Healthy Nutrition 4-Week Series
by Amanda Heintzelman, MS, RDN, LDN
with Old Colony Elder Services
Tuesdays, September 6, 13, 20 & 27 at 1:00 pm
Participants will learn how to choose foods that provide the most nutrients, how to interpret food label information, tips and tricks for effective grocery shopping and how to keep your food safe to eat and what to have on hand in case of an emergency. **Please register at 508-866-4698 x3.**

Movie Matinee -
The Philadelphia Story
**Friday, September 16th, 12:30 pm.** This classic comedy is about a socialite whose wedding plans are complicated by the simultaneous arrival of her ex-husband and a tabloid magazine journalist. **Register at 508-866-4698 x3.**

Meet the Author: Debi Graham-Leard
**Friday, September 16th at 10:00 am**
Join New England author Debi Graham-Leard to learn how she created her mystery series.
- Which characters stay, which drop away and who to add.
- Story location and season as depicted by each cover.
- The mystery her amateur sleuth will solve.
There will be a Q & A session as well as autographed books available. **Please register at 508-866-4698 x3.**

RMV REAL ID Workshop
**Friday, September 30th at 10:00 am**
A representative from the Registry of Motor Vehicles will provide the facts on new federal and state requirements concerning driver’s license and ID card renewals. **Please register at 508-866-4698 x3.**

Owls Up Close
Sponsored by the Carver Cultural Council
**Wednesday, September 21st at 2:00 pm**
This program from Eyes on Owls introduces you to the owls of New England and beyond. Mark and Marcia Wilson share the field marks, signs and naturalist’s skills that you can use to find wild owls without disturbing them. Next, you meet six live owls (from small to huge) up close. While the selection of live owls varies from group to group, chances are you'll meet New England's tiniest owl, the Northern Saw-Whet Owl along with the world's largest owl, the Eurasian Eagle Owl. **Drop-in!**

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 to schedule a seat on the bus. Please have the address of the location you need transportation to when you call. 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.

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.

TALK WITH THE TOWN ADMINISTRATOR (TA)
Starting in September, Carver Town Administrator Robert Fennessy will be available to meet with any seniors to discuss their concerns at the Carver COA every third Tuesday at 10:30 am.
For more info call 508-866-4698 x3

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
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)

WEEKLY ACTIVITIES
CHAIR YOGA
with Mary Wilson RYT500 - Mondays, 12th, 19th & 26th at 10:00 am. 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)

MONTHLY 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, September 9th & 23rd at 1:00 pm. Cost: $5
Please register at 508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Meeting on Friday, September 23rd at 10:00 am. Please register at 508-866-4698 x3. (4th Friday monthly)

MEET & GREET WITH HEIDI
Meet COA Outreach Facilitator, Heidi Lufkin-Miles, 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, September 27th at 10:00 am. Bring your own iPad or borrow one of ours for the class! Please register 508-866-4698 x3.

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.

Winter Coloring Owl 9/7
Apple Painting 9/14
Tissue Paper Flowers 9/21
Autumn Gnome Decoration 9/28
JEWELRY MAKING WITH NANCY
Thursday, September 8th at 3:00 pm
Design and craft a custom piece of jewelry with Nancy’s helpful guidance. Cost $10.
Register at 508-866-4698 x3.

WHAT’S HAPPENING THIS MONTH
BOOK CLUB SELECTION
Pachinko
By Min Jin Lee
Pachinko is an “extraordinary epic” of four generations of a poor Korean immigrant family as they fight to control their destiny in 20th-century Japan. Please register at 508-866-4698 x3 and for a copy of the book. Book Discussion Meeting: Monday, September 26th at 1:00 pm.

Beer & Wine Tasting Friends Fundraiser
Saturday, Sept. 17th, 12 noon - 3 pm
at the Carver Council on Aging, 48 Lakeview Street, South Carver
$30 ticket per person, Ages 21+
Join our Beer and Wine Tasting Fundraiser to support the Friends. Special thanks to Jaime’s Liquors and to the participating vendors.

Purchase tickets online with the QR code below or go to friendscarvercoa.com
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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.