

December 2022

# Carver Council on Aging

## *What's Happening in December*

### Friends of Carver COA Craft Fair

Saturday, December 3rd  
from 9 am - 1 pm



Find unique homemade gifts plus the Friends Bake Sale! **Activities for the kids and FREE photos w/ Mr. & Mrs. Claus! Drawings for Gift Baskets & Gift Cards!**

### Holiday SINGO!

Monday, December 5th at 12:00 pm

Join Jim the DJ Guy for a SINGO filled with festive holiday songs and fun prizes. It all begins at noon. Drop in for lunch and stay for SINGO!



### Jewelry Making "Santa Special"

Thursday, December 8th at 3:00 pm



Come make beautiful beaded bracelets or keychains at the discounted fee of \$5/each. Create one-of-a-kind gifts to give for the holidays. **Please register at 508-866-4698 x3.**

### Holiday Socks Yankee Swap

Wednesday, December 14th, 12:00 pm.

Participants will bring a new pair of wrapped holiday adult socks to exchange the "Yankee Swap" way! **Please register.**



### Elementary Chorus Holiday Concert

Friday, December 16th, 10:00 am.

Come enjoy the delightful voices of the Carver Elementary Fifth Grade Chorus directed by Music Teacher Katherine Krampf as they "sing" in the holidays!



### Restorative Yoga and Crystal Bowl Sound Bath

Wednesday, December 28th

from 2:00 pm - 3:30 pm, **Fee: \$10**

With Yoga Instructor Mary Ellen Wilson RYT500 Restorative yoga is conducted entirely on the floor and is beginner friendly. You will leave feeling refreshed and renewed, a great way welcome the New Year! Please wear your most comfortable clothes and bring your own mat or advise if you need one when you register at **508-866-4698 x3.**



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

Friday, December 30th, 11:45 am

Join us for an early countdown to the New Year and celebrate with an ice cream sundae. Plus, 2022 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

Donna Marie Forand-Chair  
Claudia Miller-Vice Chair  
Helen Marrone-Secretary  
Elaine Raymond  
Mary DuRoss  
Paula Hitchcock Alt.

#### FRIENDS OF THE CARVER COA

Ron Clarke - President  
Paul M Kelly -Vice President  
Madeline Joyce -Treasurer  
Jackie Rogerson - Secretary  
Alice McMahon - Board Member

*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.

## SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made **as far in advance as possible.**

As soon as you make your doctor's appointments call the dispatcher at **508-866-4698 x1** to make a reservation for transportation as well.

It is never too soon 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**. Meet with Mark at the COA monthly every 4th Thursday.

## LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. 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

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings 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**.



## NOTES FROM OUTREACH

### Important papers needed when applying for income-based programs:

\*Social Security Letter \* Bank Statements \* Pension Letters \* Pay Stubs (*if working*) \* Medical Cost Receipts (*some programs can deduct medical costs including over-the-counter medication and wellness items*).

*Heidi Lufkin-Miles* - Outreach Facilitator

## 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

with Mary Wilson RYT500

Mondays in December - 5, 12 & 19 at 10:00 am. Suggested \$5 donation.

Please register at 508-866-4698 x3.

### OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm. Call to register at 508-866-4698 x3.

### ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 pm. Register 508-866-4698 x3..

### RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

**BINGO** Thursdays, 12:30 pm (Arrive before 12:15 pm to buy games) \$1 for 50/50, \$5 for a 10 game pack and \$1 for Coverall.

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

### SINGO - MUSICAL BINGO

with Jim the DJ Guy on the first Monday of every month - 12:00 pm.

### LINE DANCING CLASS

with David & Marcia Burbank Friday, December 2nd only no class on the 16th.

1:00 pm. Cost: \$5

Please register at 508-866-4698 x3.



### BEREAVEMENT SUPPORT GROUP

Will resume on December 30th at 10:00 am. Please register at 508-866-4698 x3. (every 4th Friday monthly)

### TALK WITH THE T.A.

Carver Town Administrator Robert Fennessy will meet with any seniors to discuss their concerns at the Carver COA every third Tuesday at 10:30 am. Drop-in.

### iPAD INSTRUCTION

w/ Lydia Nelson

**No Class in December.**

**Classes will resume Tuesday, January 24th and every 4th Tuesday monthly.**



## 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.



Felt Trim-a-Tree 12/17

Diamond Art Ornaments 12/14



Holiday Shadow Box 12/21

Frosted Tea Light 12/28



### HOLIDAY Pictionary

Wednesday, December 21<sup>st</sup>, 12 pm.

Come play the fun drawing game with a holiday theme. You don't need to be an artist to play!

Trying to figure out the drawings is half the fun!

Please register at 508-866-4698 x3.

### BOOK CLUB SELECTION

Winter Solstice

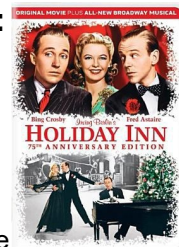
by Rosamunde Pilcher is the story of five unforgettable characters, lonely and haunted strangers who find love and loyalty as a reborn family of friends during the Christmas holidays. **Please register at 508-866-4698 x3 and for a copy of the book. Book Discussion Meeting: Monday, December 19th at 1:00 pm.**



### MOVIE MATINEE: HOLIDAY INN

Monday, December 12th at 12:30 pm

Screen legends Bing Crosby and Fred Astaire sing and dance in one of the most timeless holiday classics of all time. Featuring the Academy Award-winning song, "White Christmas". **Please register at 508-866-4698 x3.**



Coming in January . . .

### MONTHLY BIRTHDAY CELEBRATIONS

sponsored by the Friends of Carver COA.

Come celebrate your special day with a FREE lunch plus cake and ice cream for dessert on the first Wednesday of each month. Be sure to register before the month of your birthday and by the Monday prior to the event at 508-866-4698 x3.



### FRIENDS OF CARVER COA MEMBERSHIP DRIVE

In the months of January, February and March, the Friends of Carver COA will be holding special events to promote their Annual Membership Drive. Join in the fun and help support the COA programs and activities!

### 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**

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 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
<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>.            Thank you!</i></p>				Lunch 11:30 am BINGO 12:30 pm	Lunch 11:30 am Line Dancing 1:00 pm	<b>THE FRIENDS HOLIDAY CRAFT FAIR AND BAKE SALE 9 AM - 1 PM</b>
4	5	6	7	8	9	10
	Chair Yoga 10:00 am SINGO 12:00 pm Lunch 11:30 am	Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1:00 pm	<b>BLOOM BUS TRIP 9:00 am - 8:00 pm</b> Felt Trim-a-Tree 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5 pm	Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 3:00 pm	Lunch 11:30 am	
11	12	13	14	15	16	17
	Chair Yoga 10:00 am Lunch 11:30 am Movie Matinee 12:30 pm	Wellness Clinic 9:30 - 11:30 am <b>Coffee w/ the Chief 10:30 am</b> Lunch 11:30 am Oil Painting 1:00 pm	<b>Diamond Art Ornaments 10:00 am</b> Lunch 11:30 am Yankee Sock Swap 12:00 pm Acrylic Painting 5 pm	Lunch 11:30 am BINGO 12:30 pm	Carver 5th Grade Elementary Chorus Holiday Concert 10:00 am - 11:00 am Lunch 11:30 am	
18	19	20	21	22	23	24
	Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1:00 pm	<b>Holiday Shadow Box 10:00 am</b> Lunch 11:30 am <b>Holiday Pictionary 12:00 pm</b> Acrylic Painting 5:00 p	Lunch 11:30 am BINGO 12:30 pm	Lunch 11:30 am	
25	26	27	28	29	30	31
	<b>CLOSED FOR CHRISTMAS HOLIDAY</b>	<b>CLOSED FOR CHRISTMAS HOLIDAY</b>	Frosted Tea Light 10:00 am Lunch 11:30 am Restorative Yoga 2:00 - 3:30 pm Acrylic Painting 5 pm	Lunch 11:30 am BINGO 12:30 pm	Bereavement 10:00 am Lunch 11:30 am Countdown to Noon Ice Cream Social 11:45 am	