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 x1 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.

MOVIE MATINEE: UNDER THE TUSCAN SUN
Friday, July 15th at 12:30 pm
Based on the true story of San Francisco writer Frances Mayes (Diane Lane) who travels to Italy and impulsively buys an aging, but very charming, villa in the Tuscan countryside. She then finds herself immersed in a life-changing adventure in this beautiful foreign land. Please register at 508-866-4698 x3.
WEEKLY ACTIVITIES

CHAIR YOGA
with Mary Wilson RYT500 • Mondays, July 11th, 18th & 25th at 9:00 am.
During the summer months classes will be held at Sampson’s Pond, weather permitting. Otherwise, they will be held inside the COA. Suggested $5 donation. Please be sure to 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.

FREE with Jim Collins. Wednesdays at 5 pm. Register 508-866-4698 x3.

MEET & GREET WITH HEIDI
Meeting on Friday, July 22nd at 10:00 am. Bring your own IPad or borrow one of ours for the class! Please register 508-866-4698 x3.

ACRYLIC PAINTING CLASSES
FREE with Jim Collins. Tuesday of every month with Jim Collins, 1:00 pm. Call 508-866-4698 x3.

FREE with Jim Collins. Tuesday, 1:00 pm. Call to register at 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)

COFFEE WITH THE CHIEF
Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO
with Jim the DJ Guy on the Tropical Fan Fridays, July 8th & 22nd at 1:00 pm. Cost: $5
Please register at 508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Meeting on Friday, July 22nd at 10:00 am. Please register at 508-866-4698 x3. (4th Friday monthly)

MEET & GREET WITH HEIDI
Meet COA Outreach Facilitator, Heidi Luftin-Miles, monthly in the Small Meeting Room of the Carver Public Library or call to set up an appointment 508-866-4698 x2.

LINE DANCING CLASS
with David & Marcia Burbank Fridays, July 8th & 22nd at 1:00 pm. Cost: $5
Please register at 508-866-4698 x3.

iPAD INSTRUCTION w/ Lydia Nelson
Tuesday, July 26th at 10:00 am. Bring your own IPad or borrow one of ours for the class! Please register 508-866-4698 x3.

BOOK CLUB SELECTION
Gayle Suzanne
Friday, July 29th at 10:00 am
Gayle Suzanne is a certified Life Coach, Television Host of “Moving Forward with Gayle Suzanne” and a public speaker. In her book titled “It’s in the Little Things”, Gayle shares some of the humorous and emotional stories that have transformed her life. Come meet Gayle to hear some of the stories from this uplifting book which will be available for purchase and signing. Please register at 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.

BEADING WITH NANCY
Design and craft a unique custom beaded necklace with Nancy
Thursday, July 14th at 3:00 pm.
Cost $10.

ADULT COLORING
A fun and freeing activity!
Join us to experience this healing powers of percussion and
drumming to experience the joy and healing powers of percussion and drumming.

FREE CREATIVE DRUMMING
with Soothing Touch to Go
Tuesday, July 19th at 1:00 pm.
There is something calming, primal, and cathartic about drumming. Drum circles allow people to experience the joy and healing powers of percussion while connecting with others. Join us to experience this fun and freeing activity!

FOOD PANTRY
Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed - 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 x4

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)

SILENT AUCTION
Please register at 508-866-4698 x3.

MEALS ON THE MOVE
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Monday - Friday
Daily Cost: $3.00
Call the Nutrition Center at 508-866-4698 x4

SHINE PROGRAM
Health Insurance Counseling
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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.

**PLEASE NOTE THE EARLIER TIME FOR CHAIR YOGA STARTING THIS MONTH!**

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**PLEASE NOTE THE EARLIER TIME FOR BOOK CLUB THIS MONTH!**