

HOLBROOK COUNCIL ON AGING NEWSLETTER



9 JEWEL ROAD, HOLBROOK, MA 02343
781-767-4617 (VOICE MAIL 24/7)
COA@holbrookmassachusetts.us
www.holbrookma.gov/council-aging

AUGUST
2025

MESSAGE FROM OUR COA DIRECTOR

Somehow, it's already August. The grandkids are gearing up for school, the tomatoes are coming in, and the calendar is still packed with things to look forward to. We're holding onto the best parts of summer: easy mornings, time with friends, and a good reason to get out of the house.

July kept us busy in the best way. We walked, we talked, and we cooled down with popsicles. We caught a Brockton Rox game, enjoyed the breeze at Castle Island, and made a stop at CN Smith Farm. At Langwater Farm, members browsed the produce stand, picked up a few treats, and sat down for a wonderful lunch together. Later in the month, we gathered for a showing of The Second Best Exotic Marigold Hotel, which everyone thoroughly enjoyed. John the Storyteller brought heart and humor to the room with music and stories that hit home. We also welcomed Henry Quinlan for a thoughtful presentation on creativity, laughter, and the value of staying engaged as we age. A talk on critical home repairs offered practical ways to help our members stay safe and independent at home because staying safe matters just as much as staying social. We had some luck (or fun trying) at Plainridge Park Casino, got creative with rock painting, and wrapped it all up with a day on the Plymouth waterfront shopping, sightseeing, and soaking in the coastal charm. The Holbrook Sunday Concert Series kicked off in July and will continue through August, offering live music at the gazebo and a relaxed way to end the weekend with neighbors and friends. Give us a call if you'd like a lift to the concert—we're happy to get our members there. If you're not a member, it only takes a few minutes.

August brings even more opportunities to move, learn, connect, and have a little fun. Amy continues to lead Walking Club and Rock Painting, helping members stay active and creative. Gentle Yoga with Susan remains a favorite, offering a peaceful, steady way to build strength and flexibility.

Thanks to support from the Holbrook Cultural Council, we're excited to offer a one-time Hip Hop with Rondae session, a high-energy chair-based dance class that takes us on a fun and nostalgic ride down the Soul Train line. This program is designed to get us moving, laughing, and feeling more limber, all without leaving our seats.

We'll hit the road for some summer outings, including a visit to Ward's Berry Farm for their fresh farm stand and pick-your-own peaches and nectarines. We're also heading to the Marshfield Fair and spending a day at Nantasket Beach, soaking in the salt air and sunshine. Back in town, we'll travel over to the Holbrook Public Safety Building for CPR training with Captain Scott Collins, an important skill that we're proud to offer our members.

We're also introducing something new: a drumming circle with Jennifer. Making music together helps reduce stress, improve mood, and create a sense of shared rhythm and connection. No experience needed.

Toward the end of the month, we'll host an evening of Italian finger foods and a murder mystery, a chance to mingle, snack, and solve a whodunit together. And starting this month, we're dedicating the last Wednesday of the month to honoring our veterans. Paul Marshall from the Veterans Agent's Office will be on hand, and we'll start the day with breakfast sandwiches from Stanney's, screen the film Taking Chance, play a few games, and close out the afternoon with hot dogs and chips.

If you haven't stopped by in a while, consider this your nudge. The door's open, the coffee's on, and there's always something happening. See you soon, **Holly**

MEET THE COA STAFF

Holly Rose—Director
Amy Mills—Coordinator
“OPEN” Position—Assistant Coordinator
Margaret Feeley—Principal Clerk
Katherine Fabian—Principal Clerk
Cathleen McCarthy—SHINE
Maria Malinowski—Kitchen
Claire Crowell—Master Reiki (*Member Volunteer*)
Elaine Hyland—(*Member Volunteer*)
Marion (Missy) Rapoza—(*Member Volunteer*)

BOARD OF DIRECTORS

Elaine Hyland
Beatrice Taggart
Marion (Missy) Rapoza
Rosemary Clarke
Susan Mann
Susan Murray
Christopher Eddington
Gene Santorelli

Holly Rose-Director (ex-officio)

VAN DRIVERS

Tom Donovan - Paul Callinan - Rick Evans

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

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.

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!**

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

DAILY SOCIAL ACTIVITIES:

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

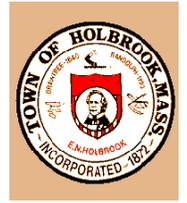
PLEASE JOIN US FOR THESE “MONTHLY” RECURRING EVENTS: (subject to changes)

BIRTHDAY BASH!	Last Monday 12:30-2:00
WALKING CLUB	Tuesdays 8:30-9:15
GENTLE YOGA	Tuesdays 10:15-11:30
BINGO	Tuesdays 12:30-2:30
SOCIAL	Thursdays 12:30-2:30
BLOOD PRESSURE	2 nd /4 th Thursdays 1:00-2:30
TRIAD	3 rd Thursday 10:00-11:00
THERAPY GARDENS	4 th Thursday 11:30-12:30



HOLBROOK COA

SENIOR HAPPENINGS (60+)



"JUNE" Birthday Bash



CASTLE ISLAND



BAK-TA-BAK
(Sponsored by the Holbrook Cultural Council)



BROCKTON ROX BASEBALL GAME



UFO's & SPY BALLOONS



CORN HOLE



ROCK PAINTING



NEW ENGLAND WILDLIFE CENTER



CASTLE ISLAND

TRANSPORTATION & APPOINTMENT SCHEDULE

S*H*I*N*E PROGRAM

“Serving Health Insurance Needs for Everyone”

For assistance with your Medicare Questions & Issues:
Appointments are available in person at the COA

Beginning JUNE 9th thru the month of AUGUST
Mondays only (10:00am - 11:00am - 12:00 Noon)

Please call to schedule your appointment 781-767-4617

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—10:00am ***IN TOWN*** Shopping

TUESDAY—9:00am ***WALMART*** (Avon)

WEDNESDAY—9:00am ***MARKET BASKET*** (Hanover)
and 12:00pm ***TRUCCHI'S*** (Abington)

****August 13th 12:00pm *OCEAN STATE JOB LOT***
(Avon) - NO TRUCCHI'S

THURSDAY—9:00am ***IN TOWN*** Shopping

FRIDAY (only MEDICAL) Resumes in September
(between 8:00am and 11:00am)

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

YMCA (Stoughton) “FREE”

Wednesdays for
Seniors who
present a COA
Membership
key ring tag.
Please sign up
at the COA.

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.

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

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

FAX LINE: 781-843-8279

TDD LINE: 781-356-1992

HAITIAN INFORMATION LINE: 781-930-0303

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

- 3,10,17**—CONCERTS at the Holbrook Gazebo 6:00-7:30 Call for a ride! (see page 10)
4,11—Rock Painting (See calendar for times)
5,12,19,26—Walking Club 8:30 Gentle YOGA w/Susan 10:15-11:30 and Bingo at 12:30
7,14,21,28—Social at 12:30
6—Lucky’s 777 Senior Luncheon (senior specials-**private pay**) 12:00
7—HIP HOP 10:00-11:00
8—Ward’s Berry Farm in Sharon (Pick Your Own peaches/nectarines-**private pay**)
Leave from COA at 9:00
11, 25 Drumming Circle 10:00-11:00
13—Scrabble 10:00 Harper Comfort Dog 12:00-2:00
COA Board Meeting 3:00
14—CPR Training with Captain Scott Collins, Cook The Book 6:00
18—Exercise with Alex 10:00-11:00, Movie “Jaws” 12:30-2:30
20—Marshfield Fair Day Trip 12:00
21—Murder Mystery 6:00
22—Nantasket Beach Day Trip (Leave from COA at 9am)
25—“**AUGUST**” Birthday Bash 12:30-2:00
27—“**Veteran Appreciation Day**” Veteran Agent Breakfast 10:00-11:00, Movie 11:00-12:30, Cribbage, Rummy, Cornhole 12:30, Hot dog lunch 1:30
27—***AVON COA*** - *Memory Café 11:30-1:30 (for Caregivers along with their individuals who are experiencing memory loss).*
28—Local Food Trivia: Yesterday & Today Presented by **Therapy Gardens** 11:30-12:30

NOTE: Beginning Friday, **JUNE 20th** thru Labor Day weekend, the COA and Town Hall are **CLOSED** on Fridays for the summer months. Watch the newsletter as there will be some Friday “Off-Site” Events.

15% Senior Discount (every day)



SARA’S PIZZA – 424 North Franklin Street, Holbrook
(next to the Highland Plaza)

Enjoy Oven Hot Pizza, Great Tasting Subs, Fresh Salads
& Delicious Dinners!

(781) 963-0351 or “Text” John **781-901-1423**
(mention the Senior discount)

Connection Café

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



“NEW” - “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!

Lunch at
Lucky's 777
 WEDNESDAY, AUGUST 6TH
 @ 12PM




SIGN UP TODAY!
COA VAN RIDE AVAILABLE

Ward's Berry Farm
 Friday, August 8th @9:00am
 Pick your own Peaches & Nectarines!



WARD'S
 Berry Farm

COA Van leaves Holbrook at 9:00am!
 Call for a Ride! 781-767-4617

DRUMMING
CIRCLE
 MONDAY, AUGUST 11TH & 25TH

JOIN US!



YOU'RE GONNA NEED A BIGGER SCREEN



JAWS
50TH
 ANNIVERSARY

Monday, August 18th at 10am
Movie & Brunch

MARSHFIELD
FAIR

AUGUST 20TH AT 12PM
 TICKETS \$15
 CALL FOR A COA VAN RIDE!



MURDER
MYSTERY
DINNER PARTY
 AT THE
COUNCIL ON AGING
 THURSDAY, AUGUST 21
 6PM




Nantasket
Beach
Day Trip

Friday, August 22nd
COA Van leaves Holbrook @ 9am!

BIRTHDAY
BASH

Monday, August 25th
 at 12:30pm




VETERAN
APPRECIATION
DAY

AUGUST 27TH, 2025
 10AM-2PM

~ Announcement ~

As COA Newsletter Editor since the latter part of 2022, the time has come for me to “pass the torch”. I have truly enjoyed the creativity in designing the newsletter so as to serve our Seniors with as much information as possible. As we begin to expand our services, programs and events it made sense to have the newsletter created in-house. With current technology and social media, I’m confident our newsletter can be brought to the next level. I have truly enjoyed serving our Seniors and will continue to assist the staff as needed through this transition. Being retired for almost 5 years, the time has come for me to “enjoy” what life has to offer going forward. I will continue to volunteer my service on the COA Advisory Board and encourage our Seniors to attend our monthly Board meetings to express any concerns or ideas you may have. I hope everyone enjoys the months ahead and I’m sure our paths will cross as time goes on.

Warm regards, Elaine Hyland



A graphic with a yellow background. At the top left, a hand holds a blue megaphone. A dark blue sign hangs from a string, reading "NEW FACEBOOK PAGE!". Below the sign, a white box contains the text: "Holbrook Council On Aging" and "The Holbrook COA has a new Facebook page! Follow us for more information on daily activities, special events, and outings!". At the bottom right, another hand holds a blue megaphone.

NEW FACEBOOK PAGE!

"Holbrook Council On Aging"

The Holbrook COA has a new Facebook page!
Follow us for more information
on daily activities, special events, and outings!



A colorful poster for a "Holbrook BLOCK PARTY". The title "Holbrook" is in orange script, "BLOCK PARTY" is in large blue and green block letters. A red banner below says "SATURDAY, AUGUST 9 10:30AM - 2:30PM". The "Event Highlights" section lists: "FOOD TRUCKS & FRESH LEMONADE", "JIMMY BUFFET COVER MUSIC", "LAWN GAMES & CORNHOLE", "FACE PAINTING", and "PETTING ZOO". A call to action says "Join us for a Spectacular Family Fun Day!". The location is "Event takes place in Library & COA parking lot, and Mary Wales Park". Sponsors are "Holbrook Public Library, Holbrook Council on Aging, Winthrop Church, and Town Hall". The bottom features a group of people dancing and two circular logos: "Summer Splash" and "Strategic Aging".

Holbrook BLOCK PARTY

SATURDAY, AUGUST 9
10:30AM - 2:30PM

Event Highlights

FOOD TRUCKS & FRESH LEMONADE
JIMMY BUFFET COVER MUSIC
LAWN GAMES & CORNHOLE
FACE PAINTING
PETTING ZOO

Join us for a Spectacular Family Fun Day!

Event takes place in Library & COA parking lot, and Mary Wales Park

Sponsored By:
Holbrook Public Library, Holbrook Council on Aging, Winthrop Church, and Town Hall

Summer Splash Strategic Aging

MassVets Chapter 115

Massachusetts has made generous provisions for providing to veterans in need of financial assistance. This coverage is extended to the veteran's eligible dependents.

Anyone qualifying under the "Veteran" definition, including eligible dependents, may apply for veterans' benefits in the community in which they reside, if they meet the Income and Asset Limits for this needs-based program. However, applicants whose income is slightly above the income limit may be eligible at a "spend down" adjustment amount.

Benefits may be available at several levels, and include financial assistance to help pay shelter, heating, and medical expenses. To determine eligibility, the VSO will ask the applicant to provide proof of the veteran's military service and certain expenses, as well as proof of income and assets. The VSO may require other supporting documents such as marriage, birth, or death certificates, depending on the situation. Using the documents provided, the VSO will determine an allowable budget as outlined in 108 CMR. Once the applicant's budget has been established, the VSO will determine if the applicant is eligible for any financial assistance.

Recipients of financial assistance under this program may fall into several categories. For instance, a recipient who is not totally and permanently disabled or retired, would be expected to seek full time employment, and might expect to receive assistance for a brief period while they secure a job. A recipient who is totally and permanently disabled, or who is retired, might find themselves in a financial situation whereby their needs dictate that they continue to receive benefits indefinitely.

Paul Marshall, US Navy Veteran
Clerical Assistant for Braintree Veteran Services
30 Foster Road Braintree, MA
781-794-8218

Website: <https://www.braintreema.gov/166/Veterans-Services>

**HOLBROOK COUNCIL ON AGING
VETERAN APPRECIATION DAY
WEDNESDAY, AUGUST 27, 2025**

**LOCATION:
HOLBROOK COUNCIL ON AGING
9 JEWEL ROAD, HOLBROOK, MA**

**SCHEDULE:
10:00 AM – LIGHT BREAKFAST
EGG SANDWICH & FRESH FRUIT
COFFEE, TEA, OR WATER**

**10:00 AM – 11:00 AM – VETERAN AGENT ADMINISTRATIVE ASSISTANT
• PAUL MARSHALL AVAILABLE TO ASSIST WITH VETERANS' SERVICES**

**11:30 AM – MOVIE SCREENING "TAKING CHANCE" (2009)
• A MOVING TRIBUTE TO MILITARY HONOR AND SACRIFICE**

1:00 PM – LUNCH HOT DOG & CHIPS

**ALSO AVAILABLE THROUGHOUT THE DAY:
CORNHOLE & CRIBBAGE**

**TRANSPORTATION PROVIDED!
NEED A RIDE? CALL US IN ADVANCE TO ARRANGE TRANSPORTATION.**

**ALL VETERANS AGED 60 AND OVER ARE WELCOME!
COME ENJOY A DAY OF CAMARADERIE, SUPPORT, AND APPRECIATION.
FOR MORE INFORMATION OR TO ARRANGE TRANSPORTATION, PLEASE CALL:
PHONE: 781-767-4617**



AUGUST 2025



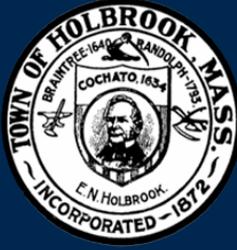
“SIGN-UP” for Activities/Events

HOLBROOK COUNCIL ON AGING

781-767-4617

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 (CLOSED)	2
CONCERT <i>Schedule on page 10</i>						
3 CONCERT 6-7:30pm Holbrook Gazebo	4 9:30 Exercise 10:30 Rock Painting w/Amy 12:30-1:30 Two Episodes of the Netflix series "Grace & Frankie" 12:30 Lucky Dog	5 9:30 Exercise 8:30-9:15 Walking Club w/Amy 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO	6 9:30 Exercise 10:00 Rummy 500 12:00 LUCKY 777 (Senior Specials) (Private Pay)	7 9:30 Exercise 10:00 HIP HOP 12:30 SOCIAL 1:00 Reiki (\$5 Donation)	8 (CLOSED) 9:00 Ward's Berry Farm Day Trip (pick your own peaches & nectarines) (Private Pay)	9 10:15-11:00 St. Joseph's Food Pantry (those with transportation) 10:30-2:30 Block Party
10 CONCERT 6-7:30pm Holbrook Gazebo	11 9:30 Exercise 10:00-11:00 Drumming Circle 10:00 & 11:15 FOOD PANTRY (Van Only) 12:00 Rock Painting w/Amy	12 9:30 Exercise 8:30-9:15 Walking Club w/Amy 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO	13 9:30 Exercise 10:00 Scrabble 12:00 Ocean State 12:00 Harper Comfort Dog 3:00 COA Board Meeting	14 9:30 Exercise 10:00-12:00 Captain Collins CPR Training (Public Safety Bldg.) 12:30 SOCIAL 1:00-2:30 Blood Pressure 6:00 Cook the Book	15 (CLOSED)	16
17 CONCERT 6-7:30pm Holbrook Gazebo	18 9:30 Exercise 10:00-11:00 Exercise w/Alex 12:30-2:30 Movie/Brunch "Jaws" 50 th Anniversary!	19 9:30 Exercise 8:30-9:15 Walking Club w/Amy 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO	20 9:30 Exercise 10:00 JENGA 12:00 MARSHFIELD FAIR (Tickets \$15) 12:30-2:00 Diamond Art	21 9:30 Exercise "NO" TRIAD 12:30 SOCIAL 1:00 Reiki (\$5 Donation) 6:00 COA Murder Mystery	22 (CLOSED) 9:00 Nantasket Beach Day Trip	23
24	25 9:30 Exercise 10:00-11:00 Drumming Circle 12:30-2:00 "AUGUST" Birthday BASH	26 9:30 Exercise 8:30-9:15 Walking Club w/Amy 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO	27 9:30 Exercise *10:00-11:00 Breakfast sandwiches with Veteran Rep 11-12:30 Movie "Taking Chance" 12:30 Cribbage, Rummy, Cornhole	28 9:30 Exercise 11:30-12:30 Food Trivia Presented by THERAPY GARDENS 12:30 SOCIAL 1:00-2:30 Blood Pressure	29 (CLOSED)	30 11:30-1:00 New Birth Evangelical Church FOOD PANTRY
31			* Veterans Appreciation Day			

NOTE: TRIAD will not be meeting in the month of August and will resume in September.



HOLBROOK CULTURAL COUNCIL

FREE SUMMER CONCERT SERIES

SUNDAYS, 6-7:30 P.M.

JULY 13

4EverFab

Beatles Tribute Band, Rain Date 8/19

JULY 20

The Reminisants

Classic Oldies, Rain Date 8/14

JULY 27

The Defenders

Drum and Bugle Corps, Rain Date 7/31

AUGUST 3

Uncommon Soul

Pop and Rock Band, Rain Date 8/7

AUGUST 10

Ginamark

Pop and Rock Band, Rain Date 8/28

AUGUST 17

Matt York

Classic Country Revue, Rain Date 8/21



Kris Carew Memorial Gazebo
Castle Canyon Playground
97 S. Franklin Street

Scan to learn more!

SUMMER WALKING CLUB

EVERY TUESDAY 8:30AM

MEET AMY AT SUMNER FIELD

JOIN US NOW!

WEAR YOUR SNEAKERS! NO REGISTRATION NEEDED!

Join us every Tuesday at Sumner Field!

ESSENTIAL FIRST AID & CPR TRAINING

SEPTEMBER 11TH, 2025
9:00 AM - 11:00 AM

HOLBROOK FIRE STATION
300 South Franklin St.
Holbrook, MA

COA VAN RIDE TO THE FIRE STATION

Save the Date for our September training!
(August CPR Training is FULL)

AM I ELIGIBLE FOR SNAP?

(Find out if you may be eligible in 10 seconds)

[DTA Connect - Massachusetts Department of Transitional Assistance](#)

How many people live in your household, including you? If you buy and make more than 2/3 of your meals with others, they must be in your household. If your spouse or children under 22 live with you, they must be in your household even if you do not buy and make meals with them.

Is anyone age 60 or older?

Does anyone in the household have a physical or mental **disability**

What is the total **gross income for your household?**

S.N.A.P. – “Supplemental Nutrition Assistance Program (formerly Food Stamps)

The following information on the last page of this newsletter is for those requiring assistance with food costs. The program aims to supplement the grocery budget of low-income households ensuring they can afford nutritious food essential for health and well-being. SNAP benefits are provided monthly on an Electronic Benefits Transfer (EBT) card, which can be used to purchase eligible groceries. Please contact DTA (Department of Transitional Assistance) 877-382-2363 (press 7 to apply for SNAP).

SNAP Eligibility Chart

Household Size	Maximum Monthly Income (before taxes)	Maximum Monthly SNAP Amount*
1	\$2,608	\$292
2	\$3,525	\$536
3	\$4,442	\$768
4	\$5,358	\$975
5	\$6,275	\$1,158
6	\$7,192	\$1,390
7	\$8,108	\$1,536
8	\$9,025	\$1,756
Each additional person	+ \$917	+ \$220

* Your household may receive a different monthly amount, depending on income and expenses.

SNAP Overview

SNAP is a federal nutrition program administered by the Department of Transitional Assistance (DTA) for Massachusetts residents. DTA Assistance Line: 877-382-2363 (press 7 to apply for SNAP) OR mail the completed cover sheet and application to: DTA Document Processing Center, P.O. Box 4406, Taunton, MA 02780 **SNAP benefits include:**

- Monthly funds on a debit-like EBT card to buy food
- An additional \$20 a month put back on your EBT card when you use SNAP to buy local produce via the [Healthy Incentives Program](#) (HIP)
- [SNAP Path to Work](#) free education and training opportunities – families who participate may be able to get free child care
- Free [nutrition education](#) classes and resources
- Connections to other kinds of help, such as:
 - utility discounts,
 - free school meals [including Summer EBT](#),
 - direct eligibility for Head Start child care, and
 - discounted admissions to many Commonwealth museums and cultural institutions via [EBT Card to Culture](#)