

# *Friends of the Council on Aging*

— P.O. Box 344, Lexington, Massachusetts 02420 / [www.FriendsoftheCOA.org](http://www.FriendsoftheCOA.org) —

**Board members:** Betty Borghesani • Suzanne Caton • Peter Holland • Sudhir Jain • Janice Kennedy • Mickey Khazam  
Lorain Marquis • Shirley Stolz • Jane Trudeau • Emery Wilson • Chris Worcester

Fall 2022

Dear Lexington Neighbors,

Founded in 1972, FCOA is celebrating its 50<sup>th</sup> year of providing services to Lexington seniors. A volunteer board of residents who work closely with the Town's Human Services Department and Council on Aging to enrich the quality of life for Lexington seniors, FCOA helps fund critical senior services provided by the Human Services Department such as special lunches, age-sensitive counselling and recreation, out of town cultural trips, health and wellness programs, and affordable transportation. FCOA also provides the OWLL courses, the *Lexington LifeTimes* creative arts journal, and seeks new ways to serve via our Bright Ideas grant funding.

Some highlights of the year include:

- Over 530 meals (up from 400 last year) distributed to seniors on ten occasions, including the Grab and Go lunch program and in-person lunches
- Over 1280 seniors (up from 300 last year) provided LexConnect taxi transportation
- Over 7375 seniors (up from 4300 last year) provided subsidized bus rides on Lexpress
- Over 610 seniors (up from 440 last year) participated in 10 courses offered in the Older, Wiser, Lifelong Learners (OWLL) program
- The *Lexington LifeTimes* journal published two editions, with increased submissions and growing financial support from businesses and individuals
- A new plaque and walkway installed in the Furnstahl Sensory Garden, which itself was funded by an FCOA Bright Ideas grant
- Senior bus trips to Plantsville, CT, Newport, RI; and Portland, ME; in which a total of 94 seniors participated
- Six Expressive Art classes offered with 16-20 participants per class
- Partial funding for the Community Center's summer tent rental
- *Let's walk* program for Lexington seniors funded
- Netflix movies provided twice per month for seniors

Lexington is a very special community which provides strong support for our youth, our families, and our seniors through a wide array of programs. Our work at FCOA is so important because it assists the seniors who have lived in Lexington for many years during which their personal and financial resources helped build the Town to where it is today. The work of the COA and FCOA focus on ways to expand seniors' horizons and provide opportunities for their continued growth and enjoyment.

Sincerely yours,

*Peter Holland*

Peter Holland  
President  
Friends of the Lexington Council on Aging