

October 2023

Carver Council on Aging

What's Happening in October

Oktoberfest Activity - Pretzel-Making & Root Beer Tasting

Monday, October 16th at 12:00 pm

Come in early for a German-themed lunch at 11:30 am for only \$3, then stay to make your own soft pretzels. Taste a variety of different brands of root beers, then vote for your favorite. **Please register at 508-866-4698 x3.**



Movie Matinee: Beetlejuice

Friday, October 27th at 12:30 pm

Michael Keaton, Geena Davis, Alec Baldwin and Winona Ryder star in Tim Burton's comic twist on a spooky ghost tale. When a recently deceased couple try to haunt the pretentious humans who have moved into their house, they ask for help from a demonic wraith, Beetlejuice, in this dark comedy that offers both laughs and screams.

Please register at 508-866-4698 x3



Halloween Candy LCR Game Day

Sponsored by the Friends of Carver COA Monday, October 30th, 12:30 pm

Come play the easy-to-learn, fast-paced dice game called *Left, Center, Right* using Halloween candy to build the pots! You never know until the very end who will win!

Please register at 508-866-4698 x3.



Halloween Costume Pictionary Game

Tuesday, October 31st, 12:30 pm

Join us to play this fun game that doesn't require any artistic skills, in fact, the less skills you have the more hilarious it is! Feel free to dress in costume for even more fun!

Please register at 508-866-4698 x3



REFRESH YOUR DRIVING SKILLS

Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!*

- Learn techniques for handling left turns, right-of-way and roundabouts.
- Understand how to reduce traffic violations, crashes and the risk of injury.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

**Tuesday, October 24th & Wednesday, October 25th
12:30 pm to 3:30 pm both days.**

Please register at 508-866-4698 x3

\$20 for AARP members / \$25 for non-members

**Upon completion you may be eligible for an auto insurance discount. Ask your Agent.*

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 - Vice Chair
Helen Marrone-Secretary
Donna Marie Forand
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.

OCTOBER GATRA BUS TRIPS

**Big Apple Farm/St. Mary's Abbey
Cracker Barrel Restaurant in Wrentham
Monday, October 2nd, 9:30 am - 3:30 pm**

Enjoy a scenic ride to an apple farm & an Abbey with lunch on your own at The Cracker Barrel. **Cost: \$5.00**

**"Dead of the Night" Afternoon Tour & Lunch
Monday, October 23rd, 10:00 am - 3:00 pm**

Lunch on your own at the Waterfront Grill followed by a "Dead of the Night" Tour through Plymouth courtesy of Jan Williams. **Cost: \$5.00**

Be sure to call the Dispatcher early to reserve your spot at **508-866-4698 x1**. **Space is limited**

November Trips: 11/6 Bog Tour, 11/20 Pilgrim Tour

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 AT THE COA

Attorney-at-Law Lawrence 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

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**.



MONTHLY FOOT CARE with Podiatrist, Dr. Alan Lechan

Wednesday, October 25th, 9:00 am - 2:30 pm

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.

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*
Mondays, October 2, 23 & 30 (Friday, 10/20 as a make up for the 16th)
at 10:00 am **Cost: \$5** Please register at
508-866-4698 x3

QI GONG with *Kathryn Demers*
Tuesdays October 3, 10, & 17 at 10:00
am (no classes on the 24th or 31st)
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 October 6 & 20,
Group 2: Fridays October 13 & 27
\$20/class. Register **508-866-4698 x3.**

COFFEE WITH THE CHIEF & TALK WITH THE T.A.
Every second Tuesday at 10:30 am

JEWELRY MAKING WITH NANCY
Thursday, October 12th at 2:45 pm.

SINGO - MUSICAL BINGO
with Jim the DJ Guy on the first Monday and the third Tuesday of every month -12:00 pm.

LINE DANCING CLASSES
with *David & Marcia Burbank*
Fridays October 6 & 13 at 12:30 pm.
Please note the earlier time. **Cost: \$5**
Register **508-866-4698 x3.**

BEREAVEMENT SUPPORT GROUP
Friday, October 27th at 10:00 am.
Please register at 508-866-4698 x3.
(every 4th Friday monthly)

1-on-1 iPad 1/2 HR INSTRUCTION
w/ *Lydia Nelson,* Tuesday, October 24th starting at 10 am. For an appointment call **508-866-4698 x3.**

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 Cost: \$3.00
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.

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.



Fall
Centerpiece
10/4

Halloween
Mask
Scratch Art
10/11



Spooky
Decoupage Candle
10/18



Spider
Magnet
10/25



Men's Monthly Coffee Club

Wednesday, October 11th
at 9:00 am
Drop-in for coffee, camaraderie and conversation. A great opportunity to meet new people while discussing current events in a laid-back setting.
Hope to see you there!

BOOK CLUB SELECTION

The Midnight Library

by Matt Haig
Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices . . . Would you have done anything different, if you had the chance to undo your regrets? A novel about all the choices that go into a life well lived.. **Register at 508-866-4698 x3 and for a copy of the book. Book Discussion Meeting: Monday, October 23rd, 1:00 pm.**



MEET TOWN CLERK CARA DAHILL
Wednesday, October 18th
at 12:30 pm

The Town Clerk's Office is the portal to the community. It serves as an important link for residents and visitors to municipal, state and federal government services essential to the day-to-day needs of the general public. Come learn about the varied services available to Carver residents as well as one of the most important Town Clerk responsibilities; Election management. Anyone interested in volunteering to work the polls should attend! **Please register at 508-866-4698 x3.**



SHINE NEWS



Medicare Open Enrollment is from **October 15th - December 7th** and it is the time of year when you can make changes to your Medicare coverage.
Please call for an appointment with our SHINE Counselor Heidi Miles 508-866-4698 x2



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

OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chair Yoga 10:00 am GATRA Bus Trip 9:30 - 3:30 Lunch 11:30 am SINGO 12:00 pm	3 Wellness Clinic & Screenings 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm	4 Fall Centerpiece 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm	5 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm	6 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30	7 <i>Please note the earlier start times</i> Walking Club 9:00 am <i>Please note the earlier start times</i>
8	9 	10 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Coffee w/ the Chief Talk w/ the T.A. 10:30 Lunch 11:30 am Scrabble 12:00 pm	11 Men's Coffee Club 9:00 am Scratch Art Mask 10:00 am Lunch 11:30 am Rummikub 12:00 pm	12 Walking Club 9:00 am Atty. Hale 10 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	13 Basket Weaving Group 2 - 9:00 am Lunch 11:30 am Line Dancing 12:30	14 Walking Club 9:00 am
15 MEDICARE OPEN ENROLLMENT IS 10/15-12/7 CALL HEIDI FOR A SHINE APPOINTMENT 508-866-4698 X2	16 No Chair Yoga German-themed Lunch 11:30 am Oktoberfest Pretzels & Root Beer 1:00 pm	17 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm	18 Spooky Candle 10:00 am Lunch 11:30 am Rummikub 12:00 pm Meet Cara Dahill 12:30 pm	19 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm	20 BLOOM BUS TRIP 7:45 - 5:15 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Chair Yoga Make-up 1:00 pm	21 Walking Club 9:00 am
22	23 Chair Yoga 10:00 am GATRA Bus Trip 10:00-3:00 Lunch 11:30 am Book Club 1:00 pm	24 Wellness Clinic NO Qi Gong Class iPad Appts. 10:00 am Lunch 11:30 am Safe Driver Class 12:30-3:30 Finance Appts. 1-4	25 Spider Magnet 10:00 am Footcare 9:00 am - 2:30 pm Lunch 11:30 am Safe Driver Class 12:30-3:30	26 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm	27 Basket Weaving Group 2 - 9:00 am Bereavement 10:00 am Lunch 11:30 am Movie Matinee 12:30	28 Walking Club 9:00 am
29 REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A NOV. BIRTHDAY 508-866-4698 X3	30 Chair Yoga 10:00 am Lunch 11:30 am Halloween LCR Game Day 12:30 pm	31 Wellness Clinic 9:30 am - 11:30 am NO Qi Gong Class Lunch 11:30 am Halloween Costume Pictionary 12:30 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 Walking Club 9:00 am