

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu

**SPECIAL 2024
CALENDAR EDITION**



Calendar 2024
Issue 1
Vol. 48

Free Publication



Mayor's Letter

**CONTACT
US**

Resources



Senior Centers



“The quieter you become, the more you are able to hear.”

-Rumi

2024 JANUARY

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

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						

February 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			

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 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Boston homeowners age 60+ may be eligible to save on their property taxes by becoming an Age Strong volunteer. Call Age Strong for details at 617-635-4366.		

MAYOR'S TIP OF THE MONTH:

Did you know?

Age Strong offers “Money Smart” free workshops for older adults. Call Age Strong for details at 617-635-4366.

MY NOTES:



“Calmness is the graceful form of confidence.”

-Marie von Ebner-Eschenbach

2024 FEBRUARY

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

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			

MARCH 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:

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.

MY NOTES:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Massachusetts residents 65+ may be eligible for the senior "circuit breaker" tax credit, up to \$2,590. Call the MA Department of Revenue (DOR) for more information at 617-887-6367.				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 Presidents' Day	20	21	22	23	24
25	26	27	28	29		



“Love is the flower you’ve got to let grow.”

-John Lennon

2024 MARCH

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

FEBRUARY 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		

APRIL 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				

MAYOR'S TIP OF THE MONTH:

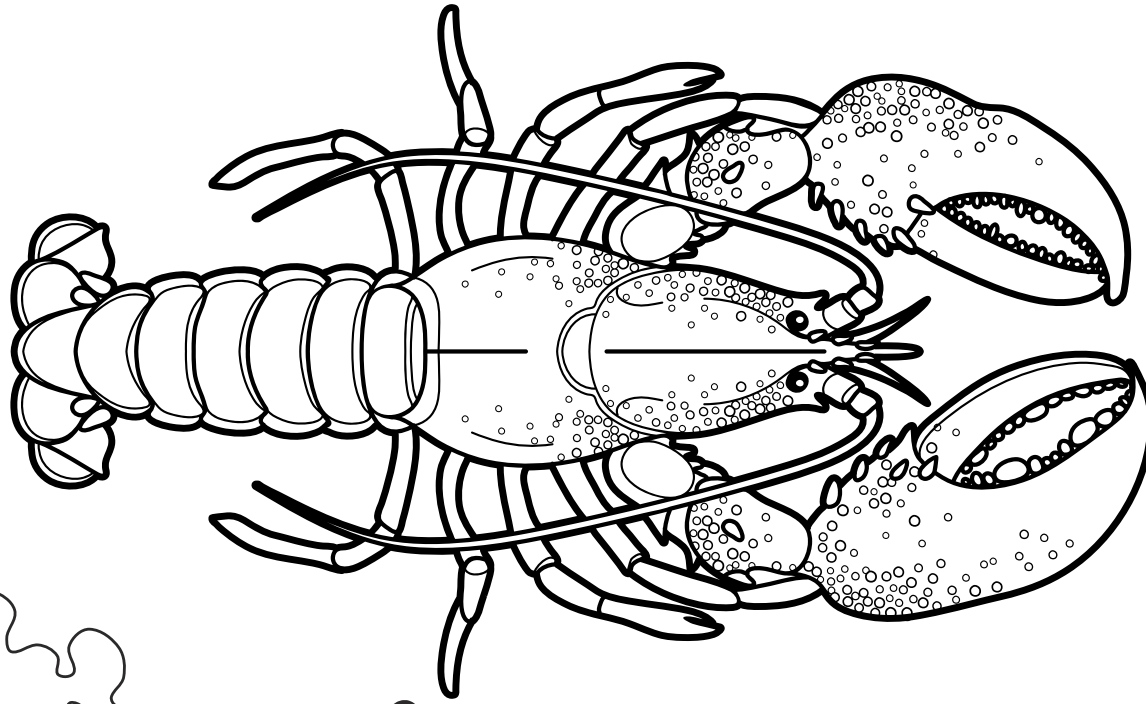
Did you know?

The City of Boston's Veterans Services department can help those who served with information on benefits, programs & resources. Call 617-635-3026 to learn more.

MY NOTES:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Due to eligibility changes, more older adults now qualify for the Medicare Savings Program. Call Age Strong at 617-635-4366 for more information.					1	2
3	4	5	6	7	8 International Women's Day	9
10 Daylight Savings Begins	11	12	13	14	15	16
17 St. Patrick's Day	18	19 Spring Begins	20	21	22	23
24	25	26	27	28	29	30
31						

AGE STRONG



“I age strong by _____.”

Name:

Age:

Neighborhood:

2024 APRIL



AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

MARCH 2024							MAY 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2			1	2	3	4	
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
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	31	
31													

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 April Fool's Day	2	3	4	5	6
7	8	9	10	11	12	13 Swan Boats Reopen
14	15 Patriot's Day + Boston Marathon	16	17	18	19	20
21	22 Earth Day	23	24	25	26	27
28	29	30	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.			

MAYOR'S TIP OF THE MONTH:

Did you know? Boston's Disabilities Commission helps residents with disabilities by promoting equity in housing, education, employment, transportation, & civic activities. For more information call 617-635-3682.

MY NOTES:



“Life is beautiful, enjoy every moment of it.”

-Patti Hansen

2024 MAY

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

APRIL 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				

JUNE 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						

MAYOR'S TIP OF THE MONTH:

Did you know?

Age Strong's Bus Buddies program trains older adults to help other older adults to navigate the MBTA's public transportation system. For more information call Age Strong at 617-635-4366.

MY NOTES:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boston residents over 65 or 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.			1	2	3	4
5	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18 Armed Forces Day
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	



“Sometimes the most productive thing you can do is relax.”

-Mark Black

2024 JUNE

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

MAY 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	

JULY 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		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Older Bostonians may qualify for food access resources like SNAP (Supplemental Nutrition Assistance Program) & more. Make an appointment with an Age Strong advocate at 617-635-4366.						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 Father's Day	17 Bunker Hill Day Observed	18	19 Juneteenth	20 The Longest Day + Summer Begins	21	22
23	24	25	26	27	28	29
30						

MAYOR'S TIP OF THE MONTH:

Did you know?

Boston hosts over a dozen different farmers markets throughout neighborhoods. Most accept SNAP benefits. Call Age Strong to learn more at 617-635-4366.

MY NOTES:



“With the new day comes new strength and new thoughts.”

-Eleanor Roosevelt

2024 JULY

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

June 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						

August 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	25	26	27
28 Parents' Day	29	30	31	MA residents 65+ are eligible for the reduced-rate MBTA Senior Charlie Card. Call 617-222-3200 for details.		

MAYOR'S TIP OF THE MONTH:

Beat the heat tip:
Wet a washcloth with cold water & put it on your neck & wrists to stay cool. You can even freeze it!

MY NOTES:



“Always stay true to yourself and never let what somebody else says distract you from your goals.” -Michelle Obama

2024 AUGUST

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

JULY 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			

SEPTEMBER 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					

MAYOR'S TIP OF THE MONTH:

Did you know?

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
Boston residents who qualify for SNAP benefits may also save even more when buying healthy fruits & vegetables by using their HIP (Healthy Incentive Program) additional benefits. Call Age Strong to learn more at 617-635-4366.				1	2	3
4 Friendship Day	5	6	7	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



“Some beautiful paths can’t be discovered without getting lost.”

-Erol Ozan

2024 SEPTEMBER

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

AUGUST 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

OCTOBER 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	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5	6	7
8 National Grandparents Day	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	Boston homeowners may be eligible for home repair & furnace replacement programs through the Boston Home Center's Seniors Save program. Call 617-635-4663 for more information.				

MAYOR'S TIP OF THE MONTH:

Did you know?

It's Preparedness Month. Sign up for the AlertBoston emergency notification system at boston.gov/alerts.

MY NOTES:



“Stillness is your essential nature.”

-Eckhart Tolle

2024 OCTOBER

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

SEPTEMBER 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					

NOVEMBER 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 15-December 7 is Medicare Open Enrollment - don't forget to review your health plan.		1 International Day of Older Persons	2	3	4	5
6	7	8	9	10	11	12
13	14 Indigenous Peoples' Day	15	16	17	18	19 White Cane Safety Day
20	21	22	23	24	25	26
27	28	29	30	31 Halloween	For help choosing the best coverage at the lowest cost call an Age Strong counselor at 617-635-4366.	

MAYOR'S TIP OF THE MONTH:

Did you know?

The Pension Action Center at UMass Boston offers free help with accessing pensions & lost 401k funds for those who live or worked in New England. Call 888-425-6067 for information.

MY NOTES:



“Let go of who you think you’re supposed to be and embrace who you are.” -Brené Brown

2024 NOVEMBER

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

OCTOBER 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		

DECEMBER 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:

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:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
You may qualify for fuel assistance, the Low-Income Home Energy Assistance Program (LIHEAP), which helps pay heating bills November through April. Call an Age Strong advocate at 617-635-4366 to find out more.					1	2
3 Daylight Saving Time Ends	4	5 State Election	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	29	30



“No matter how hard the past, you can always begin again.”

-Buddha

2024 DECEMBER

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

NOVEMBER 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

JANUARY 2025

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

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

MAYOR'S TIP OF THE MONTH:

Did you know?
Your years of experience are valuable. If you are 55+, the City of Boston needs your skills & talents as a volunteer. Find out more at boston.gov/agestrong or call 617-635-4366.

MY NOTES:

► In Boston, we Age Strong.

As part of the city's 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 equitably and strongly in Boston.

We can help with:



Information + Referral:

Our trained Age Strong Advocates can connect you to resources, benefits, and information, including health insurance counseling, applications for SNAP (food access), referrals to protective services, and more.



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. Call 617-635-3000 in advance to schedule your ride.



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 more.



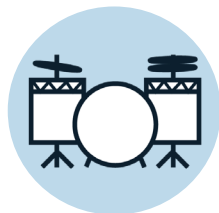
Volunteer Opportunities:

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.



Alzheimer's + Caregiver Support:

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



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 2024

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

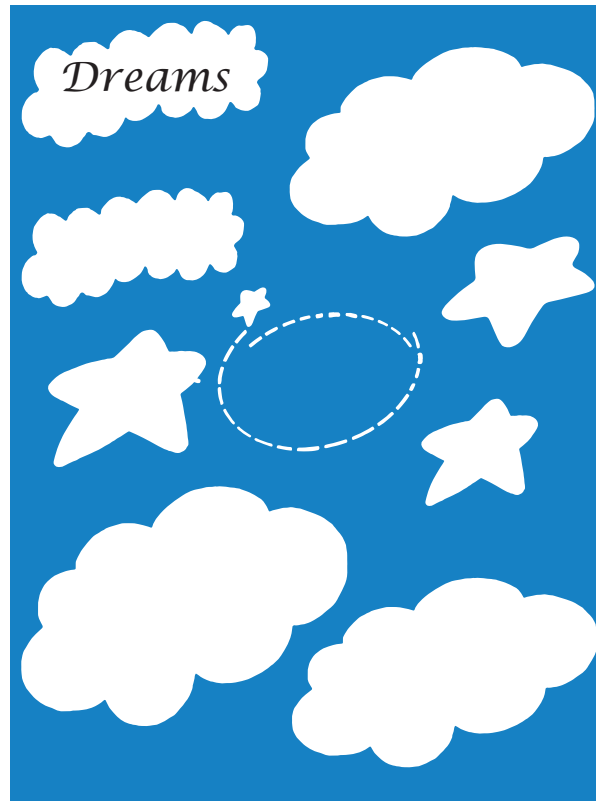
This Year, I Will...

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! You can also find programs and classes at Age Strong by calling 617-635-4366 or visiting boston.gov/agestrong. Come join in the fun!

Check out one of the senior centers below to learn more!

La Alianza Hispana, Aliancianos Senior Center

1000 Massachusetts Ave Suite 101
Boston 617-427-7175

Inquilinos Boricuas en Accion, IBA

2 San Juan Street
South End 617-535-1753

ABCD North End/West End Neighborhood Service Center

1 Michelangelo Street
North End 617-523-8125

ABCD Mattapan Family Service Center

535 River Street
Mattapan 617-298-2045

BCYF Grove Hall

51 Geneva Ave
Dorchester 617-635-1484

BCYF Beverly Gibbons Community Center

382 Main Street
Charlestown 617-635-5175

Veronica B. Smith Senior Center

20 Chestnut Hill Ave
Brighton 617-635-6120

Greater Boston Chinese Golden Age Center Brighton House

677 Cambridge Street
Brighton 617-789-4289

Greater Boston Chinese Golden Age Center Quincy Tower

5 Oak Street West
Chinatown 617-423-7560

Salvation Army Kroc Center

650 Dudley Street
Boston 617-318-6939

VietAID

42 Charles Street
Dorchester 617-822-3717

Operation P.E.A.C.E.

Peterborough Senior Center
42 Peterborough Street
Fenway 617-536-7154

The Kennedy Center

55 Bunker Hill Street
Charlestown 617-241-8866

East Boston Senior Center

7 Bayswater Street
East Boston 617-961-3131

East Boston Social Center

68 Central Square
East Boston 617-569-3221

South Boston Neighborhood House

136 H Street
South Boston 617-268-1619

► Boston's Winter Guide

Make sure you're in the know and prepared for Boston winter. Learn about preventing hypothermia, frozen pipes, and more here: boston.gov/departments/311/cold-weather-safety-tips

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 

2025 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	

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	

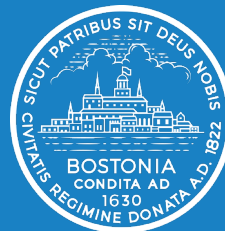
NOVEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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*
 Dillon Tedesco, *Staff Assistant - Communications*



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 2024, Boston!

I hope you have enjoyed the holiday season, visiting with loved ones, enjoying holiday song and cheer.



This Boston Seniority 2024 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!

Here's to a joyous and healthy New Year!

Michelle Wu

Mayor Michelle Wu

