

July 2024

# Carver Council on Aging

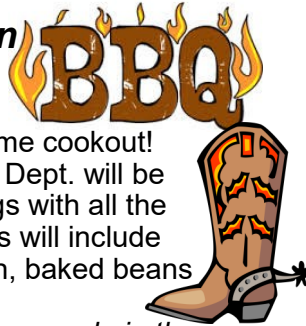
## *What's Happening in July*

### **Annual BBQ Luncheon**

Monday, July 22nd  
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 for dessert.

Tickets are \$5 each and will be on sale in the Nutrition Center starting Monday, July 1st.  
Pick up your tickets early since they sell out fast!



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

### **Game Shows To Go**

Tuesday, July 9th  
at 12:30 pm.

Join us for a LIVE, TV-like Game Show program hosted by Kevin Richman, where everyone is a winner and trivia questions are part of the fun. Everyone participates in this unique experience as both contestants on the panel and members of the audience.

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



### **Insect Invasions**

presented by Plymouth County  
Extension Entomologist  
Blake Dinius

Tuesday, July 23rd at 1:00 pm

Non-native insects have accumulated in the U.S. at an alarming rate every year. Invasive insects impact our dinner tables, gardens, and, even our health. Join Blake as he informs us how invasive insects are introduced to our environment, how they impact it and the effective ways to manage them.

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



## **Shipwrecks of Cape Cod & the Islands**

*Presented by Nancy A. Franks of "Frankly Speaking"*

**Wednesday, July 31st at 1:30 pm**

The Cape has been the site of more than 3,000 shipwrecks in 300 years of recorded history. Join us to learn what makes the waters of our coastline so treacherous and discover the fascinating stories behind some of the doomed ships that fell victim to our perilous shores.

**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*  
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 4 BAGS OR LARGE ITEMS LIMIT

**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.*

## JULY GATRA BUS TRIPS

### Westport Rivers Winery

**Monday, July 8th, 9 am - 4 pm**

Enjoy exploring this scenic, family-run winery with lunch on your own at a nearby restaurant.

Trip Cost: \$5 /bus & \$15 /wine tasting & tour

### Mashpee Commons

**Monday, July 22nd, 9 am - 4 pm**

Shop a variety of stores and enjoy lunch on your own at one of the eatery options. **Cost: \$5 /bus**

Call the GATRA *Dispatcher* early to reserve your spot at 508-866-4698 x1. **Space is limited**

## 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

Our Regional Public Health Nurse 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. Pick up a SNAP application at the COA then call Outreach Facilitator Heidi Miles at **508-866-4698 x2** for an appt.

### Meet & Greet with

**Outreach Facilitator / SHINE Counselor Heidi Miles on Monday, July 15th at 1:00 pm in the small meeting room of the Carver Public Library.**

## IN-HOME HAIRCUT SERVICE W/ DONNA LAWRENCE

Call Donna at 508-243-2293 for pricing and an appt.



## MONTHLY FOOT CARE w/ Dr. Alan Lechan

**Wednesday, July 24th, 9:00 am - 2:30 pm**

The \$35 foot care service includes: trimming nails and calluses. Bring your list of medications, doctor's name & 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

Please call for an appt.

## 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 CLASSES

with instructor, *Bill Selvitelle*  
Mondays, July, 1st, 8th, 15th,  
(no class 22nd) and 29th  
at 10:00 am **Cost: \$5/class.**

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



**NO QI GONG** with *Kathryn Demers*  
**FOR JULY AND AUGUST AND WILL  
RESUME SEPTEMBER 3RD.**

### 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 5th & 19th

*Group 2:* Fridays July 12th & 26th

at 9:00 am. **Cost: \$20/class.**

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

**COFFEE WITH THE CHIEF &  
TALK WITH THE T.A.**

Every second Tuesday at 10:30 am

### SINGO - MUSICAL BINGO

Drop in the *first* Monday *and* the *third*  
Tuesday of every month at 12:00 pm.

### NO LINE DANCING CLASSES

with *David & Marcia Burbank*

**FOR JULY & AUGUST - CLASSES  
WILL RESUME SEPTEMBER 6TH**

### BEREAVEMENT SUPPORT GROUP

*Every 4th Friday,* Friday, July 26th at  
10:00 am. Register **508-866-4698 x3.**

### JEWELRY MAKING WITH NANCY

*Thursday, July 11th at 2:45 pm.*

Create custom beaded  
jewelry. **Cost: \$10.**

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



## 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.*



Patriotic  
Door Knob  
Hanger  
7/3

Beaded  
Humming-  
bird Swing  
7/10



"Batik-style"  
Watercolor  
Starfish  
7/17



Sand & Shells  
Beach  
Dome  
7/24



Marbled  
Popsicle  
7/31

### LEGAL ASSISTANCE

Attorney Robert Fennessy, Esq. is  
offering the Carver COA pro bono  
legal assistance by appointment to  
fully retired Carver seniors for Wills,  
Durable Power of Attorney and  
Health Care Proxy preparation on  
the second Wednesday each month.

Call **508-866-4698 x3** for your  
half hour appointment.

### BOOK CLUB SELECTION

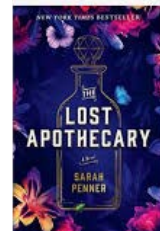
*The Lost Apothecary*

by *Sarah Penner*

"With crackling suspense,  
unforgettable characters  
and searing insight,

*The Lost Apothecary* is a  
subversive and intoxicating  
debut novel of secrets, vengeance  
and the remarkable ways women can  
save each other despite the barrier of  
time".

**Register at 508-866-4698 x3 & for a  
copy of the book. Book Discussion  
Meeting: Monday, July 29th at 1 pm**



### MOVIE MATINEE: MISSION IMPOSSIBLE/DEAD RECKONING

Friday, July 12th  
at 12:00 pm

Ethan Hunt and his IMF  
team embark on their  
most dangerous mission  
yet: To track down a  
terrifying new weapon that  
threatens all of humanity  
before it falls into the wrong hands.

**Register at 508-866-4698 x3.**



### LUNCH & LEARN: BUSTING MYTHS AND GETTING SAVVY ABOUT SENIOR LIVING

Presented by

Senior Living Expert *Jodi Tolman*  
Wednesday, July 17th, 11:30 am

Enjoy a complimentary \*lunch of pizza  
and salad while learning about this  
informative program that explains the  
differences between independent  
living, assisted living, memory care and  
skilled nursing. When is it the right time  
to move, what is the right community  
and how much will it cost? Oasis  
Senior Advisors provide completely  
free face-to-face personalized  
help to answer these questions.

\*Reservations at **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**

### MEALS ON THE MOVE

The COA provides prepared meals  
for homebound elders.

Monday - Friday

**Daily Suggested Donation: \$5.00**

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 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BBQ LUNCHEON TICKETS GO ON SALE IN THE NUTRITION CENTER ON MONDAY</b> 	<b>1</b> Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm	<b>2</b> Wellness Clinic & Screenings 9:30 - 11:30 am <b>No Qi Gong</b> Lunch 11:30 am Scrabble 12 pm	<b>3</b> Patriotic Door Hanger 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm	<b>4</b> CLOSED 	<b>5</b> Basket Weaving <u>Group 1</u> - 9:00 am Lunch 11:30 am	<b>6</b> NO LINE DANCING IN JULY & AUGUST
<b>7</b>	<b>8</b> Chair Yoga 10:00 am Lunch 11:30 am GATRA Bus Trip	<b>9</b> Wellness Clinic 9:30 - 11:30 <b>No Qi Gong</b> Coffee w/ Chief / Talk w/ TA 10:30 Lunch 11:30 am Scrabble 12 pm <b>Game Show 12:30 pm</b>	<b>10</b> Legal Assistance Appointments 9:00 am <b>Beaded Hummingbird Swing</b> 10:00 am Rummikub 12:00 pm	<b>11</b> Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm <b>Jewelry Class 2:45 pm</b>	<b>12</b> Basket Weaving <u>Group 2</u> - 9:00 am Lunch 11:30 am <b>Movie Matinee 12 pm</b>	<b>13</b>
<b>14</b>	<b>15</b> Jimmy Buffett Lobsterbake Bus Trip 9 - 6:30 Chair Yoga 10:00 am Lunch 11:30 am <b>Heidi Meet &amp; Greet at the CPL at 1:00 pm</b>	<b>16</b> Wellness Clinic 9:30 - 11:30 <b>No Qi Gong</b> Lunch 11:30 am <b>SINGO 12:00 pm</b> Scrabble 12 pm	<b>17</b> <b>"Batik" Starfish</b> 10:00 am <b>*Lunch &amp; Learn Oasis Senior Advisors 11:30 am</b> <b>*Lunch Reservations Required</b> Rummikub 12 pm	<b>18</b> Lunch 11:30 am BINGO 12:30 pm	<b>19</b> Basket Weaving <u>Group 1</u> - 9:00 am Lunch 11:30 am	<b>20</b>
<b>21</b>	<b>22</b> No Chair Yoga <b>BBQ LUNCHEON 11:30 am</b> <b>ADVANCE TICKETS REQUIRED</b> GATRA Bus Trip	<b>23</b> Wellness Clinic 9:30 - 11:30 <b>No Qi Gong</b> Lunch 11:30 am Scrabble 12 pm <b>Insect Invasions 1 pm</b> <b>Financial Appts. 1-4</b>	<b>24</b> <b>Footcare 9-2:30</b> <b>Beach Dome 10:00 am</b> Lunch 11:30 am Rummikub 12 pm	<b>25</b> Lunch 11:30 am BINGO 12:30 pm	<b>26</b> Basket Weaving <u>Group 2</u> - 9:00 am <b>Bereavement 10:00 am</b> Lunch 11:30 am	<b>27</b> 
<b>28</b>	<b>29</b> Chair Yoga 10:00 am Lunch 11:30 am <b>Book Club 1:00 pm</b>	<b>30</b> Wellness Clinic 9:30 - 11:30 <b>No Qi Gong</b> Lunch 11:30 am Scrabble 12 pm	<b>31</b> <b>Marbled Popsicle 10:00 am</b> Lunch 11:30 am Rummikub 12:00 pm <b>Shipwrecks of Cape Cod 1:30 pm</b>	<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>		<b>REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE AN AUGUST BIRTHDAY 508-866-4698 X3</b>