



*Middleboro
Council on Aging*



***INFORMATION
SERVICES
PROGRAMS
and
ACTIVITIES***

Do you receive our monthly newsletter?
Please call to be added to our
newsletter mailing list
508-946-2490

OUR FACILITY FEATURES:
225 Capacity Function Room
Handicapped Accessible
Gift Shop
Senior Aide Programs
SERVE PROGRAM

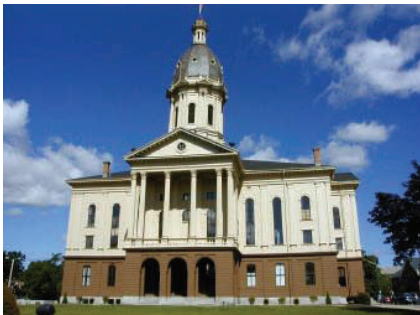
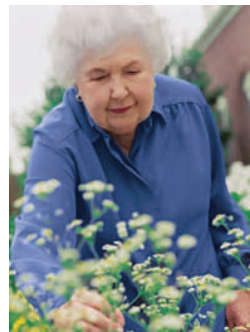
Visit our Website
www.MiddleboroCOA.com

***VOLUNTEERS ARE
ALWAYS WELCOME***

*Free Medicare Information,
Counseling and Assistance*

Prescription Coverage
Application assistance
Billing problems

Call to talk to a SHINE counselor
1-800-AGE-INFO
1-800-243-4636



Middleboro Town Hall

Middleboro Council on Aging
Fax Number 508-946-2489
T.D.D. 508-946-4446
HOURS 8:00-4:30

***Leonard E. Simmons
Senior Multi-Service Center
558 Plymouth Street
Middleborough, MA. 02346
508-946-2490***

HEALTH OUTREACH *Information and Referral*

Assistance with:

- Food Stamps
- Fuel Applications
- Legal Consultations
- Taxes
- Free loan of wheelchairs, walkers, commodes etc.

Community Education

- Health Education

Exercise Classes and Dance Classes

Health Screenings:

- Blood Pressure
- Hearing

Home visits

Reassurance calls

- Information/ referral

Support groups

- Caregiver's Support
- H.U.G.(Hearts Understanding Grief)
- Diabetes Support Group
- Visually Impaired



"LENDING A HAND TO ALL"

MEALS

- Daily Nutritious Lunch
- Home Delivered Meals– Meals on Wheels

TRANSPORTATION

Wheelchair equipped vans

We provide transportation for:

- Medical Appointments
- Shopping and Errands
- Visiting
- COA activities

SOCIAL, RECREATION, EDUCATION

- AARP
- Are you OK? Program
- Big Screen TV
- Bingo
- Bridge
- Cribbage
- Dancing
- Day Trips
- Intergenerational Programs
- Knitting and Crochet Group
- Legislative Hours
- Movies– free
- Oil Painting Classes
- Pool tables
- Quilting
- Seasonal celebrations



SUPPORTIVE DAY PROGRAM *"Good Times Club"*

For Seniors it means:

- Individual attention
- Therapeutic recreation
- Protected environment
- Nutritionally planned meals
- Respect for personal dignity

For their loved ones it means:

- Family respite
- Option of keeping loved one at home
- Supplemental love and concern
- Affordable alternative to long term care

Transportation:

Our professionally licensed drivers are CPR and First Aid certified. Transportation for participants who live outside of Middleborough will be provided as possible, for an additional fee.

Nutrition:

The morning starts off with a continental breakfast. The group joins the daily lunch program for a hot, nutritious lunch. A healthy snack is provided before participants head home for the day.

Socialization Activities

- Crafts
- Trivia
- Bingo
- Sing-a-longs
- Card games
- Group talks
- Mystery trips

Schedule

- Full day, six hour services
- Convenient half-day availability