

February 2023

# Carver Council on Aging

## *What's Happening in February*

### **Singer Jennifer Mello Valentine Concert**

Tuesday, February 7th  
at 12:00 pm

"Love is in the Air"! Join us for a collection of romantic songs along with classic favorites sung by vocalist Jennifer Mello. Drop-In, you'll love it!



### **AARP Tax Prep**

Starting Mondays,  
February 13th  
through April 10th  
(with the exception of  
Presidents Day, 2/20)

Trained volunteer tax preparers will be available for free tax prep assistance by appointment only from 9:00 am - 2:30 pm. **Call 508-866-4698 x3 to check if you qualify and to make an appointment.**

**AARP Foundation**

# TAX-AIDE

### **Friends 2023 Membership Drive Chocolate Dipped Fruit Station**

Wednesday, February 8th  
from 12:00 pm - 2:00 pm

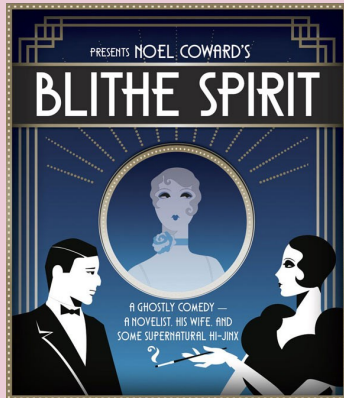
Renew your annual Friends of Carver COA membership for \$10 and enjoy an assortment of fresh fruit with a variety of chocolate dips! Bring a new friend to join and you BOTH receive FREE lunch vouchers. *For more information email [amcmahon2225@yahoo.com](mailto:amcmahon2225@yahoo.com). Don't forget that your Friend's Membership entitles you to special \*discount prices on our Bus Trips!*



### **Mardi Gras 2 Truths and a Lie Game**

Tuesday, February 21st  
at 12:00 pm

Join us for this fun "getting to know you" game! Players challenge the group to guess which "facts" about them are true and which ones are lies. Mardi Gras beads are earned for each time they fool anyone. The winner is whoever has the most beads at the end. Lots of fun and laughter are sure to abound! **Please register at 508-866-4698 x3.**



### **BLOOM Bus Trip to Newport Playhouse & Cabaret**

*Sponsored by the Friends of Carver COA*

**Wednesday, April 5th - Departs 9:45 am / Returns 5:15 pm**

Enjoy an extensive buffet lunch followed by the play "Blithe Spirit" where an author has only a ghost of a chance of making his new marriage work when the spirit of his first wife comes back to haunt him. From the witty pen of Noel Coward, comes the smash comedy hit revived on Broadway and London stages for decades. After the play, enjoy your selection of dessert with coffee and an entertaining cabaret show to top off your day!

**COST: \$110 for \*Friends Members / \$137 for non-members**

Call 508-866-4698 x3 for reservations. *Final payment due by Wednesday, March 8th.*

#### **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](mailto:connie.kelly@carverma.gov)

#### **BOARD OF DIRECTORS**

Donna Marie Forand-*Chair*  
Helen Marrone-*Secretary*  
Elaine Raymond  
Mary DuRoss  
Alan Dunham  
Paula Hitchcock Alt.  
Michael Nicolazzo Alt.

#### **FRIENDS OF THE CARVER COA**

Ron Clarke - *President*  
Paul M Kelly -*Vice President*  
Sandy Coelho -*Treasurer*  
Jackie Rogerson - *Secretary*  
Alice McMahon - *Board Member*

*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 **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

### GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Bus service 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 two days before.

#### **IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:**

Wheelchair passengers who need assistance upon arrival to their destination should arrange to have a companion ride with them since the Gatra 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. Please let the dispatcher know.*

### SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made **as far in advance as possible.**

As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.

***It is never too soon to reserve your spot!***

### 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**. *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.

### 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](http://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

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. 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**.

**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.**

### 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

### 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 RYT500

Mondays, February 6, 13 and 27 at 10:00 am. Suggested \$5 donation. Please register at **508-866-4698 x3.**

**NEW QI GONG** with Kathryn Demers  
Tuesdays February 7, 14, 21 and 28 at 10:00 am. **Cost: \$5.** Please register at **508-866-4698 x3.**

### OIL PAINTING WORKSHOP

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

### ACRYLIC PAINTING WORKSHOP

with Jim Collins. Wednesdays at 5:00 pm. Register **508-866-4698 x3.**

### 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.  
Friday, Feb. 3rd at 9:30 AM. **\$15 per class.** Register at **508-866-4698 x3**

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am come chat with Police Chief 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  
Fridays Feb. 3rd and 17th at 1:00 pm.  
**Cost: \$5 Register 508-866-4698 x3.**

### BEREAVEMENT SUPPORT GROUP

Friday, February 24th at 10:00 am.  
Please register at **508-866-4698 x3.**  
(every 4th Friday monthly).

### TALK WITH THE T.A.

Carver Town Administrator Robert Fennessy will meet with seniors every third Tuesday at 10:30 am.

### FREE IPAD INSTRUCTION

w/ Lydia Nelson **NEW CLASS TIME!**  
Tuesday, February 28th and every 4th Tuesday monthly, now at **12:00 pm!**  
Please register **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**

## WHAT'S HAPPENING THIS MONTH

### WEEKLY CRAFT CLASSES

Sponsored by  
the Friends of Carver COA  
Wednesdays at 10:00 am  
Please register **508-866-4698 x3.**  
Supplies may be limited.



Watercolor  
Valentines  
2/1



Heart  
Home  
Sign  
2/8

Mardi  
Gras  
Centerpiece  
2/15



Sock  
Penguin  
2/22



**JEWELRY MAKING WITH NANCY**  
(Returns in April)

### VALENTINE CANDY LCR GAME

Monday, February 13th  
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 our pots. You never  
know who will win until the very end!  
Please register at **508-866-4698 x3**

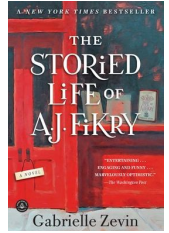


### BOOK CLUB SELECTION

*The Storied Life of*  
*A.J. Fikry*

by Gabrielle Zevin

When his most prized possession, a rare collection of Poe poems, is stolen, bookstore owner A.J. Fikry begins isolating himself from his friends, family and associates before receiving a mysterious package that compels him to remake his life.  
**Please register at 508-866-4698 x3 and for a copy of the book.**  
**Book Discussion Meeting: Monday, February 27th at 1:00 pm.**



### MOVIE MATINEE: SLEEPLESS IN SEATTLE

Friday, February 10th  
at 12:30 pm

Tom Hanks and Meg Ryan star in Nora Ephron's wonderfully romantic comedy about two people drawn together by destiny. **Please register at 508-866-4698 x3.**



### FOOT CARE RETURNS IN MARCH!

Podiatrist, Dr. Alan Lechan will be available monthly **every 4th Wednesday** for half hour foot care services by appointment starting Wednesday, March 22nd from 9:00 am to 2:30 pm. (*exception: April's appointments will be scheduled for Friday April 21st*). The \$35 foot care service includes: trimming nails and calluses and addressing any other problems you may be experiencing. Be prepared to bring your list of medications, doctor's name and date of last visit. **Please call 508-866-4698 x3 to make an appointment.**



### MONTHLY BIRTHDAY CELEBRATIONS

Held every **FIRST** Wednesday at 11:30 am with a **FREE** lunch, cake and ice cream. Don't forget to register the month before your birthday!  
**508-866-4698 X3**



### SHINE PROGRAM

*Health Insurance Counseling*

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 2023



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: <a href="mailto:CarverCOANews@carverma.org">CarverCOANews@carverma.org</a>.</i></p>			<b>1</b> Watercolor Valentines 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5 pm	<b>2</b> Lunch 11:30 am BINGO 12:30 pm	<b>3</b> Basket Weaving 9:30 am Lunch 11:30 am Line Dancing 1:00 pm	<b>4</b>
<b>5</b>	<b>6</b> Chair Yoga 10:00 am SINGO 12:00 pm Lunch 11:30 am	<b>7</b> Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Jennifer Mello Concert 12:00 pm Oil Painting 1:00 pm	<b>8</b> Heart Home Sign 10:00 am Lunch 11:30 am Friends Fruit Dip 12:00 - 2:00 pm Acrylic Painting 5 pm	<b>9</b> Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class (returns in April)	<b>10</b> Lunch 11:30 am Movie Matinee 12:30 pm	<b>11</b>
<b>12</b>	<b>13</b> AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am Valentine LCR 12 p	<b>14</b> Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Oil Painting 1:00 pm	<b>15</b> Mardi Gras Centerpiece 10:00 am Lunch 11:30 am Acrylic Painting 5:00 p	<b>16</b> Lunch 11:30 am BINGO 12:30 pm	<b>17</b> Lunch 11:30 am Line Dancing 1:00 pm	<b>18</b>
<b>19</b>	<b>20</b> CLOSED FOR PRESIDENTS DAY	<b>21</b> Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Talk w/ the T.A. 10:30 am Lunch 11:30 am Mardi Gras Game 12 p Oil Painting 1:00 pm	<b>22</b> Sock Penguin 10:00 am Lunch 11:30 am Acrylic Painting 5 pm	<b>23</b> Lunch 11:30 am BINGO 12:30 pm	<b>24</b> Bereavement 10:00 am Lunch 11:30 am	<b>25</b>
<b>26</b>	<b>27</b> AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	<b>28</b> Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am iPad Class 12:00 pm 1- 4 Finance Appts. Oil Painting 1:00 pm			<b>DON'T FORGET TO REGISTER FOR THE BIRTHDAY CELEBRATION BY THE END OF FEBRUARY IF YOU HAVE A MARCH BIRTHDAY 508-866-4698 X3</b>	