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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



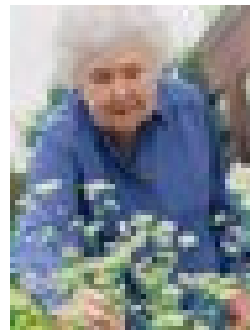
Middleboro Town Hall



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

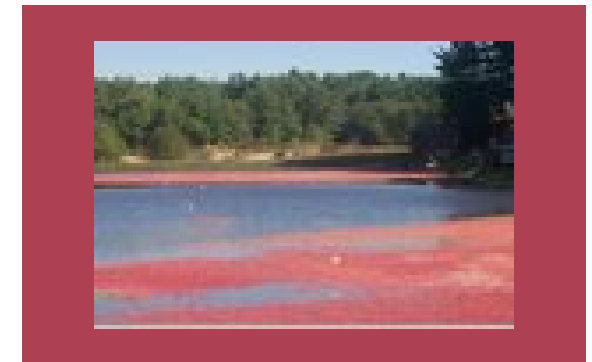


Middleboro Council on Aging
Fax Number 508-946-2489
T.D.D. 508-946-4446
HOURS 8:00-4:30

Middleboro Council on Aging



INFORMATION SERVICES PROGRAMS and ACTIVITIES



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

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- 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

- Caregivers 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