

March 2023

# Carver Council on Aging

## *What's Happening in March*

### St. Patrick's Luncheon

Wednesday, March 15th at 11:30 am

Join us for a St. Pat's celebration featuring a meal of corned beef, cabbage, carrots, turnip, potatoes, plus coffee and dessert all served up by members of the Carver Police Department. Entertainment will be provided by Celtic Musicians "Stanley & Grimm", sponsored by the Carver Cultural Council. Drawings for prizes will also be held by the Friends of Carver COA!

**Tickets at \$10 each will be sold by June in the Nutrition Center starting Wednesday, March 1st.**



### Friends 2023 Membership Drive "Lucky Draw"

Wednesday, March 8th, 12 - 2 pm

Join or renew your annual Friends of Carver COA membership for \$10 and draw a "Lucky Shamrock" from the leprechaun's pot to win a prize of either a free lunch voucher, Friends tote bag or a lottery scratch ticket! *For more information email [amcmahon2225@yahoo.com](mailto:amcmahon2225@yahoo.com).*

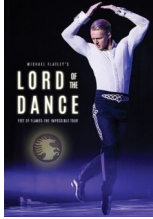
*Don't forget that your Friend's Membership entitles you to special discount prices on our Bus Trips!*



### Movie Matinee: Lord of the Dance

Friday, March 17th at 12:30 pm

The legendary dance show returns with a new generation, led onstage by Michael Flatley's handpicked successor: *Lord of the Dance* Matt Smith, one of only four people in the world capable of performing Michael's legendary *Feet of Flames* solo. **Please register.**



### Guiding Eyes for the Blind Seminar

Friday, March 31st

at 10:00 am

Come meet

Guiding Eyes for the Blind

Regional Coordinator Lynn Stas and local Volunteer Puppy Raisers with their dogs-in-training. Learn how these special puppies are preparing to become skilled guide dogs for the blind and sight impaired. **Please register at 508-866-4698 x3.**



**Guiding Eyes**  
for the Blind



## Stanley & Grimm Celtic Musicians

Sponsored by the Carver Cultural Council

Wednesday, March 15th at 12:00 noon, after the St. Pat's Luncheon

Celtic duo Stanley & Grimm entertain with a celebration of traditional music through old and new interpretations of jigs, reels, and songs played with lively fiddle, guitar, and voice. Fiddler Nikki Engstrom and singer/guitarist Sean Brennan create a musical journey through a bounty of fiddle tunes and ballads, alongside modern tunes and songs they have composed. The infectious fun they have on stage and their intense playing have helped them to become fan favorites on the New England traditional music scene.



*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.*

#### 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](mailto:connie.kelly@carverma.gov)

#### BOARD OF DIRECTORS

Donna Marie Forand-Chair  
Helen Marrone-Secretary  
Elaine Raymond  
Mary DuRoss  
Alan Dunham  
Paula Hitchcock Alt.  
Michael Nicolazzo Alt.

#### FRIENDS OF THE CARVER COA

Ron Clarke - President  
Paul M Kelly -Vice President  
Sandy Coelho -Treasurer  
Jackie Rogerson - Secretary  
Alice McMahon - Board Member

*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

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

### 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

Wednesdays 12:30 pm . . . . . Market Basket  
Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham  
2nd & 4th - Walmart / Plymouth  
Fridays 9:30 am . . . . . Shaw's

### GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Bus service is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

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!*

**How do I schedule a ride?**

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 to have a companion ride with them since the Gatra drivers are unable to escort passengers beyond their arrival point.

*If a companion is unavailable to you, arrangements can be made to provide one for you. Please let the dispatcher know.*

### SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made **as far in advance as possible.**

As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.

***It is never too soon to reserve your spot!***

### 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**. *Meet with Mark at the COA monthly every 4th Thursday.*

### LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

### 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](http://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

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

### FUEL ASSISTANCE AND SNAP APPLICATIONS

For Fuel Assistance call South Shore Community Action Council at **508-746-6707** to request an application and a list of required documents. Pick up a SNAP application at the COA then call for an appointment **508-866-4698 x2**.

**Town Policy of Closing**  
**Due to Weather Conditions**

The Carver COA will be closed and bus services canceled if and when *the Carver Schools are closed due to weather*.  
If schools are delayed due to weather, the COA will also follow the same delay of time in opening.  
Closing and delay announcements are broadcast on WPLM radio.

### 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

### 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

with Mary Wilson RYT500

Mondays, March 6, 13, 20 and 27 at 10:00 am. Suggested \$5 donation. Please register at **508-866-4698 x3**.

### QI GONG with Kathryn Demers

Tuesdays March 7, 14, 21 and 28 at 10:00 am. **Cost: \$5**. Please register at **508-866-4698 x3**.

### OIL PAINTING WORKSHOP

with Jim Collins (currently on hiatus).

### ACRYLIC PAINTING WORKSHOP

with Jim Collins (currently on hiatus).

### 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.

Fridays, March 10 & 24 at 9:30 am. **\$15 per class**. Register **508-866-4698 x3**.

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am come chat with Police Chief Duphily.

### SINGO - MUSICAL BINGO

with Jim the DJ Guy on the *first* Monday of every month - 12:00 pm.

### LINE DANCING CLASS

with David & Marcia Burbank

Fridays Mar. 3rd and 31st at 1:00 pm. **Cost: \$5 Register 508-866-4698 x3**.

### BEREAVEMENT SUPPORT GROUP

Friday, March 24th at 10:00 am.

**Please register at 508-866-4698 x3.** (every 4th Friday monthly).

### TALK WITH THE T.A.

Carver Town Administrator Robert Fennessy will meet with seniors every third Tuesday at 10:30 am. *Drop-in*.

### FREE IPAD INSTRUCTION

w/ Lydia Nelson

Tuesday, March 28th and every 4th Tuesday monthly, now at 12:00 pm. Please register **508-866-4698 x3**.



## WHAT'S HAPPENING THIS MONTH

### WEEKLY CRAFT CLASSES

Sponsored by the Friends of Carver COA *Wednesdays at 10:00 am*  
**Please register 508-866-4698 x3.**  
*Supplies may be limited.*



Rainbow Scratch Art Mobile  
**3/1**

Celtic Knot Painted Beer Mug  
**3/8**



(NO CRAFT CLASS 3/15)

Embossed Metal Spring Sign  
**3/22**



Easter Egg Decoration  
**3/29**

### JEWELRY MAKING WITH NANCY

(Returns in April)

### CONSERVATION COMMISSION INFORMATION SESSION with

ConCom Board Member Dan Badger  
Tuesday, March 7th at 12:00 pm  
Discover the exciting plans for the property next to the COA. **Drop-in.**

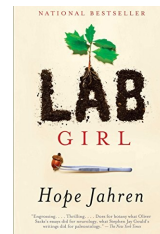
### BOOK CLUB SELECTION

*Lab Girl* by Hope Jahren

Her award-winning, bestselling memoir *Lab Girl* tells the story of a young woman who finds friendship in odd places perseveres through setbacks, relishes hard-earned triumphs, and becomes a respected scientist and passionate observer of the natural world.

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

**Book Discussion Meeting: Monday, March 27th at 1:00 pm.**



### THE MEDITERRANEAN DIET

with BID Plymouth

Registered Dietitian

Marcia Richards

Friday, March 3rd

at 10:00 am.

Learn about the health benefits of this popular diet which emphasizes plant-based foods and healthy fats. It's not only healthy but delicious!

**Please register at 508866-4698 x3.**



### MONTHLY FOOT CARE with Podiatrist, Dr. Alan Lechan

will be available monthly **every 4th Wednesday** for half hour foot care services by appointment starting Wednesday, March 22nd from 9:00 am to 2:30 pm. (exception: April's appointments will be scheduled for Friday April 21st). The \$35 foot care service includes: trimming nails and calluses and addressing any other problems you may be experiencing. Be prepared to bring your list of medications, doctor's name and date of last visit. **Please call 508-866-4698 x3 to make an appointment.**



### MONTHLY BIRTHDAY CELEBRATIONS

Every **FIRST** Wednesday at 11:30 am with a **FREE** birthday lunch for the celebrant plus cake & ice cream. Please register the month before your birthday at **508-866-4698 x3**.



### FOOD PANTRY

Shane Gives Thanks - 128 Main St.

Tues./Thurs - 8 - 1

\*Wed 1 - 4

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 Cost: \$3.00**

Call the Nutrition Center at  
**508-866-4698 x 4**

### SHINE PROGRAM

*Health Insurance Counseling*

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

# **MARCH 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Send an email to: <a href="mailto:CarverCOANews@carverma.org">CarverCOANews@carverma.org</a>.</i>			<b>1</b> Scratch Art Rainbow Mobile 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm <i>(St. Pat's tkts on sale!)</i>	<b>2</b> Lunch 11:30 am BINGO 12:30 pm	<b>3</b> Mediterranean Diet 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	<b>4</b> <i>DID YOU BUY YOUR ST. PAT'S LUNCHEON TICKETS YET? THEY SELL OUT FAST!</i>
<b>5</b> <i>DON'T FORGET THE FINAL PAYMENT FOR THE BLOOM BUS TRIP IS DUE ON THE 8TH!</i>	<b>6</b> AARP Tax Prep 9 - 2:30 Chair Yoga 10 am Lunch 11:30 am SINGO 12:00 pm	<b>7</b> Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Dan Badger ConCom Info Session 12 pm	<b>8</b> Celtic Beer Mug 10:00 am Lunch 11:30 am Friends Membership "Lucky Draw" 12:00 - 2:00 pm	<b>9</b> Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class <i>(returns in April)</i>	<b>10</b> Basket Weaving 9:30 am Lunch 11:30 am	<b>11</b>
<b>12</b>	<b>13</b> AARP Tax Prep 9 - 2:30 Chair Yoga 10 am Lunch 11:30 am	<b>14</b> Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Coffee w/ the Chief 10:30 am Lunch 11:30 am	<b>15</b> <i>(No craft class)</i> St. Patrick's Luncheon 11:30 am <i>tickets required</i> Celtic Musicians 12:00 pm <i>(No Rummikub)</i>	<b>16</b> Lunch 11:30 am BINGO 12:30 pm	<b>17</b> Lunch 11:30 am Movie Matinee 12:30 pm	<b>18</b>
<b>19</b>	<b>20</b> AARP Tax Prep 9 - 2:30 Chair Yoga 10 am Lunch 11:30 am	<b>21</b> Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Talk w/ the T.A. 10:30 am Lunch 11:30 am	<b>22</b> Foot Care 9 am - 2:30 pm Spring Sign 10:00 am Lunch 11:30 am	<b>23</b> Lunch 11:30 am BINGO 12:30 pm	<b>24</b> Basket Weaving 9:30 am Bereavement 10:00 am Lunch 11:30 am	<b>25</b>
<b>26</b>	<b>27</b> AARP Tax Prep 9 - 2:30 Chair Yoga 10 am Lunch 11:30 am Book Club 1:00 pm	<b>28</b> Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am iPad Class 12:00 pm 1- 4 Finance Appts.	<b>29</b> Easter Decoration 10:00 am Lunch 11:30 am Rummikub 12:00 pm	<b>30</b> Lunch 11:30 am BINGO 12:30 pm	<b>31</b> Guiding Eyes Seminar 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	<b>REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE AN APRIL BIRTHDAY 508-866-4698 X3</b>