

# Bright

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



DOVER COA  
COUNCIL ON AGING

# Horizons

APRIL  
2016

## COA LUNCHEON

Tuesday, April 12, 12:00 Noon \$4.00

Caryl Community Center, Cafeteria

Join us for lunch and come listen to the New Orleans Connection Jazz Band! Sponsored by Thomas Upham House and Rehab Associates. RSVP by April 4.

## MOVEABLE FEAST (Formerly Community Lunch)

Tuesday, April 19, 12:00 Noon, Grace Church

Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by April 13.

## CIRCLE OF FRIENDS LUNCH

Tuesday, April 26, 12:00 Noon, Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by April 20.

## WALK WITH THE COA!

Friday, April 8; 10AM, Upper Charles Trail, Holliston

The Dover COA is offering an opportunity to walk off those winter doldrums. Join us for a conducted walk along the Upper Charles Trail in Holliston. Walk is 2 miles and will take about 1 ½ hours. Walkers meet at Dover Town Hall to carpool to Trail. A donation of \$20 to the Upper Charles Conservation Land Trust is requested. Please pre-register at COA.

## THE PIRATES OF PENZANCE

Saturday, May 7 at 2PM; DSHS-Mudge Auditorium

The Dover Foundation invites COA friends to a Saturday matinee of Gilbert and Sullivan's musical for a special price of \$10/person. This is a reduced rate for COA members if ordered and paid by April 15. Event raises scholarship money for deserving high school seniors.

## SAVE THE DATE

Sunday, May 15, 3:30-5:00 - DSHS Mudge Auditorium

Author Michael Tougias will talk about "The Finest Hours," a daring Coast Guard sea rescue which is now a movie. This program is free and open to the public.

## ON THE ROAD AGAIN WITH THE SENIOR BUS

The Dover COA Senior Bus is back in service starting Tuesday, April 12<sup>th</sup> with Driver Mike Mitchell. Service will be on Tuesdays and Thursdays. Schedule your rides by calling the MetroWest Regional Transit Authority (MWRTA) Call Center at least two business days in advance. See page 3 for more info.

## SPRINGTIME TRAVELS

**NEW DATE!! Tuesday, April 19**—Visit the **World War II Museum** in Natick and see the most extraordinary collection of World War II documents, pictures, and artifacts including uniforms, artillery, equipment, even Patton's helmet and Churchill's jumpsuit. Enemy paraphernalia is included providing a broad, visual view of the war and the era. Cost: \$25/person.

**Wednesday April 27**—Travel to **Foxwoods Casino** for all that it offers, including Luncheon & Show—A Musical Tribute to Dolly and Kenny. Trip is in collaboration with the Westwood COA. Cost: \$85/person.

**Wednesday May 7**—Travel with the COA on an extended day trip to **West Point** on the shores of the beautiful Hudson River in upstate NY. Tour the grounds, visit the museum and witness the West Point Parade Review of 2016 graduates. Lunch will be at the historic Thayer Hotel. Cost: \$115/person.

**Wednesday May 11**—A treat even for those who have attended games at **Fenway Park**—a tour of the Green Monster, all its secret places and history revealed. Then lunch on your own on Lansdowne Street. Cost: \$30.

**Wednesday, June 8 -- 'Lunch & Theatre Combo'** "Hairspray: The Broadway Musical" at the Norwood Theater with lunch at Olde Colonial Café. Cost: \$25. Transportation funded by Friends of COA.

Call COA to sign up for trips and get info on other June, July, August adventures including overnight trip in September to Montreal!

**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 - "Stagecoach Tea"

Friday, April 15, 11:30am, New Time  
Caryl Community Center, Room 108



### BLOOD PRESSURE- With the Walpole VNA

Friday April 15, 10:45am - New Time  
Caryl Community Center, Room 108

### BLUE MOON BAGELS AND BREADS

Thursdays, April 14 & 21  
Caryl Community Center, Room 116  
Donated baked goods available for pick up  
after 10:00am



### BOCCE IS BACK!!

Friday, April 22, 10:00am - Dover Legion  
Please join us - All Are Welcome

### CRAFTS - Card Making with Beth

Theme - "Think Spring!!"

Monday, April 11, 10:00am  
Caryl Community Center, Room 116

### FOOT DOCTOR

Thursday, May date TBA, 9:00am -11:00am  
Caryl Community Center, Room 116  
Cost is \$30.00. Call the COA for appointments. Home  
visits available with Podiatrist Dr. John.

### KNITTING

Mondays at 12:30pm  
Caryl Community Center, Room 108  
Beginners and experienced knitters are wel-  
come! 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

Thursdays at 1:00pm  
Caryl Community Center, Room 108  
All levels welcome!!

### MOVIE MATINEES - "Midnight in Paris"

A Woody Allen movie.  
Friday, April 8, 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, April 29, 8:00am  
Caryl Community Center, Room 108  
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, April 14, 1:00pm  
Meeting returns to Dover Library  
This month's book is "Inside the O'Brien's"  
by Lisa Genova.

### FUEL ASSISTANCE

If you need fuel assistance or to see if you qualify,  
call the Town of Dover Fuel Assistance  
Coordinator Erika Lert at 508-654-7778.

## SAVE THE DATE

### PAINING CLASS - "The Art of Georgia O'Keeffe: How To Pastel Paint Flowers"

With Artist Gregory Maichack  
Monday, May 9th, 10:30am-12:30pm  
Caryl Community Center, Room 116



Gregory Maichack, a national award-  
winning artist will present a special workshop on  
pastel painting. Participants will learn O'Keeffe's  
techniques and insights into her artistic life. Profes-  
sional grade pastels and pastel paper will be provid-  
ed. Artist demonstrates pastel handling, shows his  
original pastel paintings, and unveils the process for  
beginners and advanced artists together. All pastel  
paint O'Keeffe's exciting flower images.  
Mr. Maichack is a Massachusetts Cultural Council  
Gold Star Program Award nominee, faculty member  
at Springfield Fine Arts Museum School, 2012 MFA  
pastel demonstrator at Museum of Fine Arts Boston,  
and exhibited in prominent galleries from San Fran-  
cisco to Kennebunkport, ME.

*This program is supported in part by a grant from the  
Dover Cultural Council supported by the Massachusetts  
Cultural Council, a state agency.*

**GREAT NEWS!**  
**Our new Senior Bus Driver, Mike Mitchell is ready to go.**  
**Service will be available starting April 12th**

**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 RIDE, CALL MWRTA CALL CENTER AT 508-820-4650 2 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 - APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Saturday Lifetime Learning Class</u></b></p> <p><b><u>Fly Me to the Moon 10:30-12:00-Dover Library</u></b>            Saturday, April 9, 16, 23, 30th</p>				<p><b>1</b></p> <p><b>10:00am-Zumba Gold</b> Caryl Gym</p>
<p><b>4</b></p> <p><b>9:30am-</b> Yoga –Caryl, <b>10:00am</b> -Crafts/Cards Caryl, Room 116 <b>10:30-LL</b> -Unstress Caryl 2nd Floor <b>10:40am</b> - Meditation <b>12:30pm</b> Knitting <b>5:30pm</b> Chi Gong- Library</p>	<p><b>5</b></p> <p><b>9:00am</b> Strength &amp; Stability-Caryl,  <b>10:00am-COA Board</b> Meeting - Caryl Rm 116</p>	<p><b>6</b></p> <p><b>9:30am</b> Yoga- Caryl, Room 215  <b>11:30am</b> Chi Gong - Caryl, Cafeteria  <b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>7</b></p> <p><b>11:30am</b> Strength &amp; Stability-Caryl,  <b>1:00pm</b> - Mah Jongg- Caryl, Room 108</p>	<p><b>8</b></p> <p><b>10:00am-Zumba Gold</b> Caryl Gym  <b>1:00pm</b> -Movies - Dover Church, Kraft Hall</p>
<p><b>11</b></p> <p><b>9:30am-</b> Yoga –Caryl, Room 215 <b>10:30-LL</b> -Unstress Caryl 2nd Floor <b>10:40am</b> - Meditation <b>12:30pm</b> Knitting <b>5:30pm</b> Chi Gong Library</p>	<p><b>12</b></p> <p><b>9:00am</b> Strength &amp; Stability- Caryl,  <b>10:00am</b> - LL-Opera- Caryl, Room 108  <b>12:00Noon-COA</b> Luncheon Caryl</p>	<p><b>13</b></p> <p><b>9:30am</b> Yoga- Caryl, Room 215  <b>11:30am</b> Chi Gong - Caryl, Cafeteria  <b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>14</b></p> <p><b>10:00am</b> - Blue Moon Donation <b>10:30--LL-Philosophy-</b> Library <b>11:30am</b> Strength &amp; Stability-Caryl <b>1:00pm</b> -Book Club- Dover Library <b>1:00pm</b> - Mah Jongg</p>	<p><b>15</b></p> <p><b>10:00am-Zumba Gold</b> Caryl Gym <b>10:45am</b> -B/P Clinic Caryl Room 108 <b>11:30am</b> - Tea Caryl, Room 108</p>
<p><b>18</b></p> <p style="text-align: center;"><b>HOLIDAY</b></p>	<p><b>19</b></p> <p><b>9:00am</b> Strength &amp; Stability  <b>12:00Noon-</b> Movable Feast - Grace Church</p>	<p><b>20</b></p> <p><b>9:30am</b> Yoga- Caryl, Room 215  <b>11:30am</b> Chi Gong - Caryl, Cafeteria  <b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>21</b></p> <p><b>10:00am-Blue Moon</b> Donations  <b>11:30am</b> Strength &amp; Stability-Caryl,  <b>1:00pm</b> - Mah Jongg- Caryl, Room 108</p>	<p><b>22</b></p> <p><b>10:00am-Zumba Gold</b> <b>NOTE:</b> Caryl Cafeteria (This week only)  <b>10:00am</b> - Bocce Dover Legion</p>
<p><b>25</b></p> <p><b>9:30am-</b> Yoga –Caryl, <b>10:30am-LL</b>-Unstress <b>10:40am</b> - Meditation <b>12:30pm</b> Knitting <b>5:30pm</b> Chi Gong- Library</p>	<p><b>26</b></p> <p><b>9:00am</b> Strength &amp; Stability  <b>12:00noon</b> - Circle of Friends Luncheon - Grace Church</p>	<p><b>27</b></p> <p><b>9:30am</b> Yoga- Caryl, Room 215  <b>11:30am</b> Chi Gong - Caryl, Cafeteria  <b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>28</b></p> <p><b>10:30--LL-Philosophy-</b> Library  <b>11:30am</b> Strength &amp; Stability-Caryl,  <b>1:00pm</b> - Mah Jongg- Caryl, Room 108</p>	<p><b>29</b></p> <p><b>8:00am-Senior Coffee</b> Caryl Room 108 <b>10:00am-Zumba Gold</b> Caryl Gym <b>10:00am</b> - Bocce Dover Legion <b>10:30-LL-</b> American Justice</p>



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



## **CHI GONG**

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

*Wednesdays 11:30am - Caryl Community Center, Cafeteria \$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 – For All Ages**

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

*Caryl Community Center, Room 215 - \$3 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 - NEW!!**

*Mondays, 10:40am, Caryl Community Center, Room 215 \$3.00 per class*

*Instructor: Jessica Foster, RYT*

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

## **STRENGTH & STABILITY**

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

*Caryl Community Center, Room 215 \$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**

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

*Instructor: Andria DeSimone*

*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!

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## ON THE LIGHT SIDE

I changed my password to "incorrect". So whenever I forget what it is, the computer will say "Your pass word is incorrect".

A clean desk is a sign of a cluttered desk drawer.

A clear conscience is usually the sign of a bad memory.

A closed mouth gathers no foot.

A conclusion is the place where you got tired of thinking.

A day without sunshine is like, night.

A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.

A flashlight is a case for holding dead batteries.

Be nice to your kids. They'll choose your nursing home.

Bills travel through the mail at twice the speed of checks

Borrow money from a pessimist, they don't expect it back.

Change is inevitable, except from a vending machine.

Chocolate: the OTHER major food group.

Consciousness: That annoying time between naps.

Corduroy pillows: They're making headlines!

Don't take life too seriously, you won't get out alive.

Energizer Bunny arrested and charged with battery.

Ever stop to think, and forget to start again?

Experience is something you don't get until just after you need it.



## THROUGH THE GARDEN DOOR

### TREE CARE MYTHS

Myth: A tree's root system is a mirror of its top.

Fact: Most root systems will be found within the first three feet of soil. They frequently spread to cover an area two to three times the spread of the tree's crown. Taproots are very uncommon in mature trees.



### **COA BOARD MEMBERS**

Betty Hagan - Chairperson

Maureen Dilg - Secretary

Camille Johnston

Gilbert Thisse

Joanne Connolly

### **APRIL BOARD MEETING**

Tuesday, April 5, 10:00am

Caryl Community Center, Room 116

### **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

**TOWN OF DOVER**

**TOWN MEETING - MAY 2ND**

**TOWN ELECTIONS - MAY 16TH**

**If you need a ride to either event, please call the COA at 508-315-5734.**

**COA OFFICE HOURS**

**MONDAY – THURSDAY 9:00AM – 5:00PM**

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

**508-315-5734 - [COA@DOVERMA.ORG](mailto: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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