

Transportation Services for the Elderly in Boston Region MPO Communities

Community	Transportation Option	Trips Served	Wheelchair-Accessible	Age and Restrictions	Service Days/Hours	Destination Limits	Required Notice	Fee/Suggested Donation	Contact No.
Acton	Road-Runner Van (LRTA)	All	Yes	60+ Cancer patients (Medical has priority)	M-F, (8:00-3:00) Wednesdays	Acton, Bedford, Burlington, Concord, Maynard, Westford (once per week) Acton, Bedford, Lahey Clinic	Before 3:00 PM the previous business day (24 hours' notice for ADA seniors)	\$1 one way within town \$1.50 outside town	800-589-5782
	COA Van	All	Yes	60+ and disabled when space is available (Medical has priority)	M-F, (8:00-4:00)	Acton, Concord, Maynard	24 hours	\$1 one way in Acton \$1.50 to Concord and Maynard	978-929-6652
Arlington	COA Dial-a-Ride (operated by Arlex Taxi) subsidized service for low and moderate income	Any	Yes	60+	M-F (8:30-3:30)	Van-Lexington, Burlington, Medford, etc. (surrounding towns) Medical Escort -Boston	5-7 days	Van - \$15 round trip Medical escort free (except parking)	Card: 781-316-3400 Trips: 781-316-3400
	COA, Sanborn Fund	Cancer treatment or related activity	Yes	60+	M-F (8:30-3:30)	Area hospitals	5-7 days	Free	781-316-3400
	SCM, (Somerville Cambridge Medford) Transport	Medical	Yes	60+	M-F (8:00-3:30)	Boston and surrounding area hospitals	5-7 days	\$15 round trip	781-316-3400
	COA Van	Senior Center	Yes	60+	M-F (8:30-3:30)	Arlington	5-7 days	Free	781-316-3400
	COA Medical Escort Services	Medical	No	60+	M-F	Anywhere	7 days	Free	781-316-3400
	Arlington Housing Authority vans		No	Housing residents	M, T, Thurs., F (9:00-2:00) W	Arlington and shopping trips to Burlington on Wednesdays	Day before trip (sheet on bulletin board)	\$2	781-646-1272
Ashland	Montachusett Regional Transit Authority (MART) Shuttle Service	Medical		Veterans, elderly, disabled	M-F at scheduled times	Worcester and Boston	All trips must be pre-scheduled	Worcester: \$20 round trip; Boston: \$25 round trip; Complimentary to veterans with 24 hour notice	978-345-7711 or 800-922-5636
	MWRTA Dial A Ride	Medical purposes, shopping	Yes	65+, residents with disabilities, and some under 65 residents with mobility issues	M-F (7:00-6:30) (8:00-4:00 for reservations)	MWRTA communities; towns contiguous to the service area and Worcester/Boston for medical purposes or group organized trips only	2 days (1 day for ADA certified)	\$2 each way inside the service area \$3 each way to contiguous communities \$5 to Worcester and Boston	508-935-2222 (508-820-4650 for call center)

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Bedford	Bedford Local Transit (BLT) Fixed Route and Dial a Ride	All	Yes	No age restriction (will pick up elders at home)	M-F (9:00-4:00)	Fixed route: Bedford, Billerica, Burlington Dial a Ride: Within Bedford, Emerson Hospital, Lahey Clinic	8:00-9:00 day of travel, medical up to 3 days in advance for Dial a Ride	\$1 each way within Bedford, \$2 each way outside town	781-275-6897
	Friendly Drivers	Medical	No	60+ Bedford residents	M-F (8:00-3:30)	Bedford and destinations within a 10-mile radius	2-3 days' notice (no driver assistance)	None	781-275-6825
	Wheels of Life (Carleton-Willard Village Outreach Fund)	Medical and medical treatments	No	65+ (must be able to exit vehicle and get to/from appointment unassisted)	M-F (8:00-3:30)	Bedford, surrounding towns, Boston	At least 3 days prior	None	781-275-6825
Bellingham	Bellingham-GATRA Senior and Handicapped Transportation	All trips	Yes	60+ or younger with a disability	M-F (8:30-4:30)	Bellingham and abutting communities (up to 10 miles). Limited long-distance medical transportation (Boston area, Worcester, Framingham area, Providence)	At least 24 hours, at least 5 days for long distance medical	No fee (donations accepted) for short trips, \$25 donation round trip for long distance medical trips	508-966-0398
Belmont	BelderBus	Medical purposes Grocery shopping the Arsenal Mall, daily nutrition site, and COA programs and other services	Yes	60+ and residents with disabilities (Medical has priority)	M-F (8:30-3:15 for pickups) 1 st and 3 rd W of each month to Arsenal Mall; once a month to Market Basket in Burlington	Belmont, Watertown, Arlington, Belmont, parts of Waltham and Cambridge	ASAP but can call until the morning of	Suggested donation: \$2 one way	617 993 2970
	Medi-Van	All trips	Yes	60+ and residents with disabilities	M-F (8:30 to 3:15 for pickups)	Belmont (some surrounding towns for medical purposes only)	ASAP but can call until the morning of	Suggested donation: \$2 one way	617 993 2970
Beverly	COA vans	Medical and shopping	No	60+ and those with disabilities	M-F (8:30-3:00) Out-of-town medical appointments 10:00-2:45	Beverly, (out-of-town for medical only)	2 days	Free within Beverly (suggested donation). Call for out-of-town trip fees.	978-921-6078 for transportation
Bolton	SeniorCare Inc. Medical Transportation Program	Medical	No	60+	M-F (open hours)	Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester, Rockport, Topsfield, Boston, and Burlington	2-3 business days	Voluntary donation suggested related to number and length of trips	978-281-1750, 866-927-1050 M-F 9:00-12:00 for scheduling
	COA service provided by Montachusett Regional Transit Authority (MART)	*	*	60+ and persons with disabilities	T-Thurs (9:30-3:00)	*	24 hours	Nominal	978-779-3313
	Shuttle Service	Medical	*	Veterans, elderly, those with disabilities	M-F(at scheduled times)	Worcester and Boston	All trips must be pre-scheduled	Worcester: \$20 round trip Boston: \$25 round trip Complimentary to veterans with 24 hours advance notice	978-345-7711

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Boston	Senior Shuttle	Medical, grocery shopping, social and recreation events	No	60+; Priorities are: 1 Medical 2 grocery shopping 3 Social or recreation activities	M-F (8:00-4:00) Last return at 2:30	Boston	Three business days More if possible	Free	617-635-3000
	Taxi Discount Coupon Program	All trips	N/A	Boston residents 65+ and residents with disabilities (taxis must be licensed by city)	NA	Open	20 Coupons per month	\$10 coupon books discounted 50% (must be purchased with cash, maximum 2 books per person per month)	617-635-4366
	Kit Clark Senior Services	Adult day health, nutrition, program related recreation programs, medical appointments at BIDM	Yes	60+	M-F (8:00-4:30)	Mostly within Boston, a few outer trips	At least 3 days	Varies based on location and distance-call Kit Clark for more information	617-825-5000
Boxborough	COA Van	Primarily medical, food shopping and appointments	Yes	60+, residents with disabilities	M-TH (9:00-3:30)	Boxborough and surrounding towns, primarily local, special consideration for Boston hospitals and Worcester hospitals	48 hours preferred	\$1 Local one way, \$2 round trip; \$15 round trip – Worcester \$30 round trip- Boston	978-263-1116 (ext. 118) M,T,Th 9:00-1:00
	Volunteer Driver Transportation	All trips	No	60+, residents with disabilities	M-F	Boxborough and surrounding towns	48 hours	*	Contact volunteer drivers listed in monthly newsletter, If none available, call COA T (9:00-11:00) 978-263-1116 (ext. 118)
Braintree	COA Van	All	Yes	60+, disabled under 60 may be eligible (Local medical has priority)	M-F (pickup times: 8:45-2:30)	Braintree, Weymouth, Quincy, Holbrook, Randolph, Milton, Hingham, Dorchester,	2 business days for local travel More advanced notice required for farther locations	Suggested round trip donations: Senior Center-\$2, Braintree-\$3, Weymouth, Quincy, Holbrook, Randolph- \$5, Hingham, Milton, Dorchester, Brockton-\$8	781-848-1963 between 8:30 and 4:30
	Medical Access Program (MAP)	Medical	Yes	60+	Open	Boston and outer-lying hospitals and medical facilities	48 hours or better	Suggested donation: \$20 per round trip. Trips are limited	781-848-1963 between 8:30 and 4:30
	Stop and Shop Shopping Bus	Grocery Shopping	No	62+	T (9:00-12:00) (pickups at housing authority sites and apartment complexes)	Braintree and Quincy	*	Free	781-848-1963



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Brookline	Elderbus	Senior Center, medical, non-medical, community dining site, food shopping	No	60+	M-F (9:00-3:45)	Senior Center and specific stops in Brookline Longwood Medical, Beth Israel Deaconess Medical Center by request	Operates on a fixed route. Call the COA to request a schedule.	Suggested donation: \$0.50	617-730-2777
	Brookline Elder Taxi System (BETS)	Medical, non-medical purposes	*	60+ Low and moderate income residents (Brookline residents have priority)	Open	Open	NA	\$10 coupon booklets discounted to \$5. Tickets can be purchased by mail or at COA M-W noon-4:00.	617-730-2740
	Busy Bee Transportation (funded by Springwell)	Medical Purposes	Yes	60+	M-F (9:00-4:30) (appointments should be scheduled between 10:00 and 2:00)	Major Boston hospitals, Belmont, Needham, Newton, Waltham, Wellesley, Weston	At least 3 business days	Suggested donation: \$4 each way	800-427-0230 between 9 and 3pm
	Senior Center Van	Senior Center, community dining site	*	60+	M-W (9:00-4:00), Thurs. (10:00-4:00)	Brookline	By 3:00 the day before	Suggested donation \$1 each way	617-730-2750
Burlington	Senior Minivan/COA	Shopping, medical, general activities (all activities are not served on all days)	Yes	60+	M-F (9:00-3:00), S (10:00-4:00)	Burlington	At least 24 hours	*	781 270-1950
	FISH (Friends in Service Helping)	Medical and human services appointment	No	None	M-F (9:00-5:00)	Burlington, Billerica, and surrounding towns if volunteer is willing	48 hours	*	781-270-1961
Cambridge	Shuttle Bus/COA	City Wide Senior Center	No	60+, residents with disabilities	M-F (8:30-5:00)	Cambridge (various pickup points throughout the city)	None	None	617-349-6055
	Mall Shopping (COA)	Shopping	No	60+, residents with disabilities	Second, third, and fourth Fridays of the month	From various housing developments to area malls	None	\$1.25 donation requested	617-349-6055
	SCM Shuttle Service	Local non-emergency medical appointments and grocery shopping	Yes	60+, residents with disabilities	M-F (9:00-4:00) Grocery shopping T,W, TH, or F depending on where you live	Most local hospitals in Boston, local community	48 hours for shopping purposes Up to 2 weeks for medical purposes	Free, follow up letters requesting donations are sent.	617-625-1191



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Cambridge (cont.)	Taxi Discount Program (COA)	All	Some are (call 1-888-872-6721 for an accessible one)	60+, residents of Cambridge	24 hours/day, 7 days/week	Any destination as long as a licensed Cambridge taxi is used	NA	Coupons are issued in books of 10 for rides in licensed Cambridge taxis. Each coupon is worth \$2.25. Use one coupon toward a fare up to \$6.50 or two coupons toward a fare of \$6.50 or more. Maximum of two coupons per one-way trip. Coupons available at City Wide Senior Center or COA	617-349-6220 (seniors) 617-349-4692 (disabled)
	SCM Transportation	COA Meal Site	Yes	60+	Lunchtime	Local COA meal sites (Cambridge, Medford, Somerville)	Pre-arranged	Free	617-625-1191
	SCM Paul's Ride	Visits to hospitals and nursing homes to see family members	Yes	60+, residents with disabilities	M-F (9:00-4:00) Restricted to one per day	Medford, Somerville, Cambridge	Up to 2 weeks, first come first served	Free	617-625-1191
Canton	COA Senior Bus	All	Yes	60+, residents with disabilities	M-F (different trip types on specific days, see COA newsletter)	Surrounding areas around Canton	24 hours for errands; 48 hours for medical	Suggested donations (to be mailed in): \$2/round trip in Canton, \$4/round trip outside Canton	781-821-5030
	Foxfield Taxi/HESSCO	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the destination limits.	Foxborough, Attleboro, Mansfield, Boston	48 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of destination limits	800-585-8294,
Carlisle	Friendly Drivers (COA) (as needed if COA van is not available)	Primarily medical	No	60+	*	Carlisle and surrounding towns	*	*	978-371-6690
	COA Van	COA events, medical, shopping, day trips	Yes	60+ and adults with disabilities (must be accompanied by someone if you have disabilities)	M-F, Westford Market Basket: or other grocery store upon request; F at 9:00	Carlisle and surrounding towns, Emerson Hospital, Lahey Clinic	48 hours (business days)	Free in-town or grocery shopping; \$2 within 15 miles; \$5 over 15 miles	978-371-6690
Chelsea		Medical	Yes	60+	2 round trips per month	Boston, Longwood Medical Area, Revere, Winthrop	1 business day	Donation: \$5 locally, \$10 to Boston	617-884-2500



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Cohasset	Elder Affairs Van	Senior Center, Shopping errands, Medical purposes	Yes	60+	M-F for medical purposes and local trips, T,W, Thurs-lunch at Senior Center, T at 1:15 for Shaw's, F at 9:30 for Stop and Shop, Every other T 9:30 for Food Pantry, TH at 9:30 for local errands First M of each month for Derby Street Shops, second W of each month for Christmas Tree Shop and Kohl's Route very flexible	Cohasset, Hingham, Pembroke, Quincy, Braintree, Scituate, and Norwell	24 hours if possible	Donations encouraged but no set amount	781-383-9112
	Elder Affairs Medical Van	Medical Purposes	Yes	60+ and residents with disabilities	M-F	Cohasset, Hingham, Pembroke, Quincy, Braintree, Scituate, and Norwell	24 hours if possible	Donations encouraged	781-383-9112
	Medical Access Program	Medical Purposes	Yes	60+	M-F	Cohasset, Hingham, Pembroke, Quincy, Braintree, Scituate, and Norwell	24 hours if possible	Donations encouraged	781-383-9112
	Friends in Service Helping (FISH)	Primarily Medical	No	60+	M-F	Out of Town	As much notice as possible		781—545-7073
Concord	COA Van	Medical, shopping, errands, meal site and COA programs	1 out of 3 vans	60+ (Must have escort if not self-sufficient)	M-F (8:40-3:20)	M-Roche Brothers, Acton; Tues for medical only Thurs-Stop&Shop; 6 people/6 bag limit	24 hours at least	Suggested donations - \$2 within Concord, see newsletter for all other destinations	978-318-3020
	FISH (Friends in Service Helping)	Primarily medical	No	No age restrictions	M-F	Concord	24 hours	*	978-369-2244
Danvers	Seniors on the Go Van	Senior Center, shopping	Yes	60+ and residents with disabilities	M-F (8:30:-3:00)	Senior Center, shopping to adjacent malls	None	Donations accepted	978-762-0208 or 978-762-0209
	Wings Medical Transportation	Medical	Yes	60+	M-F (9:00-2:00)	Beverly, Danvers, Peabody, and Salem	None	Donations requested	978-762-0208 or 978-762-0209
	Care-Van medical Transportation	Medical	Yes	60+	M-F (9:00-2:00)	Boston hospitals and out-of-the area medical appointments	None	Fixed-rate fee applies	
Dedham	COA Van	Medical, grocery shopping, adult day programs, day trips	Yes	60+, residents with disabilities	M-W (9:15-2:45) (Different activities on different days, see newsletter)	Dedham and surrounding towns	24 hours	\$1 One way within Dedham \$2 Suggested outside of Dedham	781-326-1650
	JBL Bus	All trips	No	Open to all ages	M-F (6:45-5:10)	Dedham	Call for bus schedule	Free to seniors	781-843-4505

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<i>Dedham (cont.)</i>	Foxfield Taxi/HESSCO	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the destination limits.	Foxborough, Attleboro, Mansfield, Boston	48 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of Destination Limits	800-585-8294, 508-543-2828, 508-553-3000
Dover	JFK Senior Transportation Service	Medical	No	60+	M-F (7:00-5:00)	Dover, Needham, Natick Medfield, Wellesley, Framingham, Holliston, Newton Wellesley Hospital, Boston	*	\$30 for a 10-punch ticket. Needham, Natick, Medfield and Wellesley- 2 punches or \$6 each way; Framingham, Holliston, Newton Wellesley Hospital, 3 punches or \$9 each way; within Dover, 1 punch or \$3 each way. Boston, \$20 one-way, \$40 round trip. Purchase tickets at COA before requesting a ride.	508-653-4500 (JFK), 508-0032 (COA)
Duxbury	SADIE1	Senior center, shopping, banking, medical		60+	M-F (services differ by day of week)	Duxbury and surrounding communities	At least 1 day ahead	*	781-934-5774
	SADIE2	Medical	Yes	60+	T-Thurs. (8:00-4:00), F (8:00-11:30)	*	48 hours	*	781-934-5774 ext. 117
Essex	Cape Ann Transportation Dial-a-Ride	Medical Shopping	Yes	60+ or residents with disabilities	M-F (7:30-4:30)	Gloucester, Rockport, Ipswich, Essex	24 hours	\$1 voluntary donation	978-283-7916
	SeniorCare Inc. Medical Transportation Program	Medical Shopping	No	60+ (no wheelchair or passengers that require oxygen)	M-F (open hours)	Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester, Rockport, Topsfield Boston and Burlington for medical purposes	2-3 days	Voluntary donation suggested related to number and length of trips	978-281-1750, 866-927-1050 M-F 9:00-12:00
Everett	RIDES Medical Van	Medical	Yes	60+	M-F (9:00-4:00)	Arlington, Belmont, Brookline, Cambridge, Chelsea, Everett, Malden, Medford, Melrose, Somerville, Stoneham, Watertown, Winchester, Woburn Rehab, and Lahey Clinic in Burlington.	At least 2 business days, up to 2 weeks	Requested donations: \$2 within Everett, \$3 for other areas.	617-625-1191 (between 9:00 and 1:00)
	Mystic Valley Elder Services	Chemotherapy, Radiation, or dialysis treatments	If needed	60+	Anytime	Any	*	Donation	781-324-7705 ext. 100

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Foxborough	Van-Go	Senior center, shopping	No	60+	M-Thurs (8:00-4:00), F (7:30-11:30 for group shopping and Stop & Shop)	Foxborough, Shaw's in Sharon (not all trips served on all days)	24 hours	\$1 suggested donation	508-543-1252
	GATRA Dial-a-Ride	Various appointments, errands, social visits	Yes	60+ or residents with disabilities	M-F (8:00-4:00)	Foxborough and a 10-mile radius	24 hours	Recommended donation: between \$1.25-5.00 depending on distance	800-698-7676 or 508-823-8828 ext. 275 (GATRA)
	Foxfield Taxi/GATRA	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for	Boston	24 hours	Suggested donation: \$25/Boston round trip	800-585-8294, 508-543-2828, 508-553-3000
	GATRA's "Miles for Health"	Medical	Yes	60+ or residents with disabilities Bring escort if assistance is required to enter or exit a facility.	For medical appointments scheduled between 9:00-1:00 on M, T, Thurs. and F in Boston and on W. for all others	Boston, Burlington, Framingham, Newton-Wellesley, Worcester	48 hours	Suggested donation: \$20 round trip	800-585-8294
	FISH (Friends in Service Helping)	Primarily medical	No	60+	Open	Foxborough and an 11-mile radius	2 days	*	508-698-3729
Framingham	MWRTA Dial A Ride	Medical purposes, shopping	Yes	65+, residents with disabilities, and some under 65 residents with mobility issues	M-F (7:00-6:30)	Framingham and surrounding communities (Ashland, Marlborough, Southborough, Wayland, and limited service in Sudbury), contiguous communities to the above mentioned surrounding area (medical purposes or group organized trips), additional trips to Worcester and Boston for medical purposes only	2 days (1 day for ADA certified)	\$2 within Framingham and immediate surrounding communities \$3 to contiguous communities \$5 to Worcester and Boston	508-935-2222 (508-820-4650 for call center) (M-F 8:00-4:00 for reservations)
Franklin	GATRA's "Miles for Health"	Medical	Yes	60+ or residents with disabilities Bring escort if assistance is required to enter or exit a facility.	For medical appointments scheduled between 9:00-1:00 on M, T, Thurs. and F in Boston and on W. for all other long distance trips.	Boston, Burlington, Framingham, Newton-Wellesley, Worcester	48 hours	Suggested donation: \$20 round trip	800-585-8294
	Dial-a-Ride	All trips	Yes	60+ or residents with disabilities	M-F (8:00-4:00)	Within 10-mile radius	48 hours suggested but will try to accommodate requests the day before	Suggested donation \$1.25 one way	800-698-7676, option 2
Gloucester	CATA Dial-a-Ride	All	Yes	60+ or residents with disabilities	M-F (9:00-2:30)	Essex, Gloucester, Ipswich, and Rockport	No later than 1:00 of the business day preceding service	\$2 suggested donation in Cape Ann, \$2.50 outside Cape Ann (group shopping trips)	978-283-7916
	SeniorCare Inc. Medical Transportation Program	Medical	No	60+	M-F (open hours)	Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester, Rockport, Topsfield	2-3 days	Voluntary donation suggested related to number and length of trips	978-281-1750, 866-927-1050 M-F 9:00-12:00

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Hamilton-Wenham	COA Van	All	Yes	60+ or residents with disabilities (Medical appointments and meal service to Lamson Hall and Enon Village have priority)	M-F (9:00-3:00)	Hamilton-Wenham and Beverly Hospital Campus	24 hours (may not be able to accommodate requests received with less notice)	No fee, nominal donations appreciated	978-468-5534
	SeniorCare Inc. Medical Transportation Program	Medical	No	60+	M-F (open hours)	Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester, Rockport, Topsfield	2-3 days	Voluntary donation suggested related to number and length of trips	978-281-1750, 866-927-1050 M-F 9:00-12:00
Hanover	COA Van	All	*	*	M-F (8:30-4:00)	Hanover	*	*	781-924-1921
Hingham	Senior Van	All		60+ and residents with disabilities (Medical and grocery have priority)	M-F (not all trips served on all days)	Hingham for most trips. Medical trips to surrounding communities, Plymouth, and Quincy	5 business days for medical; 24 hours for all other trips	Suggested donations \$5-\$15 for medical purposes \$5 for social/cultural purposes	781-741-1458
Holbrook	Senior Van	Medical, shopping, social	Yes	60+ and residents with disabilities	M, T, F for medical purposes, W for grocery shopping, TH for mall shopping and social purposes	Local	1 week notice	none	781-767-4617
Holliston	Senior Center Van	All	*	*	M and W-Milford area medical appointments and Senior Center lunch, T and Thurs.- Framingham and Natick area appointments; W-Market Basket and Wal-Mart in Bellingham; F-in-town errands and appointments, Senior Center	*	48 hours	*	508-429-0622
Hopkinton	COA Bus	Senior Center events, mall walking, shopping, local events, and day trips	Yes	60+	Usually M, W, F but changes from time to time	Within Hopkinton and sometimes right outside of town	Contact senior center for availability	Requested donation - \$3	508-497-9730
	Medical Transportation Program	Medical	Yes	60+	Appointments between 9:00 and 4:00	Hopkinton and within a reasonable distance	One week	none	508-497-9730
Hudson	Hudson Senior Center Bus	Medical, shopping, services	Yes	55+	M-F (8:30-3:30)	Hudson and Marlborough	One day notice preferred	No fee, donations accepted	978-568-9638

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Hull	COA Transportation	Senior center activities, shopping, medical	Yes	60+	M-Thurs. (9:00-4:00) For medical: M-Thurs. out of town or noon (Hull, Cohasset). Not all trip types served on all days.	Hull (Cohasset for medical)	48 hours	\$2 donation	781 925-1239
	Medical Access Out of Town Program (MAP)	Medical	Yes	60+ and adults with disabilities	M-F 9:00-1:00 pickup, 4:00-4:30 to go home	Boston, Brighton, and Brookline hospitals	7 days	Suggested donation \$50 round trip	781 925-1239
Ipswich	Senior Center Van	All	Yes	60+ and adults with disabilities	M-Thurs. (9:00-4:00), F (9:00-1:00). Grocery shopping: Shaw's-T pickup between 1:00 and 1:30, W pickup between 9:00 and 9:30. Market Basket-M, W, Thurs. pickup between 1:00 and 1:30.	Ipswich	24 hours	Suggested donation \$2/ round trip	978-356-6650
	Out of town Medical	Medical	No	60+ with ADA	Volunteers. No set times or days	None	48 hours	\$20/round-trip plus tolls and parking to Boston and Burlington	978-356-6650
	Cape Ann Transportation Dial-a-Ride	Meal site, adult day care, grocery shopping	Yes	60+ or residents with disabilities	M-F (7:30-4:30). Food shopping-every Friday beginning at 9:30 to Market Basket in Rowley. Daily to Ipswich meal site. Daily round trip to Adult Day Care at Blackburn Center in Gloucester	Gloucester, Rockport, Ipswich, Essex	24 hours	\$1 voluntary donation. \$4 for Market Basket round trip.	978-283-7916
	SeniorCare Inc. Medical Transportation	Medical	No	60+	M-F (open hours)	Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester, Rockport, Topsfield, Boston, and Burlington	2-3 days	Donation suggested related to number and length of trips	978-281-1750, 866-927-1050 M-F 9:00-12:00
Lexington	LXPRESS (minibus service)	All	Yes	No restrictions	M-F (7:00-6:25)	Lexington (Route 1 stops at the Senior Center at 12:48 and 1:48 and upon request). Stops at Stop & Shop, Market Basket, Lahey Lexington, and Burlington Mall	None	Seniors (65+) \$0.75, Annual senior pass; \$125	781-861-1210
	FISH (Friends in Service Helping)	Medical appointments	No	One ride/week based on driver availability	M-F (9:00-1:00)	Lexington, surrounding communities, Boston	3 days in advance	none	781-861-9300 (between 9:00 and 1:00)
Lincoln	COA-Cab	Medical, senior center, visiting friend/relative, shopping	No	60+	M-F (8:30-4:30)	Lincoln, Concord, Weston, Lexington, Waltham, and Boston	72 hours	None	781-259-8811
	LINC Volunteer	Medical and dental	No	60+	M-F (9:00-4:00)	Within Lincoln	3 business days	None	781-259-8811
Littleton	COA and Montachusett Area Regional	All	Yes	60+ and residents with disabilities	Medical (M-F, 9-3); Grocery shopping (M 10-12:30)	Littleton, Harvard, Ayer, Groton, Westford, Acton, and Concord, monthly to Pheasant Lane Mall in	48 hours	Fees vary by trip type and destination (see COA newsletter)	978-540-2470

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Community	Transportation Option	Trips Served	Wheelchair-Accessible	Age and Restrictions	Service Days/Hours	Destination Limits	Required Notice	Fee/Suggested Donation	Contact No.
Littleton (cont.)	Transit Authority			(Medical has priority)		New Hampshire and Wal-Mart in Chelmsford			
Lynn	Greater Lynn Senior Services	Medical	Yes	60+	M-F (6:00-6:00) (9:30-6:00 to Peabody)	Lynn, Lynnfield, Salem, Saugus, and Swampscott. Peabody	48 hours	\$2 each way	781-477-4237
Lynnfield	Senior Center Van	Medical, library, shopping	1 Yes 1 No	60+ and residents with disabilities	M- Thurs. (8:00 - 3:00) F (8:00 - 12:30). M: mall shopping, W: grocery shopping, T and Thurs. Lunch Bunch	Lynnfield and within a 5-mile radius including Lynn, Wakefield, Saugus, and Peabody	48 hours	None	781-598-1078
	Greater Lynn Senior Services	Medical	Yes	60+	M-F 6:00-6:00 (9:30-6:00 to Peabody)	Lynn, Lynnfield, Salem, Saugus, and Swampscott. Peabody	48 hours	\$2 each way	781-477-4237
Malden	COA Van	Medical, food shopping, senior community center	Yes	50+	8:30-3:30	Malden, Medford, Melrose, and Stoneham.	In advance	Free	781 397-7144
	Mystic Valley Elder Services	Chemotherapy, Radiation, or dialysis treatments	If needed	60+	Anytime	Any	*	Donation	781-324-7705 ext. 100
Manchester by the Sea	COA Van	All	Yes	60+	M,F (9:00-2:00), T-Thurs. (9:00-3:00)	Peabody	24 hours	None	978-526-7500
Marblehead	COA Van	Medical, senior Center, shopping, social, volunteer, personal (riders must be able to get to and from van on their own)	Yes	60+ and residents with disabilities	M-F (8:00-3:30) Different trips served on different days	North Shore communities only	24 hours	Suggested donation: \$1 each way in town; \$3 each way of town to the mall and medical appointments.	781-639-3430
	SeniorCare Inc. Medical Transportation Program	Medical	No	60+	M-F (open hours)	Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester, Rockport, Topsfield	2-3 days	Voluntary donation suggested related to number and length of trips	978-281-1750, 866-927-1050 M-F 9:00-12:00
Marlborough	Busy Bee	All trips (out of area destinations for medical purposes only)	Yes	60+	M-F (6:00-7:00)	Marlborough, Ashland, Framingham, Holliston, Hopkinton, Natick, Sherborn, Sudbury, Wayland, Weston Boston and Worcester for medical purposes	2 business days (5 days for Boston and Worcester)	\$2 one way between Marlborough and Southborough, \$3 one way between any 2 zones, \$5 to out of area destinations except Boston and Worcester which is \$15 one way	508-820-4650
	MWRTA Dial A Ride	Medical purposes, shopping	Yes	65+, residents with disabilities, and some under 65 residents with mobility issues	M-F (7:00-6:30)	Framingham and surrounding communities (Ashland, Marlborough, Southborough, Wayland, and limited service in	2 days (1 day for ADA certified)	\$2 within Framingham and immediate surrounding communities	508-935-2222 (508-820-4650 for call center;8:00-

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Marlborough (cont.)						Sudbury), contiguous communities to the above mentioned surrounding area (medical purposes or group organized trips), additional trips to Worcester and Boston for medical purposes only		\$3 to contiguous communities \$5 to Worcester and Boston	4:00 for reservations)
Marshfield	COA Shuttle Bus	Senior Center, in-town medical, shopping	Yes	60+ and residents with disabilities	M-F (8:30-4:30) Different trips served on different days. Schedule medical trips no earlier than 1:30 on M and F and no later than 2:30 on M, Thurs., and F	Marshfield	48 hours	No charge, suggested donations: Lunch, Drop-In, bingo-\$1;grocery shopping, medical, hair dressers-\$2, shopping malls-\$5	781-834-5581
Maynard	COA Minibus	Medical, nutrition, shopping	Yes	60+ and residents with disabilities (Medical has priority)	M-F (7:30-3:30), Eating Together Program pickups 10:15 to 10:45 daily, on the hour for out of town trips, on the half hour for in-town trips.	Maynard, Concord, Acton, Stow, Sudbury, (Monthly trips to K Mart, Solomon Pond and Wal-Mart (Call for details))	Before 1:25 one day in advance. Best to call several days in advance	Suggested donation: \$1 one way	978-897-1009
Medfield	Social Essential Transportation (SET) COA Van	Social, shopping, events, etc.	Yes	60+	M-F (9:00-3:00)	Within Medfield and Millis	24 hours	\$2 round trip	508-359-3665
	Medical Essential Transportation (MET) Volunteer vehicles	Medical	No	60+	Anytime (preferably not early morning)	Open (to Boston if necessary)	5 days (minimum)	Depends on destination	508-359-3665
	Foxfield Taxi/HESSCO	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the destination limits.	Foxborough, Attleboro, Mansfield, Boston	48 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of destination limits	800-585-8294,
Medford	SCM Shuttle Service	Local non-emergency medical appointments and grocery shopping	Yes	60+, residents with disabilities	M-F (9:00-4:00) Grocery shopping T,W, TH, or F depending on where you live	Most local hospitals in Boston, local community	48 hours for shopping purposes Up to 2 weeks for medical purposes	Free, follow up letters requesting donations are sent.	617-625-1191
	SCM Transportation	COA Meal Site	Yes	60+	Lunchtime	Local COA meal sites (Cambridge, Medford, Somerville)	Pre-arranged	Free	617-625-1191
	SCM Paul's Ride	Visits to hospitals and nursing homes	Yes	60+, residents with disabilities	M-F (9:00-4:00) Restricted to one per day	Medford, Somerville, Cambridge	Up to 2 weeks, first come first served	Free	617-625-1191
Medway	COA Van	Medical, grocery shopping, local errands, Senior Center	Yes	60+, residents with disabilities when time permits (seniors have priority)	M mornings to Roche Brothers, (Millis), Star Market; W mornings to Market Basket and Wal-Mart. First Friday of month-Natick Mall, Christmas Tree Shop.	Medway, Millis, and Natick for shopping Medway for medical purposes	48 hours for medical purposes	Donations accepted	508- 533-3210

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Melrose	COA Minibus	Medical and other appointments	Yes	60+	M-Thurs (8:30-3:45), F (8:30-1:00)	Melrose	*	Suggested donation: \$1 per ride	781-665-4304 weekday mornings between 8:30 & 11:45 a.m. and 781-662-2030 weekday afternoons between 12:00 & 3:30 p.m.
	Mystic Valley Elder Services	Chemotherapy, Radiation, or dialysis treatments	If needed	60+	Anytime	Any	*	Donation	781-324-7705 ext. 100
Middleton	COA Van	Senior Center, Medical purposes, Special events	Yes	60+	M-F (no set time)	Middleton, depends on errands	Call to register	Free, errands \$2	978-777-4067
	Medical Escort Program	Medical	No	60+	Depends on driver's schedule	Depends on driver	2 weeks minimum	\$6 for the first hour and \$3 for each additional half hour.	978-777-4067
Milford	Senior van	Medical purposes, shopping, errands	Yes	60+ and residents with disabilities	M-F (9:00-3:30)	Milford, Hopedale, Bellingham, and Medway Boston and Worcester for medical purposes only	1 month for local travel 3 months for Boston and Worcester medical trips	Donation: \$3 round trip	508-473-8334
Millis	Senior Van	Medical, Senior Center, social	Yes	60+ and residents with disabilities (medical has priority)	M-F (8:00-2:00) general, medical until 5:00. M-Market Basket and Wal-Mart; W-Star Market/Walgreens; F-Roche Brothers/CVS	Millis, Natick, Bellingham, Norwood, Milford, Newton, Boston and surrounding hospitals	At least 2 days in advance	\$1 each way in town; \$3 round trip to Medway, Bellingham; \$5 round trip to Framingham, Norwood, Milford, and Newton; \$25 and tolls/parking for Boston	508-376-7051
	Foxfield Taxi/HESCO	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the destination limits.	Foxborough, Attleboro, Mansfield, Boston	48 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of destination limits	800-585-8294,
Milton	COA Medical Van	Medical	Yes	60+ (Medical emergencies have priority)	M-F (9:00-3:00, 10:00-2:00 for trips to Boston)	Milton, Quincy, Dorchester, Weymouth, Boston and vicinity	At least 48 hours	\$4 round trip to Milton Quincy, and Dorchester, \$8 round trip to Weymouth, Canton, etc.; \$15 round trip Boston and vicinity	617-898-4893
	COA Van	Grocery Shopping	Yes	60+	T-Stop & Shop (Hyde Park) 9:00 and 1:00; Thurs.-Stop & Shop (Quincy) (1:00)	Hyde Park and Quincy	At least 48 hours	\$2 suggested donation for groups; \$3 to Christmas Tree Shop	617-898-4893

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Milton (cont.)	COA Van	Meal Site	Yes	60+	Mondays	Milton	48 hours	\$2 suggested donation	617-898-4893
	COA Van	Lunch and Movie	Yes	60+	Friday (11:00-3:00)	Milton	48 hours	\$2 suggested donation	617-898-4893
Nahant	Greater Lynn Senior Services	Medical	Yes	60+	M-F (6:00-6:00, (9:30-6:00 to Peabody))	Lynn, Lynnfield, Salem, Saugus, and Swampscott. Peabody	48 hours	\$2 each way	781-477-4237
Natick	COA Van	Senior Center	Yes	60+	*	Natick	*	*	508-647-6446
	Senior Center Transportation volunteers	All	No	60+	*	*	48 hours	*	508-647-6446
Needham	COA Van	Senior Center and shopping	Yes	60+	Senior Center and food shopping- M-F (9:00-5:00) – call for times	Needham	24 hours	Free (donations accepted)	781-455-7555
	Community Council	Medical	No	18+	M-F	Needham (primarily)	24 hours	Free (donations accepted)	781-444-2415
	Community Council Courtesy Van	Various	Yes	60+	T and F	Needham	24 hours	Free (donations accepted)	781-444-2415
	Busy Bee Medical Transport (funded by Springwell)	Medical, adult day health	Yes	60+	M-F (9:00-3:00) appointments should be scheduled no earlier than 10:00 and no later than 2:00	Belmont, Brookline, Newton, Waltham, Watertown, Wellesley, Weston, and major hospitals in Boston	At least 3 business days	\$4 each way	800-427-0230
	Medical Escort (funded by Springwell)	Medical	No	60+ (frail ambulatory)	M-F (8:00-4:00)	Belmont, Brookline, Newton, Needham, Watertown, Needham, Watertown, Waltham, Wellesley, Weston	1 week	\$4 each way, tolls, and parking	617-926-4100 ext. 246
Newton	Senior Transportation through Veteran's Taxi	Senior Center, medical, shopping, social	Yes	60+	Senior Center-M-F (8:30-4:00); Grocery-T, W, Thurs.-10:00-2:00; Medical-M-F (8:00-5:00); Long-term care facilities-M-F (8:00-5:00); houses of worship-days and times of scheduled services.	No more than two miles outside of Newton	By 4:00 the previous day for Senior Center transportation; 3 business days for all other trips.	Vouchers, which can be obtained at the Senior Center or requested by mail, are required. A contribution of \$3 each way is suggested, with a minimum contribution of \$1 per voucher	617-796-1288
	Busy Bee Medical Transport (funded by Springwell)	Medical, adult day health	Yes	60+	M-F (9:00-3:00) appointments should be scheduled no earlier than 10:00 and no later than 2:00	Belmont, Brookline, Needham, Waltham, Watertown, Wellesley, Weston, and major hospitals in Boston	At least 3 business days	\$4 each way	800-427-0230
	Med Ride	Medical	Yes	Disabled	M-F (anytime)	Newton	3 days	Call for fees	866-633-7433
	Medical Escort (funded by Springwell)	Medical	No	60+ (frail ambulatory)	M-F (8:00-4:00)	Belmont, Brookline, Newton, Needham, Watertown, Waltham, Wellesley, Weston	1 week	\$4 each way, tolls, and parking	617-926-4100 ext. 246
	Veteran's Taxi Discounts	All	No	65+	Anytime	Open	None (call in advance if you want a specific	10% off fare (discount coupons must be	617-527-0300 (for coupons),

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Newton <i>(cont.)</i>							time)	purchased in advance)	617-969-8294
Norfolk	Foxfield Taxi/GATRA	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the Destination Limits.	Foxborough, Attleboro, Mansfield, Boston	24 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of Destination Limits	800-585-8294, 508-543-2828, 508-553-3000
	GATRA's "Miles for Health"	Medical	Yes	60+ and residents with disabilities Bring escort if assistance is required to enter or exit a facility.	For medical appointments scheduled between 9:00-1:00 on M, T, Thurs. and F in Boston and on W. for all other long distance trips.	Boston, Burlington, Framingham, Newton-Wellesley, Worcester	48 hours	Suggested donation: \$10	800-585-8294
North Reading	Van Transportation	Local errands, medical	Yes	60+ and residents with disabilities	M-TH (8:00-4:00) F (8:00-1:00)	North Reading, Family Medical in Wilmington	24 hours	None	978-664-5600
Norwell	COA Van	Medical, shopping	Yes	60+ (and residents with disabilities on COA van) (Medical and prescription runs have priority)	M-TH (9:00-3:00 for medical), T (10:00-12:00-Hanover Mall); 1 st T after the 3 rd of the month 9:00-Bank; W 10:00-12:00-grocery shopping.	Norwell (and communities within a 20-mile radius for medical).	48 hours for medical, 24 hours for program transportation	None	781-659-7878
	Volunteer Drivers	Medical	No	60+	Flexible (no weekends)	Local (some will drive to Boston)	48 hours	Parking fees	781-659-7878
	Medical Access Program (run by South Shore Community Action Council)	Medical	*	60+ and residents with disabilities	*	Boston	*	*	781-659-7878
Norwood	Senior minibus	Medical, grocery shopping, services	Yes	60+	M-F (8:30-4:00)	Norwood (3 Tuesdays a month goes out of town)	At least 24 hours	None	781-762-1201
	Foxfield Taxi/HESSCO	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the destination limits.	Foxborough, Attleboro, Mansfield, Boston	48 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of destination limits	800-585-8294,
Peabody	Community Life Center Van	Medical, lunch, day care, shopping (medical returns must be ready before 3:00)	Yes	60+ and residents with disabilities	M-F (8:00-9:00) Day Care pickups (9:15-2:00) Medical pickups (10:00-11:00) lunch pickups 12:15 Community Life Center returns after lunch; 2:30 Community Life Center and day care returns; 11:00 pickup, 1:30 return-grocery shopping 2 days/week (call for schedule)	Local, medical trips to Danvers, Beverly, Salem, and Lynn	At least 3 working days	Suggested donation: \$1/day	978-531-2254

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Pembroke	COA Van/GATRA	Senior Center, medical, shopping, adult day health	Yes	60+	M-F (8:00-3:00)	Pembroke, Halifax, Hanover	Day before trip	Free	781-294-8220
	Medical Volunteers	Medical	No	60+	M-F	Plymouth, Weymouth, surrounding towns	3 days to 1 week depending on location	Free	781-294-8220
Quincy	Medical Transportation	Medical purposes	Yes	60+ (Quincy residents only)	M-F (9:00-4:00)	Quincy, major Boston hospitals, Milton Hospital, Carney Hospital	2 weeks preferred but will try to accommodate shorter notices	None	617-376-1242
	Trans-van Program	Social purposes	Yes	60+	M-F (9:00-4:00)	Quincy	2 days	\$25/3month pass \$80/yearly pass	617-376-1242
Randolph	Medical Transportation	Medical purposes	Yes	60+	M-TH (9:00-2:30)	Local communities	1 week if possible	Suggested donation: \$3 round trip	781-961-0930
Reading	Elder Human Services Van	Shopping, Senior Center, local errands	Yes	60+ or residents with disabilities	M-Th (9:00-3:00), F (9:00-1:00)	Reading and very limited out-of-town	2 days	Free	781-942-6794
	Reading Response Medical Transportation	Medical	If requested	Resident of any age	M-F (9:00-4:00)	Any	4 days	Sliding scale based on income	781-942-6608
	Shopping Escort-Volunteers	Shopping, pharmacy	No	Reading residents unable to shop unescorted	Anytime	Reading	2 weeks	Free	781-942-6657
	Medical Escort-Volunteers	Medical	No	60+ or residents with disabilities who are able to get to and from the car with minimal assistance	M-F (8:30-5:00)	Any	*	Tolls and parking-donations to cover cost of gas is suggested	781-942-6657
	Mystic Valley Elder Services	Chemotherapy, Radiation, or dialysis treatments	If needed	60+	Anytime	Any	*	\$ 10 donation for 2 tickets 1 ticket each way	781-324-7705 ext. 100
Revere	Elder Van	Medical, shopping	No	60+	M-F (9:00-3:30)	Revere, Chelsea	At least 2 days	*	781-286-8155
Rockland	COA Van	Medical, shopping	Yes	60+ and residents with disabilities	T, W, TH (9:30-3:30), food shopping at Trucchi's in Abington W 12:30. Hanover Mall first and third T of each month 9:30	Rockland, parts of Weymouth, all doctor's offices along Route 18, South Shore Medical Center in Norwell, Hanover Mall	2 days	Suggested donation: \$3/round trip in town, \$6/round trip out of town	781-871-1266
Rockport	CATA Dial-a-Ride	All	Yes	60+ or residents with disabilities	M-F (9:00-2:30)	Essex, Gloucester, Ipswich, and Rockport	No later than 1:00 of the business day preceding service	\$2 suggested donation in Cape Ann, \$2.50 outside Cape Ann (group shopping trips)	978-2831886
	SeniorCare Inc. Medical	Medical purposes	No	60+	M-F (open hours)	Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester,	2-3 days	Voluntary donation suggested related to	978-281-1750, 866-927-1050

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Rockport (Cont.)	Transportation Program					Rockport, Topsfield		number and length of trips	M-F 9:00-12:00
Salem	COA Vans	Senior center, medical, shopping	Yes	60+	M-F (9:00-3:30), medical (mornings): M in Beverly, T in Lynn, W in Danvers, Thurs in Swampscott, F in Marblehead, TH-F in Peabody; Shopping-M, T, TH (11:30-1:30); hair salons M-TH (10:00-2:00)	Salem, Beverly, Danvers, Lynn, Marblehead, Peabody, Swampscott	2 days	Suggested donation: \$1 in town, \$2 out of town	978-744-0924
	Greater Lynn Senior Services	Medical	Yes	60+	M-F (6:00-6:00, 9:30-6:00 to Peabody)	Lynn, Lynnfield, Salem, Saugus, and Swampscott. Peabody	48 hours	\$2 each way	781-477-4237
Saugus	Greater Lynn Senior Services	Medical purposes	Yes	60+	M-F (6:00-6:00, 9:30-6:00 to Peabody)	Lynn, Lynnfield, Salem, Saugus, and Swampscott. Peabody	48 hours	\$2 each way	781-477-4237
Scituate	COA Daily Van	All trips	Yes	60+ and residents with disabilities	M-TH (8:30-2:30) F (8:30-1:00)	Scituate, Cohasset	3 business days	\$2 round trip in town \$14 monthly pass within town	781-545-8722
	Medical Connection Van	Medical purposes	Yes	60+ and residents with disabilities	T (8:30-2:30)	Out of town (no Boston trips)	3 days	\$5 round trip	781-545-8722
	Volunteer Drivers	Medical purposes	No	60+ and residents with disabilities	Same times as local vans	Out of town	3 days	Free, donations accepted	781-545-8722
	LINK	Medical purposes	Yes	60+ and residents with disabilities	M-F (6:00-5:00)	Out of town including Boston	5 days	Free, donations accepted	781-545-8722
	Medical Access Program	Medical purposes	Yes	60+ and residents with disabilities	M-F (6:00-5:00)	Out of town including Boston	5 days	Free, donations accepted	781-545-8722
Sharon	COA Van	Medical Purposes	Yes	60+ and residents with disabilities	(Try to schedule appointments between 9:00 and 11:30) M,W,F Norwood and Canton; T, TH Stoughton and Brockton; W, TH, F Sharon	Sharon, Canton, Brockton, Norwood, Stoughton, Walpole, Foxborough	5 business days	Fees discussed when transportation is booked	781-784-8000
	COA Minibus	Shopping, errands	Yes	60+ and residents with disabilities	T afternoons; W and F mornings errands in Sharon, W afternoons in Cobbs Corner area; schedules are tentative and flexible	Sharon, Norwood, Stoughton, Walpole, Cobbs Corner in Canton, Hickson Farm Meal Program	Preferably 1-2 days	\$1/week	781-784-8000
	Foxfield Taxi/HESSCO	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the destination limits.	Foxborough, Attleboro, Mansfield, Boston	48 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of destination limits	800-585-8294,
Sherborn	Senior Transportation	All	Yes	60+	(6:30-6:00)	Sherborn, Ashland, Dover, Framingham, Holliston, Hopkinton, Medfield, Milford,	48 hours	Each way; Sherborn-1 ticket, Ashland, Dover, Natick, Framingham,	508-653-4500

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Sherborn (cont.)						Millis, Natick, Needham, Newton, Weston, Wellesley, Boston (medical only)		Medfield, Holliston-2 tickets; Weston, Wellesley, Millis-3 tickets; Newton, Needham, Milford/Hopkinton-4 tickets. A 10-ticket punch card can be purchased for \$30 from the COA by mail or in person. Medical rides to Boston: \$20 each way; special tickets are required.	
Somerville	SCM, (Somerville Cambridge Medford) Transport	Medical	Yes	60+	M-F (8:00-3:30)	Boston and surrounding area hospitals	5-7 days	\$15 round trip	781-316-3400
	SCM Transportation	COA Meal Site	Yes	60+	Lunchtime	Local COA meal sites (Cambridge, Medford, Somerville)	Pre-arranged	Free	617-625-1191
	SCM Paul's Ride	Visits to hospitals and nursing homes to see family members	Yes	60+, residents with disabilities	M-F (9:00-4:00) Restricted to one per day	Medford, Somerville, Cambridge	Up to 2 weeks, first come first served	Free	617-625-1191
Southborough	MWRTA Dial A Ride	Medical purposes, shopping	Yes	65+, residents with disabilities, and some under 65 residents with mobility issues	M-F (7:00-6:30)	Framingham and surrounding communities (Ashland, Marlborough, Southborough, Wayland, and limited service in Sudbury), contiguous communities to the above mentioned surrounding area (medical purposes or group organized trips), additional trips to Worcester and Boston for medical purposes only	2 days (1 day for ADA certified)	\$2 within Framingham and immediate surrounding communities \$3 to contiguous communities \$5 to Worcester and Boston	508-935-2222 508-820-4650 for call center (8:00-4:00 for reservations))
Stoneham	COA Van	Senior center, grocery shopping	Yes	60+	T-TH (8:30-4:00) for senior center, TH for grocery shopping	Within Stoneham only	Same day notice	None	781-438-1157
	Volunteer drivers	Medical appointments	No	60+	Anytime	Stoneham, Melrose, Winchester, Wakefield	1 week	None	781-438-1157
	Mystic Valley Elder Services	Chemotherapy, Radiation, or dialysis treatments	If needed	60+	Anytime	Any	*	Donation	781-324-7705 ext. 100
Stoughton	COA Van	Most trips	Yes	60+ or residents with disabilities	M-Thurs. (7:00-3:00), F (8:00-3:00). Grocery shopping every	Stoughton; Avon, Brockton, Canton, Easton, Randolph,	Advanced notice required	\$2 each way	781-344-8882

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Stoughton (cont.)					T.	Sharon, and Stoughton for medical.			
	Dial-a-Bat	Medical, shopping, errands	Yes	65+ and residents with disabilities	M-F (9:30-5:00) Medical can be as early as 7:00 Limited service for ADA certified on weekends	Stoughton, Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton (limited service), Whitman	24 hours	\$2 each way within one town \$3 between two or more towns	508-584-5530
	Dial-a-Bat New Freedom	Any trip	Yes	60+, residents of Stoughton and Avon only	M-F 6:00-5:30	Avon, Stoughton, and Brockton	24 hours	\$2 each way within one town \$3 between two or more towns	508-584-5530 (ask for Tina)
Stow	COA Van Volunteers by request	Medical, shopping, nutrition, etc. disabled to local jobs	Yes	60+, and residents with disabilities	M-F (8:00-4:00)	Stow and surrounding towns. Will go to Lahey Clinic in Burlington and Boston for medical appointments	By 2:00 to schedule a ride for the next day. A ride for M must be scheduled by 2:00 on F	Meal site free, in town; \$2 one way or round trip; out of town: \$3 one way or round trip	978-897-1880
Sudbury	COA Van	Shopping, medical	Yes	60+	M-F (9:00-3:00), 4 th M of each Month to shopping location outside of Sudbury	Within Sudbury and right outside Sudbury town line	By 9:00 to schedule ride for that day	\$1 one way for local trips \$4 total for out of town trips	978-443-3055
Swampscott	COA Van	Senior center, food shopping, banking	Yes	60+ Swampscott residents only	M-F Senior Center, M,T,TH,F for food shopping; no Wednesday service	Swampscott and nearby communities for shopping	The day of the shopping trip	\$2 for shopping trips	781-596-8866
	Greater Lynn Senior Services	Medical	Yes	60+	M-F (6:00-6:00; 9:30-6:00 to Peabody)	Lynn, Lynnfield, Salem, Saugus, and Swampscott. Peabody	48 hours	\$2 each way	781-477-4237
Topsfield	COA Van	Shopping, medical purposes, library	Yes (request the lift when making ride request)	60+ and residents with disabilities	M-Thurs (9:15-3:00) (Friday to noon) Wednesday as designated shopping day	15 miles radius of Topsfield	At least 24 hours More notice preferred (medical can be scheduled up to a month in advance)	Suggested donation: \$2 local; \$4 out-of-town	978-887-6866
	SeniorCare Inc. Medical Transportation Program	Medical	No	60+	M-F (open hours)	Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester, Rockport, Topsfield	2-3 days	Voluntary donation related to number and length of trips	978-281-1750, 866-927-1050 M-F 9:00-12:00
Wakefield	COA Van	Medical, shopping, errands	Yes	60+	Medical: M,T,TH local health centers and surrounding communities; W and F local medical only; M-F shopping: M Market Basket at 1:00, T Shaw's at 1:00	Wakefield, Lahey Clinic in Burlington and Peabody, Harvard Medical in Peabody, Winchester Hospital, and Woburn 128 area medical buildings	2 business days	No fee for senior center trips \$2 round trip for all other purposes	781-245-3312
	Mystic Valley Elder Services	Chemotherapy, Radiation, or dialysis treatments	If needed	60+	Anytime	Any	*	Donation	781-324-7705 ext. 100

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Walpole	COA Vans	Shopping, special trips, medical, social	*	*	*	*	*	*	508-668-3330
	Foxfield Taxi/HESSCO	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the destination limits.	Foxborough, Attleboro, Mansfield, Boston	48 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of destination limits	800-585-8294,
Waltham	COA Shopping Bus	Food Shopping only	No	60+	W morning- Hannaford Market on Main Street and Shaw's on Lexington Street, TH morning Hannaford Market on Main St., afternoon Shaw's on River Street	Waltham	2 weeks	No fee. Donations accepted	781-899-7228
	COA Medical Van	Medical	Yes	60+	M-F (8:30-3:00)	Waltham	1 week	No fee. Donations accepted	781-899-7228
	COA Taxi Discounts	All trips except to the airport	No	60+	Anytime	Greater Boston	Call taxi company	\$5/ 10-voucher book (a voucher is worth \$1). MassHealth recipients will be charged \$2.5/book. Initial purchases must be made at the COA. Subsequent purchases can be made by mail. Vouchers can be purchased each month.	781-899-7228
	Medical Escort Program (funded by Springwell)	Medical	No	60+ (frail ambulatory)	M-F (8:00-5:00)	Needham, Newton, Watertown, Wellesley, Weston, and major hospitals in Boston	1 week	\$4 each way, tolls, and parking	617-926-4100 ext. 246
Watertown	COA/Busy Bee	Medical	Yes	60+	M-F (9:00-4:00) – Drop off from 10:00	Watertown, Boston and local hospitals	At least 3 days	\$3 each way	800-427-0230
	COA Shopping Bus	Food shopping	Yes	60+	T (Stop and Shop on Watertown Street, F (Stop and Shop on Pleasant Street (the bus operates on a fixed route system with some accommodations made) 1 st W of each month to Watertown Mall	Watertown	48 hours	Requested donation; \$0.25 for local trips \$4 for Boston	617-972-6490
	COA Emergency and Supplemental Transportation	All-purpose last minute transportation	No	60+	Last minute or emergency transportation	Watertown	Day before	Taxi sets fees, COA is billed	617-972-6490 (during COA business hours)

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Watertown (cont.)	Busy Bee Transportation (funded by Springwell)	Medical, adult day health	Yes	60+	M-F (9:00-3:00) appointments should be scheduled no earlier than 10:00 and no later than 2:00	Belmont, Brookline, Needham, Newton, Waltham, Wellesley, Weston, and major hospitals in Boston	2 days	\$4 each way	800-427-0230
	Medical Escort Program (funded by Springwell)	Medical	No	60+ (frail ambulatory)	M-F (8:00-4:00)	Needham, Newton, Waltham, Wellesley, Weston, and major hospitals in Boston	1 week	\$4 each way, tolls, and parking	617-926-4100 ext. 246
Wayland	COA Van	Shopping errands, day trips	Yes	60+ and residents with disabilities	See monthly COA newsletter for details	Surrounding communities	Set dates-call COA for more info	Depends on trip Usually free	508-358-2990
	Medical Taxi Voucher Program	Medical appointments	No	60+ and residents with disabilities	M-F (6:30AM-10:00PM)	None	Call in advance	\$25 book of tickets for \$15 at COA, \$5 single ticket for \$3 at COA, \$60 Boston medical tickets for \$36 at COA Discounted tickets must be purchased through COA in person or by mail	Call COA at 508-358-2990 for tickets Call 508-653-4500 for scheduling
	FISH (Friends in service Helping)	Medical appointments (used only when all other transportation options have been exhausted)	No	Any age	Varies	Area medical appointments and limited travel to Boston	1 week	Responsible for all parking and tolls	508-358-3474
	MWRTA Dial A Ride	Medical purposes, shopping	Yes	65+, residents with disabilities, and some under 65 residents with mobility issues	M-F (7:00-6:30)	Framingham and surrounding communities (Ashland, Marlborough, Southborough, Wayland, and limited service in Sudbury), contiguous communities to the above mentioned surrounding area (medical purposes or group organized trips), additional trips to Worcester and Boston for medical purposes only	2 days (1 day for ADA certified)	\$2 within Framingham and immediate surrounding communities \$3 to contiguous communities \$5 to Worcester and Boston	508-935-2222 508-820-4650 for call center (8:00-4:00 for reservations)
Wellesley	COA, through M&L Transportation	Medical, Non-medical, Community Center, Community Dining Site, Food Shopping	Yes	60+	M-F (9:00-4:00) W 10:00 to Roche Bros	Wellesley, Newton-Wellesley Hospital, Beth Israel Deaconess Medical Center in Needham, Metrowest Medical Center in Natick, and the Woodland MBTA stop. On the last Thursday of the month, trips to Wal-Mart or the Christmas Tree Shop will alternate months with trips to the Natick Mall.	2 business days	\$1 each way (must have COA tickets which can be purchased at the COA office or through the mail.	781-235-3961 (to purchase tickets), M&L-781-938-7841

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Wellesley (cont.)	Busy Bee Transportation (funded by Springwell)	Medical, Adult Day Health	Yes	60+	M-F (9:00-3:00) appointments should be scheduled no earlier than 10:00 and no later than 2:00	Belmont, Brookline, Needham, Newton, Waltham, Watertown, Weston, and major hospitals in Boston	2 business days	\$4 each way	800-427-0230
	Medical Escort Program (funded by Springwell)	Medical	No	60+ (frail ambulatory)	M-F (8:00-4:00)	Needham, Newton, Waltham, Watertown, Weston, and major hospitals in Boston	1 week	\$4 each way, tolls, and parking	617-926-4100 ext. 246
Weston	COA Friendship Bus	Grocery shopping, non-medical trips	Yes	60+ and residents with disabilities	TH mornings for grocery shopping	Weston and surrounding communities	24 hours	\$3 donation	781-893-0154
	Busy Bee Transportation (funded by Springwell)	Medical Purposes	Yes	60+	M-F (9:00-4:30) (appointments should be scheduled between 10:00 and 2:00)	Major Boston hospitals, Belmont, Needham, Newton, Waltham, Wellesley, Weston	At least 3 business days	Suggested donation \$4 each way	800 427-0230 between 9 and 3pm
	Medical Escort (funded by Springwell)	Medical	No	60+ (frail ambulatory)	M-F (8:00-4:00)	Greater Boston	1 week	\$4 each way, tolls, and parking	617-926-4100 ext. 246
	FISH (Friends in Service Helping)	Medical	No	60+ Weston residents only	8:00-3:30	Greater Boston and local travel	3-5 days	Responsible for parking and tolls	781-893-0154
	Taxi Discount Program	All trips	No	60+ and residents with disabilities	M-F (7:00-3:30), 24 hour service on weekends	Weston, Newton, Natick, Wayland, Waltham, Lincoln	Call taxi company in advance	Purchase vouchers in person at COA \$5 per coupon, two coupons required for one destination	781-899-6600 to make appointments, 781-893-0154 for scheduling
Westwood	COA Medical Van	Medical purposes	Yes	60+ and residents with disabilities	M-F (8:30-3:00)	15 mile radius	2 days preferred but will try to accommodate shorter notices	\$2 suggested donation	781-329-8799
	COA (Shopping) Van	Senior center, shopping, social purposes		60+ and residents with disabilities	Same hours as medical van T to local shopping malls and F for food shopping (two trips per day if more than 6 people are registered)	15 mile radius	2 days preferred but will try to accommodate shorter notices	\$2 suggested donation	781-329-8799
	Foxfield Taxi/HESSCO	Long distance medical	Call in advance for wheelchair access	60+	For medical appointments scheduled between 9:00-12:00 on M and W for Boston and T and Thurs. for the rest of the destination limits.	Foxborough, Attleboro, Mansfield, Boston	48 hours	Suggested donation: \$25/Boston round trip, \$10/round trip for rest of destination limits	800-585-8294,
	FISH (Friends in Service Helping)	Medical and human services appointments	No	None	M-F (9:00-5:00)	Westwood and very limited service to Boston	24 hours	None (parking fees in Boston)	781-329-8799
	Westwood Taxi Vouchers	Any trip	No	Eligible seniors	Anytime 7 days a week	Any destination, most trips stay local	None	\$12 purchase for \$48 worth of transportation	781-329-8799



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<i>Winthrop</i>	COA Van	Medical purposes, shopping	Yes	60+ (medical trips have priority)	M-TH (9:00-3:00)	Winthrop, Revere, Chelsea	1-2 days	\$3/round trip within Winthrop; \$4 round trip to Revere Mass General Hospital, Shaw's/Stop and Shop, \$6 round trip to Northgate, Wal-Mart, Chelsea hospitals, \$8 round trip to Square One Mall, \$16 round trip to Melrose and Wakefield	617-846-8538
<i>Weymouth</i>	Elder Services Van	Medical, shopping	Yes	60+ and residents with disabilities (medical related trips have priority)	M-F (8:30-2:00) No appointments after 2	Medical: Weymouth, surrounding towns, Boston medical facilities Shopping: Weymouth, Abington, Hanover, and Kingston (posted in COA newsletter), Shaw's every Wednesday morning	At least 1 week and up to 2 months	Suggested donation \$6 round trip for in town trips, \$7 for out of town	781-331-3921 for scheduling 781-682-6140 for return
<i>Wilmington</i>	COA van	Medical, shopping, Senior Center	Yes	60+, disabled (must bring companion if needed)	M-F (9:30-3:30)	Wilmington and within a 13-mile radius of COA	7 days	Free	978-657-7595
	Respite Care Car	Medical	No	60+	M-F (9:00-4:30)	Wilmington and within a 13-mile radius of COA	24 hours	*	978-657-7595
	Wilmington Housing Authority	Shopping	Yes	60+	W 9:00 pickup at Deming Way elder housing	DeMoula's Market Basket	*	*	978-658-8531
<i>Winchester</i>	Jenks Senior Center Volunteers	Medical	No	60+	M-F (9:00-4:00)	Winchester and surrounding towns for medical appointments	2 business days	None	781-721-7136
	Van Service	Medical	Yes	60+, residents with disabilities	M-F (9:00-4:00)	Boston for medical appointments only	3-7 days	\$9 one way donation	781-721-7136
	SCM Door2Door	Nutrition-Eating Together Program	Yes	62+, residents with disabilities	M,W,F (10:00-12:30)	Winchester (Jenks Center)	24 hours	None	781-721-7136
<i>Woburn</i>	COA Vans	Senior Center (and medical appointments as schedule allows)	Yes	60+, residents with disabilities	M-F (8:30-4:30) First pickup at 9:00	Senior Center for any activity, Woburn and surrounding communities, medical appointments when possible	72 hours	None	781-897-5960
	Woburn Senior Housing/Vocell Bus Co.	Shopping (Total 9 pickups only at elder housing)	No	Tenants of elder housing 60+	T 9:30 onwards	Stop & Shop	None	Call COA for fees	781-393-0220 for scheduling
	Checker Cab/Woburn COA	All	With notice	60+ only	7 days/week, 24 hours/day	Woburn all trips, surrounding communities for medical	Anytime	Checker cab sets fees (buy voucher in advance)	781-937-6000 (voucher required)

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Wrentham	COA Van	Senior center, shopping, errands, local medical appointments	Yes	60+	M-F (9:30-2:00)	Local trips only	3 days for medical purposes Up to 1 day for all other purposes	None	508-384-5425
	GATRA's "Miles for Health"	Medical	Yes	60+ or residents with disabilities Bring escort if assistance is required to enter or exit a facility.	For medical appointments scheduled between 9:00-1:00 on M, T, Thurs. and F in Boston and on W. for all other long distance trips.	Boston, Burlington, Framingham, Newton-Wellesley, Worcester	48 hours	Suggested donation: \$10	800-585-8294

