

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**

Who is eligible?

Individuals with a diagnosis of early stage Alzheimer's or dementia. Screening is required beforehand.

Days and Times

The Club runs every Monday, Wednesday & Thursday from 10:00 am to 2:00 pm.

What is the Social Day Club?

- The Social Day Club is for individuals with dementia/memory loss.
- All activities are presented by qualified staff trained in memory loss, to meet the needs of the participants.
- This gives participants the opportunity to socialize in a safe and supportive environment.
- Each participant is given individual attention and respect for their personal dignity.

Transportation

Transportation is available via the COA buses. Reservation is required.

How much is it?

This Social Day Club meets 3-days, with a 2-day minimum and the donation is \$40 per day.

Nutrition

We provide participants with a hot nutritious lunch and snacks throughout the day.

