

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



**Celebrating
Hispanic Heritage
Month p.16-23**

**September
2023 Issue 7
Vol. 47**



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P. 4**



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Boston Seniority

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Stay Connected with the Age Strong Commission:



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Facebook: @AgeStrongBos



Twitter: @AgeStrongBos

Do you have a story to share? We want to hear from you!

Email us at BostonSeniority@boston.gov



From the Mayor's Desk

Hello, Boston!

As our summer turns into fall, September is filled with so many different activities, programs and things to be more aware of. In this issue of Boston Seniority Magazine, you'll learn about so much.

National Grandparents Day is September 10. Inside, you'll learn about resources and information for grandparents who take care of their grandchildren.

We celebrate Hispanic Heritage Month September 15 through October 15. Inside you'll learn about why, as well as our month-long festival on City Hall Plaza.

Throughout September, we become aware of Fall Prevention Month, including ways to prevent falls, and what to look out for.

September is also when we acknowledge Senior Center Month. We take note of how our senior centers serve as anchors of our communities while also improving the lives of our older adult residents.

Good Neighbor Day is September 28, when we celebrate the importance of community, lending a hand, and having good relationships with those around us.

I look forward to seeing you, my neighbors, around town – learning, celebrating, and connecting.

Michelle Wu

Michelle Wu
Mayor of Boston

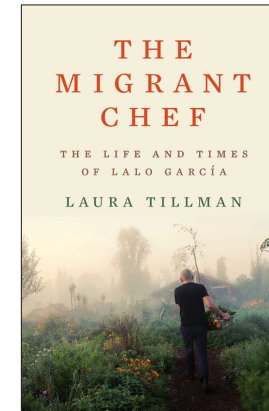


Books

BPL Book Picks

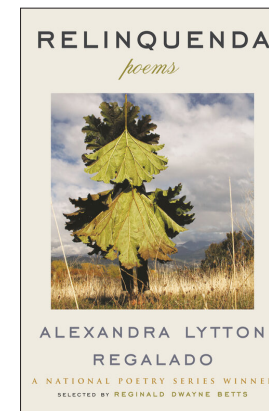
Source: Boston Public Library

Vida Latina is a list of recent books which is printed as part of the Boston Public Library's observance of Hispanic Heritage Month each year. The BPL owns print editions of all titles, and many are available in eBook and audiobook formats as well.



The Migrant Chef
by Laura Tillman

García worked in U.S. kitchens until convicted of a crime and sent back to Mexico. There he opened restaurants and became a culinary star.



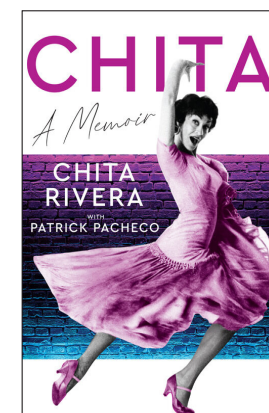
Relinquenda
by Alexandra Regalado

Awarded the National Poetry Series Prize, Regalado wrote *Relinquenda* during the Covid lockdown, after the U.S. borders closed, separating the author from her family in El Salvador.



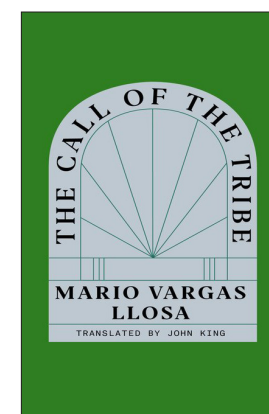
The Boy Who Reached for the Stars
by Elio Morillo

A scientist recounts his journey from his childhood in Ecuador to working on NASA's mission to explore Mars.



Chita
by Chita Rivera

From her start with the American School of Ballet to her iconic roles in Broadway shows like *West Side Story* and beyond, Rivera shares her life in show business.



The Call of the Tribe
by Mario Vargas Llosa

In this "intellectual autobiography," Nobel Laureate Vargas Llosa describes the philosophical path that led him to reject "the tribe" and to embrace individuality.

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



► Resources for Grandparents

It's National Grandparents Month

By Dillon Tedesco, Age Strong Communications Staff Assistant

September is National Grandparents month. Raising a grandchild can feel overwhelming at times, so here are some resources that may help.

There are various custody options available, including informal custody, legal guardianship, or adoption. Each has pros and cons. It's important to understand your personal situation to decide which one is best for you.

► Informal

An informal arrangement is short-term and occurs when the parent is on vacation, in the hospital, or away for some other temporary reason. One of the benefits of this arrangement is that there is no need to involve the Department of Children and

Families or legal services. A con of this arrangement is that you don't have legal authority over your grandchild in case of an emergency.

► Legal guardianship

This is the most common form of guardianship for grandparents raising grandchildren. Legal guardianship offers you legal custody of your grandchild. To receive legal guardianship, you'll need to go to court and show a judge that the child's parents are unable to care for the child.

► Adoption

Adoption is the most permanent form of guardianship. When you adopt a child, their parents lose the right to care for the

child. This may be the best option if the parent is unfit to care for the child or if the parent of the child has passed away. Figuring out how to financially support your grandchild can be challenging. But, financial resources are available. You may qualify for a variety of services depending on your needs.

► WIC

If your grandchild is under the age of 5, you may qualify for WIC (Women, Infants, Children) which provides healthy foods and nutrition education at no cost.

► TAFDC Grants

Temporary Assistance to Families with Dependent Children Child Only-Grants. These are available to all grandparents with legal guardianship of their grandchildren. Eligibility is based on your grandchild's income. You can apply for this benefit in-person at your local

Department of Transitional Assistance office.

► Social Security Survivor/Disability Benefits

Your grandchild may qualify for Social Security benefits if their parent has passed away. Visit ssa.gov for more information. Raising your grandchild can also be stressful and emotionally overwhelming. But, you are not alone. There are thousands of grandparents raising grandchildren in Massachusetts. To find a support group of other grandparents raising grandchildren, visit massgrg.com.

For additional assistance, consider connecting with Boston Senior Home Care's Caregiver Solutions program at 617-451-6400, bshcinfo.org/help-grandparents-raising-grandchildren or MSPCC's KINnections program at 781-879-2070, mspcc.org/kidsnet.

► Scam Alert

Scam Corner: Don't Get Scammed!

By National Council on Aging

Unfortunately, older adults are often the target of scams. Scammers have a lot of practice trying to catch you off guard. One to keep note of, which is quite common, is the fake investment scam.

Scammers will call and offer a new product or stock that they say is a good investment. But, the product does not exist. They often pressure you, saying the price will go up, or that you'll miss out if you don't invest. This is meant to cause anxiety. But, here's how to avoid this scam:

- If it seems too good to be true, it probably is. If you get an amazing investment opportunity, ask yourself: do you know the caller? If not, how did they get your number? If you aren't sure, it's likely they don't have your best interest in mind.

- Never invest in anything you just learned about. Scammers rely on you not knowing their product, and it's important to not rush into making financial decisions.

- Do your research. Before investing, even legitimately, learn about it. Google the company. What comes up? If you



can't find them on a reputable financial website, you shouldn't invest.

- Block the callers. Once scammers know you will answer the phone, they will keep calling you. When you get a call from a scammer, you can block them to try and prevent future scams.

Getting scammed is always upsetting. We assume the best, so someone targeting you feels bad. If you've been scammed, contact your bank. They may be able to stop or reverse any scam transactions. Second, contact your local police department. Finally, contact the Federal Trade Commission, who tracks scams and will help you file a report. Visit consumer.ftc.gov.

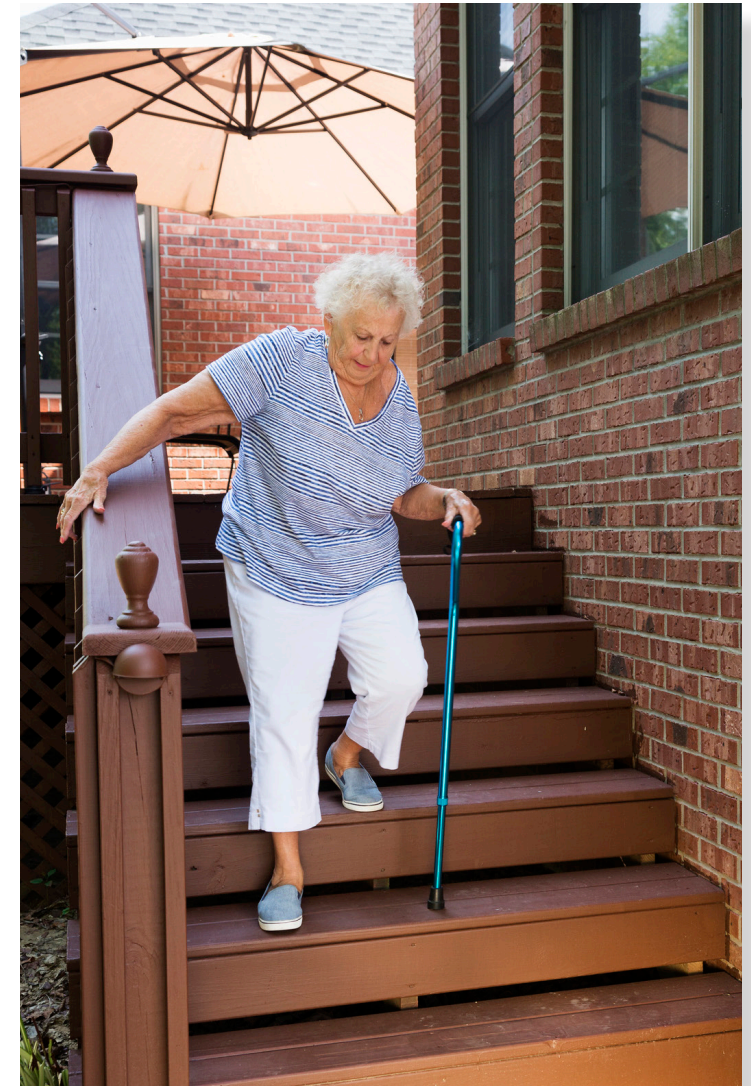
► Safety Tips

Fall Prevention

Source: National Institute on Aging

National Fall Prevention Awareness Week is September 18th-22nd. Many older adults, even if they have not fallen before, are fearful of falling as well as the injuries associated with a fall, like bruising, broken bones or head injury. As you get older, your risk of falling grows. However, there are many ways that older adults can prevent falls. Here are some things you can do to help reduce your risk of falling:

1. Get a full night of sleep. You are more likely to fall if you are tired or unrested.
2. Make sure to get your vision and hearing regularly checked. If your eyesight or hearing has changed without you knowing, you are more at risk of falling.
3. Use assistive devices. Canes, walkers, and other assistive devices are here to help! If you think an assistive device could help you, ask your doctor for their advice.
4. Make sure your medications are at the correct dosage and time of day.
5. Stay active. Staying physically active can help reduce your risk of falling. Activities such as yoga and tai chi can



help increase your strength and balance, which reduces your risk of falls.

Age Strong offers free virtual Tai Chi classes. Register by calling Renee Frechette at 617-635-4168 or email renee.frechette@boston.gov.

You could also check your local library, hospital, health center, or community center to see what they offer.

Learn more about fall prevention at nia.nih.gov/health/falls-and-fractures-older-adults-causes-and-prevention.

Celebrating What Unites Us Our Differences Bring Us Closer Together

By Dillon Tedesco, Age Strong Communications Staff Assistant

Boston is filled with many folks from many countries. To celebrate that, our Age Friendly program has partnered with various city departments and the Armenian Heritage Park on a program series called Celebrating What Unites Us. The events celebrate immigrant contributions made in art, science, service, and commerce, building community and cross-cultural understanding while promoting active, healthy, and engaged living.

We interviewed Andrea Burns, Age Strong's Director of Age-Friendly Boston about the series.

What inspired this series? A handful of community-minded organizations decided to join together to celebrate the MANY different experiences of first generation Bostonians. These were Age Strong, the Mayor's Offices of Immigrant Advancement and Food Justice, Armenian Heritage Park, and Boston Public Market.

Tell us about the Armenian Heritage Park?

It's a public park on the Rose Kennedy Greenway. Every autumn, they host a welcoming ceremony for immigrants new to Boston. When they first arrived in America, Boston welcomed Armenians with open arms. The park believes in being an open and inclusive place for people from all over the world to enjoy.

What would someone experience at Celebrating What Unites Us?

Every month, we choose a different ethnic culture to highlight. We ask the Boston Planning and Development Agency (BPDA) research team for information about that population to share with patrons. We invite a speaker from the highlighted country to share their immigrant experience and sample foods from their culture. And of course we walk the labyrinth.

What's the labyrinth?

It's a path of life's journey. There's one path leading to the center, and the same path leading out. A single jet of water at its center is symbolic of hope, rebirth, and new beginnings.

According to Age Strong's Libby Arsenault (Behavioral Health Manager), there's many benefits to walking the labyrinth.

Walking and movement help slow down our minds and calm our bodies and nervous system. When we exercise, we release endorphins and cortisol, "feel good" brain chemicals. When we feel good, we worry less. Some people use the labyrinth for walking meditation.

Join Celebrating What Unites Us, at Armenian Heritage Park on the Greenway, September 20 and October 25, 10am-12pm. For more info, call Andrea Burns at 617-635-4877 or email andrea.burns@boston.gov.

Donate Blood. It Could Save a Life

Source: NIH News in Health

Every two seconds, someone in the U.S. needs blood. It could be because of surgery, cancer treatments, a blood disorder or injury. Whatever the reason, there's always a need for donated blood. Even a single donation can save lives.

Blood gives us energy by bringing oxygen and nutrients to the body's cells. It also carries waste products to the liver and kidneys for removal.

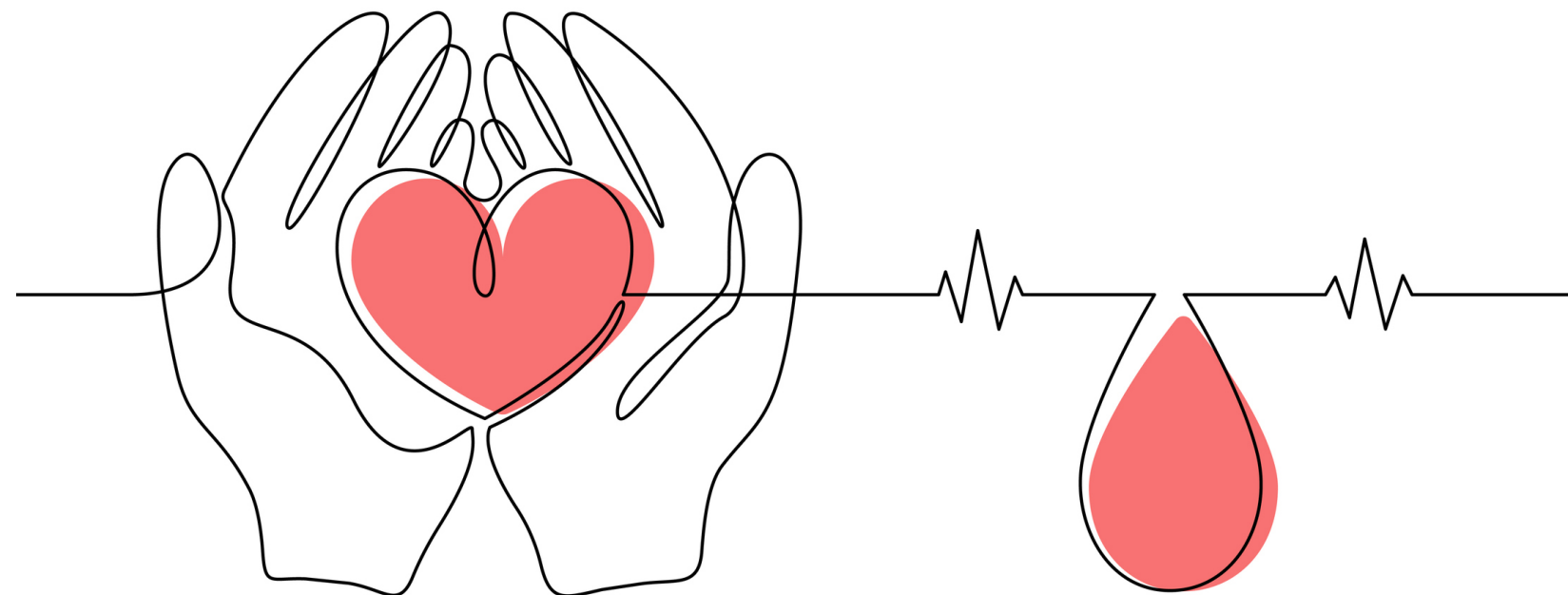
Human blood contains red blood cells, which carry oxygen and carbon dioxide. Blood also includes white blood cells (which fight disease), platelets (which help form blood clots), and plasma (the liquid portion of blood).

Blood has a short shelf life, so fresh blood donations are always needed. Platelets can only be stored for five to seven days, and red blood cells for up to 42 days.

Blood donation is safe and simple. It usually takes only about an hour of your time. But only 3% of Americans give blood each year.

You can donate blood if you're in good health and are at least 17 years old (depending on where you live).

Learn more about blood donations at nhlbi.nih.gov/education/blood/donation.



What is Tai Chi? How It Benefits You...

Tai Chi is a slow and gentle mind/body exercise rooted in multiple Asian traditions including martial arts, traditional Chinese medicine and philosophy that is suitable for older adults, even those with chronic illness. It offers the benefits of flexibility, balance, muscle strengthening, enhanced immunity, and endurance training. Tai Chi has the capability of improving the health of older adults without affecting existing impairments.



Several elements of tai chi are appealing to older people. Most of the exercises are done standing up, in regular clothes, not a lot of jumping around or up and down from the floor. Tai Chi can be done at any level, without great exertion, and without pain or strain. As people feel more confident in physical activity, they feel better about their ability to do more. Tai Chi increases one's ability to navigate real-life activities like carrying groceries, climbing stairs, dressing, and overall mobility.

Age Strong offers free virtual Tai Chi classes. For more information, contact Renee Frechette at 617-635-4168 or email renee.frechette@boston.gov.

Age Strong partners also offer Tai Chi and fall prevention classes including "A Matter of Balance" and "Moving for Better Balance" (Ethos, Greater Boston Chinese Golden Age Center, La Alianza, and the YMCA).

September is National Senior Centers Month! Get to Know Yours!

In September we highlight senior centers across the country and note how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to their participants. They offer a place for older adults to discover their unique interests, talents, and aspirations—and most importantly, a place to connect, make friends, and socialize.

There are a variety of senior centers across Boston, including two that are operated by the Age Strong Commission: the newly opened East Boston Senior Center (7 Bayswater Street) and The Veronica B. Smith Senior Center (20 Chestnut Hill Street, Brighton), which offer weekday activities including wellness/fitness classes, lectures, services, lunch, field trips, and special events.

In addition, the City of Boston's Boston Centers for Youth and Families (BCYF) operates both the Beverly Gibbons Community Center for Older Adults (382 Main Street, Charlestown) and the Grove Hall Senior Center (51 Geneva Avenue,

Dorchester), and senior programming can be found in many other BCYF sites across Boston including in Mattapan, Hyde Park, the North End, West Roxbury, and more.

And there are many important community partners operating senior programming and senior centers across Boston that help make our city a vibrant and engaging place for older adults including ABCD, Ethos, Greater Boston Chinese Golden Age Center, IBA, La Alianza, South Boston Neighborhood House, VietAID, and others. For a full list of senior centers in Boston, visit boston.gov/agestrong.



September Happenings: Get Out and About in Boston!

** Please note not all events are free and are subject to change*



Crochet Club

Time: 11:00 am - 12:30 pm
Location: BPL Lower Mills, 27 Richmond St., Dorchester
Contact Info: Elise, 617-298-7841



Emmanuel Music: Breathe with Bach

Time: 12:30 pm - 1:30 pm
Location: BPL East Boston, 365 Bremen St., East Boston
Contact Info: Margaret, 617-569-0271



Hatha Yoga

Time: 6:30 pm - 7:45 pm
Location: BPL Fields Corner, 1520 Dorchester Ave., Dorchester
Contact Info: 617-436-2155



Special Collections Sampler: Transportation

Time: 9:30 am - 4:30 pm
Location: Central Library in Copley Square, 700 Boylston St., Boston
Contact Info: Kathleen, specialcollections@bpl.org



Senior Sewing

Time: 3:00 pm - 5:30 pm
Location: BPL Mattapan, 1350 Blue Hill Ave., Mattapan
Contact Info: Maurice, 617-298-9218



Tiny Art Show

Time: 9:00 am - 5:00 pm
Location: BPL Connolly, 433 Centre St., Jamaica Plain
Contact Info: Emily, 617-522-1960



Money Smart

Time: 10:00 am - 12:00 pm
Location: BPL South Boston, 646 East Broadway, South Boston
Contact Info: 617-268-0180



Chatty Wednesdays

Time: 2:00 pm - 3:00 pm
Location: BPL Grove Hall, 41 Geneva Ave., Dorchester
Contact Info: Kate, 617-427-3337



Hyde Park Book Club

Time: 12:00 pm - 1:30 pm
Location: BPL Codman Square, 690 Washington St., Dorchester
Contact Info: Janice, 617-436-8214

"Peace begins with a smile."

-Mother Teresa

Age Strong Commission Events

We can connect you to programs and outings that enrich your life in Boston. You can also take part in our virtual programs and classes.



For more information, call 617-635-4366 or visit boston.gov/age-strong-events



Celebrating Hispanic Heritage Month

During Hispanic Heritage Month, we recognize the contributions of Hispanic Americans to the history, culture, and achievements for the United States. Inside, learn more about Boston's Latin Quarter, East Boston's Veronica Robles Cultural Center, Boston Public Library's recommended books for Hispanic Heritage Month, and Fiesta en la Plaza. -Boston Seniority Team





Hispanic Heritage

September 15 through October 15, 2023

In honor of Hispanic Heritage Month, Age Strong is spotlighting the Latin Quarter in Jamaica Plain. Located in Hyde Square/Jackson Square, the Latin Quarter is known for its many Latinx shops, restaurants, and businesses. Sixty-five percent of these businesses are also immigrant-owned!

In 2018, the Latin Quarter was designated an official cultural district, with the goal of being a hub for the development and celebration of Latin and Afro-Latin art, cultural events and storytelling. You can watch a short documentary on Boston's Latin Quarter here [boston.gov/departments/arts-and-culture/latin-quarter-cultural-district](https://www.boston.gov/departments/arts-and-culture/latin-quarter-cultural-district).

Also, Boston will celebrate Hispanic Heritage over 4 weekends at the Fiesta en la Plaza, featuring Hispanic dance, music, food and culture on City Hall Plaza. Get more details here culturalagora.com/fiesta-en-la-plaza.

Through our Age Friendly program, these Latin Quarter business have trained to become Age Friendly Certified, making their locations well lit, signs easy to read, and more: Amador & Oller Executive Group, Centre Street Dental Care, Codman Square Market, Pimentel Market, J&P Dry Cleaners, Fernandez Travel, Cappy's Pizza, Ultra Beauty Salon, Peak Performance, and Massage Therapy Center.

During Hispanic Heritage Month, we recognize the contributions and influence of Hispanic Americans to the history, culture, and achievements for the United States. The 30-day period also includes many dates of importance in the Hispanic community: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua celebrate their anniversary of independence on September 15; Mexico commemorates its independence on September 16; and Chile commemorates its independence on September 18.



Interview with Veronica Robles Founder of Veronica Robles Cultural Center

By Dillon Tedesco, Age Strong Communications Staff Assistant

Boston Seniority Magazine talked with Veronica Robles, founder of the Veronica Robles Cultural Center, to discuss what Hispanic Heritage Month means to her.

What does Hispanic Heritage Month mean to you?

Hispanic Heritage Month gives me the opportunity to continue educating general audiences about the rich and diverse cultures of Latino countries.

What are some of the events VROCC will host for Hispanic Heritage Month?

We celebrate Hispanic and Latino cultures all year long though our festival series called "Viva Latinoamerica" to honor and pass on Latin traditions such as El Dia de los Muertos (The Day of the Dead) or El Dia de los Reyes Magos (Three Wise Men), among others. Hispanic Heritage month gives us the opportunity to provide high-quality cultural programming to community groups to celebrate our cultures during this period of time.

Why is it important to celebrate Hispanic Heritage Month?

It allows individuals to show pride about our own cultural heritage, but also provides the opportunity to share and elevate the traditions, gifts and values that immigrants from the Latin American countries bring to this country.

Tell us a little about the Mexico Day event?

During Hispanic Heritage Month we host the Viva Mexico Festival to celebrate Mexican Independence Day and highlight the growing Mexican community culture in Boston. This includes the traditional shout of "Viva Mexico" by the honorable Alberto Fierro, Consul General of Mexico in Boston as well as the authentic Mexican food, folkloric dances, mariachi, nirtño bands, and DJ. Please join us September 17, 1:30-8pm, outdoors at Border Street (between Lexington and Saratoga Streets) in East Boston.

To learn more about VROCC, visit veronicaroblesculturalcenter.org.

Pork Picadillo Recipe

Provided by Melissa Carlson, MS, RD

Deputy Commissioner of Programs and Partnerships, Age Strong Commission

Try this delicious recipe that's perfect for celebrating Hispanic Heritage Month.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 medium onions, finely chopped
- 1 medium green bell pepper, finely chopped
- 4 cloves garlic, minced
- 1 pound lean ground pork
- 2 teaspoons ground cumin
- 1 ½ teaspoons dried oregano
- 1 teaspoon ground cinnamon
- ¾ teaspoon kosher salt
- ¼ teaspoon ground allspice
- Ground pepper to taste
- 1 28-ounce can diced tomatoes, drained, 1/4 cup juice reserved
- 2 bay leaves
- ½ cup raisins
- ½ cup pimiento-stuffed green olives, chopped
- 1 tablespoon red-wine vinegar

Directions:

1. Heat oil in a large skillet over medium heat. Add onions and bell pepper; cook, stirring occasionally, until soft but not brown, about 8 minutes. Stir in garlic and cook for 30 seconds. Add pork; cook, breaking up the meat with a wooden spoon, until no longer pink, 5 to 7 minutes.

2. Stir in cumin, oregano, cinnamon, salt, allspice and pepper, then add tomatoes, their reserved juice and bay leaves. Reduce heat to maintain a simmer, cover and cook for 25 minutes.

3. Stir in raisins, olives and vinegar; cover and simmer for 10 minutes more.

Serves: 6

Nutrition Facts per serving:

223 calories, 10g fat (3g saturated fat), 44mg cholesterol, 410mg sodium, 19g carbohydrate (12g sugar, 3g fiber), 17g protein

Source & Photo: eatingwell.com



► In Boston, we Age Strong.

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



We can help with:

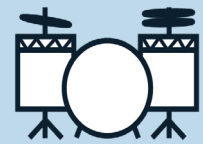
Call us for more details at 617-635-4366.



Access to Information and Benefits:

Our Community Advocates connect older adults to a comprehensive array of resources, benefits, and information. We can:

- Assist with applications for public benefits like Supplemental Nutrition Assistance Program (SNAP) and fuel assistance.
- Ease the process of applying for, and receiving, Medicare benefits.
- Assist older adults in accessing several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit, and others.
- Assist older adults with navigating systems including the aging network and city services.



Outreach and Engagement:

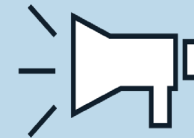
The Commission organizes many **in person and virtual** events and programs throughout the year.



Transportation:

We are committed to helping older adults continue to lead independent lives by connecting them to transportation resources. We offer:

- Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor's appointments. Call 617-635-3000 for more information.
- Taxi Coupons at discounted rates.



Volunteer Opportunities:

We operate volunteer programs that impact our work across the city:

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners may work-off up to \$1,500 on their property tax bill by volunteering for a City agency.



Housing:

The Age Strong Commission works to ensure that older adults are able to find and maintain housing. We can:

- Assist with housing applications.
- Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
- Provide mediation and court advocacy.



Alzheimer's and Caregiver Support:

Know that you are not alone; we are here to support you. We:

- Host Memory Cafés, places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
- Provide referrals and offer workshops, training, and support groups for those who are supporting an older loved one.

Boston's Age Strong Commission Offers Discount

TAXI COUPONS

- For Boston residents age 65+ & persons with disabilities
- Valid for taxis licensed by City of Boston
- Please show ID proving Boston residency
- Each coupon book costs \$5 (worth \$10)
- Please pay with cash
- Coupons don't expire (for a limited time each resident may buy 4 books/month)

Coupons may be purchased in person at the Age Strong Commission, Rm 271 City Hall, 1 City Hall Square in Boston, 9am-5pm.

Visit boston.gov/agestrong for a list of sites where taxi coupons may be purchased.

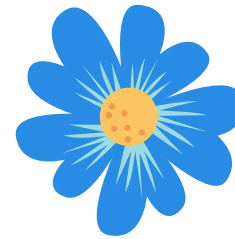
AUTHORIZED TAXI COMPANIES

There are 7 authorized cab associations in Boston:

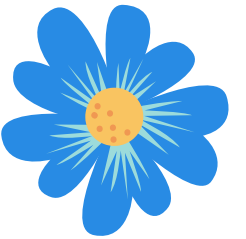
- | | |
|---|--|
| 1. Top Cab
617-266-4800 | 4. City Cab Assoc.
617-536-5100 |
| 2. Boston Cab Assoc.
617-536-3200 | 5. Metro Cab Assoc.
617-782-5500 |
| 3. I.T.O.A. Cab Assoc.
617-825-4000 | 6. Tunnel Taxi
617-567-2700 |
| | 7. 617TaxiCab Inc.
617-829-4222 |



AGE STRONG COMMISSION'S FREE VIRTUAL PROGRAMS AND CLASSES



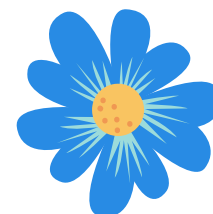
For Ages
55+



DAY OF WEEK	TIME	PROGRAM
MONDAY	9:00AM - 10:00AM	CHAIR YOGA
MONDAY	11:30AM - 12:30PM	MEDITATION
TUESDAY	11:30AM - 12:30PM	LATIN DANCE
WEDNESDAY	11:30AM - 12:30PM	YOGA
THURSDAY	11:30AM - 12:30PM	LATIN FIESTA
FRIDAY	11:30AM - 12:30PM	ZUMBA

Join the classes listed above by zoom link here:

bit.ly/ZoomAgeStrongVirtual



For more information on our events call 617-635-3979 or visit boston.gov/age-strong-events

Meditation: Rain or Shine

By Bob Linscott, MTS, Behavioral Health Manager, Age Strong Commission



On Friday August 18 I was traveling to the East Boston Senior Center to lead a weekly Age Strong meditation and mindfulness group. As the Blue Line train came above ground at the Airport station I noticed the sky was incredibly dark and within minutes the rain started coming down in sheets. I thought to myself “this will keep some people from coming to class today.” As I arrived at the Senior Center I got a weather alert saying that Massachusetts was under a tornado warning. This time it was sure no one would venture out in this storm for a meditation class.

I was wrong, within thirty minutes a hearty group of six seniors in full rain gear, braved the storm and showed up for meditation. Each one of them said the same thing: “I don’t care about the storm,

I really need this!” As everyone settled in for class, they all started to share why this was so important to them. One person shared that they were going in for radiation later that afternoon and needed this to calm their anxiety, another said this class was the only thing that quieted their mind, another shared that this meditation has changed their life since we started the group 5 months ago.

So we all dried off and settled in for an hour of peaceful meditation as the storm howled outside the senior center and the rain battered the windows.

If you are interested in having a mindfulness class or workshop in your area please reach out to Bob Linscott at Age Strong (617) 635-4250.



SIGN-UP TODAY

Check out the latest news from Age Strong! We include events for older adults, volunteer opportunities, and much more.

Sign-up for updates at:
boston.gov/departments/age-strong-commission



Open Streets Boston

Open Streets Boston events help people experience streets as public spaces where communities thrive. City streets transform into vibrant, pedestrian-friendly boulevards where people can dream, play, and explore.

SUNDAY, SEPTEMBER 17 - DORCHESTER

Dorchester Avenue
Between Ashmont Street and Freeport Street
10am–3:30pm

SUNDAY, OCTOBER 15 - EAST BOSTON

Meridian Street from Maverick to Porter and Bennington Street, from Porter to Day Square *subject to change
10am–3:30pm

Visit openstreetsboston.org to learn more.

▶ SEEN AROUND TOWN



MEET YOUR AGE STRONG ADVOCATES IN-PERSON THROUGHOUT BOSTON'S NEIGHBORHOODS...

Learn about benefits, resources and programs you may be eligible for to save money.

Call the Age Strong Commission at **617-635-4366** to connect with your neighborhood Advocate or visit **boston.gov/agestrong** to view the days/times Age Strong advocates are in your neighborhood.

**For Ages
60+**

CITY of BOSTON

AGE+

Age Strong