



# Connections

March 2025 ISSUE 103



## **LUCK, LEPRECHAUNS & A VISIT TO THE EMERALD ISLE** **MONDAY, MARCH 10TH | 12:30 PM**

*Presented by Nancy Franks*

Come explore the origins of some of the symbols and traditions of the Saint Patrick's Day Holiday. Nancy will take us on a virtual tour of some of Ireland's iconic locations and attractions. The presentation concludes with a raffle of Irish-themed prizes. Irish or not, don't forget to wear your green!

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

## **ANNUAL ST. PATRICK'S LUNCHEON** **MONDAY, MARCH 17TH | 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 Dept. The Friends of Carver COA will be sponsoring the entertainment by *The Black Velvet Band* and providing drawings for prizes and gift cards.

***Tickets at \$10 each will be sold by June in person in the Nutrition Center starting Monday, March 3rd. Max 4 tickets/person.***

## STRESS BUSTERS WITH R.D. MARCIA RICHARDS

FRIDAY, MARCH 7TH | 10:00 AM

Join Marcia to learn some easy strategies to handle stress in your life. Discover the impact stress has on your health and ways to manage the symptoms associated with it. *Please register 508-866-4698 x3.*



## "IN LIKE A LION, OUT LIKE A LAMB"

Is there any truth to this saying?

*According to the Farmer's Almanac . . .*

"Weather folklore sayings are as colorful as our imagination. While many sayings are based on careful observations and turn out to be accurate, others are merely beliefs of the people who came before us. So is this one any different?

With March being such a changeable month, in which we can see warm spring-like temperatures or late-season snowstorms, you can understand how this saying might hold true in some instances.

We can only hope that if March starts off stormy it will end on a calm note, but the key word is *hope*".

## MEET & GREET HEIDI MILES

THURSDAY, MARCH 13TH | 10:00 AM

Drop-in to the *Small Meeting Room of the Carver Public Library* to meet Outreach & SHINE Counselor Heidi Miles for your insurance questions and to learn about the COA services and activities.



## MIND AND BODY WELLNESS

### MONTHLY BEREAVEMENT SUPPORT GROUP

Find comfort and support in this monthly bereavement group facilitated by Continuum Hospice & Palliative Care of Fall River. This group meets on *the 4th Friday of every month* at 10:00 am in the library room of the COA. **Please register at 508-866-4698 x3.**

### MONTHLY FOOTCARE

Podiatrist Dr. Alan Lechan offers foot care services on the 2nd Tuesday & 4th Wednesday each month at the COA. The \$35 service includes trimming of nails and calluses. Please bring a list of your medications, doctor's name and date of last visit. **Call 508-866-4698 x3 for an appointment.**

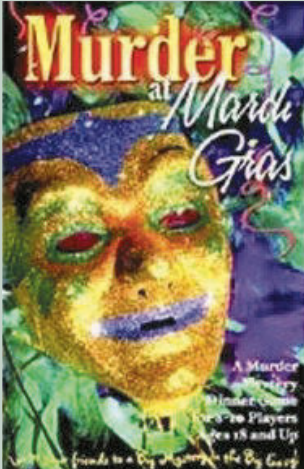
## WEEKLY WELLNESS CLINICS

TUESDAYS | 9:30 AM - 11:30 AM

Currently, our EMS department provides weekly blood pressure clinics every Tuesday from 9:30 am - 11:30 am. Glucose and cholesterol screenings are provided through Carver EMS on a monthly basis on *the first Tuesday* of each month during the Wellness Clinics. These weekly health checks offer an additional opportunity to address *any* concerns you may want to discuss between visits with your primary care physician. *Drop-in, no appointment is necessary.*



**"MURDER AT MARDI GRAS" MYSTERY**  
**TUESDAY, MARCH 4TH | 1:00 PM**



Old scores are settled and family secrets are exposed when Pierre DuPre, the King of the Krewe, is murdered. The Murder Mystery participants must work together to solve the crime and expose the killer who is one of them!

**Please register at 508-866-4698 x3 to receive your character assignment!**



**ALCOHOL INKS ART WORKSHOP**  
**SPONSORED BY THE CARVER CULTURAL COUNCIL**  
**MONDAY, MARCH 24TH | 12:00 PM**



Enjoy a step-by-step alcohol inks art workshop instructed by local artist Jessie Fries in her studio, the Art Shoppe, located at 84 Court St., Plymouth. No experience is necessary and all materials will be included. Be sure to "dress for mess"! \*Please note that the studio is on the second floor and there is no handicap entry.\*

**Please register at 508-866-4698 x3 by Wednesday, March 19th. Space is limited!**



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.

**NEVER MISS  
OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter  
emailed to you.



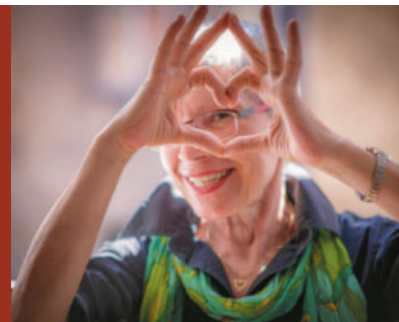
VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



## FRIENDS OF CARVER COA MEMBERSHIP DRIVE

WEDNESDAY, MARCH 12TH | 12:00 PM - 2:00 PM

Sign up or renew your annual Friends Membership for \$15 and receive an exclusive Friends tote while they last! Funds raised support Carver COA events, activities and trips.



### COA STAFF

#### GATRA Dial-A-Ride Dispatcher

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

#### Outreach Facilitator /

**SHINE Counselor**  
Heidi Lufkin-Miles  
508-866-4698 x2  
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

#### BEACHBALL CHAIR VOLLEYBALL

Tuesdays / 9:30 am, Drop-in

#### QI GONG

with David Kisiday / Cost: \$5  
Tuesdays / 10:30 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.

**Please register for ALL activities at  
508-866-4698 x3, unless they are  
listed as "Drop-in".**

### WEEKLY CRAFT CLASSES

#### WEDNESDAYS AT 10:00 AM

Participants must register by  
the Monday before each class at  
508-866-4698 x3. Supplies are  
limited.

- March 5th - Sham"rocks"
- March 12th - St. Pat's Centerpiece
- March 19th - Watercolor Roses
- March 26th - Adult Coloring

### MONTHLY ACTIVITIES

#### BASKET WEAVING

(temporarily on hiatus)  
2 groups of 2 classes/month:  
Group 1: 1st & 3rd Fridays  
Group 2: 2nd & 4th Fridays  
at 9:00 am, Cost: \$20/class

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

Every second Tuesday at  
10:30 am. Drop-in.

#### VISIT WITH THE VETERANS AGENT

Every third Wednesday at  
10:30 am. Drop-in.

#### SINGO - MUSICAL BINGO

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

#### LINE DANCING

with Dave & Marcia Burbank  
Fridays, March 14th and 28th  
at 12:30 pm. Cost: \$5

### KNIT AND CROCHET CLUB

#### MONDAY, MARCH 31ST 10:00 AM -11:00 AM

Group crafting can be a lot of fun  
to form new friendships and find  
new inspirations. Bring a current  
project or work with  
provided patterns  
and yarn with your  
own hooks or  
needles. **Register  
at 508-866-4698 x3**



# BC/BS MEDICARE PLAN COVERAGE OVERVIEW

TUESDAY, MARCH 25TH | 12:30 PM

Learn the difference between Medicare Supplement and Advantage plans. You will leave with a clear understanding of which type of plan best fits your needs. **Please register at 508-866-4698 x3**



## CONTACTS

### Friends of Carver Council on Aging

Jack Franey -  
*President*  
Paul M. Kelly -  
*Vice President*  
Jackie Rogerson -  
*Treasurer*  
Elaine Gorham -  
*Secretary*  
Alice McMahon -  
*Activities Coordinator*  
Lydia Nelson - *Officer*  
Bob Bumpus - *Officer*  
Terri Franey - *Officer*  
Friends of Carver COA  
P.O. Box 72,  
Carver, MA 02330  
[friendscarvercoa.com](http://friendscarvercoa.com)



### Council on Aging Board of Directors

Alan Dunham - *Chair*  
Elaine Raymond -  
*Co-Vice Chair*  
Mary DuRoss -  
*Co-Vice Chair*  
Helen Marrone -  
*Secretary*  
Cathy Gallimore -  
*Member*  
Louise Walsh - *Alt.*  
Mike Nicolazzo - *Alt.*

## 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.* For the current week's menu, please call 508-866-4698 x4, select option 1 for a recording of the week's menu. All meals include a choice of milk or juice. **Cost: \$5**

Monday	3/3 - Chicken Meatball with gravy, mashed potatoes, peas, peaches
Tuesday	3/4 - Hot Dogs, baked beans, brown bread, vanilla pudding
Wednesday	3/5 - Chicken Cordon Royale, rice pilaf, mixed vegetables, Birthday Cake and ice cream
Thursday	3/6 - Scrambled Hamburg, mashed potatoes, beets, orange Jello
Friday	3/7 - Tuna Salad Sandwiches, creamy tomato soup, pineapple
Monday	3/10 - Beef Chili w/ cheese over rice, mandarin oranges
Tuesday	3/11 - Lasagna, green beans, pound cake
Wednesday	3/12 - Chicken Parmesan, fries, corn, mixed fruit
Thursday	3/13 - Turkey & Ham Sandwiches, minestrone soup, red velvet cake
Friday	3/14 - Pizza with toppings, chicken soup, peaches
Monday	3/17- ST. PATRICK'S DAY LUNCHEON ( <i>Advance Tickets Required</i> )
Tuesday	3/18 - Assorted Calzones, chips, pineapple
Wednesday	3/19 - Ham Salad Sandwiches, soup, lemon Jello
Thursday	3/20 - Chicken Kiev, rice pilaf, green beans, mixed fruit
Friday	3/21 - Baked Haddock w/lemon, sweet potato fries, corn, chocolate pudding
Monday	3/24 - Chicken Nuggets, sweet potato fries, corn, banana cake
Tuesday	3/25 - Teriyaki Chicken, fried rice, oriental vegetables, tropical fruit mix
Wednesday	3/26 - Meatloaf w/gravy, mashed potatoes, green beans, key lime pie
Thursday	3/27 - Chicken Broccoli & Cheese Croquettes, peas, sliced apples
Friday	3/28 - Roast Beef Sandwiches, soup, chips, double chocolate cake
Monday	3/31 - Mac 'n' Cheese plain or with peas, mandarin oranges



**MAY BLOOM BUS TRIP TO SANDWICH GLASS MUSEUM, DANIEL WEBSTER INN AND GREEN BRIER NATURE CENTER & JAM KITCHEN**



**TUESDAY, MAY 20TH**  
**\$95 FRIENDS MEMBERS**  
**\$119 FOR NON-MEMBERS**



Start the day at the Sandwich Glass Museum featuring galleries with over 3 centuries of glass blowing plus live glass blowing demonstrations. Enjoy lunch at the Daniel Webster Inn before a visit to the Green Briar Nature Center & Jam Kitchen. Enjoy the beautiful grounds and shop. Call 508-866-4698 x3 for more information and to reserve a spot. Final payment due Tuesday, April 22nd.

**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 Veteran's 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 1/2 hour sessions every 4th Tuesday. Call 508-866-4698 x3 for an appointment.

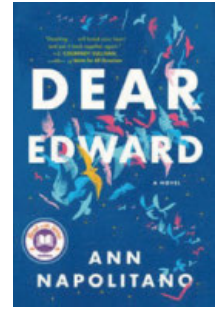
**IN-HOME HAIRCUT SERVICE:** Please call Donna Lawrence at 508-243-2293 for pricing and an appointment.

**SHANE GIVES THANKS FOOD PANTRY:** 128 Main Street (Carver Square Plaza). Please call 508-866-7673 for current hours.

**MONTHLY BOOK CLUB**

**MONDAY 3/31 AT 1:00 PM**

*Dear Edward* by Ann Napolitano is the story of a boy who is the lone survivor of a plane crash that kills 191, including his family. As Edward struggles to cope with the tragedy, letters from others affected by the crash spark a journey of healing and self-discovery. **For a copy of the book, please register at 508-866-4698 x3.**



**MOVIE MATINEE: FAR AND AWAY**

**FRIDAY 3/21 AT 12:00 PM**

A sweeping saga of romance and adventure about a young man's battle to change his destiny and a privileged young woman's struggle for freedom and independence. Their spirit must see them through countless hardships as they battle to keep their dreams alive. **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.
- Be ready at the scheduled pick up time.
- Drivers can only wait 5 minutes after pick up time.
- Call in advance to cancel a reservation.

**1 HOUR SUPERMARKET TRIPS - MAXIMUM 5 PEOPLE - 4 BAGS OR LARGE ITEM 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.

**GATRA DIAL-A-RIDE**

WE APPRECIATE OUR  
ADVERTISERS!



**John E. McCluskey, Esq.**

ELDER LAW ATTORNEY

ESTATE PLANNING • WILLS  
TRUSTS • ASSET PROTECTION

508-583-2221 • [John@rmlawma.com](mailto:John@rmlawma.com)  
[www.mccluskeylaw.com](http://www.mccluskeylaw.com)



**Curtin Brothers'  
Oil Company**

Where Your Dollar Buys More  
P.O. Box 58  
Halifax, MA 02238  
(781) 294-0220  
Fax: (781) 294-0330  
[www.curtinbrosoil.com](http://www.curtinbrosoil.com)

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**ActiveDay**

The Brighter Side of Caring

508-747-3332  
98 Nicks Rock Road  
Plymouth

[www.ActiveDay.com](http://www.ActiveDay.com)

**Adult Day Health Services**  
For those who require health care as a result of

Alzheimer's • COPD  
Stroke • Dementia • Seizures  
Traumatic Brain Injury  
Parkinson's • Diabetes  
Developmental & Intellectual  
Disabilities  
Transportation Available



Providing services to the  
community since 1974  
Serving All People, All Incomes.

508-584-1561  
[info@ocesma.org](mailto:info@ocesma.org)  
[www.ocesma.org](http://www.ocesma.org)

**ADVERTISE HERE**  
to reach your community



**Call 800-477-4574**

**DOES YOUR NONPROFIT  
ORGANIZATION NEED  
A NEWSLETTER?**

**OUR COMMUNITY  
NEWSLETTER**  
OCTOBER EDITION



Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.

Visit [lpicommunities.com](http://lpicommunities.com)

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Steve Persichetti**

[spersichetti@lpicommunities.com](mailto:spersichetti@lpicommunities.com)  
**(800) 888-4574 x3403**

# SUPPORT OUR ADVERTISERS!





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 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 <i>ST. PATRICK'S LUNCHEON TICKETS ON SALE MONDAY IN THE NUTRITION CENTER W/ JUNE</i>	3 <b>AARP Tax Appts.</b> 9 am - 2:30 pm <b>Adv Chair Yoga 9 - 10</b> Chair Yoga 10-11 Lunch 11:30 am <b>SINGO 12:00 pm</b>	4 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm <b>Mardi Gras Mystery 1:00 pm</b>	5 "Sham" rocks Craft 10:00 am <b>Friends of COA Birthday Celebration Lunch 11:30 am</b> Rummikub 12:00	6 Lunch 11:30 am Bingo 12:30 pm	7 Basket Weaving (temporarily on hold) <b>Stress Busters w/ Marcia Richards 10:00 am</b> Lunch 11:30 am	8
9	10 <b>AARP Tax Appts.</b> 9 am - 2:30 pm <b>Adv Chair Yoga 9 - 10</b> Chair Yoga 10-11 Lunch 11:30 am <b>Luck, Leprechauns &amp; the Emerald Isle presentation 12:30</b>	11 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am <b>Coffee w/ the Chief &amp; Talk w/ T.A. 10:30</b> Lunch 11:30 am <b>Footcare 12-2:30</b> Scrabble 12:00	12 St. Pat's Centerpieces 10:00 Lunch 11:30 am <b>Friends Membership Drive 12 - 2 pm</b> Rummikub 12:00	13 <b>Atty Hale Appts 10:00 am</b> <b>Heidi Meet &amp; Greet 10:00 am at Carver Public Library</b> Lunch 11:30 am Bingo 12:30 pm	14 Basket Weaving (temporarily on hold) Lunch 11:30 am <b>Line Dancing 12:30 pm</b>	15
16	17 <i>No Chair Yoga or Tax Appointments</i> <b>St. Patrick's Luncheon 11:30 am</b> <i>Advance tickets required</i>	18 <i>No Wellness</i> <b>AARP Tax Appts.</b> 9 am - 2:30 pm Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am <b>SINGO 12:00 pm</b> Scrabble 12:00 pm	19 Watercolor Roses 10:00 am <b>Visit w/Veterans Agent 10:30 - 11:30</b> Lunch 11:30 am Rummikub 12:00	20 Lunch 11:30 am Bingo 12:30 pm	21 Basket Weaving (temporarily on hold) Lunch 11:30 am <b>Movie Matinee 12:00 pm</b>	22
23 <i>Don't forget to register at 508-866-4698 x3 for the Birthday Lunch Celebration if you have a April Birthday</i>	24 <b>AARP Tax Appts. 9 am - 2:30</b> <b>Adv Chair Yoga 9 - 10</b> Chair Yoga 10-11 Lunch 11:30 am <b>Alcohol Inks Art Workshop 12 - 2 at Plymouth Studio</b>	25 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm <b>BC/BS Medicare Overview 12:30 pm</b> <b>Financial Appt 1-4</b>	26 <b>Footcare 9-2:30</b> Adult Coloring 10:00 Lunch 11:30 am Rummikub 12:00	27 Lunch 11:30 am Bingo 12:30 pm	28 Basket Weaving (temporarily on hold) <b>Bereavement 10:00 am</b> Lunch 11:30 am <b>Line Dancing 12:30 pm</b>	<b>Monday, March 31</b> <b>AARP Tax Appts.</b> 9 am - 2:30 pm <b>NO CHAIR YOGA</b> <b>Knit Club 10-11</b> Lunch 11:30 am <b>Book Club 1:00 pm</b>