



Connections

November 2025 ISSUE 111



ANNUAL TURKEY LUNCHEON MONDAY, NOVEMBER 17TH | 11:30 AM

Join us for a delicious meal of turkey, stuffing, mashed potatoes with gravy, green beans, squash, cranberry sauce plus rolls & butter, all served by members of the Carver Police Department who provide the turkeys and pies for dessert! *Drawings for gift cards and prizes will be held by the Friends of Carver COA.*

Tickets at \$5 each (limit 4) will go on sale in person starting Monday, November 3rd with Head Cook June in the Nutrition Center.



MACY'S THANKSGIVING DAY PARADE TUESDAY, NOVEMBER 25TH | 12:30 PM

Presented by Nancy Franks

You'll learn the rich history of the parade, discover how character balloons are created, and meet some of the celebrities who have served as Grand Marshall. Then we'll preview the floats, balloons and bands who will be making their debut in 2025! The presentation will be followed by a parade-themed raffle! *Please register with Alice at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.*

AVOIDING INFLAMMATION & PROCESSED FOODS

WEDNESDAY, NOVEMBER 19TH | 12:30 PM

Understand how processed foods affect your health and how to reduce inflammation through smarter eating. Includes recipes, products and reading tips. Please register with Alice at 508-866-4698 x3



MEDICATION SAFETY & HEALTH AT HOME

TUESDAY, NOVEMBER 18TH
1:00 PM

Come meet Registered Pharmacist Lisa Lavalette of SoCo Rx Consultants who will explain the importance of Medication Therapy Management.



"BROWN BAG" MEDICATION REVIEW

MONDAY, NOVEMBER 24TH
9:00 - 11:00 AM

Schedule a one-on-one medication review with Pharmacist Lisa Lavalette to identify drug interactions and improve safety. Contact Alice at 508-866-4698 x3.

GUIDED MEDITATION

FRIDAYS | 9 AM

Meditation helps you find inner peace, clarity, and focus. The class is led by Diana Chaffalo, of Little Red Yoga Studio. **Cost \$5**



MEDICARE OPEN ENROLLMENT PERIOD THROUGH DECEMBER 7TH

Call SHINE Counselor Heidi Miles at 508-866-4698 x2 for an appointment to review your Medicare coverage.

MIND AND BODY WELLNESS

MONTHLY BEREAVEMENT SUPPORT GROUP

EVERY 4TH FRIDAY | 10 AM

Find comfort and support in this monthly bereavement group facilitated by Continuum Hospice & Palliative Care of Fall River. This group meets in the library room of the COA.

Please register with Alice 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 CLINIC

TUESDAYS | 9:30 AM-11:30 AM

Currently, our EMS department provides weekly blood pressure clinics every Tuesday 9:30 am - 11:30 am. Glucose & cholesterol screenings are provided through Carver EMS on a monthly basis *the first Tuesday* of each month during the Wellness Clinics.

Drop-in.

HEARING SCREENINGS

EVERY 2ND WEDNESDAY
9:30 - 11 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!



**POP UP ART SCHOOL: FELTED
AUTUMN PUMPKIN CRAFT**
SPONSORED BY CARVER CULTURAL COUNCIL



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.

WEDNESDAY, NOVEMBER 12TH | 10 AM

Learn how to needle felt wool, using a barbed needle and step-by-step instructions from Pop up Art School. You'll leave the class with one felted pumpkin and the basic supplies you need to continue felting on your own! *Please register with Alice at 508-8664698 x3. Space is Limited!*

**VENTRILOQUIST KEVIN DRISCOLL
WITH "PAUL REVERE" AND FRIENDS**
SPONSORED BY THE CARVER LIONS CLUB
WEDNESDAY, NOVEMBER 5TH | 12:30 PM



Join us for this interactive and entertaining performance that highlights Paul Revere's role in the historic events at Lexington and Concord. Doug the Talking Dog will have a featured role as well! *Register at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.*

ESSENTIAL OILS ROOM SPRAY MAKE & TAKE

TUESDAY, NOVEMBER 4TH | 12:30 PM | COST \$10

Essential oils can help you customize your atmosphere by bringing uplifting, calming, or energizing aromas into a room. Join doTERRA Rep Chris Ventura to make your own custom room spray. **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

Heidi Lufkin-Miles
508-866-4698 x2
heidi.miles@
carverma.gov
Mon-Fri, 8 AM - 4 PM

Activities Coordinator / Administrative Assistant

Alice McMahan
508-866-4698 x3
alice.mcmahan@
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".**

MONTHLY ACTIVITIES

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 & *third*
Tuesday at 12:00 pm. Drop-in.

MOVIE MATINEE

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

FRIDAY SHENANIGANS

Various Fridays each month at
10:00 am. *Check the Calendar!*

NIMBLE FINGERS CLUB

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

WEEKLY CRAFT CLASSES

WEDNESDAYS AT 10:00 AM

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

November 5th - *Pumpkin Truck*

November 12th - *Felted Pumpkin*

November 19th - *Fall Centerpiece*

November 26th - *Pipe Cleaner
Ornaments*



CARD MAKING WITH LEE

EVERY FIRST MONDAY AT 10 AM

Come create an
assortment of
embossed and
layered cards with
decorative accents.
Participants will
complete 6 unique
dimensional cards.

Cost: \$10

Space is limited!

Register at 508-866-4698 x3.



FREE LUNCH FOR VETERANS AND THEIR SPOUSES

MONDAY, NOVEMBER 10TH | 11:30 AM

In honor of Veterans Day, show your military ID in the Nutrition Center of the COA to enjoy a free lunch in recognition of your service and dedication to our Country. **Please register with Alice at 508-866-4698 x3.**



CONTACTS

Friends of Carver Council on Aging

Jack Franey -
President
Paul M. Kelly -
Vice President
Mary DuRoss -
Treasurer
Alice McMahan -
Activities Coordinator
Lydia Nelson - *Officer*
Bob Bumpus - *Officer*
Terri Franey - *Officer*
Friends of Carver COA
P.O. Box 72,
Carver, MA 02330
friendscarvercoa.com

Council on Aging



Board of Directors*

Elaine Raymond -
Co-Vice Chair
Mary DuRoss -
Co-Vice Chair
Helen Marrone -
Secretary
Cathy Gallimore -
Member
Louise Walsh - *Alt.*
Damon Fisher - *Alt.*
**Subject to COA Board reorganization changes*

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	11/3 - Pulled Pork Sandwich, cranberry cole slaw, peaches
Tuesday	11/4 - Lasagna, green beans, tiramisu
Wednesday	11/5 - Chicken Nuggets w/ dipping sauce, mashed potatoes, corn, Birthday Cake and Ice Cream
Thursday	11/6 - Chicken Broccoli & Cheese, potato puffs, peas, pears
Friday	11/7 - Ham Salad Sandwich, soup, chips, tropical fruit mix
Monday	11/10 - Assorted Calzones, chips, cupcakes
Tuesday	11/11 - CLOSED FOR VETERANS DAY OBSERVANCE
Wednesday	11/12 - Ravioli with meat sauce, green beans, pineapple
Thursday	11/13 - Beef Chili with cheese over rice, mandarin oranges
Friday	11/14 - Tuna Salad Sandwich, chips, banana cake
Monday	11/17 - Annual Turkey Luncheon (<i>Advance tickets required</i>)
Tuesday	11/18 - Pizza with toppings, chips, fruit cocktail
Wednesday	11/19 - Turkey Stew with vegetables over rice, Jello
Thursday	11/20 - Chicken Kiev, mashed potatoes, Brussell sprouts, chocolate pudding
Friday	11/21 - Baked Haddock with lemon, fries, peas, tropical fruit mix
Monday	11/24 - Chicken Cordon Royale, rice pilaf, beets, peaches
Tuesday	11/25 - Hot Dogs, baked beans, brown bread, pears
Wednesday	11/26 - Meatloaf, mashed potatoes with gravy, green beans, pound cake
Thursday	11/27 - CLOSED FOR THANKSGIVING HOLIDAY
Friday	11/28 - CLOSED FOR THANKSGIVING HOLIDAY



The Friends of Carver COA
Holiday Craft Fair

Saturday, November 8th

10:00 am - 3:00 pm



Find unique homemade gifts for everyone on your list!



Handmade Jewelry, Knitting /Crocheting, Holiday Decor, Baskets, Candles, Home Textiles, Country Crafts plus the Friends of the COA Bake Sale.

Drawings for Gift Baskets & Gift Cards!

BAKE SALE DONATIONS NEEDED

Anyone who would like to donate baked goods to the Friends Bake Sale please email: paulnelson14@icloud.com

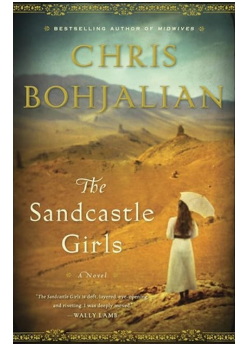
Items will need to be wrapped for individual sale and can be dropped off at the COA on Friday, November 7th between 9 am - 12 pm.

Carver COA, 48 Lakeview St., South Carver

MONTHLY BOOK CLUB

MONDAY 11/24 AT 1:00 PM

The Sandcastle Girls is a moving multi-generational saga of an Armenian family set on multiple continents and encompasses a century of tumultuous change and ultimately survival. Register for a copy please call 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.

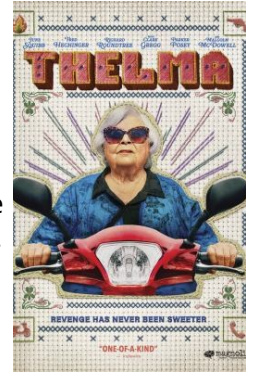


MOVIE MATINEE: THELMA

FRIDAY 11/21 AT 12:00 PM

An elderly grandmother is an unlikely action hero, demonstrating that she is more than capable of taking care of business after getting conned by a phone scammer pretending to be her grandson. Thelma enlists the help of an old friend and sets out to take back what's hers.

Register with Alice at 508-866-4698 x3.



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.

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



CARVER COUNCIL ON AGING
 P.O. BOX 618
 SOUTH CARVER, MA 02366

Return Service Requested

PRSRT STD
 U.S. Postage
 PAID
 Permit #37
 Carver, MA 02330

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Advanced Chair Yoga 9:00 am Basic Chair Yoga 10 Card Making 10 am Lunch 11:30 am SINGO 12:00 pm <i>Turkey Lunch Tickets</i>	4 Wellness Clinic/ Screenings 9:30 am Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Footcare 12:00 pm Room Spray 12:30	5 Pumpkin Truck 10 Birthday Celebration Lunch 11:30 am Rummicub 12:00 pm Kevin Driscoll Ventriloquist 12:30 <i>Sponsored by Carver Lions Club</i>	6 Lunch 11:30 am Bingo 12:30 pm	7 Guided Meditation 9:00 am Lunch 11:30 am	8 FRIENDS HOLIDAY CRAFT FAIR 10 am - 3 pm 
9	10 Advanced Chair Yoga 9:00 am Basic Chair Yoga 10 Lunch 11:30 am *Veterans register for a FREE lunch 508-866-4698 x3	11 CLOSED FOR VETERANS DAY	12 Hearing Screen- ings 9:30 - 11:00 am Pop Up Art School Felted Pumpkin Craft 10:00 am <i>sponsored by CCC</i> Lunch 11:30 am Rummikub 12:00 pm	13 Atty Hale Appts 10:00 am Lunch 11:30 am Bingo 12:30 pm	14 Guided Meditation 9:00 am Lunch 11:30 am	15
16	17 NO CHAIR YOGA Annual Turkey Luncheon 11:30 am <i>(Advance Tickets Required)</i>	18 Wellness Clinic 9:30 - 11:30 am Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm Medication Safety 1:00 pm	19 Fall Centerpiece Craft 10:00 am Lunch 11:30 am Rummikub 12:00 pm Processed Food Therapy Gardens 12:30 pm	20 Lunch 11:30 am Bingo 12:30 pm	21 Guided Meditation 9:00 am Bereavement 10 am Lunch 11:30 am Movie Matinee 12 p	22
23	24 Advanced Chair Yoga 9:00 am Basic Chair Yoga 10 am Medication Review 9:00 - 11:30 am Nimble Fingers 10 am Lunch 11:30 am Book Club 1:00 pm	25 Wellness Clinic 9:30 - 11:30 am Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Macy's Parade 12:30 pm Financial Appts. 1-4	26 Footcare 9 am - 2:30 pm Pipe Cleaner Ornaments 10 am Lunch 11:30 am Rummikub 12:00 pm	27 CLOSED FOR THANKSGIVING HOLIDAY	28 CLOSED FOR THANKSGIVING HOLIDAY	29 Don't forget to register for the Free Lunch Birthday Celebration if you have a December Birthday at 508-866-4698 x3