



# Connections

September 2025 ISSUE 109



## HEALTHY DIPS AND DRESSINGS FRIDAY, SEPTEMBER 12TH | 10:00 AM

Join BID Registered Dietitian Marcia Richards to learn how to make a few healthy and delicious dips and dressings. Commercial dips and dressings can be high in calories, sodium, fat, and sugar, but learning how to make a few of your own can help you eat healthier! Samples will be available! *Please register with Alice at 508-866-4698 x3 or email: [alice.mcmahon@carverma.gov](mailto:alice.mcmahon@carverma.gov).*



## BARN BABIES PET THERAPY TUESDAY, SEPTEMBER 23RD | 1:00 PM

*Sponsored by the Carver Cultural Council*

Barn Babies® provides about 20 baby animals as a form of therapy which increases seniors' mood and lowers anxiety. Our compassionate staff will interact with the seniors and animals to create a truly entertaining and fun event. *This program is limited to Seniors & registration is required: 508-866-4698 x3 by Monday 9/15.*



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.

## PLANNING FOR MEDICARE

TUESDAY, SEPTEMBER 9TH | 1:00 PM

Presented by Blue Cross/Blue Shield. Learn about the basics of Medicare to make confident, informed choices from enrollment timing to plan types. Register at 508-866-4698 x3.



### Staying Strong

*A senior's strength  
is never gone,  
With each new  
day, life marches  
on.*

*A walk, a stretch,  
a laugh so bright,  
Keeps the spirit  
feeling light.*

*Each sunrise  
brings a brand-  
new start,  
A chance to  
nourish mind  
and heart.*

*With joy and  
purpose, steps  
stay true,  
For life is rich at  
any view.*

*Catherine Pulsifer*



### GUIDED MEDITATION CLASS

FRIDAYS IN SEPTEMBER | 9:00 AM

Meditation is a practice that has been around for thousands of years and is designed to help you find inner peace, clarity, and focus. The class is led by Diana Chaffalo RYT500, E-RYT200, of Little Red Yoga Studio. **Cost \$5**

### MIND AND BODY WELLNESS

#### MONTHLY BEREAVEMENT SUPPORT GROUP

Find comfort and support in this monthly bereavement group facilitated by Continuum Hospice & Palliative Care of Fall River. This group meets on *the 4th Friday of every month* at 10:00 am in the library room of the COA. **Please register at 508-866-4698 x3.**

#### MONTHLY FOOTCARE

Podiatrist Dr. Alan Lechan offers foot care services on the 2nd Tuesday & 4th Wednesday each month at the COA. The \$35 service includes trimming of nails and calluses. Please bring a list of your medications, doctor's name and date of last visit. **Call 508-866-4698 x3 for an appointment.**

### WEEKLY WELLNESS CLINICS

TUESDAYS | 9:30 AM - 11:30 AM

Currently, our EMS department provides weekly blood pressure clinics every Tuesday from 9:30 am - 11:30 am. Glucose and cholesterol screenings are provided through Carver EMS on a monthly basis on *the first Tuesday* of each month during the Wellness Clinics. These weekly health checks offer an additional opportunity to address *any* concerns you may want to discuss between visits with your primary care physician. *Drop-in, no appointment is necessary.*



**HAPPY  
SENIOR  
CENTER  
MONTH!**

**2**

## Steamboat Willie Green Apple Waldorf Salad

Total time: 10 minutes / Servings: 8

- 3/4 cup fat-free Greek yogurt
- 2 teaspoons Dijon mustard
- 16 ounces chopped, cooked chicken
- 1 cup chopped green apple
- 1 cup DOLE® Blueberries
- 1 cup DOLE® Red Grapes, halved
- 1 cup chopped, fresh DOLE® Tropical Gold Pineapple
- 1/2 cup DOLE® Celery, cut into chunks
- 1 tablespoon freshly chopped mint
- 1 package (5 ounces) DOLE® 50/50 Salad Blend
- 1/4 cup chopped pecans or walnuts (optional)

In medium bowl, stir yogurt and mustard. Stir in chicken, apples, blueberries, grapes, pineapple, celery, and mint. Toss to evenly coat.

Pour salad blend onto serving platter. Arrange chicken mixture on salad blend and sprinkle with pecans or walnuts, if desired.

**Tips:** Can be served as salad or spooned onto tortillas and rolled up for wraps. Amount of yogurt dressing can be adjusted based on personal preference.



## FRIDAY MORNING SHENANIGANS!

FRIDAYS, SEPTEMBER 5TH & 19TH | 10:00 AM

Looking for silly fun & games? Join us for "Balloon Ping Pong" on the 5th and "Hungry, Hungry Hippos" on the 19th. No skills required, just a willing spirit and a desire to laugh . . . a lot! **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

Heidi Lufkin-Miles  
508-866-4698 x2  
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

#### BEACHBALL CHAIR VOLLEYBALL

Tuesdays / 9:30 am, Drop-in

#### QI GONG

with David Kisiday / 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.

**Please register for ALL activities at  
508-866-4698 x3, unless they are  
listed as "Drop-in".**

### MONTHLY ACTIVITIES

#### BASKET WEAVING W/PATTY

Temporarily on hiatus for the  
month of September.

#### COFFEE WITH THE CHIEF & TALK WITH THE T.A.

Every second Tuesday at  
10:30 am. Drop-in.

#### JEWELRY MAKING W/NANCY

Every second Thursday at  
2:45 - 4:30 pm Cost: \$10

#### VISIT WITH THE VETERANS AGENT

Every third Wednesday at  
10:30 am. Drop-in.

#### SINGO - MUSICAL BINGO

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

#### MOVIE MATINEE

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

### WEEKLY CRAFT CLASSES

#### WEDNESDAYS AT 10:00 AM

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

September 3rd - *Autumn  
Suncatcher*

September 10th - *Bird Feeder*

September 17th - *Sunflower  
Painted Glass*

September 24th - *Felt Fall Banner*

### "NIMBLE FINGERS" KNIT AND CROCHET CLUB

#### MONDAY, 9/29 10:00 -11:30 AM

Group crafting can be a lot of fun  
to form new friendships and find  
new inspirations. Bring a current  
project or work with  
provided patterns  
and yarn with your  
own hooks or  
needles. **Register  
at 508-866-4698 x3**



# OCES DIGITAL LITERACY 4 WEEK COMPUTER LAB

**MONDAYS & WEDNESDAYS IN SEPTEMBER | 1:00 PM**

This month's Computer Lab is already full, but if interested, please call Alice at 508-866-4698 x3 to be added to a waitlist to be notified of any openings or for the next scheduled Computer Lab.



## CONTACTS

### Friends of Carver Council on Aging

Jack Franey -  
*President*  
Paul M. Kelly -  
*Vice President*  
Jackie Rogerson -  
*Treasurer*  
Elaine Gorham -  
*Secretary*  
Alice McMahon -  
*Activities Coordinator*  
Lydia Nelson - *Officer*  
Bob Bumpus - *Officer*  
Terri Franey - *Officer*  
Friends of Carver COA  
P.O. Box 72,  
Carver, MA 02330  
[friendscarvercoa.com](http://friendscarvercoa.com)



### Council on Aging Board of Directors\*

Elaine Raymond -  
*Co-Vice Chair*  
Mary DuRoss -  
*Co-Vice Chair*  
Helen Marrone -  
*Secretary*  
Cathy Gallimore -  
*Member*  
Louise Walsh - *Alt.*  
Damon Fisher - *Alt.*  
*\*Subject to COA Board reorganization changes*

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

Monday	9/1 - CLOSED FOR LABOR DAY
Tuesday	9/2 - Assorted Calzones, chips, pears
Wednesday	9/3 - Meatloaf, mashed potatoes w/ gravy, carrots, Birthday Cake & Ice Cream
Thursday	9/4 - Ham Salad Sandwich, cole slaw, potato salad, peaches
Friday	9/5 - Chicken Nuggets, fries, corn, tiramisu
Monday	9/8 - Lasagna, green beans, pineapple
Tuesday	9/9 - Pulled Pork Sandwich, cranberry cole slaw, pound cake
Wednesday	9/10 - Chicken Cutlet, mashed potato w/gravy, peas, mixed fruit
Thursday	9/11 - Chicken Broccoli & Cheese Croquettes, potato puffs, beets, double chocolate cake
Friday	9/12 - Egg Salad Sandwich, soup, tropical fruit mix
Monday	9/15 - Pizza w/ toppings, soup, banana cake
Tuesday	9/16 - Barbeque Chicken, fries, corn, lemon Jello
Wednesday	9/17 - Chicken Meatballs w/ gravy, mashed potatoes, mixed vegetables, pears
Thursday	9/18 - Scrambled Hamburg w/ peppers & onions, mashed potato, vanilla pudding
Friday	9/19 - Baked Haddock w/ lemon, fries, broccoli, brownie
Monday	9/22 - Hot Dogs, baked beans, brown bread, peaches
Tuesday	9/23 - Sausage, Peppers & Onions in tomato sauce over rice, lime Jello
Wednesday	9/24 - Chicken Cordon Royale, potato puffs, peas, chocolate pudding
Thursday	9/25 - Beef Chili w/ cheese over rice, red velvet cake
Friday	9/26 - Tuna Salad, chips, pears
Monday	9/29 - Teriyaki Chicken, fried rice, oriental vegetables, mandarin oranges
Tuesday	9/30 - Cranberry Walnut Chicken Salad, potato Salad, chocolate cake



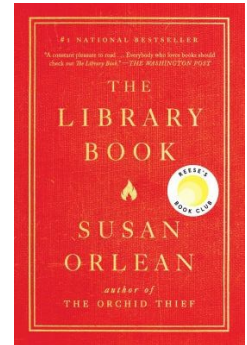
**DECEMBER BLOOM BUS TRIP:  
NORMAN ROCKWELL  
MUSEUM & RED LION INN  
TUESDAY, DECEMBER 9TH  
7:45 AM - 8:30 PM**



Join us for a special holiday trip! Your choice of 3 options for lunch at the Red Lion Inn followed by the Rockwell Museum and a visit to the "Bright Lights". Roundtrip coach bus transportation to and from the Carver COA. **Cost: \$125 (Friends Members) /\$158.00 (non-members).** Call Alice at 508-866-4698 x3 for reservations and more information.

**MONTHLY BOOK CLUB  
MONDAY 9/29 AT 1:00 PM**

The author reopens the unsolved mystery of the most catastrophic library fire in American history, the Los Angeles Public Library fire, and its aftermath, to showcase the crucial role that libraries play in our lives. **For a copy call 508-866-4698 x3.**



**MOVIE MATINEE:  
THE FALL GUY**

**FRIDAY 9/26 AT 12:00 PM**  
With action, comedy, romance, and a pair of marvelously matched stars (Ryan Gosling and Emily Blunt), *The Fall Guy* might be the rare mainstream movie with something to entertain everyone! **Please register with Alice at 508-866-4698 x3.**



**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 Veteran's 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 1/2 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:** 128 Main Street (Carver Square Plaza). Please call 508-866-7673 for current hours.

**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.
- Be ready at the scheduled pick up time.
- Drivers can only wait 5 minutes after pick up time.
- Call in advance to cancel a reservation.

**1 HOUR SUPERMARKET TRIPS - MAXIMUM 5 PEOPLE - 4 BAGS OR LARGE ITEM 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 am . . . . . - Carver 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

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

# September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>CLOSED FOR LABOR DAY</b>	<b>2</b> <b>Wellness Clinic Screenings 9:30 am</b> Chair Volleyball 9:30 am <b>Qi Gong 10:30 am</b> Lunch 11:30 am Scrabble 12:00 pm	<b>3</b> Autumn Suncatcher Craft 10:00 am <b>Birthday Celebration Lunch 11:30 am</b> Rummikub 12:00 pm <b>Computer Lab 1 - 2 pm</b>	<b>4</b> Lunch 11:30 am Bingo 12:30 pm	<b>5</b> <i>No Basket Weaving</i> <b>Guided Meditation 9 am</b> <b>Balloon Ping Pong 10 am</b> Lunch 11:30 am	<b>6</b>
<b>7</b>	<b>8</b> Advanced Chair Yoga 9 am Basic Chair Yoga 10 am Lunch 11:30 am <b>Computer Lab 1 - 2 pm</b>	<b>9</b> <b>Wellness Clinic</b> Chair Volleyball 9:30 am <b>Qi Gong 10:30 am</b> <b>Coffee w/ Chief &amp; Talk w/ T.A. 10:30 am</b> Lunch 11:30 am <b>Plan for Medicare 1 pm</b>	<b>10</b> Bird Feeder Craft 10 am Lunch 11:30 am Rummikub 12:00 pm <b>Computer Lab 1 - 2 pm</b>	<b>11</b> <b>Atty. Hale Appts. 10</b> Lunch 11:30 am Bingo 12:30 pm <b>Jewelry Making 2:45 pm</b>	<b>12</b> <i>No Basket Weaving</i> <b>Guided Meditation 9 am</b> <b>Dips &amp; Dressings 10 am</b> Lunch 11:30 am	<b>13</b>
<b>14</b>	<b>15</b> Advanced Chair Yoga 9 am Basic Chair Yoga 10 am Lunch 11:30 am <b>Computer Lab 1 - 2 pm</b>	<b>16</b> <b>Wellness Clinic</b> Chair Volleyball 9:30 am <b>Qi Gong 10:30 am</b> Lunch 11:30 am <b>Footcare 12:00 pm</b>	<b>17</b> Painted Sunflower Glass Craft 10:00 am <b>Visit w/ Veterans Agent 10:30 am</b> Lunch 11:30 am Rummikub 12:00 pm <b>Computer Lab 1 - 2 pm</b>	<b>18</b> Lunch 11:30 am Bingo 12:30 pm	<b>19</b> <i>No Basket Weaving</i> <b>Guided Meditation 9 am</b> <b>Hungry Hippos 10 am</b> Lunch 11:30 am	<b>20</b>
<b>21</b>	<b>22</b> Advanced Chair Yoga 9 am Basic Chair Yoga 10 am Lunch 11:30 am <b>Computer Lab 1 - 2 pm</b> <b>Bloom Trip Payment Due</b>	<b>23</b> <b>Wellness Clinic</b> Chair Volleyball 9:30 am <b>Qi Gong 10:30 am</b> Lunch 11:30 am Scrabble 12:00 pm <b>Barn Babies 1:00 pm</b> Financial Appts. 1-4 pm	<b>24</b> <b>Footcare 9 - 2:30</b> Fall Felt Banner 10 am Lunch 11:30 am Rummikub 12:00 pm <b>Computer Lab 1 - 2 pm</b>	<b>25</b> Lunch 11:30 am Bingo 12:30 pm	<b>26</b> <i>No Basket Weaving</i> <b>Guided Meditation 9 am</b> <b>Bereavement 10 am</b> Lunch 11:30 am <b>Movie Matinee 12:00 pm</b>	<b>27</b>
<b>28</b>	<b>29</b> Advanced Chair Yoga 9 Basic Chair Yoga 10 am <b>Nimble Fingers 10 am</b> Lunch 11:30 am <b>Computer Lab 1 - 2 pm</b> <b>Book Club 1:00 pm</b>	<b>30</b> <b>Wellness Clinic</b> <b>9:30 am - 11:30 am</b> Chair Volleyball 9:30 am <b>Qi Gong 10:30 am</b> Lunch 11:30 am Scrabble 12:00 pm				