



TOMMY RULL CONCERT: "A MUSICAL JOURNEY THROUGH THE YEARS"

MONDAY, MAY 11TH | 1:00 PM

Sponsored by the Carver Cultural Council

This entertaining program takes the audience on a walk down memory lane with the music of many great singers/entertainers, Sinatra, Neil Diamond, Elvis, Kenny Rogers, Louis Armstrong, and many more. Tommy Rull's performances are not just about music; but are a special way to connect with an audience through a shared love of songs from the past. Please register with Alice at 508-866-4698 x3.



THIS PROGRAM IS SUPPORTED IN PART BY A GRANT FROM THE CARVER CULTURAL COUNCIL, A LOCAL AGENCY WHICH IS SUPPORTED BY THE MASS CULTURAL COUNCIL, A STATE AGENCY.

BEGINNER HERB GARDENING

WEDNESDAY, MAY 6TH | 12:30 PM

Presented by Therapy Gardens

Discover the joy of growing your own fresh herbs! Learn how to plant, nurture, and harvest popular kitchen herbs - whether you're gardening on a sunny windowsill or in your backyard. You'll receive a small starter pot and your choice of available seeds, so you can begin growing right away. Fresh flavor, simple skills, and a little green inspiration to take home. Caring for herbs in your home or in a garden can provide physical and mental health benefits through this accessible and adaptable activity. Please register with Alice at 508-866-4698 x3.



FREE MANICURES FROM OLD COLONY VO-TECH FRIDAY, MAY 1ST | APPOINTMENTS FROM 9:30 - 11:30 AM

OC VO-TECH Cosmetology students will be at the COA to provide free manicures to perfect their skills. All tips go toward the cost of their licensing. Please call Alice at 508-866-4698 x3 to reserve a spot.



GENTLE MEDITATION SERIES

Yoga Instructor Diana Chaffalo will provide a calming, easy-to-follow program scheduled during the Guided Meditation on Fridays at 9:00 am. She will introduce different meditation styles to support relaxation, focus, memory, and emotional well-being.

- Mantra for Peace
5/8
- Memory Kriya
5/15
- Sound Awareness
5/22
- Sound Bath
5/29
- Mindful Breathing
6/5

**All classes are \$5/each
Register for any or all
at 508-866-4698 x3.**

2

OUTREACH MEET & GREET WEDNESDAY 5/20 10:30 -12

Stop by the small meeting room of the Carver Public Library to meet Outreach /SHINE Counselor Heidi Miles to find out what assistance and services are available through the Carver Council on Aging.



COMFORT DOG VISITS 3RD TUESDAYS | 11:00 AM

Drop in every 3rd Tuesday for a relaxing and engaging visit with Carver's Comfort Dog "Daisy" with handler Officer Farquharson.



MIND AND BODY WELLNESS

MONTHLY FOOTCARE 2ND TUESDAY & 4TH WEDNESDAY

Podiatrist Dr. Alan Lechan offers foot care twice monthly at the COA. The \$35 service includes trimming of nails and calluses. Call 508-866-4698 x3 for an appointment.



WEEKLY WELLNESS CLINIC TUESDAYS | 9:30 - 11:30 AM

Carver EMS provides weekly blood pressure clinics every Tuesday at the COA. Glucose and cholesterol screenings are also provided on a monthly basis on the first Tuesday of each month during Wellness Clinics. *Drop in.*

HEARING SCREENINGS EVERY SECOND WEDNESDAY 9:00 AM - 11:00 AM

Make an appointment for complimentary hearing screenings, hearing aid cleaning and video ear exams with Board Certified LIC #275 Hearing Instrument Specialist Lauren Warburton. Call Alice at 508-866-4698 x3 to schedule!



SENIOR FIRE SAFETY WITH JESSE BOYLE

TUESDAY MAY 26TH 12:30 PM

FIRE SAFETY



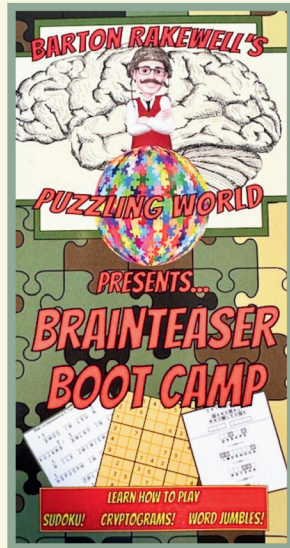
Learn the importance of emergency preparedness in case of a fire and discover ways to address hidden dangers in your home to avoid one. Register at 508-866-4698 x3.

BRAIN PUZZLES

**THURSDAY,
MAY 28TH**

10:00 AM

This "Brain Teaser Boot Camp" will be taught by Carver residents and puzzle book authors *Aleah and Donnie Lombard* who will show how daily puzzles help strengthen memory, focus, and problem-solving skills.



Each participant will receive a custom puzzle book created for the workshop introducing 3 popular puzzles - Sudoku, Cryptograms, and Word Jumbles with step-by-step instructions reviewed in class. Please register with Alice at 508-866-4698 x3. *Space is Limited!*

TOXIN-FREE SPRING CLEANING WITH ESSENTIAL OILS

WEDNESDAY MAY 13TH | 12:30 PM



Join *doTERRA* Representative Chris Ventura to discover the tips and tricks for using essential oils for "green cleaning" to eliminate the toxins in your everyday tasks. Please register with Alice at 508-866-4698 x3.

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RAINBOWS ON THE WING: DRAGONFLIES & DAMSELFLIES

WEDNESDAY MAY 27TH | 12:30 PM | WITH BLAKE DINIUS

Dragonflies have been on our planet for about 250 million years! Often referred to as "rainbows on the wing", dragonflies & damselflies come in a variety of patterns, shapes and colors. Come discover their secret lives, adaptations, needs and obstacles. Please register at 508-866-4698 x3.



COA STAFF

GATRA Dial-A-Ride Dispatcher

Peggy Wood
508-866-4698 x1
Mon-Fri, 9 AM-12 PM

Outreach Facilitator SHINE Counselor

Call Heidi Lufkin-Miles
508-866-4698 x2 for
an appointment or
email: heidi.miles@
carverma.gov
Mon-Fri, 8 AM - 4 PM

Activities

Coordinator / Administrative Assistant

Alice McMahon
508-866-4698 x3
alice.mcmahon@
carverma.gov
Tue-Thu, 9 am-3 PM

Nutrition Center Head Cook

June Benson

Kitchen Assistant

Michelle Wall-Hewak
508-866-4698 x4
Mon-Thu 8 AM-3 PM
Fri 8 AM-12 PM

Director

Connie Kelly
508-866-4698 x6
connie.kelly@
carverma.gov
Mon-Fri, 8 AM-4 PM

WEEKLY ACTIVITIES

CHAIR YOGA CLASSES

with Karen Flynn / Cost: \$5
Mondays / Advanced 9-10 am
Basic Chair Yoga 10-11 am

SCRABBLE

Tuesdays / 12:00 pm, *Drop-in.*

RUMMIKUB

Wednesdays / 12:00 pm, *Drop-in*

BINGO

Thursdays at 12:30 pm - 2:30 pm
Please arrive prior to 12:15 pm to
purchase games. *Drop-in.*

BASKET WEAVING

with Patty Batson / \$25/class
Every Friday 9:00 am. Please
register at 508-866-4698 x3.

GUIDED MEDITATION

with Diana Chaffalo / Cost: \$5
Fridays at 9:00 am. Register.

*Please register for ALL activities at
508-866-4698 x3. "Drop-in" activities
do not require registration.*

WEEKLY CRAFT CLASSES WEDNESDAYS AT 10:00 AM

Register by 2 days prior at 508-866-4698 x3. *Supplies are limited.*

May 6th - Clay Frog Plant Pick

May 13th - Flower & Bead Garland

May 20th - Spring Scratch Art

May 27th - Painted & Embellished
Wooden Sun Plaque



MONTHLY ACTIVITIES

CARD MAKING WITH LEE*

First Mondays 10 am. Register to
make 6 embossed cards for \$10.

COFFEE W/ THE CHIEF & T.A.

Every second Tuesday at 10:30 am.

VISIT W/ THE VETERANS AGENT

Currently on hiatus.

SINGO - MUSICAL BINGO

Every first Monday and third
Tuesday at 12:00 pm. *Drop-in.*

MOVIE MATINEE

Various Fridays each month at
12:00 noon with free snacks!

JUNK JOURNALING

Every third Friday at 10:30 am.
Journals are provided but bring
magazines and memorabilia!
Register at 508-866-4698 x3.

NIMBLE FINGERS CLUB

Group knitting & crocheting the
last Monday of each month from
10:00 - 11:30 am. *Drop-in. 5/18*

**CARD MAKING RETURNS 6/8*



ICED TEA & COOKIES ON THE COA DECK

TUESDAY, MAY 5TH | 1:00 PM (RAIN DATE 5/12)

Celebrate Spring with iced tea and cookies on the COA deck (*weather permitting*). We'll play rounds of "Spill the Tea" and "Pass the Present" while relaxing at the umbrella tables. Register with Alice at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.



CONTACTS

Friends of Carver Council on Aging

Jack Franey -
President
Paul M. Kelly -
Vice President
Mary DuRoss -
Treasurer
Alice McMahon -
Secretary
Lydia Nelson - *Officer*
Bob Bumpus - *Officer*

Friends of Carver COA
P.O. Box 72,
Carver, MA 02330

friendscarvercoa.com



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Alternate

MONTHLY LUNCH MENU

Daily lunch is served in the Carver COA Nutrition Center at 11:30 am. Menu items are subject to change based on availability. All meals include a choice of milk or juice.

Cost: \$5 For an updated recording of the current week's menu, please call 508-866-4698 x4 then select option 1.



Friday	5/1 - Baked Haddock w/ lemon, fries, corn, tropical fruit
Monday	5/4 - BBQ Chicken, potato puffs, mixed vegetables, peaches
Tuesday	5/5 - Happy Cinco de Mayo! Tacos w/ toppings, tortilla chips w/ salsa and cheese cups, chocolate cake
Wednesday	5/6 - Pulled Pork Sandwich w/ cranberry coleslaw, Birthday Cake & Ice Cream
Thursday	5/7 - Ground Beef w/ Peppers & Onions, mashed potatoes, corn, orange jello
Friday	5/8 - Tuna Salad Sandwich, soup, pineapple
Monday	5/11 - Pizza w/ toppings, chips, mixed fruit
Tuesday	5/12 - Lasagna, green beans, pound cake
Wednesday	5/13 - Chicken Teriyaki, oriental vegetables, fried rice, mandarin oranges
Thursday	5/14 - Chili w/ cheese over rice, banana cake
Friday	5/15 - Egg Salad Sandwich, soup, tropical fruit
Monday	5/18 - Assorted Calzones, chips, mixed fruit
Tuesday	5/19 - Chicken Nuggets, sweet potato puffs, corn, lemon jello
Wednesday	5/20 - Chicken Cordon Royale, pilaf, mixed veg, tropical fruit
Thursday	5/21 - American Chop Suey, green beans, chocolate pudding
Friday	5/22 - Chicken Salad Sandwich, chips, pears
Monday	5/25 - CLOSED FOR MEMORIAL DAY
Tuesday	5/26 - Chicken Broccoli Cheese Croquettes, mashed potatoes, peas, tiramisu
Wednesday	5/27 - Cranberry Walnut Chicken Salad, potato salad, mandarin oranges
Thursday	5/28 - Chicken Kiev, fries, green beans, lime jello
Friday	5/29 - Ham Salad Sandwich, soup, peaches



Carver COA's BLOOM Bus Trip: Newport Lighthouse Cruise

Sponsored by the Friends of Carver COA



Friday, June 12th

Bus Departs: 9:30 am Returns: approx. 5:45 pm

Cost: \$114 for Friends Members

\$139 for non-members

This trip includes motorcoach transportation, narrated lighthouse cruise with mimosa, choice of 3 lunch options at Johnny's Restaurant at the Wyndham Resort, ending with shopping time at the Wharf area.

For reservations, please call Alice at 508-866-4698 x3.

Final payment due by Thursday, May 14th.

ADDITIONAL SERVICES

LOAN CLOSET: (please call before dropping off items). The COA maintains a loan closet of canes, walkers, crutches, commodes, etc. to borrow at no cost. Sanitation is the responsibility of the borrower.

COPIES: The COA will make limited free copies for seniors. Ask a staff member during regular hours for assistance.

VETERAN SERVICES: Carver's Veterans Agent can be reached at 508-866-3406.

LEGAL ADVICE BY APPOINTMENT: Attorney-at-Law Lawrence Hale offers free 15 minute consultations by appointment on the 2nd Thursday of each month. Call 508-866-4698 x3 for an appointment.

FINANCIAL CONSULTATIONS: Edward Jones Certified Financial Planner Sandy Childs offers free ½ hour sessions every 4th Tuesday. Call 508-866-4698 x3 for an appointment.

IN-HOME HAIRCUT SERVICE: Please call Donna Lawrence at 508-243-2293 for pricing and an appointment.

SHANE GIVES THANKS FOOD PANTRY: Carver Square Plaza. Call 508-866-7673 for hours.

BOOK CLUB

MONDAY 5/18 | 1:00 PM

Enchanting and deeply uplifting, *The Measure* is an ambitious, invigorating story about family, friendship, hope, and destiny that encourages us to live life to the fullest. **Please register with Alice at 508-866-4698 x3 and for a copy of the book.**



MOVIE MATINEE

FRIDAY 5/8 | 12:00 PM

Based on Kevin Kwan's bestselling novel of the same name, *Crazy Rich Asians* is a romantic dramedy that blends culture, comedy, and extravagant melodrama with a heartfelt love story. *Rated PG-13.*

Register at 508-866-4698 x3.



TRANSPORTATION

GATRA DIAL-A-RIDE

GATRA operates out of the COA and provides transportation to seniors 60+ and disabled residents to the towns adjacent to Carver.

Cost: \$1.75 each way or a 10 ride pass for \$15
Please call the dispatcher at 508-866-4698 x1 between 9 am - 12 pm a minimum of 2 business days in advance to schedule a seat on the bus.

- *Have the address of the trip location when you call for a reservation.*
- *Be ready at the scheduled pick-up time.*
- *Drivers can only wait 5 minutes beyond the designated pick-up time.*
- *Call in advance to cancel an appointment.*

**1 HOUR SUPERMARKET TRIPS
- MAXIMUM 5 PASSENGERS -
4 BAGS OR LARGE ITEMS LIMIT**

Wednesdays 8:30 am & 12:30 pm - Market Basket

Thursdays 10:00 am 1st & 3rd - Wareham Walmart
2nd & 4th - Plymouth Walmart

Fridays 10:00 am Carver Shaw's

IMPORTANT NOTE FOR WHEELCHAIR

PASSENGERS: Drivers are unable to escort passengers beyond their point of arrival. Passengers who need assistance at their destination should arrange for a companion.

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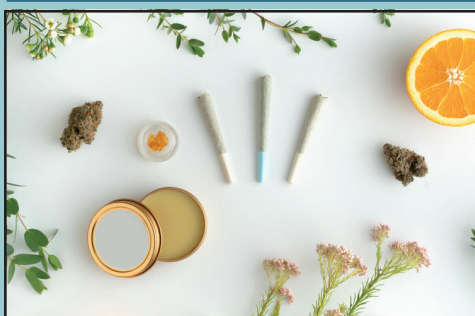
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MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO MEDITATION Baskets 9:00 am Free Manicures by Appt. 9:30 - 11:30 am Lunch 11:30 am
4 Adv. Chair Yoga 9 am Basic Chair Yoga 10 am No Card Making Lunch 11:30 am SINGO 12:00 pm	5 Wellness Clinic & Screenings 9:30 - 11:30 Cinco de Mayo Taco Lunch 11:30 am Scrabble 12:00 pm Deck Tea & Cookies 1pm	6 Clay Frog Plant Pick 10 Lunch 11:30 am Rummikub 12:00 pm Herb Gardening 12:30 pm	7 Lunch 11:30 pm BINGO 12:30 pm	8 Mantra for Peace Meditation 9:00 am Baskets 9:00 am Lunch 11:30 am Movie Matinee 12:00 pm
11 Adv, Chair Yoga 9 am Basic Chair Yoga 10 am Lunch 11:30 am Tommy Rull Concert 1 p	12 Wellness Clinic 9:30 Coffee w/ the Chief & Talk w/ the T.A. 10:30 Lunch 11:30 am Scrabble 12:00 pm Footcare 12:00 pm	13 Hearing Appts 9 - 11 Flower & Bead Garland 10 Lunch 11:30 am Rummikub 12:00 pm Non-Toxic Cleaning 12:30	14 Atty. Hale Appts 10 Lunch 11:30 pm BINGO 12:30 pm BLOOM LIGHTHOUSE TRIP PAYMENT DUE	15 Memory Kriya Meditation 9:00 am Baskets 9:00 am Junk Journaling 10:30 Lunch 11:30 am
18 Adv Chair Yoga 9 am Basic Chair Yoga 10 am Knit & Crochet Club 10 Lunch 11:30 am Book Club 1:00 pm	19 Wellness Clinic 9:30 Comfort Dog 11:00 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm	20 Newport Playhouse 9:30 Footcare Appts 9-2:30 Spring Scratch Art 10 am Heidi Meet & Greet CPL 10:30 am - 12:00 pm Lunch 11:30 am Rummikub 12:00	21 Lunch 11:30 pm BINGO 12:30 pm	22 Sound Awareness Meditation 9:00 am Baskets 9:00 am Lunch 11:30 am
25 CLOSED FOR MEMORIAL DAY	26 Wellness Clinic 9:30 Lunch 11:30 am Scrabble 12:00 pm Fire Safety 12:30 pm Financial Appts. 1-4	27 Painted Wooden Sun 10:00 am Lunch 11:30 am Rummikub 12:00 pm Dragonflies 12:30 pm	28 Puzzle Boot Camp 10 Lunch 11:30 pm BINGO 12:30 pm	29 Sound Bath Meditation 9:00 am Baskets 9:00 am Lunch 11:30 am