

Volunteer Opportunities

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 older adults 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 for those living with chronic disease.

SHINE Counselors

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

Money Management Bill Payers

Assist older adults 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 for about an hour each week to reduce social isolation and make a meaningful connection with a new 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 of 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, call us at (888) 222-6171 or visit our website at www.MinutemanSenior.org

