

October 2024

Carver Council on Aging

What's Happening in October

Senior Fire Safety Tips

Tuesday, October 8th at 12:30 pm

Presented by Carver Fire Dept.

Asst. Deputy Fire Chief Jesse Boyle

Learn the importance of emergency preparedness for seniors in case of a fire and tips to stay safe.

Please register at 508-866-4698 x3.



Meet the Author: Diane Finn

Tuesday, October 22nd at 1:00 pm

Meet local author Diane Finn as she discusses her book *Legend of the Cranberry Reimagined: (1672-1992-2022)*. Discover the Native American history and fascinating facts of our regions favorite fruit!

Please register at 508-866-4698 x3



Why is Gazpacho So Good?

Presented by BID Registered Dietitian Marcia Richards

Friday, October 11th at 10:00 am

Discover the surprising health benefits of flavorful Gazpacho soup. A recipe demo and sampling will be offered. Please register at 508-866-4698 x3.

Lunch and Learn: ClearCaptions

Wednesday, October 23rd at 11:30 am

Join ClearCaptions representative, Jared Valanzola for a free pizza lunch while learning about this helpful captioned telephone service for seniors with hearing difficulties. Please register by Monday, October 21st at 508-866-4698 x3.



Musical Entertainment with Gina O'Donoghue

Monday, October 21st at 1:30 pm

Sing and dance along to all your favorite tunes with the lively performance of vocalist and keyboardist Gina O'Donoghue. Register at 508-866-4698 x3



Six Pillars of Brain Health

Sponsored by AARP

Tuesday, October 29th at 1:00 pm

Learn the keys to a healthy lifestyle that supports brain function and the actionable steps you can take to get there, with AARP volunteer Theresa Chaklos.

Please register at 508-866-4698 x3.



Lives Lost & Lessons Learned: The Coconut Grove Fire

Presented by Nancy A. Franks

Wednesday, October 9th at 12:30 pm.

Learn the tragic story of America's deadliest nightclub fire. Discover the mistakes that led to this devastating disaster and the fire safety changes that were implemented to prevent it from ever happening again.

Please register at 508-866-4698 x3.



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
Helen Marrone-Secretary
Elaine Raymond
Mary DuRoss
Cathy Gallimore
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 - MAX 5 PEOPLE
4 BAGS OR LARGE ITEMS LIMIT**

Wednesdays 8:30 am & 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.

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 cost. **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

Nicholas Farina, 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 currently \$10 but

will increase to \$15 starting January 1st!

If you have not renewed your membership, do it now!

Your membership supports COA activities, events, performers and trips! **Mail 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

Our Regional Public Health Nurse 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 our Outreach Facilitator **508-866-4698 x2 for an appt.**

Documents needed for income-based programs:

*Social Security Letter * Bank Statements * Pension Letters * Pay Stubs *(if working)* * Medical Cost Receipts

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, October 23rd, 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.**



OCTOBER DAY TRIP:

**Carver First Responders Tour
Monday, October 7th, 9am - 4pm**

Visit and tour Carver's Fire,
Police and EMS Departments.

Meet the amazing professionals
who keep our community safe!

Lunch on your own at a local eatery.

COST: \$5/person

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

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 CLASSES

Instructor, Karen Flynn **Cost: \$5/class**
Mondays, October 7th, (**no class on the 14th**), 21st & 28th at 10:00 am
Please register at **508-866-4698 x3**.

BEACH BALL CHAIR VOLLEYBALL

Tuesdays: October 1st, 8th, 15th, 22nd & 29th at 9:30 am.
Please register at **508-866-4698 x3**.



QI GONG with David Kisiday

Tuesdays: 1st, 8th, 15th, 22nd & 29th 10:30 am. Register **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 Oct. 4th & 18th
Group 2: Fridays Oct. 11th & 25th
at 9:00 am. **Cost: \$20/class.**

Please register at **508-866-4698 x3**.

COFFEE WITH THE CHIEF & TALK WITH THE T.A. Drop-in

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 w/ Dave & Marcia

Burbank – Fridays, Oct. 4th & 18th at 12:30 pm. **Cost: \$5/class.** Register **508-866-4698 x3**

BEREAVEMENT SUPPORT GROUP

Every 4th Friday, Friday, Oct. 25th at 10:00 am. Register **508-866-4698 x3**.

JEWELRY MAKING WITH NANCY

Thursday, Oct. 10th at 2:45 pm.
Create custom beaded jewelry.
Cost: \$10. Register **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.



Craft-a-palooza 10/2

Mummified Votives 10/9

Blowing Leaves Painting 10/16



Embellished Sugar Skull Adult Coloring 10/23



Sock Pumpkins 10/30



Oktoberfest Special!

Handpaint a glass beer mug while enjoying root beer and pretzels
Monday, 10/21 at 12:30



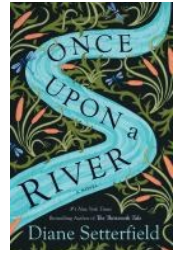
The Friends of Carver COA

are looking for bakers to sign up to donate baked goods for the Annual Holiday Craft Fair at the COA on Saturday, December 7th.

Please email paulnelson14@icloud.com with the type of baked goods you plan to make and drop off at the COA the Friday before the Craft Fair.
Thank you for your support!

BOOK CLUB SELECTION

Once Upon a River
by Diane Setterfield
A dark and magical tale of a girl who dies and lives again on the river Thames, sparking a mystery of identity and belonging. Three families claim her as their own, but who is she really? **Register at 508-866-4698 x3 & for a copy of the book. Book Discussion Meeting: Monday, October 28th at 1:00 pm.**



MOVIE MATINEE: MURDER ON THE ORIENT EXPRESS

Friday, October 25th at 12:00 pm

This Agatha Christie classic "locked room" murder mystery takes place aboard a luxury intercontinental train stranded in a snowstorm.

Please register at **508-8664698 x3**.



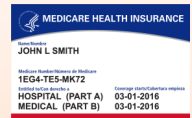
HALLOWEEN CANDY LCR GAME

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

Come play the easy-to-learn, fast-paced dice game called *Left, Center, Right* using Halloween candy to build the pots! Costumes welcome! **Register at 508-866-4698 x3.**



THE SHINE PROGRAM



Medicare Open Enrollment is **October 15th - December 7th**

This is the time when you can review and make changes to your Medicare coverage.

Call for an appointment with SHINE Counselor Heidi Miles 508-866-4698 x2

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

OCTOBER 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. Thank you!</i></p>		Wellness Clinic & Screenings 9:30 Beach Ball Chair Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm 1	Craft-a-palooza 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm 2	Lunch 11:30 am BINGO 12:30 pm 3	Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm 4	5
6	Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm 7	Wellness Clinic 9:30 Chair Volleyball 9:30 Qi Gong 10:30 am Coffee w/ Chief / Talk w/ TA 10:30 Lunch 11:30 am Scrabble 12 pm Fire Safety 12:30 8	NO Legal Assistance Appts Mummified Votives 10:00 am Lunch 11:30 am Rummikub 12:00 pm Cocanut Grove Fire 12:30 pm 9	Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm 10	Basket Weaving Group 2 - 9:00 am Gazpacho Demo 10:00 am Lunch 11:30 am 11	12
13	CLOSED FOR COLUMBUS DAY 14	Wellness Clinic 9:30 Chair Volleyball 9:30 Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12 pm 15	Fall Leaves Painting 10:00 am No Lunch Service <i>Due to kitchen equipment installation</i> Rummikub 12:00 pm 16	Lunch 11:30 am BINGO 12:30 pm 17	BLOOM Turkey Train Bus Trip 9-7:15 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm 18	19
20	Chair Yoga 10:00 am Lunch 11:30 am Oktoberfest Craft 12:30 pm Gina O'Donoghue 1:30 pm 21	Wellness Clinic 9:30 Volleyball 9:30 Qi Gong 10:30 Lunch 11:30 am Scrabble 12 pm Financial Appts 1-4 Meet the Author 1:00 pm 22	Footcare 9 - 2:30 Sugar Skull 10:00 am Lunch & Learn 11:30 am Rummikub 12:00 pm 23	Lunch 11:30 am BINGO 12:30 pm 24	Basket Weaving Group 2 - 9:00 am Bereavement 10:00 am Lunch 11:30 am Movie Matinee 12:00 pm 25	 26
27	Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm 28	Wellness Clinic 9:30 Volleyball 9:30 Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm 6 Pillars of Brain Health 1:00 pm 29	Sock Pumpkins 10:00 am Lunch 11:30 am Rummikub 12 pm Halloween LCR 12:30 pm 30	Lunch 11:30 am BINGO 12:30 pm 31	REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE A NOVEMBER BIRTHDAY	