

## WHAT WE OFFER

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The Council on Aging and Senior Center offers a wide variety of services and information such as:

Outreach for information and referral,

Home Delivered Meals, and Weekly Luncheons on Tuesdays and Thursdays.

Fun and Games such as Movies, Quiz Shows, Music and Card Playing;

Wellness Programs—Tai Chi, Zumba Gold, Exercise, Dancing, and more.

Van rides to local medical appointments, shopping, hairdressers and more;

Monthly appointments with the SHINE Counselor; Hearing Tests; Family Legal Advice; and a Blood Pressure Clinic; Medicare, TRIAD programs: RU Okay, File for Life, and Yellow Dot Program, along with many others.

Volunteer opportunities to enhance programs and services.

Workshops and information is available for Seniors, their caregivers, and families.



### AVON COUNCIL ON AGING JANE HANLEY, DIRECTOR

Buckley Center  
65 East Main Street  
Avon, Massachusetts 02322  
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Fax: 508-584-9650  
[jhanley@avonmass.org](mailto:jhanley@avonmass.org)

TOWN OF AVON WEBSITE

[www.avonmass.org](http://www.avonmass.org)

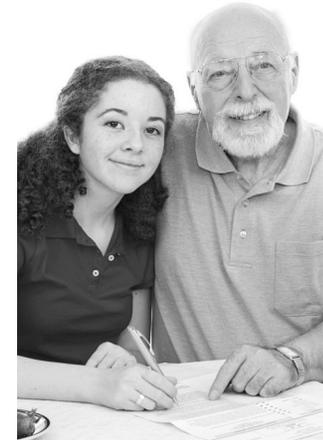
We are currently updating our web page with the newsletters, calendars, van schedule and more.

Check it out at [www.avonmass.org/council-on-aging](http://www.avonmass.org/council-on-aging) to get more information.

## TOWN OF AVON COUNCIL ON AGING

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### INFORMATION FOR SENIORS AND THEIR FAMILIES



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# REACH OUT TO THE AGING

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## OUTREACH INFORMATION

The Council on Aging Outreach Coordinator is available to provide information and referral, advocacy and social support for Avon Seniors.

An Outreach Coordinator's goal is to provide guidance and to help seniors remain comfortable in their community.

Assistance can be provided for fuel, food, home care services, assisted living facilities and more.

Please call the Council on Aging to make an appointment at (508)559-0060.

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## VOLUNTEERS NEEDED:

The Council on Aging is looking for volunteers in the following positions:

**Van Driver**

**Crafters**

**Dining Room**

**Walking Group Leader**

**Meals on Wheels**

**Delivery**

## LUNCHEONS and HOME DELIVERED MEALS

(suggested lunch donations are \$4 to \$5)

Lunches are served at the Senior Center on Tuesday and Thursday at 12:00 p.m. Call to schedule a van ride to and from the senior center and enjoy a card game after lunch if you wish. If you are unable to come to the senior center for lunch, then contact us to set up a home delivered meal.

Join us for any of our Special Occasion Lunches including a Cookout in July, Thanksgiving and Holiday Luncheons, Valentines, Mother's Day and Father's Day (note that a reservation is required for these special luncheons)

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## FUN & GAMES FOR SENIORS AT THE SENIOR CENTER

Check out the calendar in the attached newsletter and join us for some Tai, Chi, Zumba Gold, Chair Yoga, Tap Dancing classes, movies, cards and more.

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## WORKSHOPS, PROGRAMS & MORE

The Council on Aging schedules many workshops throughout the year for seniors such as the RUOK Program, Medicare planning, Yellow Dot Program and more. Call for more information.

## VAN SCHEDULE & FEES

SUGGESTED DONATION:

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### MONDAY

Westgate Mall & Market  
Basket, Brockton. Dollar \$4.00  
Tree, Panera Bread, Five  
Below, TJ Maxx, Stoughton

### WEDNESDAY

Sudbury Farms, Ocean State \$4.00  
Job Lot, Kohl's, Target,  
Bobs Store.

### FRIDAY

Walmart &, Christmas Tree  
Shop \$2.00

### FRIDAY

Stop & Shop, Brockton \$4.00

### PLEASE NOTE:

ANY RIDES NEEDED FOR MEDICAL  
APPOINTMENTS WILL BE SCHEDULED  
AHEAD OF SHOPPING TRIPS AND TAKE  
PRECEDENCE.

FRIDAYS ARE USUALLY A HEAVY  
SHOPPING DAY AND WE PREFER NOT TO  
SCHEDULE DOCTOR APPOINTMENTS  
UNLESS NEEDED.

48 HOURS NOTICE IS REQUIRED  
TO ENSURE TRANSPORTATION

TO SCHEDULE A RIDE CALL  
508-559-0060