

# Boston Seniority

Age Strong Commission City of Boston Mayor Michelle Wu

**SPECIAL  
2023  
CALENDAR  
EDITION**

Calendar 2023  
Issue 1  
Vol. 47

FREE PUBLICATION



MAYOR'S LETTER



RESOURCES



SENIOR CENTERS



**“TRUE BEAUTY LIES IN PURITY OF THE HEART.”**

*-MAHATMA GANDHI*

# 2023 JANUARY

**AGE+**



City of Boston  
Age Strong

## DECEMBER 2022

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

## FEBRUARY 2023

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			

## 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>DID YOU KNOW?</b> The City of Boston's Veterans' Services department can help those who served with information on benefits, programs & resources. Call 617-635-3026 for information.			

## MY NOTES:

---



---



---



---



---



---



---



**“IN THE RIGHT LIGHT, AT THE RIGHT TIME, EVERYTHING  
IS EXTRAORDINARY.”** *-Aaron Rose*

# 2023 FEBRUARY

**AGE+**



City of Boston  
Age Strong

## JANUARY 2023

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				

## MARCH 2023

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	

## MAYOR'S TIP OF THE MONTH:

Massachusetts residents 65+ may be eligible for the senior “circuit breaker” tax credit, up to \$1200. Call the MA Department of Revenue (DOR) for more information at 617-887-6367.

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 Presidents' Day	21	22	23	24	25
26	27	28	<b>DID YOU KNOW?</b> 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.			

## MY NOTES:

---



---



---



---



---



---



---



**“A HAPPY LIFE CONSISTS IN TRANQUILITY OF MIND.”**

*- Marcus Tullius Cicero*

# 2023 MARCH

**AGE+**



City of Boston  
Age Strong

## FEBRUARY 2023

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				

## APRIL 2023

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						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DID YOU KNOW?</b> 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.			1	2	3	4
5	6	7	8 International Women’s Day	9	10	11
12 Daylight Savings Begins	13	14	15	16	17 St. Patrick’s Day	18
19	20 Spring Begins	21	22	23	24	25
26	27	28	29	30	31	

## MAYOR’S TIP OF THE MONTH:

Exciting news! Eligibility for the Medicare Savings Program has been increased. You may qualify for help with your health care costs. Call Age Strong at 617-635-4366 for more information.

## MY NOTES:

---



---



---



---



---



---



---

# AGE STRONG



**“I AGE STRONG BY \_\_\_\_\_.”**

Name:

Age:

Neighborhood:



# 2023 APRIL



**AGE+**  
—

City of Boston  
Age Strong

MARCH 2023

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	

MAY 2023

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			

## MAYOR'S TIP OF THE MONTH:

Boston residents over 65 (or people who are 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
<p><b>WE WANT TO HEAR FROM YOU!</b> Color in April's page and fill in how you age strong. Send us your coloring page by email at <a href="mailto:bostonseniority@boston.gov">bostonseniority@boston.gov</a>.</p>						<p>1</p> <p><b>April Fool's Day</b></p>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	<p>17</p> <p><b>Patriot's Day + Boston Marathon</b></p>	18	19	20	21	22
23	24	25	26	27	28	29
30						

## MY NOTES:

---



---



---



---



---



---



**“BEING A GOOD NEIGHBOR IS AN ART WHICH MAKES  
LIFE RICHER.” -GLADYS TABER**

# 2023 MAY

**AGE+**



City of Boston  
Age Strong

## APRIL 2023

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						

## JUNE 2023

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	

## MAYOR'S TIP OF THE MONTH:

Older Bostonians may qualify for food access resources like SNAP, HIP & more. 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	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20 Armed Forces Day
21	22	23	24	25	26	27
28	29 Memorial Day	30	31	<b>DID YOU KNOW?</b> Many Boston Centers for Youth & Families (BCYF) locations offer specific programs for older adults. For more information call 617-635-4920.		

## MY NOTES:

---



---



---



---



---



---



---



**“A TRUE FRIEND ACCEPTS WHO YOU ARE, BUT ALSO HELPS YOU BECOME WHO YOU SHOULD BE.” -*UNKNOWN***

# 2023 JUNE

**AGE+**



City of Boston  
Age Strong

MAY 2023

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			

JULY 2023

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					

## MAYOR'S TIP OF THE MONTH:

The Age Strong Shuttle provides free transportation to Boston residents 60+ from Mon-Fri, 8am-4pm. Medical appointments take priority. Please schedule in advance by calling 617-635-3000.

## MY NOTES:

---

---

---

---

---

---

---

---

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DID YOU KNOW?</b> Age Strong publishes an online newsletter called the Weekly Digest. Sign up by calling 617-635-4366 or visit <a href="http://boston.gov/agestrong">boston.gov/agestrong</a> .				1 <b>National Pen Pal Day</b>	2	3
4	5	6	7	8	9	10
11	12	13	14 <b>Flag Day</b>	15 <b>World Elder Abuse Awareness Day</b>	16	17 <b>Bunker Hill Day Observed</b>
18 <b>Father's Day</b>	19 <b>Juneteenth</b>	20	21 <b>The Longest Day + Summer Begins</b>	22	23	24
25	26	27	28	29	30	



**“NOTHING CAN DIM THE LIGHT WHICH SHINES FROM  
WITHIN.” -MAYA ANGELOU**

# 2023 JULY

**AGE+**



City of Boston  
Age Strong

## JUNE 2023

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	

## AUGUST 2023

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		

## 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TIPS TO BEAT THE HEAT:</b> Wet a washcloth with cold water and put it on your neck & 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 Parents' Day	24	25	26	27	28	29
30	31					

## MY NOTES:

---



---



---



---



---



---



**“YOU HAVE TO DREAM BEFORE YOUR DREAMS CAN  
COME TRUE.” - APJ ABDUL KALAM**



# 2023 AUGUST

**AGE+**



City of Boston  
Age Strong

JULY 2023

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					

SEPTEMBER 2023

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

## 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.

## MY NOTES:

---

---

---

---

---

---

---

---

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FYI: Boston Public Libraries offer free programs, services & resources to Boston residents. Call 617-536-5400 for info.		1	2	3	4	5
6 <b>Friendship Day</b>	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 <b>Senior Citizens Day</b>	22	23	24	25	26 <b>Women's Equality Day</b>
27	28	29	30	31		



**“WHEREVER YOU GO, GO WITH ALL YOUR HEART.”**

*-CONFUCIUS*

# 2023 SEPTEMBER

**AGE+**



City of Boston  
Age Strong

AUGUST 2023

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		

OCTOBER 2023

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				

## MAYOR'S TIP OF THE MONTH:

Boston homeowners may be eligible for home repair and furnace replacement programs through the Boston Home Center. Call 617-635-4663 for more information.

## MY NOTES:

---

---

---

---

---

---

---

---

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



**“TO IMPROVE IS TO CHANGE; TO BE PERFECT IS TO CHANGE OFTEN.” - *WINSTON CHURCHILL***

# 2023 OCTOBER

**AGE+**



City of Boston  
Age Strong

## SEPTEMBER 2023

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

## NOVEMBER 2023

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	

## 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
1 International Day of Older Persons	2	3	4	5	6	7
8	9 Indigenous Peoples' Day	10	11	12	13	14
15 White Cane Safety Day	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween	<b>DID YOU KNOW?</b> 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.			

## MY NOTES:

---



---



---



---



---



---



---



**“NOTHING IS IMPOSSIBLE. THE WORD ITSELF SAYS  
I’M POSSIBLE!” -AUDREY HEPBURN**

# 2023 NOVEMBER

**AGE+**



City of Boston  
Age Strong

OCTOBER 2023

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				

DECEMBER 2023

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						

## MAYOR'S TIP OF THE MONTH:

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

## MY NOTES:

---

---

---

---

---

---

---

---

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



**“EVERYTHING IS WITHIN YOUR POWER, AND YOUR POWER IS WITHIN YOU.” -JANICE TRACHTMAN**



# 2023 DECEMBER

**AGE+**



City of Boston  
Age Strong

## NOVEMBER 2023

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		

## JANUARY 2024

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		

## MAYOR'S TIP OF THE MONTH:

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

## MY NOTES:

---

---

---

---

---

---

---

---

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DID YOU KNOW?</b> Your years of experience are valuable. If you are 55+, the City of Boston needs your skills and talents as a volunteer. Find out more at <a href="http://boston.gov/agestrong">boston.gov/agestrong</a> or call 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	26	27	28	29	30
31 New Year's Eve	Christmas Day					

## ► IN BOSTON, WE AGE STRONG.

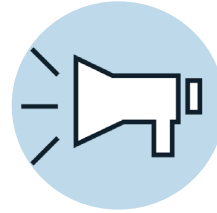
As part of the Human Services Cabinet, our mission at the Age Strong Commission is to enhance your life with meaningful programs, resources, and connections so together we can live and age strong in Boston.

### *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 access), 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.



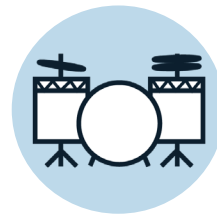
#### **ALZHEIMER'S + CARE PARTNER SUPPORT:**

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



#### **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 celebrations to smaller neighborhood focused gatherings, we engage with older residents on many levels. 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.

### 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](http://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



**ADDRESS:**  
One City Hall Sq Rm 271  
Boston, MA 02201



**WEBSITE:**  
[boston.gov/age-strong](http://boston.gov/age-strong)



**EMAIL:**  
[AgeStrong@boston.gov](mailto:AgeStrong@boston.gov)

# ▶ GOALS 2023

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

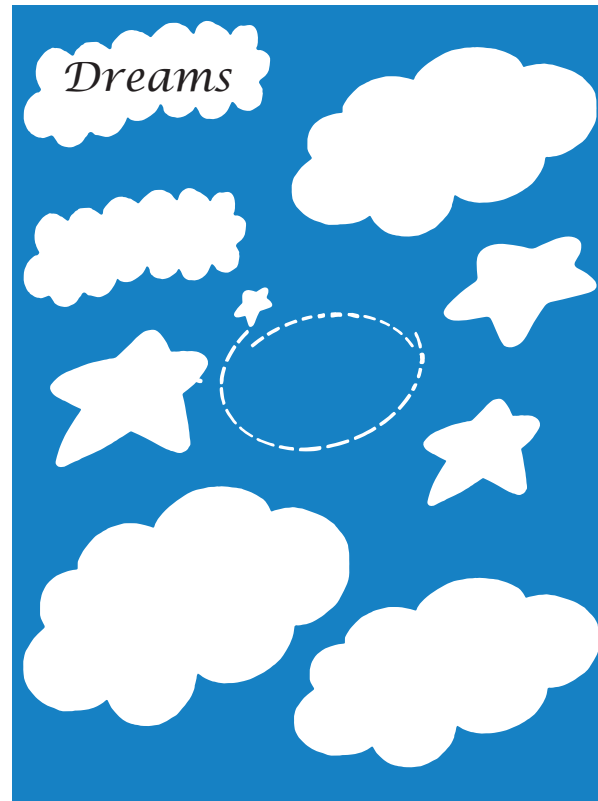
*This Year, I Will...*

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!

### ABCD MATTAPAN FAMILY SERVICE CENTER

535 River St.  
Mattapan, MA 617-298-2045

### ABCD NORTH END/WEST END NEIGHBORHOOD SERVICE CENTER

1 Michelangelo St.  
North End, MA 617-523-8125

### BCYF GOLDEN AGE CENTER

382 Main St.  
Charlestown, MA 617-635-5175

### BCYF GROVE HALL

51 Geneva Ave.  
Dorchester, MA 617-635-1484

### EAST BOSTON SENIOR CENTER

7 Bayswater St.  
East Boston, MA 617-961-3131

### EAST BOSTON SOCIAL CENTER

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

### GREATER BOSTON CHINESE GOLDEN AGE CENTER - BRIGHTON HOUSE

677 Cambridge St.  
Brighton, MA 617-789-4289

### GREATER BOSTON CHINESE GOLDEN AGE CENTER - QUINCY TOWER

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

### INQUILINOS BORICUAS EN ACCION, IBA

2 San Juan St.  
South End, MA 617-535-1753

### LA ALIANZA HISPANA, ALIANCIANOS SENIOR CENTER

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

### OPERATION P.E.A.C.E. PETERBOROUGH SENIOR CENTER

42 Peterborough St.  
Fenway, MA 617-536-7154

### SALVATION ARMY KROC CENTER

650 Dudley St.  
Boston, MA 617-318-6939

### SOUTH BOSTON NEIGHBORHOOD HOUSE

136 H St.  
South Boston, MA 617-268-1619

### THE KENNEDY CENTER

55 Bunker Hill St.  
Charlestown, MA 617-241-8866

### VERONICA B. SMITH SENIOR CENTER

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

### VIETAID

42 Charles St.  
Dorchester, MA 02122 617-822-3717

You can also find programs and classes at Age Strong by calling 617-635-4366 or visiting [boston.gov/agestrong](http://boston.gov/agestrong). 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? Call Age Strong to find out about fuel assistance at 617-635-4366.
- 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 carbon monoxide and smoke detectors are in working order and have fresh batteries.

Units must be heated to:

**68°** From: 7am-11pm  
**64°** From: 11pm-7am

## IMPORTANT NUMBERS

**ABCD FUEL ASSISTANCE:**  
617-357-6012

**CONSUMER COMPLAINTS:**  
617-635-3834

**NATIONAL GRID GAS:**  
800-322-3223

**AGE STRONG COMMISSION:**  
617-635-4366

**DEPARTMENT OF CONSERVATION AND RECREATION:**  
617-626-4973

**INSPECTIONAL SERVICES:**  
617-635-5300

**BOSTON WATER & SEWER:**  
617-989-7000

**EVERSOURCE:**  
800-592-2000

**MASSDOT:**  
857-368-6111

**BOSTON TOW LOT:**  
617-635-3900

**MBTA:**  
617-222-3200

## SIGN UP AND STAY INFORMED

To get news about snow emergencies:

- visit [boston.gov/snow](http://boston.gov/snow)
- follow @CityofBoston on Twitter
- register for alerts at [boston.gov/alert-boston](http://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 

# 2024 CALENDAR

January						
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			

February						
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		

March						
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						

April						
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				

May						
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	

June						
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						

July						
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			

August						
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

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		

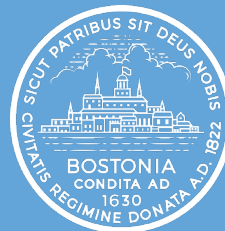
November						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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

Michelle Wu, Mayor  
Emily K. Shea, Age Strong Commissioner

Editorial Staff:

Ami Bennett, Director of Communications  
Martha Rios, Editor & Photographer  
Andrew Higginbottom, Writer & Photographer



## 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.



## FROM THE MAYOR'S DESK

Happy New Year, Boston!

I hope you have enjoyed your holiday season, visited with loved ones, and have had a joyous and healthy New Year!

This *Boston Seniority* 2023 calendar not only helps you track important appointments, milestones, and celebrations, but it also reminds you each month, about different benefits older adults may qualify for, such as SNAP (Supplemental Nutrition Assistance Program), Circuit Breaker Tax Credits, or programs like Seniors Save—which helps older adults repair or replace heating systems. The back of the calendar also features a list of important phone numbers, all in one place, for easy access.

*Boston Seniority* magazine will return in February with issues throughout the year – with the information you've come to rely on – plus interesting articles featuring older adults who live in Boston – some, you may even know from your own neighborhood, place of worship, or community center.

Please reach out to the Age Strong Commission to speak with an Advocate – they are trained to help older Bostonians connect with benefits and savings. They can help answer questions, help fill out applications, help connect you to volunteer opportunities, and let you know about programs, classes, and special events.

I am inspired by you, and am here to support and empower you.

I look forward to seeing you around town!

Sincerely,

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

**Mayor Michelle Wu**

