



Connections

May 2025 ISSUE 105



DOWNSIZING & DECLUTTERING **WEDNESDAY, MAY 14TH | 12:30 PM**

Presented by the AARP Speakers Bureau

Want help learning how you can simplify your life? If you're looking to get rid of unwanted stuff around the home, join us for our free downsizing and decluttering presentation. You'll hear about important organizing tips while exploring how streamlining your things could help you feel happier, less stressed, and more productive. Please register with Alice today at 508-866-4698 x3.

JUMPIN' JUBA FREE CONCERT **WEDNESDAY, MAY 28TH | 1:00 PM**

Sponsored by Carver Cultural Council

Jumpin' Juba has a rootsy-bluesy sound inspired by many flavors of American blues music. New Orleans swamp-rock, classic boogie-woogie, folk, Memphis rock & roll, and a playful use of everything from calypso to country are stirred into the band's "blue stew". For a toe-tapping, foot-stomping good time, 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.

HEALTH BENEFITS OF AVOCADO TOAST

FRIDAY, MAY 31ST | 10:00 AM

Join BID Registered Dietitian Marcia Richards to discover the many health benefits of avocado toast. Samples and recipes will be available. **Please register with Alice at 508-866-4698 x3.**



MEET & GREET HEIDI MILES

MONDAY 4/14 | 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.



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 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 CLINICS

TUESDAYS | 9:30 AM - 11:30 AM

Currently, our EMS department 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.*



VISITING DENTAL HYGIENE

MONDAY, MAY 19TH | 9 AM - 2 PM

This program brings a **licensed public health dental hygienist** to the COA to provide quality dental care right here in our community. Services include teeth cleanings, oral health education, and tips for maintaining a healthy smile. A \$50 copay is all that's required for this visit.



"A healthy mouth can actually help prevent many life-threatening diseases including heart disease, stroke, diabetes, respiratory diseases and periodontal (gum) disease."

Don't miss this opportunity to prioritize your oral health with care designed to fit your needs. For questions or to schedule an appointment, call Alice at 508-8664698 x3

Because a healthy smile is part of a healthy life! 😊

NEW COA DECK OPEN HOUSE

***MONDAY, MAY 12TH | 9 AM - 11 AM**



(facsimile representation)

Stop by Monday, May 12th between 9:00 am and 11:00 to check out the new COA deck for outdoor activities and enjoyment! Learn about upcoming events and activities at the COA. Light refreshments will be served. No registration needed, just drop by!

** Weather permitting. Rain date will be Tuesday, May 27th.*

JEWELRY MAKING WITH NANCY

THURSDAY, MAY 8TH | 2:45 - 4:30 PM (APPROX)

Come create custom beaded bracelets or necklaces while learning jewelry making techniques and design. **Cost: \$10**

Please register with Alice 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: \$25/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, May 9th & 23rd at
12:30 pm. Cost: \$5

WEEKLY CRAFT CLASSES

WEDNESDAYS AT 10:00 AM

**Register by 2 days prior at 508-
866-4698 x3. Supplies are limited.**

May 7th - *Sugar Scrub with
Essential Oils*

May 14th - *Painted Bird Houses*

May 21st - *Ribbon & Beads
Wind Chime*

May 28th - *Spring Stencil Canvas
Drawstring Bag*

"NIMBLE FINGERS" KNIT AND CROCHET CLUB

MONDAY, 5/19 10:00 -11:00 AM

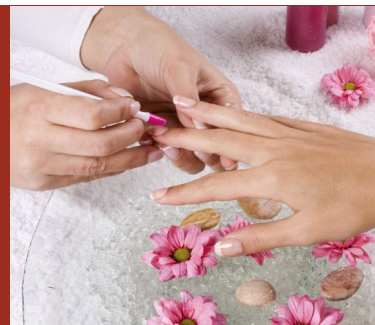
Group crafting can be a lot of fun
to form new friendships and find
new inspirations. Bring a current
project or work with
provided patterns
and yarn with your
own hooks or
needles. **Register
at 508-866-4698 x3**



FREE MANICURES FROM OLD COLONY VOTECH

FRIDAY, MAY 9TH | 9:30 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.**



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**

Thursday	5/1 - Chicken Kiev, mashed potatoes, peas, diced pears
Friday	5/2 - Ham salad Sandwich, chips, peaches
Monday	5/5 - Cinco de Mayo Tacos w/ toppings, tortilla chips, cheese dip, tropical fruit dip
Tuesday	5/6 - Hot dogs, beans, brown bread, vanilla pudding
Wednesday	5/7 - Meatloaf with gravy, mashed potatoes, green beans, Birthday Cake & Ice Cream
Thursday	5/8 - Pizza with toppings, chips, lemon Jello
Friday	5/9 - Tuna salad sandwich, soup, mixed fruit
Monday	5/12 - Chicken broccoli cheese croquettes, rice pilaf, peas, pound cake
Tuesday	5/13 - Lasagna, green beans, mandarin oranges
Wednesday	5/14 - Pulled pork sandwich, cranberry cole slaw, tiramisu
Thursday	5/15 - Beef chili with cheese over rice, chocolate pudding
Friday	5/16 - Chicken Salad Sandwich, macaroni salad, peaches
Monday	5/19 - Sausage, peppers and onions over rice, key lime pie
Tuesday	5/20 - Teriyaki chicken over rice, oriental vegetables, pears
Wednesday	5/21 - Roast Beef & Cheese Sandwich, soup, banana cake
Thursday	5/22 - Chicken Cordon Royale, mashed potatoes, beets, tropical fruit
Friday	5/23 - Baked Haddock w/ lemon, sweet potato puffs, carrots, red velvet cake
Monday	5/26 - <i>Closed for Memorial Day</i>
Tuesday	5/27 - Assorted Calzones w/chips, pineapple
Wednesday	5/28 - Chicken Meatballs with gravy, mashed potatoes, carrots, orange Jello
Thursday	5/29 - American Chop Suey, green beans, chocolate cake
Friday	5/30 - Egg Salad Sandwich, potato salad, fruit mix



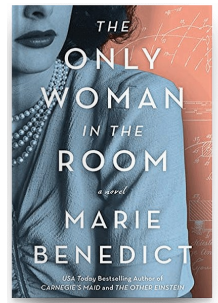


MONTHLY BOOK CLUB

MONDAY 5/19 AT 1:00 PM

A fictionalized biography of Hedy Lamarr, a Hollywood star and scientist. The novel explores her beauty, intelligence, and challenges in a male-dominated world.

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

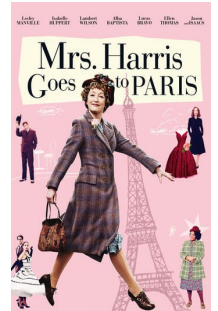


MOVIE MATINEE: MRS. HARRIS GOES TO PARIS

FRIDAY 5/30 AT 12:00 PM

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one. She embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior

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



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

PRSRT STD
U.S. Postage
PAID
Permit #37
Carver, MA 02330

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Lunch 11:30 am Bingo 12:30 pm	2 Basket Weaving 9:00 am - Group 1 Lunch 11:30 am	3
4	5 Adv. Chair Yoga 9 Basic Chair Yoga 10 Lunch 11:00 am SINGO 12:00 pm	6 Bloom Bus Trip Wellness /Screenings Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm	7 Sugar Scrub Craft 10:00 am Lunch 11:30 am Rummikub 12:00	8 Atty Hale 10:00 Lunch 11:30 am Bingo 12:30 pm Jewelry 2:45 pm	9 Basket Weaving 9:00 am - Group 2 Manicure Appts 9:30-11:30 am Lunch 11:30 am Line Dancing 12:30	10
11	12 New Deck Open House 9 - 11 am *(Rain date 5/27) Adv. Chair Yoga 9 Basic Chair Yoga 10 Lunch 11:00 am	13 Wellness Clinic Volleyball 9:30 Qi Gong 10:30 am Coffee w/ Chief & Talk w/TA 10:30 am Lunch 11:30 am Scrabble 12:00 pm	14 Painted Birdhouse Craft 10:00 am Lunch 11:30 am Rummikub 12:00 AARP Downsizing & Decluttering 12:30 pm	15 Lunch 11:30 am Bingo 12:30 pm	16 Basket Weaving 9:00 am - Group 1 Lunch 11:30 am	17
18	19 Dental Appts 9-2 Adv. Chair Yoga 9 Basic Chair Yoga 10 Nimble Fingers 10 Lunch 11:30 am Book Club 1:00 pm	20 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble	21 Ribbon & Beads Windchime 10 am Lunch 11:30 am Rummikub 12:00 pm Better Sleep 1 pm	22 Lunch 11:30 am Bingo 12:30 pm	23 Basket Weaving 9:00 am - Group 2 Bereavement 10:00 Lunch 11:30 am Line Dancing 12:30	24
25	26 CLOSED FOR MEMORIAL DAY	27 Wellness Clinic *(Deck rain date 9-11) Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm	28 Spring Stencil Bag 10:00 am Lunch 11:30 am Rummikub 12:00 Jumpin'Juba 1 pm	29 Lunch 11:30 am Bingo 12:30 pm	30 Avocado Toasts 10:00 am Lunch 11:30 am Movie Matinee 12:00	31