

Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh

SPECIAL 2020 CALENDAR EDITION

Winter 2020
Issue 1
Vol. 44

Free Publication



Mayor's Letter



Fun Activities



Resources



“In a world where you can be anything, be kind.”

-Unknown

2020 JANUARY

AGE+



City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

December 2019

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February 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
There's still time! Call 617-635-4287 to learn about property tax relief programs.			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29	30	31	

This Month:

City Happenings:

- MLK Oration

National Designations:

- Hobby Month
- Braille Literacy Month

My Notes:



“When you make peace with yourself, you make peace with the world.” -Maha Ghosananda

2020 FEBRUARY

AGE+



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 Mayor Martin J. Walsh
 Age Strong Commission

January 2020

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March 2020

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This Month:

City Happenings:

- Boston Public Library Black History Month Film Series
- Senior Black History Month Luncheon

National Designations:

- Black History Month
- American Heart Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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 617-887-6367.</p>						<p>1 National Freedom Day</p>
<p>2 Groundhog Day</p>	3	4	5	6	7	8
9	10	11	12	13	<p>14 Valentine's Day</p>	15
16	<p>17 Presidents' Day</p>	18	19	20	21	22
23	24	25	26	27	28	29

My Notes:



“We rise by lifting others.”

-Robert Ingersoll

2020 MARCH

AGE+

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 Age Strong Commission

February 2020

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April 2020

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This Month:

City Happenings:

- St. Patrick's Parade

National Designations:

- Women's History Month
- Nutrition Month
- Sleep Awareness Week
March 2-9

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 International Women's Day + Daylight Savings Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19 Spring Begins	20	21
22	23	24	25	26	27	28
29	30	31	Food Resources: Interested in receiving home-delivered meals or visiting our dining sites at more than 40 locations across the City? Call 617-635-4366 for more information.			

My Notes:



“I age strong by _____.”

Name:

Age:

Neighborhood:

2020

APRIL



AGE+

City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

March 2020

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May 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 or mail.			1 April Fool's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Swan Boats Reopen
19 Patriot's Day	20 Boston Marathon	21	22 Earth Day	23	24	25
26	27	28	29	30		

This Month:

City Happenings:

- "Love Your Block" neighborhood cleanups
- Spring Fling Luncheon

National Designations:

- Volunteering Month
- Stress Awareness Month
- Garden Month
- Poetry Month

My Notes:



“Determine to live life with flair and laughter.”

-Maya Angelou

2020 MAY

AGE+

City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

April 2020

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26	27	28	29	30			28	29	30				

June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did you know? We sell taxi coupons at a 50% discount to Boston residents age 65 and older, or with disabilities, at our office in Boston City Hall, and around town. For more information, call 617-635-4366.					1	2
3	4	5	6	7	8	9
10 Mother's Day	11	12	13	14	15	16 Armed Forces Day
17	18	19	20	21	22	23
24 31	25 Memorial Day	26	27	28	29	30

This Month:

City Happenings:

- Memorial Day Flag Garden at the Soldiers and Sailors Monument in the Common

National Designations:

- Older Americans Month
- Stroke Awareness Month
- Mental Health Month
- Arthritis Month

My Notes:



**“Life doesn’t require that we be the best,
only that we try our best.”-H.Jackson Brown Jr.**

2020 JUNE

AGE+



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 Age Strong Commission

May 2020

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31													

July 2020

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 The Longest Day + Summer Begins
21 Father's Day	22	23	24	25	26	27
28	29	30	Did You Know? Our Age Strong Shuttles provide free rides to medical appointments. For more information, call 617-635-3000.			

This Month:

City Happenings:

- Senior LGBT Luncheon

National Designations:

- Alzheimer's & Brain Awareness Month
- LGBT Pride Month
- Hunger Awareness Month

My Notes:



“The more grateful I am, the more beauty I see.”

-Mary Davis

2020 JULY

AGE+



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 Mayor Martin J. Walsh
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June 2020

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August 2020

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This Month:

City Happenings:

- 4th of July Fireworks on the Esplanade
- Mayor's Annual Garden Contest

National Designations:

- Ice Cream Month
- Picnic Month

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
26 Parents' Day	27	28	29	30	31	

My Notes:



“Don’t wait for the perfect moment. Take the moment and make it perfect!” -Aryn Kyle

2020 AUGUST

AGE+

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 Mayor Martin J. Walsh
 Age Strong Commission

July 2020

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September 2020

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26	27	28	29	30		

This Month:

City Happenings:

- Mayor Walsh's Summer Movie Nights

National Designations:

- Immunization Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Did you know? We operate four volunteer programs across the city. To learn about opportunities and get involved visit, www.boston.gov/age-strong</p>						1
2 Friendship Day	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Senior Citizens Day	22
23 30	24 31	25	26 Women's Equality Day	27	28	29

My Notes:



“All the world is my school and all humanity is my teacher.”

-George Whitman

2020 SEPTEMBER

AGE+



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 Mayor Martin J. Walsh
 Age Strong Commission

August 2020

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October 2020

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31						

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

This Month:

City Happenings:

- Boston Public Schools are in session

National Designations:

- Preparedness Month
- Hispanic Heritage Month from Sept. 15 - Oct. 15
- Falls Prevention Month
- Eye Health Week September 23-29

My Notes:



“I’m so glad I live in a world where there are Octobers.”

-L.M. Montgomery

2020 OCTOBER

AGE+

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 Mayor Martin J. Walsh
 Age Strong Commission

September 2020

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November 2020

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This Month:

City Happenings:

- Pumpkin Float in the Boston Common
- Head of the Charles
- Mayor's Senior Health & Fitness Event

National Designations:

- Computer Learning Month
- Prescription Errors Education and Awareness October 24-31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reminder: This month, Medicare Open Enrollment begins. Call us at 617-635-4366.				1 International Day of Older Persons	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15 White Cane Safety Day	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

My Notes:



“Helping others is the way we help ourselves.”

-Oprah Winfrey

2020 NOVEMBER

AGE+



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 Mayor Martin J. Walsh
 Age Strong Commission

October 2020							December 2020						
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18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Saving Time Ends	2	3	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30	Reminder: Need help paying for heat? Our Advocacy Representatives can assist with applications for Fuel Assistance (LIHEAP). Visit www.boston.gov/home-heating or call us at 617-635-4366.				

This Month:

City Happenings:

- 50th Anniversary Party

National Designations:

- Caregiver Month
- Alzheimer's Disease Awareness Month
- Diabetes Awareness Month

My Notes:



**“Whenever you are creating beauty around you,
you are restoring your own soul.” -Alice Walker**

2020 DECEMBER

AGE+



City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

November 2020

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January 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reminder! Did you sign up for our annual Senior First Night?		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		

This Month:

City Happenings:

- Mayor's Enchanted Trolley Tour
- Holiday Connections
- Senior First Night Celebration

National Designations:

- Write a Friend Month

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. Call (617) 635-3000 to schedule your ride.



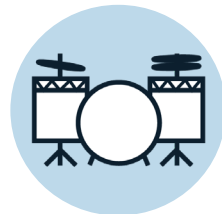
Caregiver Support:

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 (see below).



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. See below for some of our programming opportunities!

► Age Strong Happenings

We can connect you to programs and outings that enrich your life in Boston. We hold a number of events every year for older people in the city. These community events include our annual Mayor's Fitness Event, 50th Anniversary Celebration, and Senior 1st Night. For the most up-to-date programming details and to RSVP, call us at **617-635-4366**.

Snapshot of Some Upcoming Programming:

Aging Mastery

This healthy aging program aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities.

Tai Chi

This free evidence-based workshop focuses on preventing falls and improving balance. Classes are conducted in 1 hour sessions, twice weekly, for 12 consecutive weeks.

Memory Cafés

A Memory Café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive and engaging environment.

A caregiver must accompany participants requiring special assistance. Memory Cafés feature participatory programs or guest facilitators each month.

Matter of Balance

The program's goal is to reduce fear of falling, stop the fear of falling cycle, and increase activity and community engagement among older adults.

My Life, My Health

This program provides information and teaches practical skills on managing chronic health problems.

Reach out and tell us what type of programming you would be interested in seeing in your neighborhood.

**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

► More Ways to Fill Your Calendar!

In Boston, there are hundreds of events and programs happening across the city. Here are a few ways to fill your calendar with new activities this year! You can also find a variety of programming at the Boston Public Library branch locations. Go to www.bpl.org or call 617-536-5400 for more information.

**Subject to change*

*Activity	Neighborhood	Location	Phone Number
Senior Fitness	Mattapan	BCYF Gallivan Senior Center	617-635-5252
Chair Yoga	Dorchester	BCYF Grove Hall Senior Center	617-635-1484
Computer-Seniors	Hyde Park	BCYF Hyde Park Community Center	617-635-5178
Knitting Club	Roslindale	BCYF Roslindale Community Center	617-635-5185
Line Dancing	Mattapan	BCYF Mildred Avenue Community Center	617-635-1328
Outings	Charlestown	BCYF Golden Age Senior Center	617-635-5175
Arts and Crafts	East Boston	BCYF Paris Street Community Center	617-635-5125
Water Aerobics	Dorchester	BCYF Leahy-Holloran Community Center	617-635-5150

*Activity	Neighborhood	Location	Phone Number
Fitness Program	Roxbury	BCYF Shelburne Community Center	617-635-5213
Senior Lap Swim	South End	BCYF Blackstone Community Center	617-635-5162
Senior Swim	South Boston	BCYF Condon Community Center	617-635-5100
Senior Volleyball	Allston	BCYF Jackson Mann Community Center	617-635-5153
Table Tennis	Chinatown	BCYF Quincy Community Center	617-635-5129
Pickleball	West Roxbury	BCYF Roche Community Center	617-635-5066
Zumba 50+	Jamaica Plain	BCYF Curtis Hall Community Center	617-635-5195
55+ Club	North End	BCYF Nazzaro Community Center	617-635-5166

Look out for upcoming issues of *Boston Seniority* magazine to find more events and programming that you can write down in your calendar!
Email agestrong@boston.gov for a list of magazine pick-up locations.

► 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 

2021 Calendar

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April						
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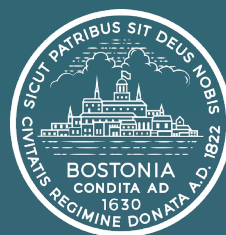
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November						
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December						
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Boston Seniority

Published by the City of Boston's Age Strong Commission and supported in part by The Executive Office of Elder Affairs.
Printed by Flagship Press, Inc.



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From the Mayor's Desk

Happy 2020, Boston! The new year is a great time to reflect on what we've achieved together, and think about all we're looking forward to in the coming year.

In 2019, we launched the City's first Age Strong public awareness campaign to combat ageism. We're celebrating the incredible contributions older adults make in our communities, and we're sharing these stories so we can raise awareness about all the ways people are aging strong in Boston.

This past year, we also launched an important effort to ensure full participation in the 2020 census. The results of the census are used to determine district boundaries, the number of Congressional seats each state is assigned, and how billions of federal dollars are spent, including on local programs that mean a lot to people of all ages in our community. We want to make sure everyone is counted, because everyone counts. Stay tuned for more information about participating in the census count in upcoming Boston Seniority issues.

We're working hard to make Boston the best city in the world for older adults, and I promise to carry this dedication into the New Year.

Sincerely,

- Mayor Martin J. Walsh

