

August 2024

Carver Council on Aging

What's Happening in August

A Look Back at Amusement Parks



Presented by Nancy Franks
Wednesday, August 7th at 1:30 pm
Join us for a nostalgic look back at the local amusement parks of our childhood memories. From King's Castle Land, Pleasure Island, Paragon Park, Lincoln Park, and others! **Register at 508-866-4698 x3.**

Meet the Author: Bill Selvitelle

Wednesday, August 14th at 12:30 pm
Meet Bill and hear about his inspiration for his book titled "Heaven's Window", the story of a homeless veteran whose bond with a stray dog becomes his source of hope. Copies of his book will be available for purchase with proceeds benefiting the homeless. **Please register 508-866-4698 x3.**



Essential Oil Summer Solutions

Wednesday, August 21st at 1:00 pm
Discover ways to survive the rest of summer without chemicals! "Make and Take" an all natural mosquito repellent or cooling spray for \$10 each. **Please register at 508-866-4698 x3**



Willie Nelson - Songs & Stories with Matt York

sponsored by the Carver Cultural Council
Tuesday, August 27th at 1:00 pm

New England musician and author Matt York will perform the songs of Willie Nelson and tell stories about his long and illustrious career. **Please register at 508-866-4698 x3**



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.

Ice Cream Social & Comedy Show

sponsored by the Friends of Carver COA
Wednesday, August 28th at 12:00 pm

Join us for a sweet treat after lunch and share a few laughs with the senior-specific comedy of Bill Selvitelle! **Please bring a food pantry item or a pair of socks to support a local shelter. Register at 508-866-4698 x3.**



Carver COA & BLOOM Bus Tours present The Lake Winnepesaukee Turkey Train

Friday, October 18, 2024

Depart: 9:00 am / Return: 7:15 pm

Take a scenic two hour train ride through the countryside of New Hampshire complete with a full Turkey Dinner with all the fixin's catered by the famous Harts Turkey Farm. Following the lunch train excursion we head to Moulton Farm, in the heart of the Lakes Region. The perfect ending to a fall day.

Cost \$99 - Friends Members or \$139 - Non-members
Reservations and payments by Wednesday, September 18th
Call 508-866-4698 x3 today. Space is limited!

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 - Chair
Helen Marrone-Secretary
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 - MAX 5 PEOPLE
4 BAGS OR LARGE ITEMS LIMIT

NEW

Wednesdays 8:30 am & 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.

AUGUST GATRA BUS TRIPS

John F. Kennedy Hyannis Museum

Monday, August 5th, 9 am - 4 pm

Learn about the legacy of President Kennedy and his deep connection to Cape Cod.

Lunch on your own at a nearby restaurant.

Trip Cost: \$5 / bus & \$12 / Senior Admission

Legacy Place, Dedham

Monday, August 19th, 9 am - 4 pm

Shop a variety of stores and enjoy lunch on your own at one of the eatery options. **Cost: \$5 /bus**

Call the GATRA Dispatcher early to reserve your spot at 508-866-4698 x1. **Space is limited**

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

Our Regional Public Health Nurse 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. Pick up a SNAP application at the COA then call Outreach Facilitator Heidi Miles at **508-866-4698 x2** for an appt.

Meet & Greet with

Outreach Facilitator / SHINE Counselor Heidi Miles
Monday, August 26th at 12:00 noon in the small meeting room of the Carver Public Library.

IN-HOME HAIRCUT SERVICE W/ DONNA LAWRENCE

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



MONTHLY FOOT CARE w/ Dr. Alan Lechan

Wednesday, August 28th, 9:00 am - 2:30 pm

The \$35 foot care service includes: trimming nails and calluses. Bring your list of medications, doctor's name & 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 CLASSES

with instructor, *Bill Selvitelle*.

Mondays, August 5th, 12th, 19th & 26th at 10:00 am **Cost: \$5/class.**
Please register at **508-866-4698 x3.**

BEACH BALL CHAIR VOLLEYBALL



Tuesdays in August

6th, 13th, 20th & 27th at 9:30 am.

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

NO QI GONG with *Kathryn Demers* FOR AUGUST RESUMES 9/3.

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 August 2nd & 16th

Group 2: Fridays August 9th & 23rd at 9:00 am. **Cost: \$20/class.**

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

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

Every second Tuesday at 10:30 am

SINGO - MUSICAL BINGO

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

NO LINE DANCING CLASSES FOR AUGUST - CLASSES RESUME 9/6

BEREAVEMENT SUPPORT GROUP

Every 4th Friday, Friday, Aug. 23rd at 10:00 am. Register **508-866-4698 x3.**

JEWELRY MAKING WITH NANCY

Thursday, August 8th at 2:45 pm.

Create custom beaded jewelry.

Cost: \$10.

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

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

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.



Painted
Butterfly
House
8/7

Clay
Garden
Snail
8/14



Paper
Sunflower
8/21

Ice Cream
Cone
Decoration
8/28



LEGAL ASSISTANCE

Attorney Robert Fennessy, Esq. is offering the Carver COA pro bono legal assistance by appointment to fully retired Carver seniors for Wills, Durable Power of Attorney and Health Care Proxy preparation on the second Wednesday each month.

Call **508-866-4698 x3** for your half hour appointment.

BOOK CLUB SELECTION

Manhattan Beach

by Jennifer Egan

An award-winning novel of an Irish family living in Brooklyn during the Great Depression and World War II, where the shady underworld meets wartime heroics. **Register at 508-866-4698 x3 & for a copy of the book. Book Discussion Meeting: Monday, August 26th at 1:00 pm.**



MOVIE MATINEE: ELVIS

Friday, August 16th
at 12:00 pm

This film explores the life and music of Elvis Presley, depicted by Austin Butler, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker, portrayed by Tom Hanks. **Register at 508-866-4698 x3.**



"My Stairway to the Stars" A Memoir by Jim Collins

Tuesday, August 20th at 1:30 pm



Come hear about the fascinating life story and career of Carver resident and local celebrity, Jim Collins.

From humble beginnings to the Broadway stage, Jim has chronicled his entertaining exploits in a book titled "My Stairway to the Stars", edited by Diane L. Finn and Christine A. Scribner.

Copies will be available for purchase and signing by Jim himself!

Please register at 508-866-4698 x3.

MEALS ON THE MOVE

The COA provides prepared meals for homebound elders.

Monday - Friday

Daily Suggested Donation: \$5.00

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



AUGUST 2024



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. Thank you!</i></p>				<p>1 Lunch 11:30 am BINGO 12:30 pm</p>	<p>2 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am</p>	<p>3 NO QI GONG OR LINE DANCING IN AUGUST</p>
4	<p>5 GATRA Bus Trip 9 - 4 Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm</p>	<p>6 Wellness Clinic & Screenings 9:30 - 11:30 am Beach Ball Chair Volleyball 9:30 am Lunch 11:30 am Scrabble 12 pm</p>	<p>7 Butterfly House 10:00 am Birthday Lunch 11:30 am Rummikub 12 pm Amusement Parks 1:30 pm</p>	<p>8 Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm</p>	<p>9 Basket Weaving Group 2 - 9:00 am Lunch 11:30 am</p>	10
11	<p>12 Chair Yoga 10:00 am Lunch 11:30 am</p>	<p>13 Wellness Clinic 9:30 Chair Volleyball 9:30 Coffee w/ Chief / Talk w/ TA 10:30 Lunch 11:30 am Scrabble 12 pm</p>	<p>14 Legal Assistance 9:00 am Clay Snail 10:00 am Lunch 11:30 am Rummikub 12:00 pm Meet the Author 12:30 pm</p>	<p>15 Lunch 11:30 am BINGO 12:30 pm</p>	<p>16 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Movie Matinee 12 pm</p>	17
18	<p>19 GATRA Bus Trip 9 - 4 Chair Yoga 10:00 am Lunch 11:30 am</p>	<p>20 Wellness Clinic 9:30 Chair Volleyball 9:30 Lunch 11:30 am SINGO 12:00 pm Scrabble 12 pm Jim Collins 1:30 pm</p>	<p>21 Sunflower 10:00 am Lunch 11:30 am Rummikub 12 pm Essential Oils Make & Take 1:00 pm</p>	<p>22 Lunch 11:30 am BINGO 12:30 pm</p>	<p>23 Basket Weaving Group 2 - 9:00 am Bereavement 10:00 am Lunch 11:30 am</p>	<p>24</p> 
25	<p>26 Chair Yoga 10:00 am Lunch 11:30 am Meet & Greet w/ Heidi Miles at CPL 12:00 pm Book Club 1:00 pm</p>	<p>27 Wellness Clinic 9:30 Chair Volleyball 9:30 Lunch 11:30 am Scrabble 12 pm Financial Appts. 1 - 4 Matt York 1:00 pm</p>	<p>28 Footcare 9 - 2:30 Ice Cream Craft 10:00 am Lunch 11:30 am Ice Cream Social & Comedy Show 12p</p>	<p>29 Lunch 11:30 am BINGO 12:30 pm</p>	<p>30 Lunch 11:30 am</p>	<p>31 REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE A SEPTEMBER BIRTHDAY</p>