

December 2023

# Carver Council on Aging

## What's Happening in December

### Make Your Own Festive Seasonings

with Therapy Gardens  
Wednesday, December 6th  
at 1:00 pm

Spices have the power to evoke cherished memories. Join us to learn about different holiday blends along with their recipes. Discover how to make pumpkin spice, mulling spices and other holiday combinations then create your own special mixture to take home in a bottle you can decorate! **Please register at 508-866-4698 x3.**  
*Space is Limited!*



### Movie Matinee: Miracle on 34th Street



Friday, December 8th at 12:30 am  
Join us for this nostalgic holiday classic. When a nice old man who claims to be Santa Claus is determined to be insane, a young lawyer decides to defend him by arguing in court that he is, in fact, the real Santa Claus.  
**Please register at 508-866-4698 x3.**

### Holiday "Name That Tune" Kazoo Version

Monday, December 11th  
at 12:30 pm

There's no musical talent required to play this fun guessing game! Just hum the holiday song into the kazoo as your team tries to "Name That Tune"! **Register at 508-866-4698 x3.**



### Holiday Concert with the Dave & Marcia Duo

Monday, December 18th  
at 12:00 pm

Celebrate this must see festive event to usher in the magic of the season. Get in the holiday spirit with the song stylings of popular local performers Dave and Marcia Burbank. Sing along to holiday classics igniting joy and wonder in this fun-filled performance featuring the seasonal favorites we all love.  
**Please register at 508-866-4698 x3**



## Countdown to Noon New Year's Ice Cream Social

Wednesday, December 27th, 11:45 am

Join us for an early countdown to the New Year and celebrate with an ice cream sundae. Plus, 2023 Trivia!  
*Sponsored by the Friends of Carver COA.*

**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*  
Donna Marie Forand - *Vice Chair*  
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.

**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](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 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.

**IN-HOME HAIRCUT SERVICE W/ DONNA LAWRENCE**  
 Call Donna at 508-243-2293 for pricing and an appt.



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

**Wednesday, December 27th, 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.**



**DECEMBER GATRA BUS TRIPS**

**Cape Cod Mall Shopping Trip**  
**Monday, December 4th, 9:15 am - 3:30 pm**  
 Do your holiday shopping at 50+ stores with lunch on your own at your choice of eatery. **Trip Cost: \$5.00**

**Evening Holiday Lights Tour**  
**Monday, December 18th 4:00 - 9:00 pm**  
 Enjoy a festive tour around local areas decorated with lights for the holidays!. **Cost: \$5.00**

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

<p><b>GATRA MINI-BUS</b>                  Peggy Wood                  Dispatcher                  Monday – Friday                  9 AM-12 PM  <b>508-866-4698 x 1</b></p>	<p><b>OUTREACH SERVICE</b>                  Heidi Lufkin-Miles                  Outreach Facilitator                  Monday - Friday                  8 AM - 4 PM  <b>508-866-4698 x 2</b>                  Please call for an appt.</p>	<p><b>NUTRITION CENTER</b>                  June Benson                  Monday -Thursday                  8 AM - 3 PM                  Friday 8 AM - 12 PM  <b>508-866-4698 x 4</b>                  Lunch weekdays at 11:30</p>
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## WEEKLY ACTIVITIES

**CHAIR YOGA** w/ *Mary Ellen Wilson*  
RYT500 Mondays, December 4, 11 and  
18 at 10:00 am **Cost: \$5** Please  
register at **508-866-4698 x3**

**QI GONG** with *Kathryn Demers*  
Tuesdays December 5, 12, 19 & 26  
at 10:00 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 December 1 & 15  
Group 2: Friday December 8 &  
Tuesday, December 19th at 1:30 pm  
\$20/class. Register **508-866-4698 x3**.

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

**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\**  
Friday December 1st at 12:30 pm.  
**Cost: \$5 Register 508-866-4698 x3.**  
**Don't forget to come see David &  
Marcia perform their Holiday  
Concert on Monday, December 18th  
at 12:00 pm!**

**BEREAVEMENT SUPPORT GROUP**  
Please register at **508-866-4698 x3**.  
**Note: this month on 12/15 at 10 am**

**1-on-1 iPad 1/2 HR INSTRUCTION**  
w/ *Lydia Nelson*, will resume appoint-  
ments in January. For an appointment  
please 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**

## 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.**



Pipe Cleaner  
Ornaments  
12/6

"Ugly Sweater"  
Stocking Design  
12/13



Gingerbread  
Cutting Board  
Decoration  
12/20

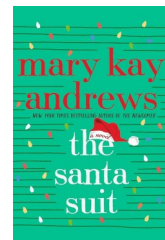
Adult  
Coloring  
Calendar  
12/27



**JEWELRY MAKING WITH NANCY**  
Thursday, December 14th at 2:45 pm.  
Make a custom beaded necklace for  
yourself or as a gift! Cost: \$10. (*If you  
made a bracelet in class, bring it  
make a matching necklace!*). **Please  
Register at 508-866-4698 x3.**

## BOOK CLUB SELECTION

*The Santa Suit*  
by Mary Kay Andrews  
From the New York  
Times bestselling author  
of *Hello, Summer*, comes  
a novella celebrating the  
magic of Christmas and second  
chances in *The Santa Suit*. **Register at  
508-866-4698 x3 and for a copy of  
the book. Book Discussion Meet-  
ing: Monday, December 18th, 1 pm.**




## WHEN TO CALL 911: SERIOUS SYMPTOMS NOT TO IGNORE



presented by *Regional Public  
Health Nurse Patricia Iafrate*  
Tuesday, December 12th, 12:30 pm  
One of your most powerful tools is your  
own observation. Learn what to signs  
to look for in a health emergency.  
**Please register at 508-866-4698 x3.**

## LEFT/RIGHT GIFT EXCHANGE

Wednesday,  
December 20th,  
at 12:30 pm   
Participants need to bring a wrapped  
grab gift (\$3 or less) to exchange in a  
fun and entertaining way. Everyone  
will leave with a surprise holiday gift!  
**Please register at 508-866-4698 x3.**

  
Thank you to Head Cook June Benson  
and Michelle Wall-Hewak for preparing  
a delicious turkey dinner to a sell-out  
crowd for the Annual Thanksgiving  
Luncheon. Special thanks also to  
Chief Duphily, the members of the  
Police Department and Town Clerk  
Cara Dahill who served the meal and  
to the Police Union for providing the  
turkeys and pies. Thank you to the  
Friends of Carver COA for the amazing  
prizes for the numerous drawings.  
As always, the assistance by all the  
volunteers was truly appreciated!

## 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

# DECEMBER 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><b>1</b> Basket Weaving  <i>Group 1</i> - 9:00 am            Lunch 11:30 am            Line Dancing 12:30</p>	<p><b>2</b> FRIENDS OF CARVER COA HOLIDAY CRAFT FAIR            10 AM - 3 PM</p>
<b>3</b>	<p><b>4</b> Chair Yoga 10:00 am            GATRA Bus Trip 9:15 am - 3:30 pm            Lunch 11:30 am            SINGO 12:00 pm</p>	<p><b>5</b> Wellness Clinic &amp; Screenings 9:30 -11:30 am            Qi Gong 10:00 am            Lunch 11:30 am            Scrabble 12:00 pm</p>	<p><b>6</b> Pipe Cleaner Ornaments 10:00 am            Birthday Cake Lunch 11:30 am            Rummikub 12:00 pm            Festive Spices 1 pm</p>	<p><b>7</b> Lunch 11:30 am            BINGO 12:30 pm</p>	<p><b>8</b> Basket Weaving  <i>Group 2</i> - 9:00 am            (second class on 11/21)            Lunch 11:30 am            Movie Matinee 12:30 pm</p>	<b>9</b>
<b>10</b>	<p><b>11</b> Chair Yoga 10:00 am            Lunch 11:30 am            Holiday Name That Tune            Kazoo Version 12:30 pm</p>	<p><b>12</b> Wellness Clinic            Qi Gong 10 am            Coffee w/ Chief / Talk w/ TA 10:30 am            Lunch 11:30 am            When to Call 911 12:30 pm</p>	<p><b>13</b> "Ugly Sweater" Stocking Design 10:00 am            Lunch 11:30 am            Rummikub 12:00 pm</p>	<p><b>14</b> Atty. Hale 10:00 am            Lunch 11:30 am            BINGO 12:30 pm            Jewelry Class 2:45 pm</p>	<p><b>15</b> Basket Weaving  <i>Group 1</i> - 9:00 am            Bereavement 10:00am            Lunch 11:30 am</p>	<b>16</b>
<b>17</b>	<p><b>18</b> Chair Yoga 10:00 am            GATRA Bus Trip 4:00 pm - 9:00 pm            Lunch 11:30 am            Holiday Concert 12p            Book Club 1:00 pm</p>	<p><b>19</b> Wellness Clinic 9:30 -11:30 am            Qi Gong 10:00 am            Lunch 11:30 am            SINGO 12:00 pm            Scrabble 12:00 pm            Baskets 1:30 pm</p>	<p><b>20</b> Cookie Board Decoration 10:00 am            Lunch 11:30 am            Rummikub 12:00 pm            Left/Right Grab Gift Game 12:30</p>	<p><b>21</b> Lunch 11:30 am            BINGO 12:30 pm</p>	<p><b>22</b> CLOSED</p>	<b>23</b>
<p><b>24</b> Christmas Eve</p>	<p><b>25</b> CLOSED            Christmas Day</p>	<p><b>26</b> Wellness Clinic 9:30 -11:30 am            No iPad Appts.            Lunch 11:30 am            Finance Appts. 1-4            Lunch 11:30 am            Scrabble 12:00 pm</p>	<p><b>27</b> Calendar Craft 10:00 am            Footcare 9-2:30            Lunch 11:30 am            Countdown to Noon            Ice Cream Social 11:45 am</p>	<p><b>28</b> Lunch 11:30 am            BINGO 12:30 pm</p>	<p><b>29</b> CLOSED</p>	<p><b>30</b> REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A JAN. BIRTHDAY            508-866-4698 X3</p>
<p><b>31</b> New Year's Eve</p>						