

February 2024

Carver Council on Aging

What's Happening in February

AARP Tax-Aide Prep

Starting Mondays, February 12th through April 15th (except 2/19 Presidents Day & March 11th) trained volunteer tax preparers will provide free tax prep assistance by appointment only to qualified seniors from 9 am - 2:30 pm. **Call 508-866-4698 x3 for an appointment.**



Valentine Candy LCR Game

Monday, February 12th at 12:00 pm Join us for several rounds of a fast-paced dice game called "Left, Center, Right" or LCR. We will use Valentine chocolate hearts to make the pots. You never know who will win until the very end! **Please register at 508-866-4698 x3**



Monday Morning Wake Up!

Beginning Monday, February 5th (and every Monday thereafter) you can stop in the COA Nutrition Center for complimentary muffins or pastries along with coffee or tea between 9:00 am - 10:00 am. Start your week off right at the COA!



Friends of Carver COA Annual Membership Drive

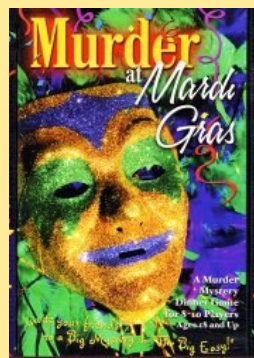
Wednesday, February 14th from 12:00 pm - 2:00 pm Bring a friend when you sign up or renew your Annual Friends of Carver COA Membership for only \$10 and you both will receive FREE Lunch vouchers! *Membership fees support COA events and activities as well as discounts on bus trips!* For more information email: amcmahon2225@yahoo.com



Tips for a Healthy Heart

presented by PHN Patricia Iafrate Tuesday, February 6th at 12:00 pm.

Learn the simple strategies to prevent heart disease. **Please register at 508-866-4698 x3.**



Mardi Gras Murder Mystery Game

Tuesday, February 13th at 12:30 pm

Old scores are settled and family secrets are exposed when Pierre DuPre, the King of the Krewe, is murdered. The party guests must work together to determine who strangled the Mardi Gras King with a priceless vintage necklace!

Get your costume together, put on your Mardi Gras beads, refill your Hurricane glass, and help solve a Big Mystery in "The Big Easy!"

Please register at 508-866-4698 x3 to receive your character assignment!

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.



FEBRUARY GATRA BUS TRIP
Hilliard's & Gowell's Candy Shops
Monday, February 12th,
10:00 am – 4:00 pm
Lunch will be on your own at the Stoneforge Grill.
Then a visit to these classic candy shops where they still make the chocolates by hand.
Trip Cost: \$5.00 for the bus.
Call the GATRA Dispatcher early to reserve your spot at **508-866-4698 x1**. **Space is limited**

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, February 28th, 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 2/5)
February 12th and 26th at 10:00 am
Cost: \$5 Please register at 508-866-4698 x3

QI GONG with *Kathryn Demers*
Tuesdays February 6, 13, 20 & 27 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 February 2nd & 16th
Group 2: Fridays February 9th & 23rd
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.

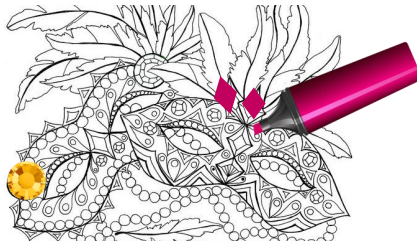
LINE DANCING CLASSES
with *David & Marcia Burbank*
Fridays February 9th & 16th at 12:30
pm. **Cost: \$5** Please register at
508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Every 4th Friday, Friday, February
23rd at 10:00 am. Please register at
508-866-4698 x3.

JEWELRY MAKING WITH NANCY
Thursday, February 8th 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 Adult Coloring
Mardi Gras Design
2/7

Beaded Heart
Suncatcher
2/14



Pinecone Painting
2/21

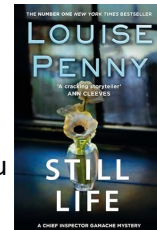
Leap Year
Scratch Art
Frog Craft
2/28



BOOK CLUB SELECTION

Still Life

by Louise Penny
Chief Inspector Armand
Gamache of the Surete du
Quebec and his team of
investigators are called in
to the scene of a suspicious death in a
rural village south of Montreal. Jane
Neal, a local fixture in the tiny hamlet
of Three Pines, just north of the U.S.
border, has been found dead in the
woods. The locals are certain it's a
tragic hunting accident and nothing
more, but Gamache smells something
foul in these remote woods, and is
soon certain that Jane Neal died at the
hands of someone much more sinister
than a careless bow hunter. **Register at
508-866-4698 x3 and for a copy of
the book. Book Discussion Meeting:
Monday, February 26th at 1:00 pm.**



MOVIE MATINEE:

“Letters to Juliet”

Friday, February 23rd,
at 12:30 pm

When a young American
travels to the city of
Verona, home of Juliet
Capulet of Romeo and
Juliet fame, she joins a group of
volunteers who respond to letters
to “Juliet” seeking advice about love.
She encourages the author of one
such letter to travel to Italy in search of
her long-lost love which sets off a
chain of events bringing love into both
their lives. **Register 508-866-4698 x3.**



BLOOM BUS TRIP TO BLITHEWOLD MANSION. . . COMING APRIL 22nd

Celebrate spring with a spectacular
display of 50,000 daffodils at this
beautiful 33-acre estate on Narragan-
sett Bay. Enjoy an afternoon of Tea as
you dine on scones, tea sandwiches
and more. After lunch, enjoy a little
time strolling downtown Newport be-
fore heading home. The cost and more
details will be in the March Newsletter.

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



FEBRUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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! Send an email to: CarverCOANews@carverma.org.</i></p>			31	1 Lunch 11:30 am BINGO 12:30 pm	2 Basket Weaving <u>Group 1</u> - 9:00 am Lunch 11:30 am	3
4 PLEASE NOTE: THE COST OF LUNCH INCREASES TO \$5.00 STARTING MONDAY, FEBRUARY 5TH.	5 "Morning Wake-Up" 9:00 am - 10:00 am NO CHAIR YOGA TODAY Lunch 11:30 am SINGO 12:00 pm	6 Wellness Clinic & Screenings 9:30 -11:30 am Qi Gong 10:30 am Lunch 11:30 am Heart Health 12 pm Scrabble 12:00 pm	7 Mardi Gras Adult Coloring 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12:00 pm	8 Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	9 Basket Weaving <u>Group 2</u> - 9:00 am Lunch 11:30 am Line Dancing 12:30	10
11	12 "Morning Wake-Up" 9 - 10 Tax Prep 9 - 2:30 Chair Yoga 10:00 am GATRA Bus Trip Lunch 11:30 am Valentine LCR 12 pm	13 Wellness Clinic Qi Gong 10:30 am Coffee w/ Chief /Talk w/ TA 10:30 am Lunch 11:30 am Mardi Gras Mystery 12:30 pm	14 Beaded Heart Suncatcher 10:00 am Lunch 11:30 am Friends Membership Drive 12-2 pm Rummikub 12:00 pm	15	16 Basket Weaving <u>Group 1</u> - 9:00 am Lunch 11:30 am Line Dancing 12:30	17
18	19 CLOSED FOR PRESIDENTS DAY	20 Wellness Clinic 9:30 -11:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12:00 pm	21 Pinecone Painting 10:00 am Lunch 11:30 am Rummikub 12:00 pm	22	23 Basket Weaving <u>Group 2</u> - 9:00 am Bereavement 10 am Lunch 11:30 am Movie Matinee 12:30 pm	24
25 REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A MARCH BIRTHDAY 508-866-4698 X3	26 "Morning Wake-Up" 9-10 Tax Prep 9 am - 2:30 pm Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	27 Wellness Clinic 9:30 -11:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Finance Appts.1-4	28 Leap Year Scratch Art Frog 10:00 am Footcare 9-2:30 Lunch 11:30 am Rummikub 12:00 pm	29	1	2 LOOK FOR MORE DETAILS ABOUT THE APRIL BLOOM BUS TRIP IN THE MARCH NEWSLETTER!