

# Bright

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



**DOVER COA**  
COUNCIL ON AGING

# Horizons

**JULY & AUGUST  
2016**

## COA LUNCHEON-SUMMER SOCIAL

*Tuesday, July 12, 12:00Noon Cost: \$3.00*

*\*Grace Church, 21 Centre St*

Join us for a light lunch and make your own ice cream sundaes! Please note that location is at Grace Church\* due to construction at Caryl. RSVP by July 7th.

## MOVEABLE FEAST

*No July or August Feast. Program returns in September*

## CIRCLE OF FRIENDS LUNCH

*Tuesday, July 26 & August 23, 12:00 Noon*

*Dover Grace Church*

Please join us for a homemade lunch and conversation with friends. RSVP by July 21 and August 18.

## POWISSET PICNIC ON THE FARM

*Friday, August 12 at 12:00Noon*

*Powisset Farm, 37 Powisset Street, Dover*

*RSVP by August 8 to COA*

Join us for the annual Dover COA & Sherborn COA summer picnic in the barn at Powisset Farm. Please **bring your own sandwich** and we will provide drinks, salads and desserts.

A summer classic enjoyed by all!



## CARDMAKING WITH BETH

*Monday, July 11th at 10:30pm*

*Dover Town Library Community Room*

Come join us for a creative card making class with Beth. You can create snails, turtles, owls, flowers, etc. from fabric. All materials provided.

## MOVIE MATINEE—"Eddie the Eagle"

*Friday, July 8th at 1pm*

*Dover Church, Kraft Hall*

Get out of the heat and enjoy a movie with friends. Drinks and desserts provided.

## COA MOVES TO TOWN HALL

As of July 1st the COA office will move to Town Hall Fireside Room on Lower Level as construction begins on the bathrooms at Caryl Community Center. Construction will continue through the summer and well into fall. Many COA Programs have adjusted schedules, have relocated, or are on hiatus for the summer. Please check the Calendar for any changes in COA programs and/or locations. Thank you to our friends at Dover Legion, Town Library, Town Hall, and Grace Church for sharing space. The COA phone number will remain the same. Thank you for your patience, and come visit us in our new spot at Town Hall!

## TRAVEL WITH THE COA

### **Tuesday, July 19—Cape Cod Canal Tour**

Join us for a day on Cape Cod. We'll tour the Sandwich Glass Museum and view glass blowing artisans then onto Daniel Webster Inn for buffet luncheon. After lunch, enjoy a narrated two hour cruise of Cape Cod Canal. Cost: \$50, subsidized by Friends of COA.

### **Wednesday, Sept 14—Newport or Norwood?**

Come enjoy lunch and the entertaining comedy "Plaza Suite" at the Newport Playhouse. Cost is \$95. Don't want to travel so far? Sign up for trip to Norwood Theatre to hear the fabulous singing of North Shore A Cappella! Cost is Free with limited seating.

### **Sept 19-21—Montreal Overnight Spectacular!**

Featuring Vermont and Montreal scenic sights. Tour Old Montreal, visit Mont Royal, Notre Dame Cathedral St, Joseph's Oratory, and more. Cost is \$364 per person for Double; \$354 per person for Triple; \$454 for Single. Flyer is available at the COA.

**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 & SERVICES

### AFTERNOON TEA -

*Afternoon Tea will return in the Fall*



### BLOOD PRESSURE- With the Walpole VNA

*Blood Pressure will return in the Fall*

### BLUE MOON BAGELS AND BREADS

*Thursdays, July 7, 21, 28 August 11 & 18  
Town Hall Fireside Room*

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



### BOCCE -Moving to Medfield for July and August

*Fridays - 10:00am*

*The Center at Medfield, 1 Ice House Rd in Medfield*

*Please join us. All Are Welcome*

### CRAFTS - Card Making with Beth

*Monday, July 11, 10:30am - No August Class*

*Dover Town Library in Community Room*

### FOOT DOCTOR

*Thursday, July 28, 9:00am -11:00am*

*Upper Town Hall - Great Hall*

Cost is \$30.00. Call the COA for appointments. Home  
visits available with Podiatrist Dr. John.

### KNITTING

*Mondays at 12:30pm*

*Lower Conference Room - Town Hall*

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



### MAH JONGG

#### WILL RETURN IN THE FALL

*Thursdays at 1:00pm All levels welcome!!*

### MOVIE MATINEE

*Friday, July 8, 1:00pm, "Eddie the Eagle"*

*Dover Church, Kraft Hall*

*No Movie in August*

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



### CONCERTS ON THE DOVER COMMON -7:00PM

July 5th - Sojourner Jazz Quartet

July 12th - Sean Fullerton

July 19th - Centre Streeters

July 26th - Eddy's Shoe



### SENIOR COFFEE HOUR

*Friday, July 29 & August 26, 8:00am  
Fireside Room at Town Hall*

*Note: The coffee will be at this location  
through October.*

Please join us for coffee and conversation.



### SHINE

Questions about Medicare or health insurance ? Call  
the COA for an appointment with SHINE Counselor  
Renee Rubin.

### PAGETURNERS BOOK CLUB

*Thursday, July 14, 2:00pm (Note time change)*

*Dover Town Library*

This month's book is "The Hurricane Sisters"

#### No Book club in August

### FUEL ASSISTANCE

Will be available again in the Fall.

## **MCOA Awards State Rep. Denise Garlick**

### **Legislative Advocate of the Year**

At the Massachusetts Association of Councils on  
Aging (MCOA) Annual meeting in June, Dover's  
State Representative Denise Garlick was honored as  
the Legislative Advocate of the Year for her tireless  
work on behalf of senior citizens. Rep. Garlick is  
House Chair of the Joint Committee on Elder Af-  
fairs. She visited Dover COA this year and hosted a  
Community Conversation to review the state's aging  
programs. She shared that over the next 20 years the  
overall population is projected to grow 11.8% but  
the age 60+ population will grow at a rate of 64.8%.  
On December 31st of 2016, for the first time in  
Massachusetts history, the number of people in our  
Commonwealth age 60 and over will be greater than  
the population under 20 (MCOA Annual Report  
FY2016). Thank you to Rep. Garlick for her support  
of COAs and her assistance in addressing the needs  
of older adults in our community.

## **GREAT NEWS!**

**Our new Senior Bus Driver, Mike Mitchell is ready to go.  
CALL MWRTA CALL CENTER TO SCHEDULE RIDES - 508-820-4650**

### **DOVER COA TRANSPORTATION SERVICES**

#### **DOVER COUNCIL ON AGING BUS SERVICE**

The Town of Dover offers **FREE** curb to curb transportation with an 8 passenger bus from the MetroWest Regional Transit Authority.

The new schedule will be as follows:

#### **TUESDAYS & THURSDAYS 9:00AM-2:00PM**

COA Lunches & Programs, Local Medical Appointments and Local Rides

#### **NOTE: TO SET UP A RIDE**

- YOU MUST FILL OUT AN MWRTA REGISTRATION FORM. FORMS AVAILABLE AT THE COA.
- TO SCHEDULE , CALL MWRTA CALL CENTER AT **508-820-4650** TWO BUSINESS DAYS PRIOR.
- THE CALL CENTER WILL HANDLE ALL SCHEDULING. (DO NOT CALL HIGHWAY DEPT)

If you have questions, please call the COA at 508-315-5734

**\*\* 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 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, Wellesley & Sherborn- 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 - JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>NOTE:</b>  <b>On Tuesday, Wednesday &amp; Thursdays all fitness classes will be at the Dover Legion, 32 Dedham St. for July and August. You must enter from the rear parking lot - front door locked. Please check the calendar for changes in dates, times and place.</b></p> <p><b>Monday Chi Gong will remain at the Library</b></p>				<b>1</b>  <b>No Zumba in July</b>  <b>10:00am - Bocce - The Center at Medfield</b>
<b>4</b>  <b>HOLIDAY</b>	<b>5</b>  <b>No Strength &amp; Stability</b>  <b>10:00am - COA Board Meeting - TBA</b>  <i>All Fitness at Dover Legion</i>	<b>6</b>  <b>9:30am Yoga</b> <b>10:40am - Meditation</b> <b>11:30am Chi Gong</b>  <i>All Fitness at Dover Legion</i>	<b>7</b>  <b>10:00am-Blue Moon Donations</b> <b>11:30am Strength &amp; Stability</b>  <i>All Fitness at Dover Legion</i>	<b>8</b>  <b>10:00am - Bocce - The Center at Medfield</b>  <b>1:00pm -Movies Dover Church</b>
<b>11</b> <b>10:30am -Card making Library, Community Room</b> <b>12:30pm Knitting - Lower Conference Rm Town Hall</b> <b>5:30pm No Chi Gong</b>  <i>No Monday Yoga in</i>	<b>12</b> <b>9:00am Strength &amp; Stability</b> <b>12:00Noon -COA Luncheon—Grace Church</b>  <i>All Fitness at Dover Legion</i>	<b>13</b> <b>9:30am Yoga</b> <b>10:40am - Meditation</b> <b>11:30am Chi Gong</b>  <i>All Fitness at Dover Legion</i>	<b>14</b> <b>10:00am - Blue Moon Donation - Town Hall Fireside Room</b> <b>11:30am Strength &amp; Stability</b> <b>2:00pm -Book Club-Dover Library</b> <i>All Fitness at Dover Legion</i>	<b>15</b>  <b>10:00am - Bocce - The Center at Medfield</b>
<b>18</b> <b>12:30pm Knitting - Lower Conference Rm Town Hall</b> <b>5:30pm Chi Gong Library</b>  <i>No Monday Yoga in July</i>	<b>19</b>  <b>No Strength &amp; Stability</b>  <b>No Luncheon</b>	<b>20</b> <b>9:30am Yoga</b> <b>10:40am - Meditation</b> <b>11:30am Chi Gong</b>  <i>All Fitness at Dover Legion</i>	<b>21</b> <b>10:00am-Blue Moon Donations-Town Hall</b>  <b>11:30am Strength &amp; Stability</b>  <i>All Fitness at Dover Legion</i>	<b>22</b>  <b>10:00am - Bocce - The Center at Medfield</b>
<b>25</b> <b>12:30pm Knitting - Lower Conference Rm Town Hall</b>  <b>5:30pm Chi Gong Library</b>  <i>No Monday Yoga in July</i>	<b>26</b> <b>9:00am Strength &amp; Stability</b> <b>2:00Noon - Circle of Friends Luncheon Grace Church</b>  <i>All Fitness at Dover Legion</i>	<b>27</b>  <b>No Yoga or Meditation</b>  <b>11:30am Chi Gong</b>  <i>All Fitness at Dover Legion</i>	<b>28</b> <b>9:00am -Foot Doctor Upper Town Hall-Great Hall</b> <b>10:00am - Blue Moon Donation-Town Hall</b> <b>11:30am Strength &amp; Stability</b> <i>All Fitness at Dover Legion</i>	<b>29</b> <b>8:00am-Senior Coffee Fireside Room, Town Hall</b>  <b>10:00am - Bocce - The Center at Medfield</b>



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

**NOTE: TUESDAY, WEDNESDAY & THURSDAY FITNESS CLASSES  
WILL BE HELD AT THE DOVER LEGION IN JULY & AUGUST  
PARK IN BACK AND ENTER THROUGH THE REAR DOOR**

### **CHI GONG (Check the calendar for schedule changes)**

*Mondays 5:30pm - Dover Library, Community Room*

*Wednesdays 11:30am - Dover Legion \$3.00 per class*

*Instructor: Linda Bellefeuille*

Focus your energy on balance, strength and flexibility through **Therapeutic Chi Gong** practice, a system of breathing exercises, body postures and movements, and mental concentration, intended to maintain good health and control the flow of vital energy. Perfect for all levels.

### **YOGA FOR WELLNESS (Check the calendar for July schedule changes; No Classes in August)**

*Wednesdays 9:30AM to 10:30AM*

*Dover Legion - \$3.00 per class*

*Instructor: Jessica Foster, RYT*

Join our Yoga class and improve your health, strength, and balance. Come reduce your stress, breathe and move towards a healthier, happier you. Mats provided or bring your own.

### **MEDITATION (Check Calendar for July schedule changes; No August Classes)**

*Wednesdays, 10:40am at Dover Legion \$3.00 per class*

*Instructor: Jessica Foster, RYT*

Join us as Jessica leads you in guided meditation to deep levels of relaxation.

### **STRENGTH & STABILITY (Check Calendar for schedule changes)**

*Tuesdays 9:00AM -9:50AM & Thursdays 11:30AM-12:20PM*

*Dover Legion \$3.00 per class.*

*Instructor: Andria DeSimone*

Join us for a total body muscle strengthening and conditioning class that incorporates functional fitness (movements that mimic everyday living) with stability and balance work. Bring water; equipment is provided.

### **ZUMBA® GOLD (NOTE: NO CLASSES JULY & AUGUST)**

*Fridays, 10:00am-10:45am. \$3.00 per class*

*The COA in collaboration with Parks & Recreation sponsor this class*

Zumba® is an aerobic fitness program featuring movements inspired by various styles of Latin American dance.

## ON THE LIGHT SIDE

1. A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.
2. A flashlight is a case for holding dead batteries.
3. Be nice to your kids. They'll choose your nursing home.
4. Bills travel through the mail at twice the speed of checks
5. Borrow money from a pessimist, they don't expect it back.
6. Change is inevitable, except from a vending machine.
7. Chocolate: the OTHER major food group.
8. Consciousness: That annoying time between naps.
9. Corduroy pillows: They're making headlines!
10. Energizer Bunny arrested and charged with battery.
11. Ever stop to think, and forget to start again?
12. Experience is something you don't get until just after you need it.
13. I couldn't repair your brakes, so I made your horn louder.
14. I didn't say it was your fault. I said I was going to blame you.
15. I don't suffer from insanity. I enjoy every minute of it.
16. I feel like I'm diagonally parked in a parallel universe.



## THROUGH THE GARDEN DOOR

### EASY CARE HOUSE PLANTS

**Pothos** plants can go a long period without water and have the ability to bounce back if neglected.

**Jade** is one of the easiest succulents to grow indoors. It will do well in a sunny window location and can last for decades. Succulents require good drainage so use a light potting soil mixed with perlite and coarser builders sand.

**Philodendrons** are hearty and tend to adapt to different environments without much stress.

**Boston Fern** tends to be very forgiving and grows well in filtered sun. Their leaves can be a tad messy.



### **COA BOARD MEMBERS**

Betty Hagan - Chairperson  
Maureen Dilg - Secretary  
Camille Johnston  
Gilbert Thisse  
Joanne Connolly

### **JULY BOARD MEETING**

Tuesday, TBA 10:00am

### **COA STAFF MEMBERS**

Janet Claypoole - Director  
Nan Vaida - Outreach Worker  
Sue Sheridan - Administrative Assistant/Editor  
- Volunteer Coordinator

### **COA OFFICE**

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



**COA OFFICE HOURS**

**MONDAY – THURSDAY 9:00AM – 5:00PM**

**FRIDAY - 9:00AM - 1:00PM**

**508-315-5734 - COA@DOVERMA.ORG**

[www.doverma.org](http://www.doverma.org)

Click on Council on Aging  
in the Quick Links Section

For Newsletter information, email  
[coaeditor@doverma.org](mailto:coaeditor@doverma.org)

**FRIENDS OF THE DOVER COA**

*Remember a Loved One or a Friend with a Memorial Gift &  
Inscription on a Memorial Plaque at the Caryl Community Center*

Enclosed is my donation of \$ \_\_\_\_\_ in memory 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 see how we serve the well-being of Dover’s seniors.



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# DOVER COA - AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>12:30</b> Knitting - Town Hall Lower Conf. Rm</p> <p><b>5:30pm</b> Chi Gong- Library Community Room</p>	<p><b>2</b></p> <p><b>9:00am</b> Strength &amp; Stability</p> <p><b>NO BOARD MEET- ING IN AUGUST</b></p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>3</b></p> <p><b>NO YOGA OR MEDITATION IN AUGUST</b></p> <p><b>11:30</b> -Chi Gong</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>4</b></p> <p><b>11:30am</b> Strength &amp; Stability</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>5</b></p> <p><b>10:00am</b> Bocce - The Center at Medfield</p> <p><b>NO ZUMBA IN AUGUST</b></p>
<p><b>8</b></p> <p><b>12:30</b> Knitting - Town Hall Lower Conf. Rm</p> <p><b>5:30pm</b> Chi Gong- Library Community Room</p>	<p><b>9</b></p> <p><b>9:00am</b> Strength &amp; Stability</p> <p><b>NO COA LUNCH IN AUGUST</b></p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>10</b></p> <p><b>11:30</b> -Chi Gong</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>11</b></p> <p><b>11:30am</b> Strength &amp; Stability <b>10:00am</b> Blue Moon Donations-Town Hall Fireside Room</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>12</b></p> <p><b>10:00am</b> Bocce - The Center at Medfield</p> <p><b>12:00Noon</b> Picnic on the Farm - Powisset Farm</p>
<p><b>15</b></p> <p><b>12:30</b> Knitting - Town Hall Lower Conf. Rm</p> <p><b>5:30pm</b> Chi Gong- Library Community Room</p>	<p><b>16</b></p> <p><b>NO</b> Strength &amp; Stability</p> <p><b>NO MOVEABLE FEAST LUNCH IN AUGUST</b></p> <p><i>All Fitness at Dover</i></p>	<p><b>17</b></p> <p><b>11:30</b> -Chi Gong</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>18</b></p> <p><b>NO</b> Strength &amp; Stability</p> <p><b>10:00am</b> Blue Moon Donations- Town Hall - Fireside Room</p>	<p><b>19</b></p> <p><b>10:00am</b> Bocce - The Center at Medfield</p>
<p><b>22</b></p> <p><b>12:30</b> Knitting - Town Hall Lower Conf. Rm</p> <p><b>5:30pm</b> Chi Gong- Library Community Room</p>	<p><b>23</b></p> <p><b>NO</b> Strength &amp; Stability <b>12:00pm</b> Circle of Friends Lunch- Grace Church</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>24</b></p> <p><b>11:30</b> -Chi Gong</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>25</b></p> <p><b>11:30am</b> Strength &amp; Stability</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>26</b></p> <p><b>10:00am</b> Bocce - The Center at Med- field</p> <p><b>8:00am</b> Senior Cof- fee—Town Hall Fireside Rm</p>
<p><b>29</b></p> <p><b>12:30</b> Knitting - Town Hall Lower Conf. Rm</p> <p><b>5:30pm</b> Chi Gong- Library Community Room</p>	<p><b>30</b></p> <p><b>9:00am</b> Strength &amp; Stability</p> <p><i>All Fitness at Dover Legion</i></p>	<p><b>31</b></p> <p><b>11:30</b> -Chi Gong</p> <p><i>All Fitness at Dover Legion</i></p>		