

August 2023

Carver Council on Aging

What's Happening in August

Men's Monthly Coffee Club

Wednesday, August 9th at 9:00 am

Drop-in for coffee, camaraderie and conversation. This will be a great opportunity to meet new people while discussing current events in a laid-back setting. Hope to see you there!



Ice Cream Social & '60's Trivia

sponsored by the Friends of Carver COA

Wednesday, August 30th at 12:00 pm



Join us for a sweet treat after lunch to catch up with old friends or maybe make some new ones! Test your '60's Pop Culture trivia skills and win some "groovy" prizes! What a really "cool" way to closeout the summer! **Please register at 508-866-4698 x3.**

"What a D.A.'s Office Does that Might Surprise You"

Wednesday, August 16th, 12:30 pm

Please join *Plymouth County District Attorney Timothy Cruz* who will discuss some of the innovative programs and initiatives that his office is spearheading that benefit residents of Carver and Plymouth County on the whole.

Please register at 508-866-4698 x3



Super Summer Smoothies

with BID Registered Dietitian Marcia Richards

Friday, August 11th at 10:00 am

Smoothies are a quick and easy way to get vital nutrients. Learn how to make some delicious drinkable meal options and discover the overall importance of hydration. **Register at 508-866-4698 x3**



Autumn Bloom Bus Trip

Friday, October 20th,

Depart: 7:45 am - Return: 5:15 pm

Our first stop on this scenic tour will be at the Red Apple Farm! They are the highest elevation orchard in New England! Shop their quaint Country Store while enjoying an apple dumpling. Next stop, lunch at The Old Mill Restaurant located in Westminister with your choice of Roast Stuffed Chicken Breast or Yankee Pot Roast with potato, vegetable, corn fritter, coffee, tea and Apple Crisp with whipped cream for desert. After lunch, we will continue our journey with a stop at Kimball Farm. Grab an ice cream or shop in their Cozy Country Store.

COST: \$80 *Friends Members / \$110 Non-Members



**FINAL PAYMENT DUE FRIDAY, SEPTEMBER 22ND
FOR RESERVATIONS CALL 508-866-4698 X3**

**Join or renew your Friends Membership to receive the discount!*

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
Alan Dunham - Vice Chair
Helen Marrone-Secretary
Elaine Raymond
Mary DuRoss
Paula Hitchcock 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

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.

IMPORTANT SHOPPING UPDATE

Now that we have added an additional GATRA bus with extra drivers, we are able to offer new shopping trips:

Monday, August 7th to Colony Place, Plymouth!
Monday, August 21st to Wareham Crossing!
From 11:00 am - 3:00 pm

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 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

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

Wednesday, August 23rd from 9:00 am - 2:30 pm

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 Ellen Wilson RYT500
Mondays, August 7, 14, & 21 (No class
28th) at 9:30 am. **Cost: \$5** Please
register at 508-866-4698 x3

QI GONG with Kathryn Demers
Tuesdays August 8, 15, 22 & 29 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 August 4 & 18,
Group 2: Fridays August 11 & 25
\$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, August 10th **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 CLASSES
with David & Marcia Burbank
Fridays August 4th & 18th at 1:00 pm.
Cost: \$5 Register 508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Friday, August 25th 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, August
22nd starting at 10 am. For an appoint-
ment call 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.



Adult Coloring
Mini Easel
8/2

Beaded Wind
Chime
8/9



Sea Turtle
Painting
8/16

Soap
Scrimshaw
8/23



Assorted
Crafts
8/30

**Diabetic Shoe
Fitting**

Wednesday, August 9th at 1:00 pm

Diabetic Shoe Solutions is
working with Quantum Medical Supply
providing for those with diabetes shoes
and inserts through insurance.
Please register at 508-866-4698 x3.



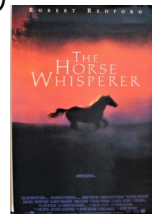
BOOK CLUB SELECTION

The Murder List
by Hank Phillippi Ryan
is a legal thriller about a
Harvard Law student
who gets involved with
a high-profile murder
case when she interns for the
Middlesex Assistant District Attorney.
Discover what happens when the
battle for justice becomes a battle for
survival. **Register at 508-866-4698
x3 and for a copy of the book.**
Book Discussion Meeting:
Monday, August 28th at 1:00 pm.



MOVIE MATINEE: THE HORSE WHISPERER

Friday, August 25th, 12:30
In this touching drama,
tragedy unites a lonely
magazine editor (Kristin
Scott Thomas) with a
Montana wrangler
(Robert Redford) who
helps heal an injured
horse, as well as tend to the emotional
turmoil of the woman and her young
daughter. Based on the bestselling
novel by Nicholas Evans.
Please register at 508-8664698 x3.



BBQ Luncheon Thank You's

Special thanks to Chief Duphily, the Carver
Police Dept. & Police Union for grilling and
serving at the COA BBQ. Thanks to Head
Cook June Benson & Michelle Wall-Hewak
for providing plenty of tasty side dishes,
as well as, to the Friends of the COA for
great drawings and sponsoring "Jimbo
Wilson & the Cranberry Junction Band".
Thank you to the volunteers & all who
attended for making it so much fun!

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

AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<p><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: CarverCOANews@carverma.org.</i></p>		<p>1 Wellness Clinic 9:30 –11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm</p>	<p>2 Mini Easel 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm</p>	<p>3 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>4 Basket Weaving Group 1 - 9:30 am Lunch 11:30 am Line Dancing 1:00 p</p>	<p>5 Walking Club 9:00 am</p>
6	<p>7 Chair Yoga 9:30 am Lunch 11:30 am SINGO 12:00 pm</p>	<p>8 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</p>	<p>9 Men's Coffee Club 9:00 am Beaded Wind Chime 10:00 am Lunch 11:30 am Rummikub 12:00 pm Diabetic Shoe Fitting 1:00 pm</p>	<p>10 Walking Club 9:00 am Atty. Hale 10 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm</p>	<p>11 Basket Weaving Group 2 - 9:30 am Super Smoothies 10:00 am Lunch 11:30 am</p>	<p>12 Walking Club 9:00 am</p>
13	<p>14 Chair Yoga 9:30 am Lunch 11:30 am</p>	<p>15 Wellness Clinic 9:30 –11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm</p>	<p>16 Sea Turtle 10:00 am Lunch 11:30 am Rummikub 12:00 pm Plymouth County D.A. Tim Cruz 12:30 pm</p>	<p>17 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>18 Basket Weaving Group 1 - 9:30 am Lunch 11:30 am Line Dancing 1:00 p</p>	<p>19 Walking Club 9:00 am</p>
20	<p>21 Chair Yoga 9:30 am Lunch 11:30 am</p>	<p>22 Wellness Clinic 9:30 am - 11:30 am Qi Gong 10:00 am iPad Appts. 10:00 am Lunch 11:30 am Finance Appts. 1-4</p>	<p>23 Soap Scrimshaw 10:00 am Footcare 9:00 am - 2:30 pm Lunch 11:30 am Rummikub 12:00 pm</p>	<p>24 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>25 Basket Weaving Group 2 - 9:30 am Bereavement 10:00 am Lunch 11:30 am Movie Matinee 12:30 pm</p>	<p>26 Walking Club 9:00 am</p>
27	<p>28 NO Chair Yoga Lunch 11:30 am Book Club 1:00 pm</p>	<p>29 Wellness Clinic 9:30 –11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm</p>	<p>30 Craft-a-palooza 10:00 am Lunch 11:30 am Ice Cream Social 12:00 pm</p>	<p>31 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>		<p>REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A SEPT. BIRTHDAY 508-866-4698 X3</p>