



Connections

October 2025 ISSUE 110



SLIGHTLY SPOOKY MASSACHUSETTS TUESDAY, OCTOBER 7TH | 12:30 PM

Presented by Nancy Franks

Feeling brave? Let's uncover some of our state's scary stories! We'll explore the creepy haunted Hoosac Tunnel, the USS Salem "Ghost Ship", mysterious Metropolitan State Hospital, eerie Franklin Park Zoo, plus more! The presentation will be followed by a fun Halloween-themed raffle.

Please register with Alice at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.



THE LIFE & TIMES OF HARRY HOUDINI WEDNESDAY, OCTOBER 22ND | 12:30 PM

In honor of the 150th anniversary of Harry Houdini's birth, local Magician Jack Ryan will present highlights of Houdini's fascinating life as a magician, escape artist, author, pilot, movie director, actor, athlete, spirit-debunker, humanitarian, and acrobat. This entertaining lecture will include a psychic demonstration by Jack himself who is an expert on this American icon. *Please register with Alice at 508-866-4698 x3 or email: alice.mcmahon@carverma.gov.*



MEDICARE OPEN ENROLLMENT

OCTOBER 15TH - DECEMBER 7TH

Be sure to call for an appointment today with our SHINE Counselor Heidi Miles at 508-866-4698 x2 to review your Medicare coverage for the year ahead. *Spots fill up quickly!*

Open Enrollment



CVS VACCINE CLINIC AT THE CARVER COA

**MONDAY
OCTOBER 20TH
9 AM - 12 PM**

Protect yourself and your loved ones with on-site access to these recommended vaccines *available at no cost with most insurance plans*:
COVID-19, Flu, Pneumonia, RSV, Shingles and Whooping Cough.
Limited spots available. Please call Alice at 508-866-4698 x3 to schedule!



RX DRUG TAKE-BACK & COPING SKILLS PROGRAM

**MONDAY
OCTOBER 20TH
AT 12:30 PM
SPONSORED BY
CARVER CARES**

PLEASE CALL ALICE
AT 508-866-4698 X3
TO REGISTER.



GUIDED MEDITATION CLASS FRIDAYS IN OCTOBER | 9:00 AM



Meditation is a practice that has been around for thousands of years and is designed to help you find inner peace, clarity, and focus. The class is led by Diana Chaffalo RYT500, E-RYT200, of Little Red Yoga Studio. **Cost \$5**

MIND AND BODY WELLNESS

MONTHLY BEREAVEMENT SUPPORT GROUP EVERY 4TH FRIDAY | 10 AM

Find comfort and support in this monthly bereavement group facilitated by Continuum Hospice & Palliative Care of Fall River. This group meets 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 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. (No Wellness Clinic 10/21)



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!



SOCIAL SECURITY: UNLOCKING ITS POTENTIAL



TUESDAY, OCTOBER 14TH | 12:30 PM

*When should you begin taking Social Security?
What if you continue to work? What about taxes?*

Social Security is likely very important to you - and we want to help you see the big picture as you prepare for it. Join us to learn the options and implications for taking Social Security benefits and how to maximize them.

Featured Guest Speaker: Curtis Hopp, Internal Advisor Consultant representing Hartford Funds.



Hosted by: Edward Jones
Sandy Childs, CFP, Financial
Advisor (*Hosting firm is not an
affiliate of Hartford Funds*).
**Please register with Alice at
508-8664698 x3.**

VISITING DENTAL HYGIENE TUESDAY, OCTOBER 21ST | 9 AM - 2 PM



This program brings a **licensed public health dental hygienist** to the COA to provide quality dental care in the community. Services include teeth cleanings, oral health education, and tips for maintaining a healthy smile. The cost is \$35 (*cash or check made out to VDH Inc.*) or MassHealth Insurance accepted.

Patients must complete a medical form prior to their appointment. Appointments will be confirmed after the hygienist reviews the form.
For questions about this service and to fill out a medical form for an appointment, please call Alice at 508-866-4698 x3

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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



OCCASIONAL CARD MAKING WITH LEE LAWSON

MONDAY, OCTOBER 6TH | 10:00 AM

Come create a unique assortment of embossed and layered cards with decorative accents. Participants will complete six different dimensional cards. **Cost: \$10** *Space is limited!* **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

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.**

October 1st - *Craft-a-palooza*
October 8th - *Scrollwork Pumpkin*
October 15th - *Scratch Art Leaves*
October 22nd - *Ghost Tea Light*
October 29th - *Fall Flower Wreath*



HALLOWEEN LEFT, CENTER, RIGHT GAME

**WEDNESDAY,
OCTOBER 29TH
AT 12:30 PM**

Join us for a few
rounds of the fun
and fast-paced dice
game LCR. You never know who
will win the candy pot until the
end! **Please register at 508-866-
4698 x3. Costumes optional!**



FIRE SAFETY TIPS FOR SENIORS

WEDNESDAY, OCTOBER 8TH | 12:30 PM

Presented by Carver Fire Dept. Asst. Deputy Fire Chief Jesse Boyle

Learn the importance of emergency preparedness for seniors in case of a fire and tips to stay safe. **Register with Alice at 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*

Elaine Raymond -
Co-Vice Chair
Mary DuRoss -
Co-Vice Chair
Helen Marrone -
Secretary
Cathy Gallimore -
Member
Louise Walsh - *Alt.*
Damon Fisher - *Alt.*
**Subject to COA Board reorganization changes*

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**

Wednesday	10/1 - Broccoli and Cheese Chicken Roll-up, mashed potatoes, carrots, Birthday Cake & Ice Cream
Thursday	10/2 - Hot Dogs, baked beans, brown bread, peaches
Friday	10/3 - Pizza w/ toppings, chips, pears
Monday	10/6 - Chicken Salad Sandwich, chips, fruit cocktail
Tuesday	10/7 - Assorted Calzones, chips, orange Jello
Wednesday	10/8 - Chicken Meatballs w/ gravy, mashed potatoes, broccoli, pears
Thursday	10/9 - Chicken Cordon Royale, rice pilaf, peas, vanilla pudding
Friday	10/10 - Baked Haddock w/ lemon, fries, broccoli, brownie
Monday	10/13 - CLOSED FOR COLUMBUS DAY
Tuesday	10/14 - Barbeque Chicken, pasta salad, broccoli, mandarin oranges
Wednesday	10/15 - Lasagna, green beans, lemon Jello
Thursday	10/16 - Scrambled Hamburg w/ peppers & onions, mashed potatoes, corn, chocolate pudding
Friday	10/17 - Chicken Nuggets, potato puffs, beets, tropical fruit mix
Monday	10/20 - Meat Loaf with gravy, mashed potatoes, green beans, peaches
Tuesday	10/21 - Chicken Broccoli Penne, banana cake
Wednesday	10/22 - Knockwurst, potato salad, mixed vegetables, tropical fruit mix
Thursday	10/23 - Beef Chili w/ cheese over rice, pound cake
Friday	10/24 - Tuna Salad, soup, fruit cocktail
Monday	10/27 - Grilled Chicken, mashed potatoes, Brussell sprouts, red velvet cake
Tuesday	10/28 - American Chop Suey, green beans, pears
Wednesday	10/29 - Sausage, Peppers & Onions over rice, tiramisu
Thursday	10/30 - Chicken Kiev, potato puffs, mixed veg, mandarin oranges
Friday	10/31 - Ham Salad Sandwich, chips, pineapple



"LATE BLOOMERS" GARDEN CLUB - FALL DECK DECOR

THURSDAY, OCTOBER 2ND
AT 9:30 AM (RAIN DATE 10/7)



All garden gurus unite! Come join the Carver COA "Late Bloomers" Garden Club to work with the garden planters on the new deck. The first project will be to transform the Summer garden boxes to Fall with Autumn plantings and décor. Other activities will be planning for the holidays and prepping for next Spring! **Please register with Alice at 508-866-4698 x3.**

MONTHLY BOOK CLUB

MONDAY 10/27 AT 1:00 PM

From the #1 *New York Times* bestselling author of *The Nightingale* and *The Great Alone*, comes an epic novel of love, heroism and hope, set against the backdrop of one of America's most defining eras -- the Great Depression
Register & for a copy call 508-866-4698 x3.

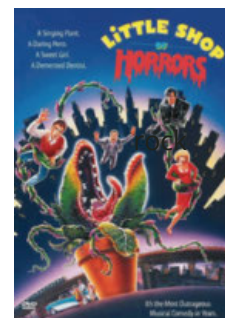


MOVIE MATINEE: LITTLE SHOP OF HORRORS

FRIDAY 10/10 AT 12:00 PM

Little Shop of Horrors is a dark comedy musical with music by Alan Menken and lyrics and a book by Howard Ashman. The story follows a hapless florist shop worker who raises a plant that feeds on human flesh and blood.

Please register with Alice 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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Office: Kingston Collection Mall
Space 109 | Kingston, MA



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Carver Council on Aging, South Carver, MA

06-5467



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

Return Service Requested

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October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Don't forget to register for the Birthday Celebration Lunch if you have an October birthday! 508-866-4698 x3		1 Craft-a-palooza 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12:00 pm	2 Late Bloomers Garden Club 9:30 am Lunch 11:30 am Bingo 12:30 pm	3 Guided Meditation 9:00 am Shenanigans: What's Up w/ Cups? 10 am Lunch 11:30 am	4
5	6 Advanced Chair Yoga 9:00 am Basic Chair Yoga 10 Card Workshop 10 Lunch 11:30 am SINGO 12:00 pm	7 (Garden Club Rain Date) Wellness Clinic 9:30 am Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Spooky Stories 12:30 pm	8 Hearing Appts 9:30 - 11:30 am Scroll Pumpkin 10 a Lunch 11:30 am Rummikub 12:00 pm Fire Safety 12:30	9 Atty Hale Appts 10 am Lunch 11:30 am Bingo 12:30 pm	10 Guided Meditation 9:00 am Old Colony VoTech Presentation 10:30 Lunch 11:30 am Movie Matinee 12 pm	11
12	13 CLOSED FOR COLUMBUS DAY	14 Wellness Clinic 9:30 Volleyball 9:30 am Qi Gong 10:30 am Coffee w/ Chief 10:30 Lunch 11:30 am Footcare 12 - 2:30 pm Social Security 12:30	15 Scratch Art Leaves 10:00 am Visit w/ Veterans Agent 10:30 am Lunch 11:30 am Rummikub 12:00 pm	16 Lunch 11:30 am Bingo 12:30 pm	17 Guided Meditation 9:00 am Oktoberfest Shenanigans 10 am Lunch 11:30 am	18
19	20 Advanced Chair Yoga 9:00 am CVS Vaccine Clinic 9:00 am - 2:30 pm Basic Chair Yoga 10 am Lunch 11:30 am Coping Skills 12:30	21 No Wellness Clinic Visiting Dental 9-2 Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm	22 Ghost Tealight 10:00 am Lunch 11:30 am Rummikub 12:00 pm Jack Ryan Life of Harry Houdini 12:30	23 Lunch 11:30 am Bingo 12:30 pm	24 Essex Rail & Sail Bus Trip 8:30 - 5:30 Guided Meditation 9:00 am Bereavement 10 am Lunch 11:30 am	25
26	27 Advanced Chair Yoga 9:00 am Basic Chair Yoga 10 Nimble Fingers 10 Lunch 11:30 am Book Club 1:00 pm	28 Wellness Clinic 9:30 Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Financial Appts 1-4	29 Footcare 9 -2:30 Flower Wreath 10am Lunch 11:30 am Rummikub 12:00 pm Halloween LCR 12:30 Costumes optional!	30 Lunch 11:30 am Bingo 12:30 pm	31 Guided Meditation 9:00 am Halloween Shenanigans 10 am Lunch 11:30 am	