



Connections

July 2025 ISSUE 107



"UNINVITED VISITORS" THE WORST MASSACHUSETTS HURRICANES

MONDAY, JULY 9TH | 12:30 PM

Presented by Nancy Franks

No one invited them, but these summertime visitors came anyway! We'll explore 7 deadly hurricanes named Donna, Carol, Edna, Gloria, Bob, Irene and the Great Hurricane of 1938! The presentation is followed by a weather-themed raffle. Bring along any memorabilia from one or more of these storms to share with attendees. *Register at 508-866-4698 x3.*

ANNUAL BBQ LUNCHEON

MONDAY, JULY 14TH | 11:30 AM

Join us for a classic summertime cookout! Members of the Carver Police Department will be grilling up burgers and hot dogs with all the fixings! Classic barbeque sides will include potato salad, pasta salad, corn, baked beans with sliced watermelon for dessert. **Tickets are \$5 each and will be on sale with June in the Nutrition Center starting on Tuesday, July 1st.** Pick up your tickets in person early since they sell out fast! *Maximum 4 tickets/person. No reservations can be taken.*

BRAIN HEALTH: "A RECIPE FOR LIFE"

WEDNESDAY, JULY 16TH | 1:00 PM

Join Richard Rogers from *Heart to Home Meals* to learn about nutrition over meal samples, coffee, tea and dessert. Discover the latest ways to improve brain health at any age. *Register with Alice at 508-866-4698 x3.*



HEARING SCREENINGS FROM AT HOME HEARING HEALTHCARE WEDNESDAY, JULY 9TH | 9:30 - 11 AM

Complimentary hearing screenings, hearing aid cleaning and video ear exams with Hearing Instrument Specialist Lauren Warburton.
Call Alice at 508-866-4698 x3 to schedule!



MIND AND BODY WELLNESS

MONTHLY BEREAVEMENT SUPPORT GROUP

Find comfort and support in this monthly bereavement group facilitated by Continuum Hospice & Palliative Care of Fall River. This group meets on the *4th Friday of every month* at 10:00 am in the library room of the COA. **Please register at 508-866-4698 x3.**

MONTHLY FOOTCARE

Podiatrist Dr. Alan Lechan offers foot care services on the 2nd Tuesday & 4th Wednesday each month at the COA. The \$35 service includes trimming of nails and calluses. Please bring a list of your medications, doctor's name and date of last visit. **Call 508-866-4698 x3 for an appointment.**

WEEKLY WELLNESS CLINICS

TUESDAYS | 9:30 AM - 11:30 AM

Currently, our EMS department provides weekly blood pressure clinics every Tuesday from 9:30 am - 11:30 am. Glucose and cholesterol screenings are provided through Carver EMS on a monthly basis on the *first Tuesday* of each month during the Wellness Clinics. These weekly health checks offer an additional opportunity to address *any* concerns you may want to discuss between visits with your primary care physician. *Drop-in, no appointment is necessary.*



“One flag,
one land,
one heart,
one hand,
one nation
evermore!”

- Oliver Wendell Holmes

DRUMS ALIVE! FITNESS PROGRAM
MONDAY, JULY 7TH | 10:00 AM



Experience the transformative power of cognition, drumming, movement, music and rhythm. Drums Alive! is an evidence-based wellness program that improves physical, mental, and social-emotional well-being. Join us for music, movement and a marvelous time! *Please register with Alice at 508-866-4698 x3. Space is limited.*

JIMBO WILSON & THE CRANBERRY JUNCTION AT THE BBQ LUNCHEON
MONDAY, JULY 14TH | 12:00 -1:00 P



Entertainment of vintage country music at the Annual BBQ Luncheon will be provided by **"Jimbo Wilson & the Cranberry Junction Band"** *courtesy of the Friends of Carver COA*. Luncheon tickets go on sale Tuesday, July 1st with June in the Nutrition Center.

THE MAGIC OF BUTTERFLIES WITH BLAKE DINIUS

MONDAY, JULY 21ST | 12:30 PM

Want to reduce stress? Exercise more? Join Entomologist Blake Dinius to discover how butterfly watching can be a meditative experience that will get you out in nature and benefit your body & soul. **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**
Heidi Lufkin-Miles
508-866-4698 x2
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

BEACHBALL CHAIR VOLLEYBALL

Tuesdays / 9:30 am, Drop-in

QI GONG

with David Kisiday / Cost: \$5
Tuesdays / 10:30 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.

***Please register for ALL activities at
508-866-4698 x3, unless they are
listed as "Drop-in".***

MONTHLY ACTIVITIES

BASKET WEAVING W/PATTY

Group 1: 1st & 3rd Fridays
Group 2: 2nd & 4th Fridays
at 9:00 am, Cost: \$25/class

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

Every second Tuesday at
10:30 am. Drop-in.

JEWELRY MAKING W/NANCY

Every second Thursday at
2:45 - 4:30 pm Cost: \$10

VISIT WITH THE VETERANS AGENT

Every third Wednesday at
10:30 am. Drop-in.

SINGO - MUSICAL BINGO

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

MOVIE MATINEE

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

WEEKLY CRAFT CLASSES

WEDNESDAYS AT 10:00 AM

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

July 2nd - *Fourth of July
Stenciled Apron*

July 9th - *Embellished
Wooden Frame*

July 16th - *Ocean Wave Bottle*

July 23rd - *Starfish Mini Canvas*

July 30th - *Summer Tea Light*

"NIMBLE FINGERS" KNIT AND CROCHET CLUB

MONDAY, 7/28 10:00 -11:30 AM

Group crafting can be a lot of fun to form new friendships and find new inspirations. Bring a current project or work with provided patterns and yarn with your own hooks or needles. **Register at 508-866-4698 x3**



"SUMMER CAMP" FUN AND GAMES!

WEDNESDAY, JULY 30TH | 1:00 PM

Relive the fun and friendship of the days of "Summer Camp". Enjoy playing games, making crafts, eating S'mores and maybe singing a silly song or two! **Please register at 508-866-4698 x3.**



CONTACTS

Friends of Carver Council on Aging

Jack Franey -
President
Paul M. Kelly -
Vice President
Jackie Rogerson -
Treasurer
Elaine Gorham -
Secretary
Alice McMahon -
Activities Coordinator
Lydia Nelson - *Officer*
Bob Bumpus - *Officer*
Terri Franey - *Officer*
Friends of Carver COA
P.O. Box 72,
Carver, MA 02330
friendscarvercoa.com



Council on Aging Board of Directors*

Helen Marrone - *Chair*
Elaine Raymond -
Vice Chair
Mary DuRoss -
Secretary
Cathy Gallimore -
Member
Marie Fahey - *Member*
Louise Walsh - *Alt.*
Mike Nicolazzo - *Alt.*
**Subject to COA Board reorganization changes*

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.* For the current week's menu, please call 508-866-4698 x4, select option 1 for a recording of the week's menu. All meals include a choice of milk or juice. **Cost: \$5**

Tuesday	7/1 - Grilled Chicken over a bed of greens with summer vegetables, asst. dressings, diced pears.
Wednesday	7/2 - Chicken Meatballs w/gravy, mashed potatoes, Brussel sprouts, Birthday Cake & Ice Cream
Thursday	7/3 - Beef Chili w/cheese over rice, peaches
Friday	7/4 - CLOSED FOR INDEPENDENCE DAY
Monday	7/7 - Pizza with toppings, soup, mixed fruit
Tuesday	7/8 - Pulled Pork Sandwich, cranberry cole slaw, orange Jello
Wednesday	7/9 - Chicken Kiev, rice pilaf, carrots, tropical fruit mix
Thursday	7/10 - American Chop Suey, green beans, vanilla pudding
Friday	7/11 - Ham Salad Sandwich, chips, pound cake
Monday	7/14 - ANNUAL BBQ LUNCHEON (<i>Advance ticket purchase required</i>)
Tuesday	7/15 - Chicken nuggets, fries, corn, asstd. dipping sauces, key lime pie
Wednesday	7/16 - Cranberry Walnut Chicken Salad, potato salad, pineapple
Thursday	7/17 - Chicken Cordon Royale, mashed potatoes, beets, choc. pudding
Friday	7/18 - Haddock w/lemon, sweet potato puffs, mixed veggies, tiramisu
Monday	7/21 - Knockwurst, potato salad, green beans, lime Jello
Tuesday	7/22 - Assorted Calzones, chips, peaches
Wednesday	7/23 - Teriyaki Chicken, fried rice, oriental veggies, mandarin oranges
Thursday	7/24 - Chicken Broccoli Croquettes, rice pilaf, peas, banana cake
Friday	7/25 - Tuna Salad Sandwich, soup, pears
Monday	7/28 - Lasagna, green beans, vanilla pudding
Tuesday	7/29 - Chicken Salad w/lettuce, tomatoes, peppers, cucumbers, asst. dressings, lemon Jello
Wednesday	7/30 - Meatloaf w/gravy, mashed potatoes, peas, mixed fruit
Thursday	7/31 - Ground Beef w/peppers & onions, corn, double chocolate cake



OCTOBER BLOOM BUS TRIP: ESSEX STEAM TRAIN & RIVERBOAT

FRIDAY, OCTOBER 24TH
8:30 AM - 5:30 PM



Join us for a special Rail & Sail autumn trip! Three choices for lunch aboard the train and then a riverboat cruise on the Connecticut River. Roundtrip coach bus transportation to and from the Carver COA. **Cost: \$125 (Friends Members) /\$159.00 (non-members)** Call Alice at 508-866-4698 x for reservations and more information.

MONTHLY BOOK CLUB

MONDAY 7/28 AT 1:00 PM

The Night Flowers is a haunting debut thriller written with pulse-pounding precision and a deep understanding of the psychology of violence and the tenacity of those who combat it.

For a copy of the book, please register at 508-866-4698 x3.



MOVIE MATINEE: BOOK CLUB - THE NEXT CHAPTER

FRIDAY 7/18 AT 12:00 PM

Four women take their book club to Italy for the fun girls' trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime, cross-country adventure! *Starring: Diane Keaton, Mary Steenburgen, Candace Bergen & Jane Fonda.*

Please register at 508-866-4698 x3.



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 Veteran's 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 1/2 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: 128 Main Street (Carver Square Plaza). Please call 508-866-7673 for current hours.

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.
- Be ready at the scheduled pick up time.
- Drivers can only wait 5 minutes after pick up time.
- Call in advance to cancel a reservation.

1 HOUR SUPERMARKET TRIPS - MAXIMUM 5 PEOPLE - 4 BAGS OR LARGE ITEM 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.

GATRA DIAL-A-RIDE



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

Return Service Requested

PRSRT STD
U.S. Postage
PAID
Permit #37
Carver, MA 02330

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Don't forget, BBQ Luncheon Tickets go on sale 7/1 in the Nutrition Center</i>	1 Chair Volleyball 9:30 <i>No Qi Gong today</i> Lunch 11:30 am Scrabble 12:00 pm	2 4th of July Stenciled Apron 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12:00 am	3 Lunch 11:30 am Bingo 12:30 pm	4 CLOSED FOR INDEPENDENCE DAY	5
6	7 <i>No Chair Yoga</i> Drums Alive! Fitness 10:00 am Lunch 11:30 am SINGO 12:00 pm	8 Footcare 9 - 2:30 Chair Volleyball 9:30 am Qi Gong 10:30 am Coffee w/Chief & Talk w/TA 10:30 am Lunch 11:30 am	9 Hearing Screenings Appts 9:00 - 11:00 am Embellished Wooden Frame 10:00 am Lunch 11:30 am Hurricanes 12:30 pm	10 Atty. Hale Appts. 10:00 am Lunch 11:30 am Bingo 12:30 pm Jewelry Making 2:45 p	11 Basket Weaving 9:00 am Lunch 11:30 am	12 <i>Meet Blake Dinius at 10:00 am at the Bentley Loop trail in the Myles Standish Forest for a guided Butterfly Walk.</i>
13	14 <i>No Chair Yoga</i> Annual BBQ Luncheon 11:30 am <i>Advance Tickets required</i>	15 Chair Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm	16 Wave Bottle 10:00 Visit w/Veterans Agent 10:30 am Lunch 11:30 am Rummikub 12:00 pm Brain Health 1:00 pm	17 Lunch 11:30 am Bingo 12:30 pm	18 Basket Weaving 9:00 am Lunch 11:30 am Movie Matinee 12:00	19
20	21 <i>No Chair Yoga</i> Balancing Butterfly Craft 10:00 am Lunch 11:30 am Magic of Butterflies 1:00 pm	22 Chair Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Financial Appts 1-4	23 Starfish Mini Canvas 10:00 am Lunch 11:30 am Rummikub 12:00 am	24 Lunch 11:30 am Bingo 12:30 pm	25 Basket Weaving 9:00 am Bereavement 10:00 Lunch 11:30 am	26
27	28 <i>No Chair Yoga</i> Nimble Fingers Knitting & Crocheting Club 10:00 am Lunch 11:30 am Book Club 1:00 pm	29 Chair Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm	30 Footcare 9 - 2:30 Summer Tea Light Craft 10:00 am Lunch 11:30 am Rummikub 12:00 pm "Summer Camp" 1:00	31 Lunch 11:30 am Bingo 12:30 pm		