



## Orleans Senior Center

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[www.town.orleans.ma.us](http://www.town.orleans.ma.us)

Hello and Welcome,

On behalf of the staff of the Orleans Senior Center welcome. We would like to take this opportunity to introduce you to the services and programs that we provide to the Orleans Community. Our Center is a very vibrant, active facility that offers a variety of support services, as well as enriching social and recreational activities. Our mission is to enhance the quality of life for older adults and caregivers in our community. We are ready to serve you!

Our center provides a wide variety of services. If you no longer drive, we provide transportation services on our Senior Center vans within Orleans to go shopping, to medical appointments, activities at the Center as well as other errands. We offer an array of very popular fitness classes, Caregiver Support Groups, Lunch Programs, Recreational, Social and Educational activities. Our Outreach team is here to assist you while living in the community and help with Medicare information, fuel and legal assistance, income tax filing, supplemental food programs as well as other support services. We also have medical equipment to loan out to you at no cost.

Our Day Center is an engaging supportive adult day program for those with cognitive impairments. It is a safe, welcoming environment that provides structured daily activities including morning snack and lunch, fitness, art and musical programs, in a comfortable setting with trained staff. Our program provides much needed socialization for seniors as well. As part of our mission, this is a respite program for caregivers to help relieve the stress of daily caregiving.

Our center has many dedicated volunteers who help us in so many valuable ways. We are always looking for new members, as they are the backbone of our organization. Please let us know if you are looking for a new volunteer opportunity.

Stop by and pick up a copy of our newsletter "Tidings". It contains helpful information about all of our services, upcoming new programs and activities. There is always something new and something for everyone!

We are only a phone call away, so please do not hesitate to give us a call or stop in for a visit. Our staff is always welcoming, friendly and helpful and we look forward to getting to know you.

Looking Forward,

Patrick R. Curtin , Executive Director