

October 2021

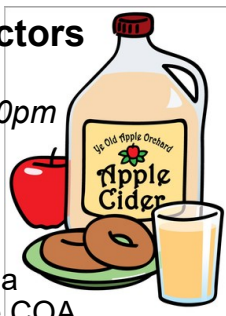
Carver Council on Aging

What's Inside for October

Carver COA Board of Directors Fall Meet & Greet Event

Sunday, October 3rd 12:00 - 2:00pm

at the Carver Farmer's Market in Shurtleff Park. Come meet the members of the Carver Council on Aging Board of Directors for free cider and donuts. This will be a great opportunity to learn what the COA has to offer and to meet the people who represent your interests at the COA.



Dance and Groove Class

with Laura Rosenthal

*Monday, October 18th
from 10:15 am - 11:15 am*

Join us for an energetic, old school aerobics class. A mix of dance and dynamic moves to get your heart pumping and keep you smiling! ALL fitness levels welcome! Comfortable clothing, supportive footwear and a water bottle are strongly recommended. **Cost: \$5 Please register at 508-866-4698 x3. Space is limited.**



Protect Yourself from Medicare Fraud

presented by the Senior Medicare Patrol

Tuesday, October 5th at 10:00 am

Join us for a free workshop with a representative of the Massachusetts Senior Medicare Patrol Program who will provide us with the tools to become better educated healthcare consumers. Learn how to protect yourself from Medicare fraud and deceptive marketing tactics. **Please register at 508-866-4698 x3.**



Halloween Candy LCR Game Day

Sponsored by the Friends of Carver COA

Friday, October 29th at 10:00 am

Come play the easy-to-learn, fast-paced dice game called *Left, Center, Right* using Halloween candy to build the pots! You never know until the very end who will win! Halloween costumes are optional but encouraged because prizes will be awarded! **Please register at 508-866-4698 x3.**



Halloween Harvest - Ghosts, Goblins and More

**Sponsored by the Carver Cultural Council*

Tuesday, October 26th at 12:30 pm

Celebrate the Season and the Diverse Cultural Heritage of New England with a lively program of songs and stories by Award-winning singer/storyteller Davis Bates.

For more information call 508-866-4698 x3

**Funded, in part, by a grant from the Carver Cultural Council, a local agency supported by the Massachusetts Cultural Council.*



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!

NEW SCHEDULE

Gatra Bus Service has returned to **FULL** capacity of 8 passengers per bus also, masks are *still* required through September.

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am 1st - Walmart/Wareham

2nd & 4th - Stop & Shop

3rd & 5th - 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.

The Plymouth County Sheriff Department's **Free Safety Assurance program** is a computerized telephone system that places a call to a participant at a pre-arranged time each day. Calls are received between 6 am and noon. **To enroll, call 508-830-6256.**



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.**

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

COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

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 to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

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, PO Box 72, Carver, MA 02330, Attn: Madeline Joyce.

BOOK DONATIONS NEEDED FOR A "FRIENDS" NOVEMBER BOOK SALE FUNDRAISER

New and Used Books (in good condition)

can be dropped off at the COA Monday - Friday between 9:00 am and 3:00 pm

Please call ahead to 508-866-4698 x3



SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS is providing weekly blood pressure clinics as well as monthly glucose and cholesterol screenings every Tuesday from 9:30 am - 11:30 am. Drop-in.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

CARVER BOARD OF DIRECTORS MEETING

Thursday, October 28th at 4:30 pm, Town Hall, Rm 1.

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson of Wild Divinity Yoga
Mondays, October 4th, 18th and 25th
at 9:00 am. Suggested \$5 donation.
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.

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Every Thursday at 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, who
will listen to any of your concerns.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the *first*
Monday of every month - 12:00 pm.

BASKET WEAVING w/ Patty Batson.
1st & 3rd Tuesdays at 12:30 pm and
1st & 3rd Fridays at 9:30 am. **\$15 per
class.** Register at 508-866-4698 x3

LINE DANCING CLASS

with David & Marcia Burbank 
Sponsored by the Friends
Friday, October 8th & 22nd, 1:00 pm
Learn a variety of lively line dances.
Beginners are welcome. **Cost: \$5**
Please register at 508-866-4698 x3.
Class size is limited

BEREAVEMENT SUPPORT GROUP

Join Rev. Lawrence Smith of Continuum
Hospice & Palliative Care every 4th
Friday from 10:00 am-11:00 am.
Please register at 508-866-4698 x-3.

MEET & GREET WITH HEIDI

Thursday, October 21st, 1:00 - 2:00 pm
in the Small Meeting room of the
Carver Public Library. Drop-in to meet
COA Outreach Coordinator, Heidi
Lufkin-Miles, to discuss any questions
or concerns you may have.

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 call 508-866-4698 x3 if you
need an appointment.**

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am
Please register 508-866-4698 x3.
Supplies may be limited.



Adult
Coloring
Harvest
Sign
10/6

Antiqued Foil
Leaves
10/13



Painted
Pumpkin Sign
10/20

Haunted House
Tea Light
10/27



FESTIVE FALL SOUPS

with Nutritionist
Ally Littlefield
Tuesday,
October 12th
at 10:00 am
Crock-Pot soups are
an easy way to prepare
a nutritious meal with an abundance
of ingredients and very little effort!
Learn some tasty tips on how to make
sensational seasonal soups!
Please register 508-866-4698 x3.



CRANBERRY SAUCE DEMO

with BID Registered Dietitian
Marcia Richards
Friday, October 8th
at 10:00 am.



Discover a creative new
way to make a delicious and
nutritious cranberry sauce that
you'll want to serve at the holidays!
Please register 508-866-4698 x3.

SENIOR FIRE SAFETY



Presented by Carver Fire
Dept. Asst. Deputy Jesse Boyle
Tuesday, October 19th, 10:00 am
Learn the importance of emergency
preparedness for seniors in case of
a fire. These helpful tips can save
your life or someone you love.
Please register 508-866-4698 x3.

iPAD INSTRUCTION CLASS

with Tech Instructor
Lydia Nelson
Tuesday, October 26th,
at 10:00 am



Learn the basic functions
of iPad technology. iPads for the
class instruction will be provided.
Class size is limited to 10.
Please register 508-866-4698 x3.

SHINE NEWS

Medicare Open Enrollment runs
from **October 15 - December 7**
and is the time of year when
you can make changes to your
Medicare coverage such as:

- *Joining a new Medicare Advantage Plan or Part D prescription drug plan.*
- *Switching from Original Medicare to a Medicare Advantage Plan*
- *Switching from a Medicare Advantage Plan to Original Medicare (with or without a Medigap Plan)*
Please call for an appointment today! 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

<h1 style="text-align: center; margin: 0;">OCTOBER 2021</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1 Basket Weaving 9:30 am Lunch 11:30 am	2
3 COA Board of Directors Fall Meet & Greet at the Farmer's Market Shurtleff Park 12 - 2	4 Chair Yoga 9:00 am Lunch 11:30 am SINGO! 12:00 pm Tai Chi 1:00 pm	5 Wellness Clinic 9:30 - 11:30 am Medicare Fraud 10 Lunch 11:30 am Basket Weaving 12:30 pm Oil Painting 1:00 pm	6 Adult Coloring Harvest Sign 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	7 Lunch 11:30 am BINGO 12:30 pm	8 Cranberry Recipe w/ Marcia Richards 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	9 Lions/Friends Golf Fundraiser
10	11 	12 Wellness Clinic 9:30 - 11:30 am Fall Soups 10:00 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Oil Painting 1:00 pm	13 Antiqued Embossed Leaves 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	14 Lunch 11:30 am BINGO 12:30 pm	15 Basket Weaving 9:30 am Lunch 11:30 am	16
17	18 Chair Yoga 9:00 am Dance & Groove 10:15 am Lunch 11:30 Tai Chi 1:00 pm	19 Wellness Clinic 9:30 - 11:30 am Senior Fire Safety 10:00 am Lunch 11:30 am Baskets 12:30	20 Painted Pumpkin Decoration 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	21 Lunch 11:30 am Meet with Heidi 1:00 pm BINGO 12:30 pm	22 Bereavement Support Group 10:00 am Lunch 11:30am Line Dancing 1:00 pm	23
24	25 Chair Yoga 9:00 am Lunch 11:30 Tai Chi 1:00 pm	26 Wellness Clinic 9:30 - 11:30 am iPad 10:00 am Lunch 11:30 am Halloween Harvest 12:30 pm Oil Painting 1:00 pm	27 Haunted House Tea Light 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	28 Veteran's Agent Mark Pineo 10-12 Lunch 11:30am BINGO 12:30 pm	29 Halloween LCR Game Day Fun 10:00 am Lunch 11:30 am 	30
31						