



Connections

January 2025 ISSUE 101



Photo credit: Ellie Keenan

EMPOWERING DIABETIC LIVING **TUESDAY, JANUARY 7TH | 12:30 AM**

Presented by Therapy Gardens

Explore practical strategies for managing diabetes through delicious, low-carb recipes, essential kitchen tips, and empowering tools and technologies - including meal-planning apps, online resources, and supportive communities - that make diabetes management more accessible. Attendees will receive a comprehensive list of resources.

Please register at 508-866-4698 x3.

RETIREMENT: **MAKING YOUR MONEY LAST** **WEDNESDAY, JANUARY 15TH | 1:00 PM**

*Presented by Certified Financial Planner,
Sandy Childs with Edward Jones*

Discover ways to help you work toward achieving your retirement goals - what matters most to you. A key focus will be how to provide for your income needs for the future, addressing concerns of inflation, health care, market changes and unexpected events. **Please register at 508-866-4698 x3.**

DETERRA KIT TRAINING

TUESDAY, JANUARY 14TH | 12:30 PM

The Carver Cares Coalition will be providing Detera pouches with an overview on their use to safely dispose of unwanted prescription medications in the home. Register 508-866-4698 x3



WELCOME

Happy New Year!

I hope you enjoy the new larger and more colorful Carver COA monthly newsletter. This updated format will allow us to include more information about programs, services, events and activities in a more expansive and eye-catching way. Not only is our newsletter expanding but so is our staff!



Introducing new COA staff member, Alice McMahon, as the part time (Tues-Thurs) Activities Coordinator/ Administrative Asst.

Welcome aboard!

Connie Kelly

Carver COA Director

NEW YEAR, NEW GUT

FRIDAY, JANUARY 10TH | 10:00 AM

Presented by BID Registered Dietitian Marcia Richards

Did you know a healthy gut supports your entire body? Learn 5 ways to create a healthier gut in 2025!

Please register at 508-866-4698 x3



MIND AND BODY WELLNESS

MONTHLY BEREAVEMENT SUPPORT GROUP

Find comfort and support in this monthly bereavement group facilitated by Continuum Hospice & Palliative Care of Fall River. This group meets on *the 4th Friday of every month* at 10:00 am in the library room of the COA. **Please register at 508-866-4698 x3.**

MONTHLY FOOTCARE

Podiatrist Dr. Alan Lechan offers foot care services *on the 4th Wednesday of every month* from 9:00 am - 2:30 pm at the COA. The \$35 service includes trimming of nails and calluses. Please bring a list of all your medications, doctor's name and date of last visit. **Call 508-866-4698 x3 for an appointment.**

WEEKLY WELLNESS CLINICS

TUESDAYS | 9:30 AM - 11:30 AM

Our Regional Public Health Nurse provides weekly blood pressure clinics every Tuesday from 9:30 am - 11:30 am. Glucose and cholesterol screenings are provided through Carver EMS on a monthly basis on *the first Tuesday* of each month during the Wellness Clinics. These weekly health checks offer an additional opportunity to address *any* concerns you may want to discuss between visits with your primary care physician. Drop-in, no appointment is necessary.



NEVER MISS OUR NEWSLETTER!

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newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



WINTER WONDERLAND

WEDNESDAY, JANUARY 22ND | 12:30 PM

Join us for some “frosty” fun with winter-themed games and activities. Don’t worry, “snowball” treats and hot cocoa will keep you warm! **Register at 508-866-4698 x3.**



COA STAFF

GATRA Dial-A-Ride Dispatcher

Peggy Wood
508-866-4698 x1
Mon-Fri, 9 AM-12 PM

Outreach Facilitator / SHINE Counselor

Heidi Lufkin-Miles
508-866-4698 x2
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

with Karen Flynn
Mondays at 10:00 am, *Cost: \$5*

BEACHBALL CHAIR VOLLEYBALL

Tuesdays at 9:30 am, *Free,*
Drop-in

QI GONG

with David Kisiday
Tuesdays at 10:30 am, *Cost: \$5*

SCRABBLE

Tuesdays at 12:00 pm, Drop-in

RUMMIKUB

Wednesdays at 12:00 pm,
Drop-in

BINGO

Thursdays at 12:30 pm - 2:30
pm *Please arrive prior to
12:15 pm to purchase games:*
50/50 \$1, 10 game pack \$5 and
coverall \$1. Drop-in



MONTHLY ACTIVITIES

BASKET WEAVING

with Patty Batson
2 groups of 2 classes/month:
Group 1: 1st & 3rd Fridays
Group 2: 2nd & 4th Fridays
at 9:00 am, *Cost: \$20/class*

COFFEE WITH THE CHIEF & TALK WITH THE T.A.

Every second Tuesday at
10:30 am. Drop-in.

SINGO - MUSICAL BINGO

Every first Monday and the
third Tuesday of each month
at 12:00 pm. Drop-in

LINE DANCING

with Dave & Marcia Burbank
Fridays, January 3rd and 17th
at 12:30 pm. *Cost: \$5*

*Please register for ALL
activities at 508-866-4698 x3,
unless they are listed as “Drop-
in”.*

NEW KNIT AND CROCHET CLUB

**MONDAY, JANUARY 27
10:00 AM -11:00 AM**

Group crafting can be a lot of
fun to form new friendships
and find new inspirations.
Bring a current project or work
with provided patterns and
yarn with your own hooks or
needles. **Please register at
508-866-4698 x3**

FRIENDS OF CARVER COA MEMBERSHIP DRIVE

MONDAY, JANUARY 13TH | 12:00 PM - 2:00 PM

Sign up or renew your annual Friends Membership for \$15 and receive an exclusive Friends tote while they last! Funds raised support Carver COA events, activities and trips.



CONTACTS

Friends of Carver Council on Aging

Paul Kelly -
Vice President
Jackie Rogerson -
Secretary
Lydia Nelson -
Treasurer
Alice McMahon -
Activities Coordinator
Friends of Carver COA
P.O. Box 72,
Carver, MA 02330
friendscarvercoa.com

COA Board of Directors

Alan Dunham - Chair
Elaine Raymond -
Co-Vice Chair
Mary DuRoss -
Co-Vice Chair
Helen Marrone -
Secretary
Cathy Gallimore -
Member
Louise Walsh - Alt.
Mike Nicolazzo - Alt.

Meals on the Move

The COA provides prepared meals for homebound seniors Monday - Friday
Suggested daily donation: \$5.00. Call the Nutrition Center at 508-866-4698 x4.

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

Thursday	1/2 - Beef Chili w/cheese over rice, pineapple	
Friday	1/3 - Pizza w/ toppings, chips, mixed fruit,	
Monday	1/6 - Assorted Calzones, chips, peaches,	
Tuesday	1/7 - Sausage, Peppers & Onions, rice, tapioca	
Wednesday	1/8 - Chicken Nuggets, sweet potato fries, corn, Birthday Cake & Ice Cream	
Thursday	1/9 - Pulled Pork Sandwiches, cranberry cole slaw, peaches	
Friday	1/10 - Roast Beef Sandwiches, chips, pears	
Monday	1/13 - Chicken Cordon Royale, sweet potato puffs, broccoli, chocolate cake,	
Tuesday	1/14 - Pizza w/toppings, minestrone soup, tropical mixed fruit	
Wednesday	1/15 - Chicken Meatballs w/ gravy, mashed potatoes, beets, vanilla pudding,	
Thursday	1/16 - Meatloaf w/gravy, mashed potatoes, corn, mangoes,	
Friday	1/17 - Tuna Salad Sandwiches, tomato soup, pineapple,	
Monday	1/20 - Closed for Martin Luther King Jr. Day	
Tuesday	1/21 - Hot Dogs, baked beans, brown bread, mixed fruit	
Wednesday	1/22 - Lasagna, green beans, red velvet cake	
Thursday	1/23 - Mac 'n' Cheese w/ broccoli or plain, mandarin oranges	
Friday	1/24 - Ham Salad Sandwiches, chips, lemon Jello	
Monday	1/27 - Chicken Broccoli & Cheese, sweet potato fries, mixed vegetables, peaches	
Tuesday	1/28 - Teriyaki Chicken, rice, oriental vegetables, chocolate pudding	
Wednesday	1/29 - Assorted Calzones, chips, pears	
Thursday	1/30 - American Chop Suey, green beans, tiramisu	
Friday	1/31 - Baked Haddock, sweet potato puffs, carrots, tropical fruit mix	

WEEKLY CRAFT CLASSES

WEDNESDAYS AT 10:00 AM

Participants must register by the Monday before the class at 508-866-4698 x3. Supplies are limited.

Wednesday 1/8 - Beaded "Icicles"

Wednesday 1/15 - Mitten Wreath

Wednesday 1/22 - Wooden Winter Scene

Wednesday 1/29 - Paintbrush Gnome



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 Veteran's 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 1/2 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.

MONTHLY BOOK CLUB

MONDAY 1/27 AT 1:00 PM

The Nature of Fragile Things
by Susan Meissner

The fates of three women intertwine on the eve of the devastating San Francisco earthquake, thrusting them onto a perilous journey that will test their resiliency and resolve and, ultimately, their belief that love can overcome fear.

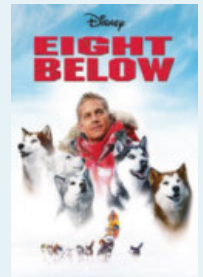
For a copy of the book, register at 508-866-4698 x3.



MONTHLY MOVIE

FRIDAY 1/31 AT 12:00 PM

Stranded in Antarctica during the most unforgiving winter, beloved sled dogs must learn to survive together until they are rescued. A thrilling tale of incredible friendship between eight amazing sled dogs and their guide. **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.
- Be ready at the scheduled pick up time.
- Drivers can only wait 5 minutes after pick up time.
- Call in advance to cancel a reservation.

1 HOUR SUPERMARKET TRIPS - MAXIMUM 5 PEOPLE - 4 BAGS OR LARGE ITEM LIMIT

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

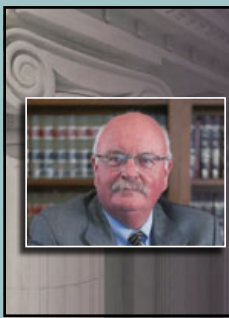
Thursdays 9:30 am 1st & 3rd - Wareham Walmart
2nd & 4th - Plymouth Walmart

Fridays 9:30 am - Carver Shaws

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

WE APPRECIATE OUR ADVERTISERS!



John E. McCluskey, Esq.

ELDER LAW ATTORNEY

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January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED FOR NEW YEAR'S DAY	2 Lunch 11:30 am BINGO 12:30 pm	3 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30	4
5	6 Chair Yoga 10 am Lunch 11:30 am SINGO 12:00 pm	7 Wellness Clinic 9:30 Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Diabetic Living 12:30	8 Icicles 10:00 am Birthday Lunch 11:30 am Rummikub 12 pm	9 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm	10 Basket Weaving Group 2 - 9:00 am New Year, New Gut! 10:00 am Lunch 11:30 am	11
12	13 Chair Yoga 10 Lunch 11:30 am Friends Membership Drive 12 pm - 2 pm	14 Wellness Clinic Volleyball 9:30 am Coffee w/ Chief 10:30 Qi Gong 10:30 am Lunch 11:30 am Deterra Kit 12:30 pm	15 Mitten Wreath 10:00 am Lunch 11:30 am Rummikub 12 pm Retirement 1:00 pm	16 Lunch 11:30 am BINGO 12:30 pm	17 Basket Weaving Group 1 - 9:00 am Lunch 11:30 am Line Dancing 12:30	18
19	20 CLOSED FOR MARTIN LUTHER KING JR. DAY	21 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12:00 pm	22 Winter Scene 10:00 am Lunch 11:30 am Rummikub 12 pm Winter Wonderland 12:30 pm	23 Lunch 11:30 am BINGO 12:30 pm	24 Basket Weaving Group 2 - 9:00 am Bereavement 10:00 am Lunch 11:30 am	25
26	27 Chair Yoga 10 Knit/Crochet Club 10:00 am Lunch 11:30 am Book Club 1:00 pm	28 Wellness Clinic Volleyball 9:30 am Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm Financial Appts. 1 - 4	29 Footcare 9:00 am - 2:30 pm Paintbrush Gnome 10:00 am Lunch 11:30 am Rummikub 12 pm	30 Lunch 11:30 am BINGO 12:30 pm	31 Lunch 11:30 am Movie Matinee 12:00 pm	