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**

**Shopping - Appointments (any weekday)**
- Ride to the COA

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.

**Masks Are Still Required on Public Transportation**

**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!*

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**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.*

**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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Special thanks to the members of the Carver Elementary Fifth Grade Chorus and their teacher Katherine Krampf for the wonderful Spring Concert held on Friday, May 13th at the COA. Thank you for sharing your talents with the seniors of the community. We look forward to more entertainment opportunities to come!

Thank you also to Chief Duphily and the Carver Police Department for hosting the “Pizza with the Police” event at the new Police Station on Tuesday, May 17th. And, thanks also to Plymouth County D.A. Tim Cruz for meeting with the attendees!

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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, June 6th, 13th & 27th at 10:00 am. During the warm weather months classes will be held at Sampson Pond, weather permitting. Otherwise, they will be held inside the COA. Suggested $5 donation. Please be sure to register at 508-866-4698 x-3 to reserve a spot and a parking pass for Sampson 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 9 am.  
Register 508-866-4698 x3.

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

**BINGO**  
Every Thursday, 12:30 pm (Arrive by 12:15 pm to buy games)

**MEET & GREET WITH HEIDI**  
June 24 at 10:00 am.  
Meet COA Outreach Facilitator, Heidi Lufkin-Miles, to discuss any questions you may have.

**MONTLY ACTIVITIES**

**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 first Monday of every month - 12:00 pm.

**LINE DANCING CLASS**  
with David & Marcia Burbank  
Fridays, June 3rd & 17th, at 1:00 pm. Cost $5  
Please register at 508-866-4698 x3.  
*Class size is limited*

**BEREAVEMENT SUPPORT GROUP**  
Meeting on Friday, June 24th at 10:00 am.  
Please register at 508-866-4698 x3.  
*(4th Friday monthly)*

**MEET & GREET WITH HEIDI**  
Once a month in the Small Meeting Room of the Carver Public Library. Meet COA Outreach Facilitator, Heidi Lufkin-Miles, to discuss any questions you may have.

**iPAD INSTRUCTION**  
w/ Lydia Nelson  
NO CLASS FOR JUNE  
Classes will resume on July 26th.

**WHAT’S HAPPENING THIS MONTH**

**WEEKLY CRAFT CLASSES**

**Wednesdays at 10:00 am**  
**Please register 508-866-4698 x3.**  
**Supplies may be limited.**

![Image of acrylic painting](image)

- **Adult Coloring**  
  Ocean Scene 6/1

- **Firefly Acrylic Painting**  
  6/8

- **Hello Summer Sign**  
  6/15

- **Summer Zen Garden**  
  6/22

- **Embellished Mermaid**  
  6/29

**JEWELRY MAKING WITH NANCY**

**Thursday, June 9th at 3:00 pm.**  
Design and craft a unique custom piece of jewelry with Nancy’s helpful guidance. Cost $10.  
Please register at 508-866-4698 x3.

**POETRY WORKSHOP**

**Tuesday, June 21st at 2:00 pm**  
Bring a favorite poem to share and discuss!  
Register at 508-866-4698 x3

**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 x4**

**BOOK CLUB SELECTION**

**The Giver of Stars**  
By Jojo Moyes  
A breathtaking story of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond in Depression-era America. Based on a true story rooted in America’s past, The Giver of Stars is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic—a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond.  
**Please register at 508-866-4698 x3.**  
**Copies of this book will be held at the front desk of the Carver Public Library.**

**Book Discussion Meeting will be Monday, June 27th at 1:00 pm.**

**Coming in July**

The UCLA Memory Training Program, co-sponsored by Old Colony Elder Services, is a 4-session course teaching memory enhancing techniques

**What Will I Learn In Class?**

- What memory is and how it works
- How to reduce tip of tongue moments
- How to reduce your memory burden
- Your learning style
- Better memory habits
- Strategies & techniques for some of the most common memory complaints.

The 4-week course will meet on Mondays from 1:00 pm - 3:00 pm starting July 11th.  
For more information and to register call 508-866-4698 x3

**REMININDER: FINAL PAYMENT FOR THE BLOOM BUS TRIP TO NEWPORT PLAYHOUSE IS DUE MONDAY, JUNE 13TH**

**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)
# June 2022

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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: COANews@carverma.org.

## Friends Electronics Recycling Fundraiser

8:00 am - 12:00 pm
Our Lady of Lourdes Parking Lot