

March 2024

Carver Council on Aging

What's Happening in March

St. Patrick's Luncheon

Monday, March 11th
at 11:30 am

Join us for a St. Pat's celebration featuring a meal of corned beef, cabbage, carrots, turnip, potatoes, plus coffee and dessert all served up by members of the Carver Police Department. Entertainment will be provided by The Black Velvet Band sponsored by the Carver Cultural Council. Drawings for prizes will also be held by the Friends of Carver COA!

Tickets at \$10 each will be sold by June in the Nutrition Center starting Friday, March 1st..



Friends 2024 Membership Drive "Lucky Draw"

Wednesday, March 13th, 12 - 2 pm

Join or renew your annual Friends of Carver COA membership for \$10 and draw a "Lucky Shamrock" from the leprechaun's pot to win a prize of either a free lunch voucher, COA keychain or a lottery scratch ticket! For more information email: amcmahon2225@yahoo.com.

Don't forget that your Friend's Membership entitles you to special discount prices on our Bus Trips!



Movie Matinee: The Quiet Man

Friday, March 8th at 12:30 am

This classic John Ford rom-com is set in the lush Irish country-side and stars John Wayne as the Irish-born boxer who returns to his homestead and Maureen O'Hara, his fiery love interest who offers him his greatest challenge!

Please register at 508-866-4698 x3



Game Shows To Go

sponsored by the Friends of Carver COA
Tuesday, March 26th

at 1:00 pm. Join us for A LIVE TV-like Game Show program hosted by Kevin Richman, where everyone is a winner and trivia questions are part of the fun. Everyone participates in this unique experience as both contestants on the panel and members of the audience. **Please register at 508-866-4698 x3**



BLOOM BUS TRIP:

Blithewold Mansion "Spring Days with Tea"

Monday, April 22nd Depart: 9:30 am - Return: 6:00 pm

Celebrate spring with a spectacular display of daffodils at this beautiful 33-acre estate on Narragansett Bay. Enjoy an afternoon of Tea as you dine on scones, tea sandwiches and more. After lunch, enjoy a little time strolling downtown Newport before heading home.

Cost: \$85/person for Friends Members \$135/person for Non-Members
For reservations call 508-866-4698 x3

All payments due by or before Monday, March 18th.

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.

"LUCK 'O' THE IRISH" MARCH GATRA BUS TRIP

Plainridge Park Casino, Monday, March 18th,
9:30 am – 4:00 pm

Try your luck at over 1,200 slots, video poker and electronic table games. Lunch will be on your own at one of the Casino eateries.

Trip Cost: **\$5.00** for the bus.

Call the GATRA Dispatcher early to reserve your spot at **508-866-4698 x1**. **Space is limited**

Next: Guided tour of Newport Monday April 8th

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, March 27th, 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, (NO CLASS 3/11)
March 4th, 18th and 25th at 10:00 am
Cost: \$5 Please register at 508-866-4698 x3

QI GONG with *Kathryn Demers*
Tuesdays March 5th, 12th, 19th &
26th at a 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 March 1st & 15th
Group 2: Fridays March 8th & 22nd
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 March 1st & 15th at 12:30 pm.
Cost: \$5 Please register at
508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Every 4th Friday, Friday, March 22nd
at 10:00 am. Please register at 508-866-4698 x3.

JEWELRY MAKING WITH NANCY
Thursday, March 14th at 2:45 pm.
Make a custom beaded necklace or
bracelet. **Cost: \$10.**
Please register at 508-866-4698 x3.

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.



Embellished
Pot 'o' Gold
D cor
3/6

Spring
Centerpieces
3/13



Dandelion
Painting
3/20

Egg
Decorating
with *Susan
Shaw*
3/27



BOOK CLUB SELECTION

All We Ever Wanted

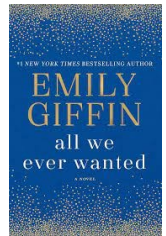
by Emily Giffin

This story centers on three different people: Nina, a well off woman wondering if she fits into Nashville's elite and her family, Tom, a blue-collar carpenter trying his best to raise Lyla, his teenager daughter, on his own and Lyla, who's trying to find her place in this world, especially in her rich, private school.

A photograph taken of a drunken moment at a party changes the three characters lives forever.

Register at 508-866-4698 x3 and for a copy of the book.

Book Discussion Meeting:
Monday, March 25th at 1:00 pm.



"SMALL BITES"
with *BID Registered Dietitian*

Marcia Richards
Friday, March 29th ,
at 10:00 am



Celebrate National Nutrition Month with this year's theme "Beyond the Table" which highlights the farm-to-fork aspect of nutrition. Learn how to prepare healthy, delicious snacks and "small bites" that taste good *and* make you feel good! Tastings will be available.
Please register 508-866-4698 x3.



THE FRIENDS OF CARVER COA SPRING FUNDRAISER

Starting Monday, March 25th, the Friends of Carver COA will start taking orders for cupcakes through Cupcake Charlie's to raise funds for the COA! Orders will be taken through April 12th and delivery will be on Wednesday, May 1st and Thursday, May 2nd.

For more information email:
amcmahon2225@yahoo.com.

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: \$5.00
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



MARCH 2024



SUN	MON	TUE	WED	THU	FRI	SAT
<p>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.</p>				<p>DON'T FORGET →</p>		<p>ST.PAT'S LUNCHEON TICKETS GO ON SALE TODAY! Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30</p>
3	<p>"Morning Wake-Up" 9:00 am - 10:00 am Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm</p>	<p>Wellness Clinic & Screenings 9:30 -11:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm</p>	<p>Pot 'o' Gold Decor 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm</p>	<p>Lunch 11:30 am BINGO 12:30 pm</p>	<p>Basket Weaving Group 2 - 9:00 am Lunch 11:30 am Movie Matinee 12:30 pm</p>	2
10	<p>ST. PAT'S LUNCHEON (tickets required) NO Morning Wake-Up NO Tax Prep NO Chair Yoga</p>	<p>Wellness Clinic 9:30 - 11:30 am Qi Gong 10:30 am Coffee w/ Chief / Talk w/ TA 10:30 am Lunch 11:30 am Scrabble 12 pm</p>	<p>Spring Centerpieces 10:00 am Lunch 11:30 am Friends Membership Drive 12-2 pm Rummikub 12 pm</p>	<p>Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm</p>	<p>Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm</p>	16
17	<p>BLOOM BUS \$ DUE! "Morning Wake-Up" 9-10 Tax Prep 9-2:30 Chair Yoga 10 am Lunch 11:30 am GATRA Bus Trip 9:30-4</p>	<p>Wellness Clinic 9:30 -11:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12 pm</p>	<p>Dandelion Painting 10:00 am Lunch 11:30 am Rummikub 12 pm</p>	<p>Lunch 11:30 am BINGO 12:30 pm</p>	<p>Basket Weaving Group 2 - 9:00 am Bereavement 10:00 am Lunch 11:30 am</p>	23
<p>ORDERS FOR THE FRIENDS CUPCAKE CHARLIE'S FUNDRAISER START MONDAY! DON'T FORGET →</p>	<p>"Morning Wake-Up" 9-10 Tax Prep 9-2:30 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm</p>	<p>Wellness Clinic Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm Game Show 1 pm Finance Appts 1-4 pm</p>	<p>Egg Decorating w/ Susan Shaw 10:00 am Footcare 9-2:30 Lunch 11:30 am Rummikub 12 pm</p>	<p>Lunch 11:30 am BINGO 12:30 pm</p>	<p>"Small Bites"- (Appetizers) w/ Marcia Richards 10:00 am Lunch 11:30 am</p>	<p>REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE AN APRIL BIRTHDAY 508-866-4698 X3</p>