

November 2023

Carver Council on Aging

What's Happening in November

Free Lunch for Senior Veterans

Friday, November 10th
at 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 selfless service and dedication to our Country. **For planning purposes, please call Head Cook June at 508-866-4698 x4 by Monday, November 6th if you plan to attend.**



Harvest Salad Demonstration

with BID Registered Dietitian Marcia Richards
Friday, November 10th at 10:00 am

Fall is a great time for harvest which makes it easier to eat a rainbow of colorful fruits and vegetables.

Each colorful food gives your body a health boost! Learn how you can pack more nutrients into your diet. Marcia will demonstrate how to prepare a delicious and nutritious Harvest Salad, the perfect addition to your holiday table. **Please register at 508-866-4698 x3.**



Thanksgiving Turkey Luncheon

Tuesday, November 14th at 11:30 am

Join us for a delicious meal of turkey, gravy, stuffing, mashed potatoes, green beans, squash, cranberry sauce plus rolls & butter, served by members of the Carver Police Department who provide the turkeys and pies! *Plus, drawings for gift cards and prizes will be held by the Friends of Carver COA. Tickets at \$5 go on sale starting Wednesday, November 1st with June in the Nutrition Center.*



Emergency Preparedness

with Emergency Management
Director Tom Walsh

Wednesday, November 15th at 12:30 pm

A disaster or emergency can happen at any time, sometimes without warning. Thankfully, there are things you can do to be prepared. Discover the helpful tips that can prepare you to know what to do before, during and after a disaster or emergency. **Please register at 508-866-4698 x3**



The Friends of Carver COA *Holiday Craft Fair*

Saturday, December 2nd, 10:00 am - 3:00 pm

Find unique homemade gifts for everyone on your holiday shopping list!
Handmade Jewelry, Knitting /Crocheting, Holiday Decor, Baskets, Candles
Home Textiles, Country Crafts and the Friends of the COA Bake Sale.

FREE photos with Mr. & Mrs. Claus!

Plus activities for the kids!

Drawings for Gift Baskets & Gift Cards!



COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR / ACTIVITIES COOR.

Connie Kelly
Monday-Friday
8 AM-4 PM
508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Alan Dunham - Vice Chair
Helen Marrone-Secretary
Donna Marie Forand
Elaine Raymond
Mary DuRoss
Louise Walsh Alt.
Michael Nicolazzo Alt.

FRIENDS OF THE CARVER COA

Paul M Kelly -Vice President
Jackie Rogerson - Secretary
Alice McMahon - Activities Coor.
Lydia Nelson - Treasurer

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

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

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm
a MINIMUM OF 2 BUSINESS DAYS IN ADVANCE
 to schedule a seat on the bus.
 Please have the *address* of the location you need transportation to when you call.
Call in advance to CANCEL a reservation.
Messages can be left after hours.
DO NOT call the drivers directly!
Please be ready at the scheduled pick up time!
 Drivers are *only able to wait a maximum of 5 minutes after the scheduled pick up time.*

SHOPPING SCHEDULE

SUPERMARKET RUNS - 1 HOUR

Wednesdays 12:30 pm Market Basket
Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
 2nd & 4th - Walmart / Plymouth
Fridays 9:30 am Shaw's

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!*

Call **508-866-4698 x-1** prior to 12 pm two days before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:
 Wheelchair passengers who need assistance upon arrival to their destination should arrange a companion to ride with them since the drivers are unable to escort passengers beyond their arrival point. If a companion is unavailable to you, arrangements can be made to provide one for you.



NOVEMBER GATRA BUS TRIPS

Scenic Bog Tour & Lunch

Monday, November 6th, 10:00 am - 3:00 pm

Enjoy a scenic ride to area bogs in the process of harvesting. A local bog owner will provide interesting insights along the way. Lunch will be on your own at a local eatery. **Cost: \$5.00**

Plymouth & the Pilgrims Tour & Lunch

Monday, November 20th, 10:00 am - 3:00 pm

Lunch on your own at the Yellow Deli followed by an entertaining and informative tour through historic Plymouth courtesy of local author & historian Diane Finn. **Cost: \$5.00**

Be sure to call the Dispatcher early to reserve your spot

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

COPIES

The COA will make **FREE** *limited* copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

LEGAL ADVICE BY APPOINTMENT AT THE COA

Attorney-at-Law Lawrence Hale offers **FREE** 15 minute consultations on the *second* Thursday of each month, starting at 10:00 am. **Call 508-866-4698 x 3 for an appt.**

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. **Call 508-866-4698 x 3 for an appointment.**

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips! **Send to:** Friends of Carver COA, P.O. Box 72, Carver, MA 02330. For more info check the website: friendscarvercoa.com

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call **508-295-5999** for an appointment.

WEEKLY WELLNESS CLINICS

Public Health Nurse *Patricia lafrate* provides weekly blood pressure clinics Tuesdays from 9:30 am -11:30 am, plus **monthly (first Tuesday)** glucose and cholesterol screenings with Carver EMS. Drop-in.

FUEL ASSISTANCE AND SNAP APPLICATIONS

For Fuel Assistance call **South Shore Community Action Council** at **508-746-6707** to request an application and a list of required documents. Pick up a SNAP application at the COA then call for an appointment 508-866-4698 x2.

IN-HOME HAIRCUT SERVICE W/ DONNA LAWRENCE

Call Donna at 508-243-2293 for pricing and an appt.



MONTHLY FOOT CARE with Podiatrist, Dr. Alan Lechan

Wednesday, November 29th, 9:00 am - 2:30 pm

The \$35 foot care service includes: trimming nails and calluses and addressing any other problems you may be experiencing. Be prepared to bring your list of medications, doctor's name and date of last visit.

Please call 508-866-4698 x3 to make an appointment.

GATRA MINI-BUS

Peggy Wood
 Dispatcher
 Monday – Friday
 9 AM-12 PM
508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles
 Outreach Facilitator
 Monday - Friday
 8 AM - 4 PM
508-866-4698 x 2
 Please call for an appt.

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

WEEKLY ACTIVITIES

CHAIR YOGA w/ Mary Ellen Wilson
RYT500 Mondays, November 6, 20
and 27 at 10:00 am **Cost: \$5** Please
register at **508-866-4698 x3**

QI GONG with Kathryn Demers
Tuesdays November 21 & 28 at 10:00
am (*no classes on the 7th & 14th*)
Cost: \$5. Please register at **508-866-
4698 x3.**

OIL PAINTING WORKSHOP
with Jim Collins Tuesdays 1 -3 pm.

ACRYLIC PAINTING WORKSHOP
with Jim Collins Wednesdays 5 -7 pm.

SCRABBLE
Tuesdays at 12:00 pm. Drop-In.

RUMMIKUB
Wednesdays at 12:00 pm. Drop-In.

BINGO Thursdays, 12:30 pm (*Arrive
prior to 12:15 pm to purchase games*)

MONTHLY ACTIVITIES

BASKET WEAVING w/Patty Batson.
Group 1: Fridays November 3 & 17
Group 2: Friday November 10 &
Tuesday, November 21 at 1:30 pm
\$20/class. Register **508-866-4698 x3.**

**COFFEE WITH THE CHIEF &
TALK WITH THE T.A.**
Every second Tuesday at 10:30 am

JEWELRY MAKING WITH NANCY
Thursday, November 9th **at 2:45 pm.**

SINGO - MUSICAL BINGO
with Jim the DJ Guy on the *first*
Monday **and** the *third* Tuesday of
every month -12:00 pm.

LINE DANCING CLASSES
with David & Marcia Burbank
Fridays November 3 & 17 at **12:30 pm.**
Please note the earlier time. **Cost: \$5**
Register **508-866-4698 x3.**

BEREAVEMENT SUPPORT GROUP
Please register at **508-866-4698 x3.**
(every 4th Friday) this month 11/17

1-on-1 iPad 1/2 HR INSTRUCTION
w/ Lydia Nelson, Tuesday, November
28th starting at 10 am. For an appoint-
ment call **508-866-4698 x3.**

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES
Wednesdays at 10:00 am
**Must register by the Monday
before at 508-866-4698 x3.** 
Supplies are limited.



Adult
Coloring
Autumn
Coasters
11/1

Harvest
sign
11/8



Turkey
Candy
Dish
11/15

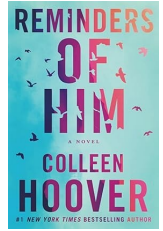
Thanksgiving
Magnets
11/22



Holiday
Card
Workshop
11/29

BOOK CLUB SELECTION

Reminders of Him
by Colleen Hoover
A troubled young mother
yearns for a shot at
redemption in this
heartbreaking yet hopeful
story. After serving five years in prison
for a tragic mistake, Kenna Rowan
returns to the town where it all went
wrong, hoping to reunite with her
four-year-old daughter. But the bridges
Kenna burned are proving impossible
to rebuild. Everyone in her daughter's
life is determined to shut Kenna out,
no matter how hard she works to prove
herself. Kenna must find a way to ab-
solute the mistakes of her past in order
to build a future out of hope and heal-
ing. **Register at 508-866-4698 x3**
and for a copy of the book.
Book Discussion Meeting:
Monday, November 27th, 1:00 pm.



FRIENDS OF CARVER COA HOLIDAY CRAFT FAIR BAKE SALE DONATIONS NEEDED

Anyone who would like to donate
baked goods to the Friends Bake Sale
please call the COA at 508-866-4698
x3 or email: paulnelson14@icloud.com

Items will need to be wrapped for
individual sale and can be dropped off
to the COA on Friday, December 1st
between 9:00 am - 12:00 pm

*Also needed:
hand knit & crocheted scarves.
**Free yarn is available,
call 508-866-4698 x3.**



Men's Monthly Coffee Club

Wednesday, November 8th
at 9:00 am
Drop-in for coffee, camaraderie
and conversation.
Hope to see you there!

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 2, Fri 8 - 11:15
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
By appointment with
Heidi Lufkin-Miles
SHINE Counselor / Outreach Facilitator
Call **508-866-4698 x2**
for an appointment.



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



NOVEMBER 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Send an email to: CarverCOANews@carverma.org.</i></p>			<p>Adult Coloring 1 Autumn Coasters 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm</p>	<p>Walking Club 2 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>Basket Weaving 3 Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30</p>	<p>Walking Club 4 9:00 am</p>
<p>DON'T FORGET 5 THANKSGIVING LUNCHEON TICKETS GO ON SALE WEDNESDAY, NOVEMBER 1ST!</p>	<p>Chair Yoga 6 10:00 am GATRA Bus Trip 10:00 am - 3:00 pm Lunch 11:30 am SINGO 12:00 pm</p>	<p>Wellness Clinic & Screenings 7 9:30 -11:30 am No Qi Gong Class Lunch 11:30 am Scrabble 12:00 pm</p>	<p>Men's Coffee Club 8 9:00 am HarvestSign 10:00 am Lunch 11:30 am Rummikub 12:00 pm</p>	<p>Walking Club 9 9:00 am Atty. Hale 10 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm</p>	<p>Basket Weaving 10 Group 2 - 9:00 am (second class on 11/21) Harvest Salad 10 am Lunch 11:30 am FREE Lunch for Senior Veterans</p>	<p>Walking Club 11 9:00 am</p>
<p>12</p>	<p>CLOSED IN OBSERVATION OF VETERANS DAY 13</p>	<p>No Wellness Clinic or Qi Gong Thanksgiving Luncheon 14 Advance Tickets Required 11:30 am</p>	<p>Turkey Candy Dish 15 10:00 am Lunch 11:30 am Rummikub 12:00 pm Emergency Preparedness 12:30</p>	<p>Walking Club 16 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>Basket Weaving Group 1 - 9:00 am 17 Bereavement 10:00am Lunch 11:30 am Line Dancing 12:30</p>	<p>Walking Club 18 9:00 am</p>
<p>19</p>	<p>Chair Yoga 20 10:00 am GATRA Bus Trip 10:00-3:00 Lunch 11:30 am</p>	<p>Wellness Clinic 21 9:30 -11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm Baskets -1:30 pm</p>	<p>Thanksgiving Magnets 22 10:00 am Lunch 11:30 am Rummikub 12:00 pm</p>	<p>23 CLOSED FOR THANKSGIVING</p>	<p>24 CLOSED FOR THANKSGIVING</p>	<p>Walking Club 25 9:00 am</p>
<p>REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A DEC. BIRTHDAY 26 508-866-4698 X3</p>	<p>Chair Yoga 27 10:00 am Lunch 11:30 am Book Club 1:00 pm</p>	<p>Wellness Clinic 28 9:30 -11:30 am iPad Appts. 10:00 am Lunch 11:30 am Finance Appts. 1-4 Lunch 11:30 am Scrabble 12:00 pm</p>	<p>Holiday Card Workshop 29 10:00 am Footcare 9:00 am - 2:30 pm Lunch 11:30 am Rummikub 12:00 pm</p>	<p>Walking Club 30 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>DON'T MISS THIS! 1  </p>	<p>FRIENDS OF CARVER COA HOLIDAY CRAFT FAIR 10 AM - 3 PM 2</p>