



# Connections

September 2026 | ISSUE 209



## EYES ON OWLS - "OWLS UP CLOSE"

**WEDNESDAY, SEPTEMBER 23RD | 1:30 PM**

Naturalists Marcia and Mark Wilson have thrilled audiences of all ages with their live owl programs. The "Owls Up Close" presentation starts with a slide show of Mark's stunning owl photography followed by the introduction of 6 live owls up close and personal! Marcia walks each owl through the audience providing intimate views of these secretive birds of prey. You'll learn how to identify each unique owl call and try hooting yourself! Mark Wilson's award-winning owl books will be available for purchase and signing. Please register early with Alice at 508-866-4698 x3. *Seating may be limited!*



## "STICK 'EM UP!" - EXPLORING HISTORIC BANK ROBBERIES IN MASSACHUSETTS

**WEDNESDAY, SEPTEMBER 9TH | 12:30 PM**

*Presented by Nancy Franks*

Discover how local masterminds pulled off our area's most historic bank robberies. The Boston area earned a reputation as a hot spot for blue-collar bank crimes, where criminals viewed robbing a bank as a skilled trade that required precise planning and determination. Learn about how "dumb luck" and tiny mistakes led to massive busts. This fun presentation will be followed by a money-themed raffle (but not *actual* money!).

Please register with Alice at 508-866-4698 x3.





## MEDICARE HEALTH PLAN OPTIONS

**MONDAY, SEPTEMBER 21ST | 12:30 PM**

*Are you ready for the Medicare Open Enrollment October 15th-December 7<sup>th</sup>?*

This program offered by Blue Cross Blue Shield of Massachusetts will explain the differences between Medigap and Medicare Advantage plans and when enrollees can switch plans. All are welcome regardless of insurance coverage.

Please register with Alice at 508-866-4698 x3.



## GENTLE MEDITATION SERIES

Yoga Instructor Diana Chaffalo will provide a calming, easy-to-follow meditation program on Fridays at 9:00 am. Different meditation styles will be offered to support relaxation, focus, memory, and emotional well-being.

- **Mindful Breathing** 9/4
- **Mindful Eating** 9/11
- **Body Scan** 9/18
- **Visualization** 9/25
- **Gratitude** 10/2
- **Calming Beads** 10/9
- **Counting Meditation** 10/16
- **Color Meditation** 10/23
- **Laughter Meditation** 10/30

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

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## OUTREACH MEET & GREET FRIDAY 9/18 | 10:30 -11:30 AM

Stop by the small meeting room of the Carver Public Library to meet Outreach /SHINE Counselor Heidi Miles to learn about the COA activities, services and assistance available to seniors in the community.



## COMFORT DOG VISITS THIRD TUESDAYS | 11:00 AM

Drop in every 3<sup>rd</sup> 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 the Wellness Clinics. *Drop in.*

### HEARING SCREENINGS EVERY SECOND WEDNESDAY 10:00 AM - 11:00 AM

Free hearing screenings, hearing aid cleaning and video ear exams with Board Certified Hearing Instrument Specialist Lauren Warburton. Call Alice at 508-866-4698 x3 for an appointment.

### MONTHLY BEREAVEMENT 2ND & 4TH FRIDAYS 10:30 AM

Find compassion and shared understanding in our twice monthly grief support group facilitated by Cranberry Hospice Bereavement Coordinator Bonnie Banks, MSW, LICSW.



### SPOT THE NEWEST SCAMS! WEDNESDAY 9/30 | 12:30

Join Rockland Trust Branch Mgr. Erin Smith to learn about the *newest* scams and how to avoid them.

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



# NEW! TAI CHI CLASSES

WITH LENNY SPRAGUE

EVERY TUESDAY FROM 10:30-11:30 AM

**Cost: \$5/class**

Tai Chi offers a wide range of benefits for seniors, making it an ideal form of gentle, low-impact exercise.

Tai Chi supports balance, coordination and flexibility reducing fall risks while promoting relaxation and reducing stress. **Please register at 508-866-4698 x3**



## BEANTOWN BITES: CELEBRATE BOSTON'S CULINARY LEGACY

**TUESDAY SEPTEMBER 29TH | 12:30**

Discover Boston's rich culinary history through iconic local foods, neighborhood traditions, and classic New England flavors. A fun and flavorful look at the foods that helped shape the city! Register with Alice at 508-866-4698 x3.



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## "ALL THINGS APPLE" ON THE COA DECK *(weather permitting)*

### MONDAY, SEPTEMBER 14TH | 12:30 PM

Enjoy socializing while sipping apple cider with a variety of apple snacks and goodies. We'll play a few rounds of "Apples to Apples" plus challenge everyone with *Apple Trivia* for fun prizes! *The event will take place indoors if the weather doesn't cooperate!* Please register with Alice 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

### TAI CHI

with Lenny Sprague / Cost: \$5  
Tuesdays / 10:30 am

### RUMMIKUB

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

**REIKI-LATES** (*Reiki/Pilates Fusion*)  
with Chine / Cost: \$5

**\*Thursdays** / 9:00 am (*new day!*)

### BINGO

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

### BASKET WEAVING

with Patty Batson / \$25/class  
Fridays / 9:00 am

### GUIDED MEDITATION

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

*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.

September 2nd - Leaf Rubbings  
(on the deck)

September 9th -  
Pine Cone Bird Feeders  
(on the deck)

September 16th -  
Fall Scratch Art

September 30th -  
Autumn Watercolor

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

### BEREAVEMENT SUPPORT

2<sup>nd</sup> & 4<sup>th</sup> Fridays at 10:30 am

### NIMBLE FINGERS CLUB

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

## POP UP ART SCHOOL: FELTED OWL FACE CRAFT

WEDNESDAY SEPTEMBER 23RD | 10 AM



Register for this step-by-step art class  
at 508-866-4698 x3. *Space is limited.*



## "PICKLE PARTY" ON THE COA DECK *(weather permitting)*

WEDNESDAY, SEPTEMBER 16TH | 12:30 PM

Discover the art of pickling, from old-fashioned vinegar brines to bread-and-butter recipes. This workshop (*ironically on our deck overlooking pickleball!*) is great for gardeners, home cooks and anyone who loves pickles! Leave with your own custom recipe! Please register at 508-866-4698 x3. *Moved indoors if raining.*



### CONTACTS:

#### Friends of Carver Council on Aging

Jack Franey -  
*President*  
Paul M. Kelly -  
*Vice President*  
Mary DuRoss -  
*Treasurer*  
Alice McMahon -  
*Secretary*  
Frank Caserta -  
*Member*  
Lisa Caserta -  
*Member*

Friends of Carver COA  
P.O. Box 72,  
Carver, MA 02330

[friendscarvercoa.com](http://friendscarvercoa.com)



#### Council on Aging Board of Directors

Helen Marrone -  
*Chair*  
Elaine Raymond -  
*Vice Chair*  
Mary DuRoss -  
*Secretary*  
Marie Fahey -  
*Member*  
Damon Fisher -  
*Alternate*  
Amy Shepherdson -  
*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.

*\*Don't forget to register for the Free Birthday Lunch the month before your birthday!*

|           |                                                                                 |
|-----------|---------------------------------------------------------------------------------|
| Tuesday   | 9/1 - Chicken Broccoli Cheese, mashed potatoes, carrots, pound cake             |
| Wednesday | 9/2 - Sausage, Peppers & Onions over rice, Birthday Cake & Ice Cream            |
| Thursday  | 9/3 - Hamburg w/mashed potatoes, gravy, mixed veg, lime jello                   |
| Friday    | 9/4 - Tuna Salad Sandwich, soup, mixed fruit                                    |
| Monday    | 9/7- CLOSED FOR LABOR DAY                                                       |
| Tuesday   | 9/8 - Chicken w/gravy over rice, peas, peaches                                  |
| Wednesday | 9/9 - Hot Dogs, baked beans, brown bread, pears                                 |
| Thursday  | 9/10 - Chicken Kiev, rice pilaf, beets, orange jello                            |
| Friday    | 9/11 - Chicken Salad Sandwich, soup, chocolate cake                             |
| Monday    | 9/14 - Pulled Pork Sandwich, cranberry cole slaw, pears                         |
| Tuesday   | 9/15 - Grilled Chicken w/lettuce, tomatoes, cucumbers, peppers, peaches         |
| Wednesday | 9/16 - Chicken Nuggets, fries, corn, lemon jello                                |
| Thursday  | 9/17 - Lasagna, green beans, tropical fruit                                     |
| Friday    | 9/18 - Egg Salad Sandwich, chips, pound cake                                    |
| Monday    | 9/21 - Hamburgers ( <i>plain or cheese</i> ), fries, corn, pineapple            |
| Tuesday   | 9/22 - Chicken Meatballs w/gravy, mashed potatoes, green beans, vanilla pudding |
| Wednesday | 9/23 - Assorted Calzones, chips, diced pears                                    |
| Thursday  | 9/24 - Chicken Teriyaki, fried rice, Asian veg, mandarin oranges                |
| Friday    | 9/25 - Pizza w/toppings, chips, peaches                                         |
| Monday    | 9/28 - Chicken Cordon Royale, potato puffs, green beans, chocolate cake         |
| Tuesday   | 9/29 - Chili w/cheese over rice, pears                                          |
| Wednesday | 9/30 - Meatloaf w/gravy, mashed potatoes, peas, banana cake                     |





## BLOOM BUS TRIP: BOSTON POPS HOLIDAY CONCERT

FRIDAY 12/4 | 10:45 AM - 6:15 PM



Join us for a performance (in 1<sup>st</sup> balcony seats) filled with holiday music favorites, the traditional Pops sing-a-long, & even a visit from Santa! Lunch before the show will be at the Cheesecake Factory with your choice from over 30 meal options. *A perfect holiday celebration!*  
**Cost: \$170 Friends Members / \$205 Non-Members**  
**Call 508-866-4698 x3 to reserve a seat.**  
**FINAL PAYMENT DUE THURSDAY 10/22**

## 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 2<sup>nd</sup> 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 4<sup>th</sup> 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.

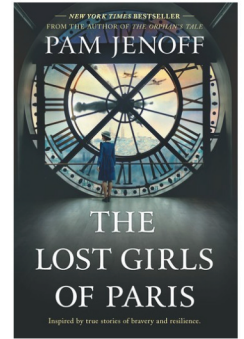
**SHANE GIVES THANKS FOOD PANTRY:** Carver Square Plaza. Call 508-866-7673 for hours.

## BOOK CLUB

MONDAY 9/28 | 1:00 PM

*The Lost Girls of Paris* is a historical fiction novel about female spies in World War II, blending courage, friendship, and an intriguing mystery with a captivating heroine all inspired by true events.

**Please register at 508-866-4698 x3 and for a copy of the book.**



## MOVIE MATINEE

FRIDAY 9/25 | 12:00 PM

Reunite with your favorite characters amid all the luxurious styles, runway shows, and expensive high-heeled stilettos. *"The Devil Wears Prada 2"* proves that high fashion and female empowerment are truly trending!  
**Please register 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**



**\*NEW! Mondays - 2nd & 4th 10:00 am - ALDI's \***

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

**Thursdays 10:00 am 1<sup>st</sup> & 3<sup>rd</sup> - Wareham Walmart  
2<sup>nd</sup> & 4<sup>th</sup> - Plymouth Walmart**

**Fridays 10:00 am . . . . . Carver Shaw's**

**CALL EARLY TO BOOK - SEATING IS LIMITED**



### 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**

**6**

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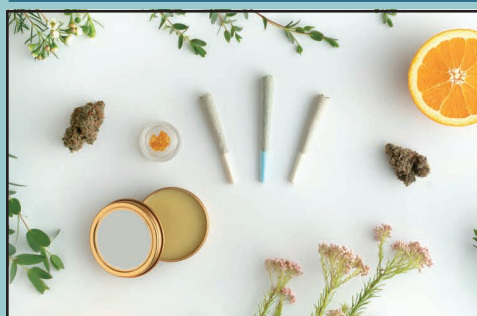
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## SEPTEMBER 2026

| MONDAY                                                                                                                                        | TUESDAY                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                     | THURSDAY                                                                                            | FRIDAY                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                               | <b>1</b> Wellness Clinic & Screenings 9:30 am<br><b>NEW! Tai Chi 10:30 am</b><br>Lunch 11:30 am                                                                                       | <b>2</b> Leaf Rubbings 10 am<br><i>(deck weather permitting)</i><br><b>Birthday Lunch 11:30</b><br>Rummikub 12:00 pm                                                          | <b>3</b><br><b>Reiki-lates 9:00 am</b><br>Lunch 11:30 pm<br>BINGO 12:30 pm                          | <b>4</b> <i>Baskets 9:00 am</i><br><b>Mindful Breathing Meditation 9:00 am</b><br>Lunch 11:30 am                                                                  |
| <b>7</b><br><b>CLOSED</b><br><b>FOR LABOR DAY</b>                                                                                             | <b>8 BLOOM Bus Trip 8:45-4:45</b><br>Wellness Clinic 9:30 - 11:30<br><b>Coffee w/ Chief &amp; TA 10:30</b><br><b>Tai Chi 10:30 am</b><br>Lunch 11:30 am<br><b>Footcare 12:30-2:30</b> | <b>9 Hearing Appts 10-11 am</b><br>Pine Cone Bird Feeder 10 am<br><i>(deck weather permitting)</i><br>Lunch 11:30 am<br>Rummikub 12:00 pm<br><b>Stick 'Em Up 12:30 pm</b>     | <b>10 No Reiki-lates today</b><br><b>Atty. Hale Appts 10 am</b><br>Lunch 11:30 pm<br>BINGO 12:30 pm | <b>11</b> <i>Baskets 9:00 am</i><br><b>Mindful Eating Meditation 9:00 am</b><br><b>Bereavement 10:30 am</b><br>Lunch 11:30 am                                     |
| <b>14</b> Adv. Chair Yoga 9am<br><b>Card Making 10:00 am</b><br>Basic Chair Yoga 10 am<br>Lunch 11:30 am<br><b>All Things Apple 12:30 pm</b>  | <b>15</b> Wellness Clinic 9:30 - 11:30<br><b>Tai Chi 10:30 am</b><br><b>Comfort Dog 11:00 am</b><br>Lunch 11:30 am<br><b>SINGO 12:00 pm</b>                                           | <b>16</b> Fall Scratch Art 10 am<br><b>Veterans Agent 10:30 am</b><br>Lunch 11:30 am<br>Rummikub 12:00 pm<br><b>Pickle Party 12:30 pm</b><br><i>(deck weather permitting)</i> | <b>17</b> Reiki-lates 9:00 am<br>Lunch 11:30 pm<br>BINGO 12:30 pm                                   | <b>18</b> <i>Baskets 9:00 am</i><br><b>Body Scan Meditation 9 am</b><br><b>Junk Journaling 10:30 am</b><br><b>CPL Meet &amp; Greet 10:30 am</b><br>Lunch 11:30 am |
| <b>21</b> Adv Chair Yoga 9 am<br>Basic Chair Yoga 10 am<br>Lunch 11:30 am<br><b>Medicare Options 12:30 pm</b>                                 | <b>22</b> Wellness Clinic 9:30-11:30<br><b>Tai Chi 10:30 am</b><br>Lunch 11:30 am<br><b>Financial Appts. 1-4 pm</b>                                                                   | <b>23 Footcare Appts 9-2:30</b><br>Felted Owl Face 10:00 am<br>Lunch 11:30 am<br>Rummikub 12:00 pm<br><b>Owls Up Close 1:30 pm</b>                                            | <b>24</b> Reiki-lates 9:00 am<br>Lunch 11:30 pm<br>BINGO 12:30 pm                                   | <b>25</b> <i>Baskets 9:00 am</i><br><b>Visualization Meditation 9:00 am</b><br><b>Bereavement 10:30 am</b><br>Lunch 11:30 am<br><b>Movie Matinee 12:00 pm</b>     |
| <b>28</b> Adv Chair Yoga 9 am<br>Basic Chair Yoga 10 am<br><b>Knit &amp; Crochet Club 10 am</b><br>Lunch 11:30 am<br><b>Book Club 1:00 pm</b> | <b>29</b> Wellness Clinic 9:30-11:30<br><b>Tai Chi 10:30 am</b><br>Lunch 11:30 am<br><b>Boston Bites 12:30 pm</b>                                                                     | <b>30</b> Autumn Watercolor 10 am<br>Lunch 11:30 am<br>Rummikub 12:00 pm<br><b>Avoiding the Latest Scams! 12:30 pm</b>                                                        |                |                                                                                                                                                                   |