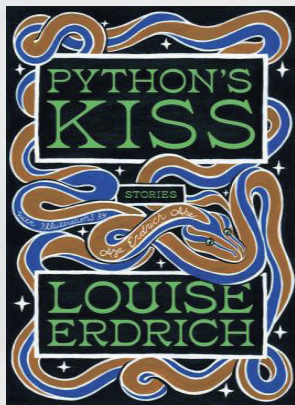
Michelle Wu 



BPL BOOK PICKS

Source: Boston Public Library

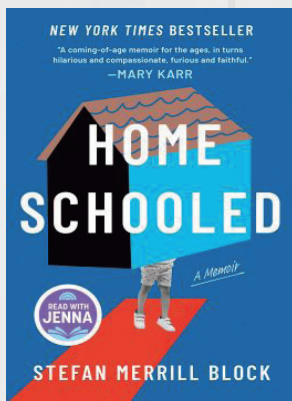
Are you looking for a suggestion for the BPL's "New Release" challenge in this year's Adult Summer Reading Bingo? Check out one of their picks for a great read!



Python's Kiss by Louise Erdrich

This collection of short stories, illustrated by the author's daughter, features a range of characters

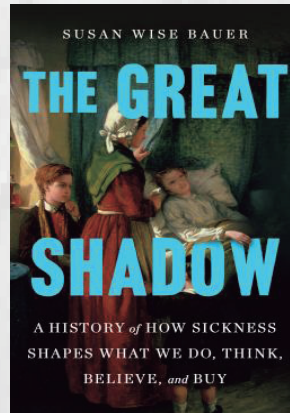
including a tribal newsletter editor, immigrant farmers, ordinary people, bird lovers, artists, grade-school teachers, and romantics.



Homeschooled by Stefan Merrill Block

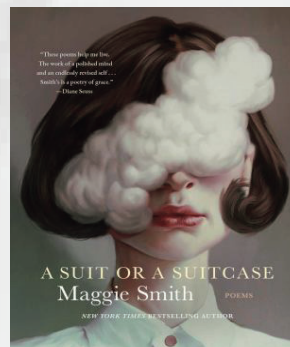
Block, who was withdrawn from public school at the age of nine and educated at home

by his mother, reflects on his experiences within both homeschooling and traditional educational systems.



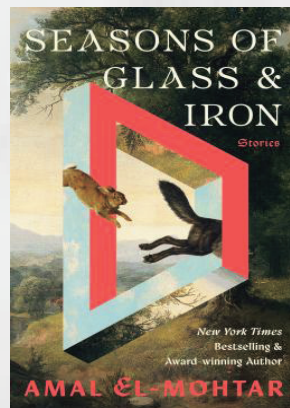
The Great Shadow by Susan Wise Bauer

Historian Bauer uses extensive historical research and first-person accounts to tell a vivid story about sickness and our responses to it, from very ancient times until the last decade.



A Suit or a Suitcase by Maggie Smith

Bestselling poet Smith considers—and reconsiders—what it is to be human: Does one life matter in the grand scheme of space and time? Could there be more to life, just beyond the borders of we can experience?



Seasons of Glass and Iron by Amal El-Mohtar

Award-winning author El-Mohtar guides the reader through speculative stories told in letters, diary entries, reference materials, folktales, and lyrical prose.



**BOSTON
PUBLIC
LIBRARY**

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



DON'T FALL FOR "PIG BUTCHERING" SCAMS

By Sophia Wang, Age Strong Staff

"Pig butchering" is a scam named after the practice of "fattening up" a pig before slaughter. In this type of fraud scammers build relationships with targets over time, luring them into depositing large sums of money into fake investments.

How It Works

- Scammers reach out via unsolicited text or social media messages, hoping recipients respond and start conversations.
- Scammers spend weeks or months building relationships with targets, gaining trust, isolating victims from friends and family.
- Once trust is gained, the scammer offers an investment opportunity that promises high returns, usually with cryptocurrencies.
- They encourage victims to invest small amounts, show them fake returns, then they gradually pressure them to invest more.
- They create a false sense of security, then pressure victims to invest their savings. Once they withdraw the funds, scammers

disappear with the money.

What To Do

- **Ignore unsolicited contact:** Don't respond to texts, email, calls, or messages from those you don't know.
- **Watch for early affection:** Scammers use "love bombing" on victims, heaping praises and calling victims "honey" or "my love" within a matter of days. This is a red flag.
- **Research the investments:** See if the investment is legitimate and never invest in something you don't understand. You can also speak to a financial advisor. If someone tells you not to check with someone else before investing, it's a scam.

If you suspect that you're a victim of a scam, notify your bank immediately. Contact your police department to file a report or file a complaint with the FBI's Internet Crime Complaint Center (IC3) at www.ic3.gov.

Source: [AARP](#) & [FDIC](#)

MEET LINDA WHITTLE, AN OLDER ADULT WHO TURNED INJURY INTO ADVOCACY

By Edzani Kelapile, Age Strong Staff



Before moving to Boston, Linda Whittle was a ski instructor in Colorado.

She initially studied hotel and restaurant management, and worked in the hospitality industry for ten years. “I was working 80-hour weeks when I decided to visit friends in Colorado,” Linda recalls. “I enjoyed the trip so much, I moved there!”

In Colorado, Linda found a new

passion as a ski instructor for adaptive athletes -- those with physical, cognitive, or intellectual disabilities. But in 2009 her life changed in an instant. While coaching, Linda was hit by a snowboarder. The impact caused permanent vertigo, a condition that causes the sensation of spinning, whirling, and dizziness.

The injury forced Linda to

take a pause from skiing and relocate to Boston to seek vertigo treatment. “I had to retrain my brain after the accident just to live with vertigo,” she says. “I’m doing a lot better now. My therapist was great.”

Even with treatment, the effects remain a daily battle. “Vertigo affects me greatly, including my executive functioning and everyday activities,” she explains. She notes that she is not as detail-oriented as she once was, often being late to appointments, and finds job application processes more difficult.

Refusing to be discouraged, Linda applied for Age Strong’s Civic Academy last year, to connect with like-minded older adults, and become more civically involved. The experience exceeded her expectations. “I would do the academy again if I could,” she says. “I learned about so many incredible efforts by different

city and state departments. It was eye-opening.”

Today, Linda is taking what she learned and becoming an advocate for low income older adults with disabilities. “I’ve had to figure out so much on my own, and have run into so many dead ends. I hope my work can help others.”

Through it all, Linda continues to show up for her community. “If you need me, call me, and I’ll be there. I may be 10 minutes late due to my vertigo, but I’ll be there.”

For more information on the City of Boston’s efforts to make Boston a more accessible city for everyone, visit boston.gov/departments/disabilities-commission. To learn about Age Strong’s Civic Academy, visit boston.gov/departments/age-strong-commission/senior-civic-academy-2025.

JOIN BOSTON'S PARK RANGERS FOR A TOUR!

By Edzani Kelapile, Age Strong Staff

Boston's Parks and Recreation Department employs park rangers to serve as "park keepers" across the city's nine Emerald Necklace parks, as well as historic burying grounds, neighborhood parks, and playgrounds. The Parks and Recreation Department created the Park Ranger Division in 1982 as a seasonal program, becoming permanent in 1988.

Many Boston Park Rangers have backgrounds in law enforcement and park management, while also being knowledgeable of liberal arts, environmental studies, and recreation. These diverse skill sets allow park rangers to successfully carry out their three essential functions: assisting the public, protecting visitors and park infrastructure, and interpretive programming.

To help residents connect with the city's green spaces, the Parks and Recreation Department offers a variety of free, guided walking tours:

- **Franklin Park Ruins Tour:** Participants can learn about the hidden history of Franklin Park. From overgrown stonework to

forgotten structures, this tour is perfect for anyone interested in history and urban exploration. Learn more at boston.gov/calendar/franklin-park-ruins-tour

- **Commonwealth Avenue Walking Tour:** In celebration of the United States' 250th anniversary, rangers will guide powerful stories behind the grand statues and memorials lining this historic street,
- **Jamaica Pond Walking Tour:** This tour invites participants to discover local wildlife, plant life, and the pond's rich history.

To learn more about Park Rangers and their full schedule of guided tours, visit boston.gov/departments/parks-and-recreation/boston-park-rangers.



BEAT THE HEAT: A GUIDE TO STAYING PREPARED, COOL & SAFE

By Age Strong Staff



Summer in Boston is a wonderful time for walks in the park, family cookouts, and enjoying the sunshine. But it also brings some very hot days that we need to prepare for. Taking care of yourself and looking out for family, friends, and neighbors is how we keep our community strong. Visit [Boston.gov/heat](https://www.boston.gov/heat) to see a full list of resources to protect yourself against extreme heat.

Stay Informed

Sign Up for AlertBoston to get emergency notifications from the city, via call, text, or email. Visit [boston.gov/alerts](https://www.boston.gov/alerts) or call (617) 343-2400 to sign up.

Plan Ahead of the Heatwaves

- **Ask your doctor if your medications might make you**

more sensitive to heat risk. If your doctor has told you to limit your liquids, ask what you should do in hot weather.

- **Install air conditioners and use ceiling or standing fans.** If you cannot afford an air conditioner, you may be eligible for one through Action for Boston Community Development (ABCD). If you currently receive the utility discount rate, you are automatically eligible, and if you receive any other benefits, you may be eligible. To learn more call (617) 348-6419 or visit [bostonabcd.org/service/weatherization-wap/](https://www.bostonabcd.org/service/weatherization-wap/).
- **Know your local cool spaces:** Visit [boston.gov/heat](https://www.boston.gov/heat) or call 311 to find locations and hours for your local public pools, BCYF cooling center, public library, and more.



What to Do on Hot Days

- Check in with friends, family and neighbors.
- Hydrate and keep plenty of drinking water available.
- Dress for the Weather: Wear sunscreen and loose-fitting, light clothing.
- Keep Your Home Cool: Cover your windows to block out heat using curtains, towels, or aluminum-foil-covered cardboard reflectors. You should also prepare meals that don't require an oven or stove to reduce heat at home.
- Prepare for Possible Power Outages by keeping your electronic devices charged. Consider backup batteries or power banks.
- Limit Outdoor Activity during the hottest times of the day. Go outside during cooler hours like early morning and evening.
- Find a Cool Space: If your home is hot, try to spend time in an air-conditioned space during midday, the hottest time of day. A full list of cooling centers is available on [boston.gov/heat](https://www.boston.gov/heat).
- Transportation Resources: If you need help getting to a cooler space the Age Strong Commission may be able to provide you with some transportation options. Call (617) 635-4366 for more information.

Know the Signs of Heat Illness

Heat can affect us quickly, so it is important to know the signs of heat illness. When you know what to look for, you can take the right action fast. Review the symptoms of heat stroke and heat exhaustion below:

	Heat Stroke	Heat Exhaustion
What is it?	The worst form of heat illness; when the body can't control its temperature.	The body's response to a large loss of water and salt, usually through much sweating.
Symptoms	<ul style="list-style-type: none"> • Confusion or unconsciousness • Hot, red, dry or damp skin • A fast, strong pulse • Raised body temperature • Nausea or vomiting • Headache 	<ul style="list-style-type: none"> • Excessive sweating • Feeling faint or dizzy • A fast, weak pulse • Muscle cramps • Extreme thirst • Raised body temperature • Nausea or vomiting • Headache
What to do	<ul style="list-style-type: none"> • Call 911 immediately • Apply cool, wet cloths • Do not drink fluids 	<ul style="list-style-type: none"> • Move to a cool location • Loosen clothing • Slowly sip water

For more tips on how to prepare for extreme heat this summer, visit [Boston.gov/heat](https://www.boston.gov/heat).





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

Sponsored by



Parks and Recreation





CELEBRATING **20 YEARS**
TITO PUENTE
 2006-2026
LATIN MUSIC SERIES

JULY 9 / 7:00 P.M.

Grupo Chevere

O'DAY PLAYGROUND,
SOUTH END

JULY 16 / 7:00 P.M.

Sbm

O'DAY PLAYGROUND,
SOUTH END

JULY 23 / 7:00 P.M.

Alex Alvear & Mango Blue

LOPRESTI PARK, EAST BOSTON

JULY 30 / 7:00 P.M.

César Orozco and SonAhead

MISSION HILL PLAYGROUND,
ROXBURY

AUGUST 6 / 7:00 P.M.

Kristalis y Las Nenas del Swing

MOZART PARK, JAMAICA PLAIN

AUGUST 13 / 7:00 P.M.

Ehshawnee

BOSTON COMMON, THE GAZEBO
AT TREMONT STREET

**FOR MORE INFORMATION,
CALL 617-927-1707**

PARA MÁS INFORMACIÓN,
LLAMA AL 617-927-1707

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TitoPuenteLatinMusicSeries.com



City of Boston
Parks and Recreation

Free Salsa Lessons
Provided By:



Community Host Sites:



ZUMIX

AUNTIES' COOKBOOK: SELF-CARE IN MIGRATION

By Sophia Wang, Age Strong Staff



Food and cooking are important ways of storytelling, preserving memories, and practicing self care.

In Boston's Chinese community, ten older adult immigrants share their stories of hard work and perseverance through Aunties' Cookbook: Self-Care in Migration. Curated by artist Yolanda He Yang, supported by Boston's Opportunity Fund and Boston's Chinatown Neighborhood Community Fund, this project engages "aunties" in their own kitchens, collecting recipes, sharing their lived experiences, and reflecting on their contributions to Chinatown and beyond.

In their kitchens, aunties were asked to cook dishes that they see as a form of self-care.

Through cooking, aunties shared the struggles they faced after immigrating to Boston, their journey in overcoming difficulties and finding community, and how cooking can bring people together.

Auntie Fang says she's always enjoyed cooking. "When everyone enjoys the food, it makes me happy too. When you come to eat, we get to know each other and become closer."

According to Auntie Jiemei, "I always want to be involved in things happening in Chinatown. Through cooking and conversations, this project documents the evolution in our lives and in our Chinatown."

The aunties' recipes and stories are archived in a cookbook and a short documentary, first presented at the Pao Arts Center in Chinatown, an Age Strong Expanding Engagement grantee. You can check out one of the recipes from the cookbook on the next page.

板栗焖肉

CHESTNUT WITH MARINATED PORK

材料

五花肉或梅花肉（切块）约700克
板栗（去壳，生的或熟的都可以）12-16颗
姜 3-4片
葱 2根，打结
生抽 2汤匙
老抽 1茶匙（上色用）
料酒 2汤匙
冰糖或白糖 约1汤匙
食用油 1汤匙
清水或高汤 没过一半即可

做法

把肉切大块一点，不要太小。肉放进碗里，加生抽、料酒，还有一点姜，拌一拌，放着腌一会儿。锅里放点油，加糖，糖化了，颜色变深，就把肉放进去。把肉翻一翻，让每一面都有颜色。

下姜片、葱结，加水，水不要多，没过一半就好。加一点老抽，上色，煮开以后转小火，盖上锅盖，让它慢慢焖。差不多半小时后，把板栗放进去。板栗不耐煮，放早了会散。

再焖十五到二十分钟，汤汁变浓，发亮，就可以关火了。

INGREDIENTS LIST:

Pork belly or pork shoulder, cut into chunks – about 1.5 lbs
Fresh chestnuts (peeled) or cooked vacuum-packed chestnuts – about 12-16 pieces
Ginger – 3-4 thick slices
Scallions – 2 stalks, tied into knots
Soy sauce – 2 tablespoons
Dark soy sauce – 1 teaspoon (for color)
Shaoxing wine – 2 tablespoons
Rock sugar or regular sugar – about 1
Cooking oil – 1 tablespoon
Water or stock – enough to cover halfway

INSTRUCTION:

Cut pork into big pieces, not too small. Put the pork in a bowl. Add soy sauce, cooking wine, a little ginger. Mix it gently. Let it sit. This is not something you rush. Now the pan. Heat a little oil.

Add sugar. When it melts and turns amber, add the pork. You hear that sound? That's right. Turn the meat so every side gets color. Add ginger and scallion knots. Pour in a little water just halfway. Add dark soy sauce for color. Bring it to a boil, then lower the heat. Cover it. Let it simmer. After about 30 minutes, add the chestnuts. They don't like to cook too long, they'll fall apart. Let everything cook together another 15-20 minutes. When the sauce is thick and shiny, turn off the heat. The chestnuts should be soft, the meat tender.

Age Strong's Neighborhood PROGRAMMING

BCYF Holland Community Center

Wed & Fri | 10am-1pm
85 Olney Street, Dorchester
(617) 635-5144

East Boston Senior Center
Monday-Friday | 8:30am-4pm
7 Bayswater Street, East Boston
(617) 961-3131

Veronica B. Smith Senior Center
Monday-Friday | 8:30am-4pm
20 Chestnut Hill Avenue, Brighton
(617) 635-6120

Codman Square Library
Tuesdays/Thursdays | 10am-1pm
690 Washington St, Dorchester
(617) 436-8214

The Elks Lodge #10
In partnership with Ethos
Tues, Wed, Thurs | 9am-3pm
1 Morrell Street, West Roxbury
(617) 323-1125

Dewitt Center
Mon & Wed | 10:30am-3pm
122 Dewitt Drive, Roxbury
(617) 275-7080

Union Church
Tues & Thurs | 9am-1pm
485 Columbus Avenue,
South End
(617) 536-0872



CITY of BOSTON

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Commission



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**



Join us at one of the Age Strong Commission's

MEMORY CAFES

For those with memory loss & their care partners, Age Strong offers a variety of free Memory Cafes across Boston's neighborhoods. Get support, resources & even, have fun! Visit boston.gov/memory-cafe for more details.

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

Boston Public Library - West Roxbury Branch

1961 Centre Street, West Roxbury

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

May 8: Shaw-Roxbury Branch, 149 Dudley Street, Roxbury

June 12: East Boston Branch, 365 Bremen Street, East Boston

July 31: North End Branch, 25 Parmenter Street, North End

August 7: South Boston Branch, 646 E Broadway, South Boston

Second Wednesday each month | 10AM-12PM

Boston Public Library - Codman Square Branch

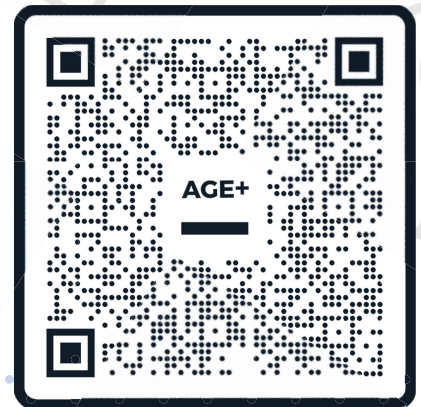
690 Washington Street, Dorchester

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 BRINDLEY AT 617-635-3745 OR CORINNE.BRINDLEY@BOSTON.GOV



CITY of BOSTON

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**BOSTON
PUBLIC
LIBRARY**



▶ **EVENTS + ACTIVITIES**

JULY/AUGUST HAPPENINGS

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

**JULY
16**

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

**JULY/
21**

Zine Making
10:00 AM – 11:30 AM
BPL Central Library
700 Boylston Street,
Back Bay
(617) 859-2043

**JULY
18**

Open Garden Hours
11:00 AM – 12:00 PM
BPL Mattapan
1350 Blue Hill Ave,
Mattapan
(617) 298-9218

**JULY
24**

Chair Yoga Class
10:00 AM – 11:00 AM
BPL North End
25 Parmenter St,
North End
(617) 227-8135

**JULY
20**

**Weekly Chess Club
for Adults**
2:30 PM – 3:30 PM
BPL North End
25 Parmenter St,
North End
(617) 227-8135

**JULY/
28**

**Yarn & Needlework
Drop-in Circle**
11:00 AM – 1:00 PM
BPL Roslindale
4246 Washington St,
Roslindale
(617) 323-2343

- ♥ **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

JULY IS DISABILITY PRIDE MONTH

By Edzani Kelapile, Age Strong Staff

Disability Pride Month (July) marks the anniversary of the Americans with Disabilities Act (ADA), which was signed into law in 1990. The ADA, a landmark civil rights law, prohibits discrimination against individuals with disabilities in all areas of public life, including employment, education, transportation, and public accommodations, ensuring everyone has the same rights and opportunities as everyone else.

While the national ADA Day is celebrated on July 26, the Boston Disabilities Commission is hosting its annual celebration earlier in the month on July 15th. Join family and friends to celebrate the disability community, July 15, 12noon-2pm at Copley Square Park (560 Boylston Street) for a speaking program, a disability resource fair, food, and fun for all ages. Register to attend Boston's ADA Day 2026:
bit.ly/Boston-ADA-Day

Boston's Disability Commission's mission is to increase

opportunities for people with disabilities by facilitating full and equal participation in all aspects of life within the City of Boston. This includes reducing architectural, procedural, attitudinal, and communication barriers as well as promoting equity in housing, education, employment, transportation, and civic activities. They also provide information and referral, architectural access review, and advocacy on disability issues.

Get involved: The Disability Commission Advisory Board typically meets on the fourth Wednesday of every month, from 5:30–7:30pm.

Tune In: Boston's Disability Commission hosts its own free show called Disabilities in Action. Episodes highlight accessibility efforts including Boston Public Library, News and Views, and others pertaining to accessibility. View them here: youtube.com/@bostondisabilitycommission

Upcoming Disability Events

Intro to Disability History at the Boston Public Library

Virtual: July 21, 6-7:30pm

In-person: July 23, 6-7:30pm

Central Library, Copley Square,
700 Boylston Street

Contact:

communityhistory@bpl.org

Boston Public Library Emergency Signs in American Sign Language

Virtual Workshop

Virtual: July 29, 6-7:00pm

Contact: (617) 859-2323,

computerworkshops@bpl.org

Boston Disability Commission Advisory Board Virtual Meeting

August 19, 5:30-7:30pm

Broadcast live on Boston City TV
(Comcast 26 / RCN 13 / Verizon 962) and online.

Department of Conservation & Recreation Adaptive Summer Activities

Learn about adaptive summer outdoor activities like cycling, hiking, rowing, swimming, canoeing, kayaking, and more here: mass.gov/info-details/adaptive-program-schedule.

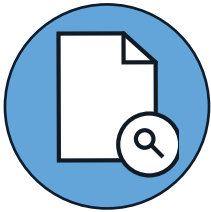
To learn more about Boston's ADA Commission, call **(617) 635-3682** or visit boston.gov/disability.



▶ IN BOSTON, WE AGE STRONG.

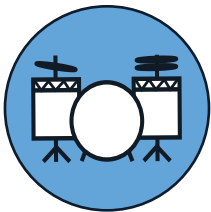
As part of Boston's Human Services cabinet, Age Strong aims to enhance the lives of older residents with meaningful programs, resources, and connections so we can live and age strong together in Boston. *Call us at (617) 635-4366 or visit boston.gov/age-strong.*

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.



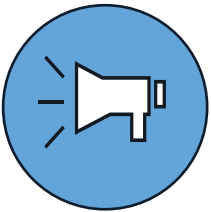
EVENTS & PROGRAMMING

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.

City of Boston Farmers Markets & Farmstands 2026

ENGLISH

Back Bay

**Copley Square
Farmers Market**
227 Dartmouth St, 02116
5/15 - 11/24
Tuesday & Friday
11am-6pm

Brighton

**Brighton Farmers
Market**
30 Chestnut Hill Ave,
02135
6/10 - 10/28
Wednesday
1:30pm-6:30pm

Charlestown

**Charlestown
Farmers Market**
Main and Austin St,
02129
6/17 - 10/28
Wednesday
1pm-6pm

Chinatown

**Chinatown
Farmers Market**
Chin's Park @ Rose
Kennedy Greenway,
02111
7/4, 7/25, 8/1,
8/22, 9/5, 9/26,
10/10, 10/24
Saturday
10am-1pm

Dorchester

**Ashmont Friday
Market**
1900 Dorchester Ave,
Ashmont MBTA
Plaza, 02124
7/10 - 10/30
Friday
2pm-6pm

**Codman Square
Farmers Market**
360 Talbot Ave,
02124
7/18 - 10/17
Saturday
11am-2pm

**DotHouse
Farmers Market**
1353 Dorchester Ave,
02122
7/14 - 10/13
Tuesday
11:30am-1:30pm

**Fields Corner
Farmers Market**
1513 Dorchester Ave,
02122
7/18 - 10/31
Saturday
9am-11am

East Boston

**East Boston
Farmers Market**
200 Border St,
Central Square Park,
02128
7/8 - 10/28
Wednesday
3pm-6:30pm

Jamaica Plain

**JP Centre St
Farmers Market**
677 Centre St, Bank of
America Parking Lot, 02130
Saturday 1/3 - 12/26
12pm-3pm
Tuesday 6/23 - 11/24
12pm-5pm

Mattapan

**The Urban
Farming Institute**
487 Norfolk St, 02126
6/26 - 11/20
Friday
1pm-5pm

**Mattapan Square
Farmers Market**
10 Fairway Street, 02126
7/11 - 10/31
Saturday
10am-1pm

Mission Hill

**Mission Hill
Farmers Market**
725 Huntington Ave,
Hanlon Square, 02115
5/7 - 11/19
Thursday
11am-6pm

Roslindale

**Roslindale
Farmers Market**
4225 Washington St,
Adams Park, 02131
6/6 - 11/21
Saturday 9am-1:30pm

Roxbury

**Dudley Town
Common
Farmers Market**
Corner of Dudley St.
& Blue Hill Ave, 02119
6/25/2026 -
10/29/2026
Thursday
2pm-5pm

**Roxbury Crossing
Farmers Market**
Roxbury Crossing T
Station,
1400 Tremont St, 02120
5/12 - 12/18
Tuesday & Friday
11am-6pm

Seaport

**Fish and Farm
Market**
212 Northern Ave,
02210
6/6 - 10/31
Saturday
9am-1pm

South Boston

**South Boston
Farmers Market**
446 W Broadway, 02127
6/1 - 11/23
Monday
11am-5pm

Please Note: These are the markets participating in the Farmers Market Coupon Program. These dates and times are subject to change. Please check our website for the most recent updates and for additional non-participating markets.

UPDATED 6/23/2026





SUMMER SALAD RECIPE

By Maeve Forbes, Age Strong Staff

It's summer, the season of fresh, healthy produce. This colorful, no-cook chickpea salad is full of protein, fiber, and water-rich vegetables to help keep you hydrated in the summer heat. If you are a SNAP recipient, most of these ingredients may be bought using the Healthy Incentive Program (HIP) dollars at the farmers market and other participating grocers.

Salad Ingredients:

- 1 can of chickpeas
- 1 carton of small tomatoes (cherry/grape)
- 1 large cucumber
- 1 bell pepper (any color)
- 1 avocado
- a handful of chopped fresh parsley, dill, or mint
- choice of cheese (optional)

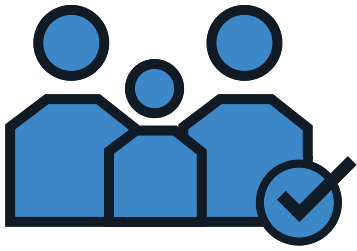
Lemon Dressing Ingredients:

- 1tbsp olive oil
- 1 tbsp lemon Juice
- 1tsp dijon mustard
- garlic

Instructions:

- 1:** Cut vegetables, add together in a bowl
- 2:** In a separate bowl, mix together olive oil, mustard, lemon juice, garlic, and a pinch of salt
- 3:** Toss the salad with dressing, add chopped fresh herbs

****Pro tip: To help keep the salad fresh longer, store dressing and salad separately. Add dressing to each serving right before eating.***



Annual Census

Completing the Census updates the voter roll and helps the City provide better services.



FILL IT OUT *Online*

Residents can visit boston.gov/census to respond to the annual census online. Translations are available online.



OVER THE *Phone*

Residents can call **(617) 635-VOTE (8683)**, Monday through Friday between 9 a.m. and 4:30 p.m. to complete the census.



SUBMIT BY *Mail*

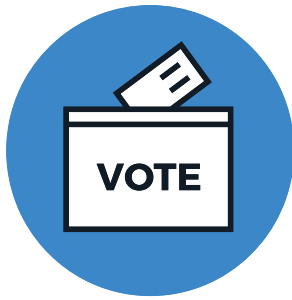
Residents receive an annual census form mailing with a prepaid envelope that can be mailed back to city hall.



BOSTON COUNTS *on You!*

Scan the QR code or visit
bit.ly/4ewHdJ5

CITY of BOSTON



2026 State Primary

DEADLINES AND EARLY VOTING INFO

VOTING DATES & DEADLINES

STATE PRIMARY

- AUGUST 22 - 28** Early Voting dates.
- AUGUST 22** Voter Registration Deadline: 5 PM in person, 11:59 PM online, or postmarked by August 22.
- AUGUST 25** 5 PM deadline to submit all vote-by-mail ballot requests.
- AUGUST 31** 12 PM - In-person absentee voting deadline.
Voter must either be out of the city on election day, have a disability, or have religious beliefs preventing them from voting in person on election day.
- SEPTEMBER 1** 7 AM to 8 PM - **State Primary Election Day.**



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

BECOME A POLL WORKER!

Elections run on you! Poll workers ensure that all voters can exercise their right to vote. Volunteers receive two hours of paid training and election day stipends of **\$160-\$200**, depending on the position. Bilingual speakers in the following languages are strongly encouraged to apply: Spanish, Chinese (Mandarin and Cantonese), Vietnamese, Haitian Creole, Cape Verdean Creole, Arabic, and Somali.



Scan the QR code or visit BOSTON.GOV/POLLWORKER

BOSTON ELECTION DEPARTMENT | 1 CITY HALL SQUARE, ROOM 241

CITY of BOSTON



Election

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



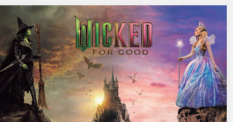
THURS AUGUST 27 **SUPER MARIO GALAXY MOVIE**
Moakley Park
Columbia Road at Mercer Street, South Boston



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

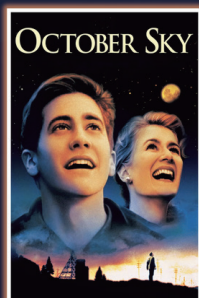


MALCOLM X

Friday, July 17

Malcolm X Park

Dale Street & Regent Street,
Roxbury



OCTOBER SKY

Wednesday, August 12

Healy Playground

160 Florence St, Roslindale

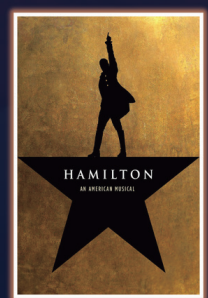


NATIONAL TREASURE

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

▶ 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.



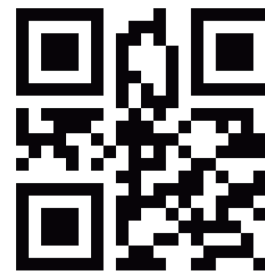
South End Summer Concert Series

Wednesdays through August 26; 5:30pm preshow activities, 6:15pm live music
Titus Sparrow Park,
75 West Rutland Square, South End
-Friends of Titus Sparrow Park-
titussparrowpark.org/events



Sail250 - Tall Ships Return

July 11-16 | Grand Parade of Sail:
July 11, 9am-4pm
Best view of parade at Castle Island, Long Wharf, Charlestown Piers 4 & 6, the Harborwalk and East Boston
-MeetBoston-
sailboston.com



Mutual Aid Eastie Office Hours

Wednesdays, 3-5pm; Thursdays, 2-6pm; Fridays, 10am-2pm
434 Chelsea Street, East Boston
-Mutual Aid Eastie-
Connect with East Boston neighbors and community for resources and support
857-816-9151 or
info@mutualaideastie.org

Free Immigration Legal Clinics at Roslindale Library

July 13 & August 3, 3-6pm
BPL, Roslindale Branch, 4246 Washington Street, Roslindale
-Rian Immigrant Center-
Providing immigration advice and referrals. First come first serve.
617-984-6542

August - October 2026

OPEN STREETS

CAR-FREE • DANCING • FOOD • MUSIC • SHOPPING



BOSTON.GOV/OPEN-STREETS

2
AUG

JAMAICA PLAIN

CENTRE ST.
*Between Lamartine St. and
Lochstead Ave.*

4
OCT

ALLSTON-BRIGHTON

BRIGHTON AVE. & HARVARD AVE.
*Between Cambridge St. and
Commonwealth Ave.*

12
SEPT

MATTAPAN

BLUE HILL AVE.
Between River St. & Babson St.

18
OCT

ROSLINDALE

CORINTH ST.
Between Washington St. and South St.

CITY of **BOSTON**



Mayor Michelle Wu