

# HOLBROOK COUNCIL ON AGING NEWSLETTER



**9 JEWEL ROAD, HOLBROOK, MA 02343**  
**781-767-4617 (VOICE MAIL 24/7)**

[COA@holbrookmassachusetts.us](mailto:COA@holbrookmassachusetts.us)  
[www.holbrookma.gov/council-aging](http://www.holbrookma.gov/council-aging)



## MESSAGE FROM OUR COA DIRECTOR

**MAY**  
**2025**



With the arrival of warmer days and longer light, there's a renewed energy around town and we're feeling it here at the COA. May brings a fresh mix of events, programs, and community moments that we're excited to share with you. Whether you're stopping in for lunch, joining a program, or trying something new, we hope this month gives you every reason to stay connected and enjoy all that's happening.

April gave us some great memories. Sandy's farewell ice cream social was truly over the top, a nice way to show our appreciation and celebrate her years of service with kind words, laughter, and warm wishes. We also gave the building a refresh. The new interior paint has brightened up the space, and we're looking better than ever. If you haven't been in for a while, stop by and see the fresh look for yourself. It's amazing what a little paint can do.

Our first Cook the Book event, hosted by the Holbrook Public Library and held here at the COA, was a hit. The dishes were so tasty, we're bringing it back for another round in May. If you'd like to join in, copies of the featured cookbook are available at both the Library and the COA.

May is off to a great start with Stanney's 50% Off Senior Breakfast, the last one before we take a break for the summer. This popular event will return in September, and we're already looking forward to it.

There's plenty more happening this month. Nurses with a Mission returns with the second half of their fascinating presentation on endocannabinoids.

We're also looking forward to a lively afternoon at Holbrook Court, where the Holbrook Council on Aging presents Bailey Street Brass. Join us for lunch provided by the Holbrook Rotary Club, followed by an upbeat outdoor concert. Music is sponsored by the Knights of Columbus in conjunction with the Holbrook Cultural Council. It's sure to be a great time with good food, music, and community spirit.

Later in the month, the Norfolk County Sheriff's Office has invited us to visit their Youth Leadership Academy. We'll begin with a pizza lunch, then have the chance to observe the students as they take on the ropes course. It's a unique opportunity to see this leadership program in action.

And since the warm weather has arrived, we're celebrating with another cheerful ice cream social to close out the month. Nothing says summer quite like a scoop with friends.

We're always happy to see new faces and welcome back familiar ones. Whether you're joining us for an activity, a friendly visit, or just a cup of coffee, we're glad you're here.

Warmly,  
Holly Rose

## MEET THE COA STAFF & MEMBER VOLUNTEERS

Holly Rose—COA Director  
Margaret Feeley—Asst. Coordinator/Outreach  
Katherine Fabian—Receptionist  
Cathleen McCarthy—SHINE  
Maria Malinowski—Kitchen  
Elaine Hyland—Newsletter Editor (*Member Volunteer*)  
Marion (Missy) Rapoza—My Senior Center (*Member Volunteer*)  
Claire Crowell—Master Reiki (*Member Volunteer*)  
Kathryn Bussolari—(*Member Volunteer*)

### VAN DRIVERS - “Transportation Specialists”

Tom Donovan - Paul Callinan - Rick Evans

## BOARD OF DIRECTORS

Elaine Hyland—Chair  
Beatrice Taggart—Vice Chair  
Marion (Missy) Rapoza—Treasurer  
Amy Mills (*Resident Volunteer*)  
Rosemary Clarke (*Member Volunteer*)  
Carol Byrne (*Member Volunteer*)  
Holly Rose—Director (ex-officio)

\* Please consider applying to serve on our COA Board of Directors for a **one-year** term.

THANK YOU!

**Open Position: CLERK**

## FOSTER VETERANS SERVICE CENTER



If you are a **Veteran** in need we can help

*We take donations. Food must be non-perishable or boxed.*

*We cannot take used clothes or toiletries.*

Foster Veterans Service Center, 30 Foster Road Braintree, MA 02184  
Veterans Services for the Towns of Braintree, Holbrook, and Avon  
781-794-8218 or [Pmarshall@braintreema.gov](mailto:Pmarshall@braintreema.gov)

### Executive Office of Aging & Independence (formerly (EOEA) Executive Office of Elder Affairs)

Through the Formula Grant, the EOAI not only provides funding for our Newsletter costs, but the monies awarded to the Town of Holbrook by this program helps defray the cost of many of the day-to-day expenses for the necessities required to operate our COA.

**EVERY COA MEMBER COUNTS!** Be sure to “check in” by tapping your “My Senior Center” tag each time you visit the COA. This is extremely important for our Formula Grant funding by keeping track of each and every one of you who attend our activities, events and programs. **THANK YOU!**

CALL THE SENIOR “RMV” HELP LINE  
857-368-8005  
(appointments are required).

This is for anyone 65 years of age or older to get help scheduling an in-person appointment at a local RMV during designated service hours.

### HOLBROOK FOOD PANTRY

St. Joseph’s Church on the second Saturday of each month from 10:15-11:00am (for those with transportation)

### 2nd FOOD PANTRY PROGRAM

The *New Birth Evangelical Church* and the *Brookville Bible Church* are sponsoring a Food Pantry the **last Saturday** of each month from 11:30am-1:00pm. Food distribution will be held at the New Birth Evangelical Church, 14 Technical Park Drive, Holbrook.

### Assisted Listening Devices

For those with hearing impairment, ALD’s are available by request to HCAM for use in the Town Hall Noel King meeting room. Kindly inform them if you would like to utilize this service when attending meetings.  
**781-767-7487** or [info@hcamtv.org](mailto:info@hcamtv.org)

### DAILY SOCIAL ACTIVITIES:

PLEASE BE SURE TO CHECK OUR MONTHLY CALENDAR FOR ALL THE DAILY EVENTS AS THERE MAY BE CHANGES EACH MONTH

### MASS DRIVER’S LICENSE “REAL ID”

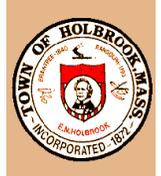
Beginning **May 7, 2025**, individuals 18 and older will need a REAL ID driver’s license or ID card (or **another ID accepted by the TSA**) to board domestic flights or enter certain federal facilities. A Massachusetts REAL ID has a star in the top right corner. A standard driver’s license or Mass ID is not accepted for federal purposes.





# **HOLBROOK COA**

## **SENIOR HAPPENINGS (60+)**



**PLEASE JOIN US FOR THESE “MONTHLY” RECURRING EVENTS:  
(subject to changes)**

**BIRTHDAY BASH!** – Last Monday 12:30-2:00

**BINGO** – Tuesdays 12:30-2:30

**SOCIAL** – Thursdays 12:30-2:30

**TRIAD** – 3<sup>rd</sup> Thursday 10:00-11:00

**GENTLE YOGA** – Tuesdays 10:15-11:30

**THERAPY GARDENS** – 2<sup>nd</sup> Wednesday 11:30-12:30

**BLOOD PRESSURE** – 2<sup>nd</sup>/4<sup>th</sup> Thursdays 1:00-2:30

**THERAPY GARDENS** – 4<sup>th</sup> Thursday 11:30-12:30



**Viking Club Potluck**



**Ropes Course Visit**  
(sponsored by the Norfolk County Sheriff)



**Nurses with a Mission**



**Legal Team Presentation**

# HOLBROOK COA SENIOR HAPPENINGS (60+)



**St. Patrick's Day**



**Movie Day**



**TITANIC Exhibit (Boston)**  
(Holbrook/Avon COA & Oak Point-Middleboro)

**BBQ** Holbrook Court  
Saturday, May 10th  
Starts at Noon!

**Live music to follow at 1pm:**  
**Bailey Street Brass**  
(Styles include big band, marches, movie themes and feature several Canadian Brass Quintet selections)

Sponsored by Holbrook Council on Aging, Holbrook Cultural Council, Holbrook Knights of Columbus and Holbrook Rotary Club

Holbrook Council on Aging Presents  
**Bailey Street Brass**  
Sat May 10, 2025 1-2:30pm  
Holbrook Court  
1 Holbrook Ct. Holbrook, MA  
12pm Lunch provided by Holbrook Rotary Club

Music sponsored by Knights of Columbus and Holbrook Cultural Council

FACEBOOK.COM/BAILEYSTREETBRASS

**Veterans Coffee Hour**

Every Tuesday of the month at 10am

Foster Veterans Center, 30 Foster Road, Braintree, Ma 02184

All Braintree, Holbrook, and Avon Veterans are welcomed

Guest speakers will be invited to give out information and to answer any questions

# UPCOMING EVENTS

**JUNE: 11** – Bak-ta-Bak at the COA – Country, Rock & Oldies  
(Sponsored by the MA Cultural Council)

**27** – Wards Berry Farm (pick your own strawberries) **9:00am at the COA**

## JULY/AUGUST:

**MA Cultural Council Summer Concerts at the Holbrook Gazebo (Sumner Field) on Sunday evenings 6:00-7:30pm. Check the monthly calendars for the schedule of concerts.**

## FRIDAYS: Off-site day trips (dates TBD):



**FULLER CRAFT MUSEUM-Brockton**



**CASTLE ISLAND**

## SENIORS Bowl "FREE"

(you pay a Shoe Rental fee only \$4.00)

**Tuesdays: 9:30-11:30 (just drop in)**

**Webster Timber Lanes Bowling (Candle Pin)**

**460 Bedford Street (Route 18)**

**Abington, MA 02351**

**Phone: 781-878-0219**

**(June, July, August)**

**NOTE: Only for the Summer months**

## **FARMER'S MARKET**



## **WALKING GROUP**



**We are seeking  
Volunteers to  
organize this group.**

## **NANTASKET BEACH**



## **LANGWATER FARM**



## **PLYMOUTH HARBOR**



## **PLAINRIDGE CASINO**





## Holbrook Council on Aging

Nourishing Your Endocannabinoid System without Cannabis  
The Endocannabinoid System (ECS) 102

May 8, 2025 10am-11:30am

1. **Understand the purpose of the Endocannabinoid System (ECS) and how it works in the body** Explore the ECS's role as the body's internal balancing system, regulating processes like mood, sleep, and immunity.
2. **Introduction to the Endocannabinoidome and how it relates to the FIVE to THRIVE** Discover how the extended endocannabinoid system, the endocannabinoidome, influences the five pillars of thriving: nourishment, movement, rest, connection, and purpose.
3. **Learn how to support your microbiome and lipidome with superfoods and adaptogens** Uncover the connection between gut health, cellular balance, and how targeted foods and adaptogens optimize overall well-being.
4. **Introduction to functional mushrooms and their role in health and wellness** Delve into the benefits of functional mushrooms like Lion's Mane and Reishi, and how they support cognitive, immune, and stress resilience.



### APRIL'S "COOK THE BOOK"

(at the COA hosted by the Holbrook Public Library)

The Holbrook Public Library  
Public Library Association  
**COMPUTER CLASSES**

**APRIL WORKSHOPS:**

CYBERSECURITY BASICS	WED, APRIL 9TH @ 11:00
INTRO TO EMAIL	THU, APRIL 17TH @ 2:00
CLOUD BASICS	TUE, APRIL 22ND @ 11:30
CLOUD BASICS	WED, APRIL 30TH @ 11:30

**MAY WORKSHOPS:**

COMPUTER BASICS	TUE, MAY 6TH @ 11:30
COMPUTER BASICS	WED, MAY 14TH @ 11:30
CYBERSECURITY BASICS	FRI, MAY 23RD @ 11:30
CYBERSECURITY BASICS	WED, MAY 28TH @ 11:30

Free at Holbrook Public Library  
Spaces are limited, call or visit our website to reserve your spot!  
www.holbrookpubliclibrary.com  
(781) 767-3644

**Connection Café**  
40 Union Street (Holbrook)  
Every **WEDNESDAY** enjoy a 15%  
Senior discount  
(781) 885-7820

**Sara's Pizza Palace**  
424 N. Franklin  
(Holbrook)  
Every **DAY** of the month, enjoy a  
15% Senior discount  
(781) 963-0351 or  
"Text" John 781-901-1423  
(mention the Senior discount)

## What are the new Social Security ID policies?

**The new SSA ID policy** includes a transition to requiring “stronger” identity proofing procedures for both benefit claims and direct deposit changes—identity proofing that can no longer happen over the phone for most beneficiaries of Social Security.

Recipients will instead have to verify their identity via an online account, but those who do not have an account will need to prove their identity “in-person” at an SSA field office. People can call **\*1-800-772-1213** to schedule an in-person appointment.

Per the SSA, “the updated measures will further safeguard Social Security records and benefits for millions of Americans against fraudulent activity.”

**\*In an effort to avoid long wait times when contacting the main Social Security office number above, you may want to call your “local” Social Security office. For Holbrook residents, Brockton is the local office to contact 888-717-1524 (30 Christy Drive).**

### **“HIGHLIGHTS” from our COA ADVISORY BOARD meeting on March 12, 2025**

- The new 14-passenger van will be wrapped with blue script style lettering soon
- A new 2<sup>nd</sup> 14-passenger van was approved
- The COA has been newly painted inside – come by and visit!
- Plans for day trips on certain Fridays throughout the summer
- Volunteers are needed. We encourage anyone with experience in exercise, landscaping, social media and artists to join us.

Watch the COA’s recorded *workshops* and monthly *Board meetings* on HCAM by performing a “title search” (Council on Aging):  
**[Home](#) | [HCAM Webpage](#)** OR watch them on TV Channels 9 or 39.

### **We have the following employment position available:**

***Alternate Transportation Specialist/Van Driver*** (part-time). Please contact the Town Administrator’s office, 50 North Franklin Street, Holbrook, MA 02343 OR **[AMahoney@holbrookmassachusetts.us](mailto:AMahoney@holbrookmassachusetts.us)** with your letter of interest and resume.

**IN CONSIDERATION OF YOUR FELLOW PASSENGERS,  
THE VAN TIME WILL BE LIMITED TO 5 MINUTES OF WAITING.  
THANK YOU FOR YOUR COOPERATION!**

## TRANSPORTATION & APPOINTMENT SCHEDULE

### S\*H\*I\*N\*E PROGRAM

*“Serving Health Insurance Needs for Everyone”*

For assistance with your Medicare Questions & Issues:

Due to a scheduling conflict, **NO SHINE services are available at the COA for the month of MAY. Please contact the South Shore Elder Services 781-848-3910**

(SHINE Services at the COA will resume in JUNE)

### MEDICAL APPOINTMENT TRANSPORT

Medical Transport is “always” our top priority

Call 781-767-4617 to reserve your MEDICAL Requests:

Service is ONLY to Holbrook, Brockton, Weymouth, Braintree, Randolph, Avon, Abington

Note: Requests for exceptions must be approved by COA Management

PLEASE book your appointments **AT LEAST 7 DAYS** in advance

Mon—Tues—Wed—Thurs for appointments from 8:00am—1:30pm

Friday for appointments—8:00am—11:00am

### LOCAL SHOPPING TRANSPORT

Call 781-767-4617 to reserve your SHOPPING requests:

MONDAY—Transportation available for Senior activities

TUESDAY—9:00am **WALMART** (Avon)

WEDNESDAY—9:00am **MARKET BASKET** (Hanover)

**\*\* May 14th 12:00pm OCEAN STATE JOB LOT (Avon) - NO TRUCKS**

THURSDAY—9:00am **IN TOWN** Shopping

FRIDAY (**only MEDICAL**)  
(between 8:00am and 11:00am)

**\*\* VANS MUST BE BACK TO THE COA BY NOON \*\***

### Assisted Listening Devices

For those with hearing impairment, ALD's are available by request to HCAM for use in the Town Hall Noel King meeting room. Kindly inform them if you would like to utilize this service when attending meetings 781-767-7487 Email: [info@hcamtv.org](mailto:info@hcamtv.org)

### YMCA-Stoughton

\$2 Food Bag Distribution

This takes place on *certain* Wednesdays between 3:30-5:30pm. Each \$2 bag contains over 12 pounds of mixed fresh produce. Call 781-341-2016 for more information.

### YMCA

(Stoughton)

“FREE”  
Wednesdays  
for Seniors  
who use their  
COA key  
ring tag.

Dunkin' offers a 5-10% discount to Seniors (upon request). The discount varies depending upon the location. Just ask!

### HOME DELIVERED MEALS (HDM)

A service that provides home-delivered meals to elderly and disabled citizens without regard to income. HDM is funded through a combination of federal funds, state funds, private-pay contracts and local donations.

### **SOUTH SHORE ELDER SERVICES NUTRITION DEPARTMENT**

350 Granite Street, Suite 2303, Braintree, MA 02184  
781-848-3910 or [sselder.org](http://sselder.org)

FAX LINE: 781-843-8279  
TDD LINE: 781-356-1992

### FUEL ASSISTANCE (September—April)

To schedule your appointment  
with our Advisor  
Please call the COA 781-767-4617

IF YOU REQUIRE TRANSPORTATION TO THE COA FOR EVENTS & ACTIVITIES OR FOR ANY OFF-SITE EVENTS, CONTACT THE COA AND WE'LL SCHEDULE A RIDE FOR YOU.

**PLEASE CALL 781-767-4617**

**MAY** \* (*SIGN UP is required for events/activities – call the COA 781-767-4617*)

Note: **After May 9<sup>th</sup>** – STANNEY'S Breakfast on Fridays will resume in September

**2**—Lucky's 777 Senior Luncheon (senior specials) – 12:00

*Starting in JUNE, luncheons will return to the 1<sup>st</sup> Wednesday of the month*

**6,13,20,27**—Gentle YOGA w/Susan 10:15-11:30

**7,21**—Amanda's Nails 12:30-2:00 (private pay \$5)

**7,21,28**—Garden Beds with Peggy 10:00-11:00

Diamond Art with Kathy (Member Volunteer) 12:30-2:00

**8**—Nurses with a Mission (part 2) Endocannabinoid 10:00-11:30

**9**—STANNEY'S Breakfast 10:00-12:00 **MUST SIGN UP** (will resume in September)

**12**—Exercise with Alex 10:00-11:00

**"MAY"** Birthday Bash (at the COA) 12:30-2:00

**14**— **THERAPY GARDENS** 11:30-12:30 "Chocolate Tasting"

AVON COA—Caregiver Support Group 11:30-1:30

Comfort Dog 12:00-2:00

**15**—**TRIAD** 10:00-11:00 Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications—**AT THE COA**

**19**—Norfolk County Sheriff's "KIDS ROPE COURSE" presentation 10:00-12:00

**21**— COA Board meeting 3:00

**22**—**"COOK the BOOK"** 6:00 at the COA (partnering with Holbrook Library)

**28**—Veteran Agent 10:00-11:00 (coffee hour)

AVON COA—Memory Café 11:30-1:30 (for Caregivers along with their individuals who are experiencing memory loss).

**29**—**THERAPY GARDENS** 11:30-12:30 "Italian Family Recipes"

**30**— Ice Cream Social 12:30-2:00 at the COA

**MAY 14 - Therapy Gardens 11:30-12:30 [Chocolate Tasting](#)**

Come try samples of quality chocolate! Also learn about the ingredients, processing, and where cocoa pods are grown from our resident chocolate expert. We also review the latest nutritional and health information. A very popular introduction! Great for all you chocoholics out there!

**MAY 22 - "Cook the Book" 6:00pm** – the Holbrook Public Library is hosting this event at the Holbrook COA (*limited seating—16*). Join us for a fun and interactive cookbook discussion group! Participants will choose a recipe from a selected cookbook, prepare it at home, and bring it to the event to share with others. As we enjoy the dishes, we'll discuss the recipes, cooking techniques, and any personal twists added. It's a great way to discover new recipes and connect with fellow food enthusiasts. Don't miss out – bring your appetite and your culinary creativity!

**MAY 29 - Therapy Gardens 11:30-12:30 [Italian Family Recipes](#)**

Celebrate the traditions of Italian cooking in this heartwarming workshop. Learn how to make classic red sauces perfect for pasta, eggplant, and more. Dive into cherished family recipes for Braciola, Pasta e Fagioli, Italian cookies, and other timeless dishes. We'll also share vintage photos and stories that bring Italian food and culture to life. Perfect for home cooks, gardeners, and anyone who loves Italian cuisine. Recipes are included!



# MAY 2025



**“SIGN-UP” for Activities/Events**

**HOLBROOK COUNCIL ON AGING**

**781-767-4617**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>NO “SHINE”</b> for the month of <b>MAY</b> . Contact <b>South Shore Elder Services</b> 781-848-3910			<b>1 9:30</b> Exercise 12:30 SOCIAL  1:00 REIKI (\$5 Donation)	<b>2 9:30</b> Exercise 10:00-10:30 Improved Health Low Impact Dance 12:00 LUCKY’s 777	<b>3</b>
<b>4</b>	<b>5 9:30</b> Exercise “Cinco de Mayo”  10:00-12:00 Movie/Brunch  12:30-2:00 Games, Cards & Left/Right/Center	<b>6 9:30</b> Exercise 10:15-11:30 Gentle YOGA w/Susan  12:30 BINGO	<b>7 9:30</b> Exercise 10:00-11:00 Garden Beds w/Peggy 10:00-12:00 (Private Pay \$5) Amanda’s Nails 12:30-2:00 Diamond Art w/Kathy (Member Volunteer)	<b>8 9:30</b> Exercise 10:00-11:30 Nurses with a Mission #2 “Endocannabinoid”  12:30 SOCIAL 1:00-2:30 Blood Pressure	<b>9 9:30</b> Exercise 10:00-10:30 Low Impact Dance 10:00-12:00 STANNEY’S (50% Senior Discount) <b>(MUST SIGN UP)</b>	<b>10</b> 10:15-11:00 St. Joseph’s Food Pantry 12:00 Rotary Cookout <b>Holbrook Court</b> 1:00 “Bailey Street Brass” (Mass Cultural Council & Knights of Columbus)
<b>11</b> <b>MOTHER’S DAY</b> 	<b>12 9:30</b> Exercise 10:00-11:00 Exercise w/Alex 12:30-2:00 “MAY” <b>Birthday BASH</b> (Pizza, Salad, Cake)	<b>13 9:30</b> Exercise 10:15-11:30 Gentle YOGA w/Susan  12:30 BINGO	<b>14 9:30</b> Exercise 11:30-12:30 THERAPY GARDENS “Chocolate Tasting” 12:00 Ocean State 12:00-2:00 Comfort Dog	<b>15 9:30</b> Exercise 10:00-11:00 TRIAD 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	<b>16 9:30</b> Exercise 10:00-10:30 Low Impact Dance	<b>17</b>
<b>18</b>	<b>19 9:30</b> Exercise 10:00-12:00 KIDS ROPE COURSE (Norfolk County Sheriff-BRAINTREE)	<b>20 9:30</b> Exercise 10:15-11:30 Gentle YOGA w/Susan  12:30 BINGO	<b>21 9:30</b> Exercise 10:00-11:00 Garden Beds w/Peggy 10:00-12:00 (\$5) Amanda’s Nails 12:30-2:00 Diamond Art (Kathy) 3:00 COA Board Mtg.	<b>22 9:30</b> Exercise 11:15 Comfort Dog “Lucky” (Holbrook) 12:30 SOCIAL 1:00-2:30 Blood Pressure 6:00 Cook the Book (Limit 16)	<b>23 9:30</b> Exercise 10:00-10:30 Low Impact Dance	<b>24</b>
<b>25</b>	<b>26</b> <b>CLOSED</b> Memorial Day 	<b>27 9:30</b> Exercise 10:15-11:30 Gentle YOGA w/Susan  12:30 BINGO	<b>28 9:30</b> Exercise 10:00-11:00 Garden Beds w/Peggy 10:00-11:00 Veteran Agent 12:30-2:00 Diamond Art (Kathy)	<b>29 9:30</b> Exercise 11:30-12:30 THERAPY GARDENS “Italian Recipes” 12:30 SOCIAL 1:00 Reiki (\$5 Donation)	<b>30 9:30</b> Exercise 12:30-2:30 ICE CREAM SOCIAL (at the COA) <b>(RSVP IS REQUIRED)</b>	<b>31</b> 11:30-1:00 New Birth Evangelical Church FOOD PANTRY

*With the nice weather ahead, we’re all looking forward to being active and “getting outside”. Please consider applying for a lifetime DCR Mass Senior Parking Pass for only \$10. For those who wish to apply by mail, please tear off and submit the last page of this newsletter. You can also apply on-line and the instructions are on the reverse side. ENJOY the outdoors!*



# Massachusetts Department of Conservation & Recreation Senior Parking Pass Application

Massachusetts residents aged 62 or older are eligible for a discounted lifetime parking pass. The pass allows the passholder to free parking for one passenger vehicle, occupied by the passholder (whether driver or passenger). To request a pass, fill out this application and include the required documentation.

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1. First Name, Middle, Last Name (Recipient) 2. Age

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3. Mailing Address 4. Apt #

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5. City 6. State 7. Zip

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8. Phone Number 9. Email Address

Payment method (Please check box below)

Include a check or money order in the amount of \$10.00 payable to the "Commonwealth of Massachusetts". ***Please do not send cash in the mail.***

Check       Money Order

Include the following document(s) with this application for proof of eligibility and to prevent delays.

Copy of your MA driver's license  
**OR**  
 Government issued ID **AND** a utility bill proving MA residency

Mail application to the following address:  
Department of Conservation and Recreation  
251 Causeway Street - 8<sup>th</sup> Flr  
Boston, MA 02114  
Attn: Senior Parking Pass

Processing times may vary. It may take up to 4-7 weeks to receive your Senior Parking Pass.

*Note: The Parking Pass is not valid for camping or at the following locations – Quabbin Reservoir, North Point, and DCR on-street locations that charge hourly rates. Parking passes may be revoked and may result in a citation if owner is not present when used.*



## Senior Parking Pass Online Instructions

The Department of Conservation and Recreation has partnered with YODEL to offer Senior Parking Passes online. Patrons may purchase passes at <https://yodelportal.com/massdcr> using a desktop computer or any web-enabled device.

### To be eligible for a Senior Parking Pass:

- Patrons must be 62 years of age or older.
- Patrons must be a permanent Massachusetts resident.

### Required documents:

- A valid Massachusetts driver's license. Expired licenses will not be accepted.
- If you do not have a MA driver's license, you can upload a copy of a Government issued ID **AND** proof of Massachusetts residency (i.e., vehicle registration or utility bill). Please note, out of state driver's licenses are not accepted.

Applicants are required to create an account, and upload proof of age and MA residency as noted above to purchase a Senior Parking Pass. DCR staff will verify your eligibility based on the submitted documents. Once your eligibility is confirmed, you will receive an email notifying you to proceed with your order. Upon receipt of payment, DCR will mail your parking pass to the address on file. **Please allow 3-7 weeks to receive your pass.**

### Purchase Instructions:

1. Visit: <https://yodelportal.com/massdcr>
2. Review Important Information; once read, click Close to proceed.
3. Register by clicking the "Profile" icon on the upper right-hand corner of the webpage **or** click "Login to Apply" after selecting Senior Passes on the home page.
4. Enter a mobile phone number, email address, first and last name.
5. You will receive a text message on the mobile phone number with a four-digit Yodel code. You will also receive an email with the same 4-digit code from Yodel Support as secondary delivery method.
6. Enter the four-digit code and click "Verify."
7. Select Senior Passes – Each account can purchase up to 3 passes (i.e., for 3 different individual seniors. Only one pass per person is allowed).
8. Select Apply Now and upload the required documents (MA Driver's license, or Government issued ID **PLUS** proof of MA residency).

### To upload documents:

- Scan and save the required document/s to your computer then upload to the website.

OR

- Use a smartphone to take of a photo of the document/s, email the file to yourself, then save the file to your desktop. Upload the file to the [Yodel \(yodelportal.com\)](https://yodelportal.com) website. If you are submitting a government ID and utility bill, please upload as one file.

Check your email for **status notifications**. You may receive an approval, a request for resubmission of documents, or a rejection email depending on the status of your application. Follow the instructions as noted in the email. If you do not receive email notifications, check your junk/spam folder.

9. After receiving the approval email, log into [Yodel \(yodelportal.com\)](https://yodelportal.com) to submit payment.
  - Select your approved senior pass.
  - Add your address, select "Add to Cart", and proceed with payment.

Mass DCR accepts Discover, Mastercard, and Visa. An email confirmation will be sent to the email address on file after purchase. Please do not delete the email until you receive your parking pass.

For assistance with your purchase, contact customer support at **877-661-0496**.

### How to use your Senior Parking Pass

Passes must be displayed at all times when visiting a paid-parking facility. DCR recommends placing your parking pass on the rearview mirror of your vehicle. Failure to properly display the parking pass may result in a parking citation. Note, the pass can be used in any vehicle occupied by the passholder.