

Boston Seniority

Age Strong Commission City of Boston Mayor Martin J. Walsh

New Year, New Name!

SPECIAL 2019 CALENDAR EDITION

Winter 2019
Issue 1
Vol. 43

Free Publication



Mayor's Letter



Fun Activities



Resources



“Cheers to a new year and another chance for us to get it right.”

-Oprah Winfrey

2019 JANUARY

AGE+



City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

December 2018							February 2019						
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30	31												

This Month:

City Happenings:

- MLK Oration

National Designations:

- Art Appreciation Month
- Book Month
- Eye Health Care
- Hobby Month

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	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24	25	26
27	28	29	30	31	There's still time! Call us at 617-635-5741 to learn about property tax relief programs.	

My Notes:



“Time has a wonderful way of showing us what really matters.”

-Margaret Peters

2019 FEBRUARY

AGE+

City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

January 2019

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March 2019

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This Month:

City Happenings:

- Boston Public Library Black History Month Film Series
- Senior Black History Month Luncheon

National Designations:

- Black History Month
- American Heart Month
- Dental Month
- American History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Did you know? Call us at 617-635-4366 to participate in our special Valentine project for older adults in Boston who are homebound.</p>					<p>1 National Freedom Day</p>	<p>2 Groundhog Day</p>
3	4	5	6	7	8	9
10	11	12	13	<p>14 Valentine's Day</p>	15	16
17	<p>18 Presidents' Day</p>	19	20	21	22	23
24	25	26	27	28		

My Notes:



“A good life is a collection of happy moments.”
-Denis Waitley

2019 MARCH

AGE+



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 Mayor Martin J. Walsh
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February 2019

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April 2019

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28	29	30				

This Month:

City Happenings:

- St. Patrick's Parade

National Designations:

- Women's History Month
- Nutrition Month
- Sleep Awareness Week
March 10-16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did You Know? Our Age Strong Shuttles provide free rides to medical appointments. For more information, call 617-635-3000.					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	20 Spring Begins	21	22	23
24 31	25	26	27	28	29	30

My Notes:

In Boston, we

AGE STRONG



“A community that is engaged and working together can be a powerful force.”-Idowu Koyenikan

2019 APRIL



AGE+

City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

March 2019

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May 2019

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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	Did You Know? Art projects, like coloring, can be relaxing and meditative. Enjoy this coloring page to help achieve mindfulness!			

This Month:

City Happenings:

- "Love Your Block" neighborhood cleanups
- Spring Fling Luncheon

National Designations:

- Volunteering Month
- Stress Awareness Month
- Garden Month
- Poetry Month

My Notes:



“Showing gratitude is one of the simplest yet most powerful things humans can do for each other .” -Randy Pausch

2019 MAY

AGE+

City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

April 2019

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June 2019

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This Month:

City Happenings:

- Memorial Day Flag Garden at the Soldiers and Sailors Monument in the Common

National Designations:

- Older Americans Month
- Stroke Awareness Month
- Mental Health Month
- Arthritis Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did You Know? We are looking for Respite Companions. For more info and other volunteer opportunities, call 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	

My Notes:



“I love laugh lines. It means you’ve had a good life.”
-Aerin Lauder

2019 JUNE

AGE+



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 Age Strong Commission

May 2019							July 2019						
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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			

This Month:

City Happenings:

- Senior LGBT Luncheon

National Designations:

- Alzheimer's & Brain Awareness Month
- Internet Safety Month
- LGBT Pride Month
- Hunger Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Did You Know? We are entering our third year of our Age-Friendly Action Plan. To learn more about our action items, visit www.boston.gov/age-friendly</p>						<p>1 National Pen Pal Day</p>
2	3	4	5	6	7	8
9	10	11	12	13	<p>14 Flag Day</p>	<p>15 World Elder Abuse Awareness Day</p>
<p>16 Father's Day</p>	<p>17 Bunker Hill Day Observed</p>	18	19	20	<p>21 The Longest Day + Summer Begins</p>	22
<p>23</p> <p style="text-align: right;">30</p>	24	25	26	27	28	29

My Notes:



“Nothing can dim the light which shines from within.”
-Maya Angelou

2019 JULY

AGE+



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June 2019

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August 2019

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18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

This Month:

City Happenings:

- Dorothy Curran Wed Night Concert Series
- 4th of July Fireworks on the Esplanade
- Mayor’s Annual Garden Contest

National Designations:

- Ice Cream Month
- Picnic Month

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	Tips to Beat the Heat: Stay cool, hydrated, and informed. Very high temperatures can affect your health. Call 911 if you need medical care.		

My Notes:



“The key to success is action.”
-Brian Tracy

2019 AUGUST

AGE+



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 Mayor Martin J. Walsh
 Age Strong Commission

July 2019							September 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31				29	30					

This Month:

City Happenings:

- Dorothy Curran Wed Night Concert Series
- Caliente! and GospelFest
- Mayor Walsh's Summer Movie Nights

National Designations:

- Eye Awareness Month
- Harvest Month
- Immunization Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did you know? We operate four volunteer programs across the city. To learn about opportunities and get involved visit, www.boston.gov/age-strong				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

My Notes:



“There are many ways of going forward, but only one way of standing still.” -*Franklin D. Roosevelt*

2019 SEPTEMBER

AGE+



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 Mayor Martin J. Walsh
 Age Strong Commission

August 2019

S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

October 2019

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20	21	22	23	24	25	26
27	28	29	30	31		

This Month:

City Happenings:

- Boston Public Schools are in session

National Designations:

- Preparedness Month
- Hispanic Heritage Month from Sept. 15-Oct. 15
- Active Aging Week from Sept. 22-28
- Falls Prevention Month

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	23 Autumn Begins	24	25	26	27	28
29	30	Tips: It's Preparedness Month, we recommend you keep informed, make an emergency plan, and sign up for the AlertBoston emergency notification system at www.boston.gov				

My Notes:



“People will stare. Make it worth their while.”
-Harry Winston

2019 OCTOBER

AGE+

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September 2019

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29	30					

November 2019

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This Month:

City Happenings:

- Pumpkin Float in the Boston Common
- Head of the Charles
- Mayor's Senior Health & Fitness Walk

National Designations:

- Computer Learning Month
- Prescription Errors Education and Awareness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reminder: This month, Medicare Open Enrollment begins. Call us at 617-635-4366.		1 International Day of Older Persons	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day	15 White Cane Safety Day	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

My Notes:



“We must find time to stop and thank the people who make a difference in our lives.” -John F. Kennedy

2019 NOVEMBER

AGE+



City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

October 2019

S	M	T	W	T	F	S
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December 2019

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This Month:

City Happenings:

- 50th Anniversary Party

National Designations:

- Caregiver Month
- Alzheimer's Disease Awareness Month
- Diabetes Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reminder! See <i>Boston Seniority</i> magazine for registration information for next month's Senior First Night celebration.					1	2
3 Daylight Saving Time Ends	4	5	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

My Notes:



“Wherever you are, be there totally.”

-Eckhart Tolle

2019 DECEMBER

AGE+



City of Boston
 Mayor Martin J. Walsh
 Age Strong Commission

November 2019

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January 2020

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26	27	28	29	30	31	

This Month:

City Happenings:

- Mayor's Enchanted Trolley Tour
- AT&T Senior Holiday Phone-a-thon Event
- Senior First Night Celebration

National Designations:

- Write a Friend Month

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	Reminder: Need help paying for heat? Our Advocacy Representatives can assist with applications for Fuel Assistance (LIHEAP). Visit www.boston.gov/home-heating or call us at 617-635-4366.			

My Notes:

► In Boston, we Age Strong.

As part of the Health and 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:



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.



Information + Referral:

Our helpful Advocacy Representatives can connect you to resources, benefits, and information, including health insurance counseling, applications for SNAP (food), 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 to schedule your ride.



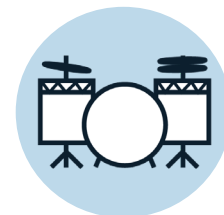
Volunteer Opportunities:

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.



Caregiver Support:

We are here to help with questions, offer support, and connect caregivers to helpful resources. We provide referrals, offer workshops, and host Memory Cafes. See below for details about Memory Cafes.



Events + Engagement:

Staying active and engaged in your community is an important part of aging strong in the City. See below for some of our programming opportunities!

► Age Strong Happenings

We can connect you to programs and outings that enrich your life in Boston. We hold a number of events every year for older people in the city. These community events include our annual Mayor's Walk, 50th Anniversary Celebration, and Senior 1st Night. For the most up-to-date programming details and to RSVP, call us at **617-635-4366**.

Snapshot of Some Upcoming Programming:

Aging Mastery

The Aging Mastery Program® core curriculum combines evidence-informed knowledge sharing with goal-setting and feedback routines, daily practices, peer support, and small rewards.

Attendance for the 10 core classes is expected and encouraged to participate in the program.

Memory Cafés

A Memory Café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive and engaging environment.

A caregiver must accompany participants requiring special assistance. Memory Cafés feature participatory programs or guest facilitators each month.

Tai Chi

This free evidence-based workshop focuses on preventing falls and improving balance. Classes are conducted in one-hour sessions, twice weekly, for 12 consecutive weeks.

What Unites Us

A program to celebrate Boston's immigrants by learning how to prepare cuisine from all over the world and promote healthy living.

Stay Connected
with the Age Strong
Commission:



Main number:
(617) 635-4366



Website:
www.boston.gov/age-strong



Facebook:
[@AgeStrongBos](https://www.facebook.com/AgeStrongBos)



Twitter:
[@AgeStrongBos](https://twitter.com/AgeStrongBos)

► More Ways to Fill Your Calendar!

In Boston, there are hundreds of events and programs happening across the city. Here are a few ways to fill your calendar with new activities this year! You can also find a variety of programming at the Boston Public Library branch locations. Go to www.bpl.org or call 617-536-5400 for more information.

**Subject to change*

*Activity	Neighborhood	Location	Phone Number
Bingo	Charlestown	BCYF Golden Age Senior Center	617-635-5175
Chair Yoga	Dorchester	BCYF Grove Hall Senior Center	617-635-1484
Computer-Seniors	Hyde Park	BCYF Hyde Park Community Center	617-635-5178
Knitting Club	Roslindale	BCYF Roslindale Community Center	617-635-5185
Line Dancing	Mattapan	BCYF Mildred Avenue Community Center	617-635-1328
Outings	Charlestown	BCYF Golden Age Senior Center	617-635-5175
Movies	East Boston	BCYF Paris Street Community Center	617-635-5125
Senior Bridge Club	Jamaica Plain	BCYF Curtis Hall Community Center	617-635-5195

*Activity	Neighborhood	Location	Phone Number
Fitness Program	Roxbury	BCYF Shelburne Community Center	617-635-5213
Senior Lap Swim	South End	BCYF Blackstone Community Center	617-635-5162
Senior Swim	South Boston	BCYF Condon Community Center	617-635-5100
Senior Volleyball	Allston	BCYF Jackson Mann Community Center	617-635-5153
Table Tennis	Chinatown	BCYF Quincy Community Center	617-635-5129
Yoga for Seniors	West Roxbury	BCYF Roche Community Center	617-635-5066
Zumba 50+	Jamaica Plain	BCYF Curtis Hall Community Center	617-635-5195
55+ Club	North End	BCYF Nazzaro Community Center	617-635-5166

**Look out for upcoming issues of *Boston Seniority* magazine to find more events and programming that you can write down in your calendar!
 Email agestrong@boston.gov for a list of magazine pick-up locations.**

► 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? 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° during the day
64° during the night

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 

2020 Calendar

JANUARY

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FEBRUARY

SU	MO	TU	WE	TH	FR	SA
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MARCH

SU	MO	TU	WE	TH	FR	SA
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APRIL

SU	MO	TU	WE	TH	FR	SA
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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

SU	MO	TU	WE	TH	FR	SA
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OCTOBER

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25	26	27	28	29	30	31

NOVEMBER

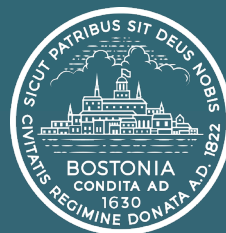
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29	30					

DECEMBER

SU	MO	TU	WE	TH	FR	SA
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Boston Seniority

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Martin J. Walsh, *Mayor*
Emily K. Shea, *Age Strong Commissioner*

Editorial Staff:

Cassandra Baptista, *Director of Communications*
Martha Rios, *Editor and Photographer*



From the Mayor's Desk

Happy 2019! As we greet the new year, it is the perfect time to reflect on the achievements we accomplished together and to look forward to exciting plans ahead.

It's a new year, and we are starting off strong. We have changed our name from Commission on Affairs of the Elderly to the Age Strong Commission. You can still count on us to provide all the same services - just with a name we believe better reflects you and our beliefs and values around aging. We'll be sharing more about our announcement in upcoming Boston Seniority magazines and events.

In 2019, we will continue to make progress on our goals from the Age-Friendly Action Plan, our City's blueprint to make Boston the best city to live and age in. With your support, we can make this another record year for Boston.

We want to make Boston the best city in the world for older adults because you shape our communities and instill values we continue to live by. I promise to carry this dedication into the New Year.

Sincerely,

- Mayor Martin J. Walsh

