

Volunteer Opportunities

As a volunteer for Minuteman Senior Services, you will experience the special satisfaction of knowing you are helping people live with independence and dignity. Minuteman volunteers are people of all backgrounds, parents, students (age 18 and over), newcomers, retirees and professionals who give their time to make a meaningful connection in their community.

MEALS ON WHEELS DRIVERS

Deliver nutritious meals to homebound seniors from 11am-1pm weekdays, once a week or two times a month. Volunteers can work independently or as a team.

SENIOR DINING ASSISTANTS

Help set up, serve and clean at your local senior dining program where people gather to enjoy a nutritious meal. Volunteers are needed for lunchtime hours.

HEALTHY LIVING WORKSHOP LEADERS

Co-lead multi-session healthy living workshops in person and remotely. Evidence-based classes on various topics are designed to reduce fall risk, provide support for caregivers, or improve self-care with chronic disease. **Leader training, support, and stipends provided.**

SHINE COUNSELORS

Assist Medicare consumers in understanding medical insurance and benefits. Extensive training provided.

MONEY MANAGEMENT BILL PAYERS

Assist seniors with paying bills, balancing checkbooks and other banking tasks, 4-8 hours each month on a flexible schedule.

OMBUDSMEN

Become trained and certified by the Commonwealth of Massachusetts to advocate for quality care and resolve complaints and problems of residents in nursing homes.

SOCIAL CONNECTIONS FRIENDLY VISITORS

Provide company and socialize with an older adult about an hour each week to reduce social isolation and make a meaningful connection with a senior friend. Help with essential shopping if needed.

BOARD MEMBERS

Our working Board of Directors meets monthly, and functions as a team with the Executive Director to help achieve the goals and objectives for the agency. Must reside in one of our 16 towns.

Join the team of Minuteman volunteers who invest in their communities each week and make a real difference in the daily lives of their neighbors.

For more information, contact us at volunteer@minutemansenior.org

Minuteman Senior Services acknowledges the diversity of our communities and respects people from all walks of life. We aim to foster inclusion by creating an atmosphere of understanding, safety and acceptance. Our mission is to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being and independence.

Interpreter Services Available

Last Updated 10/23