Experience China Workshop
from Therapy Gardens
sponsored by the
Friends of Carver COA
Tuesday, August 9th
at 1:00 pm
Come learn about
contemporary life in China.
Pictures from rural areas and cities highlighting
cuisine and daily life will be featured.
Sample some authentic Chinese food and learn
how to use chopsticks!
Please register at 508-866-4698 x3.

Helpful Hydration with BID
Registered Dietician Marcia Richards
Friday, August 5th at 10:00 am.
Discover the benefits of proper
hydration and sample a variety
of flavorful diffused waters.
Please register at 508-866-4698 x3.

Ice Cream Social & ’50’s Trivia
sponsored by the Friends of Carver COA
Wednesday, August 31st at 12:00 pm
Join us for a sweet treat after lunch to
catch up with old friends or maybe
make some new ones! Test your
’50’s Pop Culture trivia skills and
win some prizes too!
Please register at 508-866-4698 x3.

Magnetic Poetry Workshop
Tuesday, August 30th at 2:00 pm
Experiment with a fun and
creative way to write poetry.
Published poet Nicholas Huard
will lead the workshop where
we first find words within
various resources then adhere them to a
magnetic sheet. The challenge is then arranging
the words to form original poems. This inventive
process was developed by a poet with writer’s
block! Please register at 508-866-4698 x3.

Jumpin’ Juba Free Concert
Sponsored by the Carver Cultural Council
Tuesday, August 16th at 1:00 pm
Jumpin’ Juba has a rootsy-bluesy sound inspired by many flavors of American
blues music. New Orleans swamp-rock, classic boogie-woogie, folk, Memphis
rock & roll, and a playful use of everything from calypso to country are stirred into
the band’s "blue stew". Drop-in for a toe-tapping, foot stomping good time!
This program is supported by a grant from the Carver Cultural
Council, a local agency that is supported by the Mass Cultural
Council, a state agency.

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver’s senior community and in
response develop and implement programs and services that address these. The goal of these endeavors is for the senior community
to maintain their independent lifestyle with dignity, while enriching their quality of life.
GATRA Dial-A-Ride
GATRA operates out of the COA and provides transportation to senior and disabled residents.

**PLEASE REMEMBER**
Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.
Have the address of the location you need transportation to when you schedule a ride.
**Call in advance to CANCEL a reservation.**
Messages can be left after hours.
DO NOT call the drivers directly!
**Please be ready at the scheduled pick up time!**
Drivers are only able to wait a maximum of 5 minutes after the scheduled pick up time.
Be considerate of the drivers and the other passengers.

**SHOPPING SCHEDULE**

**SUPERMARKET RUNS**
**Wednesdays** 12:30 pm          Market Basket
**Thursdays** 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth
**Fridays** 9:30 am          Shaw’s

**GATRA Bus FAQs**

**What towns does GATRA provide rides to?**
Transportation is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**
The fee is $1.75 each way. A book of 10 passes can be purchased for $15. A book of passes makes a great gift for any senior in your life that needs transportation!

**How do I schedule a ride?**
Call 508-866-4698 x-1 prior to 12 pm the day before.

**IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:**
Wheelchair passengers must bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

**SPECIAL NOTICE**
Due to increased ridership, reservations for Gatra Bus trips need to be made as far in advance as possible.
As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x 1 to make a reservation for transportation as well.
**It is never too soon to reserve your spot!**

**LOAN CLOSET** (please call before dropping off items)
The COA maintains a “loan closet” of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. **Sanitization is the responsibility of the borrower.**

**COPIES**
The COA will make FREE limited copies for seniors. Ask a staff member during our regular hours for assistance.

**VETERAN’S SERVICES**
Mark Pineo, Carver’s Veteran’s Agent and Director of Veteran’s Services can be reached at 508-866-3406. Meet with Mark at the COA monthly every 4th Thursday.

**LEGAL ADVICE AT THE COA**
Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the second Thursday of each month, starting at 10:00 am. Call 508-866-4698 x 3 for an appointment.

**FREE FINANCIAL CONSULTATIONS $$$$$$$$$$$**
Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call 508-866-4698 x 3 for an appointment.

**FRIENDS OF THE CARVER COUNCIL ON AGING**
Annual membership is $10 which supports COA activities, events, performances and trips!
Checks can be sent to:
Friends of Carver COA, P.O. Box 72, Carver, MA 02330.
For more info check the website: friendscarvercoa.com

**SENATOR MARC PACHECO**
Call 508-822-3000 or 617-722-1551 for an appointment.

**STATE REPRESENTATIVE WILLIAMS-GIFFORD**
Call 508-295-5999 for an appointment.

**WEEKLY WELLNESS CLINICS**
Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings
Tuesdays from 9:30 am -11:30 am. Drop-in.

**FOOTCARE**
Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.

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**Annual BBQ Special Thanks and Recognition**
The Annual BBQ Luncheon on Tuesday, July 12th was a huge success with thanks to Head Cook June Benson and Kitchen Assistant Michelle Wall-Hewak for preparing the delicious meal. Thanks also to Chief Duphily and the members of the Carver Police Department for grilling up the burgers and hot dogs as well as the Carver Police Union for providing them! Special thanks to the Friends of Carver COA for decorating, offering raffle prizes and providing “Yesterday’s Country Band” for the entertainment. Help from all the volunteers was truly appreciated. The full-house of friends, old and new, was the best part of all!

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**GATRA MINI-BUS**
Peggy Wood
Dispatcher
Monday – Friday
9 AM-12 PM
508-866-4698 x 1

**OUTREACH SERVICE**
Heidi Lufkin-Miles
Outreach Facilitator
Monday - Friday
8 AM - 4 PM
508-866-4698 x 2

**NUTRITION CENTER**
June Benson
Monday - Thursday
8 AM - 3 PM
Friday 8 AM - 12 PM
508-866-4698 x 4
Lunch weekdays at 11:30
**WEEKLY ACTIVITIES**

**CHAIR YOGA with Mary Wilson RYT500** - Mondays, August 1st, 8th, 15th, 22nd & 29th at 9:00 am. During summer, classes will be held at Sampson’s Pond, weather permitting. Otherwise, they will be held inside the COA. Suggested $5 donation. Please register at 508-866-4698 x3 to reserve a spot and a parking pass for Sampson’s Pond.

**OIL PAINTING CLASSES** FREE with Jim Collins. Tues. 1:00 pm. Call to register at 508-866-4698 x3.

**ACRYLIC PAINTING CLASSES** FREE with Jim Collins. Wednesdays at 5 pm. Register 508-866-4698 x3.

**RUMMIKUB** Wednesdays at 12:00 pm. Drop-In.

**BINGO** Thursdays,12:30 pm (Arrive before 12:15 pm to buy games)

**LINE DANCING CLASS** with David & Marcia Burbank Fridays, August 5th & 19th at 12:00 pm. Cost: $5 Please register at 508-866-4698 x3.

**BEREAVEMENT SUPPORT GROUP** Meeting on Friday, August 26th at 10:00 am. Please register at 508-866-4698 x3. (4th Friday monthly)

**MEET & GREET WITH HEIDI** Meet COA Outreach Facilitator, Heidi Luften-Miles, Monday, August 1st at 1:00 pm in the Small Meeting Room of the Carver Public Library or call to set up an appointment 508-866-4698 x2.

**iPAD INSTRUCTION w/Lydia Nelson** Tuesday, August 23rd at 10:00 am. Bring your own iPad or borrow one of ours for the class! Please register 508-866-4698 x3.

**WHAT'S HAPPENING THIS MONTH**

**WEEKLY CRAFT CLASSES** Sponsored by the Friends of Carver COA Wednesdays at 10:00 am Please register 508-866-4698 x3. Supplies may be limited.

- **“Batik” Toucan** 8/10
- **Diamond Art Key Chain** 8/17
- **Stenciled Mini Tote** 8/24
- **Embellished Sea Horse** 8/31
- **Sea-themed Scratch Art 8/3**

**BOOK CLUB SELECTION**

**Summer of ’69** By Elin Hilderbrand Four siblings experience the drama, intrigue, and upheaval of the ’60s summer when everything changed. Please register at 508-866-4698 x3 and for a copy of the book. Book Discussion Meeting is Monday, August 29th at 1:00 pm.

**FREE “I LOVE BINGO” CRAFT with Donna LeBarnes** Thursday, August 18th at 9:30 am. Need a little lucky inspiration for your bingo game? Come make this mini craft that announces your love for bingo and can hold your extra cash or your winnings! Please register at 508-866-4698 x3.

**MEET THE AUTHOR: CLEMENT SMITH** Friday, August 19th at 10:00 am Wareham resident Clement Smith will introduce his recently published memoir “My Great Life with a Perfect Wife”. His personal memories offer insight into his career success as well as building a wonderful life with his beloved late wife. Copies of the book will be available for sale and signing. Please register at 508-866-4698 x3.

**MOVIE MATINEE: QUEEN BEES** Friday, August 12th at 12:30 pm

Join us for this delightful comedy about second chances and staying young at heart. Please register at 508-866-4698 x3.

**BLOOM BUS TRIP TO CAPE ANN** Wednesday, September 7th 9:15 am - 6:30 pm

**FOOD PANTRY**

Shane Gives Thanks - 128 Main St. Tues./Thurs. - 8 - 1

*Wed 1 - 4
Sat/Sun/Mon - Closed
*Wed. is Veteran’s Shopping Day 508-866-7673

**MEALS ON THE MOVE**

The COA provides prepared meals for homebound elders.

Monday - Friday

Daily Cost: $3.00

Call the Nutrition Center at 508-866-4698 x 4

**SHINE PROGRAM**

**Health Insurance Counseling** Appointments at the COA are not available at this time. Please call the Regional Office at the Middleboro COA at 1-800-AGE-INFO (1-800-243-4636)
## AUGUST 2022

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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</table>
|     | Chair Yoga 9:00 am  
Lunch 11:30 am  
SINGO! 12:00 pm  
Heidi @ CPL 1:00  
Memory Training 1:00 - 3:00 pm | Wellness Clinic 9:30 - 11:30 am  
Lunch 11:30 am  
Oil Painting 1:00 pm | Sea-themed Scratch Art 10:00 am  
Lunch 11:30 am  
Rummikub 12:00 pm  
Acrylic Painting 5:00 pm | Lunch 11:30 am  
BINGO 12:30 pm  
CARVER NIGHT OUT / COA BOD 5:00 - 8:00 PM | Helpful Hydration 10:00 am  
Lunch 11:30 am  
Line Dancing 1:00 pm |     |
| 1   | 2   | 3   | 4   | 5   | 6   |     |
| Chair Yoga 9:00 am  
Lunch 11:30 am | Wellness Clinic 9:30 - 11:30 am  
Coffee w/ the Chief 10:30 am  
Lunch 11:30 am  
Experience China 1:00 pm  
Oil Painting 1:00 pm | “Batik” Toucan 10:00 am  
Lunch 11:30 am  
Rummikub 12:00 pm  
Acrylic Painting 5:00 pm | Atty. Hale Appts. 10:00 am  
Lunch 11:30 am | Lunch 11:30 am  
Movie Matinee 12:30 pm  
BINGO 12:30 pm |     |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| Chair Yoga 9:00 am  
Lunch 11:30 am | Wellness Clinic 9:30 - 11:30 am  
JUMPIN’ JUBA CONCERT 1:00 pm  
Oil Painting | Diamond Art Key Chain 10:00 am  
Lunch 11:30 am  
Rummikub 12:00 pm  
Acrylic Painting 5:00 pm | “I Love Bingo” Craft 9:30 am  
Lunch 11:30 am  
BINGO 12:30 pm  
Jewelry Making 3:00 pm | Meet the Author 10:00 am  
Lunch 11:30 am  
Line Dancing 1:00 pm  
FINAL PAYMENT DUE FOR CAPE ANN BUS TRIP |     |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| Chair Yoga 9:00 am  
Lunch 11:30 am | Wellness Clinic 9:30 - 11:30 am  
iPad Instruction 10:00 am  
Lunch 11:30 am  
Financial Planning 1-4  
Oil Painting 1pm | Stencil Mini Tote 10:00 am  
Lunch 11:30 am  
Acrylic Painting 5:00 pm | Veterans Agent Mark Pinoe 10:00 - 12:00 am  
Lunch 11:30 am  
BINGO 12:30 pm | Bereavement Support Group 10:00 am  
Lunch 11:30 am |     |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| Chair Yoga 9:00 am  
Lunch 11:30 am  
Book Club 1:00 pm | Wellness Clinic 9:30 - 11:30 am  
Lunch 11:30 am  
Oil Painting 1pm  
Magnetic Poetry 2:00 pm | Sea Horse Craft 10:00 am  
Lunch 11:30 am  
Ice Cream Social 12:00 pm  
Acrylic Painting |     |     |     |     |
| 28  | 29  | 30  | 31  |     |     |     |

The printing of this newsletter is supported in part by the Executive Office of Elder Affairs.

To help reduce the costs of printing and mailing please consider receiving your newsletter by email!

Send an email to: CarverCOANews@carverma.org