

## Volunteers

The Council on Aging relies heavily on volunteers to help fulfill its mission. Volunteers can choose from a variety of positions.

- Administrative and Clerical Assistance
- Serving on a Board or Committee
- Bus Escorts / Medical Drivers
- Community Service/ Outdoor Clean-Ups, Small Home Repairs, Snow Shoveling
- Fitness Room
- Food Service – Café, Events, Congregate Lunch, Meals on Wheels and Box Lunch
- Friendly Visitors or Phone Callers
- Gift Shop Attendants
- Greeters /Kitchen Hostesses
- Grounds Maintenance Help
- Hostesses
- Volunteer Instructors or Facilitators
- Personal Shoppers
- Memory Cafe
- Social Day Program Volunteers
- Technology Support

### **Marshfield COA Boosters Inc. –**

The Boosters is a non-profit independent membership organization dedicated to aiding and supplementing the mission of the Council on Aging by providing financial assistance through fundraising activities and events. You can help the Boosters by becoming a member, serving on their Board of Directors, volunteering, attending events or sharing special talents. Visit their website at [MarshfieldCOABoosters.org](http://MarshfieldCOABoosters.org)

## Transportation

**The Council on Aging (COA)** provides local transportation within a 15 miles radius of the center of town through shuttle buses. Services include rides to the Senior Center, food shopping, errands, personal care, medical appointments and other necessary appointments. Marshfield residents that are 60 and over and or disabled can use the shuttle bus service. The shuttle buses are all handicapped accessible offering door to door service. There is a list of suggested donations on the bus schedule. Out of town medical appointments beyond the town borders are provided by COA volunteers when available.



The Greater Attleboro Taunton Regional Transit Authority provides comprehensive public fixed route transportation to Marshfield and other surrounding communities that are part of GATRA. Reduced Fare passes and schedules are available at the Senior Center.



**MARSHFIELD  
COUNCIL ON AGING**



**230 Webster Street  
Marshfield, MA 02050  
Phone: 781-834-5581/781-834-5537**

**Fax: 781-834-5567**

**Email: [CHamilton@townofmarshfield.org](mailto:CHamilton@townofmarshfield.org)**

**Senior Center Hours:**

**Monday through Friday**

**8:30 am - 4:30 pm**

**[www.marshfieldseniorcenter.org](http://www.marshfieldseniorcenter.org)**

**[Facebook.com/MarshfieldSenior Center](https://www.facebook.com/MarshfieldSeniorCenter)**

## About Us

The Council on Aging (COA) is a human service department of the Town that serves the senior population. It is comprised of a seven member policy making Board of Directors appointed by the Selectboard. The COA operates out of the Senior Center, a community-based multi-service facility designed to support, inform, assist and connect older adults. It is managed by a Director and professional support Staff.

The Council on Aging's Mission is to provide and coordinate services and programs that promote aging in place with dignity and an enhanced quality of life.

The Marshfield Senior Center is a nationally accredited Senior Center that follows strict standards of excellence. The Marshfield Senior Center is also handicapped accessible and has an age and dementia friendly emerging status through AARP. The Senior Center has been recently expanded and renovated and is over 24,000 square feet. These enhancements enable us to offer a wide variety of services and activities to meet the diverse needs of our participants.

Accredited by   
National Institute of  
Senior Centers

## What We Do

**Cultural &** Trips, Performances, Enrichment Activities & Language Classes

**Art** – Instruction, Education, Crafts & Music

**Employment** - Virtual 50+ Job Seekers, Tax Work Off Programs & Participating Site for Citizen's for Citizen's Job Training Program

**Wellness** – Fitness & Exercise Classes, Health Education, Fitness Room with Equipment & Outdoor Exercise Equipment

**Media** – Media Room, Free Library & Wi-Fi, Technology Equipment/Assistance

**Lifelong Learning Programs** – Spring, Fall & Winter sessions

**Recreation & Socialization** – Games, Sports, Cards & More both Outdoor and Indoor

**Support** – Memory Cafe & Social Day Program, Caregiver Group, Women's Group & Veterans Group, Partnerships with Marshfield's Fire Dept. (EMS), Public Health Nurse, Marshfield Police Dept. & Plymouth County District Attorney/Sheriff (TRIAD & Safety Assurance Calls). Medical Supplies & Equipment Loans

**Health Services** - Blood Pressure/Glucose, Hearing Screenings & Immunizations. Foot Care, Hair Care, Manicures, Reiki & Chair Massage

**Consultants** - AARP Income Tax Preparation, Legal Clinic, Legislative Representatives' Office Hours, Life Insurance, Real Estate & Financial Services

**Other Services** - Personal Shopping, Snow Shoveling, Grounds Keeping, Friendly Visitors & Phone Calls

## What We Offer

### Nutrition Programs:

- Seaflower Café – Breakfast, Lunch, Hot Entrees, open M-F 9:00 am-2:00 pm, eat in or take out
- Congregate Lunch – Full Nutritious Meal Mondays, Wednesdays & Fridays at noon by reservation
- Boxed Lunch – Tuesdays and Thursdays by reservation
- Meals on Wheels – Offered 5 days per week by request to Old Colony Elder Services

### Social Services:

- Benefit Assistance - Food Stamps (SNAP), Fuel Applications, Housing Applications, Property Exemptions & Deferrals
- Consumer Issues & Advocacy
- Home Visits /Phone Consultations
- Information & Referrals
- Notary Services
- Health Insurance Counseling (SHINE)

“The Link” is the Council on Aging's monthly publication that provides up to date information about the schedule of programs & services. You can request a copy to be mailed to your home or access and subscribe to the Link online by visiting [www.marshfieldseniorcenter.org](http://www.marshfieldseniorcenter.org)