

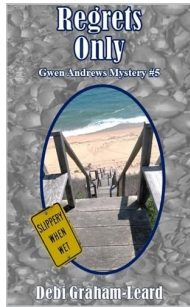
June 2024

Carver Council on Aging

What's Happening in June

Meet the Author: Debi Graham-Leard

Tuesday, June 4th at 1:00 pm
Join us to hear author Debi Graham-Leard as she shares the challenges of writing the 5th story in her Gwen Andrews Mystery Series titled 'Regrets Only'. Debi will conclude her presentation with a short reading, followed by a Q&A session with the audience. All books in the series will be available for purchase and autographing. **Register at 508-866-4698 x3**



A Musical Journey Through the Years

with Singer/Musician
Tommy Rull sponsored by
the Carver Cultural Council
Monday, June 10th at 1:00 pm



This entertaining program takes the audience on a walk down memory lane with the music of many great singers/entertainers, Sinatra, Neil Diamond, Elvis, Kenny Rogers, Louis Armstrong and many more. **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.

Ricotta Cheese Toasts

Presented by BID Registered Dietitian
Marcia Richards
Friday, June 7th at 10:00 am

This hands-on nutrition program will explore the health benefits of ricotta cheese and introduce a variety of sweet and savory ricotta cheese toast recipes to make and sample. **Register at 508-866-4698 x3.**



Intro to Birds & Birdwatching

presented by Mass Audubon
Tuesday, June 18th at 1:30 pm



Birdwatching is one of the fastest growing life-long, recreational activities in North America. Join us to find out what makes bird unique, how to locate them plus basic bird biology and behavior. You'll learn birdwatching techniques from the experts! **Register at 508-866-4698 x3.**



America's National Parks (part one)

Presented by Nancy A. Franks and sponsored by
the Friends of Carver COA

Tuesday, June 11th at 1:30 pm

National parks reveal the diversity, wonder and beauty of America, from the lush valley floors of Yosemite to the constantly erupting volcanoes of Hawaii.

Join us to discover the history and beauty of some of our nation's natural wonders and pristine preserved spaces.

Please register at 508-866-4698 x3

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*
Donna Marie Forand - *Vice 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 4 BAGS OR LARGE ITEMS LIMIT

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.

JUNE GATRA BUS TRIPS

Sandwich Glass Museum

Monday, June 10th, 9 am - 4 pm

Discover how beautiful glassware is made then enjoy lunch on your own at a nearby eatery.

Trip Cost: \$5 / bus & \$13 /admission

Derby Street Shops, Hingham

Monday, June 24th, 9 am - 4 pm

Shop a variety of stores and enjoy lunch at one of the many restaurant options. **Cost: \$5 / bus**

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

Coming soon . . . GATRA bulletin!

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. 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 on Friday, June 14th at 10:00 am 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, June 26th, 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 resume again with new instructor, Bill Selvittelo on Monday, June 3rd, 10th, 17th and 24th at 10am for **\$5/class**. Please register at **508-866-4698 x3**.



QI GONG with Kathryn Demers Tuesdays June 4th, 11th, 18th & 25th. at a 10:30 am **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 June 7th & 21st
Group 2: Fridays June 14th & 28th at 9:00 am. **Cost: \$20/class**. Please register at **508-866-4698 x3**.

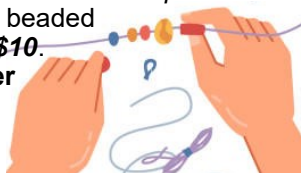
COFFEE WITH THE CHIEF & TALK WITH THE T.A. Every second Tuesday at 10:30 am

SINGO - MUSICAL BINGO Drop in the first Monday and the third Tuesday of every month at 12:00 pm.

LINE DANCING CLASSES with David & Marcia Burbank Fridays June 7th & 21st at 12:30 pm. **Cost: \$5 Register 508-866-4698 x3**

BEREAVEMENT SUPPORT GROUP Every 4th Friday, Friday, June 28th at 10:00 am. Register **508-866-4698 x3**.

JEWELRY MAKING WITH NANCY Thursday, June 13th at 2:45 pm. Create custom beaded jewelry. **Cost: \$10**. Please register at **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.



Tissue Paper Butterfly Painting 6/5

Beaded Garden Stakes 6/12



(NO CRAFT CLASS 6/19)



Mermaid Wave Craft 6/26

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

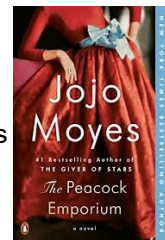
BOOK CLUB SELECTION

The Peacock Emporium

by Jojo Moyes

A British woman struggles to deal with her eminent family's legacy and her own unhappiness as she opens an eclectic shop in her hometown. "Moyes has written a novel that is entertaining and moving with the right elements of romance and scandal to make it memorable".

Register at 508-866-4698 x3 & for a copy of the book. Book Discussion Meeting: Monday, June 24th at 1 pm



MOVIE MATINEE: A RIVER RUNS THROUGH IT

Friday, June 14th at 12:00 pm

The story follows two sons of a Presbyterian minister, one studious and the other rebellious, as they grow up and come of age in the Rocky Mountain region during the time of World War I to the early days of the Great Depression.

Register at 508-866-4698 x3.



FRIENDS OF CARVER COA ELECTRONICS RECYCLE FUNDRAISER



Saturday, June 29th from 9 am - 1 pm

At the Our Lady of Lourdes Church parking lot
130 Main Street (Rte 58)
Center Carver

Responsibly discard your broken, old and unused electronics, TVs, phones and computers for donations benefiting the Friends who support the activities for seniors at the Carver COA. **Details at: www.friendscarvercoa.com/recyclefundraiser.**

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 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

JUNE 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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.</p>			29	30	31	1
2	3 Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm	4 Wellness Clinic & Screenings 9:30 - 11:30 am Qi Gong 10:30 Lunch 11:30 am Scrabble 12 pm Meet the Author 1 pm	5 Tissue Butterfly Painting 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm	6 Lunch 11:30 am BINGO 12:30 pm	7 Basket Weaving Group 1 - 9:00 am Ricotta Cheese Toasts 10:00 am Lunch 11:30 am Line Dancing 12:30	8
9	10 Chair Yoga 10:00 am Lunch 11:30 am GATRA Bus Trip CCC Tommy Rull Musical Journey 1:00 pm	11 Wellness Clinic Qi Gong 10:30 Coffee w/ Chief / Talk w/ TA 10:30 Lunch 11:30 am Scrabble 12 pm Nat'l Parks 1:30 pm	12 Legal Assistance Appointments 9:00 am Beaded Garden Stakes 10:00 am Rummikub 12:00 pm	13 Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	14 Basket Weaving Group 2 - 9:00 am Meet & Greet 10am Heidi Miles at CPL Lunch 11:30 am Movie Matinee 12 pm	15
16 	17 Chair Yoga 10:00 am Lunch 11:30 am	18 Wellness Clinic Qi Gong 10:30 Lunch 11:30 am SINGO 12:00 pm Scrabble 12 pm Bird Watching 1:30 Financial Appts. 1-4	19 CLOSED FOR 	20 Lunch 11:30 am BINGO 12:30 pm	21 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30	22
23 REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE A JULY BIRTHDAY 508-866-4698 X3	24 Chair Yoga 10:00 am GATRA Bus Trip Lunch 11:30 am Book Club 1:00 pm	25 Wellness Clinic 9:30 - 11:30 Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm	26 Footcare 9-2:30 Mermaid Wave 10:00 am Lunch 11:30 am Rummikub 12 pm	27 Lunch 11:30 am BINGO 12:30 pm	28 Basket Weaving Group 2 - 9:00 am Bereavement 10:00 am Lunch 11:30 am	29 FRIENDS ELECTRONICS RECYCLING FUNDRAISER 9-1 OUR LADY of LOURDES PARKING LOT