

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu

**SPECIAL 2022
CALENDAR EDITION**

Calendar 2022
Issue 1
Vol. 46

Free Publication



Mayor's Letter



Resources



Senior Centers



“Let your light shine so brightly that others can see their way out of the dark.” -Katrina Mayer

2022 JANUARY

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

December 2021

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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26	27	28	29	30	31		27	28					

February 2022

Mayor's Tip of the Month:

Boston residents may qualify for various property tax exemptions if you are over 65, a veteran or blind. To find out more, call the city's Taxpayer Referral & Assistance Center (TRAC) at 617-635-4287.

My Notes:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Did you know? The City of Boston's Veterans' Services department can help those who served with information on benefits, programs & resources. Call 617-241-8387 for information.</p>						<p>1 New Year's Day</p>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



“Everything has beauty, but not everyone sees it.”

-Confucious

2022 FEBRUARY

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

January 2022

March 2022

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23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

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	16	17	18	19
20	21 Presidents' Day	22	23	24	25	26
27	28	Did you know? Over the winter months, the city's Parks Department offers free virtual fitness classes in yoga, Zumba & more. Call 617-635-4505 for more information.				

Mayor's Tip of the Month:

Massachusetts residents 65+ may be eligible for the senior "circuit breaker" tax credit, up to \$1170. Call the MA Department of Revenue (DOR) for more information at 617-887-6367.

My Notes:



“Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.” -Rikki Rogers

2022 MARCH

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

February 2022

April 2022

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6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28						24	25	26	27	28	29	30

Mayor's Tip of the Month:

Boston residents over 65 (or those disabled) may qualify for a 30% water sewer discount. Call 617-989-7000 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tip: Boston is a city with stories to tell, visit boston.gov/uncovering-bostons-history to learn more.		1	2	3	4	5
6	7	8 International Women's Day	9	10	11	12
13 Daylight Savings Begins	14	15	16	17 St. Patrick's Day	18	19
20 Spring Begins	21	22	23	24	25	26
27	28	29	30	31		

My Notes:

AGE STRONG



“I age strong by _____.”

Name:

Age:

Neighborhood:

2022

APRIL



AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

March 2022

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May 2022

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Mayor's Tip of the Month:

Boston residents over 65 (or the disabled) qualify for discounted taxi coupons, valid for taxis licensed by the City of Boston. To learn more call Age Strong at 617-635-4366.

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 at bostonseniority@boston.gov .					1 April Fool's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Swan Boats Reopen
17	18 Patriot's Day + Boston Marathon	19	20	21	22 Earth Day	23
24	25	26	27	28	29	30

My Notes:



“Every journey, no matter how far, starts with one step.”

-Eric Walters

2022 MAY

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

April 2022

June 2022

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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		

Mayor's Tip of the Month:

Older Bostonians may qualify for food access resources like SNAP, HIP & Double Up Food Bucks. Make an appointment with an Age Strong advocate at 617-635-4366.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day	31	Did you know? Many Boston Centers for Youth & Families (BCYF) locations offer specific programs for older adults. For more information call 617-635-4920.			

My Notes:



“A good neighbor is a priceless treasure.”

-Chinese Proverb

2022 JUNE

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

May 2022

July 2022

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15	16	17	18	19	20	21	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	17	18	19	20	21	22	23	
29	30	31					24	25	26	27	28	29	30	
							31							

Mayor's Tip of the Month:

The Age Strong Shuttle provides free transportation to Boston residents M-F, 8am-4pm. Medical appointments take priority. Please schedule in advance by calling 617-635-3000.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did You Know? Boston is home to 20 non-profit Main Streets organizations. Find out what yours offers at 617-635-0355.			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 Father's Day + Juneteenth	20	21 The Longest Day + Summer Begins	22	23	24	25
26	27	28	29	30		

My Notes:



“Be like a river. Be open. Flow.”

-Julie Connor

2022 JULY

AGE+

City of Boston
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June 2022

August 2022

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19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tip to Beat the Heat: Wet a washcloth with cold water and put it on your neck and wrists to stay cool. You can even freeze it!					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 Parents' Day	25	26	27	28	29	30
31						

Mayor's Tip of the Month:

Massachusetts residents 65+ are eligible for the reduced-rate MBTA Senior Charlie Card for use on subway, bus, commuter rail & ferry. Call 617-222-3200 for details.

My Notes:



“Where flowers bloom, so does hope.”

-Lady Bird Johnson

2022 AUGUST

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

July 2022

September 2022

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10	11	12	13	14	15	16	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	25	26	27	28	29	30		
31														

Mayor's Tip of the Month:

Age Strong's Senior Companion Program matches volunteers with older adults in need of assistance with everyday tasks like grocery shopping, paying bills & respite to caregivers. Call 617-635-4366 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Friendship Day	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	Did you know? Boston Public Libraries offer free programs, services & resources to Boston residents. Call 617-536-5400.		

My Notes:



“Quiet the mind, and the soul will speak.”

-Ma Jaya Sati Bhagavati

2022 SEPTEMBER

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

August 2022

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	1	2	3	4	5	6
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21	22	23	24	25	26	27
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October 2022

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23	24	25	26	27	28	29
30	31					

Mayor's Tip of the Month:

Boston residents over 60 may be eligible for the Seniors Save program, which helps pay for repairs or replacements of heating systems. Contact the Boston Home Center at 617-635-4663 for details.

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 Labor Day	6	7	8	9	10
11 National Grandparents Day	12	13	14	15	16	17
18	19	20	21 World Alzheimer's Day	22 Autumn Begins	23	24
25	26	27	28	29	30	



“Courage starts with showing up and letting ourselves be seen.”

-Brené Brown

2022 OCTOBER

AGE+



City of Boston
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September 2022

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November 2022

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Mayor's Tip of the Month:

Between October 15 & December 7, residents may assess & change their Medicare plans. Make an appointment with an Age Strong trained counselor to help choose the best coverage at the lowest cost. Call 617-635-4366.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Did you know? The Pension Action Center at UMass Boston offers free help to those who live or worked in New England access pensions & lost 401k funds. Call 888-425-6067 for information.</p>						<p>1 International Day of Older Persons</p>
2	3	4	5	6	7	8
9	<p>10 Columbus Day</p>	11	12	13	14	<p>15 White Cane Safety Day</p>
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	<p>31 Halloween</p>					

My Notes:



“Don’t count the days. Make the days count.”

-Muhammad Ali

2022 NOVEMBER

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

October 2022

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30	31					

December 2022

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24	25	26	27	28	29	30
31						

Mayor's Tip of the Month:

You may qualify for fuel assistance, the Low-Income Home Energy Assistance Program (LIHEAP), which helps pay fuel bills November through April. Make an appointment with an Age Strong advocate at 617-635-4366 to find out more.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 Daylight Saving Time Ends	7	8	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30	Did you know? Boston residents can call 311 (or use the app) to report non-emergency issues like potholes or to pay parking tickets.		

My Notes:



“Give thanks for a little, and you will find a lot.”

-Hausa Proverb

2022 DECEMBER

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

November 2022

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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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				

January 2023

Mayor's Tip of the Month:

Older Bostonians may be eligible to “work off” part of their property taxes by volunteering at the City of Boston. Call 617-635-4366 to find out more.

My Notes:

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

► In Boston, we Age Strong.

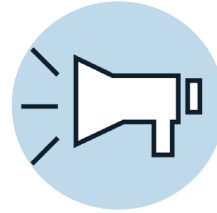
As part of the Human Services Cabinet, our mission at the Age Strong Commission is to enhance your life with meaningful programs, resources, and connections so together we can live and age strong in Boston.

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.



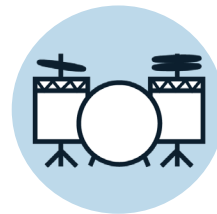
Alzheimer's + Caregiver Support:

We are here to help with questions, offer support, and connect caregivers to helpful resources. We host Memory Cafés, provide referrals, offer workshops, training, and support groups for those who are supporting an older loved one.



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:

The Commission organizes many events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels. During the pandemic we also host many programs online.

► 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.

To learn more about scams, visit aarp.org/scams

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](https://www.facebook.com/AgeStrongBos)



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



Website:
boston.gov/age-strong



Email:
AgeStrong@boston.gov

► Goals 2022

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

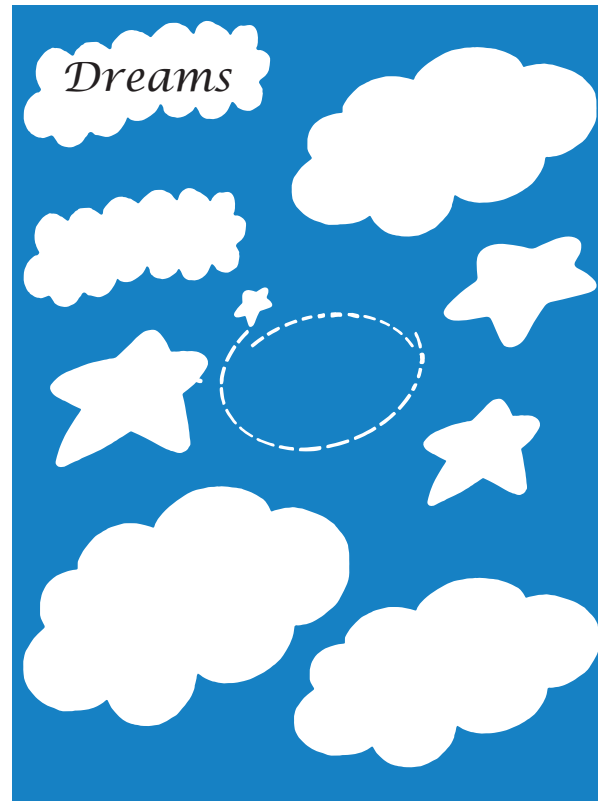
This Year, I Will...

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

2 San Juan Street
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 

January

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February

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March

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April

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May

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June

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August

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27	28	29	30	31		

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

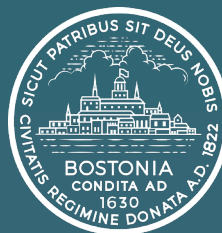
December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
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31						

Boston Seniority

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From the Mayor's Desk

Hello, Boston! From my family to yours, happy 2022. May this year bring joy and good health for you and your loved ones.



This past year has been one of our toughest. Just when we think we've seen it all and been through it all, another major event takes place. However, our older adults continue to prove their resilience every day.

I am inspired by our seniors, who represent a diverse and broad array of cultures and backgrounds, and who have helped define our city. As Boston's new mayor, I promise to bring City Hall out of downtown, and into every neighborhood of Boston, making sure your voices are heard and included.

We will continue supporting and empowering our seniors, while also celebrating the incredible impacts you continue to make in our communities. I encourage all older adults to connect with the Age Strong Commission at 617-635-4366 to see what benefits you may qualify for. For other non-emergency inquiries, please call 311. We're all in this together, Boston.

Sincerely,

A handwritten signature in black ink that reads "Michelle Wu".

Mayor Michelle Wu

