

# Ashfield Council on Aging

## Council Member Volunteer Opportunity

Your life experience and interest in your fellow Ashfielders make you a perfect candidate for membership in your local Council on Aging!

As a volunteer member of the Ashfield Council on Aging (COA), you will serve as a link to the Senior Center in Shelburne Falls, which provides the majority of services and programs to older adults living in Ashfield, Buckland and Shelburne. These include:

- **Meals** - healthy group and take-away meals for older adults
- **Transportation** - transportation for errands, appointments, and more
- **Health screenings** - specific health screenings and preventative care (e.g., foot clinic, flu clinic, etc)
- **SHINE counseling**- helping older adults understand how to obtain health insurance, Medicare/Medicaid, fuel assistance, and other forms of aid.
- **Life-long learning** - self-enrichment educational experiences
- **Special events and regular socialization** - the Center offers many opportunities for seniors to make social connections in their safe and welcoming space.
- **Fitness, wellness, and recreation** - activities that help older adults remain independent and social while improving strength and flexibility (e.g., yoga, bones and balance, etc.)

Locally, the COA sponsors a lunch for Ashfield seniors, who gather once each month in town—usually the Congregational Church Fellowship Hall — to visit, chat, and enjoy an occasional guest speaker, presentation, or performer. These events are free and open to the public.

Council members meet once per month for about an hour in the Belding Memorial Library. These meetings are also open to the public. In addition, members work in collaboration with the COAs of Buckland and Shelburne to stage events of general interest throughout the year.

For more information, please contact any COA member at ([ashfieldcoalist@ashfield.org](mailto:ashfieldcoalist@ashfield.org)), or stop in during our monthly meeting on the first Wednesday of every month (agenda is always posted on the town website, as are Minutes from previous meetings) and talk with us in person.