

ARLINGTON DIRECTORY OF SENIOR SERVICES

July 2018 Edition



Arlington Council on Aging

27 Maple Street

Arlington, MA 02476-4909

(781) 316-3400

www.arlingtonma.gov/coa

The Arlington Council on Aging offers this **Directory of Social Services – Seventh Edition** for informational purposes only. Seniors, family members and others who utilize this information do so with the understanding that the Council on Aging, the Town of Arlington and its employees and agents do not necessarily screen nor endorse any service listed and do not assume any legal or other responsibility for services rendered by listed entities.

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Adult Day Care

Cooperative Elder Services

Adult Day Health & Alzheimer Day Care Services
37 Broadway, Arlington MA (781) 641-1070
www.elderdayservices.com

The Community Family, Inc. (781) 395-5542

Memory Loss Day Program
121 Washington St., Medford, MA 02155
www.communityfamily.org

Sancta Maria's Windsor House (617) 491-1815

799 Concord Ave.
Cambridge, MA 02138
www.windsorhouse.org

Advocacy & Consumer Protection

American Association of Retired Persons

(AARP) Massachusetts (866) 448-3621
One Beacon St., Suite 2301
Boston, MA 02108
www.aarp.org/states/ma/
Local Chapters in Medford and Waltham.

Better Business Bureau (508) 652-4800

www.boston.bbb.org

LGBT Aging Project (857) 313-6590

The Fenway Institute at Fenway Health
1340 Boylston St.
Boston, MA 0225
Advocates for awareness of LGBT concerns with
elder service providers and organizations.
fenwayhealth.org/the-fenway-institute/lgbt-aging-
project/

MA Senior Action Council (MSAC)

108 Myrtle St. Suite 112 (617) 284-1234
Quincy, MA 02171
Works statewide on senior issues such as housing,
health care, and income security. Local chapter
meets in Cambridge.
www.masssenioraction.org

MA Attorney General Office (617) 727-2200

One Ashburton Pl.
Boston, MA 02108
AG's Elder Hotline (888) 243-5337
Consumer Protection Hotline (617) 727-8400
Medford Consumer Office (781) 393-2460
To file a complaint online: www.mass.gov/ag

MA Association of Older Americans

19 Temple Pl., 4th Floor (617) 426-0804
Boston, MA 02111
Education, advocacy, and action for seniors.
www.maoamass.org

MA Executive Office of Elder Affairs

One Ashburton Pl., 5th Floor (617) 727-7750
Boston, MA 02108
MA Elder Referral Line (800) AGE-INFO
www.ma.gov/elder

Alcohol & Substance Use

Al-Anon Family Support (508) 366-0556

www.ma-al-anon-alateen.org

Alcoholics Anonymous (617) 426-9444

www.aaboston.org

MA Substance Use Helpline (800) 327-5050

95 Berkeley St., Suite 208
Boston, MA 02116
Referrals and information on evaluations,
detoxification, and treatment programs.
www.helplinema.org

McLean Hospital (617) 855-2000

115 Mill St. (800) 333-0338
Belmont, MA 02478
Alcohol and drug abuse treatment center.
www.mclean.harvard.edu/adult

Mount Auburn Hospital (617) 499-5051

Prevention and Recovery Center
330 Mt. Auburn St.
Cambridge, MA 02138
Addiction services for alcoholism, substance
abuse, and compulsive gambling.
www.mountauburnhospital.org

Alzheimer's Information

Alzheimer's Association, MA and NH

309 Waverly Oaks Road (800) 272-3900

Waltham, MA 02472 (617) 868-6718

Provides 24-hour Helpline for Alzheimer's related questions and referrals, classes for caregivers, and advocacy.

www.alzmassnh.org

Bright Day Memory Café (781) 316-3402

@ BrightView Assisted Living

1 Symmes Road

Arlington, MA 02474

Offers free, supportive activities for those living with memory issues and their caregivers. First Monday of the month from 10 – noon.

McLean Memory Diagnostic Clinic

115 Mill St. (617) 855-2300

Belmont, MA 02478

Consultation and referral services for diagnosis and treatment of memory disorders or other cognitive impairments.

www.mclean.harvard.edu/adult

National Institute on Aging (800) 438-4380

Alzheimer's Disease Education & Referral Center

www.nia.nih.gov/alzheimers

Minuteman Senior Services (781) 272-7177

26 Crosby Drive (888) 222-6171

Bedford, MA 01730

Family Caregiver Support Program and in-home memory and dementia consultation.

www.minutemansenior.org

StilMee Dementia Coaching (617) 328-3440

157 Wilson Ave.

Quincy, MA 02170-1037

Alzheimer coaching for caregivers and families.

www.stilmee.com

Assisted Living

A Place for Mom (866) 889-4413

Free help from local advisor regarding senior care and senior living options.

www.aplaceformom.com

Arlington Council on Aging (781) 316-3400

27 Maple St.

Arlington, MA 02476

Social workers provide list of assisted living facilities in area and consult with seniors and families about the decision and search process.

Assisted Living Locators (508) 878-8878

Free help from local advisor regarding assisted living and other senior care options.

nemass.assitedlivinglocators.com

Brightview Arlington (781)646-0837

1 Symmes Road

Arlington, MA 02474

Assisted living apartments plus a dementia care neighborhood.

arlingtonma.brightviewseniorliving.com

MA Assisted Living Facilities Association

(Mass-ALFA) (781) 622-5999

135 Beaver St, Suite 202

Waltham, MA 02452

Directory of most assisted living facilities in MA.

www.massalfa.org

Sunrise Assisted Living of Arlington

1395 Mass. Ave. (781) 643-2100

Arlington, MA 02476

Assisted living apartments plus a dementia care neighborhood.

www.SunriseArlingtonMA.com

Visiting Nurse Senior Living (617) 776-9800

259 Lowell Street, Somerville, MA 02144

405 Alewife Brook Pkwy. Somerville, MA 02144

Assisted living 2-room apartments with 3-meals.

www.vnaem.org

Cancer Information

American Cancer Society (800) 227-2345
43 Nagog Park, Suite 110 (800) 952-7664
Acton, MA 01720 (781) 894-6633
www.cancer.org

Sanborn Foundation (617) 391-3092
For the Treatment & Cure of Cancer
Grants to Arlington residents living with cancer.
Also pays for transportation to cancer treatments
through the Arlington Council on Aging.
www.sanbornfoundation.org

Dental Health

Dental Hygiene Program (978) 656-3250
Middlesex Community College
44 Middle St.
Lowell, MA 01852
Preventive dental hygiene services.
www.middlesex.mass.edu/DHclinic

Dental Subsidy Program (781) 316-3400
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476
Must be age and income eligible.

Arlington Dentists Participating in Program:
Dental Associates of Arlington (781) 648-0279
Arlington Smiles Family Dentistry (781) 646-4400
Gentle Dental (781) 643-0010
Arlington Dental/Dr. Esbah (781) 643-7788
Dr. Michael Fitzpatrick (781) 646-4822
Dr. Michael Garber (781) 648-4050
Dr. Robert Grossman (781) 643-0910
Dr. George Vosgerichian (781) 646-7788

Harvard School of Dental Medicine
188 Longwood Ave. (617) 432-1434
Boston, MA 02118
www.harvarddentalcenter.harvard.edu

Massachusetts Dental Society (800) 342-8747
Information on access to care and dental health
insurance.
www.massdental.org/for-the-public

Tufts Dental Clinics (617) 636-6791
One Kneeland St.
Boston, MA 02111
Emergency, general, and specialty clinics.
<http://dental.tufts.edu>

Disabilities

Arlington Commission on Disabilities
20 Academy St.
Arlington, MA 02476 (781) 316-3431
Advocates to insure that people with disabilities
have equal access to town facilities and services.

Carroll School for the Blind (617) 969-6200
770 Centre St. (800) 852-3131
Newton, MA 02458
Rehabilitative services, vision assessments,
technology programs, computer services and
vision store.
www.carroll.org

D.E.A.F., Inc. V/TTY: (617) 254-4041
215 Brighton Ave., #1
Allston, MA 02134
Independent Living Program for seniors who are
deaf and hard of hearing, including assistive
technologies, education, employment, social
activities and health support services.
www.deafinonline.org

Easter Seals (617) 226-2640
89 South St., 1st Floor (800) 244-2756
Boston, MA 02111
Services and information for adults and children
with disabilities.
www.ma.easterseals.com

MA Association for the Blind (MAB)
Community Services (800) 852-3029
200 Ivy St. (617) 738-5110
Brookline, MA 02446
Provides information, referral, rehabilitation, low-
vision support groups.
www.mabcommunity.org

MA Commission for the Blind
600 Washington St., 3rd Floor
(617) 727-5550
Boston, MA 02111 **TDD: (800) 392-6556**
Provides information, referral, & support services
to state residents who are legally blind.
www.state.ma.us/mcb

Low-Vision Support Group **(781) 316-3400**
Council on Aging
27 Maple St.
Arlington, MA 02476
Support group and information for people with
low-vision and/or legally blind. Meets monthly.

MA Disabled Persons Protection Commission
24-Hour Hotline **(800) 426-9009**
 V/TTY: (888) 822-0350
To report suspected abuse of adults (ages 18-59)
with disabilities.

MA Equipment Distribution Program
 (800) 300-5658
Provides free or low-cost specialized telephones
for those with a permanent disability, such as
hearing, vision, speech, or motion.
www.mass.gov/massedp

MA Office on Disability
One Ashburton Pl. #1305 **V/TTY:(617) 727-7440**
Boston, MA 02108 **V/TTY:(800) 322-2020**
Provides information, technical assistance, and
advocacy for people with disabilities.
www.state.ma.us

Mass Relay 7-1-1
Dial 711 for nationwide access to relay service
operator who facilitates communication between
people using phone and TTY.

Massachusetts Rehabilitation Commission
MRC Ombudsperson: **(617) 204-3603**
Voice/TDD: **(800) 245-6543**
Vocational rehabilitation services, independent
living programs, home care, employment services,
and home modifications.
www.state.ma.us/mrc

Perkins School for the Blind **(617) 924-3434**
175 North Beacon St.
Watertown, MA 02472
Braille and talking book library, descriptive
videos, low-vision clinic, adaptive technology.
www.perkins.org

Donations & Reusable Items

Arlington Recycling Program **(781) 316-3100**
Department of Public Works
51 Grove St.
Arlington, MA 02476
Recycling includes weekly, curb-side pick-up of
paper, plastic and metal. Also Hazardous Waste
Program and Community Collection Days.
www.arlingtonma.gov/recycle

Big Brother Big Sister Foundation
Call for pick-up: **(888) 483-5503**
Clothing and household items.

Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Accepts lightly-used, clean medical equipment.

HGRM Household Goods Recycling of MA
530 Main St. **(978) 635-1710**
Acton, MA 01720
Drop-off household items and furniture to be
distributed to those in need.
www.hgrm.org

MA Coalition for the Homeless **(781) 595-7570**
Call well in advance for pick-up of furniture and
kitchen items.

Morgan Memorial Goodwill **(617) 445-1010**
Donation Trailer - Stop & Shop Parking lot
905 Massachusetts Ave., Arlington, MA 02174
Goodwill Store **(617) 628-3618**
230 Elm St. (Davis Square), Somerville, MA
Clothing, linens, household items.
www.goodwillmass.org

Mission of Deeds (781) 944-9797
6 Chapin Ave.
Reading, MA 01867
Accepts furniture and household items in good
and usable condition to distribute to those in need.
www.missionofdeeds.org

REquipment (866) 244-6156
MA Rehabilitation Commission
Accepts donations of medical equipment less than
6 years old. Pick-up of equipment available.
www.dmeREquipment.org

Education

Arlington Community Education
Arlington High School (781) 316-3568
869 Mass. Ave.
Arlington, MA 02476
Day, evening, and weekend educational classes.
www.arlingtoncommunityed.org

English At Large (781) 395-2374
800 Cummings Park Dr. #5550
Woburn, MA 01801
Provides one-on-one and group assistance in
learning English, serves Arlington.
www.englishatlarge.com

Gerontology Institute at UMass-Boston
100 Morrissey Blvd. (617) 287-7300
Boston, MA 02125
Offers one-year certificate program and Osher
Lifelong Learning program for 50+ years old.
www.geront.umb.edu

Cambridge Center for Adult Education
42 Brattle St. (617) 547-6789
Cambridge, MA 02138
www.ccae.org

Middlesex Community College
591 Springs Rd. (781) 280-3570
Bedford, MA 01730 (781) 280-3663
Middlesex Institute for Lifelong Education for
Seniors (M.I.L.E.S.)
www.mileonline.org

Minuteman Regional High School
Community Education (781) 861-6500
758 Marrett Rd.
Lexington, MA 02421
10% senior and military discount.
www.minuteman.org/continuing-education

Osher Lifelong Learning Institute
@ Tufts University (617) 627-5699
Medford, MA 02155
ase.tufts.edu/lii
@ Brandeis (BOLLI) (781) 736-2992
Waltham, MA 02453
www.brandeis.edu/bolli
Study groups, lectures, day trips for adult learners.

Road Scholar (800) 454-5768
11 Avenue de Lafayette
Boston, MA 02111
Classes plus local, national and international
travel for persons 55 years and older.
www.roadscholar.org

Elder Abuse & Neglect

Elder Abuse Hotline (800) 922-2275
MA Executive Office of Elder Affairs
24-hour Hotline to report elder abuse, neglect, and
at-risk elders.
www.mass.gov/elder

Minuteman Senior Services
26 Crosby Drive (781) 272-7177
Bedford, MA 01730 (888) 222-6171
Local protective services unit that investigates
elder abuse, neglect, and self-neglect of Arlington
elders 60-years and older.
www.minutemansenior.org

Arlington Elder Abuse Task Force
c/o Arlington Council on Aging (781) 316-3400
A team of organizations, individuals, and seniors
providing public education and resources to
prevent and respond to elder abuse, neglect, fraud,
and financial exploitation in Arlington.
www.elderjusticegbls.wordpress.com

Emergency Phone Numbers

911

Call 911 for fire, police, and medical emergencies.

Enhanced 911

Information that alerts police/fire of special issues when responding to emergencies at your home.

To receive application call:

Arlington Police Department: **(781) 643-1212**

Council on Aging: **(781) 316-3400**

Arlington Disability Commission: **(781) 316-3430**

See 'Mental Health' Section for Suicide Prevention Hotlines.

Employment

Career Place (781) 932-5500

Middlesex Community College

100 Trade Center, Suite G100

Woburn, MA 01801 **TTY: (781) 932-5552**

www.careerplacejobs.com

Career Source (617) 661-7867

185 Alewife Brook Parkway, Suite 310

Cambridge, MA 02138

www.yourcareersource.com

Operation A.B.L.E. of Greater Boston, Inc.

174 Portland St. 5th Floor **(617) 542-4180**

Boston, MA 02114

For people 45 years and older, training programs, career fairs, coaching, computer skills tutoring, counseling, and skills testing.

www.operationable.net

Senior Community Service Employee Training Program (617) 542-4180 ext. 21

(Part of Operation A.B.L.E. of Greater Boston)

Federal back-to-work program for low-income individuals age 55 +. Assists in finding part-time jobs at community-based government agency or non-profit organization.

www.operationable.net

Financial Assistance

Financial Planner Consultation

Arlington Council on Aging (781) 316-3400

27 Maple St.

Arlington, MA 02476

Certified Financial Planner Rick Fentin provides free consultation; call for appointment.

Circuit Breaker State Tax Credit

Information at Council on Aging: **(781) 316-3400**

MA Dept. of Revenue: **(800) 392-6089**

MA program that allows eligible homeowners and renters 65+ to receive a refundable tax credit if local property tax exceeds 10% of their income.

Income Tax Preparation (781) 316-3400

Arlington Council on Aging

27 Maple St.

Arlington, MA 02476

Free income tax preparation by AARP-trained volunteers for low to moderate-income people.

www.arlingtonma.gov/coa

MA Dept. of Transitional Assistance

80 Everett Ave.

(877) 382-2363

Chelsea, MA 02150

(617) 551-1700

Apply for SNAP (food stamps) and state cash assistance (EAEDC). Also programs for families with children, including TAFDC and homeless.

www.state.ma.us/dta

Money Management Program (781) 272-7177

Minuteman Senior Services

(888) 222-6171

26 Crosby Drive

Bedford Drive, MA 01730

Assists eligible seniors write checks, organize bills, and balance checkbooks.

www.minutemansenior.org

Pension Action Project

(888) 425-6067

At Gerontology Institute

(617) 287-7307

UMASS-Boston

Provides information on pension rights and assistance with pension claims. No charge.

www.umb.edu/pensionaction

Property Tax Exemptions

Arlington Assessors Office (781) 316-3050
Council on Aging (781) 316-3400
For eligible lower income seniors, widows and widowers, blind, and veterans.

Social Security Administration (888) 527-9340
10 Fawcett St. (800) 772-1213
Cambridge, MA 02138
Provides Retirement, Disability, Medicare, SSI - Supplemental Security Income, Survivor Benefits.
www.ssa.gov

Veterans' Agent – Town of Arlington
Town Hall Annex (781) 316-3166
730 Mass. Ave., Arlington, MA 02476
Advises veterans, spouse and dependents about state and federal entitlements.

Food Assistance, Meals

Arlington Food Pantry (781) 316-3170
117 Broadway
Every Wednesday: 9-10:30 am and 5:30-7 pm
For Arlington residents only. Donations accepted.
www.town.arlington.ma.us

Chefs for Seniors (781) 664-3542
John O'Neill
Chef comes to your home with ingredients to prepare nutritious meals for the week.
chefsfor seniors.com/Greater-Boston

Meals on Wheels (781) 272-7177
Minuteman Senior Services (888) 222-6171
26 Crosby Drive
Bedford, MA 01730
Delivers nutritious mid-day meals to homebound Arlington seniors. Cost: \$2.00.
www.minutemansenior.org

“Eating Together” Meal Sites

Arlington Senior Center (781) 316-3423
27 Maple St., Arlington, MA 02476
Hauser Building (781) 221-7081
37 Drake Road, Arlington, MA 02476
Minuteman Senior Services meal sites serve hot meals in a congenial atmosphere. Cost: \$2.00.
Make reservation at least two days in advance.

Food Source Hotline (800) 645-8333
Project Bread (617) 723-5000
Provides information regarding SNAP (food stamps) and emergency food. Also assists with SNAP application; English and Español.
www.gettingSNAP.org

SNAP (Food Stamp) Program
MA Dept. of Transitional Assistance
80 Everett Avenue (877) 382-2363
Chelsea, MA 02150 (617) 551-1700
SNAP Senior Help Line (833) 712-8027
Location for Arlington residents to apply for SNAP benefits to help pay for food. Apply on-line or at Arlington Council on Aging.
www.mass.gov/dta

Look on-line for “meal delivery programs” for chef-prepared meals delivered to your home.

Fuel & Utilities Assistance

Arlington Heating Assistance Fund
Arlington Health & Human Services
27 Maple St. (781) 316-3400
Arlington, MA 02476
Makes small grants to Arlington households for heating oil once federal fuel assistance funds have been used.
www.town.arlington.ma.us

Fuel Assistance - Low Income Home Energy Assistance Program (LIHEAP)
Community Teamwork, Inc.
45 Kirk St. (978) 459-6161
Lowell, MA 01854 (877) 451-1082
Info for Arlington Residents: (781) 316-3400
Assistance paying for heating costs based on household size and income. Call for appointment.

Safelink Wireless TracFone (800) 723-3546
Assurance Wireless Program (888) 898-4888
Two programs that offer free cell phone and free minutes each month for low-income residents on food stamps, MassHealth, SSI, or EAEDC.
www.safelinkwireless.com
www.assurancewireless.com

Verizon Phone Line Discount (800) 870-9999
Link Up America and Lifeline discount on monthly home telephone bill for low-income households. May enroll in either free cell phone program OR discount land-line program.

Your Elder Experts (866) 924 9543
Jewish Family and Children Services
1430 Main St.
Waltham, MA 02451
Private-pay program providing consultation, assessment, and care management.
www.yourelderexperts.com

Geriatric Care Managers

Groceries

Geriatric Care Managers of New England
198 Tremont St., PMB #336
Boston, MA 02116 (617) 426-3533
List of geriatric care managers who assess elder needs, recommend options and coordinate care.
www.gcmnewengland.org

Boston Organics (617) 242-1700
50 Terminal St., Bldg. 2, Suite 100
Charlestown, MA 02129
Delivers fresh organic produce and other items to your home every 1 or 2 weeks.
www.bostonorganics.com

Minuteman By Your Side (781) 272-7177
Minuteman Senior Services (888) 222-6171
26 Crosby Drive
Bedford, MA 01730
Helps seniors and their families assess need, recommend options, and coordinate care for private-pay clients at a reduced rate.
www.minutemansenior.org

Crescent Ridge Dairy (800) 660 2740
355 Bay Rd. Fax: (781) 784-8446
Sharon, MA 02067
Milk, juice, bread, beef, and other items delivered to homes. Order by telephone, online, fax, or leave order for delivery person. Modest fee.
www.crescentridge.com

Sage Advice Care Management (339) 298-8566
Kathy Kemp
Arlington, MA
Creative solutions for managing care of older parent or partner or complicated health care issue.
kathykemp.com

Minuteman Senior Services (781) 272-7177
26 Crosby Drive
Bedford, MA 01730
State-subsidized Home Care Program includes grocery assistance if income eligible.
www.minutemansenior.org

Inter-Generations Geriatric Care Management
Marian Weisenfeld, LICSW (781) 771-4003
Arlington, MA
Offers care management including assessment, options, family counselling, coordination of care.
www.inter-generations.com

Pea Pod Grocery Delivery (800) 573-2763
Stop & Shop groceries delivered to your home.
Delivery fee: Orders less than \$100 (\$9.95); more than \$100 (\$6.95). Minimum order \$60.00.
Orders taken online only.
www.peapod.com

Senior Support Solutions (781) 862-2829
405 Waltham Street #332
Lexington, MA 02421
Care planning and management to assist older adults and their caregivers.
www.seniorsupportsolutions.com

Roche Bros. (781) 273-3261
Crossroads Plaza
34 Cambridge St.
Burlington, MA 01803
Grocery delivery to Arlington costs \$9.95. Orders must be placed online at least 4 hours in advance.
www.rochebros.com

Stop & Shop Bus (781) 316-3400
Picks up Arlington seniors on Tuesday mornings for groceries. Call the Council on Aging to arrange service. No charge.

Health Insurance

Blue Cross & Blue Shield of MA
Member Service Number: (800) 258-2226
Information: (800) 678-2265
Supplemental health insurance for persons on Medicare.
www.bluecrossma.com

Elder Service Plan of Cambridge Health Alliance (617) 575-5850
163 Gore St.
Cambridge, MA 02141
Provides health care and home services for nursing home-eligible seniors in their home.
www.challiance.org/esp/elder-service-plan.aspx

Harvard Pilgrim Health Plan (800) 782-0334
Member Services: (877) 907-4742
Provides variety of supplemental health insurance options for people with Medicare.
www.harvardpilgrim.org

Health Care For All Helpline (800) 272- 4232
Provides information and advocacy regarding health insurance and health care in Massachusetts.
www.hcfama.org

MA Health Connector (877) MA-ENROLL
TTY (877) 623-7773 (877) 623-6765
Massachusetts' health insurance Marketplace with private-pay and subsidized health plan options for people who do not have Medicare.
www.mahealthconnector.org

MassHealth (Medicaid)
MA Office of Health & Human Services
Benefits Advisor: (800) 841-2900
Enrollment: (888) 665- 9993
TTY: (800) 497-4648

Provides health insurance for seniors with low income and assets, and nursing home care.
www.mass.gov/masshealth

Massachusetts Medicare Advocacy Project
197 Friend St. (617) 603-1566
Boston, MA 02114
Provides free counseling and legal representation regarding Medicare issues.
www.gbls.org/map

MA Senior Medicare Patrol (800) 892-0890
Lawrence, MA (978) 683-7747
Helps Medicare and MassHealth consumers address healthcare errors, fraud and abuse.
www.masmp.org

Medicare Helpline (800) 633-4227
TTY: (877) 486-2048
Provides Medicare information about coverage, health plans, appeals, and patient rights.
www.medicare.gov

Prescription Advantage (800) 243-4636
TTY: (877) 610-0241
State-subsidized secondary prescription insurance that helps with drug costs for MA seniors and disabled, especially those in the donut hole.
www.mass.gov/elders

S.H.I.N.E. Program
(Serving Health Insurance Needs of Everyone)
Minuteman Senior Services: (781) 221-7029
Arlington Council on Aging: (781) 316-3400
SHINE volunteers provide seniors and others free, unbiased information about Medicare and other health insurance options. Call for appointment.
www.minutemansenior.org/benefits.html

Tufts Insurance Company (800) 714-3000
Member Services: (800) 701-9000
TDD: (800) 208-9562
Provides variety of supplemental health insurance options for people with Medicare.
www.tuftsmedicarepreferred.org

United Healthcare (AARP) (800) 523-5800
Provides variety of supplemental health insurance options for people with Medicare.
www.aarphealthcare.com

Home Care Services

Cambridge Neighbors (617) 864-1715

545 Concord Ave. Suite 104
Cambridge, MA 02138

Membership organization provides home referral service, health and wellness programs, social and cultural programs for Arlington seniors.
CambridgeNeighbors.org

Community Care Ombudsman Program

MA Executive Office of Elder Affairs

(800) 243-4636 TDD/TTY: (800) 872-0166

Helps to resolve problems with home health or senior community services.
www.mass.gov/elders

Always Best Home Care (617) 489-9000

375 Concord Avenue, Suite 102
Belmont, MA 02478

In-home services provided by home health aides and CNAs to assist with activities of daily living and other care needs.

www.alwaysbestcareboston.com

CMK Homecare LLC (781) 266-8985

Arlington, MA

Comprehensive elder care in your home.

www.CMKhomecare.net

Comfort Keepers (781) 721-5522

21G Olympia Ave., Suite 5
Woburn, MA 01801

Provides non-medical in-home care.

www.comfortkeepers.com

Home Instead Senior Care (781) 402-0060

5 Militia Dr.

(888) 484-5759

Lexington, MA 02421

Provides non-medical in-home care.

www.homeinstead.com

Metropolitan Home Health (781) 643-9115

297 Broadway, Suite 222
Arlington, MA 02474

Private-pay in-home care including homemaker and home health aide.

www.metrohh.com

Minuteman Senior Services (781) 272-7177

26 Crosby Drive

(888) 222 -6171

Bedford, MA 01730

Subsidized home care services for income-eligible seniors, including homemaking, bathing, and groceries. Also caregiver support program.

www.minutemansenior.org/homecare

Associated Home Care (781) 321-6300

11 Dartmouth Street

Malden, MA 02148

Private-pay in-home care including homemaker, companion, home health aide and nursing.

Minutewomen, Inc. (781) 862-3300

238 Bedford St., Suite 7

Lexington, MA 02420

Provides non-medical homemakers, companions, house cleaners and people to run errands.

www.minutewomen.net

Right At Home (781) 275-1400

60 Great Rd.

Bedford, MA 01730

Provides companions, homemakers, personal care.

www.rightathome.net/bostonnorthwest

Visiting Nurse & Community Care

37 Broadway

(781) 643-6090

Arlington, MA 02474

(781) 396-2633

Certified and private-pay medical care, home care and hospice care.

www.thevisitingnurses.com

Home Services & Maintenance

LINKS (Linking Neighborhood Kids with Seniors)

Arlington Council on Aging

(781) 316-3400

27 Maple St.

Arlington, MA 02476

Arlington 7th and 8th graders provide seniors with outdoor work, including yard cleanup, weekly rubbish removal, and snow shoveling at low cost.

www.arlingtonma.gov/coa

Circle Laundry & Dry Cleaning
4110 Mystic Valley Pkwy. (781) 395-9429
Medford, MA 02155
Pick-up and delivery of laundry – \$1.15 per lb.

HouseWorks (617) 928-1010
300 Washington Street #902 (800) 928-3393
Newton, MA 02458
Handyman, house cleaning, heavy cleaning, home repair, & modifications for elders & their families.
www.house-works.com

Help Around Town (781) 325-8696
P.O. Box 546
Lexington, MA 02420
Local online marketplace to find help with errands, volunteering, jobs, gardening, etc.
HelpAroundTown.com

Teale Square Laundromat (617) 776-2598
1141 Broadway
Somerville, MA 02144
Includes free pick-up & delivery in E. Arlington.

Menotomy Weatherization & Home Improvement Program (781) 316-3430
20 Academy St., Suite 202
Arlington, MA 02476
Provides low-interest loans to Arlington residents for home improvements. Also weatherization program for residents receiving fuel assistance.
www.town.arlington.ma.us

Natale Company & Safety Care
5 West Dexter Ave. (781) 933-7205
Woburn, MA 01801
Home modifications for seniors and people with disabilities including bath bar installations.
www.safety-care.com

Hospice

Visiting Nurse & Community Care Hospice
37 Broadway (781) 643-6090
Arlington, MA 02474
Comprehensive in-home hospice program.
www.thevisitingnurses.com

All Care VNA and Hospice (800) 287-2454
210 Market Street
Lynn, MA 01901
Symptom and pain management at the end of life, including bridge to hospice program.
www.allcare.org

Care Dimensions (888) 283-1722
333 Wyman St.
Waltham, MA 02451
Multi-service hospice program including in-home and hospice residence.
CareDimensions.org

VNA Hospice Care (781) 569-2888
100 Sylvan Rd. Suite G500
Woburn, MA 01801
Programs include in-home care, respite programs for caregivers, and bereavement groups.
www.hospicecarema.org

Housing

Arlington Council on Aging (781) 316-3410
27 Maple St.
Arlington, MA 02476
Information and consultations on senior living options, including assisted living, subsidized apartments, and other senior residences.
www.arlingtonma.gov/coa

Arlington Housing Authority (781) 646-3400
4 Winslow St.
Arlington, MA 02474
Manages four subsidized senior housing buildings in Arlington for people of low and moderate income who are over 60 years of age or disabled.
www.arlingtonhousing.org

Housing Corporation of Arlington
252 Mass. Avenue. (781) 859-5294
Arlington, MA 02476
Provides affordable rental housing and grants for homeless prevention for Arlington residents.
www.housingcorporarlington.org

Millbrook Square Apartments (781) 641-1410
17 Mill St.
Arlington, MA 02476
Subsidized apartments for low-income seniors (62 years and older) and disabled persons.

**Fair Housing Advisory Committee
Town of Arlington Housing Office**
730 Mass. Ave. (781) 316-3091
Arlington, MA 02476
Advocates and strategizes for fair and affordable housing for Arlington residents.

Information & Library Services

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Provides information and referral resources to Arlington seniors and their families about a wide range of senior programs and benefits.
www.arlingtonma.gov/coa

Fox Branch Library (781) 316-3198
175 Mass. Ave.
Arlington, MA 02474
Branch library located in East Arlington. Open Tuesday thru Friday.
www.robbinslibrary.org

Robbins Library (781) 316-3200
700 Mass. Ave.
Arlington, MA 02476
In addition to regular library services, provides resources for seniors, including large-print books and magazines, books on tape, and home delivery.
www.robbinslibrary.org

Mass 2-1-1 Information Line
Dial 211 or 1-877-211-MASS (6277)
TTY (508) 370-4890
Information on government, non-profit, volunteer resources and disaster/emergency information.
www.Mass211.org

MA Executive Office of Elder Affairs
1-800-AGE-INFO (800) 243-4636
One Ashburton Pl.
Boston, MA 02108
State-wide information and resource line for seniors.

Minuteman Senior Services (781) 272-7177
26 Crosby Drive
Bedford, MA 01730
Provides information and referral resources to seniors and caregivers on a wide range of issues.
www.minutemansenior.org

Legal & Mediation Services

AARP Legal Services Network (866) 330-0753
Reduced fees for AARP members with attorneys in network.
www.aarpls.com

Boston Bar Association (617) 742-0625
Lawyer Referral Service. (800) 552-7046
www.bostonbar.org

Mediation for Elder Transitions (781) 645-9851
22 Mill St. Suite 305
Arlington, MA 02476
Offers mediation for families making difficult decisions about elder issues and transitions.
www.mediationelders.com

Community Dispute Settlement Center
60 Gore Street (617) 876-5376
Cambridge, MA 02141
Offers mediation services for elders, families, housing, work, and neighborhoods.
www.communitydispute.org

Community Legal Services and Counseling Center (617) 661-1010
1 West St.
Cambridge, MA 02139
Legal assistance for Arlington residents with non-housing related questions, including immigration.
www.clsacc.org

Cambridge and Somerville Legal Services
(Part of Greater Boston Legal Services)
60 Gore St., Suite #3 (617) 603-1776
Cambridge, MA 02141
www.gbls.org

Health Care Proxy (617) 727-7750
Mass. Executive Office of Elder Affairs
(800) AGE-INFO or (800) 243-4636 then "5"
Provides form to designate who you want to make
medical decisions for you when you are unable.

Massachusetts Bar Association
Lawyer Referral Service (800) 392-6164
\$25 fee maximum for initial ½ hour consultation.
"Dial A Lawyer" Program (617) 338-0610
Call on the first Wednesday of any month to speak
directly to a lawyer, 5:30 - 7:30 pm. Free.
www.massbar.org

National Lawyers Guild (617) 227-7008
\$15 fee for initial ½ hour then sliding scale.
www.nlg.org

Massachusetts Senior Legal Helpline
Greater Boston Legal Services (800) 342-5297
197 Friend St.
Boston, MA 02114
Provides free legal assistance to Arlington seniors
on issues such as Social Security, Medicaid,
evictions, rights of nursing home residents.
www.gbls.org

Mental Health Legal Advisors Committee
24 School St., 8th floor (617) 338-2345
Boston, MA 02108 (800) 342-9092
Provides advice and legal representation for
children and adults with mental disabilities.

Medical Equipment

Belmont Medical Supply (617) 484-3888
185 Belmont St.
Belmont, MA 02478
Sells medical supplies, including hospital beds,
bedside commodes, wheelchairs, canes, walkers.
www.belmontmedical.com

Careway Wellness Center (781) 933-2345
508 Main St.
Woburn, MA 01801
Health and wellness superstore – medical
equipment, lift chairs, shoes, etc.
www.carewaywellness.com

Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Loans medical equipment including walkers,
canes, shower seats, commodes, and wheelchairs
to Arlington residents. Also accepts donations of
used equipment.
www.arlingtonma.gov/coa

H.E.L.P. Hospital Equipment Loan Program
500 W. Cummings Park, Suite 1150
Woburn, MA (781) 322-1052
Masonic community program loans medical
equipment including wheelchairs and hospital
beds; accepts donations of used equipment. Open
Saturdays, 9 am - noon.

REquipment Program (866) 244-6156
MA Rehabilitation Commission
A reuse program for durable medical equipment
which repairs and cleans donated used medical
equipment then gives items to seniors and people
with disabilities at no cost.
www.dmeRequipment.org

Mental Health

Advocates, Inc. (781) 893-2003
Mental Health Crisis Team (800) 540-5806
675 Main St.
Waltham, MA 02453
Crisis Team that responds to mental health
emergencies in Arlington and surrounding area.
www.advocatesinc.org

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Free consultation, evaluation, and short-term
counseling for Arlington seniors.

Arlington Police Department (781) 316-3947
Mental Health Liaison
Clinician works with Arlington residents and police to help with mental health concerns.

Edinburg Center (781) 894-8440
169 Elm St.
Waltham, MA 02454
Out-patient mental health clinic.
www.edinburgcenter.org

Lawrence Memorial Hospital of Medford
170 Governors Ave. (781) 306-6000
Medford, MA 02155
Geriatric psychiatry, including in-patient and partial hospitalization programs.
www.lmh.org

McLean Hospital (617) 855-2000
115 Mill St. (800) 333-0338
Belmont, MA 02478
Services include in-patient, out-patient, partial hospital, and residential mental health and substance abuse; specializes in gerontology, with a special unit for geriatric patients who have Alzheimer's disease and other dementias.
www.mclean.harvard.edu/patient/geriatrics

Wyman Center for Older Adults
Mount Auburn Hospital (617) 499-5780
330 Mount Auburn St.
Cambridge, MA 02138
A secure, short-term in-patient geriatric psychiatry unit for older adults.
www.mountauburnhospital.org

National Alliance for The Mentally Ill of Massachusetts (781) 938-4048
Helpline: (800) 370-9085
Offers local meetings for friends and caregivers.
www.namimass.org
www.nami-cambridgемiddlesex.org

National Suicide Prevention Hotline
(800) 273-TALK (8255)

Samaritans MA Statewide Hotline
(877) 870-HOPE (877) 870-4673
24-Hour Suicide Prevention Hotline

Moving & Organizing

Careful Carriers Moving Services
37 Westminster Ave. (781) 641-0376
Arlington, MA 02174
Senior discount, 2-hour minimum.
www.carefulcarriers.com

Diana's Domestic Therapy (617) 312-8304
Cambridge, MA
Professional Organizer and De-clutterer. Habla Español, fala Portuguese.
E-mail: Dilopez2005@yahoo.com

Find Your Floor: Professional Organizing
Jennifer Hunter (781) 605-8619
20 Circuit St.
Medford, MA 02155
Helps clients create order in their space.
www.findyourfloor.org

Hands of Change (617) 661-3333
Division of Gentle Giant Moving Company
29 Harding St.
Somerville, MA 02143
Specializes in moving/transitioning seniors

Mini Moves & More (781) 646-9000
144 Mystic Street
Arlington, MA 02474
Across the room, across town, or across the state.
www.minimovesandmore.com

More Than a Move (617) 416-0578
Helene Vecchione
Arlington, MA 02476
Organizing, moving, and "check-ups" as needed.
www.morethanamove.com

North Shore Center for Hoarding and Clutter
300 Rosewood Drive, Suite 200 (978) 624-2207
Danvers, MA 01923
Offers a clinically based program which includes support groups, counseling, peer support and client-centered case management.
Email: mmcDonald@nselder.org

Nursing Home Care

Arlington Council on Aging (781) 316-3400

27 Maple St.

Arlington, MA 02476

Provides list of nursing facilities in area, information regarding the process, and assistance with MassHealth/Medicaid applications.

www.arlingtonma.gov/coa

“Nursing Home Compare”

Center for Medicare and Medicaid Services

Provides ratings for all nursing homes in the US that are Medicare and Medicaid certified.

www.medicare.gov/Nhcompare/

“Nursing Home Reports” (617) 753-8000

MA Division of Health Care Quality

Ratings for all nursing homes in Massachusetts.

www.mass.gov/hhs, then search “nursing homes”

Park Ave. Nursing & Rehabilitation Center

146 Park Ave.

(781) 648-9530

Arlington, MA 02476

Rehabilitation and long-term care nursing facility.

www.parkavenursingandrehab.com

Mass. Extended Care Federation

2310 Washington St., Suite 300 (800) 227-3367

Newton, MA 02464 (617) 558-0202

Publishes free “Guide to Extended Care Facilities” which lists MA nursing facilities.

www.mecf.org

Minuteman Ombudsman Program

26 Crosby Drive

Bedford, MA 01730

(781) 221-7017

Helps to resolve nursing home and long-term care problems in 16 towns, including Arlington.

www.minutemansenior.org

SHINE (Serving Health Insurance Needs of Everyone)

(781) 316-3400

Arlington Council on Aging

SHINE Volunteers assist with MassHealth (Medicaid) applications for long-term care.

Pharmacies & Prescriptions

Andrews Pharmacy

(781) 235-1001

324 Weston Rd.

Wellesley, MA 02482

Prepares weekly bubble packs for medications.

No charge, but small shipping fee.

www.andrewspharmacy.com

CVS Pharmacy

23 Mass. Ave.

(781) 648-0557

833 Mass. Ave.

(781) 643-4272

Arlington, MA

www.cvs.com

Maida Pharmacy

(781) 643-7840

121 Mass. Ave.

Arlington, MA 02474

Focus on compounding services.

www.maidapharmacy.com

MCPHS Community Outreach Program

MA College of Pharmacy

(866) 633-1617

& Health Sciences

25 Foster St.

Worcester, MA 01608

Provides information on medications, side effects, drug interactions, and assistance paying for medications.

www.mcphs.edu/patient-clinics/pharmacy-outreach-program

Medication Disposal Drop-Box

at Arlington Community Safety Building

112 Mystic Street

Arlington, MA 02474

Information:

(781) 316-3179

Dispose of unused or expired medications in secure drop-box in lobby of police station.

www.arlingtonma.gov

Stop & Shop Pharmacy

(781) 643-3267

1043 Mass. Ave.

Arlington, MA 02476

Medication delivery service.

www.stopandshop.com

Town of Arlington (781) 316-3400
Prescription Discount Card
Save about 20% off retail price of prescription drugs not covered by other insurance.

Veterans' Administration: (877) 222-8387
Arlington Veterans' Services: (781) 316-3166
Medications by mail if enrolled in Uniform Benefits Package, co-payment for some veterans.
www.va.gov/health

Walgreen's Pharmacy
324 Mass. Ave. (781) 643-4112
1425 Mass Ave. (781) 646-3869
Arlington, MA
www.walgreens.com

Winchester Pharmacy (781) 570-2320
568 Main Street
Winchester, MA 01890
Full-service pharmacy including blister packs and free delivery.
www.winchesterrx.com

Recreational & Social Groups

Arlington Recreation (781) 316-3880
422 Summer St.
Arlington, MA 02474
Offers a wide range of recreation programs for residents of all ages and abilities.
www.arlingtonma.gov/rec

Arlington Seniors Association (781) 316-3420
Arlington Senior Center
27 Maple St.
Arlington, MA 02476
Provides fitness, social and educational activities.
www.arlingtonseniorsassociation.org

Burlington Mall Walkers
Burlington, MA 01803
Monday - Friday, 7 - 10 am
Walk on your own or join Heart and Soles Club at food court, September to May.

Golden Age Passport, Seniors Federal Recreation Passport
U. S. Department of the Interior
National Park Service
P. O. Box 37127
Washington, DC 20013-7127
Free life-time pass to all Federal parks, and discounts on user fees for facilities and services.
www.nps.gov/pub_aff

MA Senior Citizen ParksPass Program
DCR, Division of State Parks and Recreation
251 Causeway St., 6th Floor
Boston, MA 02114 (617) 626-1250
Send proof of age 62 years or older and \$10 and receive lifetime pass for free parking at over 100 MA state parks. Handicap plates or placards also qualify for free parking at state parks.
www.mass.gov/dcr

MA Senior Games (413) 748-3812
Annual state-wide competition in various sports.
www.maseniorgames.org

Retired Men's Club of Arlington at St. Camillus Church (781) 395-1734
1175 Concord Turnpike
Arlington, MA 02476
Meetings with speaker on 2nd and 4th Wednesdays at 9:30 am. Also trips, golf, cards, bowling, and other activities.
www.rmcarlington.org

Safety

Elder Abuse Hotline (800) 922-2275
MA Executive Office of Elder Affairs
24-hour hotline where elder abuse, neglect, and at-risk elders can be reported.
www.ma-elderaffairs.org

Mount Auburn Lifeline (617) 499-5525
330 Mt. Auburn St.
Cambridge, MA 02138
Offers a personal response system with personal help button for a monthly fee.

Philips Lifeline (800) 242-1306
111 Lawrence St. Ext. 4752
Framingham, MA 01702
Provides medical alert and support services to seniors, enabling them to maintain independence.
www.lifelinesystems.com

Qmedic (877) 241-2244
A personal response system developed at MIT to help alert caregivers when a health emergency arises.
Qmedichealth.com

Wandering Assistance – Safe Return Program
Alzheimer’s MA Helpline: (800) 272-3900
Register with national database for a one-time fee and receive ID bracelet for person with dementia who tends to wander. If patient wanders, relatives call toll-free number and an alert is sent to local police and hospitals.

Winchester Hospital Lifeline Program
Woburn, MA 01801 (781) 756-4752
Offers a personal response system with personal help button for a monthly fee.
www.winchesterhospital.org

Support Groups

Caregiver Support Group (781) 316-3400
Arlington Council on Aging
27 Maple Street, Ground Floor
Arlington, MA 02476
Meets 2nd Thursday of the month from 10:15 to 11:30 am.
www.arlingtonma.gov/coa

Chronic Pain Support Group
American Chronic Pain Association
At Robbins Library (781) 652-0146
700 Mass. Avenue
Arlington, MA 02476
Local self-help chapter meets 2nd Friday of every month at 11:00 am.
www.theacpa.org

Grandparent Support Group (781) 316-3400
Council on Aging
Arlington, MA 02476
A support group for grandparents with primary responsibility for their grandchildren. The group meets monthly on the 2nd Wednesday of the month from 12 - 1:30 pm. No charge. Call for location and short telephone intake.

MA Commission on Grandparents Raising Grandchildren
List of support groups and other resources for grandparents raising grandchildren.

Bereavement Group (617) 575-8606
Mount Auburn Hospital
330 Mount Auburn Street
Cambridge, MA 02138
Eight-week early evening support groups.

Bereavement Group (781) 643-6090
Visiting Nurse and Community Health x1342
37 Broadway
Arlington, MA 02474
Offers bereavement groups in Arlington.
www.thevisitingnurses.com

Parkinson’s Family Support (781) 647-5327
JF&CS - Jewish Family and Children
1430 Mail Street
Waltham, MA 02451
Various groups related to Parkinson’s Disease including support groups, therapeutic yoga, singing, and movement classes.

Parkinson’s Disease Support Group
Medford Senior Center (781) 396-6010
101 Riverside Drive, Medford, MA 02155
Group for people with Parkinson’s and caregivers; meets first Wednesday of the month at 10:30 am.

Transportation

AARP Driver Safety Program (888) 227-7669
Provides classroom and on-line courses for older motorists to brush up on driving skills.
www.aarp.org, then 'home' then 'getting around'

American Cancer Society (800) 227-2345
25 Stuart St.
Boston, MA 02116
Volunteer transportation to cancer treatments.
www.cancer.org

Stop & Shop Bus (781) 316-3400
Bus picks up seniors 60 years of age and older on Tuesday mornings for grocery shopping. Call the Council on Aging for details.

Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Transportation for Arlington seniors including rides to medical appointments, senior center activities, cancer-related appointments, and in-town subsidized taxi program called Dial-A-Ride.
www.arlingtonma.gov/coa

Driver Evaluation Program (781) 939-1900
New England Rehabilitation Hospital
2 Rehabilitation Way
Woburn, MA 01801
Private-pay driving evaluation and tests.
www.newenglandrehab.com

Keys to Independence Driver Assessment
Emerson Center for Rehab and Sports Therapies
310 Baker Ave. (978) 287-8244
Concord, MA 01742
Private-pay driving evaluation and tests.

MBTA Senior Access ID (617) 222-3200
CharlieCard Store at Downtown Crossing
101 Arch Street
Boston, MA 02110
Reduced fare on MBTA buses and subways for people 65 and older.
www.mbta.com

MBTA "The Ride" (617) 337-2727
The Ride Eligibility Center
1000 Mass. Avenue, 2nd Floor
Boston, MA 02118
Rides for those who cannot use regular public transportation due to physical or mental disability. Call for appointment to determine eligibility.
www.mbta.com

Volunteer Opportunities

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Opportunities for medical escorts, friendly visitors, office and program support, and special projects.
www.arlingtonma.gov/coa

Arlington Senior Association (781) 316-3420
27 Maple St.
Arlington, MA 02476
Volunteers help with welcoming, office and program support, and special projects.
www.arlingtonseniorsassociation.org

Minuteman Senior Services (781) 272-7177
26 Crosby Drive
Bedford, MA 01730
Opportunities as meals-on wheels drivers, SHINE volunteers, and money management program.
www.minutemansenior.org

United Way of Massachusetts Bay
Volunteer Action Center (617) 624-8000
51 Sleeper St.
Boston, MA 02210
Acts as a clearinghouse for many volunteer opportunities throughout the state.
www.supportunitedway.org

Arlington Council on Aging, a municipal agency funded through local, state, and federal funds, was established by Town Meeting in October 1966. The Council on Aging provides advocacy and support services to help elders live independent and dignified lives. Council meetings are held in the Senior Center and are open to the public.

The Arlington Council on Aging values the diversity of our participants, staff, volunteers, and the Arlington community. We strive to model and promote a welcoming environment by embracing our aging community including difference in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

Arlington Council on Aging Services

- Information and Referral
- Elder Care Planning and Resources
- Health and Wellness Services
- Transportation Programs
- Casemanagement and Problem Solving
- Assistance with Public Benefits Process
- Caregiver Support and Resources
- LGBTQ+ Older Adult Programming
- Intergenerational Programs
- Educational Programs
- Health Insurance Counseling (S.H.I.N.E.)
- Podiatry Clinic
- Blood Pressure and Flu Clinics
- Volunteer Opportunities

Notes and Additions

Arlington Council on Aging

27 Maple Street
Arlington, MA 02476

Monday – Tuesday 8 am – 4 pm

Thursday 8 am – 7 pm

Friday 8am – Noon

Phone: (781) 316-3400

Fax: (781) 316-3409

www.arlingtonma.gov/coa