



# Connections

December 2025 ISSUE 112



## **HOLIDAY CONCERT WITH MATT YORK MONDAY, DECEMBER 8TH | 12:30 PM**

*Sponsored by the Carver Cultural Council*

Come enjoy some old and new festive songs of the season with long-time New England musician Matt York. Matt has performed a variety of concerts at the Carver COA over the years to rave reviews. Join us for a joyful performance sure to get you in the holiday spirit! And, feel free to sing along! *Please register with Alice 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.



## **THE STORIES BEHIND OUR FAVORITE CHRISTMAS CAROLS & SONGS**

**TUESDAY, DECEMBER 23RD | 12:30 PM**

*Presented by Nancy Franks*

Let's explore the stories behind our favorite Christmas carols and holiday songs. Our musical journey will take us from the 13th century to the 1990's. You bet there will be plenty of singing! The presentation will be followed by a Christmas-themed raffle! *Please register with Alice at 508-866-4698 x3 or email: [alice.mcmahon@carverma.gov](mailto:alice.mcmahon@carverma.gov).*

## SMALL BITES & APPETIZERS WITH MARCIA RICHARDS

FRIDAY, DECEMBER 5TH | 10:00 AM

Join BID Registered Dietitian Marcia Richards to learn how to prepare healthy, delicious snacks and “small bites” that taste good *and* make you feel good! Tastings will be available. Register with Alice at 508-866-4698 x3



## “HOLIDAY BLUES”: THE UNWANTED GIFT OF WINTER

MONDAY, DECEMBER 15TH  
12:30 PM

The holidays can be fun, but they can also bring up a lot of emotions. Join the “Carver Cares” team to make worry dolls and discuss ways to take care of your mental health and wellbeing. Helpful resources in your area will be shared. Register at 508-866-4698 x3



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## 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**



## COMFORT DOG “DAISY” VISITS



3RD TUESDAYS | 11 AM

Drop in every 3rd Tuesday for a relaxing and engaging visit with Comfort Dog Daisy and handler Officer Farquharson.

## MIND AND BODY WELLNESS

### MONTHLY BEREAVEMENT SUPPORT GROUP

EVERY 4TH FRIDAY | 10 AM

Find comfort in this monthly bereavement group facilitated by Continuum Hospice. Register at 508-866-4698 x3.

### MONTHLY MEDICINE REVIEW

LAST MONDAYS | 9 -11:30 AM

Call 508-866-4698 x3 for an appt to review your medication with a licensed Pharmacist.

### 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!



## ANNUAL "YANKEE SWAP" SOCK EXCHANGE

**TUESDAY,  
DECEMBER 16TH  
10:00 AM**

Participants will need to bring a new pair of wrapped holiday-themed adult socks to exchange the "Yankee Swap" way!

Everyone goes home with a pair of socks but the fun is how we get there!

*Please register with Alice at 508-866-4698 x3 or email: [alice.mcmahon@carverma.gov](mailto:alice.mcmahon@carverma.gov)*



## CRAFT YOUR OWN TEA BLEND WITH THERAPY GARDENS

***SPONSORED BY THE FRIENDS OF CARVER COA  
WEDNESDAY, DECEMBER 17TH | 12:30 PM***



Learn the art of tea blending, and explore different herbs, spices and teas. We'll bring different base teas and a mix of herbal tea with other accents for you to choose from. Use our recipes or craft your own unique tea blends to take home or to gift. *Register at 508-866-4698 x3.*

# NEVER MISS OUR NEWSLETTER!

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Have our newsletter  
emailed to you.



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## ESSENTIAL OILS HOLIDAY ROOM SPRAY MAKE & TAKE

WEDNESDAY, DECEMBER 10TH | 12:30 PM | COST \$10

Join doTERRA Representative Chris Ventura to capture the nostalgic and uplifting scents of the season by making your own custom holiday room spray with doTERRA essential oils. **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

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 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.**

December 3rd - Assorted  
Holiday  
Crafts

December 10th-Beaded  
Ornaments

December 17th-Painted  
Mugs



### 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.**



# HOLIDAY CANDY LEFT, CENTER, RIGHT GAME

MONDAY, DECEMBER 22ND | 12:30 PM

The holidays are a time to give in to your sweet tooth cravings and have a little guilt-free fun at the same time! Come play a few rounds of LCR with Holiday candy pots! **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 McMahon -  
*Activities Coordinator*  
Lydia Nelson - *Officer*  
Bob Bumpus - *Officer*  
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*  
Cathy Gallimore -  
*Member*  
Marie Fahey -  
*Member*  
Damon Fisher -  
*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.* 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	12/1 - Chicken Cordon Royale, mashed potatoes, carrots, key lime pie
Tuesday	12/2 - Chicken Nuggets w/ dipping sauce, fries, corn, peaches
Wednesday	12/3 - Meatloaf, mashed potatoes w/ gravy, green beans, Birthday Cake and Ice Cream
Thursday	12/4 - Chicken Teriyaki, fried rice, oriental vegetables, pears
Friday	12/5 - Pizza w/ toppings, soup, lemon Jello
Monday	12/8 - Chicken Broccoli Cheese Croquettes, rice pilaf, peas, tropical fruit mix
Tuesday	12/9 - Sausage, Peppers & Onions over rice, corn, pound cake
Wednesday	12/10 - Chicken Meatballs w/ gravy, mashed potatoes, mixed vegetables, pineapple
Thursday	12/11 - Beef Chili with cheese over rice, orange Jello
Friday	12/12 - Baked Haddock w/ lemon, fries, beets, fruit cocktail
Monday	12/15 - Assorted Calzones, chips, banana cake
Tuesday	12/16 - Knockwurst, potato salad, mixed vegetables, mandarin oranges
Wednesday	12/17 - Pulled Pork Sandwich, cranberry cole slaw, vanilla pudding
Thursday	12/18 - Ground Beef w/ Peppers & Onions, mashed potatoes, peaches
Friday	12/19 - Tuna Salad Sandwich, chips, red velvet cake
Monday	12/22 - Cranberry Walnut Chicken Salad, potato salad, pears
Tuesday	12/23 - Hot Dogs, baked beans, brown bread, chocolate cake
Wednesday	12/24 - CLOSED FOR CHRISTMAS EVE
Thursday	12/25 - CLOSED FOR CHRISTMAS DAY
Friday	12/26 - Egg Salad Sandwich, soup, tropical fruit mix
Monday	12/29 - Chicken Kiev, fries, beets, tiramisu
Tuesday	12/30 - Lasagna, green beans, ice cream sundae bar
Wednesday	12/31 - CLOSED FOR NEW YEAR'S EVE



## COUNTDOWN TO NOON ICE CREAM SOCIAL

**SPONSORED BY THE FRIENDS OF CARVER COA  
TUESDAY, DECEMBER 30TH, 11:45 AM**

Join us as we countdown to noon to celebrate the coming New Year with an ice cream sundae bar and a concert with Jennifer Mello! *Please register with Alice at 508-866-4698 x3*



## MONTHLY BOOK CLUB

**MONDAY 12/29 AT 1:00 PM**

A feel-good novel as delightful as hot chocolate on a cold winter's night. Pamela Kelley's most heartwarming and magical book yet. A joyful story of second chances at the most wonderful time of the year!

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



## MOVIE MATINEE: GENIE

**FRIDAY 12/19 AT 12:00 PM**

A holiday fairytale comedy about a genie, a man, and getting one last chance to fix the mess you've made of your life and discovering that an unexpected friendship can unleash a special holiday magic all its own.

*Please register 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**

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### John E. McCluskey, Esq.

ELDER LAW ATTORNEY

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# December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Chair Yoga Advanced 9 am Chair Yoga Basic 10 <b>Card Making 10 am</b> Lunch 11:30 am <b>SINGO 12:00 pm</b>	<b>2 Wellness Clinic Screenings 9:30 am</b> Chair Volleyball 9:30 <b>Qi Gong 10:30 am</b> Lunch 11:30 am Scrabble 12:00 pm	<b>3</b> Assorted Holiday Crafts 10:00 am <b>Birthday Celebration Lunch 11:30 am</b> Rummikub 12:00 pm	<b>4</b> Lunch 11:30 am BINGO 12:30 pm	<b>5</b> Guided Meditation 9:00 am <b>Small Bites w/ Marcia Richards 10:00 am</b> Lunch 11:30 am	<b>6</b>
7	<b>8</b> Chair Yoga Advanced 9 am Chair Yoga Basic 10 Lunch 11:30 am <b>Matt York Concert 12:30 pm</b>	<b>9 Wellness Clinic 9:30 am</b> Chair Volleyball 9:30 <b>Qi Gong 10:30 am</b> <b>Coffee w/Chief 10:30</b> Lunch 11:30 am Scrabble 12:00 pm <b>Footcare 12:00 pm</b>	<b>10 Hearing Screening appts. 9:30 - 11 am</b> Beaded Ornaments 10:00 am Lunch 11:30 am Rummikub 12:00 pm <b>Holiday Room Spray 12:30 pm</b>	<b>11 Atty Hale Appts. 10:00 am</b> Lunch 11:30 am BINGO 12:30 pm	<b>12</b> <b>Guided Meditation 9:00 am</b> Lunch 11:30 am	<b>13</b>
14	<b>15</b> Chair Yoga Advanced 9 am Chair Yoga Basic 10 Lunch 11:30 am <b>"Holiday Blues" w/ Carver Cares 12:30</b>	<b>16 Wellness 9:30</b> Chair Volleyball 9:30 <b>Sock Exchange 10 am</b> Qi Gong 10:30 am <b>Comfort Dog 11 am</b> Lunch 11:30 am <b>SINGO 12:00 pm</b>	<b>17 Painted Mug Craft 10:00 am</b> Lunch 11:30 am Rummikub 12:00 pm <b>Tea Blends w/ Therapy Gardens 12:30 pm</b>	<b>18</b> Lunch 11:30 am BINGO 12:30 pm	<b>19</b> Guided Meditation 9:00 am <b>Bereavement 10</b> Lunch 11:30 am <b>Movie Matinee 12</b>	<b>20</b>
21	<b>22 Footcare 9:00 am - 2:30 pm</b> Chair Yoga Advanced 9 am Chair Yoga Basic 10 Lunch 11:30 am <b>Holiday LCR 12:30</b>	<b>23 Wellness Clinic 9:30 am</b> Chair Volleyball 9:30 <b>Qi Gong 10:30 am</b> Lunch 11:30 am <b>Christmas Carol Stories 12:30 pm</b> <b>Financial Appts 1 pm</b>	<b>24 CLOSED FOR CHRISTMAS EVE</b>	<b>25 CLOSED FOR CHRISTMAS DAY</b>	<b>26</b> <b>Guided Meditation 9:00 am</b> Lunch 11:30 am	<b>27</b>
28	<b>29</b> Chair Yoga Advanced 9 am <b>Brown Bag Appts 9 - 11:30</b> Chair Yoga Basic 10 <b>Nimble Fingers 10</b> Lunch 11:30 am <b>Book Club 1:00 pm</b>	<b>30 Wellness Clinic 9:30 am</b> Chair Volleyball 9:30 <b>Qi Gong 10:30 am</b> Lunch 11:30 am <b>Countdown to Noon Ice Cream Social &amp; Concert 11:45 am</b>	<b>31 CLOSED FOR NEW YEARS EVE</b>			