

April 2023

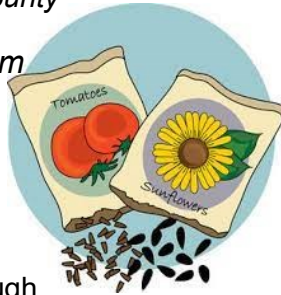
Carver Council on Aging

What's Happening in April

Selecting Spring Seeds and Plants

with Meghan Riley, Plymouth County Extension Agricultural Educator
Monday, April 10th at 12:30 pm

Planning a Spring garden? Come learn which plants and seeds grow best in our New England climate and soil. Discover the tips and tricks for preparing your garden for a successful growing season through spring and beyond. **Register at 508-866-4698 x3.**



Smartphone 1- on-1 Instruction

Tuesday, April 18th from 12:00 pm - 2:00 pm

Members of the Carver High School Junior Class will be offering free half hour smartphone instruction by appointment at the Carver Council on Aging. Seniors will be paired up with Carver High students for their personalized instruction.

Please register for an appointment at 508-866-4698 x3.



Movie Matinee: The Greatest Showman

Friday, April 14th at 12:30 pm

This star-studded musical features Hugh Jackman and celebrates the birth of show business with the visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Please register at 508-866-4698 x3.



“The Bugs That Bug You” Mosquito & Tick Prevention Seminar

Presented by Entomologist Blake Dinius and Erin Morrill, Community Liaison Plymouth County Mosquito Control Project

Wednesday, April 19 at 12:30 pm

Learn about local epidemiology of mosquito-borne and tick-borne diseases, proven protection methods, mosquito & tick biology and ecology plus tick & mosquito myth busting along the way. **Please register at 508-866-4698 x3.**



artwork by Jessie Fries

Charcoal Seascape Art Workshop

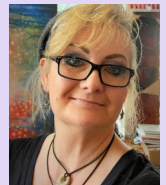
with local Artist Jessie Fries & Sponsored by the Carver Cultural Council

Tuesday, April 11th from 12:00 - 2:00 pm

at the Art Shoppe, 84 Court Street - 2nd floor, Plymouth.

Come work with the art medium of charcoal and learn the step-by-step techniques to create this beautiful 11"x14" seascape complete with acid-free matte and backing. Dress for mess and/or bring an apron (some aprons will be available).

Please register by Friday, April 7th at 508-866-4698 x3 - Space is Limited!



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.

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

Donna Marie Forand-Chair
Helen Marrone-Secretary
Elaine Raymond
Mary DuRoss
Alan Dunham
Paula Hitchcock Alt.
Michael Nicolazzo Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Sandy Coelho -Treasurer
Jackie Rogerson - Secretary
Alice McMahon - Board Member

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 **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

GATRA Bus FAQs

What towns does GATRA provide rides to?

Bus service 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 two days before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers who need assistance upon arrival to their destination should arrange to have a companion ride with them since the Gatra 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. Please let the dispatcher know.

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! **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

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. 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.*



NOTES FROM OUTREACH

Important papers needed when applying for income-based programs:

*Social Security Letter * Bank Statements * Pension Letters * Pay Stubs (*if working*) * Medical Cost Receipts (*some programs can deduct medical costs including over-the-counter medication and wellness items*).

Heidi Lufkin-Miles - Outreach Facilitator

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, April 3, 10 & 24 at 10:00 am.

Cost: \$5. Register **508-866-4698 x3**.

QI GONG with Kathryn Demers

Tuesdays April 4, 11, 18 & 25 at 10:00 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 April 7 & 21

Group 2: Fridays April 14 & 28

\$20/class. Register **508-866-4698 x3**.

COFFEE WITH THE CHIEF & TALK WITH THE T.A.

Every second Tuesday at 10:30 am come chat and share your questions and concerns with Police Chief Duphily and Carver Town Administrator Robert Fennessy. *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 April 7th & 21st at 1:00 pm.

Cost: \$5 Register **508-866-4698 x3**.

BEREAVEMENT SUPPORT GROUP-

Friday, April 28th at 10:00 am.

Please register at **508-866-4698 x3**.

(every 4th Friday monthly)

FREE IPAD INSTRUCTION

w/ Lydia Nelson

Tuesday, April 25th

and every 4th Tuesday monthly, at 12:00 pm.

Please register **508-866-4698 x3**.



WHAT'S HAPPENING THIS MONTH

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.



Adult Coloring
Bunny
4/5

Spring
Banner
4/12



Bird Flower Pot
4/19



Flower Painting
4/26

EASTER EGG DECORATING

with Susan Shaw

Tuesday, April 4th at 12:00 pm

Join us for a free fun holiday craft!

Please register at **508-866-4698 x3**.



JEWELRY MAKING WITH NANCY

Thursday, April 13th **at 2:45 pm.**

Come create a unique beaded necklace or bracelet.

Nancy Shoughrow will provide instruction throughout the jewelry making process. **Cost \$10.**

Please register at **508-866-4698 x3**.

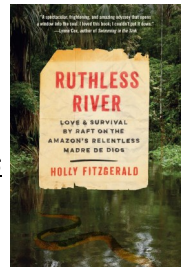


BOOK CLUB SELECTION

Ruthless River: Love and Survival on the Amazon's Rentless Madre de Dios

by Holly Fitzgerald

The ultimate survival story; a wild ride down a South American river in the thick of the Amazon Basin; a true and thrilling adventure of a young married couple who survive a plane crash only to later raft hundreds of miles across Peru and Bolivia, ending up in a channel to nowhere, a dead end so flooded there is literally no land to stand on. Their raft—a mere four logs—separates them from the piranha-and-caiman-infested water. **Please register at 508-866-4698 x3 and for a copy of the book. Book Discussion Meeting: Monday, April 24th at 1:00 pm.**



MONTHLY FOOT CARE with Podiatrist, Dr. Alan Lechan

will be available monthly **every 4th Wednesday** for half hour foot care services by appointment from 9:00 am to 2:30 pm. **Please note April's appointments will be scheduled for Friday April 21st.**

The \$35 foot care service includes: trimming nails and calluses and addressing any other problems you may be experiencing. Be prepared to bring your list of medications, doctor's name and date of last visit. **Please call 508-866-4698 x3 to make an appointment.**



MONTHLY BIRTHDAY CELEBRATIONS

Every **FIRST** Wednesday at 11:30 am with a **FREE** birthday lunch for the celebrant plus cake & ice cream. Please register the month **before** your birthday 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 x 4

SHINE PROGRAM

Health Insurance Counseling

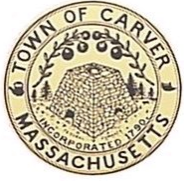
By appointment with

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

APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>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.</i></p>						
28	29	30	31	1		
2	3 AARP Tax Prep 9 - 2:30 Chair Yoga 10 am Lunch 11:30 am SINGO 12:00 pm	4 Wellness Clinic 9:30 -11:30 am Qi Gong 10:00 am Lunch 11:30 am Easter Egg Decorating 12:00 pm Scrabble 12:00 pm	5 Bloom Bus Trip 9:45 am - 5:15 pm Adult Coloring Bunny 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm	6 Lunch 11:30 am BINGO 12:30 pm	7 Basket Weaving Group 1 9:30 am Lunch 11:30 am Line Dancing 1:00 pm	8
9	10 AARP Tax Prep 9 - 2:30 Chair Yoga 10 am Lunch 11:30 am Spring Seeds & Plants 12:30 pm	11 Wellness Clinic Qi Gong 10:00 am Coffee w/ the Chief Talk w/ the T.A. 10:30 Lunch 11:30 am Scrabble 12:00 pm Charcoal Workshop 12:00-2:00 pm	12 Spring Banner 10:00 am Lunch 11:30 am Rummikub 12:00 pm	13 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	14 Basket Weaving Group 2 9:30 am Lunch 11:30 am Movie Matinee 12:30 pm	15
16	17 CLOSED FOR PATRIOTS DAY	18 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Smartphone 12-2 pm	19 Bird FlowerPot 10:00 am Lunch 11:30 am Rummikub 12:00 pm Bugs That Bug You 12:30 pm	20 Lunch 11:30 am BINGO 12:30 pm	21 Basket Weaving Group 1 9:30 am Foot Care 9 am- 2:30 pm Lunch 11:30 am Line Dancing 1:00 p	22
23	24 Chair Yoga 10 am Lunch 11:30 am Book Club 1:00 pm	25 Wellness Clinic 9:30 -11:30 am Qi Gong 10:00 am Lunch 11:30 am iPad Class 12:00 pm Scrabble 12:00 pm Finance Appts. 1-4	26 Spring Flower Painting 10:00 am Lunch 11:30 am Rummikub 12:00 pm	27 Lunch 11:30 am BINGO 12:30 pm	28 Basket Weaving Group 2 9:30 am Bereavement 10:00 am Lunch 11:30 am	29 REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A MAY BIRTHDAY 508-866-4698 X3
30						