

# WHO WE ARE

## COUNCIL ON AGING

The Boxborough Council on Aging has seven appointed Board Members and a COA Director. Their main objectives are to help everyone who needs information relating to senior issues or concerns and to provide a resource for those who seek it. We may not have all the answers, but we can point you in the right direction.

## FRIENDS OF THE COUNCIL ON AGING

The Boxborough Friends of the Council on Aging was organized in 1996. The Friends (FCOA) is a private, nonprofit, incorporated local group whose members raise funds to support COA programs as well as to provide additional activities for Boxborough's seniors.

## CONTACT INFORMATION

To request van rides & RSVP for events:  
978-264-1730

For confidential social service or financial assistance referrals:  
978-264-1734

General questions or to reach the director:  
978-264-1717

Office Hours at Town Hall:  
Mon-Thurs 8am-4pm  
Fri 8am-12pm

General Email:  
[Community\\_Outreach@boxborough-ma.gov](mailto:Community_Outreach@boxborough-ma.gov)

Website:  
[www.boxborough-ma.gov/council-on-aging](http://www.boxborough-ma.gov/council-on-aging)

# BOXBOROUGH

# COUNCIL ON AGING

## WHAT WE DO

The Council on Aging provides information and services for Boxborough residents who are aged 60+

- The Buzz: monthly newsletter
- Confidential support and referrals in times of crisis
- Information about home health services, elder law resources, and more
- Subsidize exercise classes
- Coordinate Senior Tax Work Off program
- Advocate for senior needs

## COA VAN SERVICES

- Rides available: Monday-Thursday 9:30am-2:30pm
- Cost: \$1 each way
- Must book in advance, call 978-264-1730
- Rides to COA activities, local medical offices, weekly grocery trip, shopping, and more

## SOCIAL ACTIVITIES

- Monthly Luncheons
- Movie Mondays at the library
- Drop-in Game Day at the Community Center
- Musical entertainment
- Day Trips
- Hobby groups

## SENIORS HELPING SENIORS

We are always looking for volunteers to help seniors in our community! Applications at Town Hall or the town website.

Opportunities include:

- Friendly Drivers for medical appointments
- Friendly Visitors for homebound seniors
- Lending Hand small home and computer repairs
- Lead a hobby club or class

## HEALTH AND WELLNESS

- Health Screenings & Clinics
- Fitness Classes
- Talks on healthy aging topics
- Medicare SHINE Counselor
- Information about home care resources
- Referrals for fuel assistance and other financial aid
- Collaboration with police Elder Affairs Officer

The COA also provides referrals to Community Services for free social service assessments.