

## Who We Are

The Council on Aging (COA) and the Friends of the Council on Aging (FCOA) share a common mission—to support and enhance the lives of our senior population. The COA is a department of our municipal government; its members are appointed by the Selectmen. The FCOA is a private, nonprofit incorporated group that provides financial and volunteer support for activities. Both groups work together to provide a wide range of services and information about services.

## When Trouble Strikes

When the unexpected happens—an accident, illness, death in the family—the COA and FCOA may be able to provide concrete help. This could come in the form of medical equipment, such as walkers or wheelchairs, fuel assistance, or even items that might be purchased through emergency funds. We can help solve small problems, too. Let us provide a helping hand for a specific task, or find or provide transportation. Know that help is available, and that we can often find it.



## Stay Fit. Stay Sharp.

We provide numerous classes and activities that will help keep your mind and body in tiptop shape. Yoga, water exercise, line dancing, and other fitness classes improve your strength, balance, flexibility, and stamina.

Direct services include a wellness clinic, flu shots, and a podiatrist. To maintain your mental fitness, take an art class, a writing class, a Spanish class, or learn to use mixed media. Keep your wits sharp by joining the bridge group or by signing up for one of the technology classes offered at the Library.



## Advice and Counsel

Perhaps you're a young senior, still in the workforce. We can provide health insurance counseling, as well as information about medicare options. When tax time rolls around, we can help with tax preparation. If you have parents who need help, we can help you find what they need.



## Let's Get Together

Enjoy meals with others most months at the Community Center. Attend special parties and performances. Watch movies at the Library; discuss books; take field trips to nearby points of interest. In other words, get out in the world; join friends and others who share interests with you.

### **Fun and Games**

Besides providing help and services, the COA and FCOA sponsor a host of entertainments. We have had singers, jugglers, magicians, and choral groups. We have had instrumental groups, re-enactors, and ice cream socials. Our goal is to do everything we can to help seniors lead rich, fulfilling lives.

For more information,  
contact

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**Services for Seniors,  
Their Families,  
and for  
People with  
Disabilities**



We provide both help  
and hope.