



Connections

June 2025 ISSUE 106



MASSACHUSETTS CONNECTIONS TO THE CALIFORNIA "GOLD RUSH" **MONDAY, JUNE 9TH | 12:30 PM**

Presented by Nancy Franks

Discover the unexpected Massachusetts connections to the California Gold Rush that took place between 1848-1855. Local residents with "gold fever" joined the over 100,000 prospectors who arrived in California by the end of 1849 to be forever known as "Forty-Niners"! *Don't miss the gold-themed raffle at the end! Register at 508-866-4698 x3.*

LEWIS & FERRI: SONGS & STORIES OF THE SINGER/SONGWRITERS **WEDNESDAY, JUNE 25TH | 1:00 PM**

Sponsored by Carver Cultural Council

Singer/Guitarists Andrew Lewis and Margaret Ferri feature the Singer/Songwriters who shaped the music of the 60s and 70s, such as James Taylor, Paul Simon, Bob Dylan, Joni Mitchell, - and many more. Plus, there is always a story behind every song!

Please register with Alice at 508-866-4698 x3.

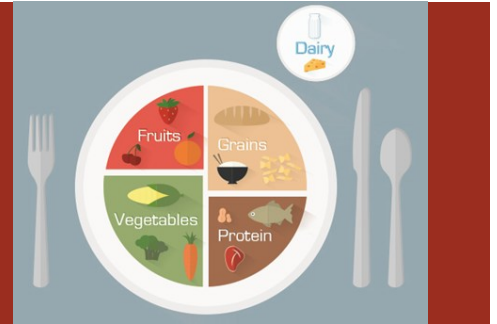


This program is supported in part by a grant from the Carver Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

HEALTHY EATING ON A BUDGET FROM OCS

WEDNESDAY, JUNE 18TH | 1:00 PM

Learn how to navigate the nutrition food label, menu planning and clever ways to eat healthy on a tight budget while setting realistic goals. *Please register with Alice at 508-866-4698 x3.*



Juneteenth 2025

"When day comes
we step out of
the shade

Aflame and unafraid

The new dawn
blooms as we
free it

For there is always
light

If only we're brave
enough to see it

If only we're brave
enough to be it."

— **Amanda Gorman,**
National Youth
Poet Laureate,
Poet, Activist



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MEET & GREET HEIDI MILES TUESDAY, JUNE 24TH | 10:00 AM

Drop-in to the *Small Meeting Room of the Carver Public Library* to meet Outreach & SHINE Counselor Heidi Miles for your insurance questions and to learn about the COA services and activities.



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.*



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ASK THE EXPERTS PANEL PROGRAM MONDAY, JUNE 23RD | 12:30 PM

Join us for an important and highly informative panel program hosted by Oasis Senior Advisors. *Owner, Jim*



Monti will offer expert guidance through a free service to help seniors navigate the challenges of senior living options. *Financial Advisor, Jennifer Goddard* will explain how to prepare for the costs associated with senior living. *Attorney Jane Sullivan, Esq.*, specializes in Elder Law, Estate and Medicaid Planning, Estate and Trust Administration as well as Medicaid Applications and Appeals.

Light refreshments will be served!

Please register with Alice at 508-866-4698 x3.

TACO SALAD IN A JAR RECIPE

- 1 pound lean ground beef
- 2/3 cup water
- 1 envelope taco seasoning
- 1 med. avocado, peel & cube
- 1 Tbsp finely chop red onion
- 1 garlic clove, minced
- 1/2 tsp lemon juice
- 3/4 cup sour cream
- 3/4 cup salsa
- 2 medium tomatoes, chopped
- 1 can (2.25 oz) sliced ripe olives
- 1 small cucumber, peel & chop
- 5 green onions, chopped
- 1 cup shredded cheddar cheese
- 4 cups shredded lettuce (Tortilla chips, optional)



In a small skillet, cook beef over medium heat; crumble beef and drain. Stir in water and taco seasoning, following directions. Cool.

In a small bowl, mash avocado with onion, garlic and lemon juice. In each of four 1-qt. wide-mouth canning jars, divide and layer ingredients in the following order: Sour cream, salsa, beef, tomatoes, olives, cucumber, green onions, avocado mixture, cheese and lettuce. Cover and refrigerate until serving. To serve, transfer salads into bowls; toss to combine. If desired, serve with tortilla chips.

OCCASIONAL CARD MAKING WITH LEE LAWSON

MONDAY, JUNE 2ND | 10:00 AM

Come create a unique assortment of embossed and layered cards with decorative accents. Each participant will complete six different dimensional cards. **Cost: \$10** *Space is limited!* Register with Alice 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.

LINE DANCING

w/ Dave & Marcia, Fridays,
6/6 & 6/20, 12:30 pm. Cost: \$5

WEEKLY CRAFT CLASSES

WEDNESDAYS AT 10:00 AM

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

June 4th - *Rag Wreaths*
w/ Patty Batson

June 11th - *Embossed Clay
Pendant*

June 18th - *Mosaic Garden Stone*

June 25th - *Beaded Dragonfly
Decoration*

"NIMBLE FINGERS" KNIT AND CROCHET CLUB

MONDAY, 6/30 10:00 -11:00 AM

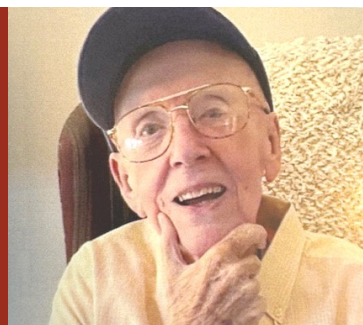
Group crafting can be a lot of fun to form new friendships and find new inspirations. Bring a current project or work with provided patterns and yarn with your own hooks or needles. **Register at 508-866-4698 x3**



JIM COLLINS MEMORIAL GARDEN DEDICATION

MONDAY, JUNE 16TH | 1:00 PM

Join the friends and family of Jim Collins as we dedicate a garden at the COA in his memory. There will be a display of Jim's artwork and a reception with light refreshments. **RSVP 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

Alan Dunham - *Chair*
Elaine Raymond -
Co-Vice Chair
Mary DuRoss -
Co-Vice Chair
Helen Marrone -
Secretary
Cathy Gallimore -
Member
Louise Walsh - *Alt.*
Mike Nicolazzo - *Alt.*

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**

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|-----------|---|
| Monday | 6/2 - Hot Dogs, baked beans, brown bread, diced pears |
| Tuesday | 6/3 - Lasagna, green beans, pineapple |
| Wednesday | 6/4 - Meatloaf w/ gravy, mashed potatoes, mixed vegetables, Birthday Cake and ice cream |
| Thursday | 6/5 - Chicken Cordon Royale, fries, corn, peaches |
| Friday | 6/6 - Tuna Salad Sandwich, chips, tiramisu |
| Monday | 6/9 - Pizza with toppings, soup, mixed fruit |
| Tuesday | 6/10 - Cranberry Walnut Chicken Salad Sandwich, potato salad, lime Jello |
| Wednesday | 6/11 - Chicken Nuggets, sweet potato puffs, beets, key lime pie |
| Thursday | 6/12 - American Chop Suey, corn, tropical fruit |
| Friday | 6/13 - Roast Beef & Cheese Sandwich, chips, pears |
| Monday | 6/16 - Knockwurst, potato salad, sauerkraut, peas, apple fritter |
| Tuesday | 6/17 - Pulled Pork Sandwich, cranberry cole slaw, orange Jello |
| Wednesday | 6/18 - Chicken Kiev, mashed potatoes, peas, peaches |
| Thursday | 6/19 - CLOSED FOR JUNETEENTH |
| Friday | 6/20 - Ham Salad Sandwich, soup, mandarin oranges |
| Monday | 6/23 - Assorted Calzones, chips, pineapple |
| Tuesday | 6/24 - Sausage Peppers & Onions over rice, mixed vegetables, vanilla pudding |
| Wednesday | 6/25 - Teriyaki Chicken, fried rice, oriental vegetables, pears |
| Thursday | 6/26 - Ground Beef w/ peppers, onions & gravy, mashed potatoes, chocolate cake |
| Friday | 6/27 - Haddock w/ lemon, fries, corn, mixed fruit |
| Monday | 6/30 - Chicken Broccoli & Cheese Croquettes, fries, corn, pound cake |

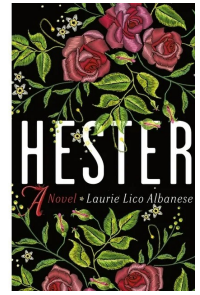




MONTHLY BOOK CLUB

MONDAY 6/30 AT 1:00 PM

Set in the early 1800s, this story explores themes of love, identity, and the haunting legacy of witch hunts. Scottish immigrant Isobel Gamble's life in Salem is far from what she expects, especially when she is faced to navigate a foreign land alone. **For a copy of the book, please register at 508-866-4698 x3.**



MOVIE MATINEE: GLASS ONION

FRIDAY 6/13 AT 12:00 PM

A murder occurs during a weekend getaway with a group of friends on a private Greek island. In the style of Agatha Christie, this star-studded sequel to the *Knives Out* murder mystery, keeps you guessing "whodunit" until the very end! **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

June 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|---|-----|
| 1 | 2 Adv. Chair Yoga 9 a Basic Chair Yoga 10 a Card Making 10 am Lunch 11:30 am SINGO 12:00 pm | 3 Wellness Clinic / Screenings 9:30 am Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm | 4 Rag Wreath 10 am Birthday Celebration Lunch 11:30 am Rummikub 12:00 pm | 5 Lunch 11:30 am Bingo 12:30 pm | 6 Basket Weaving 9:00 am - Group 1 Lunch 11:30 am Line Dancing 12:30 pm | 7 |
| 8 | 9 Adv. Chair Yoga 9 a Basic Chair Yoga 10 a Lunch 11:30 am Nancy Franks Gold Rush 12:30 pm | 10 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Coffee w/ Chief & Talk w/T.A. 10:30 am Lunch 11:30 am Footcare 12:00 pm Scrabble 12:00 pm | 11 Embossed Clay Pendant 10:00 am Lunch 11:30 am Rummikub 12:00 pm | 12 Atty. Hale Appts. 10 a Lunch 11:30 am Bingo 12:30 pm Jewelry Making 2:45 p | 13 Basket Weaving 9:00 am - Group 2 Lunch 11:30 am Movie Matinee 12:00 pm | 14 |
| 15 | 16 Adv. Chair Yoga 9 a Basic Chair Yoga 10 a Lunch 11:30 am Jim Collins Memorial 1:00 pm | 17 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12:00 pm | 18 Garden Stone 10 a Visit w/ the Veterans Agent 10:30 am Lunch 11:30 am Rummikub 12:00 pm Healthy Eating 1 pm | 19 CLOSED FOR JUNETEENTH | 20 Basket Weaving 9:00 am - Group 1 Lunch 11:30 am Line Dancing 12:30 pm | 21 |
| 22 | 23 Adv. Chair Yoga 9 am Basic Chair Yoga 10 am Lunch 11:30 am "Ask the Experts" Oasis Advisors 12:30 | 24 Wellness Clinic Volleyball 9:30 am Heidi at CPL 10 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Financial Appts. 1-4 pm | 25 Footcare Appts Beaded Dragonfly 10 a Lunch 11:30 am Rummikub 12:00 pm Lewis & Ferri Concert 1:00 pm | 26 Lunch 11:30 am Bingo 12:30 pm | 27 Basket Weaving 9:00 am - Group 2 Bereavement 10:00 am Lunch 11:30 am | 28 |
| 29 | 30 Adv. Chair Yoga 9 a Basic Chair Yoga 10 am Nimble Fingers 10 am Lunch 11:30 am Book Club 1:00 pm | | | | | |

