

Activities Offered

- Exercise & Yoga
- Programs that Emphasize Teamwork & Enhance Cognitive Skills
- Art & Music Appreciation
- Cooking Projects
- Guest Speakers
- Local Field Trips

Caregiver Support Group

Meets monthly and is an opportunity to meet fellow caregivers, share resources, experiences, successes and concerns. No sign up required. Visit MarshfieldSeniorCenter.org for the date & time.

Marshfield Council on Aging Mission

As a human service agency, the Council on Aging provides and coordinates services to the senior community of Marshfield, assisting individuals to live with dignity and to enhance quality of life. We identify the needs of the senior community, implement services and programs that encourage self-reliance, good health, education and community involvement. We advocate for seniors and increase citizen awareness of our efforts to meet these challenges.

Contact Barbie Rugg for more information

781-834-5581 x 2115



**MARSHFIELD
COUNCIL ON AGING**

Social Day Club



**230 Webster Street
Marshfield, MA**

