August 2022

Carver Council on Aging

What's Happening in August

Experience China Workshop

from Therapy Gardens
sponsored by the Friends of Carver COA
Tuesday, August 9th at 1:00 pm

Come learn about contemporary life in China. Pictures from rural areas and cities highlighting cuisine and daily life will be featured. Sample some authentic Chinese food and learn how to use chopsticks!.
Please register at 508-866-4698 x3.

Helpful Hydration *with BID*

Registered Dietitian Marcia Richards
Friday, August 5th at 10:00 am.

Discover the benefits of proper hydration and sample a variety of flavorful infused waters.
Please register at 508-866-4698 x3.

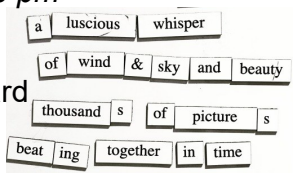
Ice Cream Social & '50's Trivia

sponsored by the Friends of Carver COA
Wednesday, August 31st 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 '50's Pop Culture trivia skills and win some prizes too!
Please register at 508-866-4698 x3.

Magnetic Poetry Workshop

Tuesday, August 30th at 2:00 pm



Experiment with a fun and creative way to write poetry. Published poet Nicholas Huard will lead the workshop where we first find words within various resources then adhere them to a magnetic sheet. The challenge is then arranging the words to form original poems. This inventive process was developed by a poet with writer's block! **Please register at 508-866-4698 x3.**

Jumpin' Juba Free Concert

Sponsored by the Carver Cultural Council

Tuesday, August 16th at 1:00 pm

Jumpin' Juba has a rootsy-bluesy sound inspired by many flavors of American blues music. New Orleans swamp-rock, classic boogie-woogie, folk, Memphis rock & roll, and a playful use of everything from calypso to country are stirred into the band's "blue stew". Drop-in for a toe-tapping, foot stomping good time!

Mass Cultural Council

This program is supported by a grant from the Carver Cultural Council, a local agency that 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*
Claudia Miller–Vice Chair
Helen Marrone-*Secretary*
Savery Moore
Elaine Raymond
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA
Ron Clarke - *President*
Paul M Kelly -*Vice President*
Madeline Joyce -*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 no later than the day before to schedule a seat on the bus. Have the address of the location you need transportation to when you schedule a ride.
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.***
Be considerate of the drivers and the other passengers.

SHOPPING SCHEDULE

SUPERMARKET RUNS

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?
Transportation 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 the day before.*

. . . . . .

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:
Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

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

FOOTCARE
Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.

Annual BBQ Special Thanks and Recognition

The Annual BBQ Luncheon on Tuesday, July 12th was a huge success with thanks to Head Cook June Benson and Kitchen Assistant Michelle Wall-Hewak for preparing the delicious meal. Thanks also to Chief Duphily and the members of the Carver Police Department for grilling up the burgers and hot dogs as well as the Carver Police Union for providing them! Special thanks to the Friends of Carver COA for decorating, offering raffle prizes and providing "Yesterday's Country Band" for the entertainment. Help from all the volunteers was truly appreciated. The full-house of friends, old and new, was the best part of all!

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, August 1st, 8th, 15th, 22nd & 29th at ***9:00 am***. *During summer, classes will be held at Sampson's Pond, weather permitting. Otherwise, they will be held inside the COA.* Suggested $5 donation. **Please register at 508-866-4698 x-3 to reserve a spot and a parking pass for Sampson's Pond.**

OIL PAINTING CLASSES
FREE with Jim Collins. Tues. 1:00 pm. Call to register at **508-866-4698 x3.**

ACRYLIC PAINTING CLASSES
FREE with Jim Collins. Wednesdays at 5 pm. Register **508-866-4698 x3.**.

RUMMIKUB
Wednesdays at 12:00 pm. Drop-In.

BINGO Thursdays,12:30 pm *(Arrive **before** 12:15 pm to buy games)*

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF
Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

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, August 5th & 19th
at 1:00 pm. ***Cost: $5***
Please register at 508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Meeting on Friday, August 26that 10:00 am. **Please register at 508-866-4698 x3.** *(4th Friday monthly)*

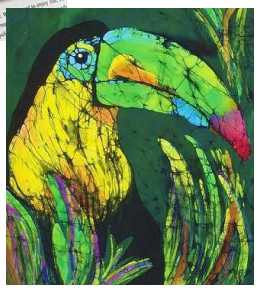
MEET & GREET WITH HEIDI
Meet COA Outreach Facilitator, Heidi Lufkin-Miles, Monday, August 1st at 1:00 pm *in the Small Meeting Room of the Carver Public Library* or call to set up an appointment **508-866 4698 x2.**

iPAD INSTRUCTION *w/ Lydia Nelson*
Tuesday, August 23rd at 10:00 am.
Bring your own iPad or borrow one of ours for the class! **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.

Sea-themed Scratch Art
8/3

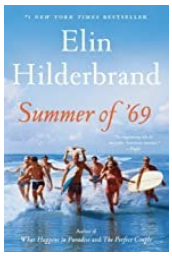

"Batik" Toucan
8/10

Diamond Art Key Chain
8/17

Stenciled Mini Tote
8/24

Embellished Sea Horse
8/31

JEWELRY MAKING WITH NANCY
Thursday, August 18th at 3:00 pm
Design and craft a custom piece of jewelry with Nancy's helpful guidance. *Cost $10.* **Register at 508-866-4698 x3.**

BOOK CLUB SELECTION


Summer of '69
By Elin Hilderbrand
Four siblings experience the drama, intrigue, and upheaval of the '60s summer when everything changed.
Please register at 508-866-4698 x3 **and for a copy of the book. Book Discussion Meeting is Monday, August 29th at *1:00 pm.***

FREE "I LOVE BINGO" CRAFT
with Donna LeBarnes
Thursday, August 18th at 9:30 am.
Need a little lucky inspiration for your bingo game? Come make this mini craft that announces your love for bingo and can hold your extra cash or your winnings! **Please register at 508-866-4698 x3.**

MEET THE AUTHOR: CLEMENT SMITH
Friday, August 19th at 10:00 am
Wareham resident Clement Smith will introduce his recently published memoir "My Great Life with a Perfect Wife". His personal memories offer insight into his career success as well as building a wonderful life with his beloved late wife. Copies of the book will be available for sale and signing. **Please register at 508-866-4698 x3.**

MOVIE MATINEE: QUEEN BEES

Friday, August 12th at 12:30 pm
Join us for this delightful comedy about second chances and staying young at heart.
Please register at 508-866-4698 x3.

BLOOM BUS TRIP TO CAPE ANN
Wednesday, September 7th
9:15 am - 6:30 pm
COST: $75 for "Friends" Members
$100 for Non-members
Call 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
Appointments at the COA are not available at this time.
Please call the Regional Office at the Middleboro COA at 1-800-AGE-INFO (1-800-243-4636)

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 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	Chair Yoga **9:00 am** Lunch 11:30 am **SINGO! 12:00 pm** **Heidi @ CPL 1:00** **Memory Training** **1:00 - 3:00 pm** 1	Wellness Clinic 9:30 -11:30 am Lunch 11:30 am Oil Painting 1:00 pm 2	**Sea-themed** **Scratch Art** **10:00 am** Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm 3	Lunch 11:30 am BINGO 12:30 pm **CARVER NIGHT** **OUT / COA BOD** **5:00 - 8:00 PM** 4	**Helpful** **Hydration** **10:00 am** Lunch 11:30 am **Line Dancing** **1:00 pm** 5	6
7	**Chair Yoga** **9:00 am** Lunch 11:30 am 8	Wellness Clinic 9:30 - 11:30 am **Coffee w/ the Chief** **10:30 am** Lunch 11:30 am **Experience China** **1:00 pm** Oil Painting 1:00 pm 9	**"Batik" Toucan** **10:00 am** Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm 10	**Atty. Hale** **Appts.** **10:00 am** Lunch 11:30 am BINGO 12:30 pm 11	Lunch 11:30 am **Movie Matinee** **12:30 pm** 12	13
14	**Chair Yoga** **9:00 am** Lunch 11:30 am 15	Wellness Clinic 9:30 - 11:30 Lunch 11:30 am **JUMPIN" JUBA** **CONCERT** **1:00 pm** Oil Painting 16	**Diamond Art** **Key Chain** **10:00 am** Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm 17	**"I Love Bingo"** **Craft** **9:30 am** Lunch 11:30 am BINGO 12:30 pm **Jewelry Making** **3:00 pm** 18	**Meet the Author** **10:00 am** Lunch 11:30 am **Line Dancing** **1:00 pm** ***FINAL PAYMENT DUE*** ***FOR CAPE ANN*** ***BUS TRIP*** 19	20
21	**Chair Yoga** **9:00 am** Lunch 11:30 am 22	Wellness Clinic 9:30 - 11:30 am **iPad Instruction** **10:00 am** Lunch 11:30 am **Financial Planning** **1-4** Oil Painting 1pm 23	**Stencil Mini Tote** **10:00 am** Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm 24	**Veterans** **Agent** **Mark Pineo** **10:00 - 12:00** Lunch 11:30 am BINGO 12:30 pm 25	**Bereavement** **Support Group** **10:00 am** Lunch 11:30 am 26	27
28	**Chair Yoga** **9:00 am** Lunch 11:30 am **Book Club 1:00 pm** 29	Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1pm **Magnetic Poetry** **2:00 pm** 30	**Sea Horse Craft** **10:00 am** Lunch 11:30 am **Ice Cream Social** **12:00 pm** Acrylic Painting 31	*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**.*		