

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: 8:00-4:00
- **Destinations:** Acton, 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)

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: 8:00-3:30
- **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.

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

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

TRANSPORTATION GUIDE

TOWN of ARLINGTON continued

3. SCM, (Somerville Cambridge Medford) Transport

- Age 60+
- Medical Transportation to and from Boston and surrounding areas
- Wheelchair Accessible
- Monday – Friday
- **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
- 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.

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.mbta.com/uploadedFiles/documents/rideapplcrltr0505.pdf>

TRANSPORTATION GUIDE

TOWN of ARLINGTON continued

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.

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

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 medical 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.

TRANSPORTATION GUIDE

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
- **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 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 hours in advance. COA Van Dispatcher (978) 263-1116 Ext. 118

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 AM, 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

TRANSPORTATION GUIDE

TOWN of BURLINGTON continued

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

- 6 routes within Burlington, Runs on a set schedule
- All
- Wheelchair Accessible
- Monday - Friday
- **Contact Info:** 781-270-1965

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

TRANSPORTATION GUIDE

TOWN of CARLISLE continued

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

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; 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

TRANSPORTATION GUIDE

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/rideapplcvtlr0505.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

TOWN of HARVARD

Transportation Options

1. Mart Van

- 60+ and under 60 with disabilities
- Medical, Shopping, etc.
- 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

TRANSPORTATION GUIDE

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
- Limited to medical appointments (One ride per week)
- Not Wheelchair Accessible
- Monday – Friday 9:00 – 2:00 (Not available on Fridays in June, July and August)
- **Destinations:** Lexington, surrounding towns & Boston
- **Contact Info:** (781) 861-9300; 2 business 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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TRANSPORTATION GUIDE

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/rideapplcrltr0505.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.

TRANSPORTATION GUIDE

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

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
- 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
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TRANSPORTATION GUIDE

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
- 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
- Wheelchair Accessible
- Monday, Wednesday and Friday 10am-12:30pm
- **Destinations:** Winchester
- **Contact Info:** Call (781) 721-7136, 1 day notice

4. Emergency Taxi Service

- Age 60+, Disabled
- Medical
- Not Wheelchair Accessible
- Monday - Friday
- **Destinations:** Winchester & surrounding towns
- **Contact Info:** Call (781) 721-7136

TRANSPORTATION GUIDE

TOWN of WINCHESTER continued

5. 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

TRANSPORTATION GUIDE

TOWN of WOBURN continued

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, 5:00am-midnight
- **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
- Register for THE RIDE online at
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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

TRANSPORTATION GUIDE

REGIONAL TRANSPORTATION OPTIONS continued

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
- Monday – Friday
- **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.

6. Need-A-Lift MediVan

- No age restriction
- All, priority is medical
- 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