

Lawrence Council on Aging Programs, Services and Activities

Health & Exercise

Health Clinic
Exercise
Swimming
Tai-chi
Line Dancing
Walking Club
Diabetes Program
Podiatrist
Health Fair
Ophthalmologist
Audiologist
Prostrate Screenings
Osteoporosis Screenings
Flu Shots
Pneumonia Shots

Enrichment Classes

Ceramics
Alterations & Tailoring
Stuffed Toys & Dolls
Crocheting
Oil Painting

Nutrition

Congregate Meals
Meals on Wheels
Latino Meals
Farmers Market Coupons

Transportation

MVRTA EZ-Trans
MVRTA Downtown Shuttle
NEET Volunteer Drivers
LIFT Program Food Shopping

Volunteer Services

Blanket Program
Antelope Day
Foster Grand Parent
R.O.S.E.S.
American Reads
Merrimack Valley Water Shed
Muscular Dystrophy

Education

Introduction to Computers
Intermediate Computers
Intermediate Computer II
Quicken Computers
Introduction to the Internet
Publisher
E.S.L. Classes
Citizenship Classes
Newsletter
Income Tax Preparation
Workshops, Medicaid, Etc...
Breast Cancer Workshops
Library

Recreational Activities

Billiards
Dominos
Bingo
45's/Pokeno
Parties
Trips

Case Management

Outreach
Health Benefits Counseling
Housing Assistance
Advocate
Interpretive Services
Food Stamps

Information & Referral

Food Shopping Assistance
Fuel Assistance
Legal Assistance
Homemaker Assistance
Voter Registration

Immigration

N400 Drive