

BOSTON SENIORITY

Age Strong Commission

City of Boston

Mayor Michelle Wu

Calendar 2025

Issue 1

Vol. 49

SPECIAL 2025 CALENDAR EDITION

MAYOR'S LETTER



RESOURCES



IMPORTANT PHONE NUMBERS





Happy 2025, Boston!

I hope you enjoyed a holiday season filled with light and laughter, community and connection.

This Boston Seniority calendar isn't just a great way to track important appointments and celebrations—it also offers reminders of benefits you might qualify for. From SNAP (Supplemental Nutrition Assistance Program) and Circuit Breaker Tax Credits, to Seniors Save, helping older adults repair/replace heating systems. And, for a list of important phone numbers—from who to call in an emergency, to how to get in touch with the City to report a problem—flip to the last page.

In February, Boston Seniority Magazine returns with issues throughout the year—updating you with information you need, plus articles about residents like you. You might just recognize people we feature from your neighborhood, community center, or place of worship!

And, as always, if there's anything you need, please reach out to Age Strong to speak with your advocate, who can answer all your questions, help fill out applications, connect to volunteer opportunities, and keep you in the loop on programs, classes, and special events across our city. Plus, they will make sure you're connected to all the benefits, savings, and resources you're eligible for.

Boston today is a city you helped to build. Every park, school, library, and community center is infused with the collective contributions of residents who helped shape our neighborhoods into the communities they are today. So I want to thank you for all the ways you've helped us to make Boston a home for everyone over the years. And I hope you'll take advantage of all our Age Strong Commission and The City of Boston have to offer in return.

Wishing you a healthy, joyful, and fulfilling 2025!



SINCERELY,

MAYOR MICHELLE WU

Michelle Wu



**AGE STRONG BLACK HERITAGE MONTH
CELEBRATION**



**VERONICA B. SMITH SENIOR CENTER'S
ANNUAL ST. PATRICK'S DAY CELEBRATION**

MARCH 2025

“THE LONGER I LIVE, THE MORE BEAUTIFUL LIFE BECOMES.”

-Frank Lloyd Wright

FEBRUARY 2025							APRIL 2025						
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MAYOR'S SAVINGS HIGHLIGHT

FREE TAX PREPARATION

The Boston Tax Help Coalition (BTHC) provides FREE tax preparation & filing services to Boston residents who qualify. For more information, call Age Strong at 617-635-4366 or visit boston.gov/departments/center-working-families/worker-empowerment/boston-tax-help-coalition

MY NOTES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The deadline to file for property tax exemption or deferral is coming up on April 1. Call the Assessing Department at 617-635-4287 to learn more.						1
2	3	4	5	6	7	8 International Women's Day
9 Daylight Saving Begins	10	11	12	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					



**LEYLAND STREET SENIOR HOUSING
RIBBON CUTTING, DORCHESTER**



AGE STRONG SENIOR PROM

MAY 2025

“IN YOUTH WE LEARN; IN AGE WE UNDERSTAND.”

-Marie Von Ebner-Eschenbach

APRIL 2025							JUNE 2025						
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27	28	29	30				29	30					

MAYOR'S SAVINGS HIGHLIGHT

AGE STRONG SHUTTLE

Age Strong's Shuttle (including wheelchair-accessible vehicles) provides Boston residents age 60+ with free transportation within the City of Boston to non-emergency medical appointments. Call 617-635-3000 Monday-Friday to set up your ride.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May is Older Americans Month, a time to recognize your contributions and the time and energy you've given to our community.				1	2	3
4	5	6	7	8	9	10
11 <i>Mother's Day</i>	12	13	14	15	16	17 <i>Armed Forces Day</i>
18	19	20	21	22	23	24
25	26 <i>Memorial Day</i>	27	28	29	30	31

MY NOTES



**VERONICA B. SMITH SENIOR CENTER
LGBTQ+ PRIDE CELEBRATION**

JUNE 2025

“ONE DAY YOU WILL LOOK BACK AND SEE THAT ALL ALONG YOU WERE BLOOMING.”

- Morgan Harper Nichols

MAY 2025							JULY 2025						
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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		

MAYOR'S SAVINGS HIGHLIGHT

FOOD RESOURCES

Need help paying for food? See if you qualify for SNAP (formerly food stamps) & HIP (Healthy Incentives Program) that offers perks for buying healthy fruits & vegetables from HIP vendors. Call Age Strong at 617-635-4366 for more info.

MY NOTES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Flag Day
15 World Elder Abuse Awareness Day + Father's Day	16	17 Bunker Hill Day Observed	18	19 Juneteenth	20 The Longest Day + Summer Begins	21
22	23	24	25	26	27	28
29	30	The City's Office of Immigrant Advancement offers legal clinics, citizenship workshops & other resources. Call 617-635-2980 for more information.				



1788 · JOHN HANCOCK PROPOSING THE ADDITION OF THE BILL OF RIGHTS TO THE FEDERAL CONSTITUTION

JOHN F. KENNEDY SPOKE FROM THIS ROSTRUM TO THE MASSACHUSETTS GENERAL COURT ON JANUARY 9, 1961

I carry with me from this state to that high and lonely office to which I now succeed more than fond memories of firm friendships. The enduring qualities of Massachusetts... will not be and could not be forgotten in this nation's executive mansion.

Courage—impartial judgment—dedication—these are the qualities of the Bay Colony and the Bay State—the qualities which this state has consistently sent to this chamber on Beacon Hill here in Boston and to Capitol Hill back in Washington.

And these are the qualities which, with God's help, this son of Massachusetts hopes will characterize our government's conduct in the four stormy years that lie ahead.

JOHN F. KENNEDY, 35th PRESIDENT OF THE UNITED STATES

AGE STRONG CIVIC ACADEMY MA STATE HOUSE VISIT

JULY 2025

“AGE IS NOT HOW OLD YOU ARE, BUT HOW MANY YEARS OF FUN YOU’VE HAD.”

-Matt Maldre

JUNE 2025							AUGUST 2025							
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29	30						24	25	26	27	28	29	30	
													31	

MAYOR'S SAVINGS HIGHLIGHT

TAXI COUPONS

Discounted taxi coupons are available for Boston residents age 65+ & those with disabilities. Call Age Strong at 617-635-4366 or visit boston.gov/departments/age-strong-commission/how-buy-taxi-coupons.

MY NOTES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beat the heat tip: wet a washcloth & 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 Property Tax Work-Off Applications Due	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Parents' Day	28	29	30	31		



**MAYOR'S COFFEE HOUR
BRIGHTON**

AUGUST 2025

“LAUGHTER IS TIMELESS, IMAGINATION HAS NO AGE, AND DREAMS ARE FOREVER”

-Walt Disney

JULY 2025							SEPTEMBER 2025						
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27	28	29	30	31			28	29	30				

MAYOR'S SAVINGS HIGHLIGHT

SENIORS SAVE

The Seniors Save program helps Boston's older residents (age 60+) repair or replace failing heating systems to ensure they are ready for winter. For details, call Age Strong at 617-635-4366 or Boston Home Center at 617-635-4663.

MY NOTES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boston residents may call 311 to report non-emergency issues like potholes or streetlight outages or to schedule pick-up of large items like refrigerators, air conditioners & computers. Visit 311 online at boston.gov/departments/boston-311 .					1	2
3	4 Friendship Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Women's Equality Day	27	28	29	30
31						



**HISPANIC HERITAGE MONTH
CELEBRATION**

SEPTEMBER 2025

“AGING IS JUST ANOTHER WORD FOR LIVING.”

-Cindy Joseph

AUGUST 2025							OCTOBER 2025						
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24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	2	3	4	5	6
7 National Grandparents Day	8	9	10	11	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	To receive City emergency notifications, sign up for Alert Boston by calling the Emergency Management Department at 617-343-2400.			

MAYOR'S SAVINGS HIGHLIGHT

FUEL ASSISTANCE

ABCD's Home Energy Assistance Program (HEAP) offers financial assistance to low-income residents by helping pay heating bills (November-April). Call Age Strong at 617-635-4366 or ABCD at 617-357-6012. to learn more.

MY NOTES



**AGE STRONG HALLOWEEN
CELEBRATION**

OCTOBER 2025

“YOUTH IS THE GIFT OF NATURE, BUT AGE IS A WORK OF ART.”

-Stanislaw Jerzy Lec

SEPTEMBER 2025

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NOVEMBER 2025

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MAYOR'S SAVINGS HIGHLIGHT

MEDICARE OPEN ENROLLMENT

The annual Medicare Open Enrollment period runs from October 15 through December 7. Review your health insurance & prescription drug plan each year for the most coverage at the least cost. For more information, call Age Strong at 617-635-4366.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boston residents age 55+ may serve as Age Strong volunteers. We offer a variety of opportunities, time commitments & locations. Call 617-635-4366 to learn more.			1 International Day of Older Persons	2	3	4
5	6	7	8	9	10	11
12	13 Indigenous Peoples' Day	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



**VETERANS DAY CELEBRATION,
WEST ROXBURY**

NOVEMBER 2025

“IT MATTERS NOT HOW LONG WE LIVE BUT HOW.”

-Phillip James Bailey

OCTOBER 2025							DECEMBER 2025						
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19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

MAYOR'S SAVINGS HIGHLIGHT

WATER & SEWER DISCOUNT

Boston homeowners age 65+ or fully disabled homeowners who live in a 1-4 family residential dwelling, are eligible for a 30% discount on their monthly water, sewer, & storm water charges. Call Age Strong at 617-635-4366 or the Water Sewer Commission at 617-989-7800.

MY NOTES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MA residents 65+ are eligible for the reduced rate MBTA Senior Charlie Card. If you're under 65, there's a new income-eligible reduced fare. Call 617-222-3200 for details.						1
2 Daylight Saving Time Ends	3	4	5	6	7 Property Tax Work-Off Hours Deadline	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving Day	28	29
30						



**AGE STRONG
SPRING FLING**

DECEMBER 2025

“THE YEARS TEACH MUCH, WHICH THE DAYS NEVER KNEW.”

-Ralph Waldo Emerson

NOVEMBER 2025							JANUARY 2026						
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MAYOR'S SAVINGS HIGHLIGHT

MEDICARE SAVINGS PROGRAM

Older adults may qualify for help paying health insurance premiums through the Medicare Savings Program. Call Age Strong at 617-635-4366 to learn more.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	UMass Boston's Pension Action Center offers free help with accessing pensions & lost 401k funds for those who have lived/worked in New England. Call 888-425-6067 for information.		

MY NOTES

▶ **IN BOSTON, WE AGE STRONG.**

As part of the City's Human Services Cabinet, The Age Strong Commission's mission is to enhance the lives of older adults with meaningful programs, resources, connections to live and age strong together in Boston.

Our offerings include...

AGE STRONG ADVOCATES

Our Advocates connect older adults to resources, benefits & information including health insurance counseling, food access applications, referrals to fuel assistance, protective services & more.

BOSTON SENIORITY MAGAZINE, NEWSLETTERS, AND MORE

Age Strong publishes Boston Seniority Magazine, distributed to 350 locations across Boston neighborhoods, including library branches, community centers & grocery stores. We also distribute Age Strong Updates, our email newsletter & provide information and resources through our website boston.gov/agestrong & our social media channels.

FOOD RESOURCES

We help older adults access quality food and nutrition education to live healthy, strong lives.

SENIOR CENTERS & SPACES

We believe that social engagement improves overall wellbeing. The City of Boston & Age Strong are committed to providing engaging programming for older adults in our senior centers as well as expanding programming into additional community spaces across neighborhoods.

EVENTS & PROGRAMMING

Age Strong produces a variety of events & programs specifically for older residents, including celebrations for Black Heritage, Hispanic Heritage & LGBTQ+ Pride. We also activate programming at Boston Centers for Youth & Families (BCYF) & other community spaces, including fall prevention, mindfulness, arts, cooking & more.

AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where people can age and live well in community.

CARE PARTNER SUPPORT

We can help answer questions & connect care partners to resources and supports that help take care of loved ones more effectively.

VOLUNTEER OPPORTUNITIES

We can connect you to a variety of volunteer opportunities based on your interests, location, and preferred time commitment.

UTILITY AND TAX SAVINGS

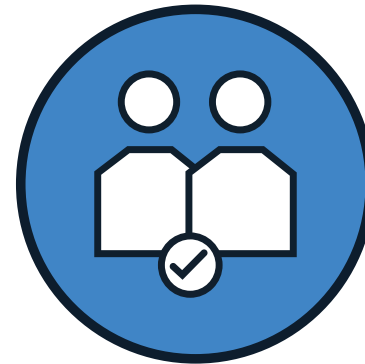
We can connect older residents to programs & resources that may help save money on taxes, utilities, and healthcare.

TRANSPORTATION

We are committed to helping connect older adults to all of the transportation options available, such as our Age Strong Shuttle, Taxi Coupons, and more.

HOUSING SUPPORT

Our housing advocates can help older residents learn about tenants rights, eviction prevention, navigate housing eligibility, and assist with housing applications.



► **ENGAGING PROGRAMMING FOR BOSTON'S OLDER RESIDENTS**

The City of Boston & the Age Strong Commission believe that continued social engagement contributes to our overall health and well-being. We offer a variety of free programming across the neighborhoods, at our own senior centers and by activating community spaces. To learn more about locations & activities, visit boston.gov/age-strong.

Age Strong Senior Centers

Senior Centers offer information, assistance, programs and activities like tai chi, zumba, book clubs, knitting clubs, guest speakers, technology classes, and more. We operate the Veronica B. Smith Senior Center (Brighton) & the East Boston Senior Center. To learn more, visit boston.gov/departments/age-strong-commission/senior-centers.

Boston Centers for Youth & Families

(BCYF) Senior Centers

BCYF operates the Beverly Gibbons Senior Center (Charlestown) and the Grove Hall Senior Center (Dorchester) & offers senior programs at their many other neighborhood centers.

boston.gov/departments/boston-centers-youth-and-families

Boston Public Library

Each branch of the Boston Public Library offers programming for older adults. There's an online calendar, sortable by "older adults" here:

bpl.bibliocommons.com/v2/events

or call your branch for more information.

Community Centers & Other Spaces

Age Strong helps fund many programs at non-profit organizations including ABCD, VietAID, Greater Boston Chinese Golden Age Center, East Boston Social Center, La Alianza Hispana, South Boston Neighborhood House, Peterborough Senior Center, Salvation Army Kroc Center, and more.



2025 GOALS



This Year I Will....

This Year I'll Try....



Steps to Accomplish This



Inspiration for the New Year



▶ 2026 CALENDAR

JANUARY 2026						
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FEBRUARY 2026						
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MARCH 2026						
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APRIL 2026						
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MAY 2026						
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JUNE 2026						
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JULY 2026						
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AUGUST 2026						
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SEPTEMBER 2026						
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OCTOBER 2026						
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NOVEMBER 2026						
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DECEMBER 2026						
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► RESOURCES

Here are some important numbers to keep in mind if you're looking for help.

PROTECTIVE SERVICES

Assists those age 60+ who are at high risk and suffering from self-neglect, caregiver neglect, physical/sexual abuse or financial exploitation.

Call 800-922-2275 to file a report. Reports can be filed 24/7.

Call 911 or local police if you have an emergency or life-threatening situation.

BOSTON ELDERINFO

Aging and home care services available to those age 60+ who are eligible. Offering help with various in-home tasks ranging from homemaking, personal care, laundry, and meal preparation.

More programs and services are available for Boston residents. For more information, call 617-292-6211 or visit elderinfo.org.

SCAM PREVENTION

Older adults are often the target of financial scams and fraud. Never give out your personal or financial information to a source you don't trust.

The Attorney General's Office can help with fraud issues with financial exploitation. Call the Elder Hotline at 888-243-5337 (MassRelay dial 7-1-1 and connect via main number). For more about scams, visit aarp.org/scams.

Reach out to Age Strong at 617-635-4366 for more information about our services.

► MORE IMPORTANT NUMBERS

ABCD Fuel Assistance

617-357-6012

Tow Lot

617-635-3900

National Grid

800-322-3223

Department of Conservation & Recreation

(617) 626-1250

Boston Water & Sewer

617-989-7800

Inspectional Services

617-635-5300

Verizon

800-837-4966

Consumer Complaints

617-635-3834

MBTA

617-222-3200

Eversource

800-592-2000

MassDOT

(857) 368-4636

Non-emergency Services

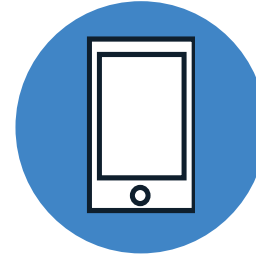
311

▶ CONNECT WITH THE AGE STRONG COMMISSION



Address

One City Hall Sq. Rm. 271
Boston, MA 02201



Facebook and Twitter/X
[@AgeStrongBos](#)



Main Number
[\(617\) 635-4366](tel:(617)635-4366)



Email
Agestrong@boston.gov



Website
boston.gov/age-strong



Age Strong's **NEW** blog:
[boston.gov/
departments/
age-strong-commission/
age-strong-blog](http://boston.gov/departments/age-strong-commission/age-strong-blog)
