

# Weekly Digest

January 31- February 6, 2022

Information & opportunities for Boston's older adults

WEEKLY DIGEST  
Table of Contents

[Vaccine Clinics](#)

[Events January 31-February 6](#)

[Free COVID-19 Testing](#)

[Volunteer Opportunities](#)

[Winter Safety](#)

Stay Connected to Age Strong:

City Hall, Room 271  
1 City Hall Square  
Boston, MA 02201  
617-635-4366  
agestrong@boston.gov  
boston.gov/agestrong



@AgeStrongBos

AGE+

City of Boston  
Age Strong  
Commission

## BOSTON CITY HALL

### Free COVID-19 Pfizer & Moderna Vaccination Clinics

- Tuesday, Jan 18, 10am-4pm
- Thursday, Jan 20, 12pm-6pm
- Tuesday, Jan 25, 10am-4pm
- Thursday, Jan 27, 12pm-6pm
- Tuesday, Feb 1, 10am-4pm

### Walk-ins welcome!

First and second doses (5 years and older)

Boosters for anyone 12+

1 City Hall Square  
Boston MA, 02201



## FREE PFIZER COVID-19 VACCINE CLINIC

Walk-ins welcome!

## GALLIVAN COMMUNITY CENTER

61 Woodruff Way, Mattapan MA, 02126  
Mondays from 2pm-8pm

Schedule an appointment!

<https://home.color.com/vaccine/register/lcgboston>



First and second doses for ages 5+  
Boosters for ages 12+





## MONDAY, JANUARY 31

5pm

**Parks: Virtual Fitness: Dance Fit**

Click [here](#) to register & for more information.

## TUESDAY, FEBRUARY 1

10:30am

**A Quilting Circle**

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information.

10:30 am **Film showing via Zoom**

12:30 pm **Film discussion via ZoomUMass**

**UMass Boston: Lifelong Learning**

**Winter Film Series: "Sounder" (1972)**

Email [ollireg@gmail.com](mailto:ollireg@gmail.com) to register

5:30pm

**Office of Housing Stability**

**Virtual Legal Clinic**

Click [here](#) to register & for more information.

6pm

**BPL Virtual: The North End:**

**Boston's Overlooked 19th Century Black Community**

Click [here](#) to register & for more information.

6:30pm

**Parks: Virtual Fitness: Afrobeats Dance**

Click [here](#) to register & for more information.

## WEDNESDAY, FEBRUARY 2

10am

**UMass Boston: Lifelong Learning**

**Beyond the 54th**

Lecture by National Park Ranger Jocelyn Gould

Email [ollireg@gmail.com](mailto:ollireg@gmail.com) to register

11am

**Parks: Virtual Fitness: Chair Yoga**

Click [here](#) to register & for more information.

12noon-3pm

**Free Legal Immigration Consultations**

Mayor's Office of Immigrant Advancement

Click [here](#) to register & for more information.

3pm

**BPL Virtual: Shelf Service Live**

**Recommendations from BPL librarians.**

Click [here](#) to register & for more information.

4pm

**BPL: Free Tax Preparation (Drop-Off & Remote Only)**

Click [here](#) to register & for more information.

**THURSDAY, FEBRUARY 3**11am***BPL Virtual: Savvy with Social Media: Tips for Using Instagram***Click [here](#) to register & for more information.1pm***BPL Virtual: Lunchtime Science Fiction/Fantasy Short Story Club***Click [here](#) to register & for more information.2:30-5:30pm***The Dudley Winter Market***

11 Brook Avenue, Roxbury

Click [here](#) for more information.6pm***BPL Virtual: Book Group: "Dominicana" by Angie Cruz***Click [here](#) to register & for more information.6:30pm***Parks: Virtual Fitness: Zumba***Click [here](#) to register & for more information.**FRIDAY, FEBRUARY 4**10am-12noon***BPL Virtual: Drop-in Office Hours: Legal Services Center***Click [here](#) to register & for more information.12:30pm***Parks: Virtual Fitness: Chair Meditation***Click [here](#) to register & for more information.**SATURDAY, FEBRUARY 5**9am***Parks: Virtual Fitness: Strength Training***Click [here](#) to register & for more information.10am-1pm***Dorchester Winters Farmers Market***

6 Norfolk Street, Dorchester

Click [here](#) for more information.10am-4pm***BPL: City-Wide Friends Book Sale***

Boston Public Library: Central Branch

700 Boylston Street, Copley Square

Click [here](#) for more information:**SUNDAY, FEBRUARY 6**12noon-3pm***Roslindale Farmers Market***

19 Corinth Street, Roslindale

Click [here](#) for more information.6pm***Parks: Virtual Fitness: Yoga***Click [here](#) to register & for more information.

Walk Up

# Free COVID-19 Testing

## Bruce C. Bolling Building

2300 Washington Street  
Roxbury, MA 02119

Tuesdays - Saturdays  
12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)

Call the Mayor's Health Line at 617-534-5050  
for more information



## SIGN UP FOR ALERT-BOSTON!

*In 4 simple steps:*

- 1 Enter your Email or Phone number
- 2 Select how you would like to be Alerted
- 3 Enter your First and Last Name
- 4 Enter your Zip Code & Select a Language

Sign up at [boston.gov/alert-boston](https://www.boston.gov/alert-boston)

## WRITING YOUR FAMILY STORIES

Write and share stories about family members, your roots, and growing-up memories in this two-week, online workshop facilitated by Write the World instructors.

### JOIN US:

Wednesdays from 11AM to NOON on February 9 and February 16

OR

Thursdays from 7PM to 8PM on February 10 and February 17

### TO REGISTER, OR FIND OUT MORE CONTACT:

Renee Frechette [renee.frechette@boston.gov](mailto:renee.frechette@boston.gov) 617-635-4168

**AGE+** | City of Boston  
Age Strong Commission  
Mayor Michelle Wu



**FREE!**  
MEETS  
ONLINE!



# Free COVID-19 Testing

---

Walk Up

**Jubilee Christian Church  
1500 Blue Hill Avenue,  
Mattapan**

**Tuesday, Wednesday, Thursday:**

**12:00 pm. – 7:00 p.m.**

OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)



Call the Mayor's Health Line at  
617-534-5050 for more  
information

**BECOME AN  
AMERICORPS  
RSVP VOLUNTEER**



Let's Help Boston Older Adults  
Get Access to Food

**Make Local Deliveries or  
Volunteer at a Local Pantry**

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule



**To Register, Call:**  
Monique Carvalho at 617-635-4374

AGE+

City of Boston  
Age Strong Commission  
Mayor Michelle Wu



**AmeriCorps**

**GIVE BACK**

As an AmeriCorps  
Volunteer Tax Preparer!!!

Help older adults maximize  
their state and federal refunds.



- Help provide **no-cost tax preparation** services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



- Must Be 55+
- Complete a CORI check

For more information, contact  
Monique Carvalho 617-635-4374  
Monique.Carvalho@Boston.gov

AGE+

City of Boston  
Age Strong Commission  
Mayor Michelle Wu



**AmeriCorps  
Seniors**



**WINTER SAFETY TIPS**

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

[Boston.gov/cold](http://Boston.gov/cold)

CITY of **BOSTON**

## Am I eligible for a COVID-19 booster shot?

---

### Who?

**Individuals 12+ who are fully vaccinated\***

\*Individuals age 12-17 can only get the Pfizer booster

### When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

### Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at [mass.gov/COVID19booster](https://mass.gov/COVID19booster)

For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit [boston.gov](https://boston.gov)

# Need help paying for heat this winter?

## You're not alone.

**Find out if YOU qualify for fuel assistance discounts!**

Call Age Strong at 617-635-4366 for an appointment with an advocate.



City of Boston  
Immigrant Advancement

# FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

[immigrantadvancement@boston.gov](mailto:immigrantadvancement@boston.gov)

617-635-2980



## KEEP BOSTON SENIORS WARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit [boston.gov/seniors-save](https://boston.gov/seniors-save) to apply today.



# Free COVID-19 Testing

Walk Up

**Lilla G. Frederick Pilot  
Middle School**

**270 Columbia Rd., Boston, MA 02121**



**Friday: 5-9pm**

**Saturday: 12-8pm**

**Sunday: 10am-6pm**

OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)



Call the Mayor's Health Line at  
**617-534-5050** for more  
information



# PLAN FOR THE COLD

Information for Everyone



*Dress in loose layers with a waterproof outer layer.*



*Stay inside some place warm.*



*If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.*

## DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.
- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.
- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.
- Cold affects people unequally. Those who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, or use substances are more at risk.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

## RESOURCES

1

*Get warm at public warming centers and Boston Public Libraries.*

2

*Get emergency notices via text, email or phone from AlertBoston.*

3

*Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.*

**For more information on these resources, call 3-1-1 or visit [boston.gov/cold](http://boston.gov/cold)**