



Connections

February 2026 | ISSUE 202



CHOCOLATE TASTING EVENT SPONSORED BY THE CARVER CULTURAL COUNCIL

MONDAY, FEBRUARY 9TH | 12:30 PM

Presented by Therapy Gardens

Chocolate lovers unite and join us for a guided sensory experience where you sample various gourmet chocolate (*milk, dark, low sugar*) while learning about cacao origins, processing and other ingredients. This interactive, sensory program is designed to promote wellness through education and the mindful enjoyment of chocolate appreciation, featuring pairings and hands-on activities. Register with Alice 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.

"MUSH! MUSH!" MASSACHUSETTS TIES TO THE IDITAROD RACE

WEDNESDAY, FEBRUARY 25TH | 12:30 PM

Presented by Nancy Franks

The Iditarod is an annual 1,000-mile dogsled race from Anchorage to Nome, Alaska. We'll uncover the fascinating history of the race, examine the hardworking Husky breed, and learn some mushing terminology. In addition, we'll discover the daring Massachusetts natives who have made history at the Iditarod and cheer on a Chelmsford resident participating in the 2026 race! The presentation will be followed by a raffle with snow-themed prizes.

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

FREE MANICURES FROM OLD COLONY VO-TECH

FRIDAY, FEBRUARY 6TH | APPOINTMENTS FROM 9:30 - 11:30 AM

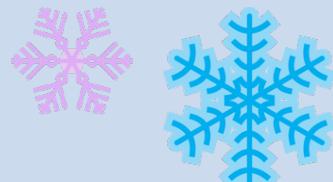
OC VO-TECH Cosmetology students will be at the COA to provide free manicures to perfect their skills. All tips go toward the cost of their licensing. Please call Alice at 508-866-4698 x3 to reserve a spot.



WINTER WEATHER REMINDER

The unpredictability of winter weather may lead to the closing of the Council on Aging when conditions are hazardous. The established Town policy to follow is, when the Carver Public Schools are closed due to weather conditions, the Carver COA will be closed as well. Be sure to check local news stations and WATD Radio for school closure listings before heading out in bad weather.

Stay safe!



2

GUIDED MEDITATION

FRIDAYS | 9:00 AM



Meditation helps you find inner peace, clarity, and focus. The class is led by Diana Chaffalo of Little Red Yoga Studio. Cost \$5. Register at 508-866-4698 x3.

COMFORT DOG VISITS

3RD TUESDAYS | 11:00 AM

Drop in every 3rd Tuesday for a relaxing and engaging visit with Carver's Comfort Dog "Daisy" with handler Officer Farquharson.



MIND AND BODY WELLNESS

MONTHLY BEREAVEMENT SUPPORT GROUP

EVERY 4TH FRIDAY | 10:00 AM

Find comfort in this monthly bereavement group facilitated by Continuum Hospice. Register at 508-866-4698 x3.

MONTHLY MEDICINE REVIEW

LAST MONDAYS | 9 - 11:30 AM

Call 508-866-4698 x3 for an appointment to review your medication with licensed pharmacist Lisa Lavalette.



MONTHLY FOOTCARE

2ND TUESDAY & 4TH WEDNESDAY

Podiatrist Dr. Alan Lechan offers foot care twice monthly at the COA. The \$35 service includes trimming of nails and calluses. Call 508-866-4698 x3 for an appointment.



HEARING SCREENINGS

EVERY SECOND WEDNESDAY

9:00 AM - 11:00 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!



WEEKLY WELLNESS CLINIC

TUESDAYS | 9:30 - 11:30 AM

Currently, our EMS department provides weekly blood pressure clinics every Tuesday in the Library Room of the COA. Glucose and cholesterol screenings are provided on a monthly basis on the first Tuesday of each month during Wellness Clinics. *Drop in.*

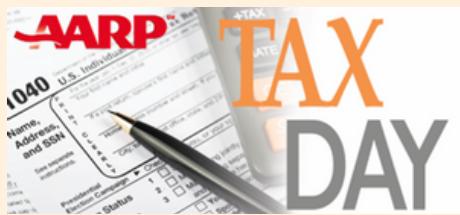
LIFELINE PRESENTATION

TUESDAY 2/24 | 12:30 PM

Learn about the latest alert device options to keep you safe. Drop in.

AARP TAX-AIDE SERVICE FEBRUARY 17TH - APRIL 13TH BY APPOINTMENT

AARP-trained volunteer tax preparers will provide free tax prep assistance by appointment only to qualified seniors (*no complicated investments or self-employment*). Carver residents may start to call for an appointment Monday, February 2nd, all others may call starting Monday, February 9th for available appointments at 508-866-4698 x3.



POP UP ART SCHOOL: FRAMED VALENTINE CLAY ROSES WEDNESDAY, FEBRUARY 11TH | 10 AM



Sculpt delicate roses and leaves from air-dry clay, paint with watercolor, set into a wooden frame with a ribbon hanger, ready to display or give as a gift. Please register with Alice at 508-866-4698 x3. *Space is limited!*

BECOME A SOUP MASTER!

WEDNESDAY, FEBRUARY 4TH | 12:30 PM

Learn how to make hearty soups from scratch with nutrient-rich recipes and techniques to reduce sodium. Discover the essential tools to simplify soup-making. You'll leave with new skills, great recipes and custom soup ingredients! Register with Alice at 508-866-4698 x3. *Supplies are limited!*



COA STAFF

GATRA Dial-A-Ride Dispatcher

Peggy Wood
508-866-4698 x1
Mon-Fri, 9 AM-12 PM
Outreach Facilitator
SHINE Counselor
Call Heidi Lufkin-Miles
508-866-4698 x2 for an appointment or email: 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

QI GONG

with David Kisaday / 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*.

BASKET WEAVING

with Patty Batson / \$25/class
Every Friday 9:00 am. Please register at 508-866-4698 x3.

Please register for ALL activities at 508-866-4698 x3. "Drop-in" activities do not require registration.

WEEKLY CRAFT CLASSES WEDNESDAYS AT 10:00 AM

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

February 4 - *Adult Coloring*

February 11 - *Clay Roses*

February 18 - *Mardi Gras Masks*

February 25 - *Beaded Icicles*



ESSENTIAL OILS SUGAR SCRUB TUESDAY, 2/10 AT 12:30 pm

Register to make this simple recipe sugar scrub with essential oils to give as a gift or keep to pamper yourself! Call 508-866-4698 x3.

MONTHLY ACTIVITIES

CARD MAKING W/ LEE

First Mondays 10 am. Make 6 embossed cards for \$10.



COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am.

VISIT W/ THE VETERANS AGENT

Every 3rd Wednesday at 10:30 am.

SINGO - MUSICAL BINGO

Every first Monday and third Tuesday at 12:00 pm. *Drop-in*.

MOVIE MATINEE

Various Fridays each month at 12:00 noon with free snacks!

JUNK JOURNALING

Every third Friday at 10:00 am. Journals are provided but bring magazines and memorabilia! Register at 508-866-4698 x3.

NIMBLE FINGERS CLUB

Group knitting & crocheting the last Monday of each month from 10:00 - 11:30 am. *Drop-in*.

VALENTINE LCR GAME

WEDNESDAY 2/11 AT 12:30 PM

Join us for several rounds of the dice game LCR "Left, Center, Right", using Valentine candy for the pots! Register 508-866-4698 x3. Sponsored by the Friends of Carver COA.



NOURISH YOUR BODY - HEALTHY EATING HEAD TO TOE

FRIDAY, FEBRUARY 13TH | 10:00 AM

Join BID Registered Dietitian Marcia Richards to learn how to choose foods that nourish your body to stay healthy and strong. Discover which nutrients provide the best body-benefits as we age. Please register with Alice at 508-866-4698 x3.



CONTACTS

Friends of Carver Council on Aging

Jack Franey - *President*
Paul M. Kelly - *Vice President*
Mary DuRoss - *Treasurer*
Alice McMahon - *Secretary*
Lydia Nelson - *Officer*
Bob Bumpus - *Officer*

Friends of Carver COA
P.O. Box 72,
Carver, MA 02330

friendscarvercoa.com

FRIENDS MEMBERSHIP DRIVE MONDAY 2/2 FROM 1-2 PM

Council on Aging Board of Directors

Helen Marrone - *Chair*
Elaine Raymond - *Vice Chair*
Mary DuRoss - *Secretary*
Cathy Gallimore - *Member*
Marie Fahey - *Member*
Damon Fisher - *Alternate*

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. All meals include a choice of milk or juice. Cost: \$5
For the current week's menu, please call 508-866-4698 x4, select option 1 for a recording of the current week's menu.



Monday	2/2 - Assorted Calzones, chips, tropical fruit
Tuesday	2/3 - Clam Chowder with King's Hawaiian rolls, peaches
Wednesday	2/4 - Pulled Pork Sandwiches, cranberry cole slaw, Birthday Cake and Ice Cream
Thursday	2/5 - Chicken Nuggets, sweet potato fries, pears
Friday	2/6 - Pizza w/ toppings, soup, key lime pie
Monday	2/9 - Chicken Kiev, butternut squash, corn, pineapple
Tuesday	2/10 - Teriyaki Chicken, fried rice, oriental vegetables, banana cake
Wednesday	2/11 - Beef Chili over rice, fruit cocktail
Thursday	2/12 - Mac 'n' Cheese plain or broccoli, mangoes
Friday	2/13 - Heart-shaped Ravioli w/ pasta sauce, red velvet cake
Monday	2/16 - CLOSED FOR PRESIDENTS DAY
Tuesday	2/17 - Sausage, Peppers & Onions over rice, lime Jello
Wednesday	2/18 - Knockwurst, sauerkraut, potato salad, mixed vegetables, peaches
Thursday	2/19 - American Chop Suey, green beans, tropical fruit
Friday	2/20 - Baked Haddock w/ lemon, fries, chocolate cake
Monday	2/23 - Chicken, Broccoli & Cheese Croquettes, rice pilaf, beets, pears
Tuesday	2/24 - Ham Salad Sandwich, chicken & wild rice soup, mandarin oranges
Wednesday	2/25 - Scrambled Hamburg w/ peppers & Onions over potatoes, lemon Jello
Thursday	2/26 - Hot Dogs, baked beans, brown bread, vanilla pudding
Friday	2/27 - Cranberry Walnut Chicken Salad Sandwich, chips, pineapple



OUTREACH & VETERANS AGENT MEET & GREET

THURSDAY 2/5 | 10:30 AM



Drop in the small meeting room of the Carver Public Library to meet *Outreach Facilitator Heidi Miles* and *Veterans Agent Celestine Crews* to discuss any questions about the types of assistance available for yourself or others.

DIGITAL LITERACY WORKSHOP

TUESDAY 2/17 | 12:30 PM

Empower yourself with Smart Phone Skills at this OCES workshop! Please register at 508-866-4698 x3. *Space is limited!*



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 Veterans 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 ½ hour sessions every 4th Tuesday. Call 508-866-4698 x3 for an appointment.

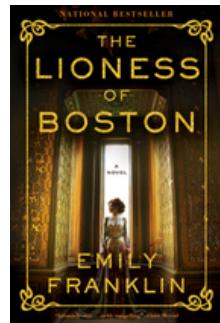
IN-HOME HAIRCUT SERVICE: Please call Donna Lawrence at 508-243-2293 for pricing and an appointment.

SHANE GIVES THANKS FOOD PANTRY: Carver Square Plaza. Call 508-866-7673 for hours.

BOOK CLUB

LAST MONDAY | 1:00 PM

A deeply evocative novel of the life of Isabella Stewart Gardner, a daring visionary who created an inimitable legacy in American art and transformed the city of Boston itself. **Register at 508-866-4698 x3 for a copy of the book.**



MOVIE MATINEE

FRIDAY 2/13 | 12:00 PM

This romantic comedy fairy-tale is a classic for the ages, one of Rob Reiner's best works. The simple phrase "As you wish" takes on a deeper meaning that will stay with you forever! **Please register at 508-866-4698 x3.**



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 for a reservation.*
- *Be ready at the scheduled pick-up time.*
- *Drivers can only wait 5 minutes beyond the designated pick-up time.*
- *Call in advance to cancel an appointment.*

1 HOUR SUPERMARKET TRIPS

- MAXIMUM 5 PASSENGERS -

4 BAGS OR LARGE ITEMS 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

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

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Card Making 10 am Adv. Chair Yoga 9am Basic Chair Yoga 10 am Lunch 11:30 am SINGO 12:00 pm Membership Drive 1-2 pm	3 Wellness Clinic and Screenings 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm	4 Adult Coloring 10 am Birthday Celebration Lunch 11:30 am Rummikub 12:00 pm Soup Masters 12:30	5 Outreach & Veterans Agent Meet & Greet at the Carver Public Library 10:30 am Lunch 11:30 pm BINGO 12:30 pm	6 NO MEDITATION Old Colony Vo-Tech Manicure Appts 9:30 - 11:30 am Baskets 9:00 am Lunch 11:30 am
9 Adv. Chair Yoga 9am Basic Chair Yoga 10 am Lunch 11:30 am Chocolate Tasting 12:30	10 Wellness Clinic 9:30 Qi Gong 10:30 am Coffee w/ Chief 10:30 Lunch 11:30 am Scrabble 12:00 pm Footcare Appts 12-2:30 Essential Oils Sugar Scrub 12:30 pm	11 Clay Roses Craft 10 Hearing appts. 9-11am Lunch 11:30 am Rummikub 12:00 pm Valentine LCR 12:30	12 Atty. Hale Appts. 10 Lunch 11:30 pm BINGO 12:30 pm	13 Meditation 9am Baskets 9:00 am Nutrition Head to Toe 10:00 am Lunch 11:30 am Movie Matinee 12:00
16 CLOSED FOR PRESIDENTS' DAY	17 AARP Tax Appts. Qi Gong 10:30 am Comfort Dog 11:00 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12:00 pm Smart Phone 12:30 pm	18 Mardi Gras Masks 10 Lunch 11:30 am Rummikub 12:00	19 Lunch 11:30 pm BINGO 12:30 pm	20 Meditation 9am Baskets 9:00 am Junk Journaling 10 am Lunch 11:30 am
23 AARP Tax Appts Adv. Chair Yoga 9am Med Review 9 am Basic Chair Yoga 10 am Nimble Fingers 10 am Lunch 11:30 am Book Club 1:00 pm	24 Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Lifeline Presentation 12:30 pm Financial Appts. 1-4 pm	25 Footcare 9 - 2:30 Beaded Icicles 10:00 am Lunch 11:30 am Rummikub 12:00 pm Mush! Mush! Iditarod Presentation 12:30 pm	26 Lunch 11:30 pm BINGO 12:30 pm	27 Meditation 9am Baskets 9:00 am Lunch 11:30 am Bereavement 10:00 am