

May 2023

Carver Council on Aging

What's Happening in May

Cinco de Mayo Lunch Celebration

Friday, May 5th at 11:30 am

Come celebrate this festive Mexican holiday with a \$3.00 Taco Bar Lunch and some fun activities!

Lunch is served promptly at 11:30 am.

Please register at 508-866-4698 x3.



"Color Me Happy" with Soothing Touch to Go

Monday, May 8th at 1:00 pm

Color can impact our moods and emotions. Enjoy coloring your world with simple guided instruction to create free expressions of art. Many mediums and techniques will be used, paint, markers, colored pencils, paper creations, doodling, and vision cards. This easy-to-follow program is for everyone, no artistic skills are needed. Experience what color "feels" like and allow it to uplift your well-being! **Please register at 508-866-4698 x3.**

Meet the Author: Debi Graham-Leard

Friday, May 12th at 10:00 am

Join New England author Debi Graham-Leard to learn how she created her mystery series.

- Which characters stay, which drop away and who to add.
- Story location and season as depicted by each cover.
- The mystery her amateur sleuth will solve.

There will be a Q & A session as well as autographed books available.

Please register at 508-866-4698 x3.



Plant-Based Diet Benefits

with BID Registered Dietitian

Marcia Richards

Tuesday, May 30th at 12:30 pm

Learn how many chronic diseases can be prevented, controlled, or even reversed with a plant-based diet. **Please register at 508-866-4698 x3.**



Health & Safety Fair

Saturday, May 20th from 10:00 am - 1:00 pm

at the Carver Council on Aging, 48 Lakeview Street, South Carver

FREE and Open to the Public!

Exhibitors include:

- **Plymouth County District Attorney's Department** - TRIAD, Safety & Scam Information
 - **Plymouth County Sheriff's Department** - Free Senior IDs
 - **Carver EMS Department** - Blood Pressure Clinic, Health Information, File of Life
 - **Old Colony Elder Services** - Community Services Information for Health and Wellness
 - *Additional Exhibitors will be providing information on Security, Fitness, Wellness and Nutrition.*
- PLUS, Free Promotional Items and a Friends of Carver COA Raffle Table!**



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*
Helen Marrone-*Secretary*
Elaine Raymond
Mary DuRoss
Alan Dunham
Paula Hitchcock Alt.
Michael Nicolazzo Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - *President*
Paul M Kelly -*Vice President*
Sandy Coelho -*Treasurer*
Jackie Rogerson - *Secretary*
Alice McMahon - *Activities Coor.*
Lydia Nelson - *Active 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

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**.



MONTHLY FOOT CARE with Podiatrist, Dr. Alan Lechan

Please note: **There are no May appointments but there will be 2 dates available in June;**

Friday, June 2nd and Wednesday, June 28th.

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 Wilson RYT500
Mondays, May 1, 8, 15, & 22 / 9:30 am.
Cost: \$5 Register at **508-866-4698 x3**
to receive a parking permit.

QI GONG with Kathryn Demers
Tuesdays May 2, 9, 16, 23 & 30 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 May 5 & 19
Group 2: Fridays May 12 & 26
\$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, May 11th **at 2:45 pm.**

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 May 5th & 19th at 1:00 pm.
Cost: \$5 Register **508-866-4698 x3.**

BEREAVEMENT SUPPORT GROUP
Friday, May 26th at 10:00 am.
Please register at **508-866-4698 x3.**
(every 4th Friday monthly)

**1-on-1 iPad 1/2 HR INSTRUCTION
BY APPOINTMENT** w/ Lydia Nelson
Tuesday, May 23rd starting at 10 am.
and every 4th Tuesday monthly.
Please register at **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.



Mexican
Sombrero
5/3

Bumble Bee
Plant Pick
5/10



Wooden
Dragonfly
5/17

Pressed
Flower Votive
5/24



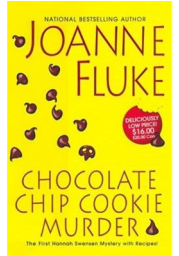
Scratch Art
Butterfly
5/31

WALKING CLUB MEETING

Thursday, May 18th **WALK**
at 9:00 am. MASSACHUSETTS
Come join us to plan some
walking activities. Discover some of
the great walking trails right here in
Carver! Sign up to take the "Walk
Massachusetts" Challenge: at [https://
walkmachallenge.com/register/](https://walkmachallenge.com/register/) to
possibly win a prize for yourself or the
Carver COA.. **Call 508-866-4698 x3.**

BOOK CLUB SELECTION

Chocolate Chip Cookie
Murder by Joanne
Fluke. No one cooks up
a delectable, suspense-
filled mystery quite like
Hannah Swensen,
Joanne Fluke's dessert-
baking, red-haired heroine whose
gingersnaps are as tart as her come-
backs, and whose penchant for
solving crimes—one delicious clue at
a time—has made her a bestselling
favorite. **Please register at 508-866-
4698 x3 and for a copy of the book.**
Book Discussion Meeting:
Monday, May 22nd at 1:00 pm.



MOVIE MATINEE: TOM CRUISE'S TOP GUN: MAVERICK



Friday, May 26th
at 12:30 pm
After more than
thirty years of
service as a top
naval aviator, Pete
"Maverick" Mitchell
(Tom Cruise) is
where he belongs,
pushing the
envelope as a
courageous test pilot. Yet, Maverick
must confront the ghosts of his past
when he returns to TOPGUN to train
a group of elite graduates and comes
face to face with Lt. Bradshaw (Miles
Teller), the son of his former wingman
"Goose".

Please register at **508-866-4698 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

MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 Chair Yoga 9:30 am Lunch 11:30 am SINGO 12:00 pm	2 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm	3 Mexican Sombrero Craft 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm	4 Lunch 11:30 am BINGO 12:30 pm	5 Basket Weaving Group 1 - 9:30 am Cinco de Mayo Lunch 11:30 am Line Dancing 1:00 p	6
7	8 Chair Yoga 9:30 am Lunch 11:30 am "Color Me Happy" 1:00 pm	9 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	10 Bumble Bee Plant Pick 10:00 am Lunch 11:30 am Rummikub 12:00 pm	11 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	12 Basket Weaving Group 2 - 9:30 am Meet the Author 10:00 am Lunch 11:30 am	13
14	15 Chair Yoga 9:30 am Lunch 11:30 am	16 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm	17 Painted Dragonfly 10:00 am Lunch 11:30 am Rummikub 12:00 pm	18 Walking Club Meeting 9:00 am Lunch 11:30 am BINGO 12:30 pm	19 Basket Weaving Group 1 - 9:30 am Lunch 11:30 am Line Dancing 1:00 p	20 10 am - 1 pm  HEALTH & SAFETY FAIR
21	22 Chair Yoga 9:30 am Lunch 11:30 am Book Club 1:00 pm	23 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am iPad Appts. 10:00 am Lunch 11:30 am Scrabble 12:00 pm Finance Appts. 1-4	24 Pressed Flower Votive 10:00 am Lunch 11:30 am Rummikub 12:00 pm	25 Lunch 11:30 am BINGO 12:30 pm	26 Basket Weaving Group 2 - 9:30 am Bereavement 10:00 am Lunch 11:30 am Movie Matinee 12:30	27
28	29  MEMORIAL DAY	30 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm Plant-Based Diet 12:30 pm	31 Scratch Art Butterflies 10:00 am Lunch 11:30 am Rummikub 12:00 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: CarverCOANews@carverma.org .		3 REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A JUNE BIRTHDAY 508-866-4698 X3