Advocates for Quality Aging (AQA) promotes a better quality of life for older adults. They are a part of the Leonard Tow Center for Aging and are dedicated to meeting the needs of the Medford community through various events and gatherings.

They publish monthly newsletters and hold activities and meetings to bond with local senior citizens in the Medford community. AQA holds weekly book club meetings with seniors in the Medford community both in person and virtually.

They also support the Tufts Indigenous People's Day Celebration, which includes an annual Indigenous Peoples' Day celebration. There will be speakers, performers, and food. You can register and find more information here.

On Saturday, October 8, 10:00 a.m. - 3:00 p.m., the group will meet at the Indigenous Center (112 Packard Avenue) for the Indigenous People's Day Celebration. All students of all identities are welcome.

In addition to the book club, AQA organizes various events throughout the year. For example, they hold a roundtable discussion on implications for the Social Sciences and Humanities of the book "The Dawn of Everything." For more information and to register, please visit their website.

AQA is dedicated to raising awareness for geriatric health and advocating for the rights of older adults. They provide supportive services to those in need and strive to improve the quality of life for the Medford community.

Please join AQA in their efforts to promote a better quality of life for older adults. For more information, visit their website or contact them directly.