

Boston Seniority

Age Strong Commission City of Boston

SPECIAL 2021 CALENDAR EDITION

Calendar 2021
Issue 1
Vol. 45

Free Publication



Mayor's Letter



Resources



Senior Centers



“With the new day comes new strength and new thoughts.”

-Eleanor Roosevelt

2021 JANUARY

AGE+

City of Boston
Age Strong Commission

December 2020

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February 2021

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Mayor's Tip of the Month:

You may be eligible for property tax exemptions that can save you money. For more information go to boston.gov/departments/assessing/how-file-personal-exemption or call the Taxpayer Referral and Assistance Center (TRAC) at 617-635-4287.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did you know? Starting Jan. 3 - May 1, the City of Boston will offer virtual classes to be enjoyed online from the safety of your home. More info, at boston.gov/winterfitness .					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20	21	22	23
24 <div style="text-align: right;">31</div>	25	26	27	28	29	30

My Notes:



**“The mind is like water. When it’s turbulent, it’s difficult to see.
When it’s calm, everything becomes clear.” -Prasad Mahes**

2021 FEBRUARY

AGE+

City of Boston
Age Strong Commission

January 2021

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March 2021

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Mayor's Tip of the Month:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 National Freedom Day	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12	13
14 Valentine's Day	15 Presidents' Day	16	17	18	19	20
21	22	23	24	25	26	27
28	Did you know? You may qualify for the Senior Circuit Breaker Tax Credit. Older residents who own or rent residential property as their principal residence may be eligible for a refundable tax credit. To learn more, call the Department of Revenue at 617-887-6367.					

Boston's Neighborhood Services staff attends community meetings, assists residents with City services, shares important information directly with neighborhoods, and helps the City respond to emergencies. Learn more at boston.gov/departments/neighborhood-services.

My Notes:



“History has shown us that courage can be contagious, and hope can take on a life of its own.” -Michelle Obama

2021 MARCH

AGE+

City of Boston
Age Strong Commission

February 2021

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April 2021

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Mayor's Tip of the Month:

The City of Boston can help you save money throughout the year! For information on how we can help you save money and to learn more about benefits you may qualify for, visit boston.gov/benefits or call 311.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 International Women's Day	9	10	11	12	13
14 Daylight Savings Begins	15	16	17 St. Patrick's Day	18	19	20 Spring Begins
21	22	23	24	25	26	27
28	29	30	31	Did you know? The City can help replace old or inefficient heating systems. Go to boston.gov/seniorssave or call 311.		

My Notes:



AGE STRONG

“I age strong by _____.”

Name:

Age:

Neighborhood:

2021

APRIL



AGE+

City of Boston
Age Strong Commission

March 2021

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May 2021

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Mayor's Tip of the Month:

If you are struggling with basic food necessities, you may be eligible for the Supplemental Nutrition Assistance Program (SNAP). SNAP provides a monthly benefit to buy nutritious foods. Learn more about SNAP at mass.gov or call the Age Strong Commission at 617-635-4366.

My Notes:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We want to hear from you! Color in April's page and fill in how you age strong. Send us your coloring page by email at bostonseniority@boston.gov.</p>				1 April Fool's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Patriot's Day	20	21	22 Earth Day	23	24
25	26	27	28	29	30	



“Peace is always beautiful.”

-Walt Whitman

2021 MAY

AGE+

City of Boston
Age Strong Commission

April 2021

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June 2021

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Mayor's Tip of the Month:

It's Mental Health Awareness Month. Just as physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a state of good mental health. To connect with resources, contact the Mayor's Health Line at 617-534-5050.

My Notes:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Did you know? This month is Older Americans Month (OAM) 2021. This year's theme is <i>Communities of Strength</i>, with emphasis on the power of connection and engagement in building strong communities.</p>						1
2	3	4	5	6	7	8
9 Mother's Day	10	11	12	13	14	15 Armed Forces Day
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Memorial Day					



“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” -*Helen Keller*

2021 JUNE

AGE+

City of Boston
Age Strong Commission

May 2021

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July 2021

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Mayor's Tip of the Month:

The Age Strong Shuttle provides Boston residents age 60+ with free transportation within the City of Boston to non-emergency medical appointments and grocery trips, with advance notice. Wheelchair-accessible shuttles available. For more information, call 617-635-3000.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 National Pen Pal Day	2	3	4	5
6	7	8	9	10	11	12
13	14 Flag Day	15 World Elder Abuse Awareness Day	16	17 Bunker Hill Day Observed	18	19
20 Summer Begins + The Longest Day + Father's Day	21	22	23	24	25	26
27	28	29	30	Did You Know? If you are 65+, you are eligible for reduced fares with a Senior CharlieCard. Visit mbta.com for more info.		

My Notes:



“Love is a bridge between you and everything.”

-Rumi

2021 JULY

AGE+

City of Boston
Age Strong Commission

June 2021

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13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30	31				

August 2021

Mayor's Tip of the Month:

Boston has 217 City parks, playgrounds, and athletic fields, 2 golf courses, 65 squares, 17 fountains, and much more. Visit boston.gov/parks to learn more about some of the most popular parks in the City of Boston.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tips to Beat the Heat: Stay cool, hydrated, and informed. Very high temperatures can affect your health. Call 911 if you need medical care.				1	2	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Parents' Day	26	27	28	29	30	31

My Notes:



**“A flower does not think of competing to the flower next to it.
It just blooms.” -Zen Shin**

2021 AUGUST

AGE+

City of Boston
Age Strong Commission

July 2021

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September 2021

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Mayor's Tip of the Month:

The Age Strong Commission has volunteer opportunities for older adults. We can connect you to a variety of volunteer opportunities based on your interests, location, and preferred time commitment. To learn more, email AgeStrong@boston.gov or call 617-635-4366.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Friendship Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Senior Citizens Day
22	23	24	25	26 Women's Equality Day	27	28
29	30	31	Tip: It's no secret Boston is rich with history. It's a city with stories to tell, visit boston.gov/uncovering-bostons-history to learn more.			

My Notes:



“Some beautiful paths can’t be discovered without getting lost.”

-Erol Ozan

2021 SEPTEMBER

AGE+

City of Boston
Age Strong Commission

August 2021

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October 2021

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31						

Mayor's Tip of the Month:

We sell taxi coupons at a 50% discount to Boston residents ages 65 and older, or with disabilities, at our office in Boston City Hall, and around town. For more information, call 617-635-4366.

My Notes:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tip: It's Preparedness Month. Sign up for the AlertBoston emergency notification system at boston.gov/alerts .			1	2	3	4
5	6 Labor Day	7	8	9	10	11
12 National Grandparents Day	13	14	15	16	17	18
19	20	21 World Alzheimer's Day	22 Falls Prevention Awareness Day + Autumn Begins	23	24	25
26	27	28	29	30		



“Everyone must take time to sit and watch the leaves turn.”

-Elizabeth Lawrence

2021 OCTOBER

AGE+

City of Boston
Age Strong Commission

September 2021

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November 2021

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Mayor's Tip of the Month:

Medicare open enrollment starts this month and runs through Dec 7th! Did you know it's important to check your plan every year to make sure it's the right one for you, that all your medications are covered, and that you're not paying more money than you need to? For help call Age Strong at 617-635-4366.

My Notes:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did you know? The Pension Action Center can help you understand your rights under pension law and claim the retirement income benefits that you have earned - all for free. Call 617-287-7307 or email pension@umb.edu .					1 International Day of Older Persons	2
3	4	5	6	7	8	9
10	11 Columbus Day	12	13	14	15 White Cane Safety Day	16
17	18	19	20	21	22	23
24 Halloween 31	25	26	27	28	29	30



“Remember to enjoy the journey and the scenery along the way.”

-Katrina Mayer

2021 NOVEMBER

AGE+

City of Boston
Age Strong Commission

October 2021							December 2021						
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17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Daylight Saving Time Ends	8	9	10	11 Veterans Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving Day	26	27
28	29	30	Reminder: Need help paying for heat? Call us and our Advocacy Representatives can help you with the process for Fuel Assistance (LIHEAP).			

Mayor's Tip of the Month:

If you have served us, then let us serve you! If you are a veteran and live in the City of Boston, then there are resources and benefits that you may qualify for. For more information on how we can help, visit boston.gov/veterans or call 617-241-8387.

My Notes:



“Don’t wait for the perfect moment, take the moment and make it perfect.” -Zoey Sayward

2021 DECEMBER

AGE+

City of Boston
Age Strong Commission

November 2021

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January 2022

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30	31					

Mayor's Tip of the Month:

Boston residents 65 years and over are eligible to get a 30% discount on their water bill. To sign up, call Boston Water & Sewer at 617-989-7800.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reminder! Did you sign up for our annual Senior First Night? Call the Age Strong Commission for more information, at 617-635-4366.			1	2	3	4
5	6	7 Pearl Harbor Remembrance Day	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Winter Begins	22	23	24	25 Christmas Day
26	27	28	29	30	31 New Year's Eve	

My Notes:

► In Boston, we Age Strong.

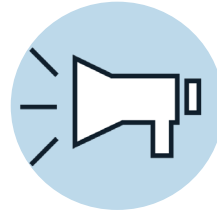
As part of the Health and Human Services cabinet, our mission at the Age Strong Commission is to enhance your life with meaningful programs, resources, and connections so together we can live and age strong in Boston.

We can help with:



Information + Referral:

Our helpful Community Advocates can connect you to resources, benefits, and information, including health insurance counseling, applications for SNAP (food), referrals to protective services, and more.



Volunteer Opportunities:

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



Transportation:

Being able to travel around Boston is an important part of leading an independent life. We offer free, wheelchair-accessible shuttles that provide door-to-door service for non-emergency medical appointments and grocery trips. Call (617) 635-3000 to schedule your ride.



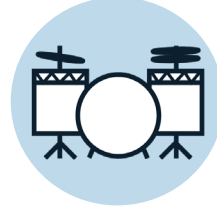
Caregiver Support:

We are here to help with questions, offer support, and connect caregivers to helpful resources. We provide referrals, offer workshops, Respite Companions and host Memory Cafés.



Housing:

Our housing team has the expertise and compassion to solve problems with you, including housing search, landlord/tenant advocacy, applications for fuel assistance, and much more.



Outreach + Engagement:

Staying active and engaged in your community is an important part of aging strong in the City. We offer a Health and Wellness series, tai chi, and other classes and programming opportunities.

► Resources

Here are some important numbers to keep in mind if you're looking for help.

Protective Services

Assists persons 60 years and older who are at high risk and are suffering from either self-neglect, caregiver neglect, physical abuse, emotional abuse, sexual abuse or financial exploitation.

Elder Abuse reports can be filed 24 hrs a day, call 800-922-2275.

Call 911 or local police if you have an emergency or life-threatening situation.

Boston ElderInfo

Home care services available to individuals, 60 years of age and older, who are eligible. Offering help with various in-home tasks ranging from homemaking and personal care, laundry, and meal preparation.

More programs and services are available for Boston residents. For more information, call the helpline at 617-292-6211 or check out elderinfo.org.

Scam Awareness

Scams come in many variations. However, the unifying theme is that they all contain a dishonest attempt to steal money or something of value from you.

Never give out your personal or financial information to a request you didn't expect.

The Attorney General's Office can help with elder issues including financial exploitation and scam prevention. Call the Elder Hotline at (888) 243-5337.

Reach out and let us know if you have any questions or would like more information about our services.

**Connect with the
Age Strong Commission:**



Main number:
(617) 635-4366



Facebook and Twitter:
[@AgeStrongBos](#)



Address:
One City Hall Sq Rm 271
Boston, MA 02201



Website:
www.boston.gov/age-strong



Email:
AgeStrong@boston.gov

► Goals 2021

Take your time and think about what goals you would like to accomplish this year.

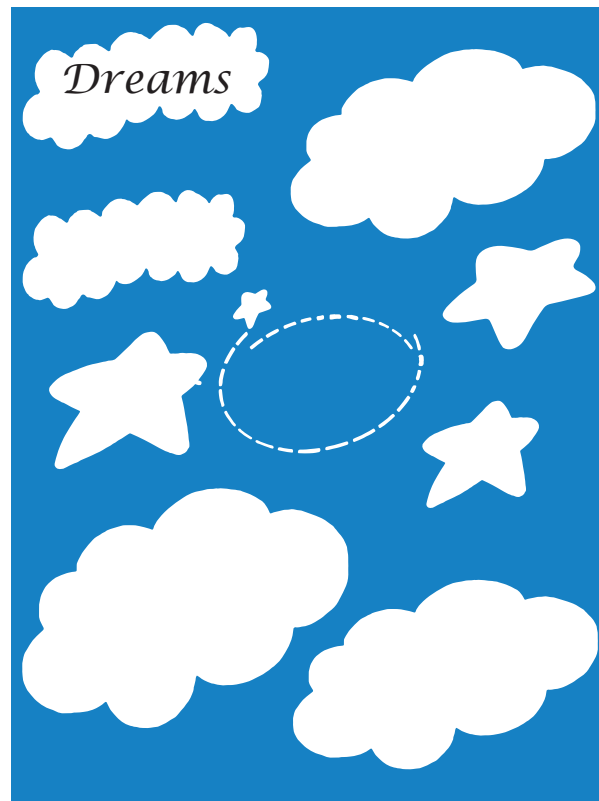
This Year, I Will...

1. _____
2. _____
3. _____
4. _____
5. _____

Steps To Accomplish This...

- _____
- _____
- _____
- _____
- _____

No need to rush this section, you can fill it out throughout the year.



► Boston Senior Centers

Senior Centers are exciting places for Boston's older residents to come together for information, assistance, and to get connected to programs and activities. They promote healthy aging by providing activities such as tai chi, zumba, book clubs, knitting clubs, coffee hours, guest speakers, technology classes and so much more. Give them a call to learn more and get connected!

Check out one of the senior centers below to learn more!

La Alianza Hispana, Aliancianos Senior Center

1000 Massachusetts Ave Suite 101
Boston, MA 617-427-7175

Inquilinos Boricuas en Accion, IBA

405 Shawmut Ave
South End, MA 617-535-1753

ABCD North End/West End Neighborhood Service Center

1 Michelangelo Street
North End, MA 617-523-8125

ABCD Mattapan Family Service Center

535 River Street
Mattapan, MA 617-298-2045

BCYF Grove Hall

51 Geneva Ave
Dorchester, MA 617-635-1484

BCYF Golden Age Center

382 Main Street
Charlestown, MA 617-635-5175

Veronica B. Smith Senior Center

20 Chestnut Hill Ave
Brighton, MA 617-635-6120

Greater Boston Chinese Golden Age Center Brighton House

677 Cambridge Street
Brighton, MA 617-789-4289

Greater Boston Chinese Golden Age Center Quincy Tower

5 Oak Street West
Chinatown, MA 617-423-7560

Salvation Army Kroc Center

650 Dudley Street
Boston, MA 617-318-6939

VietAID

42 Charles Street
Dorchester, MA 02122 617-822-3717

Operation P.E.A.C.E.

Peterborough Senior Center
42 Peterborough Street
Fenway, MA 617-536-7154

The Kennedy Center

55 Bunker Hill Street
Charlestown, MA 617-241-8866

East Boston Social Center

68 Central Square
East Boston, MA 617-569-3221

South Boston Neighborhood House

136 H Street
South Boston, MA 617-268-1619

You can also find programs and classes at Age Strong (617-635-4366) and Ethos (617-522-6700). Come join in the fun!

► Boston's Winter Guide

Every winter, we need your help and cooperation to ensure that we are ready for the challenges that snow, ice, and freezing temperatures create on our roadways and in our neighborhoods. Please use these tips to help prepare for the winter!

STAY WARM AND SAFE

- Heating problems? First alert your landlord. If your landlord is unresponsive, call 311 to file a report and Inspectional Services will investigate.
- Need help paying for heat? Apply for help through the state's Low Income Home Energy Assistance Program (LIHEAP). Visit boston.gov/home-heating or call 617-357-6012.
- Never use your oven for heat. Space heaters can cause fires, so don't place them near curtains or things that can catch fire. Remember to turn them off before going to bed. Clear exhaust vents to avoid carbon monoxide poisoning, and check for working carbon monoxide and smoke detectors.

Units must be heated to:

68° From: 7am-11pm

64° From: 11pm-7am

IMPORTANT NUMBERS

ABCD Fuel Assistance:
617-357-6012

DCR:
617-626-4973

National Grid Gas:
800-322-3223

Age Strong Commission:
617-635-4366

Inspectional Services:
617-635-5300

Eversource:
800-592-2000

Boston Water & Sewer:
617-989-7000

MBTA:
617-222-3200

Tow Lot:
617-635-3900

Consumer Complaints:
617-635-3834

MassDOT:
857-368-6111

Verizon:
800-837-4966

SIGN UP AND STAY INFORMED

To get news about snow emergencies:

- visit boston.gov/snow
- follow @CityofBoston on Twitter
- register for alerts at boston.gov/alert-boston

Call 3-1-1 or 617-635-4500

Available 24/7 to assist with all Non-Emergency city services.

All Emergencies (Police, Fire, EMS) should be reported to 911.

Download the App 

2022 Calendar

January						
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February						
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March						
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April						
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June						
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July						
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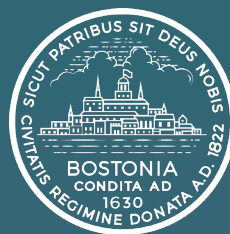
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Boston Seniority

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From the Mayor's Desk

Happy 2021, Boston! I want to wish you a Happy New Year, and I hope this year brings you and your loved ones health and happiness.

2020 is certainly a year we will never forget. These have been difficult times for our entire city. But I often say that our city shows its true colors during hard times. And that's what we saw here in Boston last year. I am inspired by how the people of Boston continue to come together and support one another. It has made me proud to be Mayor, and more importantly a Bostonian.

We are a tough, resilient city. This year we learned just how much we can accomplish even during difficult times. A lot of our strength comes from our older residents, who represent a broad diversity of cultures and backgrounds, and who helped to make our city what it is today. We will continue to support and empower our older residents, and also celebrate the incredible contributions you make in our communities.

To those feeling isolated or afraid, I want to let you know that the City of Boston is here for you. You are at the front of our mind, and we are doing everything we can to make sure you have the resources you need. I also encourage everyone to routinely check in on one another. We can all find creative ways to be good neighbors, like saying hello, cooking an extra meal, or writing a note. We're all in this together, Boston.

We want to make Boston the best city in the world for older adults because you shape our communities and instill in us the values we continue to live by. The City of Boston will carry this commitment into the New Year.

Sincerely,

- Mayor Martin J. Walsh

