Welcome to the September issue of *Going with the FLO*. My name is Sharon O’Malley and I coordinate the FLO program.

Although I joined the ARAW staff in late May, before that I worked for twelve years with ARAW ladies through community grants and programming.

Many of you already know me through the WCAP, and I look forward to meeting many more of you (in person!) when we start group socials.

Until then, feel free to give me a call. I welcome your input and ideas on what type of social outings you would like to see offered in future editions of *GOING WITH THE FLO*. Onward!

Though our ARAW board members are not able to come into your home just now, we are reaching out in friendship through social visits by phone.

If you have not been contacted for a social visit by phone and would enjoy a call, please let us know!

The FLO program (Friendship Lunches and Outings) is a program for socialization and group outings for women who meet ARAW eligibility guidelines.

- Active ARAW beneficiaries are automatically enrolled and will receive the monthly *GOING WITH THE FLO* newsletter.
- Women in the community who meet the ARAW eligibility guidelines may enroll in the FLO Program as a stand-alone program.
- All ladies who were active in the WCAP as of March 31, 2020, have been enrolled in the FLO Program.

Call SHARON if you are interested in tickets to the New Bedford Whaling Museum

508-717-0400
Health and Wellness

**CHANNEL 18 | DARTMOUTH**
Zumba Gold Fitness I & II; Mindful Movement; Mindful Movement for Movement Disorders; Tai Chi; Osteoporosis Exercise

**CHANNEL 95 | NEW BEDFORD**
YMCA Southcoast Programs: Stretching with Ashely; Home workout 1, 2, & 3 Yoga with Eileen

**CHANNEL 95 | ACUSHNET/Fairhaven**
Tai Chi; YMCA workouts; Mental Health Amid the Pandemic

**FOOD ASSISTANCE**

Dartmouth United Outreach at Smith Mills Church
11 Anderson Way, Dartmouth
Grab ‘n Go | Free food – No pre-registration necessary
Every Tuesday evening, 5:30pm to 7:30pm
Non-perishable food, fresh produce as available
No contact, *mask required*

St. Martin’s Food/Pet Pantry
136 Rivet St, New Bedford
Third Saturday 10am-11am or Last Tuesday 5pm-6pm
One form of ID required | *once* per month
508-994-8972

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**WE APPRECIATE YOUR FEEDBACK ON THE DOMINO’S GIFT CARDS!**
It was great to have such a positive response to our first give-away. We really enjoyed the opportunity to spend some time chatting with those who called in. Thank you!

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**COUNCILS ON AGING**
Local COAs have once again started offering classes and programs. Contact your local agency for a monthly newsletter and all up to date information on programming.

**ACUSHNET**
508-998-0280

**DARTMOUTH**
508-999-4717

**FAIRHAVEN**
508-979-4081

**NEW BEDFORD**
508-991-6250

**WESTPORT**
508-636-1026

**IMMIGRANT’S ASSISTANCE CENTER**
508-996-8813

**DID YOU KNOW?**
You can pick up books curbside and/or get books delivered to your Kindle, tablet or computer from the local library?
**Call your local library today!**

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**The New Bedford Symphony Orchestra presents “Bach” to the Concert Hall!**
This is a virtual, ticketed show on Saturday, September 12th at 7:30pm
 Featuring

*George Walker: Lyric for Strings*

*Johann Sebastian Bach: Concerto No. 1 in D Minor for piano and strings*

*Astor Piazzolla: “Winter” and “Spring” from The Four Seasons of Buenos Aires*

*Rodion Shchedrin: Excerpts from Carmen Suite*

Call (508) 717-0400 and the ARAW will purchase tickets to this virtual concert for eligible FLO members who would like to view this web-based event.
The concert will be recorded and presented through a password protected webpage.

**YOU MUST HAVE AN INTERNET CONNECTED DEVICE TO WATCH THIS CONCERT.**
2020 General Election Information

<table>
<thead>
<tr>
<th>Election day</th>
<th>Tuesday, November 3, 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Voting</td>
<td>October 17 – October 30, 2020</td>
</tr>
<tr>
<td>Absentee Ballot/Mail in Ballot Return</td>
<td>November 3, 2020</td>
</tr>
<tr>
<td>Deadline to Register to Vote:</td>
<td>October 24, 2020</td>
</tr>
</tbody>
</table>

For the 2020 general election, all registered voters will be mailed an application for a mail-in ballot in September. If you will be voting by mail, apply early to allow ample time for processing your application and for the post office to deliver your ballot to you.

FOR MORE INFORMATION

On the web:
www.rockthevote.org
www.sec.state.ma.us/ele/
www.votenewbedford.org

By phone:
Acushnet Town Clerk: 508-998-0215
Dartmouth Town Clerk: 508-910-1800
Fairhaven Town Clerk: 508-979-4023
Westport Town Clerk: 508-636-1003
City of NB Election Commission: 508-979-1420

VOTING EARLY? NEED A RIDE?
Early voting is available throughout the Commonwealth. If you are not able to stand in a long line, prefer not to be in a crowd or choose not to mail in your ballot, early voting may be for you.

If your city or town does not have a personal van available to bring you to the early voting polling location, let us know.

The ARAW is here to assist beneficiaries and FLO program participants with transportation for early voting. Just ask!
(508) 717-0400

YOUR VOTE MATTERS
YOUR VOTE COUNTS!

SPECIAL GOING WITH THE FLO VOTING RESOURCE GUIDE

Someone struggled for your right to vote. USE IT.

Susan B. Anthony