

# Bright



# Horizons

**Caryl Community Center Room 116  
4 Springdale Avenue  
Dover, MA 02030  
www.doverma.org  
508-315-5734**

**MAY  
2015**

**DOVER COA**  
COUNCIL ON AGING

## MAY LUNCHEON

*Tuesday, May 12th, 12:00pm; \$4*

*Room 108, Caryl Community Center*

U.S. Postal Inspector Bernadette Lundbohm from The Postal Inspection Service will share information about the latest frauds and scams targeting seniors through the U.S. Mail. Inspector Lundbohm will also provide seniors with the tools and steps necessary to avoid becoming victim of these scams. RSVP by May 4<sup>th</sup>

Co-sponsored by TRIAD, a program of Norfolk County Sheriff's Office

## COMMUNITY LUNCH PROGRAM

*Tuesday, May 19th at 12:00pm at Dover Church*

Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by May 14th

## CIRCLE OF FRIENDS LUNCH

*Tuesday, May 26th at 12:00pm Grace Church*

Please join us for a homemade lunch and conversation with friends. RSVP by May 23rd.

## MONTHLY DRAWING

For the month of May there will be a drawing at each Luncheon, sponsored by the Friends of the COA. Be sure to join us for a chance to win!

## TRAVEL WITH THE COA

For information on upcoming trips to Heritage Gardens and Tanglewood see page 2

## FOOT DOCTOR

Podiatrist, Dr. Douglas John starts Monday May 11th. For more information see page 2



## SAVE THE DATES

### TRIAD Yellow Dot Program

*Thursday June 18<sup>th</sup> at 10:00am*

*Room 108, Caryl Community Center*

Representatives from the Norfolk County Sheriff's Office and Dover TRIAD will discuss the Yellow Dot program, a national public safety program.

### "UP IN SMOKE BBQ"

#### **Fundraiser for the COA**

**The Centre Streeters will be performing!!!**

*Wednesday, June 17th; 4:00-7:00pm- Backyard at*

*Caryl Center; Sponsored by the Friends of the COA*

\$5 Person Pre-Registration/\$10 Day of Event

Children under 10 Free

*Sponsored in part by a grant from the Dover Cultural Council and the Massachusetts Cultural Council*

**TOWN MEETING - MONDAY MAY 5TH**

**TOWN ELECTION - MONDAY MAY18TH**

**The COA Senior Bus is here!!  
See page 3 to schedule a Free Ride**



**RSVP for all COA events at [www.doverma.org](http://www.doverma.org) Click on Council on Aging in the "Dover's Quick Links" section or call 508-315-5734.**

## PROGRAMS and SERVICES

### AFTERNOON TEA “Buttons, Buttons, Buttons”

Friday, May 22nd, 1:30pm

Caryl Community Center, Room 108



**pole**

### BLOOD PRESSURE—With the Wal-VNA

Friday May 22nd, 12:30pm

Caryl Community Center, Room 108

### BLUE MOON BAGELS AND BREADS

May 7th & 21st

Caryl Community Center, Room 116

Donated baked goods available for pick up after 10:00am



### BOCCE IS BACK!!

Fridays at 10:00am at the Dover Legion

Join us as it is always a fun time!!

### CRAFTS - Card Making Class with Beth

Monday, May 11th, 10:00am

Caryl Community Center, Room 116

Create May Flower cards using fabrics & patterns

### FOOT DOCTOR

Monday, May 11th, 9:00am

Caryl Community Center, Room 116

Meet our new podiatrist Dr. Douglas John. Cost is \$30.00. Call the COA for an appointment.

Future dates TBA

### KNITTING

Mondays at 12:30pm

Caryl Community Center, Room 108

Beginners and experienced knitters are welcome! Bring a project of your own you can join the knitters who make hats, booties and blankets for the NICU units with donated yarn.



or

### MOVIE MATINEES

Friday, May 8th; 1:00pm, Dover Church, Kraft Hall

May's Movie is “Good Will Hunting”

Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

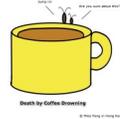
### SENIOR COFFEE HOUR

### SENIOR COFFEE HOUR

Friday, May 22nd, 8:00am

Caryl Community Center, Room 108

Please join us for coffee and conversation.



### SHINE

Questions about health insurance? Call the COA for appointment with Counselor Renee Rubin.

### TRIAD MEETING

Monday, May 4th, 10:00am

Caryl Community Center, Room 116

### MAH JONGG

Thursdays, 1:00pm, Caryl, Room 108

Please join us for Mah Jongg. All levels welcome

### PAGETURNERS BOOK CLUB

Thursday, May 14th, 1:00pm- Town Library

## Come Travel with the COA!

### **Friday June 5 Heritage Garden and Museum**

Come see what is in bloom at Heritage. We'll go on a guided tour of the landscaped gardens and the architectural features of the property. The new art exhibit of American artists *The Wyeths: America Reflected* will be open. Lunch is “on your own” at the Magnolia Café or you can brown bag it. Cost: \$35

### **Sunday, August 9 Tanglewood – A Summer trip to the Berkshires!**

Join us for lunch at The Red Lion Inn and then take your seat (in the Shed) for a wonderful performance of Mussorgsky's *Night on Bald Mountain*, Wieniawski's *Violin Concerto #4*, and Berlioz's *Symphonie Fantastique*, featuring guest violinist Joshua Bell. Cost: \$115

### **Saturday, October 17 Fine Arts & Craft Festival at Roseland Cottage.**

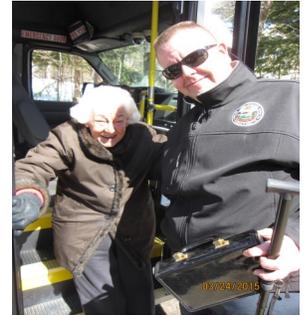
Spend a beautiful fall day in Northeast CT. Start your holiday shopping with 175 artisans from New England area, enjoy live music and the fall foliage, and see a beautiful historic home, all in one trip! Cost: TBD

# NEED A RIDE?? CHECK OUT THE DOVER COA TRANSPORTATION SERVICES

## DOVER COUNCIL ON AGING BUS SERVICE

The Town of Dover offers **FREE** curb to curb transportation for three days a week. To schedule a ride, call 508-785-0058 ext 110.

- **TUESDAYS** - Dover COA Lunches (10:30-2pm) — These lunches are scheduled on the second, third and fourth Tuesdays of the month. (See calendar on page 4)
- **WEDNESDAYS** - Medical Appointments (8:30am-2:30pm) - Dedham, Framingham, Medfield, Natick, Needham, Newton, Norwood & Wellesley.
- **THURSDAYS** - Grocery Stores and Pharmacies (9:30am-12:30pm) - Medfield Shaws & Medfield CVS; Millis Roche Bros. & Millston Way stores. (If you have other favorite grocery stores, let us know)



**Reservations REQUIRED: 508-785-0058 ext 110 (2 business days in advance: First come, first served)** Leave your name, address, phone, date needed, pick up time & destination address.

**\*\* If you need service on another day or are going to Boston, you can still use JFK Transportation\*\***

## JFK TRANSPORTATION SERVICE

JFK Transportation provides rides to local destinations and to Boston. Their hours of service are Norwood Monday through Friday from 7:00am to 5:00pm.

For **Local** medical and non-medical rides, purchase 10-punch ride tickets at the Dover COA. Each ticket is \$30.00. The JFK phone number is on each ticket. They *appreciate* 48 hour notice.

**Local** ride costs:

- ♦ Needham, Dedham Medical, Natick, Norwood, Medfield and Wellesley - 2 ticket punches (\$6.00) each way
- ♦ Framingham, Holliston, Newton-Wellesley Hospital, West Roxbury, Chestnut Hill - 3 ticket punches (\$9.00) each way
- ♦ Sudbury, Waltham, Concord & Lexington - 4 ticket punches (\$12.00) each way
- ♦ Within Dover -1 ticket punch (\$3.00) each way

For **Boston** medical rides (***Only medical rides into Boston***), purchase one way tickets at the COA. Each ticket is \$20.00. The JFK phone number is on each ticket. They *require* 48 hour notice.

**Boston** ride costs:

- ♦ One way trip to Boston - \$20.00 (one ticket)
- ♦ Round trip to Boston - \$40.00 (two tickets)

**\*\* Ticket prices do not include tips \*\***



Please call the Dover COA at **508-315-5734** to purchase tickets or if you have questions.

# DOVER COA - MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>GC—Grace Church</b>  <b>Library CR = —Community Room</b>  <b>Caryl — Caryl Community Ctr.</b>  <b>Room 116—COA office at Caryl</b>  <b>Room 108 - Caryl Community Ctr.</b></p> </div>	3			<p><b>1</b></p> <p><b>10:00am</b> -Zumba Gold Caryl Gym</p> <p><b>10:00am</b> - Bocce - Dover Legion</p>
<p><b>4</b></p> <p><b>9:30am</b>– Yoga –Caryl, Room 215  <b>10:00am</b> - TRIAD Caryl , Room 116  <b>12:30pm</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Chi Gong- Library CR  <b>TOWN MEETING</b></p>	<p><b>5</b></p> <p><b>10:00am</b> Board Mtg -Caryl, Room 116</p> <p><b>1:30-3:00pm</b>-Life Time Learning - Library CR</p>	<p><b>6</b></p> <p><b>9:30am</b> Yoga- Caryl, Room 215</p> <p><b>10:30-11:30am</b> -Life Time Learning -Dover Church</p> <p><b>11:30am</b> Chi Gong - Caryl, Room 108</p>	<p><b>7</b></p> <p><b>10:00am</b> - Blue Moon Donations</p> <p><b>10:30-12:00</b> -Life Time Learning -Caryl, Room 108</p> <p><b>1:00pm</b> - Mah Jongg- Caryl, Room 108</p>	<p><b>8</b></p> <p><b>10:00am</b> -Zumba Gold Caryl Gym</p> <p><b>10:00am</b> - Bocce - Dover Legion</p> <p><b>1pm</b> - Movies, Dover Church, Kraft Hall</p>
<p><b>11</b></p> <p><b>9:00-11:00</b> -Foot Doctor Caryl, Room 116  <b>9:30am</b>– Yoga –Caryl, Room 215  <b>10:00am</b> -Crafts/Cards Caryl, Room 108  <b>12:30pm</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Chi Gong- Library CR</p>	<p><b>12</b></p> <p><b>10:30-12:00</b>-Life Time Learning -Library CR</p> <p><b>12:00Noon</b>-Luncheon Caryl - Room 108</p>	<p><b>13</b></p> <p><b>9:30am</b> Yoga- Caryl, Room 215</p> <p><b>10:30-11:30am</b> -Life Time Learning -Dover Church</p> <p><b>11:30am</b> Chi Gong - Caryl, Room 108</p>	<p><b>14</b></p> <p><b>10:30-12:00</b> -Life Time Learning - Caryl, Room 108</p> <p><b>1:00pm</b> - Mah Jongg- Caryl, Room 108</p> <p><b>1:00pm</b>—Book Club—Library</p>	<p><b>15</b></p> <p><b>10:00am</b> -Zumba Gold Caryl Gym</p> <p><b>10:00am</b> - Bocce - Dover Legion</p>
<p><b>18</b></p> <p><b>9:30am</b>– Yoga –Caryl, Room 215  <b>12:30pm</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Chi Gong- Library CR</p> <p><b>TOWN ELECTION</b></p>	<p><b>19</b></p> <p><b>12Noon</b> - Community Lunch - Dover Church</p>	<p><b>20</b></p> <p><b>9:30am</b> Yoga- Caryl, Room 215</p> <p><b>10:30-11:30am</b> -Life Time Learning -Dover Church</p> <p><b>11:30am</b> Chi Gong - Caryl, Room 108</p>	<p><b>21</b></p> <p><b>10:00am</b> - Blue Moon Donations</p> <p><b>1:00pm</b> - Mah Jongg- Caryl, Room 108</p>	<p><b>22</b></p> <p><b>10:00am</b> -Zumba Gold Caryl Gym  <b>10:00am</b> - Bocce - Dover Legion  <b>12:30pm</b> - Blood Pressure—Caryl, Room 108  <b>1:30pm</b> - Afternoon Tea Caryl, Room 108</p>
<p><b>25</b></p> <p style="text-align: center;"><b>HOLIDAY</b></p> <div style="text-align: center; margin-top: 20px;">  </div>	<p><b>26</b></p> <p><b>12:00noon</b> - Circle of Friends Luncheon - GC</p>	<p><b>27</b></p> <p><b>9:30am</b> Yoga- Caryl, Room 215</p> <p><b>11:30am</b> Chi Gong - Caryl, Room 108</p>	<p><b>28</b></p> <p><b>10:30-12:00</b> -Life Time Learning -Caryl, Room 108</p> <p><b>1:00pm</b> - Mah Jongg- Caryl, Room 108</p>	<p><b>29</b></p> <p><b>8:00am</b> Senior Cof- fee -Caryl, Room 108</p> <p><b>10:00am</b> -Zumba Gold Caryl Gym</p> <p><b>10:00am</b> -Bocce - Dover Legion</p>



## **BE FIT AND AGE WELL AT THE COA**



### **CHI GONG**

*Mondays 5:30pm - Library Community Room*

*Wednesdays 11:30am - Caryl Community Center, Room 108; \$3/session*

*Instructor: Linda Bellefeuille*

Therapeutic Chi Gong combines deep breathing with whole body movements to harmonize mind and body and promote energy flow. Chi Gong helps you maintain and regain the balance that is so necessary to live the active life you desire.

### **YOGA FOR WELLNESS - For All Ages**

*Mondays & Wednesdays 9:30am to 10:30am*

*Caryl Community Center, Room 215; \$3.00 contribution for aged 60+; \$5.00 all others.*

*Instructor: Renate Kerr*

Please join our inter-generational yoga group! Yoga has long been established as a viable way to improve health and vitality, strength and balance. De-stress, breathe, and move toward a healthier, happier you. Please wear comfortable clothing.

### **ZUMBA GOLD**

*Fridays, 10:00am-10:45am. \$3.00/session. Caryl Community Center in Gym.*

*Instructor: Andria DeSimone Lindberg*

The COA in collaboration with Park & Recreation are sponsoring a Zumba Gold Class.

Please join us on Fridays for fun and exercise!!

*(NOTE: Friday, June 12th is the last day of Zumba for the summer)*

*Coming Soon: Strength & Conditioning Classes! Call the COA for more information*

#### ◆ **Can Philosophy Answer Today's Problems?**

Tuesdays, April 14, 28, and May 12; 10:30AM-12PM at Dover Town Library, Community Room.

Speaker: Maud Chaplin, Professor of Philosophy Emerita from Wellesley College

## **SPRING 2015 LIFETIME LEARNING CLASSES**

***Sponsored by Friends of Dover Council on Aging with support of Dover COA***

#### ◆ **Old Testament Themes**

Tuesdays, April 14, 21, 28 and May 5; 1:30-3:00PM at Dover Town Library, Community Room

Speaker: F. Dorie Mansen, PhD, teaches at Boston University School of Theology

#### ◆ **Music Through The Ages**

Wednesdays, April 29, May 6, 13, 20; 10:30-11:30AM at The Dover Church, 17 Springdale Avenue

Speaker: Michael Kraft, Music Director of The Dover Church

#### ◆ **Becoming America (1776-1800)**

Thursdays, April 30, May 7, 14, 28; 10:30-12PM at Caryl Community Ctr, Room 108, 4 Springdale Avenue

Speaker: Gary Hylander, PhD; independent scholar and historian who specializes as a presidential historian

All classes cost \$35 per series. Stop by the COA, Town Library or Churches and pick up a brochure or download at [www.coafriends.org](http://www.coafriends.org). Join us and expand your knowledge at one or more of these interesting classes!

## ON THE LIGHT SIDE

- "In an attempt to kill a fly, I drove into a telephone pole."
- "I didn't think the speed limit applied after midnight"
- "I started to slow down but the traffic was more stationary than I thought."
- "I pulled into lot with smoke coming from under the hood. I realized the car was on fire so took my dog and smothered it with a blanket."
- "On approach to the traffic lights the car in front suddenly broke."
- "I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment."
- "The other car collided with mine without giving warning of its intention."
- "I collided with a stationary truck coming the other way"
- "I was on my way to the doctor with rear end trouble when my universal joint gave way causing me to have an accident."
- "An invisible car came out of nowhere, struck my car and vanished."
- "I was thrown from the car as it left the road. I was later found in a ditch by some stray cows."
- "I thought my window was down, but I found it was up when I put my head through it."
- "The guy was all over the road. I had to swerve a number of times before I hit him."
- "I had been driving for forty years when I fell asleep at the wheel and had an accident."
- "As I approached an intersection a sign suddenly appeared in a place where no stop sign had ever appeared before."
- "The indirect cause of the accident was a little guy in a small car with a big mouth."

### THROUGH THE GARDEN DOOR

#### THE LANGUAGE OF FLOWERS Bluebells "Constancy"

Bluebells are one of our hardiest wild flowers, faithfully returning year after year, and surely they mean Constancy because of their tenacity once established in a garden. They cover our woods with blue carpets each May but dislike being picked and once gathered, the nodding bells soon droop. The genus name is *Endymion* and was so loved by Keats that he named the hero of his poetic romance after it.



### COA BOARD MEMBERS

Betty Hagan - Chairperson  
Lou Theodos - Vice Chair  
Maureen Dilg - Secretary  
Cara Groman  
Camille Johnston  
Barbara Murphy  
Gilbert Thisse  
Joanne Connolly

### MAY BOARD MEETING

Tuesday, May 5th at 10:00am  
Caryl Community Center, Room 116

### COA STAFF MEMBERS

Janet Claypoole - Director  
Carl Sheridan - Outreach Worker  
Sue Sheridan - Administrative Assistant/Editor  
Nancy Simms - Volunteer Coordinator

### COA OFFICE

Caryl Community Center, Room 116,  
4 Springdale Ave., Dover, MA 02030  
508-315-5734



# HAPPY MEMORIAL DAY

**JOIN IN HONORING OUR  
TROOPS AND VETERANS ON MEMO-  
RIAL DAY BY COMING TO THE PA-  
RADE ON MAY 30TH**

## COA OFFICE HOURS

**MONDAY – FRIDAY 9:00AM – 4:30PM**  
**508-315-5734 - COA@DOVERMA.ORG**

www.doverma.org  
Click on Council on Aging in the Quick Links  
Section  
For Newsletter information, email  
coaeditor@doverma.org

### FRIENDS OF THE DOVER COA

*Remember a Loved One or Honor a Friend with a Memorial Gift*

Enclosed is my donation of \$ \_\_\_\_\_ in memory/honor of \_\_\_\_\_

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ EMAIL \_\_\_\_\_

Mail form and donation to Friends of the COA, P.O. Box 130, Dover, MA 02030  
Visit us at [www.coafriends.org](http://www.coafriends.org) to find out what we do!



Return Service Requested

Council on Aging  
Box 250  
Dover MA 02030

STD Rate  
U.S. Postage Paid  
Permit No. 3  
Carrier Route Pre Sort