

May 2024

# Carver Council on Aging

## *What's Happening in May*

### **Healing & Edible Landscape Gardens** *presented by Therapy Gardens and sponsored by the Carver Cultural Council*

**Monday, May 13th at 1:00 pm**

Learn about the healing properties of plants and flowers so you can create your own healing, edible or tea garden. Great for indoor and outdoor gardeners of any skill level, people looking for new garden ideas or anyone interested in specialty gardens. **Register at 508-866-4698 x3**

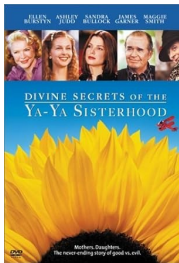


This program is supported in part by a grant from the Carver Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

### **Movie Matinee: Divine Secrets of the Ya-Ya Sisterhood**

**Friday, May 10th at 12:00 pm**

A comical Southern tale of a group of lifelong friends who stage an unusual intervention to help a young playwright unravel the truth about her complicated, eccentric mother, find forgiveness and let go of her painful past. **Please register at 508-866-4698 x3.**



### **Songs & Stories of the American Folk Revival** *with Lewis & Shea*

*sponsored by the Carver Cultural Council*

**Monday, May 20th at 12:30 pm**

Come enjoy the nostalgic music from the most influential and productive period of the folk music revival, the early 1960's. Re-live some of the events from that time period and how they influenced folk music with the powerful messages the lyrics conveyed.

**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.

### **Allergies and Essential Oils**

*presented Chris Ventura*

**Wednesday, May 22nd at 1:00 pm**

Join us to learn how therapeutic grade essential oils can reduce or even eliminate allergy symptoms. Did you know that lavender is an all natural antihistamine? Or that lemon oil can eliminate the allergens that are the cause of our seasonal misery? This hands-on, informative class will surprise you about the amazing benefits of these oils often known as "nature's pharmacy". **Please register at 508-866-4698 x3.**



### **Carver COA / Friends of Carver COA / Best of Times Bus Tour Jimmy Buffett Tribute Show & Lobsterbake**

**Monday, July 15th Departs: 9:00 am / Return: 6:30 pm**

What says "Summertime" more than lobsters and Jimmy Buffett? Join us for the Ultimate Jimmy Buffett Tribute Show featuring *Jimmy and the Parrots* combined with a fantastic Maine Lobsterbake with your choice of lobster or chicken, w/ chowder, mussels, clams, corn and much more at Fosters Clambake York, Maine!

**COST: \$90 Friends Members / \$135 Non-members**

**Payment with reservations no later than Monday, May 20th.**  
**Call 508-866-4698 x3 to reserve a spot. This event will sell out fast!**

#### **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*  
Donna Marie Forand - *Vice Chair*  
Helen Marrone - *Secretary*  
Elaine Raymond  
Mary DuRoss  
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 4 BAGS OR LARGE ITEMS LIMIT

**Wednesdays 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.

## MAY GATRA BUS TRIPS

### Wareham Crossing

**Monday, May 6th, 10:00 am – 4:00 pm**

Shop a wide variety of stores and enjoy lunch on your own at your choice of eatery.

**Trip Cost: \$5.00 for the bus.**

### Green Briar Nature Center, Sandwich

**Tuesday, May 21st, 9:00 am – 4:00 pm**

This unique spot boasts beautiful gardens and nature trails, plus a jam kitchen. Lunch on your own at a local restaurant. **Cost: \$5/bus & \$10/admission**

Call the GATRA Dispatcher early to reserve your spot at **508-866-4698 x1**. **Space is limited**

## 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 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 \$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](http://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 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 Outreach Facilitator Heidi Miles at **508-866-4698 x2** for an appt.

### Meet & Greet with

**Outreach Facilitator / SHINE Counselor Heidi Miles**  
on **Monday May 20th at 1:00 pm** in the  
small meeting room of the Carver Public Library.

## 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, May 22nd, 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. 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**

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 WILL BE ON HIATUS FOR THE MONTH OF MAY

Classes will resume in June on Mondays at 10:00 am for \$5/class with new instructor, Bill Sevitelle.

*Many Thanks to Mary Ellen Wilson for her years of dedication and generosity to the COA seniors. Best Wishes for all your future endeavors!*

**QI GONG** with Kathryn Demers  
Tuesdays May 14th, 21st & 28th (no class May 7th) at a 10:30 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 May 3rd & 17th  
Group 2: Fridays May 10th & 24th  
at 9:00 am. **Cost: \$20/class.**  
Please register at **508-866-4698 x3.**

**COFFEE WITH THE CHIEF**  
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 CLASSES**  
with David & Marcia Burbank  
Fridays May 3rd & 17th **at 12:30 pm.**  
**Cost: \$5 Register 508-866-4698 x3**

**BEREAVEMENT SUPPORT GROUP**  
Every 4th Friday. Friday, May 24th at 10:00 am. Register **508-866-4698 x3.**

**JEWELRY MAKING WITH NANCY**  
Thursday, May 9th at 2:45 pm.  
Create custom jewelry. **Cost: \$10.**  
Please register at **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.



Embellished  
Adult  
Coloring  
Spring  
Wreath  
5/1

(NO CRAFT CLASS 5/8)

Floral Kite  
Decoration  
w/ ribbons  
5/15



Bird  
Nest  
Acrylic  
Painting  
5/22

Dot  
Painting  
Garden  
Rocks  
5/29



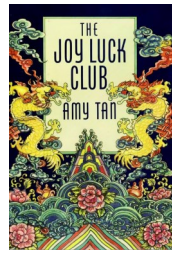
### BOOK CLUB SELECTION

The Joy Luck Club

by Amy Tan

Four mothers, four daughters, four families whose histories shift with the four winds depending on who's "saying" the stories. In 1949, four Chinese women, recent immigrants to San Francisco, begin meeting to eat dim sum, play mahjong, and talk. United in shared unspeakable loss and hope, they call themselves the Joy Luck Club.

**Register at 508-866-4698 x3 and for a copy of the book.**  
**Book Discussion Meeting:**  
**Tuesday, May 28th at 1:00 pm**



### Spring Tea Luncheon

sponsored by the COA Board of Directors  
Friday, May 31st  
at 11:15 am



Put on your fancy best and join us for tea, sandwiches and sundry sweet treats. Enjoy a wide variety of teas while socializing with friends, old and new. (Alternate beverages will be available). Participants will be entered for a chance to win a Gift Basket Door Prize! This event will be the lunch service on this day, compliments of the COA Board of Directors. Advance reservations are required. **Please call 508-866-4698 x3 by Wednesday, May 29th to register for the luncheon.**

### LEGAL ASSISTANCE

Attorney Robert Fennessy, 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 document preparation on the second Wednesday of each month. **Call 508-866-4698 x3 to schedule your half hour appointment.**

### FOOD PANTRY

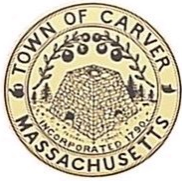
**Shane Gives Thanks** - 128 Main St.  
Tues./Thurs - 8 - 1  
\*Wed 1 - 2, Fri 8 - 11:15  
Sat/Sun/Mon - Closed  
\*Wed. is Veteran's Shopping Day  
**508-866-7673**

### 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



# MAY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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 <a href="mailto:CarverCOANews@carverma.org">CarverCOANews@carverma.org</a>.</i>			Adult Coloring 1 Flower Wreath 10:00 am Birthday Celebration Lunch 11:30 am Rummikub 12 pm	Lunch 11:30 am 2 BINGO 12:30 pm	Basket Weaving 3 <u>Group 1</u> - 9:00 am Lunch 11:30 am Line Dancing 12:30	4
5	Chair Yoga will be on hiatus until June 6 GATRA Bus Trip 9-3 Cinco de Mayo Taco Lunch 11:30 am SINGO 12:00 pm	Wellness Clinic & Screenings 9:30 - 11:30 am 7 <b>NO LUNCH SERVICE OR NUTRITION CENTER ACTIVITIES DUE TO THE INSTALLATION OF KITCHEN EQUIPMENT.</b>	Legal Assistance Appointments 9:00 am 8	Atty. Hale Appointments 10:00 am 9 Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm	Basket Weaving 10 <u>Group 2</u> - 9:00 am Lunch 11:30 am Movie Matinee 12 pm	11
12	Lunch 11:30 am 13 Therapy Gardens Healing Garden Workshop 1:00 pm	Wellness Clinic 9:30 - 11:30 am 14 Qi Gong 10:30 am Coffee w/ Chief 10:30 am Lunch 11:30 am Scrabble 12 pm	Floral Kite Craft 10:00 am 15 Lunch 11:30 am Rummikub 12 pm	Lunch 11:30 am 16 BINGO 12:30 pm	Basket Weaving 17 <u>Group 1</u> - 9:00 am Lunch 11:30 am Line Dancing 12:30 pm	18
 FINAL PAYMENT DUE FOR THE JIMMY BUFFETT LOBSTERBAKE BUS TRIP	Lunch 11:30 am 20 American Folk Revival 12:30 pm Meet & Greet w/ Heidi Miles Carver Library 1:00 pm	Wellness Clinic 9:30 - 11:30 am 21 Qi Gong 10:30 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12 pm	Footcare 9-2:30 22 Bird Nest Painting 10:00 am Lunch 11:30 am Allergies & Oils 1:00 pm Rummikub 12 pm	Lunch 11:30 am 23 BINGO 12:30 pm	Basket Weaving 24 <u>Group 2</u> - 9:00 am Bereavement 10:00 am Lunch 11:30 am	25 
*MAY'S BOOK CLUB MEETING IS MOVED TO TUESDAY DUE TO THE MONDAY HOLIDAY 26	CLOSED FOR MEMORIAL DAY 27	Wellness Clinic Qi Gong 10:30 am 28 Lunch 11:30 am Scrabble 12 pm *Book Club 1 pm* Finance Appts. 1-4 pm	Garden Rocks 10:00 am 29 Lunch 11:30 am Rummikub 12 pm Reserve for Tea Luncheon by today!	Lunch 11:30 am 30 BINGO 12:30 pm	Spring Tea Luncheon 11:15 am 31 ADVANCE RESERVATIONS REQUIRED	REGISTER FOR THE NEXT BIRTHDAY CELEBRATION IF YOU HAVE A JUNE BIRTHDAY 508-866-4698 X3 1