

November 2024

Carver Council on Aging

What's Happening in November

Dogs in the White House

Presented by Nancy Franks

Monday, November 4th

at 1:00 pm

Learn about the history and stories of the presidential pets who lived at the White House.

Discover some of the prestigious pups who have marked their territory at 1600 Pennsylvania Avenue.

Please register at 508-866-4698 x3



Thanksgiving Turkey Luncheon

Monday, November 18th at 11:30 am

Join us for a delicious meal

of turkey, gravy, stuffing,

mashed potatoes, green beans,

squash, cranberry sauce plus

rolls & butter, served by members

of the Carver Police Department who provide the turkeys and pies! *Plus, drawings for gift cards and prizes will be held by the Friends of Carver COA.*

Tickets at \$5 go on sale starting Friday,

November 1st with June in the Nutrition Center.



Free Lunch for Senior Veterans

Friday, November 8th

at 11:30 am

In honor of Veterans Day,

show your military ID in

the Nutrition Center of the COA to enjoy a free lunch

in recognition of your selfless service and dedication

to our Country. **For planning purposes, please**

call Head Cook June at 508-866-4698 x4 by

Monday, November 4th if you plan to attend.



Festive Holiday Soups

Presented by Therapy Gardens

Tuesday, November 26th, 1:00 pm

Whether it's for a holiday meal or a get-together

with friends, come learn how to make these festive

soups! Get recipes for Butternut Squash and

Ginger, Roasted Red Bell Pepper, Pumpkin Soup

with Lentils, and more! Plenty of recipes and lots of

laughs will be shared. **Register 508-866-4698 x3.**



The Friends of Carver COA

Holiday Craft Fair

Saturday, December 7th, 10:00 am - 3:00 pm

Find unique homemade gifts for everyone on your holiday shopping list!

Handmade Jewelry, Knitting /Crocheting, Holiday Decor, Baskets, Candles

Home Textiles, Country Crafts and the Friends of the COA Bake Sale.

Drawings for Gift Baskets & Gift Cards!

BAKE SALE DONATIONS NEEDED

Anyone who would like to donate baked goods to the Friends Bake Sale please email: paulnelson14@icloud.com

Items will need to be wrapped for individual sale and can be dropped off at the COA

on Friday, December 6th between 9:00 am - 12:00 pm.



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

Alan Dunham - *Chair*

Helen Marrone-*Secretary*

Elaine Raymond

Mary DuRoss

Cathy Gallimore

Louise Walsh 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



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

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 - MAX 5 PEOPLE
4 BAGS OR LARGE ITEMS LIMIT**

Wednesdays 8:30 am & 12:30 pm . . . Market Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham

2nd & 4th - Walmart / Plymouth

Fridays 9:30 am Shaw's

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!

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 a companion to ride with them since the drivers are unable to escort passengers beyond their arrival point. If a companion is unavailable to you, arrangements can be made.



NOTES FROM OUTREACH

* **Important papers needed when applying for income-based programs:**

*Social Security Letter * Bank Statements * Pension Letters * Pay Stubs (if working) * Medical Cost Receipts (some programs can deduct medical costs including over-the-counter medication and wellness items).

Heidi Lufkin-Miles - Outreach Facilitator

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 cost. **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

Nicholas Farina, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

LEGAL ADVICE BY APPOINTMENT AT THE COA

Attorney-at-Law Lawrence Hale offers **FREE** 15 minute consultations on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appt.

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 currently \$10 but **will increase to \$15 starting January 1st!**



If you have not renewed your membership, do it now!

Your membership supports COA activities, events, performers and trips! **Mail to:** Friends of Carver COA, P.O. Box 72, Carver, MA 02330.

For more info check the website: friendscarvercoa.com

WEEKLY WELLNESS CLINICS

Our Regional Public Health Nurse provides weekly blood pressure clinics Tuesdays from 9:30 am -11:30 am, plus **monthly (first Tuesday)** glucose and cholesterol screenings with Carver EMS. Drop-in.

*FUEL ASSISTANCE AND SNAP APPLICATIONS

For Fuel Assistance call **South Shore Community Action Council** at **508-746-6707** to request an application. Pick up a **SNAP** application at the COA *then call our Outreach Facilitator* **508-866-4698 x2** for an appt.

IN-HOME HAIRCUT SERVICE W/ DONNA LAWRENCE

Call Donna at 508-243-2293 for pricing and an appt.



MONTHLY FOOT CARE w/ Dr. Alan Lechan
Wednesday, November 27th, 9:00 am - 2:30 pm

The \$35 foot care service includes: trimming nails and calluses. Bring your list of medications, doctor's name & date of last visit.

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

Please call for an appt.

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 CLASSES

Instructor, Karen Flynn **Cost: \$5/class**
Monday, November 25th, (**no classes on the 4th, 11th & 18th**) at 10:00 am
Please register at **508-866-4698 x3**.

BEACH BALL CHAIR VOLLEYBALL

Tuesdays: November 5th, 12th, 19th, 26th at 9:30 am.
Please register at **508-866-4698 x3**.



QI GONG with David Kisiday **Cost: \$5**
Tuesdays: November 5th, 12th, 19th & 26th at 10:30 am. 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 Nov. 1st & 15th
Group 2: Fridays Nov. 8th & 22nd at 9:00 am. **Cost: \$20/class.**
Please register at **508-866-4698 x3**.

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

SINGO - MUSICAL BINGO
Drop in the *first* Monday **and** the *third* Tuesday of every month at 12:00 pm.

LINE DANCING w/ Dave & Marcia Burbank – Fridays, Nov. 8th & 15th at 12:30 pm. **Cost: \$5/class.** Register **508-866-4698 x3**

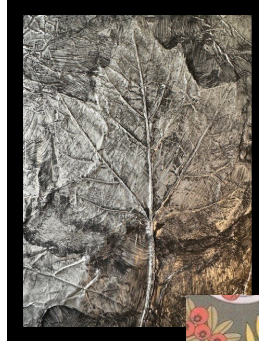
BEREAVEMENT SUPPORT GROUP
Every 4th Friday, Friday, Nov. 22nd at 10:00 am. Register **508-866-4698 x3**.

JEWELRY MAKING WITH NANCY
will be on hiatus until March. Look for classes returning in the Spring!

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.



Antiqued Foil Leaves
11/6

Thanksgiving Coasters
11/13



Stenciled Wine Bag
11/20

Beaded Indian Corn
11/27



LEGAL ASSISTANCE

Attorney Robert Fennesy, Esq. is offering the Carver COA pro bono legal assistance by appointment to fully retired Carver seniors for Wills, Durable Power of Attorney and Health Care Proxy preparation on the second Wednesday each month. Call 508-866-4698 x3 for an appt.

BOOK CLUB SELECTION

Someone Else's Shoes

by Jojo Moyes

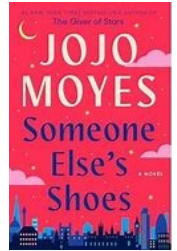
A story of mix-ups, mess-ups and making the most of second chances, this is the new novel from

#1 *New York Times* bestselling author Jojo Moyes, author of Me Before You and The Giver of Stars.

Who are you when you are forced to walk in someone else's shoes?

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

Book Discussion Meeting: Monday, November 25th at 1:00 pm.



MOVIE MATINEE: THE BIG CHILL

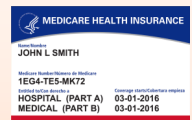
Friday, November 22nd at 12:00 pm

Good friends reunite for the funeral of a college pal. During the weekend, they compare their 60's ideas with the harsh reality of their lives in the 80's, and discover that in a cold world, you need

your friends to keep you warm. **Please note: this movie is rated "R"** Register at 508-8664698 x3.



THE SHINE PROGRAM



Medicare Open Enrollment is **October 15th - December 7th**

This is the time when you can review and make changes to your Medicare coverage.

Call for an appointment with SHINE Counselor Heidi Miles 508-866-4698 x2

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 2, Fri 8 -11:15
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 Suggested Donation: \$5.00
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



NOVEMBER 2024



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>Turkey Luncheon Tickets go on sale November 1st with June in the Nutrition Center Cost: \$5/each</p>	<p>Basket Weaving 1 <u>Group 1</u> - 9:00 am Lunch 11:30 am</p>
3	<p>No Chair Yoga 4 Lunch 11:30 am SINGO 12:00 pm White House Dogs 1:00 pm</p>	<p>Wellness Clinic & Screenings 9:30 Beach Ball Chair Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm</p>	<p>Foil Leaves 6 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm</p>	7 Lunch 11:30 am BINGO 12:30 pm	<p>Basket Weaving 8 <u>Group 2</u> - 9:00 am Lunch 11:30 am FREE LUNCH FOR SENIOR VETERANS Line Dancing 12:30 pm</p>	9
10	<p>CLOSED FOR VETERANS DAY 11</p>	<p>Wellness Clinic 9:30 - 11:30 am Chair Volleyball 9:30 Qi Gong 10:30 am Coffee w/ Chief / Talk w/ TA 10:30 Lunch 11:30 am Scrabble 12 pm</p>	<p>Legal Assistance 13 Appts. 9:00 am Thanksgiving Coasters 10:00 am Lunch 11:30 am Rummikub 12:00 pm</p>	<p>Atty. Hale 14 Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>Basket Weaving 15 <u>Group 1</u> - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm</p>	16
17	<p>No Chair Yoga 18 TURKEY LUNCHEON 11:30 am <u>ADVANCE TICKETS REQUIRED</u></p>	<p>Wellness Clinic 9:30 - 11:30 am Chair Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12 pm</p>	<p>Stenciled Wine Bag 20 10:00 am Rummikub 12:00 pm Footcare 9 - 2:30</p>	21 Lunch 11:30 am BINGO 12:30 pm	<p>Basket Weaving 22 <u>Group 2</u> - 9:00 am Bereavement 10:00 am Lunch 11:30 am Movie Matinee 12 pm</p>	<p>23</p>
24	<p>Chair Yoga 25 10:00 am Lunch 11:30 am Book Club 1:00 pm</p>	<p>Wellness Clinic Volleyball 9:30 Qi Gong 10:30 Lunch 11:30 am Scrabble 12 pm Holiday Soups 1 pm Financial Appts 1-4</p>	<p>Beaded Indian Corn 27 10:00 am Lunch 11:30 am Rummikub 12:00 pm</p>	28 CLOSED FOR THANKSGIVING HOLIDAY	29 CLOSED FOR THANKSGIVING HOLIDAY	<p>REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE A DECEMBER BIRTHDAY 30</p>