

Article 10: The Council on Aging is seeking funds to continue Saturday Programming through the end of Fiscal Year 2019. Currently, Saturday programming has been funded through a grant from MetroWest Health Foundation. The 10 month grant has provided 2 staff positions and a variety of programming on Saturdays that began on March 3, 2018 and will continue until December 31, 2018.

The original grant application was submitted as a way to address Social Isolation that is often felt on the weekends as people age and their social and family circles change. Social Isolation can affect both physical and mental health. It predisposes to loneliness which is a major risk factor for depression. It has been identified as contributing to high blood pressure, cognitive decline and increases the risk of mortality. Social Isolation has also been recognized as contributing to unhealthy behaviors such as excessive alcohol, poor dietary habits and lack of physical activity.

Through the grant funding, the Council on Aging has been able to successfully combat weekend Social Isolation by opening up the Center for programming, offering:

- Transportation
- Volunteer Opportunities
- Lunch
- Creative Programs
 - Technology Classes
 - Art Program
 - Movies
 - Activities
 - Exercise Classes
 - Lunch Program (food brings people together)

Supporting Article 10 is supporting people as they age and helping them to meet the many challenges and losses that are associated with growing older. This is a new initiative that has many possibilities as it grows in programs and participation. Your support is greatly appreciated.