

March 2022

Carver Council on Aging

What's Inside for March

St. Patrick's Luncheon

Wednesday, March 16th at 11:30 am

Join us for a St. Pat's celebration featuring a meal of corned beef, cabbage, carrots, turnip, potatoes plus coffee and dessert all served up by members of the Carver Police Department. Entertainment will be provided by "Stand-Up Chameleon" Jackson Gillman, sponsored by the Carver Cultural Council. Drawings for prizes will also be held by the Friends! **Tickets at \$10 each will be sold by June in the Nutrition Center starting Tuesday, March 1st.**



Movie Matinee: Waking Ned Devine

Friday, March 4th at 12:30 pm

When Ned Devine dies of shock after learning that he won the Irish lottery, his friends find the winning ticket and decide that Ned would have wanted them to collect the money. The comedy ensues when they try to convince the town to go along with their scheme! **Register at 508-866-4698 x3.**



Free Financial Planning Consultations

with Sandy Childs, Financial Advisor with Edward Jones

(Monthly, every fourth Tuesday),
March 22nd, 1:00 pm - 4:00 pm
Sandy's focus is objective guidance and personalized financial & retirement strategies. **Call 508-866-4698 x3 for an appointment for a free half hour consultation.**



Free Intro Balance & Conditioning Class with Neil Sullivan

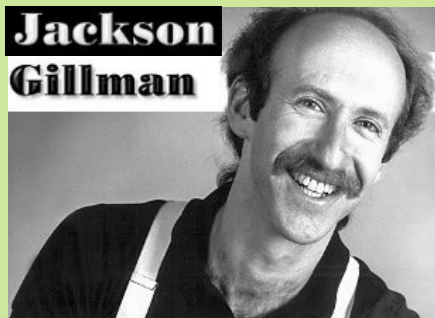
Clinical Exercise Physiologist

Friday, March 11th at 9:30 am

This class will consist of strength & conditioning exercises designed to increase balance, strength and flexibility. Neil will focus on specific key muscles and joints designed to increase your range of motion, improve balance and prevent falls. **Please register at 508-866-4698 x3.**



Get Your Irish On



A rollicking celebration for St. Patrick's Day, well-lubricated with Jackson Gillman's leprechaun spirit. Sparkling with energy, wit and whimsy, the "Stand-Up Chameleon" magically transforms himself into a wide array of colorful characters. His repertoire will include sprightly songs and tales about Guinness beer, a green Frog Prince impostor, and true farce about a toppled statue of the patron Saint of Ireland!

Wednesday, March 16th at 12:00 noon, after the St. Pat's Luncheon



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.

COUNCIL ON AGING

Monday - Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

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
Savery Moore
Elaine Raymond
Stephanie Clougherty Alt.
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

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 no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

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.**

Be considerate of the drivers and the other passengers.

MASKS ARE STILL REQUIRED ON PUBLIC TRANSPORTATION

SHOPPING SCHEDULE

SUPERMARKET RUNS

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?

Transportation 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 the day before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

Town Policy of Closing Due to Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed due to weather.

If schools are **delayed** due to weather, the COA will also follow the same delay of time in opening.

Closing and delay announcements are broadcast on WPLM radio.

LOAN CLOSET (*please call before dropping off items*)
The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available 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.

ATWOOD HOUSE NUTRITION CENTER RENTAL

The Nutrition Center is currently unavailable to rent.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of the Carver COA, P.O. Box 72, Carver, MA 02330.

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 is providing weekly blood pressure clinics as well as **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

FOOTCARE

Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.

IN-HOME HAIRCUTS

Professional stylist in-home haircuts are available by appointment; \$20 for a cut, \$30 for a cut and blow dry. Call **508-866-4698 x3** to make an appointment.

Friends Membership Drive

*Tuesday, March 1st from 9:30 - 11:30 am and
Wednesday, March 2nd from 12:30 - 2:30 pm*

Join or renew your annual Friends Membership for just \$10 and be entered into a drawing for a gift basket. Current members, bring in a friend to join and you both receive a **FREE LUNCH** voucher!

Funds raised by the Friends support all COA activities, events & trips.

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 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 of Wild Divinity Yoga
Mondays, March 7th, 14th, 21st &
28th. 10:00 am. Suggested \$5 dona-
tion. **Register at 508-866-4698 x-3.**

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.**

MEXICAN TRAIN DOMINOES GAME

Tuesdays at 12:00 pm. Drop-In.

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Every Thursday, 12:30 pm
(Arrive by 12:15 pm to buy games)

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
Fridays, March 11th & 25th,
at 1:00 pm. **Cost: \$5**
Please register at 508-866-4698 x3.
Class size is limited



BEREAVEMENT SUPPORT GROUP

Meeting on Friday, March 25th at
10:00 am. **Please register at 508-866-
4698 x3.** (4th Friday monthly)

MEET & GREET WITH HEIDI

Wednesday, March 2nd at 3:30 pm in
the Small Meeting Room of the Carver
Public Library. Meet COA Outreach
Coordinator, Heidi Lufkin-Miles, to
discuss any questions you may have.

iPAD INSTRUCTION w/ Lydia Nelson

Tuesday, March 22nd at 10:00 am
Bring your own iPad or reserve one of
ours to try out for the class!
Please register at 508-866-4698 x3.

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am
(no class 3/16)

Please register 508-866-4698 x3.
Supplies may be limited.



Adult
Coloring
Celtic
Suncatcher
3/2

Bleeding
Tissue
Water Lilies
Painting
3/9



Decoupage
Butterfly Box
3/23

Painted Glass
Vase
3/30



JEWELRY MAKING WITH NANCY

Thursday, March 10th
at 3:00 pm.

Create a floating bead bracelet using
delicate wire strands with colorful
beads of your choosing. **Cost \$10.**
Please register at 508-866-4698 x3.



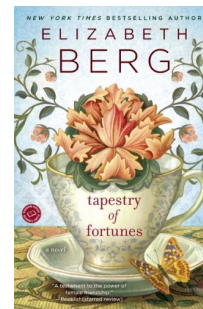
POETRY WORKSHOP

Tuesday, March 15th at 2:00 pm
Bring your favorite poem to share
and discuss! **Please register at
508-866-4698 x3.**

BOOK CLUB SELECTION

Tapestry of Fortunes

by Elizabeth Berg
In this beautifully
written novel, leaving
home brings revela-
tions, reunions, and
unexpected turns
that affirm the inner
truths. Elizabeth
Berg has crafted a novel rich in
understanding of women's longings,
loves, and abiding friendships, which
weave together into a tapestry of
fortunes that connects us all. **Please
register at 508-866-4698 x3. Copies
of this book will be held at the front
desk of the Carver Public Library.**
**Book Discussion Meeting will be
Monday, March 28th at 1:00 pm.**



ESTATE PLANNING PRESENTATION

with Attorney
Lawrence Hale
Friday, March 18th
at 10:00 am

Although estate planning can be a
complex task, a well-informed plan
can make a big difference in what is
left for your loved ones. Before you
begin to take action on your estate
plan, it's important to understand the
key topics that may arise as you
address your specific needs. Attorney
Hale will provide answers to all of
your questions. **Please register at
508-866-4698 x3.**



AARP Foundation
TAX-AIDE

There may still be a few openings
for tax prep assistance with AARP-
trained volunteer tax preparers.
Call 508-866-4698 x3 to check
availability thru April 11th.

FOOD PANTRY

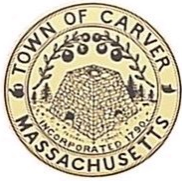
Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 4
Sat/Sun/Mon - Closed
*Wed. is Veteran's Shopping Day
508-866-7673

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
Appointments with SHINE Counselor
Erina Marcolini are scheduled for
Wednesdays from 9:00 am -12:00 pm
**Please email for an appointment
to: shine.marcolini@gmail.com
or call 508-866-4698 x3**



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



MARCH 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Friends Membership Drive Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	2 Celtic Suncatcher 10:00 am Lunch 11:30 am Rummikub 12:00 pm Heidi Meet & Greet 3:30 (Library) Acrylic Painting 5:00	3 Lunch 11:30 am BINGO 12:30 pm	4 Lunch 11:30 am Movie Matinee 12:30 pm	5
6	7 AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am SINGO! 12:00 pm	8 Wellness Clinic 9:30 - 11:30 am Coffee w/ Chief 10:30 Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	9 Bleeding Tissue Water Lilies 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	10 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Making 3:00	11 Free Strength & Conditioning Class 9:30 am Lunch 11:30 am Line Dancing 1:00 pm	12
13	14 AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am	15 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Mexican Train 12:00 Poetry Workshop 2:00 pm Oil Painting 1:00 pm	16 No Craft St. Pat's Day Luncheon 11:30 am Jackson Gillman 12:00 pm No Rummikub Acrylic Painting 5:00	17 Lunch 11:30 am BINGO 12:30 pm	18 Estate Planning Presentation 10:00 am Lunch 11:30 am	19
20	21 AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am	22 Wellness Clinic 9:30-11:30 am iPad Class 10:00 am Lunch 11:30 am Mexican Train 12:00 Financial Planning 1-4 Oil Painting 1:00 pm	23 Butterfly Box 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	24 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm	25 Bereavement 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	26
27	28 AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	29 Wellness Clinic 9:30-11:30 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	30 Painted Glass Vase 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	31 Lunch 11:30 am BINGO 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: COANews@carverma.org . Thank you!	