

September 2024

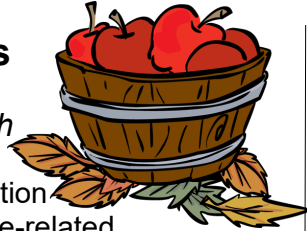
Carver Council on Aging

What's Happening in September

Apples, Apples, Apples

*Presented by Nancy Franks
Wednesday, September 11th
at 1:00 pm*

Join us for a fun-filled presentation that celebrates everything apple-related. Enjoy an apple Danish pastry with a cup of hot cider while viewing apples in fine art, exploring apple superstitions, singing about apples with the Andrew Sisters, discovering some U.S. Presidents who had a weakness for hard apple cider, and so much more. It's the perfect way to celebrate the fall harvest! The presentation will end with an apple-related raffle! **Please register at 508-866-4698 x3.**



Mass Audubon: All About Hawks

*presented by
Naturalist Doug Lowry
Tuesday, September 24th
at 1:30 pm (no live animals)*

Learn about the 7 species of hawks common to Massachusetts, how to tell them apart, their lifecycles and their hunting skills. Discover the conservation concerns about these amazing birds of prey and find out how to support and protect them. **Please register at 508-866-4698 x3**



Game Day: Apples to Apples

*Monday, September 16th
at 12:00 pm*

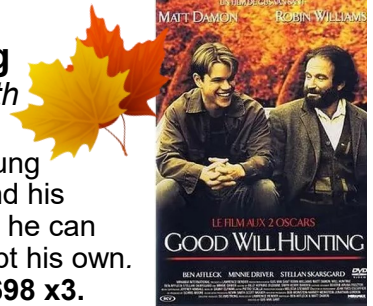
Apples to Apples is easy to learn, quick to play, very funny, and one of the best party games of all-time! **Please register at 508-866-4698 x3.**



Movie Matinee: Good Will Hunting

*Friday, September 13th
at 12:00 pm*

A touching story of a young man who struggles to find his identity in a world where he can solve any problem except his own. **Register at 508-866-4698 x3.**



REFRESH YOUR DRIVING SKILLS

Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!*

- Learn techniques for handling left turns, right-of-way and rotaries.
- Understand how to reduce traffic violations, crashes and risk of injury.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

**Tuesday, September 17th & Wednesday, September 18th
1:00 pm to 4:00 pm both days**

Please register at 508-866-4698 x3

\$20 for AARP members / \$25 for non-members

**Upon completion you may be eligible for an auto insurance discount.
Ask your Agent.*

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**

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.

NO SEPTEMBER GATRA TRIPS DUE TO DRIVER SHORTAGE

OCTOBER PREVIEW:

**Carver First Responders Tour
Monday, October 7th, 9am - 4pm**

Visit and tour Carver's Fire, Police
and EMS Departments.

Meet the amazing professionals
who keep our community safe!

Lunch on your own at a local eatery.

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 our Outreach Facilitator* 508-866-4698 x2 for an appt.

Documents needed for income-based programs:

*Social Security Letter * Bank Statements * Pension Letters * Pay Stubs *(if working)* * Medical Cost Receipts

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, Sep. 25th, 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

instructor, Karen Flynn **Cost: \$5/class**
Mondays, September 9th, (**no class on the 16th**), 23rd & 30th at 10:00 am
Please register at **508-866-4698 x3**.

"APPLE" BEACH BALL CHAIR VOLLEYBALL

Tuesdays: 3rd, 10th,
17th & 24th at 9:30 am.
Please register at **508-866-4698 x3**.



QI GONG with Kathryn Demers

Tuesdays: 3rd, 10th, 17th & 24th at
10:30 am. Register **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 Sep. 6th & 20th

Group 2: Fridays Sep. 13th & 27th

at 9:00 am. **Cost: \$20/class.**

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

COFFEE WITH THE CHIEF &

TALK WITH THE T.A. *Drop-in*

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 w/ DAVE & MARCIA

BURBANK– Fridays, Sep. 6th & 20th
at 12:30 pm. Register 508-866-4698 x3

BEREAVEMENT SUPPORT GROUP

Every 4th Friday, Friday, Sep. 27th at
10:00 am. Register **508-866-4698 x3**.

JEWELRY MAKING WITH NANCY

Thursday, Sep. 12th at 2:45 pm.

Create custom beaded jewelry.

Cost: \$10. Register **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.



Fall Felt Magnets 9/4

3-D
Paper
Apples
9/11



Beaded
Fall
Garland
9/18

Painted
Apple
Tree
Plaque
9/25



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

Surviving Savannah

by Patti Callahan

It was called "The Titanic of the South". The luxury steamship sank in 1838

with Savannah's elite on board; through time their

fates were forgotten - until the wreck was found. Their story is now being

told in this breathtaking novel by the

New York Times bestselling author of *Becoming Mrs. Lewis*. **Register at**

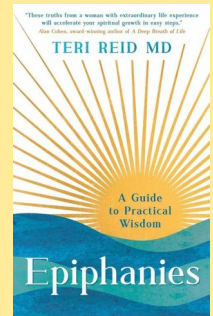
508-866-4698 x3 & for a copy of the book. Book Discussion Meeting:

Monday, September 30th at 1:00 pm.



MEET THE AUTHOR: TERI REID M.D.

*Monday, September 23rd
at 12:30 pm*



Dr. Teri Reid is an intuitive life coach, spiritual author and speaker.

Her book "*Epiphanies: A Guide to Practical Wisdom*" is a collection of meaningful insights gathered into inspirational moments to make you laugh, cry and think.

Her truthful observations from her own extraordinary life experiences provide guidance for your own spiritual growth.

Her book will be available for purchase and signing.

Please 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

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.

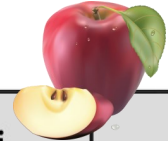
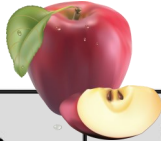


CARVER COUNCIL ON AGING
 P.O. BOX 618
 SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
 U.S. Postage PD
 #37
 Carver, MA 02330

SEPTEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED FOR LABOR DAY	3 Wellness Clinic & Screenings 9:30 Beach Ball Chair Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm	4 Felt Magnets 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm	5 Lunch 11:30 am BINGO 12:30 pm	6 Basket Weaving <u>Group 1</u> - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm	7
8	9 Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm	10 Wellness Clinic 9:30-11:30 Chair Volleyball 9:30 Qi Gong 10:30 am Coffee w/ Chief / Talk w/ TA 10:30 Lunch 11:30 am Scrabble 12 pm	11 Legal Assistance 9 am Paper Apples 10 am Lunch 11:30 am Rummikub 12:00 pm Apples, Apples, Apples 1:00 pm	12 Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	13 Basket Weaving <u>Group 2</u> - 9:00 am Lunch 11:30 am Movie Matinee 12 pm	14
15 *THE AARP SAFE DRIVER COURSE IS ON BOTH TUESDAY & WEDNESDAY FROM 1 - 4 PM	16 <u>No Chair Yoga</u> Lunch 11:30 am Apples to Apples 12:00 pm	17 Wellness Clinic 9:30-11:30 Chair Volleyball 9:30 Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12 pm *Safe Driver 1 - 4 pm	18 Fall Garland 10:00 am Lunch 11:30 am Rummikub 12 pm *Safe Driver Course 1 - 4 pm	19 Lunch 11:30 am BINGO 12:30 pm	20 Basket Weaving <u>Group 1</u> - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm	21
22	23 Chair Yoga 10:00 am Lunch 11:30 am Meet the Author 12:30 pm	24 Wellness Clinic 9:30-11:30 Chair Volleyball 9:30 Qi Gong 10:30 Lunch 11:30 am Scrabble 12 pm Financial Appts. 1 - 4 All About Hawks 1:30	25 Footcare 9 - 2:30 Apple Tree Plaque 10:00 am Lunch 11:30 am Rummikub 12 pm	26 Lunch 11:30 am BINGO 12:30 pm	27 Basket Weaving <u>Group 2</u> - 9:00 am Bereavement 10:00 am	28
29	30 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs.</i></p> <p><i>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>				5 REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE A OCTOBER BIRTHDAY