

April 2024

Carver Council on Aging

What's Happening in April

Massachusetts Ties to Titanic

presented by Nancy Franks
Wednesday, April 10th, 1:30 pm

Discover the Massachusetts ties to the Titanic Disaster. Who were the local passengers on that fateful voyage? Learn the role Cape Cod played in both the rescue mission and recovery of the ship itself.

Please register at 508-866-4698 x3



Movie Matinee: Titanic

Friday, April 12th at 12:00 pm

This epic film is a fictionalized account of the sinking of the luxury steamship *RMS Titanic*. The story also follows the forbidden romance of a beautiful first-class woman (*Kate Winslet*) and a penniless third-class artist (*Leonardo DiCaprio*) aboard the maiden voyage of the ill-fated ship. Director James Cameron saw the love story as a way to engage the audience with the real-life tragedy. **Register at 508-866-4698 x3.**



(Please note the running time is approx. 3 hours)

Dementia Friend Information Session

presented by Donna Forand,
Healthy Living Program

Coordinator with
Old Colony Elder Services
Tuesday, April 16th, 1:00 pm



We all have a part to play in creating a "dementia friendly" community. Come learn what it takes to become a "Dementia Friend" and how to turn understanding into action in your community.

Please register at 508-866-4698 x3

Birds of Prey Presentation

by Lara Kazo of Mass Audubon
Wednesday, April 24th, 1:30 pm

Discover the different birds of prey that call Massachusetts home. Examine fascinating artifacts to discover the adaptations that make these birds such fierce hunters and that define this group. Learn about the ecological role played by birds of prey. The program concludes with a live animal encounter featuring two birds of prey. **Register at 508-866-4698 x3.**



Pastel Painting Workshop with Jessie Fries

sponsored by Carver Cultural Council

Monday, April 8th from 12:00 - 2:00 pm

Enjoy a step-by-step pastel painting class of a colorful sunset instructed by local artist Jessie Fries in her studio, the Art Shoppe, located at 84 Court St., Plymouth.

No experience is necessary and all materials will be included.

Be sure to "dress for mess"! Aprons will be available or bring your own.

Please note that the studio is on the second floor and there is no handicap entry.

Please register at 508-866-4698 x3 by Wednesday, April 3rd. Space is limited!



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.

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.

AUDIO GUIDED BUS TOUR of NEWPORT, RHODE ISLAND*

**Monday, April 8th,
9:30 am – 4:00 pm**

Enjoy a relaxing audio guided tour of scenic Newport, Rhode Island. Discover the history of this popular seaport and why it was considered "the Playground of the Rich & Famous".

Lunch is on your own at a local eatery.

Trip Cost: \$5.00 for the bus.

Call the GATRA *Dispatcher* early to reserve your spot at **508-866-4698 x1**. **Space is limited**

***WEATHER PERMITTING**

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. Pick up a SNAP application at the COA *then call Outreach Facilitator Heidi Miles* at **508-866-4698 x2** for an appt. **Important papers needed when applying for income-based programs:** *Social Security Letter * Bank Statements * Pension Letters * Pay Stubs (*if working*) * Medical Cost Receipts (*including over-the-counter medication and wellness items*).

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, April 24th, 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.**

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

MONDAY MORNING WAKE-UP

FREE Danish pastries or muffins with coffee or tea between 9 - 10 am.

CHAIR YOGA w/ Mary Ellen Wilson
RYT500 Mondays, April 1st, 8th (**no class 4/15**), 22nd and 29th, 10:00 am
Cost: \$5 Register **508-866-4698 x3**

QI GONG with Kathryn Demers
Tuesdays April 2nd, 9th, 16th, 23rd and 30th 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 April 5th & 19th
Group 2: Fridays April 12th & 26th
at 9:00 am. Cost: \$20/class.
Please register at **508-866-4698 x3**.

COFFEE WITH THE CHIEF
Every second Tuesday at 10:30 am

SINGO - MUSICAL BINGO
Drop in the *first* Monday **and** the *third* Tuesday of every month at 12:00 pm.

LINE DANCING CLASSES
with David & Marcia Burbank
Fridays April 5th & 19th at 12:30 pm.
Cost: \$5 Please register at
508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Every 4th Friday, Friday, April 26th at 10:00 am. Register **508-866-4698 x3**.

JEWELRY MAKING WITH NANCY
Thursday, April 11th 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

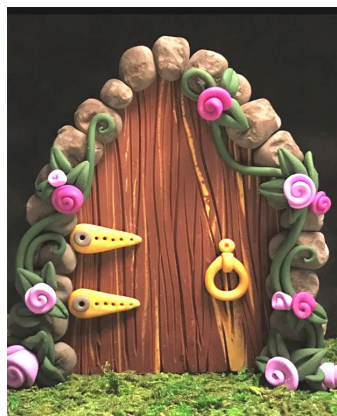
Wednesdays at 10:00 am
Must register by the Monday before at 508-866-4698 x3.
Supplies are limited.



Paper Flower Pots
4/3



Wax Resist Watercolor Rain Painting
4/10



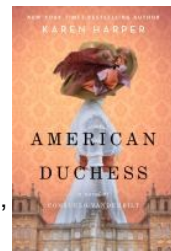
Clay Fairy Doors
4/17



Asst. Crafts
4/24

BOOK CLUB SELECTION

American Duchess
by Karen Harper
Before there was Meghan Markle, there was Consuelo Vanderbilt, the original American Duchess.



Karen Harper tells the tale of Consuelo Vanderbilt, her "Wedding of the Century" to the duke of Marlborough, and her quest to find meaning behind "the glitter and the gold". From the dawning of the opulent Gilded Age, to the battles of the Second World War, *American Duchess* is a riveting tale of one woman's quest to attain independence - at any price.

Register at 508-866-4698 x3 and for a copy of the book.
Book Discussion Meeting: Monday, April 29th at 1:00 pm.

"WINDOW CHARM" CRAFT
with Karen Bonanca
Friday, April 12th ,
at 10:15 am

Come create your own unique "window charm" to decorate a sunny window in your home. Select from an assortment of colorful reflective glass beads for your own sparkling custom creation. **Cost: \$7**
Register 508-866-4698 x3.



THE FRIENDS OF CARVER COA SPRING FUNDRAISER

The Friends of Carver COA are taking orders for cupcakes through Cupcake Charlie's to raise funds for the COA! Orders will be taken through April 12th and delivery will be on Wednesday, May 1st and Thursday, May 2nd.

For more information email:
amcmahon2225@yahoo.com.

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

APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 "Morning Wake-Up" 9:00 am - 10:00 am Tax Prep 9-2:30 Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm	2 Wellness Clinic & Screenings 9:30 - 11:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm	3 Paper Flowers 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm	4 Lunch 11:30 am BINGO 12:30 pm	5 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30	6
7	8 "Morning Wake-Up" 9-10 Tax Prep 9-2:30 GATRA Bus Trip 9-4 Chair Yoga 10 am Lunch 11:30 am Pastel Workshop 12-2	9 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:30 am Coffee w/ Chief 10:30 am Lunch 11:30 am Scrabble 12 pm	10 Rain Painting 10:00 am Lunch 11:30 am Titanic Presentation 1:30 pm Rummikub 12 pm	11 Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	12 Basket Weaving Group 2 - 9:00 am Window Charms 10:15 Lunch 11:30 am Movie Matinee 12 pm	13 DON'T FORGET LAST DAY TO ORDER FROM CUPCAKE CHARLIE'S FUNDRAISER FRIDAY!
14	15 CLOSED FOR PATRIOTS DAY OPEN FOR TAX PREP ONLY 9 - 2:30	16 Wellness Clinic Qi Gong 10:30 Lunch 11:30 am SINGO 12:00 pm Dementia Friends 1:00 pm Scrabble 12 pm	17 Clay Fairy Doors 10:00 am Lunch 11:30 am Rummikub 12 pm	18 Lunch 11:30 am BINGO 12:30 pm	19 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm	20
21	22 "Morning Wake-Up" 9-10 BLOOM BUS TRIP 9:30 - 6:00 Chair Yoga 10:00 am Lunch 11:30 am	23 Wellness Clinic 9:30 - 11:30 Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm Finance Appts. 1-4 pm	24 Footcare 9-2:30 Craft-a-palooza 10:00 am Lunch 11:30 am Birds of Prey 1:30 pm Rummikub 12 pm	25 Lunch 11:30 am BINGO 12:30 pm	26 Basket Weaving Group 2 - 9:00 am Bereavement 10:00 am Lunch 11:30 am	27 
28	29 "Morning Wake-Up" 9-10 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	30 Wellness Clinic 9:30 - 11:30 Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm	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 .			4 REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE A MAY BIRTHDAY 508-866-4698 X3