

Bright

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

DOVER COA
COUNCIL ON AGING

Horizons

**OCTOBER
2015**



OCTOBER LUNCHEON \$4.00

Tuesday, October 13; 12Noon - Caryl Community Ctr
Do you love to travel? Join us as Dover resident Dana White shares her experience of traveling the world with her husband and their four children and visiting 31 countries! For a sneak preview, you can go to the website they created to document their extraordinary year: www.sixexplorers.com. RSVP by October 8th.

COMMUNITY LUNCH PROGRAM

Tuesday, October 20; 12:00Noon - Dover Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by October 15th.

CIRCLE OF FRIENDS LUNCH

Tuesday, October 27; 12:00Noon - Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by October 22nd.

COFFEE WITH SELECTMAN JAMES DAWLEY

Thursday, October 22, 9:30am - Caryl, Room 116
Join the COA and Jim Dawley to talk about Your Town issues. Coffee and treats served. RSVP by October 19th.

HALLOWEEN PARTY

Thursday, October 29, 12:00noon - Caryl Cafeteria
Halloween is coming soon, so grab your mask or your broom. The COA will be your host, so come dressed as yourself, a witch or a ghost! There will be food, drink, and witches brew, now all we need is you! Join us for a Spook-tacular event! RSVP by October 23rd.

FALL YARD CLEANUP!!

The DSHS Field Hockey and Football teams are joining forces to help tidy up seniors' yards. They will be in Dover (and Sherborn) on Sunday, October 25 in the early afternoon. Please contact the COA to sign up!

LIFETIME LEARNING sponsored by Friends of Dover COA starts in September! See page 7 for schedule and join us for these interesting and fun courses. It's not too late to sign up!!

JAZZ BRUNCH

Dover American Legion - \$30.00
Sunday, October 25th - 11:30am - 2:00pm
The Friends of the Dover Council on Aging will be presenting their Fifth Annual October Jazz Brunch. Jack Quinlan will be our featured pianist. Everyone who attended last year's brunch raved about the music, the food and the terrific raffle items. This event is for all Dover residents no matter their age. Don't miss it! Call the COA at 508-315-5734 to purchase tickets or purchase tickets at the Dover Market. This event raises funds for the Council on Aging to provide more diverse classes, day trips and even office furniture. The cost of a ticket is \$30 and tickets must be purchased by October 20. Reserve a table for your friends and have a memorable fun time. For more information, please visit www.coafriends.org.

IN MEMORY AND IN APPRECIATION PLAQUES

The Friends of the Council on Aging are sponsoring two plaques to remember a loved one who has passed away and residents/organizations who have given their time and effort to provide for the well-being of Dover's seniors. These two plaques will be on the wall outside the Council on Aging office in the Caryl Community Center. A donation would be appreciated if you wish to have a name placed on the "In Memory" plaque. Please fill out the form on the back of this newsletter and mail your form and donation to the Friends of the COA, P.O. Box 130, Dover MA 02030. If you are visiting the Caryl Center, please stop by to see the names that have been inscribed on these plaques.

RSVP for all COA events at www.doverma.org Click on Council on Aging in the "Dover's Quick Links" section or call 508-315-5734.

PROGRAMS & SERVICES

AFTERNOON TEA “SUPERSTITIONS TEA”

Friday, October 23rd, 1:30pm - Caryl Room 108

BLOOD PRESSURE-With the Walpole VNA

Friday October 23rd, 12:30pm - Caryl Room 108

BLUE MOON BAGELS AND BREADS

October 1, 15 & 29th

Caryl Community Center, Room 116

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

BOCCE BALL!!

Fridays at 10:00am at the Dover Legion

Join us as it is always a fun time!!



CRAFTS - Card Making with Beth Theme - “Halloween”

Monday, October 5th; 10:00am

Caryl Community Center, Room 116

FOOT DOCTOR

Thursday, November 12th

9:00am -11:00am by appointment

Caryl Community Center, Room 116

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

KNITTING

Mondays at 12:30pm

Caryl Community Center, Room 108

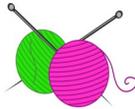
Beginners and experienced knitters are welcome! Bring a project of your own or you can join the knitters who make hats, and blankets for those in need.

MAH JONGG

Thursdays at 1:00pm; No meeting on October 29.

Caryl Community Center, Room 108

All levels welcome!!



MOVIE MATINEES

Friday, October 9th, 1:00pm

Dover Church, Kraft Hall

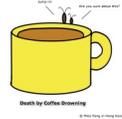
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

SENIOR COFFEE HOUR

Friday, October 30th, 8:00am

Caryl Community Center, Room 108

Please join us for coffee and conversation.



SHINE

Medicare open enrollment starts October 15 and ends December 7. Call the COA to schedule an appointments with Counselor Renee Rubin on Wednesdays (October 28, November 4 and November 18).

We have **limited** times available so make sure to call soon to reserve a spot!

PAGETURNERS BOOK CLUB

Thursday, October 8th, 1:00pm

Dover Library

Selection is The Immortal Life by Rebecca Skloot.

Come Travel with the COA to New York for the Holidays! Thursday & Friday, December 3-4, 2015

Dec 3: 7:00AM We leave for New York City! First to the NY Botanical Gardens to see the beautiful Conservatory and Train Show. We then head to Manhattan to visit Rockefeller Center, St. Patrick's Cathedral, the Christmas Tree and famous Skating Rink. Free time before head to Homewood Suites for relaxing and dinner.

Dec 4: After breakfast, tour the 9/11 Memorial, a memorable and powerful experience. You will have time to sightsee or shop before heading to Radio City Music Hall's Rockettes Christmas Spectacular Show (Orchestra/1st Mezz seats). You will arrive home to Dover in early evening.

Cost Per Person:

\$250/Double; \$240/Triple; \$330/Single.

Reservations: Call the COA at 508-315-5734.

Thank You to Friends of Dover and Sherborn COAs for subsidizing the bus!

Checks are due at time of reservation. Deadline is October 29. Detailed flyer available at COA. Come join us for this wonderful holiday New York City Adventure!

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, fourth & fifth 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) - Do you shop at Shaw's in Medfield? Roche Brothers in Millis? Call and let us know where YOU want to shop!



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. **Reservations will handled by MetroWest Regional Transit Authority Starting November 1st.** Please complete application at COA to register with their system. We will notify you when this change occurs.

** 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, 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 - OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Library CR = -Community Room Caryl - Caryl Community Ctr. Room 116-COA office at Caryl Room 108 - Caryl Community Ctr. LL = Lifetime Learning</p>			<p>1</p> <p>10:00am - Blue Moon Donations 11:30am Strength & Stability-Caryl, Room 215 1:00pm - Mah Jongg-Caryl, Room 108</p>	<p>2</p> <p>10:00am - Bocce -The Dover Legion 10:00am-Zumba Gold Caryl Gym</p>
<p>5</p> <p>9:30am– Yoga –Caryl, Room 215 10:00am -Crafts/Cards Caryl, Room 116 10:30am -LL Poet Caryl Room 108 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Library CR</p>	<p>6</p> <p>8:45am Strength & Stability-Caryl, Room 215 10:00am - COA Board Meeting - Caryl, Room 116</p>	<p>7</p> <p>9:30am Yoga-Caryl, Room 215 11:30am Chi Gong - Caryl, Room 215 12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>8</p> <p>10:30am LL Philoso-phy- Library CR 11:30am Strength & Stability-Caryl, Rm 215 1:00pm -Book Club-Library 1:00pm - Mah Jongg-Caryl, Room 108</p>	<p>9</p> <p>10:00am - Bocce -The Dover Legion 10:00am-Zumba Gold Caryl Gym 1pm - Movies, Dover Church, Kraft Hall</p>
<p>12</p> <p>HOLIDAY</p>	<p>13</p> <p>8:45am Strength & Stability—Caryl, Room 215 12:00Noon-Luncheon Caryl</p>	<p>14</p> <p>9:30am Yoga-Caryl, Room 215 11:30am Chi Gong - Caryl, Room 215 12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>15</p> <p>10:00am - Blue Moon Donations 11:30am Strength & Stability-Caryl, Rm 215 11:30am -Strength & Stability-Caryl, Rm 108 1:00pm - Mah Jongg-Caryl, Room 108</p>	<p>16</p> <p>10:00am-Zumba Gold Caryl Gym 10:00am - Bocce -The Dover Legion</p>
<p>19</p> <p>9:30am– Yoga –Caryl, Room 215 10:30am -LL Poet - Caryl, Room 108 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Library CR</p>	<p>20</p> <p>8:45am Strength & Stability-Caryl, Room 215 12:00Noon- Community Luncheon - The Dover Church</p>	<p>21</p> <p>9:30am Yoga-Caryl, Room 215 11:30am Chi Gong - Caryl, Room 215 12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>22</p> <p>9:30am –Coffee with Selectman—Caryl, Room 108 10:30am LL Philoso-phy-Library CR 11:30am -Strength & Stability-Caryl,Rm 215 1:00pm - Mah Jongg-Caryl, Room 108</p>	<p>23</p> <p>10:00am -Zumba Gold Caryl Gym 10:00am - Bocce - Dover Legion 12:30pm -B/P Clinic Caryl Room 108 1:30pm - Afternoon Tea, Caryl -Room 108</p>
<p>26</p> <p>9:30am– Yoga –Caryl, Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Library CR</p>	<p>27</p> <p>12:00noon - Circle of Friends Luncheon - Grace Church No Strength & Stability</p>	<p>28</p> <p>9:30am Yoga-Caryl, Room 215 11:30am Chi Gong - Caryl, Room 215 12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>29</p> <p>10:00am - Blue Moon Donations 12Noon - Halloween Party -Caryl, Cafeteria No Strength & Stability</p>	<p>30</p> <p>8:00am -Senior Coffee Caryl, Room 108 10:00am - Bocce - Dover Legion 10:30am LL—Pres. Elections Caryl - Room 108 No Zumba</p>

BE FIT AND AGE WELL AT THE COA



CHI GONG (Room Change for October)

Mondays 5:30pm - Library Community Room

Wednesdays 11:30am - Caryl Community Center, Room 215, \$3/session

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 – For All Ages

Mondays & Wednesdays 9:30AM to 10:30AM

Caryl Community Center, Room 215 - \$3 per class for ages 60+; \$5 for all others

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.

STRENGTH & STABILITY (No classes on October 27 and October 29)

Tuesdays 8:45AM -9:35AM & Thursdays 11:30AM-12:20PM

Caryl Community Center, Room 215 - \$3 per class.

Instructor: Andria DeSimone Lindberg

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 (No class October 30)

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

Instructor: Andria DeSimone Lindberg

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 and performed primarily to Latin American dance music. Other rhythms include belly dance, Brazilian, International music and hip hop. Zumba® Gold is geared towards first time comers to the exercise world or the active older adult. It's a hip swingin', booty shaking, total body workout!!

SHINE INFORMATION: Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2016.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. We have 9 slots open for 1-1 sessions so call early if you are going to need an appointment

FALL 2015 LIFETIME LEARNING CLASSES

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

◆ **Poet Meets Psychologist**

Continuing on Mondays October 5, 19, 10:30-12:00

Caryl Community Center Room 108

Speaker: John Kearns PhD, served as Professor of Psychology at Mount Ida College and is a published poet.

◆ **“Fun with the Ukulele”**

Continuing on Wednesdays October 7, 14, 21, 28, November 4th 10:30-12:00

Caryl Community Center, Room 108

Daniel Metraux, a retired Canadian Grain Dealer learned the ukulele in his native Switzerland.

◆ **Power Plays: The Philosophy of Power**

Continuing on Thursdays October 8, 22, November 5th 10:30-12:00

Dover Town Library, Community Room

Speaker: Maud Chaplin is a Professor Emeriti from Wellesley College, where she taught for 44 years.

◆ **Presidential Elections**

Fridays, October 30, November 13, 20, 27 10:30-12:00

Caryl Community Center, Room 108

Speaker: Gary L. Hylander PhD, is an independent scholar who specializes as a presidential historian.

All classes cost \$35 per series. Stop by the COA, Library or Churches and pick up a brochure. Brochures may also be downloaded from the Friends website at www.coafriends.org. Payment and registration forms may be mailed to PO Box 250 or dropped off at the COA office at Caryl Community Center, Room 116.

Join us and expand your knowledge at one or more of these interesting classes!

Senior Property Tax Work Off Program

Do you have free time? Looking for something to do? The Town could use your help!

Dover seniors who are property tax owners may qualify for this year's Senior Property Tax Work-off Program. There are a maximum of 10 slots eligible for tax abatement credit in 2017. All amounts earned are subject to Federal Income and FICA taxation. Maximum amount to earn is \$1000 minus taxes. For guidelines and/or an application, call the COA at 508 -315-5734.

Deadline is October 15th for applications

COA BOARD MEMBERS

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

OCTOBER BOARD MEETING

Tuesday, October 6th at 10:00am
Caryl Community Center, Room 116

COA STAFF MEMBERS

Janet Claypoole - Director
- 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

ANNUAL FLU CLINIC

**Thursday, October 15th, 1:00pm
Upper Town Hall
Sponsored by the Board of Health
Please call the Board of Health if you have
questions at 508-785-0032, Ext 232**



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 &
Inscription on a Memorial Plaque at the Caryl Community Center*

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 to see how we serve the well-being of Dover's seniors.



PRSRT STD
ECR
U.S. POSTAGE
PAID
PERMIT NO. 3

Dover Council on Aging
Box 250
Dover MA 02030
Return Service Requested