

January 2024

Carver Council on Aging

What's Happening in January

Friends of Carver COA Annual Membership Drive

Wednesday, January 10th
From 12:00 pm - 2:00 pm
Sign up or renew your Annual Friends of Carver COA membership for \$10 and receive a FREE Carver Council on Aging Key Chain!
For more info email: amcmahon2225@yahoo.com



Benefits of Beans (and Legumes)

presented by BID Registered Dietitian Marcia Richards
Friday, January 12th, 10:00 am
Join Marcia to learn about the many health benefits of adding beans and legumes to your meals. Discover the essential vitamins and minerals these valuable plant proteins contain and why they are vital to our overall health. Participants will learn how to make a delicious Pea Crostini. **Please register at 508-866-4698 x3.**



Busting Myths and Getting Savvy About Senior Living

Presented by Senior Living Expert Jodi Tolman
Monday, January 22nd, 12:00 pm
This informative program will help seniors learn how independent living differs from assisted living, memory care and skilled nursing. When is it the right time to move, what is the right community and how much will it cost? Oasis Senior Advisors provide **completely free** face-to-face personalized help to answer these questions. *Light refreshments will be served.* **Please register at 508-866-4698 x3.**



Creating Your Estate Plan

with Edward Jones Financial Advisor Sandy Childs
Tuesday, January 23rd at 12:00 pm
Attend this presentation to secure your future and to learn what to consider when creating a will, the benefits of estate planning, how to reduce taxes on your estate and how insurance protects your family. **Please register at 508-866-4698 x3**



Frankly Speaking: "The Great Molasses Flood"



Presented by Nancy A. Franks

Monday, January 8th at 1:30 pm

Learn about this fascinating yet tragic piece of Boston history that occurred 104 years ago this January. What led up to this unusual disaster and what changes were made in its aftermath? Residents of Boston's North End claim that you can still smell the molasses on a hot summer's day! **Please register at 508-866-4698 x3.**

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR / ACTIVITIES COOR.

Connie Kelly
Monday-Friday
8 AM-4 PM
508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Alan Dunham - Chair
Donna Marie Forand - Vice Chair
Helen Marrone-Secretary
Elaine Raymond
Mary DuRoss
Louise Walsh Alt.
Michael Nicolazzo Alt.

FRIENDS OF THE CARVER COA

Paul M Kelly -Vice President
Jackie Rogerson - Secretary
Alice McMahon - Activities Coor.
Lydia Nelson - Treasurer

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 to the towns adjacent to Carver.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm
a MINIMUM OF 2 BUSINESS DAYS IN ADVANCE
 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 - 1 HOUR

Wednesdays 12:30 pm Market Basket
Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
 2nd & 4th - Walmart / Plymouth
Fridays 9:30 am Shaw's

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!*

Call **508-866-4698 x-1** prior to 12 pm two days before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:
 Wheelchair passengers who need assistance upon arrival to their destination should arrange a companion to ride with them since the drivers are unable to escort passengers beyond their arrival point. If a companion is unavailable to you, arrangements can be made to provide one for you.

JANUARY GATRA BUS TRIP

JFK Presidential Library & Museum, Boston
Monday, January 22nd, 8:00 am – 3:00 pm
(Monday, January 29th for weather cancellation)

Tour the JFK Library and Museum then enjoy lunch on your own at the Library Café.

Trip Cost: \$5.00 for the bus and \$12 Senior Admission to the Library

*Be sure to call the Dispatcher early to reserve your spot at **508-866-4698 x1**. **Space is limited***

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**.

LEGAL ADVICE BY APPOINTMENT AT THE COA

Attorney-at-Law Lawrence Hale offers **FREE** 15 minute consultations on the *second* Thursday of each month, starting at 10:00 am. **Call 508-866-4698 x 3 for an appt.**

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! **Send 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

Public Health Nurse *Patricia lafrate* provides weekly blood pressure clinics Tuesdays from 9:30 am -11:30 am, plus **monthly (first Tuesday)** glucose and cholesterol screenings with Carver EMS. Drop-in.

FUEL ASSISTANCE AND SNAP APPLICATIONS

For Fuel Assistance call **South Shore Community Action Council** at **508-746-6707** to request an application and a list of required documents. Pick up a SNAP application at the COA then call for an appointment **508-866-4698 x2**.

IN-HOME HAIRCUT SERVICE W/ DONNA LAWRENCE

Call Donna at 508-243-2293 for pricing and an appt.



MONTHLY FOOT CARE w/ Dr. Alan Lechan

Wednesday, January 24th, 9:00 am - 2:30 pm

The \$35 foot care service includes: trimming nails and calluses. Bring your list of medications, doctor's name & date of last visit. **Please call 508-866-4698 x3 to make an appointment.**

IMPORTANT NOTICE

The Carver COA will be closed and bus services canceled if and when *the Carver Schools are closed due to weather*. If schools are delayed due to weather, the COA will also follow the same delay of time in opening. Closing and delay announcements are broadcast on WPLM radio. ❄️ ❄️ ❄️ ❄️

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
 Please call for an appt.

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 w/ *Mary Ellen Wilson*
RYT500 Mondays, January 8, 22 & 29
at 10:00 am **Cost: \$5** Please
register at **508-866-4698 x3**

QI GONG with *Kathryn Demers*
Tuesdays January 2, 9, 16, 23 & 30
at a **NEW TIME: 10:30 am** **Cost: \$5.**
Please register at **508-866-4698 x3.**

OIL PAINTING WORKSHOP
with Jim Collins Tuesdays 1 -3 pm.

ACRYLIC PAINTING WORKSHOP
with Jim Collins Wednesdays 5 -7 pm.

SCRABBLE
Tuesdays at 12:00 pm. Drop-In.

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

BINGO Thursdays, 12:30 pm (*Arrive
prior to 12:15 pm to purchase games*)

MONTHLY ACTIVITIES

BASKET WEAVING w/*Patty Batson.*
Group 1: Fridays January 5th & 19th
Group 2: Fridays January 12th & 26th
at 9:00 am. Cost: \$20/class.
Please register at **508-866-4698 x3.**

**COFFEE WITH THE CHIEF &
TALK WITH THE T.A.**
Every second Tuesday at 10:30 am

SINGO - MUSICAL BINGO
with Steve the DJ Guy on the *first*
Monday **and** the *third* Tuesday of
every month -12:00 pm. Drop-in.

LINE DANCING CLASSES
with *David & Marcia Burbank*
Fridays January 5th & 19th at **12:30
pm. Cost: \$5** Please register at
508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Every 4th Friday, Friday, January 26th
at 10:00 am. Please register at **508-
866-4698 x3.**

1-on-1 iPad 1/2 HR INSTRUCTION
by appointment only with
Lydia Nelson, monthly every
4th Tuesday starting at 10:30.
Please call **508-866-4698 x3**
for an appointment..



WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES
Wednesdays at 10:00 am
**Must register by the Monday
before at 508-866-4698 x3.** 
Supplies are limited.



"Rememberlutions"
Decorated Jar
1/3



Snowflake
Tote
1/10



Snowman Votive
1/17



Aurora
Watercolor
1/24



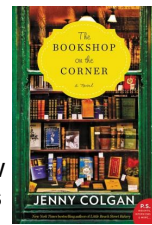
Birch Tree
Wineglass
1/31


**JEWELRY MAKING
WITH NANCY**

Thursday, January 11th at 2:45 pm.
Make a custom beaded necklace or
bracelet with Nancy's instruction.
Cost: \$10.
Please register at **508-866-4698 x3.**

**BOOK CLUB
SELECTION**
*The Bookshop on the
Corner*

by Jenny Colgan
Determined to make a new
life for herself, Nina moves
to a sleepy village many
miles away. There she transforms a
van into a mobile bookshop, changing
one life after another with the power of
storytelling. Nina discovers there's
plenty of adventure in a place that's
beginning to feel like home, where she
just might be able to write her own
happy ending. **Register at 508-866-
4698 x3 and for a copy of the book.**
**Book Discussion Meeting: Monday,
January 29th at 1:00 pm.**



OCES MEMORY BOOST 
Wednesday, January 17th
from 10:00 am - 11:30 am

This refresher course is for participants
who previously attended the UCLA
Memory Training program. There will
be a review and practice of techniques
already learned as well as new tech-
niques and strategies to develop a
more efficient memory.
Please register at 508-866-4698 x3.

MOVIE MATINEE:
"NO TIME TO DIE"
Friday, January 26th
at 12:30 pm

Bond has left active
service and is enjoying
a tranquil life in Jamaica.
His peace is short-lived when his old
friend from the CIA asks for help.
The mission turns out to be far more
treacherous than expected, leading
Bond onto the trail of a mysterious
villain armed with dangerous new tech-
nology. **Register at 508-866-4698 x3.**



IMPORTANT NOTICE

Due to increased food costs,
the COA Board of Directors voted to
increase the price of lunch to **\$5.00**
starting in February.
This cost will also allow for extended
offerings! More to come!

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 2, Fri 8 - 11:15
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 Suggested Donation: \$3.00
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling
By appointment with
Heidi Lufkin-Miles
SHINE Counselor / Outreach Facilitator
Call **508-866-4698 x2**
for an appointment.



CARVER COUNCIL ON AGING
 P.O. BOX 618
 SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
 U.S. Postage PD
 #37
 Carver, MA 02330



JANUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 New Year's Eve	1 CLOSED FOR NEW YEAR'S DAY	2 Wellness Clinic & Screenings 9:30 - 11:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm	3 "Rememberlutions" Jar Craft 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm	4 Lunch 11:30 am BINGO 12:30 pm	5 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30	6
7	8 Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm "Molasses Flood" 1:30 pm	9 Wellness Clinic 9:30 - 11:30 Qi Gong 10:30 am Coffee w/ Chief /Talk w/ TA 10:30 am Lunch 11:30 am	10 Snowflake Tote Craft 10:00 am Lunch 11:30 am Friends Membership Drive 12-2 pm Rummikub 12:00 pm	11 Atty. Hale 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	12 Basket Weaving Group 2 - 9:00 am Benefits of Beans 10:00 am Lunch 11:30 am	13
14	15 CLOSED FOR MARTIN LUTHER KING JR. DAY	16 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12:00 pm	17 Snowman Votive 10:00 am Memory Boost 10:00 - 11:30 am Lunch 11:30 am Rummikub 12:00 pm	18 Lunch 11:30 am BINGO 12:30 pm	19 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30	20
21	22 Chair Yoga 10:00 am GATRA Bus Trip 8:00 am - 3:00 pm Lunch 11:30 am Oasis Senior Living 12:00 pm	23 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:30 am Lunch 11:30 am Estate Planning 12p Scrabble 12:00 pm Finance Appts. 1-4	24 Aurora Watercolor 10:00 am Footcare 9-2:30 Lunch 11:30 am Rummikub 12:00 pm	25 Lunch 11:30 am BINGO 12:30 pm	26 Basket Weaving Group 2 - 9:00 am Bereavement 10 am Lunch 11:30 am Movie Matinee 12:30 pm	27
28 REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A FEB. BIRTHDAY 508-866-4698 X3	29 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	30 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm	31 Birch Tree Wineglass 10:00 am Lunch 11:30 am Rummikub 12:00 pm	<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs.</i></p> <p><i>To help reduce the costs of printing and mailing please consider receiving your newsletter by email!</i></p> <p><i>Send an email to: CarverCOANews@carverma.org.</i></p>		