

July 2023

# Carver Council on Aging


## *What's Happening in July*

### **Butterflies of Cape Cod Free Admission Tickets**

*Courtesy of the  
Carver Cultural Council*

A total of 50 Senior Admission tickets have been made available through a grant provided by the CCC. A limit of 2 tickets per person will be distributed on a first come, first serve basis. **Please call 508-866-4698 x3 for more information.**



 **Mass Cultural Council** 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.

### **Sun Safety with RPH Nurse Patricia Iafrate**

*Tuesday, July 11th at 12:30 pm*

*Do you know the 5 "S's" of Sun Safety?*

Discover what the skin cancer warning signs are plus how to do a self skin examination.

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

### **Summertime Refresher and Entertainment**

*Sponsored by Wingate Residences  
at Silver Lake in Kingston*

*Wednesday, July 19th at 12:30 pm*

Come hear about the features and benefits of the Wingate Residences while enjoying iced tea, lemonade and a variety of desserts. Sing along with entertainer Gina O'Donahue as she performs your favorite songs! **Please register at 508-866-4698 x3**



### **Beginner Chair Yoga 4-Week Session**

*Tuesdays, July 25th - August 15th at 1:30 pm*

Yoga Instructor Mary Wilson is offering this introductory session of chair yoga to seniors who would like to learn the basics of this gentle movement class. *4-week session cost: \$20.*

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

### **Annual BBQ Luncheon**

*Tuesday, July 18th at 11:30 am*

Join us for a classic summertime cookout! Members of the Carver Police Dept. will be grilling up burgers and hot dogs with all the fixings! Classic barbeque sides will include potato salad, pasta salad, corn, baked beans and watermelon.

**Tickets are \$5 each and will be on sale in the Nutrition Center starting Monday, July 3rd.**

Pick up your tickets early since they sell out fast!



*Entertainment will be provided by "Jimbo Wilson & the Cranberry Junction Band" featuring vintage country music courtesy of the Friends of Carver COA.*

#### **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**

Donna Marie Forand-Chair  
Alan Dunham - Vice Chair  
Helen Marrone-Secretary  
Elaine Raymond  
Mary DuRoss  
Paula Hitchcock 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

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.

## IMPORTANT SHOPPING UPDATE

Now that we have added an additional GATRA bus with extra drivers, we are able to offer a new shopping trip to Wareham Crossing!

**Mondays, July 10th & 24th**

**From 11:00 am - 3:00 pm**

*Be sure to call early 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**.

## 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](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

Public Health Nurse *Patricia lafrate* provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings with Carver EMS 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**.



## MONTHLY FOOT CARE with Podiatrist, Dr. Alan Lechan

**Wednesday, July 26th from 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

## 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 AT SAMPSON POND**  
(weather permitting, otherwise indoors)  
with Mary Ellen Wilson RYT500  
Mondays, July 3, 10, 17, 24 & 31 at  
9:30 am. **Cost: \$5** Please register at  
508-866-4698 x3

**QI GONG** with Kathryn Demers  
Tuesdays July 11th & 25th at 10:00 am  
(no class on the 18th). **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 July 7 & 21,  
Group 2: Fridays July 14 & 28  
**\$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, July 13th **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. **NOTE: This  
month the second SINGO is 7/25.**

**LINE DANCING CLASSES**  
with David & Marcia Burbank  
Fridays July 7th & 21st at 1:00 pm.  
**Cost: \$5** Register 508-866-4698 x3.

**BEREAVEMENT SUPPORT GROUP**  
Friday, July 28th 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, July 25th  
starting at 10 am. For an appointment  
call 508-866-4698 x3.

## 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.



Spangled  
Star  
7/5

Floral  
Sign  
7/12



Mermaid Eggs  
7/19



Embellished  
Anchor  
7/26

### POP-UP ART SCHOOL

Monday, July 10th  
from 1:00 - 2:30 pm  
Pop-Up Art School is  
a local South Shore  
business run by two  
certified art teachers.  
Join us to learn how to  
"paint" a summer beach  
scene with wool! Needle felting on an  
embroidery hoop is a relaxing and easy  
craft for all skill levels. **Registration at  
508-866-4698 x3 is required as  
space is limited.**



### BOOK CLUB SELECTION

Eleanor Oliphant is  
Completely Fine  
by Gail Honeyman is  
about a social misfit with  
a traumatic past who  
becomes enamored  
with a singer, whom she  
believes she is destined  
to be with. "Beautifully written and  
incredibly funny, Eleanor Oliphant Is  
Completely Fine is about the  
importance of friendship and the  
human connection".

Register at 508-866-4698 x3 and  
for a copy of the book.  
Book Discussion Meeting:  
Monday, July 31st at 1:00 pm.



### MOVIE MATINEE: CHICAGO

Friday, July 14th, 12:30  
Renee Zellweger and  
Catherine Zeta Jones  
star in this Oscar-winning  
big screen adaptation of  
the popular Broadway  
show. A rowdy, rollicking  
jazz-soaked smash-hit  
musical about a femme fatale's deadly  
desire for fame and fortune.  
Please register at 508-8664698 x3.



### WALKING CLUB UPDATE

The location for walking on  
Thursdays will remain at Savery Ave.  
The current alternative for Saturdays  
is walking Colony Place with  
an indoor option at the Kingston  
Collection in bad weather.  
Please register at 508-8664698 x3.

### MONTHLY BIRTHDAY CELEBRATIONS

Every FIRST  
Wednesday  
at 11:30 am with a  
**FREE birthday lunch**  
for the celebrant plus  
cake & ice cream.  
Please register the month before  
your birthday at 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

### 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

# JULY 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>					<p>BBQ LUNCHEON  <b>TICKETS GO ON SALE IN THE NUTRITION CENTER MONDAY, JULY 3RD!</b></p>	<p>1            Walking Club 9:00 am</p>
2	<p>BBQ LUNCHEON  <b>TICKETS ON SALE</b>            Chair Yoga 9:30 am            Lunch 11:30 am            SINGO 12:00 pm</p>		<p>Spangled Star 10:00 am            Birthday Cake            Lunch 11:30 am            Rummikub 12:00 pm</p>	<p>Walking Club 9:00 am            Lunch 11:30 am            BINGO 12:30 pm</p>	<p>Basket Weaving  <b>Group 1 - 9:30 am</b>            Lunch 11:30 am            Line Dancing 1:00 p</p>	<p>8            Walking Club 9:00 am</p>
9	<p>Chair Yoga 9:30 am            Lunch 11:30 am            Pop-Up Art School 1:00 pm - 2:30 pm</p>	<p>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</p>	<p>Floral Sign 10:00 am            Lunch 11:30 am            Rummikub 12:00 pm</p>	<p>Walking Club 9            Atty. Hale 10 am            Lunch 11:30 am            BINGO 12:30 pm            Jewelry Class 2:45 pm</p>	<p>Basket Weaving  <b>Group 2 - 9:30 am</b>            Lunch 11:30 am            Movie Matinee 12:30 pm</p>	<p>15            Walking Club 9:00 am</p>
16	<p>Chair Yoga 9:30 am            Lunch 11:30 am</p>	<p>BBQ LUNCHEON 11:30 AM  <b>ADVANCE TICKETS REQUIRED</b></p>	<p>Mermaid Eggs 10:00 am            Lunch 11:30 am            Rummikub 12:00 pm</p>	<p>Walking Club 9:00 am            Lunch 11:30 am            BINGO 12:30 pm</p>	<p>Basket Weaving  <b>Group 1 - 9:30 am</b>            Lunch 11:30 am            Line Dancing 1:00 p</p>	<p>22            Walking Club 9:00 am</p>
23	<p>Chair Yoga 9:30 am            Lunch 11:30 am</p>	<p>Wellness Clinic            Qi Gong 10            iPad Appts. 10:00 am            Lunch 11:30 am            SINGO 12:00 pm            Beginner Chair Yoga 1:30            Finance Appts. 1-4</p>	<p>Anchor 10:00            Footcare 9:00 am - 2:30 pm            Lunch 11:30 am            Rummikub 12:00 pm</p>	<p>Walking Club 9:00 am            Lunch 11:30 am            BINGO 12:30 pm</p>	<p>Basket Weaving  <b>Group 2 - 9:30 am</b>            Bereavement 10:00 am            Lunch 11:30 am</p>	<p>29            Walking Club 9:00 am</p>
30	<p>31 Book Club 1:00 pm</p>					