

COA Item for the *Heath Herald*

The Council on Aging (COA) is continuing its efforts to find space for its operations.

Meanwhile, following is a list of activities COA has scheduled for the immediate future:

- reinstatement of the Foot Clinic with Simonne Westort, RN, on the third Tuesday of each month, starting in July, in the Cafeteria at 18 Jacobs Road.
- information on various services for seniors offered by LifePath and FRCOG in free brochures available on a table outside the library at 18 Jacobs Road.
- Anita Wilson from the Western Attorney General's office will be giving a Consumer Protection in-person seminar on Tuesday Sept. 27 from 1-3 p.m. in the Cafeteria for all seniors from the neighboring hill towns.
- Tai Chi Chuan (also called Taijiquan) class continues its sessions on Tuesdays from 10-12 p.m. at 18 Jacobs Road with instructor Stan Swiercz. Taijiquan is a martial art that develops deep mind-body connection for health and self-defense. Watch out for a new session starting in early fall, with possible evening hours for those still working.
- an intergenerational Community Café in the Cafeteria at 18 Jacobs Road is scheduled for the last Saturday of each month from 9:30–11:30 a.m. Come visit with friends to enjoy conversation, refreshments, music, puzzles, and more.
- sponsorship of a Town-wide Open House one weekend in late September or early October.

Please make a note on your calendar and join us!