

### Weekly Activities and Services:

- **Wellness/Blood Pressure Clinic**, provided by Carver EMS, every Tuesday from 9:30 am - 11:30 am. Drop-in.
- **Craft Classes**, Wednesdays at 10:00 am, sponsored by the Friends of the Carver COA
- **BINGO**, Thursdays at 12:30 pm, sponsored by the Friends of the Carver COA
- **Cribbage**, Pick up games Tuesdays at noon
- **Rummikub**, Wednesdays at 12:00 pm
- **Oil Painting Workshop**, Tuesdays at 1:00 pm
- **Acrylic Painting Workshop**, Wednesdays at 5:00 pm



### Monthly:

- **Glucose/Cholesterol Screenings**, provided by Carver EMS, every first Tuesday from 9:30 am - 11:30 am, Drop-in.
- **SINGO**, first Monday of every month at 12:00 noon, Drop-in.
- **Basket Weaving** with Patty Batson, every first and third Friday at 9:30 am
- **Coffee with the Chief**, first Tuesday of every month at 10:30 am, Drop-in.
- **Bereavement Support Group** with Rev. Lawrence Smith fourth Friday every month at 10:00 am.
- **GATRA Bus Trips** to a variety of local attractions

- **Health Presentations** from various health professionals and organizations.
- **Movie Matinees** - selected afternoons each month.
- **Technology** - educational programs for iPads and smart phones.

### Occasional Programs & Activities:

- **BLOOM Bus Trips**, large capacity charter bus trips to a variety of sights and entertainment venues.
- **Ice Cream Socials**
- **Free Manicures** provided by the Cosmetology students of Old Colony Regional Vocational Technical High School
- **"Meet the Author"** - local author presentations.
- **Storytellers, Musicians and Singers**
- **Game Days/Nights** - various tabletop and card game events.
- **AARP Programs** - Tax Prep, Safe Driver, and more.
- **Safety Programs** - Carver Fire, EMS and other resources.



**Call 508-866-4698 x3 to register for activities, unless otherwise indicated.**

Sign up to receive your Carver COA newsletter by email at: [CarverCOANews@carverma.org](mailto:CarverCOANews@carverma.org) and checkout the Carver Council on Aging Facebook page to see the latest activities!

For FREE COA "How-to" Craft videos, Chair Yoga videos and more, visit the Friends website at: [www.friendscarvercoa.com](http://www.friendscarvercoa.com)

# Live Your Best Life ...



## Carver Council on Aging

P.O. Box 618, 48 Lakeview Street  
South Carver, MA, 02366  
508-866-4698



## COA Hours:

Monday - Thursday 9:00 am - 3:00 pm  
Friday 9:00 am - 12:00 pm



## Transportation:

- **GATRA Bus Service** - Transportation to the towns adjacent to Carver for doctors appointments, pharmacy runs, grocery shopping, etc. Monday - Friday, 8:00 am - 4:00 pm. The fee is \$1.75 each way, with passes for 10 rides available from the drivers for \$15. Schedule rides by calling the GATRA Dispatcher at 508-866-4698 x1. Please schedule rides prior to 12:00 pm the day before.

# ... Together!

## Meals:

- **Congregate Meals** - Meals prepared by our staff cook are served in the Nutrition Center of the Carver COA at 11:45 am, Monday - Friday at a cost of \$3.00. Call 508-866-4698 x4 to hear the weekly menu.
- **"Meals on the Move"** - Meals prepared by our staff cook are packaged and delivered Monday - Friday by trained volunteers to Carver residents who qualify for this service. Cost is a \$3.00 suggested donation. Call the Nutrition Center at 508-866-4698 x4 with any questions about this service.
- **Luncheons** - Specialty Luncheons and Themed Meals are offered throughout the year such as; *the Thanksgiving Turkey Dinner, the St. Patrick's Day Corned Beef and Cabbage Dinner and Summer BBQ* to name a few. These luncheon events often include raffle drawings and entertainment. Cost for the specialty meals range between \$5 - \$10 per ticket.



## Outreach:

- Assistance is available Tuesday - Thursday, 9:00 am - 3:00 pm with our Outreach Coordinator Heidi Lufkin-Miles at 508-866-4698 x2.
- Help with fuel assistance, housing and SNAP applications.
- Referrals for health services and assistance programs.
- Regular drop-in coffee hour visits to senior housing and senior Villages for in-person consultations.
- Wellness checks and friendly phone calls on a regular basis with follow-up calls to family members.
- Loan closet for crutches, canes, walkers, wheelchairs, commodes, shower chairs, etc. Items listed are subject to availability. Disinfection of items are the borrowers responsibility.



## SHINE Counseling Service:

- Assistance with Medicare Insurance questions and supplemental program recommendations offered on a weekly basis by appointment only by calling 508-866-4698 x3.