

Robert J. Nyman Rockland Senior Center

317 Plain Street

Rockland, MA 02370

The mission of the Council on Aging (COA) is to be the focal point for the provision of services to Rockland's senior residents. It is our purpose to initiate, facilitate and/or provide services to enhance the lives of our senior residents. We assist Rockland's senior residents with problems and encourage participation in events and activities. Our objectives are:

- To identify the needs of the senior population in the community and enlist the support and participation of the residents about their needs
- To educate the community on available services, programs and activities
- To implement/offer programs, activities and services that enhance the lives of our senior residents
- To cooperate with the MA Executive Office and Elder Affairs, and to be cognizant of State and Federal legislation programs regarding seniors

Our congregate lunch program is a great way to socialize and have a nutritious meal. All meals are well balanced, including milk and dessert, and are prepared on site. Lunch is served Monday through Friday at 11:30 am. Suggested donation is \$6.00. Sandwiches and salads are also offered. All meals need to be ordered no later than 10:30 am.

Hours of Operation:

Monday through Friday 8:00 am to 4:00 pm.

Phone:

781-871-1266

Julie Burke, Director

PROGRAMS/ACTIVITIES/SERVICES
Arts and Crafts
Ask A Financial Planner
Ask A Lawyer
Balance Class
Bingo
Blood Pressure Screenings
Bocce
Book Club
Cards
Chair Massage
Chair Yoga
Chess
Computer Class
Congregate Lunch and Grab & Go
Corn Hole
Cribbage
“Crisfit”
Exercise Classes
Fitness Equipment
“Friends” Group
Fuel Assistance
Hearing Screening
Geronimo
Golden Agers Group
Grief Support
Information/Referrals
Knitting & Crochet
MahJongg
Meals on Wheels
Medical Equipment on Loan
Men’s Group
Mindful Meditation
Notary Public
Outreach
Painting
Pickleball
Podiatrist
Pool Table
Reiki
Social Dancing
Seasonal Parties
SHINE Counselor (Health Insurance)
Shopping
Supplemental Nutrition Assistance Program (SNAP) applications
Stretch/Strengthen
Taxes
Transportation
Zumba