

The Canton Department of Elder and Human Services is the only Public Human Services Agency in Canton

Our Mission

- To assist in the well-being of Canton's older population and residents of any age who need social services
- To provide services that are accessible and equitable
- To maintain and enhance the quality of life of our older citizens while respecting their dignity
- To offer effective, quality services that respond to community needs

Transportation

- The DEHS offers transport to medical appointments, food shopping, errands, hair salons, the Senior Center and more within our service area
- We have two handicapped accessible vans, buses and a car
- We have several options for transportation to medical appointments outside our service area

Contact the Outreach Worker/
Director for more information
at 781-828-1323



DEHS Team

Director: Diane Tynan
Outreach Workers: Robin Tobin
Vicky Ferguson
Program Coordinators:
Marylou Sullivan
Shalini Mathur
Principle Clerk: Beth Barrera
Team: Peg Cibotti
Linda Friel

COA Board

Chair: Janet Walrod
Vice Chair: Elaine Gilmore
Secretary: Ellen Donovan
Members: John Crowe
Alan Leary
Jane Pratt
John Thoener

Transportation

Steve Genatossio
Richard D'Attanasio, Jim Paschal
Fred Rausa, Bob Trayers, Al Widberg

Senior Center Hours

Monday-Friday

8:30 AM– 4 PM

www.town.canton.ma.us

www.facebook.com/cantoncoa

Canton Department of Elder and Human Services



Canton Senior Center
500 Pleasant Street
Canton, MA 02021
Phone: 781-828-1323

Email:
dtynan@town.canton.ma.us



The Senior Center offers a variety of Programs and Services: some are listed below

Health and Wellness

- BP & Glucose screenings
- Balance & Strength classes
- Cardio fitness
- Chair fit
- Line dance
- Manicure & Pedicures
- Massages & Reflexology
- Pickleball
- Podiatry
- Ta'i Chi
- Tap dance
- Waxing
- Yoga/Meditation
- Zumba

Volunteer opportunities are available

Visit the Senior Center for a tour and to sign up for the monthly newsletter!

Find us online at

<https://town.canton.ma.us/341/Elder-and-Human-Services>

Social and Recreational

- Pool Table
- Scrabble
- Hand & Foot
- Drum Circle
- Arts & Crafts
- Luncheons
- Men's Club
- Day & Overnight Trips
- Book Club
- Daily Lunch
- Bridge
- Bingo
- Mahjong
- Knitting
- Trips
- Cribbage
- Women's Club
- Intergenerational Programs
- Special Dinners with Programs

Educational

- English as a Second Language
- Health Seminars
- Long Term Care Planning/Advance Care Directives/Healthcare Proxy/Power of Attorney
- Legal Seminars/Clinics
- Estate Planning
- LifeLong Learning Series
- Current Events
- Money management Seminars
- Nutrition
- Computer Classes
- Technology Classes & Support



Social Services/Other Services

- Case Management
- Economic Assistance including Farmers Market coupons, SNAP (Supplemental Nutrition Assistance Program)
- Food Pantry
- Friendly Visitor Program
- Fuel Assistance
- Holiday Meals programs
- Home Visits
- Housing Assistance
- Information & Referral
- Meals on Wheels Program
- Senior/Veterans' Tax Program/Tax Exemption Assistance
- SHINE (Serving Health Insurance Needs of Everyone)
- Support Groups - Caregivers, Low Vision, Memory Café and more

This list of programs and services is not comprehensive- please call us for more information

781-828-1323