

TRANSPORTATION GUIDE

TOWN of ACTON

(Member of Lowell Regional Transit Authority (LRTA) Paratransit Services)

Transportation Options

1. Road-Runner Van (LRTA)

- Age 60+ (with age identification), or Disabled and under 60. (Need certification by LRTA)
- Any, medical is priority: do not serve nutrition sites
- Wheelchair Accessible
- Monday – Friday: 8:00-3:30
- **Destinations:** Acton, Bedford, Burlington, Concord, Maynard, and Westford once a week
- **Contact Info:** 1-800-589-5782 (Call before 3:00 the previous business day.)
- Registration for disabled under 60 (may take several days)
- Wednesdays – Acton, Bedford and Lahey Clinic. Call 24hours ahead.

2. COA Van

- Age 60+, Disabled under 60 as space allows, Needs escort if not independent.
- 1st priority is medical. Priority to trips to Senior Center (i.e. nutrition, clinic, day programs)
- Wheelchair Accessible
- Monday – Friday: 8:00-4:00
- **Destinations:** Acton, Concord, Maynard
- **Contact Info:** (978) 264-9643 (Call 8:00-12:00)
- Call at least 24 hours in advance of when ride is needed.
- Reservation (8:00-11:00)

TOWN of ARLINGTON

(Member of Massachusetts Bay Transportation Authority (MBTA))

Transportation Options

1. COA Dial-A-Ride Transportation (run by Arlex Taxi)

- Age 60+ and retired (with DART card from COA) Call for income guidelines.
- Within Arlington only
- Not Wheelchair Accessible
- 7 Days a Week
- **Destinations:** Arlington
- **Contact Info:** For Card: (781) 316-3400. For trips call (781) 316-3400 24 hours ahead

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TOWN of ARLINGTON continued

2. COA, Sanborn Fund

- Must be an Arlington resident, Must be a cancer patient, Need to apply to COA
- Transportation is for cancer treatments only or related doctor visit
- Wheelchair Accessible
- Monday – Friday, Transportation provided by COA van or local taxi service
- **Destinations:** Area Hospitals
- **Contact Info:** Call COA (781) 316-3410 to schedule ride. Prefer to have a few days notice

3. SCM, (Somerville Cambridge Medford) Transport

- Age 60+
- Medical Transportation to and from Boston and surrounding areas
- Wheelchair Accessible
- Monday – Friday (8:00-4:00)
- **Destinations:** Boston and surrounding area hospitals
- **Contact Info:** Call Bill Murphy at 781-316-3400 to set up ride. Call to make arrangement 5 days in advance.

4. COA Van

- Age 60+
- Transportation to Senior Center, medical appointments
- Wheelchair Accessible
- Monday – Friday 8:30-3:30
- **Destinations:** Senior Center for any activity at the center
- **Contact Info:** Call COA 781-316-3400. Must call 1 day in advance, based on availability.

5. COA Medical Escort Services (MES)

- Age 60+
- Medical only
- Not Wheelchair Accessible
- Monday – Friday
- **Destinations:** Anywhere
- **Contact Info:** Call Intake at COA 781-316-3400. They will schedule with the Transportation Coordinator. Must give a 7-day notice. Based on availability of volunteers.

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TOWN of ARLINGTON continued

6. THE RIDE (MBTA)

- Disabled
- All trips allowed
- Wheelchair Accessible
- 7 days a week: 6:00am – 1:00am (the next morning)
- **Destinations:** Arlington, Boston, Cambridge and the rest of THE RIDE's core area.
- **Contact Info:** To register (takes about 30 days) call (617) 222-5123 or TDD: (617) 222-5415. For trips call (877) 765-7433 (also TDD) schedule up to 14 days ahead thru 4:00 pm the day before appt. Mon-Fri 7:30am -6pm., Sat 8am – 4pm
- Register for THE RIDE online:
<http://www.mbt.com/uploadedFiles/documents/rideapplcrltr0505.pdf>

7. Arlington Housing Authority Vans

- Arlington Housing Residents
- Anywhere in Arlington
- Not Wheelchair Accessible
- Monday, Tuesday, Thursday & Friday 9:00-2:00; Wednesday to Market Basket in Burlington and Burlington Mall
- **Destinations:** Arlington, and Shopping Trip to Burlington on Wednesdays
- **Contact Info:** Sign up on sheet on bulletin board. Must sign up the day before.
(781) 646-1272

TOWN of BEDFORD

(Member of Massachusetts Bay Transportation Authority (MBTA))

Transportation Options

1. Bedford Local Transit (BLT)

- No age restriction
- All trips allowed
- Wheelchair Accessible
- Monday – Friday: 9:00am - 4:00pm
- **Destinations:** Bedford
- **Contact Info:** Call 8am – 9am morning of day of travel (781) 275-2255 to arrange non-mall trips. Will pick-up elder at their home. Call for information about trips to Burlington Mall.

TRANSPORTATION GUIDE

TOWN of BEDFORD continued

2. Friendly Drivers

- Age 60+, Bedford residents only
- Medical
- Not Wheelchair Accessible
- Monday – Friday: 8:00am - 3:30pm
- **Destinations:** Bedford and within 10 mile radius (Lexington Eye, Lahey & Emerson)
- **Contact Info:** (781) 275-6825; 2-3 days notice. The elder must be able to get in and out of the car unassisted. A driver is not able to pick-up an elder after anesthesia.

3. Wheels of Life (Carleton-Willard Village Outreach Fund)

- Age 65+
- Medical, radiation, chemotherapy, dialysis and other treatments
- Not Wheelchair Accessible
- Monday – Friday: 8:00am - 3:30pm
- **Destinations:** Bedford and surrounding towns and Boston
- **Contact Info:** Call COA to schedule a ride at least 3 days before at 781-275-6825. Elder must be able to exit the vehicle and get to and from the appointment by themselves.

TOWN of BOXBOROUGH

Transportation Options

1. Boxborough COA Van Service

- Age 60+ and residents with disabilities
- Primarily Medical also food shopping and appointments
- Wheelchair Accessible
- Monday – Thursday: 9:00am - 3:30pm
- **Destinations:** Boxborough and surrounding towns, primarily local, special consideration for Boston hospitals
- **Contact Info:** Call (978) 263-1116 Extension 118, Monday, Tuesday & Thursday from 9:00-11:00 to request a ride 48 hrs in advance.

2. Volunteer Driver Transportation

- Age 60+ and residents with disabilities
- All trips allowed
- Not Wheelchair Accessible
- Monday – Friday
- **Destinations:** Boxborough and surrounding towns
- **Contact Info:** Volunteer drivers are listed in monthly newsletter mailed to residents over 60 years old. The elder may call a volunteer directly to arrange a ride. If the elder cannot find a ride, they may contact the COA Tuesday 9:00-11:00. Schedule 48 hrs in advance. COA Van Dispatcher (978) 263-1116 Ext. 118

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TOWN of BURLINGTON

(Member of Massachusetts Bay Transportation Authority (MBTA))

Transportation Options

1. Senior Minivan/COA

- Age 60+
- Medical, Shopping, Senior Center activities, Nutrition
- Wheelchair Accessible
- Medical - Monday & Friday 9am-3pm; Tuesday & Wednesday 1-3pm, DeMoula's Market Basket – Tuesday, every other Wednesday & every Saturday morning, Shaws – every other Wednesday 9-9:30AM
- **Destinations:** Burlington
- **Contact Info:** Call (781) 270-1950 with 24 hour notice, Open Saturday 10-4 with van transportation

2. (Volunteer) FISH

- No age restriction
- Medical & Human Services Appointments
- Not Wheelchair Accessible
- Monday-Friday 9:00-5:00
- **Destinations:** Burlington, Billerica, & surrounding towns if volunteer is willing
- **Contact Info:** (781) 270-1961: 48 hour notice

3. Burlington Taxi

- No age restriction
- All
- Not Wheelchair Accessible
- 24 hour service
- **Destinations:** Anywhere
- **Contact Info:** (781)-272-0700

4. B Line Bus

- 12 routes within Burlington. Runs on a set schedule
- All
- Wheelchair Accessible
- Monday – Friday (7:30am-6:00pm)
- **Contact Info:** (781)-270-1965

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TOWN of CARLISLE

Transportation Options

1. Friendly Drivers (COA)

- Age 60+
- Primarily Medical
- Not Wheelchair Accessible
- As needed if COA Van isn't available
- **Destinations:** Carlisle & surrounding towns
- **Contact Info:** (978) 371-6690

2. COA Van

- Age 60+ and Disabled Adults
- Must be accompanied by someone if handicapped. COA events, area hospitals & day trips.
- Wheelchair Accessible
- Monday-Friday, Weekly to Westford Market Basket Wednesday & Friday 10am
- **Destinations:** Carlisle & surrounding towns, Emerson Hospital and Lahey Clinic
- **Contact Info:** Call for reservations by calling the COA at (978) 371-6690. Leave name, phone, date and time of appointment. Remember to make reservations 48 hours in advance.

3. FISH (will not come to Carlisle, you have to get to Concord)

- No age restriction
- Primarily Medical
- Not Wheelchair Accessible
- Monday-Friday
- **Destinations:** Concord & surrounding towns
- **Contact Info:** (978) 369-2244; 24 hour notice. Concord FISH will serve Carlisle

4. Effective July 1, 2008 Carlisle will be part of the LRTA (Lowell Regional Transit Authority) – For more information call (978) 452-6161 or go to www.lрта.com

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TOWN of CONCORD

Transportation Options

1. COA Van

- Age 60+
- Medical, shopping, errands, meal site & COA Programs
- Wheelchair Accessible (Must have escort if not self-sufficient)
- Monday– Friday 8:40 – 3:20
- **Destinations:** Mon - Roche Bros, Acton; Thurs - Stop&Shop; 6 people/6 bag limit
- **Contact Info:** (978) 318-3020; At least 24 hour notice by appointment only

2. FISH (Volunteers)

- No age restriction
- Primarily medical
- Not Wheelchair Accessible
- Monday-Friday
- **Destinations:** Concord & surrounding towns & Lahey
- **Contact Info:** (978) 369-2244; 24 hour notice

3. THE RIDE (MBTA)

- Disabled
- All
- Wheelchair Accessible
- 7 days a week, 6am – 1am (the next morning)
- **Destinations:** Arlington, Boston, Cambridge and rest of RIDE's core area
- **Contact Info:** To register (takes about 30 days) call (617) 222-5123 or TDD: (617) 222-5415. For trips call (877) 765-7433 (also TDD) schedule up to 14 days ahead thru 4pm the day before appt. Monday-Fri 7:30am-6pm. Saturday 8am-4pm.
- Register for THE RIDE online at <http://www.mbta.com/uploadedFiles/documents/rideapplcvrltr0505.pdf>

4. Lincoln Concord Coach

- No age restriction
- All
- Not Wheelchair Accessible
- This service is limited to when cars are available
- **Destinations:** Bedford, Carlisle, Concord, Maynard, Lincoln, Stow, Wayland, Westford and Weston
- **Contact Info:** (978) 371-5600

TRANSPORTATION GUIDE

TOWN of HARVARD

Transportation Options

1. Mart Van

- 60+ and under 60 with disabilities
- Medical, Shopping, etc.
- Not Wheelchair Accessible
- Monday– Friday
- **Destinations:** Harvard & surrounding towns, Concord – Leominster area, Boston and Worcester areas for medical appointments only
- **Contact Info:** (978) 456-4100 (Monday thru Thursday). 48 hour notice required

TOWN of LEXINGTON

(Member of Massachusetts Bay Transportation Authority (MBTA))

Transportation Options

1. Lexpress (Minibus)

- No age restriction; Handicap accessible - wheelchair lift
- All
- Wheelchair Accessible
- Monday-Friday 6:45am – 6:00pm
- **Destinations:** Fixed route, Lexington Center, Burlington & Middlesex Malls
- **Contact Info:** (781) 861-1210

2. FISH (Volunteers)

- No age restriction, unable to drive, Lexington residents only
- Limited to medical appointments (One ride per week)
- Not Wheelchair Accessible
- Monday – Friday 9:00 – 1:00 (Not available on Fridays in June, July and August)
- **Destinations:** Lexington, surrounding towns & Boston
- **Contact Info:** (781) 861-9300; 2 days notice needed. If first time caller, please call one week in advance.

3. THE RIDE (MBTA)

- Disabled
- All
- Wheelchair Accessible
- 7 days a week, 6am – 1am (the next morning)
- **Destinations:** Arlington, Boston, Cambridge and the rest of RIDE's core area
- **Contact Info:** To register (takes about 30 days) call (617) 222-5123 or TDD: (617) 222-5415. For trips call (877) 765-7433 (also TDD) schedule up to 14 days ahead thru 4pm the day before appt. Monday-Friday 7:30am – 6pm. Sat 8am – 4pm
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TOWN of LINCOLN

(Member of Massachusetts Bay Transportation Authority (MBTA))

Transportation Options

1. COA – Cab (Lincoln Cab)

- Age 60+
- Medical; Senior Center, Visiting friend/relative in nursing home
- Not Wheelchair Accessible
- Monday-Friday 8:30am - 4:30pm
- **Destinations:** Lincoln, Concord, Weston, Lexington, Waltham and Boston
- **Contact Info:** Call (781) 259-8811 (COA) with 2 days notice

2. LINC Volunteer

- Age 60+
- Medical & Dental Appointments
- Not Wheelchair Accessible
- Monday-Friday 9:00-4:00
- **Destinations:** Surrounding towns
- **Contact Info:** Call (781) 259-8811 (COA) with 2 days notice

3. THE RIDE (MBTA)

- Disabled
- All
- Wheelchair Accessible
- 7 days a week; 6am – 1am (the next morning)
- **Destinations:** Arlington, Boston, Cambridge and the rest of RIDE's core area
- **Contact Info:** To register (takes about 30 days) call (617) 222-5123 or TDD: (617) 222-5415. For trips call (877) 765-7433 (also TDD) schedule up to 14 days ahead thru 4pm the day before appt. Monday-Friday 7:30am – 6pm. Sat 8am – 4pm
- Register for THE RIDE online at <http://www.mbta.com/uploadedFiles/documents/rideapplcvrltr0505.pdf>

4. COA/SCM Van

- Age 60+
- Shopping, Mall TBA outings
- Wheelchair Accessible
- Changes each month, usually two shopping trips and two outings.
- **Destinations:** Call COA or check COA newsletter
- **Contact Info:** Call COA at (781) 259-8811 by Friday of the week before to reserve space on the vans. Input into the service is welcome.

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TOWN of LITTLETON

Transportation Options

1. COA Van and Montachusett Area Regional Transit Authority (MART)

- Age 60+, Disabled under 60
- All, priority is medical
- Wheelchair Accessible (medical appt. has van priority)
- Medical Appointments: Monday-Friday 9-3; Grocery Shopping: Monday only 10-12:30
- Call 2 days in advance to schedule ride 978-952-2362

TOWN of MAYNARD

Transportation Options

1. COA Minibus

- Age 60+, Disabled
- Medical, nutrition, shopping, etc.
- Wheelchair Accessible
- Monday-Friday 7:30am - 3:00pm
- **Destinations:** Maynard, Concord, Acton, Stow, Sudbury, (Occasional trips to Solomon Pond & Wal-Mart, call for details)
- **Contact Info:** (978) 897-1009 (COA); (978) 897-1032 (COA 24 hr notice); Best to call several days in advance. Voluntary donation suggested.

TOWN of STOW

Transportation Options

1. COA Van Volunteers by request

- Age 60+, Disabled under 55
- Medical, Shopping, Nutrition, etc. Disabled to local jobs.
- Wheelchair Accessible
- Monday-Friday 8:00am - 4:00pm
- **Destinations:** Stow & surrounding towns. Will go to Lahey Clinic in Burlington and Boston for medical appointments.
- **Contact Info:** (978) 897-1880, 24 hour notice, more if possible for medical appointments

TRANSPORTATION GUIDE

TOWN of WILMINGTON

(Member of Massachusetts Bay Transportation Authority (MBTA))

Transportation Options

1. COA Van

- Age 60+, Disabled
- Medical
- Wheelchair Accessible (must bring companion)
- Monday-Friday 9:30am - 3:30pm
- **Destinations:** Wilmington and within 13 mile radius of COA
- **Contact Info:** Call the COA at (978) 657-7595; 7 day notice

2. Respite Care Car

- Age 60+
- Medical
- Not Wheelchair Accessible
- Monday-Friday 9:00am - 4:30pm
- **Destinations:** Wilmington and within 13 mile radius of COA
- **Contact Info:** Call the COA at (978) 657-7595; 24 hour notice

3. Wilmington Housing Authority

- Age 60+
- Shopping to DeMoula's Market Basket
- Wheelchair Accessible
- Wednesday 9:00 pickup at Deming Way elder housing
- **Destinations:** DeMoula's Market Shopping Center
- **Contact Info:** Call (978) 658-8531

4. THE RIDE (MBTA)

- Disabled
- All
- Wheelchair Accessible
- 7 days a week; 6am – 1am (the next morning)
- **Destinations:** Arlington, Boston, Cambridge and the rest of RIDE's core area
- **Contact Info:** To register (takes about 30 days) call (617) 222-5123 or TDD: (617) 222-5415. For trips call (877) 765-7433 (also TDD) schedule up to 14 days ahead thru 4pm the day before appt. Monday-Friday 7:30am – 6pm. Sat 8am – 4pm
- Register for THE RIDE online at
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TOWN of WINCHESTER

(Member of Massachusetts Bay Transportation Authority (MBTA))

Transportation Options

1. Jenks Senior Center Volunteers

- Age 60+
- Medical
- Not Wheelchair Accessible
- Monday-Friday 9:00am - 4:00pm
- **Destinations:** Winchester & surrounding towns for medical appointments
- **Contact Info:** Call (781) 721-7136, 2 business days notice

2. Van Service

- Age 60+, Disabled
- Medical only
- Wheelchair Accessible
- Monday-Friday
- **Destinations:** Boston for medical appointments only
- **Contact Info:** Call (781) 721-7136, 3-7 days notice required

3. MiniVan

- Age 60+, Disabled
- Nutrition - Eating Together Program only
- Wheelchair Accessible
- Monday, Wednesday and Friday 10am-12: 30pm
- **Destinations:** Winchester
- **Contact Info:** Call (781) 721-7136, 1 day notice

4. THE RIDE (MBTA)

- Disabled
- All
- Wheelchair Accessible
- Monday – Sunday 6am – 1pm
- **Destinations:** Arlington, Boston, Cambridge and the rest of RIDE's core area
- **Contact Info:** To register (takes about 30 days) call (617) 222-5123 or TDD: (617) 222-5415. For trips call (877) 765-7433 (also TDD) schedule up to 14 days ahead thru 4pm the day before appt. Monday-Friday 7:30am – 6pm. Sat 8am – 4pm
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TOWN of WOBURN

(Member of Massachusetts Bay Transportation Authority (MBTA))

Transportation Options

1. COA Vans

- Age 60+, Disabled
- Senior Center and Medical Appointments as van schedule allows
- Wheelchair Accessible
- Monday - Friday
- **Destinations:** Senior Center for any activity, Woburn & surrounding cities/towns, Medical appointments when possible
- **Contact Info:** Call (781) 897-5960 (including Meal Site), 48 hour notice required

2. Woburn Senior Housing

- Age 60+
- Shopping (Pickups only at elder housing)
- Not Wheelchair Accessible
- Pick up is on Tuesdays between 9:15am and 9:30am
- **Destinations:** Stop & Shop
- **Contact Info:** Call Vocell Bus Co. (781) 393-0220

3. Checker Cab/Woburn COA

- Age 60+, Program run by the Woburn Council on Aging. Call (781) 897-5960 for ID and tickets. Must buy voucher in advance at COA
- Woburn for any reason; Surrounding cities and towns Medical Appointments only
- Wheelchair Accessible with notice
- 7 days a week, 24 hour service
- **Destinations:** Woburn & surrounding towns, Bedford VA
- **Contact Info:** Call Checker Cab (781) 937-6000 to schedule pickup after vouchers have been purchased at COA. 24 hour notice weekdays, 48 hour notice weekend/holidays

4. THE RIDE (MBTA)

- Disabled
- All
- Wheelchair Accessible
- Monday – Sunday 6am – 1pm
- **Destinations:** Arlington, Boston, Cambridge and the rest of RIDE's core area
- **Contact Info:** To register (takes about 30 days) call (617) 222-5123 or TDD: (617) 222-5415. For trips call (877) 765-7433 (also TDD) schedule up to 14 days ahead thru 4pm the day before appt. Monday-Friday 7:30am – 6pm. Sat 8am – 4pm
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REGIONAL TRANSPORTATION OPTIONS (various town locations)

1. Ambulance Service – Armstrong Ambulance

- Ambulance only no chair cars
- Medical
- 7 days a week
- Service area for private pay: Arlington, Burlington, Lexington, Winchester, Woburn, Concord
- Open 24 x 7; Call 781-648-0612 to schedule pick up

2. Eastern EMS Chair Cars

- Disabled
- Medical
- 7 days a week
- Service area for private pay: Burlington, Lexington, Wilmington, Winchester, Woburn
- Open 24x7; Call 781-246-5223 to schedule pick up

3. Harrison Global (Cab Service)

- No restriction
- All trips
- 7 days a week
- Services most of our towns
- Call 781-863-2626

4. MBTA Discount ID Pass

- 65+ and must have valid MBTA Senior Citizen ID or valid MBTA Transportation Access Pass ID
- All trips
- Call (617) 222-5438

5. American Cancer Society – Road To Recovery

- Cancer patients all ages
- Cancer Treatments
- Not Wheelchair Accessible
- 7 days a week, 24 hour service
- **Destinations:** Anywhere
- **Contact Info:** 1-800-227-2345 - Free transportation help for Cancer Patients for rides or questions. This service is run by volunteers and is for ambulatory patients only.

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REGIONAL TRANSPORTATION OPTIONS continued

6. Need-A-Lift MediVan

- No age restriction
- All, Medical priority
- Wheelchair Accessible
- Monday-Friday 6:00 am-5:00 pm; Available Weekends; Office hours 7-5; Answering Service 24 hours
- **Destinations:** Anywhere based on availability
- **Contact Info:** (978) 534-0041 Intake

7. Suburban Home Care Med-Ride

- Age 18+
- All
- Wheelchair Accessible
- Monday-Friday, Available Weekends with advanced notice
- **Destinations:** Anywhere based on availability
- **Contact Info:** (866) 633-7433 or (781) 599-5200