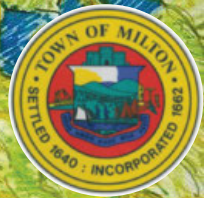


WALNUT STREET JOURNAL • MILTON COA

NEWSLETTER



SEPTEMBER 2025 | VOL 42 NO. 9

Beth Neville, "Sunflowers from Our Garden"

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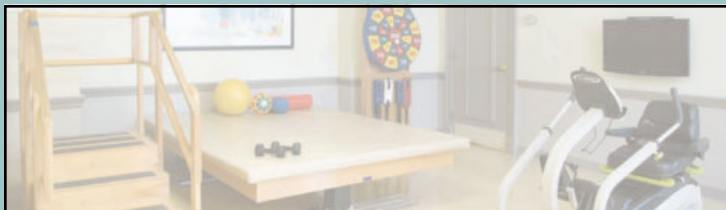
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Tom and His Wife, Mary Grassa O'Neill, are Members and Supporters Of Milton's Council On Aging.

— CLIENT REVIEW —
"Tom O'Neill was brilliant through the whole process of selling our Dad's estate. We both live out of the area and needed every aspect of the home sale taken care of. From initial preparation and staging the property inside and out to the removal of an underground oil tank, and even obtaining the death certificate and other paperwork. Tom did it all, masterfully, professionally and completely..."

- John and David H.

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Milton Council on Aging, Milton, MA

06-5361

WELCOME

NEWS FROM THE DIRECTOR

Hello friends,

September is National Council on Aging Month. In keeping with this year's theme of "Powering Possibilities: Flip the Script" we welcome you to discover our programs designed to help you power your possibilities.

New programs this month include **Get Fit w/Sarah (Mon 10am)** a light intensity class for those who haven't exercised in a while or are returning to exercise after physical therapy, **Stretch & Restore (Mon 12pm)** a full body stretch class, a new monthly group for those with vision impairment, **The Visionary Circle**, will begin **Sept. 25 @ 11am**, and a new **Art of Photography at No. 10 club on Sept. 22 @ 11 am**.

On **Sat. Sept. 27** we will be holding our fall fundraiser, **The Wardrobe Exchange**. We are accepting donations of gently used women's clothing which you would give to a friend. We will in turn sell the clothes to benefit the COA. We'll be accepting donations from **Mon Sept 15- Thurs Sept 25**. Proceeds from the fundraiser will support the programs and services at the COA. Please consider supporting this fundraiser.

Remember to bring your refillable water bottle with you. Due to changes in our water supplier individual bottles will only be provided at our large events.

See you at 10 Walnut Street!

Christine Stanton

Milton Council on Aging

Age Policy

Priority is given to Milton residents age 60 and over. If space permits, non-Milton residents age 60 and over are welcome to participate. If a program is restricted to Milton residents, it will be noted in the description. A Milton resident is someone who primarily lives in Milton.

Class Program Cancellation

Programs that do not attain the minimum enrollment will be cancelled one business day in advance of the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes.

Program Specific Refund Policy

There may be a specific refund policy for a program. The specific policy information will be noted in the program description. No refund for exercise classes unless the class is cancelled by the instructor.

REGISTRATION

All programs require pre-registration.

How to Register

There are multiple ways to register for programs both with and without a fee::

1. **Online:** for both fee (with credit/debit card) and non-fee classes and events through MyActiveCenter (<https://MyActiveCenter.com>)
2. **In Person:** Cash or check payable to the Town of Milton unless otherwise noted at the Council on Aging.

Please note: Online registration and payment by credit card is available if you are registered with the Milton COA, and have an account created in MyActiveCenter.

National Senior Center Month

**Powering
Possibilities:
Flip the Script**

CENTER STAFF

DIRECTOR

Christine Stanton

OUTREACH COORDINATOR

Katie Rohan O'Brien

OUTREACH WORKER

David Higgins

SR. ADMINISTRATIVE ASSISTANT

Beverly Sutton

ADMINISTRATIVE ASSISTANT

Anne Olsen

CHAIR OF THE COA BOARD

Loraine E. Sumner

CHAIR OF THE FRIENDS BOARD

Doreen Harris

ELDER AFFAIRS OFFICER

Officer Patty Mandeville

VAN DRIVERS

Joe Mearn | Bill Curran
Stephen Downes | Bob Fallon
Hugh McCusker | Paul Samuelian

CENTER INFORMATION:

Milton Council on Aging
10 Walnut St., Milton, MA 02186
617-898-4893

CENTER HOURS:

Monday - Thursday: 8 am - 5 pm
Friday: 8 am - 1:30 pm

SEPTEMBER PROGRAMS

REGISTRATION REQUIRED SPECIAL PROGRAMS

SEPTEMBER 2

UKULELE/9:30 AM

KNITTING/10 AM

SEPTEMBER 3

BALANCE, Core & Flex/9 AM

INTRO to Tech/10 AM

WALKING/10 AM

BLOOD Pressure/11 AM

FIT to Lose/11 AM

MOVEMENT Patterns/11:30 AM

MOVIE—Nonna's/1:30 PM

SEPTEMBER 4

INTRO to Watercolor/9 AM

COOKING In/9:30 AM

OPEN Art Studio/1 PM

CORNHOLE/2:15 PM

PING Pong/2:15 PM

SEPTEMBER 5

WELCOME Back BBQ/11 AM

SEPTEMBER 6

HIKING/10 AM

SEPTEMBER 8

TECH Support/9AM

GET Fit with Sarah/10 AM

SING Out/11 AM

STRETCH & Restore/12 PM

MOVIE—Gypsy/1:30 PM

SEPTEMBER 9

SHINE/MassHealth/9 AM

SANDI Visits/10 AM

SCENIC Walk/10 AM

EDWARDS Twins/10:30 AM

CRAFT Workshop/1 PM

SEPTEMBER 10

HEARING/9:30 AM

NAVIGATING Transitions/1:30 PM

SEPTEMBER 11

GENEALOGY/11 AM

SEPTEMBER 12

HALF Way to St. Pat's Day/11 AM

SEPTEMBER 15

#SHORTExplore Castle Is/9:30AM

SACRED Transitions/1:30 PM

SEPTEMBER 17

SMART Phones/10 AM

COMMUNITY Table/2 PM

SEPTEMBER 18

BOOK Club/11 AM

FOODIE Adventure/11:15 AM

SEPTEMBER 19

FENG Shui/11 AM

SEPTEMBER 22

TECH Support/9 AM

Photography at No. 10/11 AM

SEPTEMBER 24

EDNA St. Vincent Millay/1:30 PM

SEPTEMBER 25

THE Visionary Circle/11 AM

SEPTEMBER 27

THE Wardrobe Exchange/10 AM

SEPTEMBER 29

BREAKFAST Bunch/9:30 AM

OCTOBER 1

MOVEMENT Patterns/11:30 AM

FLORAL Pumpkin/1:30 PM

A Fundraiser to Support Programming at
The Milton Council on Aging

THE WARDROBE EXCHANGE

It's time to clean out those closets!



The Milton COA is collecting donations of new and gently used ladies tops, bottoms, dresses, and outerwear
*Please: Only clothing you would give to a friend.
No rips or stains.*

Donation Drop Off
Monday, September 15
thru Thursday, September 25
10 am to 1 pm

Milton Council on Aging
10 Walnut St., Milton, MA
Tel: 617-898-4893

Sale Date: Sat., Sept. 27
9 am to Noon

*Clothing not sold at the fundraiser will
be donated to Interfaith Social Services
Bureau Drawer Thrift Shop

Register online at
MyActiveCenter.com or
In the lobby of the COA

SEPTEMBER PROGRAMS

UKULELE GROUP

Tuesdays at 9:30 am

Join the fun with our welcoming Ukulele players. Whether you're a seasoned strummer or just picking up a ukulele for the first time, everyone is invited. We play, laugh, and learn together.



KNITTING GROUP

Tuesdays at 10 am

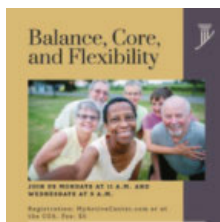
Love to knit or crochet? Join our group of fellow yarn enthusiasts! Bring your projects, share tips, and enjoy great company. Please register to join the fun!



BALANCE, CORE & FLEXIBILITY

Mon at 11 am & Wed at 9 am

Designed for mature exercisers who want to stay active, independent, and confident in their everyday movements. It will improve your balance, strengthen your core, and increase your flexibility through carefully crafted exercises that enhance stability, mobility, and posture. You will be guided through all movements, helping you feel stronger, move better, and reduce the risk of falls. Chairs provided. Please bring a mat. Limited to 20. Preregistration required. Fee: \$5

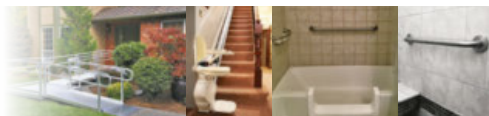


Pop-Up Art Exhibit

Milton Artist Beth Neville

We're excited to present a special pop-up art exhibit by local Milton artist Beth Neville, on display from mid-September through November in the lobby of the COA. Beth's lifelong love of flowers began on her family's apple farm and continues today through her vibrant works—many featured in this exhibit. Beth is currently compiling these pieces into a forthcoming book and co-authoring *Gardens* with her husband, poet Robert Cummings Neville, to be published by Puritan Press and available on Amazon. Beth hopes her art inspires others to find joy in creativity. Please be sure to stop by.

FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE

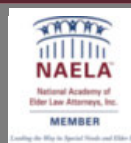


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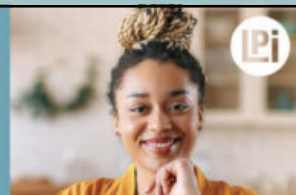


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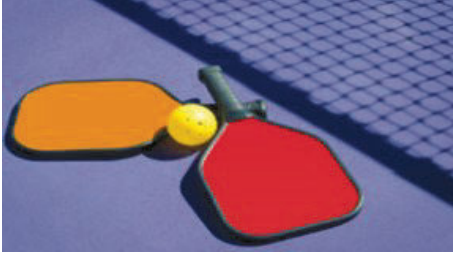
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Milton Council on Aging, Milton, MA

06-5361

SEPTEMBER PROGRAMS

REGISTRATION REQUIRED SPECIAL PROGRAMS



PICKLEBALL

Mon., Wed., & Fri. 9:00 am

Join us for fun, fitness, and friendly competition! Weather permitting, games are held outdoors at Kelly Field. This program is designed for experienced pickleball players who want to stay active and enjoy a competitive game. To participate, registration with the Milton COA and a signed exercise waiver are required in advance. Come out and play—let's keep the game going strong!



Milton Council on Aging

WALKING GROUPS

**Mondays &
Wednesdays**

10 am: Milton COA

**Thursdays 5:30 pm
Milton Cemetery Office**

**Tuesday 10 am, Monthly Scenic Walk
Date & Location varies**



**Register: MyActiveCenter.com or
Call the Milton COA at 617-898-4893**

FALL TECHNOLOGY WORKSHOPS “Everything You Need to Know To Survive in Today’s World “

Are you feeling left behind in the fast-paced digital world? Our seven-part Fall Technology Workshop Series is designed especially for beginners—no experience needed. Whether you are unsure how to use your smartphone or wondering what the internet really is, we will guide you step by step in a supportive setting

Workshops Wednesdays at 10a m

- **Intro to Technology (9/3)**– Start at the beginning: what technology is & why it matters
- **Know Your Smartphone (9/17)**– Learn how to make the most of your device.
- **What Is the Internet? (10/8)** – Understand the web, Wi-Fi, and how to get online safely.
- **Online Purchases (10/22)**– Shop with confidence and avoid scams.
- **Email 101 (11/5)** – Set up, send, and manage emails.
- **Texting and Apps (11/19)**– Master messaging and explore useful apps.
- **Everyday Technology Skills (12/10)**– Practical tools for daily life, from maps to voice assistants, to Tele-Med.

Cost: \$30 for the series, or \$5 per workshop. Registration required.

Who Should Attend: Anyone who wants to gain basic tech skills and build confidence—especially technophobes!

**Register online at
MyActiveCenter.com or
call 617-898-4893**

SERVICES

LEGAL & FINANCIAL CONSULTATIONS

Two local elder law attorneys, Atty. Philip Murphy and Atty. Andrew Pelletier will meet with Milton residents age 60+ via telephone for the 1st Wednesday of the month for one 30-minute consultation at no charge. Call to schedule.

Jason Luck, a partner at Commonwealth Financial Group in Boston is available to speak with you in person, via phone, or on Zoom to go over your financial “well-being”. The 2nd Wednesday of the month.

SHINE

SHINE (Serving the Health Insurance Needs of Everyone) counselors are available for Medicare and MassHealth (people 65 and older) consultations by appointment on Tuesdays.

NOTARY PUBLIC SERVICES

Christine Stanton and Katie Rohan O'Brien are both Notary Publics and [available by appointment](#) to notarize your documents at no charge.

TRANSPORATION

Curb-to-curb transportation services are offered by the Milton Council on Aging (COA) for Milton residents age 60 and older. If you are interested in learning about, or using, our transportation services please call to schedule an appointment with a member of our Outreach team.

The above services are offered by appointment only. Please call to schedule at: 617-898-4893

SEPTEMBER PROGRAMS

BLOOD PRESSURE CHECK

Wednesday, Sept. 3, 11:00 am

Stop by the COA and have a registered nurse from the Milton Health Department check your blood pressure for you.

FIT TO LOSE

Wednesday, Sept. 3 & 17, 11 am

Join our self-supported group focused on healthy aging and weight loss. All are welcome—whether you're just starting or continuing your journey to better health. Share tips, support each other, and stay motivated. \$1

MOVEMENT PATTERNS

Weds., Sept. 3, 10, 17, 11:30 am

Final classes in series for those enrolled. New series starts Oct. 1

NONNAS + PIZZA

Wednesday, Sept. 3, 1:30 pm

Join us for a heartwarming afternoon as we present a special screening of the new endearing film *Nonnas*, based on a true story of a restaurant which employees grandmothers from around the world that cook their family recipes. We'll be serving a delicious pizza lunch while you sit back and enjoy this charming movie. Registration is required and open now to Milton residents through Aug. 18. Open to all on Aug. 19. Seating is limited. Register early. Run time: 1 hour 54 min. Rated: PG



INTRO TO WATERCOLOR

Thur., Sep 4, 11, 18 & 25, 9-10:30a

In this class, we will explore the history of watercolor painting and examine artists who utilize this medium. Students will explore various watercolor techniques, including washes, wet-on-wet, gradients, color blending, layering, dry brush, and color lifting. Artists will learn about color theory and how it impacts and affects design.



Intro to Watercolor Painting is designed for beginners. If you have taken the class before, please register for the Art of Watercolor, which will be offered in October. Fee: \$40. Supplies provided.



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Our Program's Territory Includes:

- Braintree • Cohasset • Hingham • Holbrook
- Hull • Milton • Norwell • Quincy • Randolph
- Scituate • Weymouth

SEPTEMBER PROGRAMS

COOKING IN

Preorder Tuesday by 1:30 PM

Pick Up Thurs. 9:30 am-1:30 pm

Enjoy tasty, home-style meals without the hassle of cooking! "Cooking In" offers a convenient preorder system. Order by Tuesday for pick up on Thursday. Entrees available in the COA lobby on Thursday for pick up. Meals are \$10 ea. Plan ahead, preorder.



ART OPEN STUDIO

Thur., Sep 4, 11, 18 & 25, 1-3:15 p

Drop in for a relaxed, creative session with fellow experienced artists. Bring your supplies and work on your own projects at your own pace. A great space to paint, sketch, and connect. Registration required.



CORNHOLE AND PING PONG

Thursdays at 2:15 pm

Join us Thursday afternoons for some friendly competition and fun! Whether you're aiming for the hole in cornhole or smashing it at ping pong, there's a spot for everyone. Come play, cheer, or just enjoy the good company.

WELCOME BACK BBQ

Friday, Sept. 5, 11 am

Join us for a festive BBQ with food, music, and great company! Reconnect with friends and celebrate the end of summer together. Registration open to Milton residents through August 18, open to all on August 19. Tix: \$10

HIKING GROUP

Saturday, Sept. 2 & 16, 10 am

Grab your water bottle and sunscreen and hit the trails! Explore



the beauty of the Blue Hills, where every hike offers fresh air and stunning views on trails that average 5 miles. Exercise waiver and COA registration required. Meeting location emailed by 4 pm the Wednesday prior.

TECH SUPPORT

Monday, Sept. 8 & 22, 9:00 am

Twenty minute one-on-one tech support with our instructor at the COA. Appointments can be scheduled on MyActiveCenter.com or at the COA. Fee: \$5 due at registration.

NEW GET FIT WITH SARAH

Mondays at 10:00 am

Motivating class geared toward people who are sedentary, new to exercise, and those returning to exercise after physical therapy. Build strength, improve balance, boost cardiovascular health, and develop confidence in movement. Fee: \$5

THE FRIENDS OF THE MILTON COUNCIL ON AGING

The mission of the Friends is to assist the Council on Aging in providing services, resources, and activities for adults age 60 and over in the Town of Milton by raising, holding, and dispensing funds for the accomplishment of the goals of the COA.

For a \$15 donation or more, you will receive our monthly newsletter by mail and support the programming and services of the COA. Please send your check to:

*Friends of the
Milton Council on Aging
10 Walnut Street
Milton, MA 02186*

Or to donate online visit the Friends section of the COA website at:
www.townofmilton.org/coa

Please consider naming the Friends as a beneficiary under your will or planning giving instrument. The beneficiary should be designated as: Friends of the Milton Council on Aging, Inc., a 501 C(3) corporation organized under the laws of the Commonwealth of Massachusetts and having a principal address at 10 Walnut St., Milton, MA 02186

**Register online at
MyActiveCenter.com or
call 617-898-4893**

Note: The Milton Council on Aging does not endorse any businesses, presentations, seminars, or advertisers.

SEPTEMBER PROGRAMS

Health & Wellness

PICKLEBALL, Mon., Wed., Fri., 9-11 am at Kelly Field for experienced players. Milton COA membership, exercise waiver, registration required..

GET FIT with SARAH, Mon. 10 am, Class is geared toward people who are new to exercise build strength, improve balance, boost cardiovascular health, and develop confidence in movement. Fee: \$5

WALKING GROUPS, Mon. 10 am, Wed. 10 am led by Jake from *Elliott PT*, Thurs. 5:30 pm led by Loraine. Registration required for updates.

BALANCE, CORE and FLEXIBILITY, Mon. 11 am & Wed 9 am with Jinyan. Improve your balance, core strength, muscle flexibility, joint mobility, and posture through exercise. Bring a mat. Fee: \$5

STRETCH & RESTORE, Mon. 12 pm with Jinyan. A gentle, class focused on joint mobility and stretching of major muscles and connective tissues. All movements are done standing or seated—no floor work. Fee: \$5

MAT YOGA, Tues., 9 am with Fran. Roll out your mat and join us! Floor based, low-impact class geared to open, soothe, comfort and restore while helping to improve balance and coordination. Class starts 9/9 \$5.

CHAIR YOGA, Tuesday, 10 am with Fran. Increase flexibility and mobility by stretching the body, and building muscle strength + reduce stress. Improve balance and circulation from a chair. Class resumes 9/9 Fee: \$5.

CIRCUIT TRAINING, Tues., 11 am Fun, upbeat class designed to prevent and reverse the effects of osteoporosis and muscle loss. Prepayment and preregistration required. No walk-ins. No class Aug. 5 thru 19. Fee: \$5.

TAI CHI, Tues., Noon & Thurs., 10 am, with Vince. Increase your flexibility and joint mobility, improving balance, coordination, and agility and enhance your balance to reduce the risk of falls. Fee: \$5

STRENGTH with MAGGIE, Tues. & Thurs., 1 pm with Maggie. Build muscle mass, promote bone health, and keep your joints engaged. No class Tues., Sept. 2. Classes resume on Thurs., Sept. 4. Fee: \$5

LINE DANCING, Tues. 2 pm & Thurs. 11 am. Improve coordination and balance, increase cardiovascular health and brain memory with Jean while moving to different genres of music. No class Thurs. 9/4. Fee: \$5

TAP DANCING, Tues. 2:45 pm. Enjoy increased energy, sharper thinking, better balance, heart health, and stronger bones—all for \$5 per class.

ZUMBA GOLD, Wednesday 10 am, with Mary Ellen. Latin inspired dance workout at a lower intensity. Great activity to get your heart rate up and boost your cardio, while having have fun. No class 9/10, 17, 24. Fee: \$5

MOVEMENT PATTERNS FOR BRAIN HEALTH, Wed. 11:30 am, Series 1 continues in Sept. for those enrolled. Series 2 starts Oct. 1. Fee: \$45

FLOW YOGA, Thurs. 8:45 am. Registration required. Call for details.

PING PONG & CORNHOLE Thurs. 2:15 pm. Stay active and have fun!

HIKING, Sat., Sept. 6 and 20, 10 am. Meeting location will be emailed.

Preregistration required for all Health & Wellness Programs

Register online at MyActiveCenter.com or In the lobby of the COA

Prevent Falls—Stay Active with the Milton COA

September is National Fall Prevention Awareness Month

A perfect great time to raise awareness about preventing falls. Falls are the leading cause of injury in adults over 65.

Each year, 1 in 4 Americans 60 and older experiences a fall, which can lead to serious injuries, hospital visits, and loss of independence. Many falls are preventable. Staying active, informed, and engaged is a good way to reduce risk.

The Milton COA offers classes for all fitness levels that focus on balance, strength, heart health, and overall wellness. These programs help improve mobility, boost confidence, and keep you connected.

Launching in September two new classes:

- **Get Fit with Sarah** – Great for those new to exercise or easing back into movement.
- **Stretch & Restore** – A gentle, class focused on joint mobility and stretching of major muscles and connective tissues. All movements are done standing or seated—no floor work.

Did You Know?

- Falling once doubles your risk of falling again.
- Vision or hearing loss, medications, and home hazards increase fall risk.

Fear of falling can lead to isolation and physical decline.

Now is the perfect time to join a class at the Milton COA and take

SEPTEMBER PROGRAMS



SING OUT: COMMUNITY MUSIC GROUP

Mondays, 11 am—Noon

Love to sing? Join us!

You may know that music boosts mood and well-being—but did you know singing can also help maintain speech, memory, and cognitive skills? This group is for anyone who loves to sing—whether you're a karaoke fan, a shower soloist, or a longtime choir member. All are welcome, including: Those living with aphasia or ataxia; Individuals experiencing memory loss and their care partners; Anyone looking to maintain or improve speech and breath support. Join us in this fun, supportive space where we sing, chat, and explore music together in a relaxed, welcoming environment.

NEW STRETCH & RESTORE

Mondays 12 pm

A gentle 45-minute class focused on joint mobility and stretching of major muscle groups and connective tissues, with all exercises done standing or seated (no floor work). Appropriate for individuals who are not active, have mobility limitations or posture issues from arthritis or chronic pain, or those recovering from illness or surgery. Class may also help reduce stress and support better sleep. Fee: \$5

“GYPSY”

Broadway Musical Series Make Up

Monday, Sept. 8, 1:30 pm

Join us for the musical remake of the original 1952 classic. This version stars Bette Midler and chronicles the rise of the iconic Gypsy Rose Lee—legendary stripper, witty performer, and reluctant star—pushed into the spotlight by one of cinema's most unforgettable stage mothers. Bring your lunch and settle in—snacks and cold drinks are on us! Rated 16+. 2 h 22 minutes.

SANDI VISITS

Tuesdays at 10 am

Sandi, our favorite therapy dog, is back from his summer vacation at the beach and can't wait to see you. Come by on Tuesday mornings for some tail wags, smiles, and relaxing time with a furry friend. We've missed him—and we know you have too!

SCENIC WALK

Tuesday, September 9, 10 am

Join us for a late summer walk and escape into the serenity of nature. The walk is approximately 2 hours and 5 miles over moderate terrain. Wear comfortable walking shoes, and bring a water bottle and sunscreen. COA registration and a signed exercise waiver required. Meeting location will be emailed.

THE EDWARDS TWINS AT LAKE PEARL

Tuesday, September 9, 10:15 am

Remember the excellent Variety shows we grew up on in the '70s & '80s? Now is your chance to see them live and re-created by Las Vegas' number-one impersonators. All your favorite legendary stars come alive in an afternoon with The Stars. \$139 per person incl. lunch. Flyer details in COA lobby.



CRAFT WORKSHOP

Tuesday, September 9, 1 pm

With fall colored felt strips, autumn fabrics, and cheerful sunflowers you will assemble this easy to make home decoration. Preregistration required. Fee: \$5

HEARING CLINIC

Wed., Sept. 10, 9:30 am

Did you know untreated hearing loss can negatively affect your health? Studies have linked hearing loss to increased risks of social isolation, depression, cognitive decline, and even falls. At Home Hearing will perform hearing tests, and service and clean hearing aids at no charge. If hearing loss is detected professional recommendations will be offered. Appointments are required and can be scheduled on MyActive-Center.com or at the COA.



NAVIGATING LIFE'S TRANSITIONS with INDEPENDENCE,

ORGANIZATION, AND CONFIDENCE

Wed., Sept. 10, 1:30 pm

Are all your important details organized in one place so your family can easily access it in an emergency? Could your family step-in and help you manage your affairs if you needed assistance? Creating your Life Transition

SEPTEMBER PROGRAMS

Binder is a gift, it is your resource that gives you and your loved ones that gives you and your loved ones peace of mind and guidance.

Join Sandra Batra, as she explains how you can create this binder through a 4-class series we will be offering in October that pulls together all your important life details into one place, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. This organizational tool allows you to remain in control and independent as you age. If something were to happen to you, this is the resource your loved ones would turn to so they can help support and assist you. Registration required.

GENEALOGY CLUB

Thurs., Sept. 11, 11 am

Interested in your family history or passionate about uncovering the past? Whether you are an experienced researcher or a beginner, join us to explore the exciting world of genealogy. Learn tips, discover new resources, and connect with others who share your love for history. Registration required. Capped at 20.

#ShortExplore

CASTLE ISLAND

Mon., Sept. 15, 9:30 am

Hop aboard the COA van for a trip to Castle Island. Enjoy the salt air, lunch at Sullivan's (on your own), or bring a brown bag lunch. Arrive at the COA by 9:15 am. The van will depart at 9:30 am. Limit 14. Fee: \$5



**Half Way to
St. Patrick's Day**

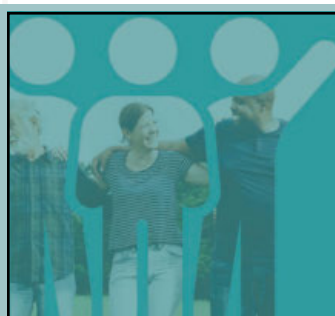
FRIDAY, SEPT. 12
11:00 AM

CELEBRATE WITH US!
IRISH BAND, SINGING,
LIGHT REFRESHMENTS

TICKETS: \$5

Registration: Milton residents
through Aug. 18, all on Aug. 19

Milton Council on Aging | Page 11



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SEPTEMBER PROGRAMS

SACRED TRANSITIONS: Exploring the Role of Doulas in End-of-Life Care

Mon., Sept. 15, 1:30 pm

Life and death are the bookends of our existence, yet we celebrate one and fear the other. Ebba Legaspi will join us for a presentation on the role of an end-of-life doula and introduce us via the film, *A Good Death*, to Virginia Chang who guides, supports, and accompanies dying people and their loved ones in the transition from life to death. Presentation will be followed by a Q&A. Program length 1-1.5 hr Fee: \$5

KNOW YOUR SMARTPHONE A TECHNOLOGY WORKSHOP

Wed., Sept. 17, 10 am

Learn how to use your smartphone for calls, texts, photos, apps, and more. Great for beginners or those looking to learn more. Bring your phone and questions. Fee: \$5.

COMMUNITY TABLE

Wed., Sept. 17, 2 pm

Gather at our communal table to enjoy a delicious, from scratch meal prepared and served by our volunteers. Prepaid registration open to Milton residents thru Aug. 18, open to all Aug. 19. Fee: \$5

BOOK CLUB

Thursday, Sept. 18, 11 am

This month's selection is *The Frozen River*, by Ariel Lawhon. A gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history. Registration required. Attendance capped to facilitate conversation.

Please Note:

Reservations are required for all classes, events, and workshops.

Register online at:

MyActiveCenter.com or

In Person at the Milton COA

FOODIE ADVENTURE

Thurs., Sept. 18, 11:15 am

This month we are heading to Tony's Clam Shop, a casual restaurant on Quincy's Wollaston Beach. Enjoy fried clams, a fresh lobster roll, or another delicious entrée. Fee: \$5 for the van ride—Lunch is on your own. Let's eat, laugh, and make it a lunch to remember. Milton residents until 8/18. Open to all on 8/19. Limit 14.

FENG SHUI: ENERGIZE YOUR HOME and YOUR LIFE

Fri., Sept. 19, 11 am

Learn from Best of Boston® award winner, Linda Varone, how Feng Shui energizes and balances your home and your life. Feng Shui creates a home that "feels right" to enhance your energy, support family connection, and personal relaxation. This presentation shows you practical ways to easily use Feng Shui principles in your Western home. See how to work with Chi energy, the Ba-Gua template, and the Nine Cures. This presentation will have a special focus on the bedroom to support relaxation and restorative sleep. Come to learn; leave inspired. Fee: \$5

Art of Photography at No. 10

A new graphic arts group



New: ART OF PHOTOGRAPHY @ NO. 10

Monday, Sept. 22, 1 pm

Introducing a new and vibrant graphic arts group at the Milton COA. Open to all, whether you have no experience or lots of it, casual interest or a strong passion. All cameras welcome, or none at all!

We will offer: A creative, welcoming space; Open sharing of ideas and photos; Fun with other clubs. Choose your own learning topics; Workshops will be in-person or via Zoom (& in-person); Photo trips and adventures. We are proud members of the New England Camera Club Council (NECCC)—New England's top photography resource. Most of all, it's about photo friendships. We can't wait to welcome you!

EDNA ST. VINCENT MILLAY

Wed., Sept. 24, 1:30 pm

Join Prof. Lowenthal for a talk on Pulitzer Prize-winning poet Edna St. Vincent Millay. One of America's most celebrated writers in the early 20th century, Millay was known for her lyrical poems, sonnets, and dramatic works. She combined modern ideas with traditional forms to create a bold new voice in American poetry. More than her writing, Millay also captured public attention through her powerful readings and progressive politics. She became a symbol of independence and female expression. Fee: \$5



**STARTING
SEPTEMBER 25**

SEPTEMBER/OCTOBER PROGRAMS

Introducing: THE VISIONARY CIRCLE

Launching Thurs., Sept. 22, 11 am

The Visionary Circle is a new group which will meet monthly for individuals with low vision—and their allies—to come together in a supportive, sharing environment. We'll talk openly about challenges, swap practical tips and tools, explore helpful resources, and most importantly, build community. Expect helpful conversations, new ideas, and a little fun along the way! All are welcome. Join us as we launch this meaningful and inclusive new circle. Please register in advance.

THE WARDROBE EXCHANGE A COA FUNDRAISER

Saturday, Sept. 27., 9am-Noon

See details on page 4. Be sure to join us!

Come and Join us

BREAKFAST BUNCH



Monday, Sept. 29
9:30 AM

Milton Council on Aging



Tickets: \$5+

Registration: Milton residents
thru Aug. 18, All on Aug. 19.

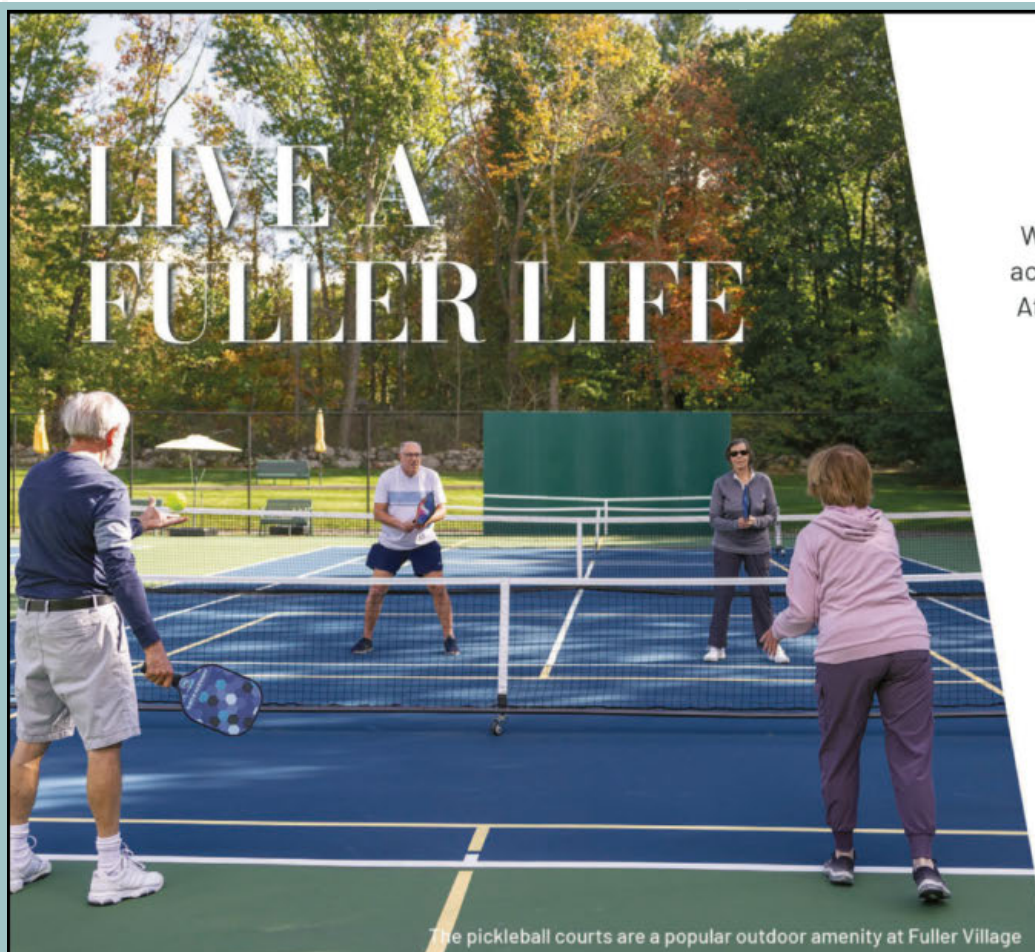


FALL PUMPKIN DÉCOR

Wed., Oct. 1, 1:30 pm

Join the COA Team for a Fun Fall Craft! Create a festive floral pumpkin arrangement to brighten up your home décor this season. Fee: \$5. Seating is limited—register early!

Milton Council on Aging | **Page 13**



The pickleball courts are a popular outdoor amenity at Fuller Village

Fuller Village
in Milton

What if the next part of your life was actually the best chapter of your life? At Fuller Village, we not only ask that question, but we answer it with an acclaimed, close-knit community where adventure, excitement, fun and friendship are all ageless. It's time to make your move because here, your life could be *Fuller*.

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Milton Council on Aging, Milton, MA

06-5361

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Milton Council on Aging, Milton, MA

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SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Milton COA Closed in Observance of the Holiday	9:00 am: SHINE 9:30 am: Open Ukulele 10:00 am: Knitting 11:00 am: Circuit Train'g 12:00 pm: Hand & Foot 12:00 pm: Tai Chi 2:00 pm: Line Dancing 2:45 pm: Intro to Tap	9:00 am: Bal, Core & Fx 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Intro to Tech 10:00 am: Walking/Zumba 11:00 am: Blood Pressure 11:00 am: Fit to Lose 11:30 am: Movement-4 12:00 pm: Mahjongg 1:00 pm: Legal Consult 1:30 pm: Nonnas/Pizza	9:00 am: Watercolor 9:30 am: Cooking In 10:00 am: Tai Chi 10:00 am: Games 12:15 pm: Whist 1:00 pm: Art Studio 1:00 pm: Strength 2:15 pm: Cornhole 2:15 pm: Ping Pong 3:00 pm: Back Alley 5:30 pm: Walking Grp	9:00 am: Pickleball 11:00 am: Welcome Back B-B-Q Sat., Sept. 6 10:00 am: Hiking
8	9	10	11	12
9:00 am: Board of Dir. 9:00 am: Coffee/Pickleball 9:00 am: Tech Support 10:00 am: Friends of COA 10:00 am: Get Fit w Sarah 10:00 am: Walking Group 11:00 am: Bal, Core & Flex. 11:00 am: Sing Out 11:30 am: Hand & Foot 12:00 pm: Stretch&Restore 1:00 pm: Cribbage 1:30 pm: Movie—Gypsy 2:00 pm: Back Alley	9:00 am: Mat Yoga 9:00 am: SHINE/MassH. 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 10:00 am: Scenic Walk 10:30 am: Edwards Twin 11:00 am: Circuit Train'g 12:00 pm: Tai Chi/Games 1:00 pm: Craft Workshp 1:00 pm: Strength 2:00 pm: Line Dancing 2:45 pm: Intro to Tap	9:00 am: Bal/Core & Fx 9:00 am: Pickleball 9:30 am: Bridge 9:30 am: Hearing 10:00 am: Walking Grp 11:30 am: Movement Patterns/Brain Health 5 12:00 pm: Mahjongg 1:00 pm: Fin'l Consult 1:30 pm: Navigating Life's Transitions	8:45 am: Flow Yoga 9:00 am: Watercolor 9:30 am: Cooking In 10:00 am: TaiChi/Games 11:00 am: Genealogy 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Art Studio 1:00 pm: Strength 2:15 pm: Cornhole 2:15 pm: Ping Pong 3:00 pm: Back Alley 5:30 pm: Walking Grp	9:00 am: Pickleball 11:00 am: Half Way to St. Patrick's Day
15	16	17	18	19
9:00 am: Coffee Cafe 9:00 am: Pickleball 9:30 am: Castle Island 10:00 am: Get Fit w Sarah 10:00 am: Walking Group 11:00 am: Bal, Core & Flex. 11:00 am: Sing Out 11:30 am: Hand & Foot 12:00 pm: Stretch&Restore 1:00 pm: Cribbage 1:30 pm: Sacred Transitions 2:00 pm: Back Alley	9:00 am: Mat Yoga 9:00 am: SHINE 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 11:00 am: Circuit Train'g 12:00 pm: Tai Chi/Games 1:00 pm: Strength 2:00 pm: Line Dancing 2:45 pm: Intro to Tap	9:00 am: Bal/Core & Fx 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Smartphones 10:00 am: Walking Grp 11:00 am: Fit to Lose 11:30 am: Movement Patterns/Brain Health 6 12:00 pm: Mahjongg 2:00 pm: Comm. Table	8:45 am: Flow Yoga 9:00 am: Watercolor 9:30 am: Cooking In 10:00 am: TaiChi/Games 11:00 am: Book Club 11:00 am: Line Dancing 11:15 am: Foodie Advnt 12:15 pm: Whist 1:00 pm: Strength/Art 2:15 pm: Ping Pong/CH 3:00 pm: Back Alley 5:30 pm: Walking Grp	9:00 am: Pickleball 11:00 am: Feng Shui: Energize Your Home and Your Life Sat., Sept. 20 10:00 am: Hiking
22	23	24	25	26
9:00 am: Coffee/Pickleball 9:00 am: Tech Support 10:00 am: Get Fit w Sarah 10:00 am: Walking Group 11:00 am: Bal, Core & Flex. 11:00 am: Sing Out 11:30 am: Hand & Foot 12:00 pm: Stretch&Restore 1:00 pm: Cribbage 1:00 pm: Photography 2:00 pm: Back Alley	9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 11:00 am: Circuit Train'g 12:00 pm: Games 12:00 pm: Tai Chi 12:30 pm: SHINE 1:00 pm: Strength 2:00 pm: Line Dancing 2:45 pm: Intro to Tap	9:00 am: Bal/Core & Fx 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Walking Grp 12:00 pm: Mahjongg 1:30 pm: Edna St. Vincent Millay	8:45 am: Flow Yoga 9:00 am: Watercolor 9:30 am: Cooking In 10:00 am: TaiChi/Games 11:00 am: Line Dancing 11:00 am: Visionary Cir 1:00 pm: Strength/Art 12:15 pm: Whist 2:15pm: PingPong/CH 3:00 pm: Back Alley 5:30 pm: Walking Grp	9:00 am: Pickleball 9:30 am: COA Closed for Fundraiser set up Sat., Sept. 26 The Wardrobe Exchange Fundraiser 9:00 am—12:00 pm
29	30	1	2	3
9:00 am: Coffee/Pickleball 9:30 am: Breakfast Bunch 10:00 am: Get Fit & Walking G. 11:00 am: Bal, Core & Flex. 11:00 am: Sing Out 11:30 am: Hand & Foot 12:00 pm: Stretch&Restore 1p: Cribbage 2p: Back Alley	9:00 am: Mat Yoga/SHINE 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 11:00 am: Circuit Train'g 12:00 pm: Tai Chi/Games 1:00 pm: Strength 2:00 pm: Line Dancing 2:45 pm: Intro to Tap	9:00 am: Bal, Core & Fx 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:30 am: Movement Pattern/Brain Series 2 12:00 pm: Mahjongg 1:30 pm: Floral Pumpkin	8:45 am: Flow Yoga 9:30 am: Cooking In 10:00 am: Tai Chi/Games 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strength 2:15 pm: PingPong/CH 3:00 pm: Back Alley	9:00 am: Pickleball 10:00 am: Nature Travel: Costa Rica

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To support and advocate for residents over the age of 60 and their families in our community by providing programs, services, and resources that promote independent living and enrich their lives.



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