



Connections

April 2026 | ISSUE 204



LEWIS & FERRI "THE COFFEEHOUSE"

WEDNESDAY, APRIL 8TH | 12:30 AM

Sponsored by the Carver Cultural Council

Join us for a nostalgic concert performed by Andrew Lewis and Margarite Ferri featuring the music of the coffeehouses from the '60s and '70s. The vibrant coffeehouse scene in America hosted artists like Joni Mitchell, Bonnie Raitt, James Taylor and others who performed live music in these casual, intimate settings. The coffeehouses were not just musical venues but spaces for community gathering and cultural expression. Please register with Alice at 508-866-4698 x3.



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.

STORIES OF BOSTON'S FENWAY PARK

WEDNESDAY, APRIL 29TH | 12:30 PM

Presented by Nancy Franks

Celebrate the start of Baseball Season! Since opening its gates in 1912, Fenway Park has captivated generations of baseball fans, sports enthusiasts, and historians alike. Nestled in the heart of Boston, this legendary ballpark is more than just a sports arena. Feel free to wear your Red Sox gear and bring any Fenway Park memorabilia. The presentation will be followed by a Fenway-themed raffle. *Play Ball!* Please register with Alice at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.



SIMPLE TIPS FOR LIVING WITH TYPE 2 DIABETES

TUESDAY, APRIL 21ST | 1:00 PM PRESENTED BY DR. FRANK CASERTA

As a Postdoctoral Ph.D. researcher at Boston Medical with Type 2 Diabetes, Dr. Caserta understands how weight and diet affect diabetes and how to live with the disease. Dr. Caserta will provide tips on how to adjust your diet and reduce A1C levels. Please register with Alice at 508 -866-4698 x3.



8-WEEK GENTLE MEDITATION SERIES



Yoga Instructor Diana Chaffalo will provide a calming, easy-to-follow program scheduled during the Guided Meditation on Fridays at 9:00 am. She will introduce different meditation styles to support relaxation, focus, memory, and emotional well-being.

- Candle Gazing 4/3
- Gratitude & Gentle Movement 4/10
- Loving - Kindness 4/17

No classes 4/24 & 5/1

- Mantra for Peace 5/8
- Memory Kriya 5/15
- Sound Awareness 5/22
- Sound Bath 5/29
- Mindful Breathing 6/5

All classes are \$5/each
Register for any or all
at 508-866-4698 x3.

GUIDED MEDITATION

FRIDAYS | 9:00 AM

The class is led by Diana Chaffalo of Little Red Yoga Studio. Cost \$5. Register at 508-866-4698 x3.



COMFORT DOG VISITS

3RD TUESDAYS | 11:00 AM

Drop in every 3rd Tuesday for a relaxing and engaging visit with Carver's Comfort Dog "Daisy" with handler Officer Farquharson.



MIND AND BODY WELLNESS

MONTHLY FOOTCARE

2ND TUESDAY & 4TH WEDNESDAY

Podiatrist Dr. Alan Lechan offers foot care twice monthly at the COA. The \$35 service includes trimming of nails and calluses. Call 508-866-4698 x3 for an appointment.



WEEKLY WELLNESS CLINIC

TUESDAYS | 9:30 - 11:30 AM

Carver EMS provides weekly blood pressure clinics every Tuesday at the COA. Glucose and cholesterol screenings are also provided on a monthly basis on the first Tuesday of each month during Wellness Clinics. Drop in.

HEARING SCREENINGS

EVERY SECOND WEDNESDAY

9:00 AM - 11:00 AM

Make an appointment for complimentary hearing screenings, hearing aid cleaning and video ear exams with Board Certified LIC #275 Hearing Instrument Specialist Lauren Warburton. Call Alice at 508-866-4698 x3 to schedule!



LIFELINE PRESENTATION

TUESDAY APRIL 28TH 12:30 PM



Learn how Medical Alert Devices work, how you can use them and what they cost. Please register with Alice at 508-866-4698 x3.

STAYING HYDRATED
PRESENTED BY MARCIA RICHARDS
FRIDAY APRIL 3RD | 10:00 AM



Join BID Registered Dietitian Marcia Richards to learn why staying hydrated is so crucial for seniors. Discover how it helps maintain overall health, supports bodily functions, and prevents serious health complications. Please register with Alice at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.



VISITING DENTAL HYGIENE
TUESDAY APRIL 28TH | 9 AM - 2 PM

This program brings a licensed public health dental hygienist to the COA to provide quality dental care in the community. Services include teeth cleanings, oral health education, and tips for maintaining a healthy smile. The cost is \$35 (cash or check made out to VDH Inc.) or MassHealth Insurance accepted.



Patients must complete a medical form prior to their appointment. Appointments will be confirmed after the hygienist reviews the form. For questions about this service and to fill out a medical form for an appointment, please call Alice at 508-866-4698 x3. *Because a healthy smile is part of a healthy life!*

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JUNK JOURNALING: CRAFTING WITH COLLAGE

FRIDAY APRIL 17TH | 10:30 AM

Junk journaling is the art of creating a personalized, hand-crafted journal using repurposed materials. These materials might include old books, vintage paper or photos, fabric scraps, postcards, and various items like tickets, maps, and receipts. Please register at 508-866-4698 x3.



COA STAFF

GATRA Dial-A-Ride Dispatcher

Peggy Wood
508-866-4698 x1
Mon-Fri, 9 AM-12 PM

Outreach Facilitator SHINE Counselor

Call Heidi Lufkin-Miles
508-866-4698 x2 for
an appointment or
email: heidi.miles@
carverma.gov
Mon-Fri, 8 AM - 4 PM

Activities

Coordinator / Administrative Assistant

Alice McMahon
508-866-4698 x3
alice.mcmahon@
carverma.gov
Tue-Thu, 9 am-3 PM

Nutrition Center Head Cook

June Benson

Kitchen Assistant

Michelle Wall-Hewak
508-866-4698 x4
Mon-Thu 8 AM-3 PM
Fri 8 AM-12 PM

Director

Connie Kelly
508-866-4698 x6
connie.kelly@
carverma.gov
Mon-Fri, 8 AM-4 PM

WEEKLY ACTIVITIES

CHAIR YOGA CLASSES

with Karen Flynn / Cost: \$5
Mondays / Advanced 9-10 am
Basic Chair Yoga 10-11 am

SCRABBLE

Tuesdays / 12:00 pm, *Drop-in*.

RUMMIKUB

Wednesdays / 12:00 pm, *Drop-in*

BINGO

Thursdays at 12:30 pm - 2:30 pm
Please arrive prior to 12:15 pm to
purchase games. *Drop-in*.

BASKET WEAVING

with Patty Batson / \$25/class
Every Friday 9:00 am. Please
register at 508-866-4698 x3.

GUIDED MEDITATION

with Diana Chaffalo / Cost: \$5
Fridays at 9:00 am. Register.

***Please register for ALL activities at
508-866-4698 x3. "Drop-in" activities
do not require registration.***

WEEKLY CRAFT CLASSES WEDNESDAYS AT 10:00 AM

Register by 2 days prior at 508-866-4698 x3. *Supplies are limited.*

- April 1 - "Easter Parade"
Hat Decorating
(Canes & Walkers too!)
- April 8 - Paper Bird Ornaments
- April 15 - Decoupage Coaster
- April 22 - Dried Flower
Bookmarks
- April 29 - Lavender Field Painting

MONTHLY ACTIVITIES

CARD MAKING WITH LEE

First Mondays 10 am. Register to
make 6 embossed cards for \$10.

COFFEE W/ THE CHIEF & T.A.

Every second Tuesday at 10:30 am.

VISIT W/ THE VETERANS AGENT

Every 3rd Wednesday at 10:30 am.

SINGO - MUSICAL BINGO

Every first Monday and third
Tuesday at 12:00 pm. *Drop-in*.

MOVIE MATINEE

Various Fridays each month at
12:00 noon with free snacks!

JUNK JOURNALING

Every third Friday at 10:30 am.
Journals are provided but bring
magazines and memorabilia!
Register at 508-866-4698 x3.

NIMBLE FINGERS CLUB

Group knitting & crocheting the
last Monday of each month from
10:00 - 11:30 am. *Drop-in*.

ART IS WHAT YOU MAKE OF IT!



COA GARDEN CLUB - EARTH DAY SEED STARTERS

WEDNESDAY, APRIL 22ND | 12:30 PM

Celebrate Earth Day by planting seeds to cultivate for the COA deck planters or for your own garden! Simple seed starter kits will be available for participants followed by easy craft of a beaded plant stake. Register with Alice at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.



CONTACTS

Friends of Carver Council on Aging

Jack Franey -

President

Paul M. Kelly -

Vice President

Mary DuRoss -

Treasurer

Alice McMahon -

Secretary

Lydia Nelson - *Officer*

Bob Bumpus - *Officer*

Friends of Carver COA

P.O. Box 72,

Carver, MA 02330

friendscarvercoa.com



Council on Aging Board of Directors

Helen Marrone -

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Elaine Raymond -

Vice Chair

Mary DuRoss -

Secretary

Cathy Gallimore -

Member

Marie Fahey -

Member

Damon Fisher -

Alternate

MONTHLY LUNCH MENU



Daily lunch is served in the Carver COA Nutrition Center at 11:30 am. Menu items are subject to change based on availability. All meals include a choice of milk or juice. **Cost: \$5** For an updated recording of the current week's menu, please call 508-866-4698 x4 then select option 1.

- Wednesday 4/1 - Chicken Stew, mixed vegetables over mashed potatoes, Birthday Cake and Ice Cream
- Thursday 4/2 - Mac 'n' Cheese plain or broccoli, mandarin oranges
- Friday 4/3 - Chicken Salad Sandwich, chips or potato salad, banana cake
- Monday 4/6 - Chicken Royale, seasoned potatoes, carrots, vanilla pudding
- Tuesday 4/7- Hot Dogs, baked beans, brown bread, pears
- Wednesday 4/8 - Meatloaf w/ gravy, mashed potatoes, green beans, fruit cocktail
- Thursday 4/9 - Chicken Meatballs. rice pilaf, beets, lime jello
- Friday 4/10 - Tuna Salad w/ cucumbers, tomatoes & radishes, peaches
- Monday 4/13 - Chicken Nuggets w/ dipping sauce, sweet potato fries, corn, pineapple
- Tuesday 4/14 - Pulled Pork Sandwich, cranberry cole slaw, orange jello
- Wednesday 4/15 - Chicken Kiev, fries, squash, peaches
- Thursday 4/16 - Pizza w/toppings, soup, tropical fruit
- Friday 4/17 - Roast Beef Sandwich, chips, tiramisu
- Monday 4/20 - CLOSED FOR PATRIOTS DAY
- Tuesday 4/21 - Assorted Calzones, chips, lemon jello
- Wednesday 4/22 - Knockwurst, mixed vegetables, roasted potatoes, sauerkraut, chocolate pudding
- Thursday 4/23 - Chicken Broccoli & Cheese, mashed potatoes, peas, tropical fruit
- Friday 4/24 - Egg Salad Sandwich, soup, chocolate cake
- Monday 4/27 - Lasagna, green beans, red velvet cake
- Tuesday 4/28 - Cranberry Walnut Chicken Salad, potato salad, peaches
- Wednesday 4/29 - American Chop Suey, carrots, key lime pie
- Thursday 4/30 - Chili with cheese, rice, pears

Carver COA's BLOOM Bus Trip to the Newport Playhouse

Sponsored by the Friends of Carver COA



Wednesday,
May 20th
Bus Departs:
9:30 am
Returns:
Approx. 5:15 pm

Cost: \$130 for Friends Members
\$155 for non-members

This trip includes motorcoach transportation, extensive buffet, comedy play performance about the reunion of 2 former actors once known as "America's Sexist Couple" plus a cabaret show with coffee and dessert!

For reservations, please call Alice at 508-866-4698 x3.

Final payment due by Thursday, April 16th.

ADDITIONAL SERVICES

LOAN CLOSET: (please call before dropping off items). The COA maintains a loan closet of canes, walkers, crutches, commodes, etc. to borrow at no cost. Sanitation is the responsibility of the borrower.

COPIES: The COA will make limited free copies for seniors. Ask a staff member during regular hours for assistance.

VETERAN SERVICES: Carver's Veterans Agent can be reached at 508-866-3406.

LEGAL ADVICE BY APPOINTMENT: Attorney-at-Law Lawrence Hale offers free 15 minute consultations by appointment on the 2nd Thursday of each month. Call 508-866-4698 x3 for an appointment.

FINANCIAL CONSULTATIONS: Edward Jones Certified Financial Planner Sandy Childs offers free ½ hour sessions every 4th Tuesday. Call 508-866-4698 x3 for an appointment.

IN-HOME HAIRCUT SERVICE: Please call Donna Lawrence at 508-243-2293 for pricing and an appointment.

SHANE GIVES THANKS FOOD PANTRY: Carver Square Plaza. Call 508-866-7673 for hours.

BOOK CLUB

LAST MONDAY | 1:00 PM

After the death of her beloved grandmother, a Cuban-American woman travels to Havana, where she discovers the roots of her identity—and unearths a family secret hidden since the revolution. **Register at 508-866-4698 x3 for a copy of the book.**



MOVIE MATINEE

FRIDAY 4/24 | 12:00 PM

In anticipation of the upcoming sequel, revisit the original movie that follows an aspiring journalist as she navigates the high-pressure world of fashion while working for the demanding magazine editor.

Register at 508-866-4698 x3.



TRANSPORTATION

GATRA DIAL-A-RIDE

GATRA operates out of the COA and provides transportation to seniors 60+ and disabled residents to the towns adjacent to Carver.

Cost: \$1.75 each way or a 10 ride pass for \$15
Please call the dispatcher at 508-866-4698 x1 between 9 am - 12 pm a minimum of 2 business days in advance to schedule a seat on the bus.

- Have the address of the trip location when you call for a reservation.
- Be ready at the scheduled pick-up time.
- Drivers can only wait 5 minutes beyond the designated pick-up time.
- Call in advance to cancel an appointment.

**1 HOUR SUPERMARKET TRIPS
- MAXIMUM 5 PASSENGERS -
4 BAGS OR LARGE ITEMS LIMIT**

Wednesdays 8:30 am & 12:30 pm - Market Basket

Thursdays 10:00 am 1st & 3rd - Wareham Walmart
2nd & 4th - Plymouth Walmart

Fridays 10:00 am Carver Shaw's

IMPORTANT NOTE FOR WHEELCHAIR

PASSENGERS: Drivers are unable to escort passengers beyond their point of arrival. Passengers who need assistance at their destination should arrange for a companion.

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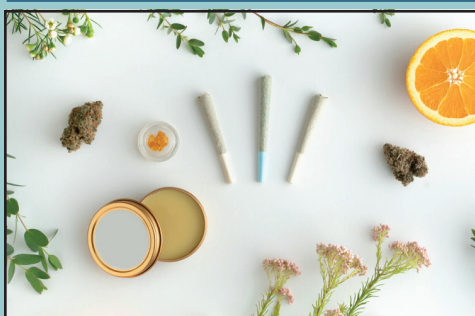
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APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 "Easter Parade" Hat Decorating 10 am Birthday Celebration Lunch 11:30 am Rummikub 12:00 pm	2 Lunch 11:30 pm BINGO 12:30 pm	3 Candle Gazing Guided Meditation 9 am Baskets 9:00 am Hydration 10:00 am Lunch 11:30 am
6 Tax Appts 9 - 2:30 Adv. Chair Yoga 9 am Basic Chair Yoga 10 am Card Making 10 am Lunch 11:30 am SINGO 12:00 pm	7 Makeup Tax Appts. 9-2 Wellness Clinic & Screenings 9:30 -11:30 Lunch 11:30 am Scrabble 12:00 pm	8 Hearing Appts 9 - 11 Paper Birds 10 am Outreach & Veterans CPL Meet & Greet 10:30 - noon Lunch 11:30 am Rummikub 12:00 pm Lewis & Ferri 12:30 pm	9 Atty. Hale Appts 10 am Lunch 11:30 pm BINGO 12:30 pm	10 Gratitude & Gentle Movement Meditation 9:00 am Baskets 9:00 am Lunch 11:30 am
13 Tax Appts 9 - 2:30 Adv, Chair Yoga 9 am Basic Chair Yoga 10 am	14 Wellness Clinic 9:30 Coffee w/ the Chief & Talk w/ the T.A. Lunch 11:30 am Scrabble 12:00 pm Footcare 12:00 pm	15 Decoupage Coaster 10 Veteran Agent 10:30 am Lunch 11:30 am Rummikub 12:00 pm	16 Lunch 11:30 pm BINGO 12:30 pm BLOOM BUS TRIP PAYMENT DUE	17 Loving - Kindness Guided Meditation 9am Baskets 9:00 am Junk Journaling 10:30 Lunch 11:30 am
20 CLOSED FOR PATRIOTS DAY	21 Wellness Clinic 9:30 Comfort Dog 11:00 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm Diabetes 1:00 pm	22 Footcare Appts 9:00 am - 2:30 pm Dried Flower Bookmarks 10 Lunch 11:30 am Rummikub 12:00 Garden Club 12:30 pm	23 Lunch 11:30 pm BINGO 12:30 pm	24 No Meditation Baskets 9:00 am Lunch 11:30 am Movie Matinee 12:00 pm
27 Adv. Chair Yoga 9 am Basic Chair Yoga 10 am Nimble Fingers 10 am Lunch 11:30 am Book Club 1:00 pm	28 Dental Hygiene 9 - 2 Wellness Clinic 9:30 Lunch 11:30 am Scrabble 12:00 pm Lifeline 12:30 pm Financial Appts. 1-4	29 Lavender Painting 10 Lunch 11:30 am Rummikub 12:00 pm Fenway Park 12:30 pm	30 Lunch 11:30 pm BINGO 12:30 pm	