

December 2021

Carver Council on Aging

What's Inside for December

Friends of Carver COA Craft Fair

*Saturday, December 4th
from 9 am - 1 pm*

Find unique homemade gifts for everyone on your holiday shopping list!

Handmade Jewelry, Knitting, Crocheting, Holiday Decor, Baskets, Candles, Home Textiles, Country Crafts and the Friends of Carver COA Bake Sale.

FREE professional photos with Mr. & Mrs. Claus!

Plus activities for the kids!

Drawings for Gift Baskets & Gift Cards!



Holiday SINGO

with Jim the DJ Guy

*Monday, December 6th
at 12:00 pm*

Get in the holiday spirit with the songs of the season playing musical bingo! It's FREE to play and FUN to win! Drop-in! *Come early for lunch and stay for SINGO!*



Holiday Concert with

Ruth Harcovitz

*Sponsored by the
Carver Cultural
Council*

*Monday,
December 13th,*

at 12:30 pm

Singing star

Ruth Harcovitz,

*gives joy with her
sparkling voice*

and warm personality

everywhere she goes. Ms. Harcovitz is in constant demand throughout the country where she has been featured with opera companies, as a soloist with orchestras, and in resorts. Ruth's charm and artistry overflow as she fills the hall with the joyful songs of the season. Drop-in!



This performance is supported by a grant from the Carver Cultural Council, a local agency, and the Massachusetts Cultural Council, a state agency, and the Carver Council on Aging.

Countdown to Noon New Year's Ice Cream Social

Wednesday, December 29th, 11:45 am

Join us for an early countdown to the New Year and celebrate with an ice cream sundae.

Sponsored by the Friends of Carver COA.

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

Connie Kelly

Monday-Friday
8 AM-4 PM

508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Claudia Miller-Vice Chair
Helen Marrone-Secretary
Savery Moore
Elaine Raymond
Stephanie Clougherty Alt.
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

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 no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

MASKS ARE STILL REQUIRED ON PUBLIC TRANSPORTATION

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 am Shaw's



FRIDAY HOLIDAY SHOPPING 12:30 PM - 4:00 PM

December 3rd Kohl's/Plymouth

December 10th Target/Wareham

December 17th Kohl's/Plymouth

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation 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 the day before.**

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable

Town Policy of Closing Due To Weather Conditions

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.

LOAN CLOSET (*please call before dropping off items*)
The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

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.

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of the Carver COA, PO Box 72, Carver, MA 02330, Attn: Madeline Joyce.

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS is providing weekly blood pressure clinics as well as monthly glucose and cholesterol screenings every Tuesday from 9:30 am -11:30 am. Drop-in.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

CARVER BOARD OF DIRECTORS MEETING

Thursday, December 23rd, at 4:30 pm, Town Hall, Rm 4.

The Plymouth County Sheriff Department's **Free Safety Assurance program** is a computerized phone

system that places a call to a participant at a pre-arranged time each day.

Calls are received between 6 am and noon.

To enroll, call 508-830-6256.



GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 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 of Wild Divinity Yoga
Mondays, December 6th, 13th & 20th.
New time 10:00 am - 11:00 am.
Suggested \$5 donation.
Register at 508-866-4698 x-3.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm.
Call to register at 508-866-4698 x3.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays
at 5 pm. Register 508-866-4698 x3.

MEXICAN TRAIN DOMINOES GAME

Tuesdays at 12:00 pm. Drop-In.

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Every Thursday at 12:30 pm
(Arrive by 12:15 pm to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am
meet Police Chief, Marc Duphily.

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
Sponsored by the Friends
Friday, December 3rd & 17th, 1:00 pm.
Cost: \$5 Please register at 508-866-4698 x3. Class size is limited

BEREAVEMENT SUPPORT GROUP

Meeting on Friday, December 10th at
10:00 am. Please register at 508-866-4698 x3. (Usually 4th Friday monthly)

MEET & GREET WITH HEIDI

Tuesday, December 14th at 11:00 am
in the Small Meeting room of the
Carver Public Library. Drop-in to meet
COA Outreach Coordinator, Heidi
Lufkin-Miles, to discuss any questions
or concerns you may have.

iPAD INSTRUCTION w/ Lydia Nelson

Tuesday, December 21st at 10:00 am
Please register at 508-866-4698 x3.

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am
Please register 508-866-4698 x3.
Supplies may be limited.



Slate
Coasters
12/1



Felt
Wreath
Ornament
12/8



Painted Sled
Decoration
12/15



Ugly Sweater
Cookie Decorating
12/22



Adult
Coloring
Calendar
12/29

HEALTHY HOLIDAY

"MOCKTAILS"

with Nutritionist
Ally Littlefield
Tuesday,

December 7th
at 10:00 am

Join us for a
demonstration
of a variety of
non-alcoholic
"copycat" cocktail recipes with nutri-
tious ingredients. Once you sample
these festive creations, you'll want to
serve them to your holiday guests!
Register at 508-866-4698 x3.



JIM COLLINS' FINAL BOSTON BALLET NUTCRACKER PERFORMANCE DVD VIEWING

Wednesday, December 8th, 5:00 pm.



Join Jim and all his COA friends
for a DVD showing of his final perfor-
mance from 30 years ago as "Mother
Ginger" in the holiday classic, Boston
Ballet's Nutcracker. Drop-in.

JEWELRY MAKING WITH NANCY

Thursday, December 9th at 3:00 pm.

Come create a
unique beaded
bracelet for yourself
or give as a gift for the holidays.
Nancy Shoughrow will provide
instruction and assistance through the
jewelry making process. *Cost \$10.*
Please register at 508-866-4698 x3.
Supplies and tools may be limited.



RESTORATIVE YOGA AND CRYSTAL BOWL SOUND BATH

Tuesday, December 28th
from 2:00 pm - 3:30 pm

Mary Wilson of Wild
Divinity Yoga will
guide you through
an introduction to the
7 major chakras through restorative
posture, meditation, and crystal bowls
attuned to each chakra, working
toward balancing your energetic body
and offering a deep rest for your
physical and emotional body.
You will leave feeling refreshed and
restored, a great way to say goodbye
to 2021 and welcome in the New
Year!

Please bring your own mat or advise
if you need one when you register 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

Appointments with SHINE Counselor
Erina Marcolini are scheduled for
Wednesdays from 9:00 am -12:00 pm

Please email for an appointment
to: shine.marcolini@gmail.com
or call 508-866-4698 x3



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



December 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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! Sign up at: COANews@carverma.org. Thank you!</i></p>			<p>1 Slate Coasters 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>2 Lunch 11:30 am BINGO 12:30 pm</p>	<p>3 Lunch 11:30 am Line Dancing 1:00 pm</p>	<p>4 Friends Holiday Craft Fair Saturday, December 4th from 9 - 1</p>
5	<p>6 Chair Yoga 10:00 am Lunch 11:30 am SINGO! 12:00 pm Tai Chi 1:00 pm</p>	<p>7 Wellness Clinic 9:30 - 11:30 am Holiday Mocktails 10:00 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm</p>	<p>8 Wreath Ornament 10:00 am Lunch 11:30 am Rummikub 12:00 pm Jim Collins Nutcracker Performance 5:00</p>	<p>9 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Making w/ Nancy 3:00 pm</p>	<p>10 Bereavement 10:00 am Lunch 11:30 am</p>	11
12	<p>13 Chair Yoga 10:00 am Lunch 11:30 am Ruth Harcovitz Concert 12:30 pm</p>	<p>14 Wellness Clinic Coffee w/ the Chief 10:30 am Meet w/ Heidi 11:00 Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm</p>	<p>15 Painted Sled 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>16 Lunch 11:30 am BINGO 12:30 pm</p>	<p>17 Lunch 11:30 am Line Dancing 1:00 pm</p>	18
19	<p>20 Chair Yoga 10:00 am Lunch 11:30 am</p>	<p>21 Wellness Clinic 9:30 - 11:30 am iPad 10:00 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm</p>	<p>22 Ugly Sweater Cookie Decorating 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>23 Veterans Agent Mark Pineo 10-12 Lunch 11:30 am BINGO 12:30 pm</p>	<p>24 CLOSED FOR CHRISTMAS EVE</p>	<p>25 CHRISTMAS</p>
26	<p>27 CLOSED FOR THE CHRISTMAS HOLIDAY</p>	<p>28 Wellness Clinic Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm Restorative Yoga 2:00 pm</p>	<p>29 Adult Coloring 10:00 am Lunch 11:30 am Countdown to Noon Ice Cream Social 11:45 am Acrylic Painting 5:00</p>	<p>30 Lunch 11:30 am BINGO 12:30 pm</p>	<p>31 CLOSED FOR NEW YEAR'S EVE</p>	