

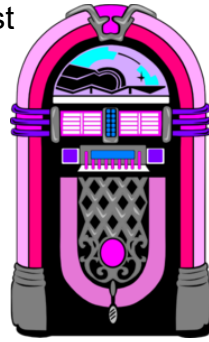
June 2023

# Carver Council on Aging

## *What's Happening in June*

### Two SINGOs for Twice the Fun!

Now, SINGO is not only on the first Monday of every month but also on the third Tuesday of every month thanks to the sponsorship of the Friends of Carver COA! Monday, June 5th - Happy Days and Tuesday, June 20th - Hit Parade. It's FREE to play and FUN to win! Drop-in.



### Lifeline Presentation

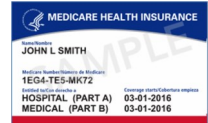
Wednesday, June 7th at 1:00 pm



Learn how Lifeline medical alert systems work and what features to look for to meet your needs and give you peace of mind. Whether you're looking for protection at home or on the go – Lifeline can help you find the right solution to fit your lifestyle. **Please register at 508-866-4698 x3.**

### Planning for Medicare

Wednesday, June 28th at 12:30 pm



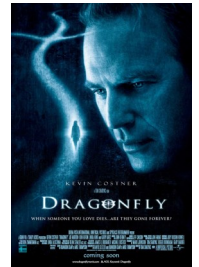
If you're getting close to Medicare eligibility, this presentation is for you. Whether you are planning to retire or continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? This seminar is designed to help you be confident making the right health coverage decisions. **Please register at 508-866-4698 x3.**

### Movie Matinee: Dragonfly

Friday, June 30th at 12:30 pm

Dragonfly is an electrifying supernatural thriller full of surprises that will keep you guessing and a knockout ending that will blow you away!

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



## *Notable Blend Chorus Concert at the Carver COA* sponsored by the Carver Cultural Council



Wednesday, June 21st  
at 7:00 pm

Join us for a FREE concert by this talented women's a cappella barbershop chorus that shares a passion for singing, friendship and a whole lot of harmony! The performance will include classics, show tunes, plus old and new ballads. *Drop-in!*



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

#### 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 - *Activities Coor.*  
Lydia Nelson - *Active 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**.

## 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

Public Health Nurse *Patricia lafrate* provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings with Carver EMS 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.*



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

**Please note: There are 2 dates available in June; Friday, June 2nd and Wednesday, June 28th.**

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.**

## 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 AT SAMPSON POND**  
(weather permitting, otherwise indoors)  
with Mary Wilson RYT500  
Mondays, June 5, 12, 26 at 9:30 am.  
**Cost: \$5** Register at **508-866-4698 x3**

**QI GONG** with Kathryn Demers  
Tuesdays June 6, 13, 20 and 27 at  
10:00 am. **Cost: \$5.** Please register  
at **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 June 2 & 16,  
Group 2: Fridays June 9 & 23  
**\$20/class.** Register **508-866-4698 x3.**

**COFFEE WITH THE CHIEF &  
TALK WITH THE T.A.**  
Every second Tuesday at 10:30 am

**JEWELRY MAKING WITH NANCY**  
Thursday, June 8th **at 2:45 pm.**

**SINGO - MUSICAL BINGO**  
with Jim the DJ Guy on the *first*  
Monday **and** the third Tuesday of  
every month - 12:00 pm.

**LINE DANCING CLASS**  
with David & Marcia Burbank  
Fridays June 2nd & 16th at 1:00 pm.  
**Cost: \$5** Register **508-866-4698 x3.**

**BEREAVEMENT SUPPORT GROUP**  
Friday, June 23rd at 10:00 am.  
Please register at **508-866-4698 x3.**  
(every 4th Friday monthly)

**1-on-1 iPad 1/2 HR INSTRUCTION**  
w/ Lydia Nelson, Tuesday, June 27th  
starting at 10 am. Every 4th Tuesday  
monthly. For an appointment call  
**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.



Summer  
Suncatchers  
**6/7**



Flag  
Windsock  
**6/14**

Sparkle  
Sun  
Magnet  
**6/21**



Tie Dye  
Sea  
Creatures  
**6/28**



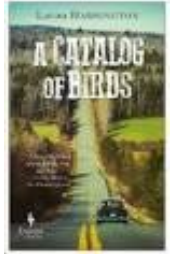
### JEWELRY MAKING WITH NANCY



Thursday, June 8th **at 2:45 pm.**  
Come create a unique necklace with  
beads of your choosing. Nancy  
Shoughrow will provide instruction  
throughout the jewelry making  
process. **Cost \$10.**  
Please register at **508-866-4698 x3.**

### BOOK CLUB SELECTION

*A Catalog of Birds* by  
Laura Harrington is  
an artful family drama  
about innocence lost  
and wounds that may  
never be healed. This is  
a tale of forgiveness: of  
ourselves and of those  
we love best. Illuminated by grief and  
desire, the novel is full of spirit, won-  
der and the possibilities of the future.  
**Register at 508-866-4698 x3 and for  
a copy of the book. Book Discus-  
sion Meeting: Monday, June 26th  
at 1:00 pm.**



### WALKING CLUB UPDATE

Several seniors interested in walking  
as a group met in May to start plan-  
ning walking activities on a regular  
basis. The initial plan is to meet week-  
ly on Thursdays and Saturdays at  
Savery Avenue in Carver at 9:00 am.  
Participants will decide on the length  
of time/distance to walk before start-  
ing. Future plans for other locations  
will be discussed monthly. If interested  
in joining the Walking Club, **please  
register at 508-866-4698 x3.**  
Don't forget, you can still register for  
the Walk Massachusetts Challenge at  
<https://walkmachallenge.com/register/>.

### HEALTH & SAFETY FAIR THANKS

Special thanks to all those who  
participated, volunteered and attended  
the Health & Safety Fair in May.  
Community involvement and support  
truly made it a successful event!

### 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**  
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



# JUNE 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>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>.</p>				31	1 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm	2 Footcare Appts. 9:00 am - 2:30 pm Basket Weaving Group 1 - 9:30 am Lunch 11:30 am Line Dancing 1:00 p	3 Walking Club 9:00 am
4	5 Chair Yoga 9:30 am Lunch 11:30 am SINGO 12:00 pm	6 Wellness Clinic 9:30 -11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm	7 Summer Suncatcher 10:00 Birthday Cake Lunch 11:30 am Rummikub 12:00 pm Lifeline Presentation 1:00 pm	8 Walking Club 9:00 am Atty. Hale 10 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	9 Basket Weaving Group 2 - 9:30 am Lunch 11:30 am	10 Walking Club 9:00 am	
11	12 Chair Yoga 9:30 am Lunch 11:30 am	13 Wellness Clinic 9:30 -11:30 am Qi Gong 10:00 am Coffee w/ the Chief Talk w/ the T.A. 10:30 Lunch 11:30 am Scrabble 12:00 pm	14 Flag Windsock 10:00 am Lunch 11:30 am Rummikub 12:00 pm	15 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm	16 Basket Weaving Group 1 - 9:30 am Lunch 11:30 am Line Dancing 1:00 p	17 Walking Club 9:00 am	
18	19 CLOSED FOR 	20 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12:00 pm	21 Sparkle Sun Magnet 10:00 am Lunch 11:30 am Rummikub 12:00 pm Notable Blend Concert 7:00 pm	22 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm	23 Basket Weaving Group 2 - 9:30 am Bereavement 10:00 am Lunch 11:30 am	24 Walking Club 9:00 am	
25	26 Chair Yoga 9:30 am Lunch 11:30 am Book Club 1:00 pm	27 Wellness Clinic 9:30 -11:30 Qi Gong 10:00 am iPad Appts. 10:00 am Lunch 11:30 am Scrabble 12:00 pm Finance Appts. 1-4	28 Footcare 9:00 am 2:30 pm Sea Creatures 10:00 am Lunch 11:30 am Planning for Medicare 12:30 pm	29 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm	30 Lunch 11:30 am Movie Matinee 12:30	1 REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A JULY BIRTHDAY 508-866-4698 X3	