

December 2024

Carver Council on Aging

What's Happening in December

Notable Blend Holiday Concert

Wednesday, December 11th
at 6:00 pm

Sponsored by the Carver Cultural Council

Join us for a FREE holiday concert by this talented women's a cappella barbershop chorus that shares a passion for singing, friendship and a whole lot of harmony!

Please register 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.

Game Day: Pictionary Holiday Shows & Movies

Tuesday, December 10th
at 12:30 pm

Come play the fun drawing game with a holiday theme. You don't need to be an artist to play! Trying to figure out the drawings is half the fun! Please register at 508-866-4698 x3.



Holiday Socks Yankee Swap

Monday, December 16th, 12:30 pm.

Participants will bring a new pair of wrapped holiday adult socks to exchange the fun "Yankee Swap" way!

Register 508-866-4698 x3.



Elementary Chorus Holiday Concert

Wednesday, December 18th, 10:00 am.



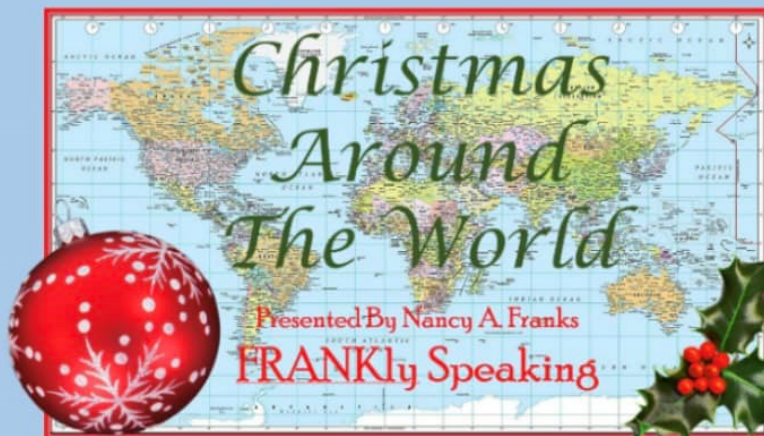
Drop in for the delightful voices of the Carver Elementary Fifth Grade Chorus directed by Music Teacher Katherine Krampf as they "sing" in the holidays!

New Year's Ice Cream Social Countdown to Noon

Sponsored by Friends of Carver COA.

Friday, December 30th, 11:45 am

Join us for an early countdown to the New Year and celebrate with an ice cream sundae. Register 508-866-4698 x3



Wednesday, December 4th
at 12:30 pm

Get into the holiday spirit as Nancy Franks describes the variety of ways Christmas is celebrated around the world. Discover which countries have influenced the traditions that we have adopted in the U.S. Perhaps you'll discover a special tradition from your own heritage that you can share with your family!

Please register at 508-8664698 x3

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 - Co-Vice Chair
Mary DuRoss - Co-Vice Chair
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
Thursday, December 26th, 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**
Mondays, December 2nd, 9th, 16th,
23rd, and 30th at 10:00 am
Please register at **508-866-4698 x3.**

BEACH BALL CHAIR VOLLEYBALL

Tuesdays: December,
3rd, 10th and 17th at 9:30 am.
Please register at **508-866-4698 x3.**



QI GONG with David Kisiday **Cost: \$5**

Tuesdays: December 3rd, 10th and
17th at 10:30 am. Please register at
508-866-4698 x3.

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 Dec. 6th & 20th

Group 2: Fridays Dec. 13th & 27th

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 – Friday, Dec. 6th , 12:30 pm.

Cost: \$5/class.

Register **508-866-4698 x3**

The Holidays can be the most difficult time
for those grieving a loss.



Please consider attending the



Bereavement Support Group each month.

BEREAVEMENT SUPPORT GROUP

Every 4th Friday, Friday, Dec. 27th 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!*

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.

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.



Holiday Card Workshop 12/4

Snowman
Ornament
11/13



Thank you to

Head Cook June Benson and
Michelle Wall-Hewak for preparing
a delicious turkey dinner to a sell-out
crowd for the Annual Thanksgiving
Luncheon. Special thanks also to
Chief Duphily and the members
of the Police Department who served
the meal and to the Police Union for
providing the turkeys and pies.
Thank you to the Friends of Carver
COA for the amazing prizes for
the numerous drawings. As always,
the assistance by all the volunteers
was truly appreciated!

BOOK CLUB SELECTION

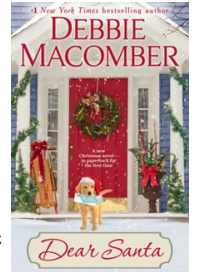
Dear Santa

by Debbie Macomber

A special holiday wish
list brings about hope,
love, and second
chances in this nostalgic
novel from the queen of

Christmas stories, #1 *New York
Times* bestselling author Debbie Ma-
comber. **Please register at 508-866-
4698 x3 & for a copy of the book.**

**Book Discussion Meeting: Monday,
December 30th at 1:00 pm.**



MOVIE MATINEE: THE HOLDOVERS

Friday, December 13th

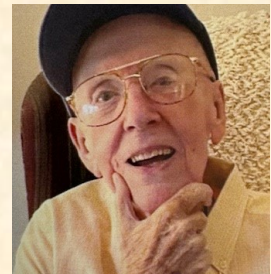
at 12:00 pm

This critically
acclaimed film is the
touching story of the
unlikely bonds that
can be created when
a prep school teacher,
cook and student are
forced to spend the
holidays together.

Register at **508-8664698 x3.**



In Loving Memory



The Carver COA has lost a
dedicated volunteer and very dear
friend, Jim Collins. For more than
25 years, Jim shared his artistic and
musical talents at the COA as well
as stories of his amazing life as a
Broadway dancer. We will never
forget the impact he made on all
our lives. Rest in Peace.




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

DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	Chair Yoga 10:00 am Lunch 11:30 am SINGO 12:00 pm	Wellness Clinic & Screenings 9:30 Beach Ball Chair Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12 pm	Holiday Card Workshop 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm	Lunch 11:30 am BINGO 12:30 pm	Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm	FRIENDS OF CARVER COA HOLIDAY CRAFT FAIR 10 AM - 3 PM
8	Chair Yoga 10:00 am Lunch 11:30 am	Wellness Clinic Chair Volleyball 9:30 Qi Gong 10:30 am Coffee w/ Chief / Talk w/ TA 10:30 Lunch 11:30 am Pictionary 12:30 pm	Snowman Ornament 10:00 am Lunch 11:30 am Rummikub 12:00 pm Notable Blend Holiday Concert 6:00 pm	Atty. Hale Appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm	Basket Weaving Group 2 - 9:00 am Lunch 11:30 am Movie Matinee 12 pm	14
15	Chair Yoga 10:00 am Lunch 11:30 am Holiday Socks Yankee Swap 12:30 pm	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	Elementary School Holiday Concert 10:00 am Rummikub 12:00 pm	Lunch 11:30 am BINGO 12:30 pm	Basket Weaving Group 1 - 9:00 am Lunch 11:30 am	21
22	Chair Yoga 10:00 am Lunch 11:30 am	CLOSED FOR CHRISTMAS EVE	CLOSED FOR CHRISTMAS DAY	Lunch 11:30 am BINGO 12:30 pm	Basket Weaving Group 2 - 9:00 am Bereavement 10:00 am Lunch 11:30 am	 28
29	Chair Yoga 10:00 am Lunch 11:30 am Countdown to Noon Ice Cream Social 11:45 am Book Club 1:00 pm	CLOSED FOR NEW YEAR'S EVE	CLOSED FOR NEW YEAR'S DAY	<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. Thank you!</i></p>		REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE A JANUARY BIRTHDAY