



Connections

February 2025 ISSUE 102



REMEMBERING THE BLIZZARD OF '78 TUESDAY, FEBRUARY 4TH | 12:30 PM

Presented by Nancy Franks

Join Nancy as she shares the stories of hope, kindness, cooperation and courage that took place during the storm that dropped more than 27 inches of snow on this unprepared region, stranding cars along an 8-mile stretch of Route 128 as well as the historic tidal flooding and violent winds that destroyed homes and roads. A snow-themed raffle will follow. **Please register at 508-866-4698 x3.**

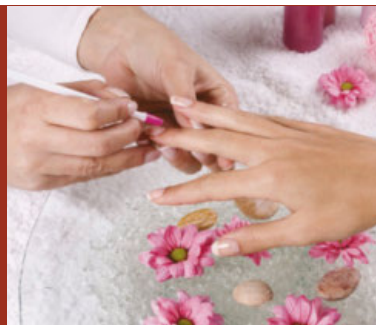
PLYMOUTH COUNTY COMFORT DOGS WITH DISTRICT ATTORNEY TIM CRUZ TUESDAY, FEBRUARY 18TH | 1:30 PM

Come meet the Plymouth County Comfort Dogs and their Law Enforcement handlers. D.A. Tim Cruz will be on hand to describe the mission of this important program and how it benefits the community by promoting well-being with the use of animal-assisted intervention that provides emotional support and comfort. *Light refreshments will be served.* **Please register at 508-866-4698 x3.**

FREE MANICURES FROM OLD COLONY VOTECH

FRIDAY, FEBRUARY 7TH | 9:00 AM - 11:30 AM

The Cosmetology students from Old Colony VoTech will be at the COA to provide free manicures to perfect their skills. *Any tips go toward the cost of the students' licensing.* Register 508-866-4698 x3.



WINTER'S HERE!



*Just a reminder that winter weather can disrupt our daily activities and services. **When the weather causes the Carver Public Schools to close, the Carver COA will be closed as well, along with our GATRA bus service.** If the schools have a 1 or 2 hour weather delay in opening, the COA building will follow that schedule as well.*

Notification of weather related school closings or delays will be posted on all the local TV stations as well as WATD Radio.

The Carver COA will post a notice on our Facebook page and send an email notice to all registered COA members with email addresses in our system.

Stay Safe and Warm this Winter!

Connie Kelly

Carver COA Director

MEET & GREET HEIDI MILES

MONDAY, FEBRUARY 3RD | 10:00 AM

Drop-in to the *Small Meeting Room of the Carver Public Library* to meet Outreach & SHINE Counselor Heidi Miles for your insurance questions and to learn about the COA services and activities.

“

Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.

VESTA M. KELLY

”

MIND AND BODY WELLNESS

MONTHLY BEREAVEMENT SUPPORT GROUP

Find comfort and support in this monthly bereavement group facilitated by Continuum Hospice & Palliative Care of Fall River. This group meets on the *4th Friday of every month* at 10:00 am in the library room of the COA. **Please register at 508-866-4698 x3.**

MONTHLY FOOTCARE

Podiatrist Dr. Alan Lechan offers foot care services *on the 4th Wednesday of every month* from 9:00 am - 2:30 pm at the COA. The \$35 service includes trimming of nails and calluses. Please bring a list of all your medications, doctor's name and date of last visit. **Call 508-866-4698 x3 for an appointment.**

WEEKLY WELLNESS CLINICS

TUESDAYS | 9:30 AM - 11:30 AM

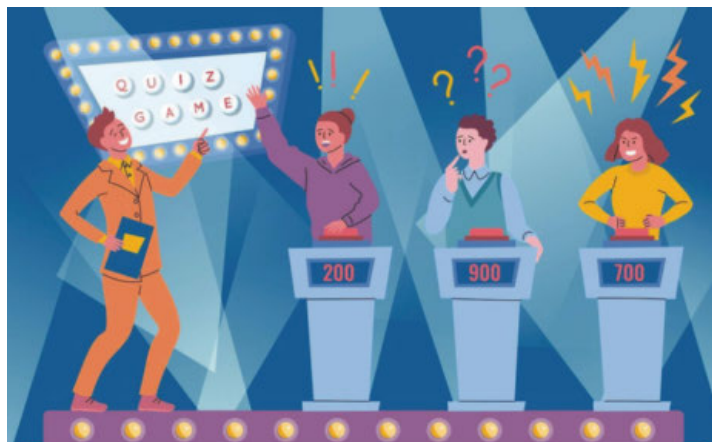
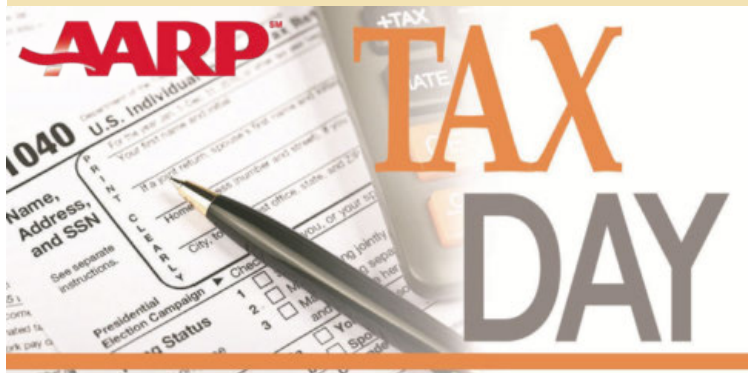
Our Regional Public Health Nurse provides weekly blood pressure clinics every Tuesday from 9:30 am - 11:30 am. Glucose and cholesterol screenings are provided through Carver EMS on a monthly basis on the *first Tuesday* of each month during the Wellness Clinics. These weekly health checks offer an additional opportunity to address *any* concerns you may want to discuss between visits with your primary care physician. Drop-in, no appointment is necessary.



AARP TAX AIDE SERVICE

MONDAYS, FEBRUARY 10TH - APRIL 14TH
9:00 AM - 2:30 PM

(except February 18th - Presidents Day & March 17th)
AARP-trained volunteer tax preparers will provide free tax prep assistance by appointment only to qualified seniors (no self-employment or complicated investments). **Carver residents may start to call for an appointment Monday, February 3rd, all others may call starting Tuesday, February 18th for available appointments at 508-866-4698 x3.**



GAME SHOWS TO GO

WEDNESDAY, FEBRUARY 26TH | 12:30 PM

Come Join the excitement at a LIVE TV-like Game Show program hosted by Kevin Richman, where everyone is a winner and trivia questions are part of the fun. Everyone participates in this unique experience as both contestants on the panel and members of the audience. **Please register at 508-866-4698 x3**

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



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VALENTINE "LEFT, CENTER, RIGHT" GAME

FRIDAY, FEBRUARY 14TH | 12:00 PM

Join us for several rounds of a fast-paced dice game called LCR or "Left, Center, Right", using Valentine candy for the pots. You never know who will win until the very end! **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 McMahon
508-866-4698 x3
alice.mcmahon@
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

BASKET WEAVING

with Patty Batson
2 groups of 2 classes/month:
Group 1: 1st & 3rd Fridays
Group 2: 2nd & 4th Fridays
at 9:00 am, *Cost: \$20/class*

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 and the
third Tuesday of each month
at 12:00 pm. Drop-in

LINE DANCING

with Dave & Marcia Burbank
Fridays, February 21st and 28th
at 12:30 pm. *Cost: \$5*

NEW KNIT AND CROCHET CLUB

**MONDAY, FEBRUARY 24TH
10:00 AM -11:00 AM**

Group crafting can be a lot of
fun to form new friendships
and find new inspirations.
Bring a current project or work
with provided patterns and
yarn with your own hooks or
needles. **Please register at
508-866-4698 x3**



FRIENDS OF CARVER COA MEMBERSHIP DRIVE

FRIDAY, FEBRUARY 7TH | 10:00 AM - 12:00 PM

Sign up or renew your annual Friends Membership for \$15 and receive an exclusive Friends tote while they last! Funds raised support Carver COA events, activities and trips.



CONTACTS

Friends of Carver Council on Aging

Jack Franey -
President
Paul M. Kelly -
Vice President
Jackie Rogerson -
Treasurer
Elaine Gorham -
Secretary
Alice McMahon -
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

Alan Dunham - Chair
Elaine Raymond -
Co-Vice Chair
Mary DuRoss -
Co-Vice Chair
Helen Marrone -
Secretary
Cathy Gallimore -
Member
Louise Walsh - Alt.
Mike Nicolazzo - Alt.

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	2/3 - Chicken Broccoli Cheese Croquettes, rice pilaf, beets, peaches	
Tuesday	2/4 - Pulled Pork Sandwiches, cranberry cole slaw, lime Jello	
Wednesday	2/5 - Meatloaf, gravy, mashed potatoes, green beans, Birthday Cake and ice cream	
Thursday	2/6 - Chicken Kiev, sweet potato puffs, carrots, pears	
Friday	2/7 - Roast Beef Sandwiches, chicken soup, chips, tropical fruit mix	
Monday	2/10 - Assorted Calzones, chips, mangoes	
Tuesday	2/11 - Chicken Stew with mixed vegetables, vanilla pudding	
Wednesday	2/12 - Shepherd's Pie with gravy, sliced cucumbers, pineapple	
Thursday	2/13 - Lasagna, green beans, lemon Jello	
Friday	2/14 - Baked Haddock, lemon, fries, corn, mandarin oranges	
Monday	2/17 - CLOSED FOR PRESIDENTS DAY	
Tuesday	2/18 - Teriyaki Chicken, fried rice, oriental vegetables, chocolate cake	
Wednesday	2/19 - Beef Chili over rice with cheese, fruit cocktail	
Thursday	2/20 - Hot Dogs, baked beans, brown bread, chocolate pudding	
Friday	2/21 - Cranberry Walnut Chicken Salad, potato salad, mandarin oranges	
Monday	2/24 - Chicken Cordon Royale, mashed potatoes, green peas, peaches	
Tuesday	2/25 - Sausage, Peppers & Onions over rice, orange Jello	
Wednesday	2/26 - American Chop Suey, green beans, pears	
Thursday	2/27 - Knockwurst, potato salad, sauerkraut, mixed vegetables, tiramisu	
Friday	2/28 - Turkey & Cheese Sandwiches, soup, chips, mangoes	



WEEKLY CRAFT CLASSES

WEDNESDAYS AT 10:00 AM

Participants must register by the Monday before each class at 508-866-4698 x3. *Supplies are limited.*

Wednesday 2/5 - Valentine Ornaments

Wednesday 2/12 - Glass Bead Heart

Wednesday 2/19 - Assorted Scratch Art

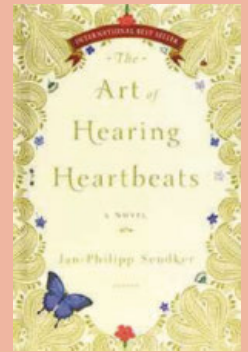
Wednesday 2/26 - Cross Tealight

MONTHLY BOOK CLUB

MONDAY 2/24 AT 1:00 PM

The Art of Hearing Heartbeats by Jan-Phillip Sendker is a passionate love story, a haunting fable, and an enchanting mystery set in Burma, which will have you believing in the power of love!

For a copy of the book, please register at 508-866-4698 x3.

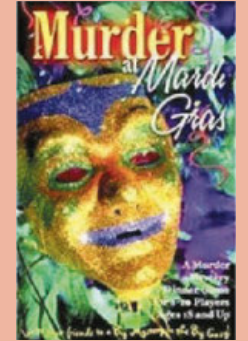


COMING IN MARCH . . .

TUESDAY 3/4 AT 1:00 PM

Old scores are settled and family secrets are exposed when Pierre DuPre, the King of the Krewe, is murdered. The participants must work together to solve the mystery!

Register at 508-866-4698 x3 to receive your character assignment!



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.

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

WE APPRECIATE OUR
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John E. McCluskey, Esq.

ELDER LAW ATTORNEY

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Carver Council on Aging, South Carver, MA

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P.O. BOX 618
SOUTH CARVER, MA 02366

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February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Adv Chair Yoga 9 - 10 Chair Yoga 10-11 Heidi Meet & Greet 10:00 am at CPL Lunch 11:30 am SINGO 12:00 pm	4 Wellness Clinic 9:30 - 11:30 am Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Blizzard of '78 12:30 pm	5 Valentine Ornaments 10 am Friends of COA 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 Free O.C. Manicure Appts. 9 - 11:30 am Friends Membership 10am - 12: pm Lunch 11:30 am	8
9	10 AARP Tax Appts. 9 am - 2:30 pm Adv Chair Yoga 9 - 10 Chair Yoga 10-11 Lunch 11:30 am	11 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Coffee w/ the Chief & Talk w/ the T.A. 10:30 am Lunch 11:30 am Scrabble 12:00 pm	12 Glass Bead Hearts 10:00 am Lunch 11:30 am Rummikub 12:00	13 Atty Hale Appts 10:00 am Lunch 11:30 am Bingo 12:30 pm	14 Basket Weaving Group 2 - 9:00 am Lunch 11:30 am Valentine LCR Game 12:30 pm	15
16	17 CLOSED FOR PRESIDENTS DAY	18 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12:00 pm Comfort Dogs and D.A. Cruz 1:30 pm	19 Assorted Scratch Art 10:00 am Visit w/Veterans Agent 10:30 - 11:30 Lunch 11:30 am Rummikub 12:00	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 pm	22
23	24 AARP Tax Appts. 9 am - 2:30 pm Adv Chair Yoga 9 - 10 Chair Yoga 10-11 Knit Club 10-11 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 Financial Appt 1-4	26 Footcare 9-2:30 Embellished Cross Tealight 10:00 am Lunch 11:30 am Rummikub 12:00 Game Shows to Go 12:30 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 Line Dancing 12:30 pm	Don't forget to register at 508-866-4698 x3 for the Birthday Lunch Celebration if you have a March Birthday