



Connections

March 2026 | ISSUE 203



ANNUAL ST. PATRICK'S LUNCHEON MONDAY, MARCH 16TH | 11:30 AM



Join us for an early St. Patrick's Day celebration featuring a luncheon meal of corned beef, cabbage, carrots, turnip, potatoes, plus coffee with cupcakes for dessert all served up by members of the Carver Police Department. The Friends of Carver COA will be sponsoring authentic Irish entertainment by the popular *Black Velvet Band*. Drawings for gift cards and prizes will be provided by the Friends as well. Tickets at \$10 each will be available for purchase in person starting Monday, March 2nd with Alice at the Activities Desk at the side entrance. This is always a sold out event so please purchase your tickets early to avoid disappointment. Maximum 4 tickets per person.

ESCAPE TO IRELAND PRESENTATION WEDNESDAY, MARCH 11TH | 12:30 PM

Presented by Nancy Franks

Get in the St. Patrick's Day spirit because it's time for "the Wearing of the Green" for this very fitting travel presentation! Let's take a virtual trip to the Emerald Isle and discover Ireland's hidden gems of scenic, quieter spots of picturesque towns and villages often missed by most tourists. Escape, if only for an hour, to the magical land of leprechauns, fairies, and breathtaking beauty. Nancy's presentation will be followed by a festive Irish-themed raffle! May the "Luck of the Irish" always be with you! Please register with Alice at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.

FRIENDS OF CARVER COA MEMBERSHIP DRIVE MONDAY, MARCH 2ND | 1:00 PM - 2:00 PM

Sign up or renew your annual Friends Membership for \$15 and receive an exclusive Friends tote while they last! Funds raised support Carver COA events, activities and trips. Drop-in!



May the road rise up to meet you.
May the wind be always at your back.
May the sunshine warm upon your face;
the rains fall soft upon your fields.
And until we meet again,
may God hold you in the palm of His hand.

GUIDED MEDITATION

FRIDAYS | 9:00 AM



Meditation helps you find inner peace, clarity, and focus. The class is led by Diana Chaffalo of Little Red Yoga Studio. Cost \$5. Register at 508-866-4698 x3.

COMFORT DOG VISITS

3RD TUESDAYS | 11:00 AM

Drop in every 3rd Tuesday for a relaxing and engaging visit with Carver's Comfort Dog "Daisy" with handler Officer Farquharson.



MIND AND BODY WELLNESS

MONTHLY BEREAVEMENT SUPPORT GROUP

EVERY 4TH FRIDAY | 10:00 AM

Find comfort in this monthly bereavement group facilitated by Continuum Hospice. Register at 508-866-4698 x3.



WEEKLY WELLNESS CLINIC

TUESDAYS | 9:30 - 11:30 AM

Currently, our EMS department provides weekly blood pressure clinics every Tuesday at the COA in the library room. Glucose and cholesterol screenings are also provided on a monthly basis on the first Tuesday of each month during Wellness Clinics. Drop in.

MONTHLY FOOTCARE

2ND TUESDAY & 4TH WEDNESDAY

Podiatrist Dr. Alan Lechan offers foot care twice monthly at the COA. The \$35 service includes trimming of nails and calluses. Call 508-866-4698 x3 for an appointment.



HEARING SCREENINGS

EVERY SECOND WEDNESDAY

9:00 AM - 11:00 AM

Make an appointment for complimentary hearing screenings, hearing aid cleaning and video ear exams with Board Certified LIC #275 Hearing Instrument Specialist Lauren Warburton. Call Alice at 508-866-4698 x3 to schedule!



AARP TAX-AIDE SERVICE FEBRUARY 17TH - APRIL 13TH BY APPOINTMENT ONLY

Currently all appointments are booked! If you would like to be added to a waitlist, please call Alice at 508-866-4698 x3. Because we cannot guarantee everyone on the waitlist will be helped, please consider calling other locations to be added to their waitlists as well.



PLASTER FUN TIME PAINT CLASS

WEDNESDAY, MARCH 25TH | 10 AM



Unleash your creativity! Plaster Fun Time will guide everyone in painting their own spring-themed plaster pieces. Take home your colorful creation and enjoy a fun, relaxing art experience. Don't miss out! Register today at 508-866-4698 x3. *Space is limited!*

JUNK JOURNALING: CRAFTING WITH COLLAGE

FRIDAY, MARCH 20TH | 10:30 AM

Junk journaling is the art of creating a personalized, hand-crafted journal using repurposed materials. These materials might include old books, vintage paper or photos, fabric scraps, postcards, and various items like tickets, maps, and receipts. Come get creative! 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

Call Heidi Lufkin-Miles
508-866-4698 x2 for
an appointment or
email: 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

QI GONG

with David Kisaday / 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.*

BASKET WEAVING

with Patty Batson / \$25/class
Every Friday 9:00 am. Please
register at 508-866-4698 x3.

***Please register for ALL activities at
508-866-4698 x3. "Drop-in" activities
do not require registration.***

WEEKLY CRAFT CLASSES WEDNESDAYS AT 10:00 AM

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

- March 4 - *Asst. St. Pats Crafts*
- March 11 - *Paper Shamrocks*
- March 18 - *Beaded Flowers*
- March 25 - *Plaster Painting*

MONTHLY ACTIVITIES

CARD MAKING WITH LEE

First Mondays 10 am. Register to
make 6 embossed cards for \$10.

COFFEE W/ THE CHIEF & T.A.

Every second Tuesday at 10:30 am.

VISIT W/ THE VETERANS AGENT

Every 3rd Wednesday at 10:30 am.

SINGO - MUSICAL BINGO

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

MOVIE MATINEE

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

JUNK JOURNALING

Every third Friday at 10:30 am.
Journals are provided but bring
magazines and memorabilia!
Register at 508-866-4698 x3.

NIMBLE FINGERS CLUB

Group knitting & crocheting the
last Monday of each month from
10:00 - 11:30 am. *Drop-in.*

EASTER LCR GAME

TUESDAY 3/31 AT 12:30 PM

Join us for several rounds
of the dice game LCR
"Left, Center, Right",
using Easter candy
for the pots! Register
508-866-4698 x3.
*Sponsored by the
Friends of Carver COA.*



CARD MAKING WITH LEE LAWSON MONDAY, 3/2 AT 10:00 AM

Register to make 6 embossed and embellished. cards with matching envelopes. Cost \$10. Call 508-866-4698 x3. *Space is limited!*

INTRO TO GARDENING - WITH PLYMOUTH EXTENSION

WEDNESDAY, MARCH 18TH | 12:30 PM

Do you have a patch of soil calling you to plant something? Learn some foundational tips and tricks to get you started! Discover how soil and soil testing can factor into what you plant. Gain helpful small scale planting tips for big outcomes! Register with Alice at 508-866-4698 x3.



CONTACTS

Friends of Carver Council on Aging

Jack Franey -
President
Paul M. Kelly -
Vice President
Mary DuRoss -
Treasurer
Alice McMahon -
Secretary
Lydia Nelson - Officer
Bob Bumpus - Officer

Friends of Carver COA
P.O. Box 72,
Carver, MA 02330

friendscarvercoa.com

**FRIENDS MEMBERSHIP
DRIVE MONDAY 3/2
FROM 1-2 PM**

Council on Aging Board of Directors

Helen Marrone -
Chair
Elaine Raymond -
Vice Chair
Mary DuRoss -
Secretary
Cathy Gallimore -
Member
Marie Fahey -
Member
Damon Fisher -
Alternate

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

Monday	3/2 - Chicken Meatballs w/ gravy, mashed potatoes, squash, diced peaches
Tuesday	3/3 - Hot Dogs, baked beans, brown bread, vanilla pudding
Wednesday	3/4 - Chicken Cordon Royale, rice pilaf, mixed vegetables Birthday Cake and Ice Cream
Thursday	3/5 - Scrambled Hamburg, mashed potatoes, beets, orange Jello
Friday	3/6 - Tuna Salad Sandwich, creamy tomato soup, pineapple
Monday	3/9 - Beef Chili w/ cheese over rice, mandarin oranges
Tuesday	3/10 - Lasagna, green beans, pound cake
Wednesday	3/11 - Chicken Parmesan, sweet potato fries, corn, mixed fruit
Thursday	3/12 - Pizza w/ toppings, chicken soup, peaches
Friday	3/13 - Turkey/Ham Sandwich, minestrone soup, red velvet cake
Monday	3/16 - ST. PATRICK'S LUNCHEON (<i>advance tickets required</i>)
Tuesday	3/17 - Assorted Calzones, chips, tropical fruit
Wednesday	3/18 - Ham Salad Sandwich, chicken noodle soup, lemon Jello
Thursday	3/19 - Chicken Kiev, rice pilaf, peas, fruit cocktail
Friday	3/20 - Baked Haddock w/lemon, fries, squash, chocolate pudding
Monday	3/23 - Chicken Nuggets, sweet potato puffs, green beans, banana cake
Tuesday	3/24 - Chicken Teriyaki, fried rice, oriental vegetables, lime Jello
Wednesday	3/25 - Meatloaf, mashed potatoes w/ gravy, Brussel sprouts, mangoes
Thursday	3/26 - Chicken Broccoli & Cheese, potatoes, mixed veg, pears
Friday	3/27 - Roast Beef Sandwich, chips, pineapple
Monday	3/30 - Cranberry Walnut Chicken Salad, potato salad, tiramisu
Tuesday	3/31 - Knockwurst, sweet potato fries, sauerkraut, mixed veg, vanilla pudding



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 Veterans 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 ½ 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.

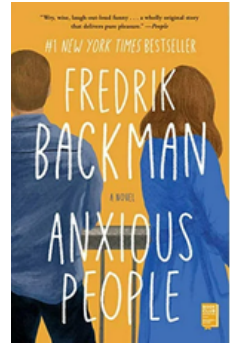
SHANE GIVES THANKS FOOD PANTRY: Carver Square Plaza. Call 508-866-7673 for hours.

BOOK CLUB

LAST MONDAY | 1:00 PM

"Anxious People" is a poignant, heartwarming, and often humorous exploration of the complexities of human emotions, relationships, and the ties that bind us all together.

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



MOVIE MATINEE

FRIDAY 3/13 | 12:00 PM

On a remote Irish island two lifelong friends face an unexpected rift. As one seeks answers and harmony, the other grows more determined to cut ties, setting off a darkly comic chain of events

Register at 508-866-4698 x3.



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 for a reservation.
- Be ready at the scheduled pick-up time.
- Drivers can only wait 5 minutes beyond the designated pick-up time.
- Call in advance to cancel an appointment.

**1 HOUR SUPERMARKET TRIPS
- MAXIMUM 5 PASSENGERS -
4 BAGS OR LARGE ITEMS 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 amCarver 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

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

MARCH 2026

MARCH 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Luncheon Ticket Sale Tax Prep Appts 9 - 2:30 Adv. Chair Yoga 9 am Basic Chair Yoga 10 am Lunch 11:30 am SINGO 12:00 pm Membership Drive 1-2 pm	3 Wellness Clinic & Screenings 9:30 - 11:30 Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm	4 St. Pat's Crafts 10 am Birthday Celebration Lunch 11:30 am Rummikub 12:00 pm *Mush! Mush! 2:00 pm w/Nancy Franks	5 Lunch 11:30 pm BINGO 12:30 pm	6 Meditation 9 am Baskets 9:00 am Lunch 11:30 am
9 Tax Appts 9 - 2:30 Adv. Chair Yoga 9 am Basic Chair Yoga 10 am Card Making 10 am Lunch 11:30 am	10 Wellness Clinic Qi Gong 10:30 am Coffee w/ Chief & Talk w/ the T.A. Lunch 11:30 am Scrabble 12:00 pm Footcare Appts. 12 -2:30	11 Hearing Appts 9 - 11 Paper Shamrocks 10 am Lunch 11:30 am Rummikub 12:00 pm Escape to Ireland 12:30	12 Atty. Hale Appts 10 am Lunch 11:30 pm BINGO 12:30 pm	13 Meditation 9 am Baskets 9:00 am Lunch 11:30 am Movie Matinee 12:00 pm
16 NO TAX APPTS OR CHAIR YOGA St. Patrick's Luncheon 11:30 am <i>(Advance Tickets required)</i>	17 Tax Appts 9 - 2:30 Wellness Clinic 9:30 Qi Gong 10:30 am Comfort Dog 11:00 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm	18 Beaded Flower 10 am Veteran Agent 10:30 am Lunch 11:30 am Rummikub 12:00 pm Gardening 12:30 pm	19 Lunch 11:30 pm BINGO 12:30 pm	20 Meditation 9am Baskets 9:00 am Junk Journaling 10:30 Lunch 11:30 am
23 Tax Appts 9 - 2:30 Adv, Chair Yoga 9 am Basic Chair Yoga 10 am	24 Wellness Clinic 9:30 Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Financial Appts 1 - 4 pm	25 Footcare Appts 9:00 am - 2:30 pm Plaster Fun Time 10 am Lunch 11:30 am Rummikub 12:00	26 Lunch 11:30 pm BINGO 12:30 pm	27 Meditation 9 am Baskets 9:00 am Bereavement 10:00 am Lunch 11:30 am
30 Tax Appts 9 - 2:30 Adv. Chair Yoga 9 am Basic Chair Yoga 10 am Nimble Fingers 10 am Lunch 11:30 am Book Club 1:00 pm	31 Wellness Clinic 9:30 Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Easter LCR 12:30 pm *Cell Phone Workshop 1:30 pm	*February programs rescheduled to March!		