

Bright



Horizons

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

DECEMBER 2014

DOVER COA
COUNCIL ON AGING

ACTIVITIES

HAPPY HOLIDAYS

DOVER PO- ATION'S

HOLIDAY BRUNCH

Saturday, December 6th, Dover Church, Kraft Hall
10:00 am- 1:00pm
Please RSVP by December 2nd

LICE ASSOCI-



DOVER LEGION'S HOLIDAY LUNCHEON

Sunday, December 14th 12:00pm, Dover Legion
Please RSVP by December 10th

NEW PROGRAM- PLEASE JOIN US COMMUNITY LUNCH PROGRAM

December 16th at 12:00Noon, Grace Church
A new community lunch program is being launched by our local churches! On the *third Tuesday* of each month, seniors are invited to a midday meal hosted by one of Dover's churches. Check our calendar each month for location.
RSVP: By 12/10 by calling the COA

(Note: No Circle of Friends lunch in December- will return in January January)

HOLIDAY CARD MAKING WITH STACY

Monday, December 8th, 10:30am, Caryl, Room 116
Please join us for a Holiday Card Making class with Stacy Sack. **NOTE: Class limited to 12**
Sponsored by the Friends of the COA
RSVP by December 2nd.

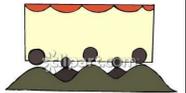


SAVE THE DATES

REMEMBER IF SCHOOL IS CANCELLED DUE TO WEATHER, ALL COA ACTIVITIES ARE CANCELLED

MOVIE MATINEES-

December 12th -1:00pm, Dover Church, Kraft Hall
Movie Matinees are held the second Friday of the month.



THINGS TO DO & PLACES TO GO

By COA Travel Committee

December 5 - 14. "Christmas Time" - Reagle Music Theatre Waltham 781-891-5600

December 6 "Christmas Concert" Regis College, Weston 617-923-6333 3:30pm - \$10

December 12 "The Nutcracker" Regis College 3:30pm - \$10

December 14 "Wellesley Symphony Orchestra Concert" Wellesley, 3:00pm \$25
781-235-1515

December 14 "Northshore a cappella 2:00pm \$25
781-551-9000

Dec-Jan 4th - Tower Hill Botanic Gardens, Boylston MA 508-869-6111 "Winter Reimagined" indoor-outdoor display \$9.00 seniors

JANUARY LUNCHEON -BINGO

Tuesday January 13th -12:00noon Caryl
Please bring an "Unwanted Gift"

COMMUNITY LUNCH PROGRAM

Tuesday, January 20th 12:00Noon
St. Dunstan's Church

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 and SERVICES

AFTERNOON TEA “Holiday Tea”

Friday, December 19th, 1:30pm Caryl Community Center, Room 108

BLOOD PRESSURE—With the Walpole VNA

Friday December 19th, 1:00pm, Caryl, Room 108

BLUE MOON BAGELS AND BREADS

December 10th, Caryl Community Center, Room 116

Donated baked goods available for pick up after 10:00am - See calendar for future dates.

CRAFTS

Monday, December 1st -10:00am

Caryl Community Center, Room 116.

Come and work on a new craft project & join us for tea

FOOT DOCTOR CLINIC - (By Appointment)

Tuesday, December 2nd 9:00am to 11:00am

Caryl Community Center, Room 116

Call the COA at 508-315-5734 to make an appointment. Checks payable to **Dr. Greg Cormier** in the amount of **\$30** due at the time of appointment.

Future Dates: TBA

FUEL ASSISTANCE

Please contact Energy Assistance Coordinator, Erika Lert for qualifications at (508) 651-1000 ext. 221 or (508) 785-2535 or via email at enlert@mrmw.com.

KNITTING

Mondays at 1:00pm

Caryl Community Center, Room 108

Beginners and experienced knitters are welcome! Bring a project of your own or you can join the knitters who have been making hats, booties and blankets for the NICU units.

(No knitting Dec. 29th)



SENIOR COFFEE HOUR

December 19th - 8:00am

Caryl Community Center, Room 108

Please come & join us for coffee and conversation.

SHINE - MEDICARE OPEN ENROLLMENT

Friday, December 5th -

By Appointment Only. Call the COA 508-315-5734



MAH JONGG

Thursday, 1:00pm, Caryl Room 108

Please join us for Mah Jongg-Any level welcome

PAGETURNERS BOOK CLUB

Thursday, December 11th, 1:00PM - Library

TRIAD PROGRAM

TRIAD is a three-way agreement between senior citizens, law enforcement agencies and support and protective services for seniors to work together on crime prevention in the elderly community.

Anyone interested in becoming a part of Dover's **TRIAD** is welcome. Please call the COA 508-315-5734. We are setting up a meeting for January 2015.

FILE OF LIFE: By filling out this card (with important medical information), and putting it on your refrigerator, you could be saving your life! We also have wallet size cards available. You may obtain a card by calling the COA.

"ARE YOU O.K.? PROGRAM"

This Program is a voluntary sign-up computer/telephone system that checks the well-being of senior citizens or people with limited restrictions. It allows a person the comfort and security needed to maintain personal independence. It also assures family and friends who care, that they are okay.

COA BOARD MEMBERS

Betty Hagan - Chairperson

Lou Theodos - Vice Chair

Maureen Dilg

Cara Groman

Camille Johnston

Barbara Murphy

Gilbert Thisse

DECEMBER BOARD MEETING

Tuesday, Dec. 2nd 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 Avenue, Dover, MA 02030 508-315-5734

FUN and FITNESS

CHI GONG

*Mondays 5:30pm - Library Community Room
Wednesdays 11:30am - Caryl Community Center, Room 108*



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.

(No Chi Gong Dec. 24, 29 & 31st)

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.

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.

(No Yoga Dec. 24, 29 & 31st)



ZUMBA GOLD

Fridays, 10:00am-10:45am. \$3.00/session. Classes held in the Caryl Gym.

The COA in collaboration with Park & Recreation are sponsoring a Zumba Gold Class. Please join us on Fridays for fun and exercise!

Note: No class on Dec. 26th & Jan 2nd

DOVER SENIOR 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, Medfield and Wellesley - 2 ticket punches (\$6.00) each way
- ◆ Framingham, Holliston, Newton-Wellesley Hospital - 3 ticket punches (\$9.00) each way
- ◆ Sudbury & Waltham - 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.

*** IMPORTANT REMINDER ***

The Medicare Open Enrollment ends on December 7th!

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days. For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.

5 WEEK INTRO TO YOGA SERIES

*Starting in January or February of 2015
(Keep a lookout!!)*

Are you new to yoga or just want to go back to basics? This 5-week series introduces the principles of correct alignment, breathing, and meditation. Donation for 5 class series is \$15.00

NOTE: Class limited to 8

DOVER COA - DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30am– Yoga –Caryl, 2nd floor 10:00am - Crafts -Caryl Rm 116 1:00pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Library Community Room</p>	<p>2</p> <p>10:30am COA Board Meeting, Room 116</p>	<p>3</p> <p>9:30am– Yoga –Caryl 2nd floor</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>4</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p>5</p> <p>9:00am- SHINE</p> <p>10:00am -Zumba Gold Caryl Gym</p>
<p>8</p> <p>9:30am– Yoga –Caryl, 2nd floor 10:30am- -Holiday Card Making class 1:00pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Library Community Room</p>	<p>9</p>	<p>10</p> <p>9:30am– Yoga –Caryl 2nd floor</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>11</p> <p>10:00am - Blue Moon Donations 1:00pm - Mah Jongg Caryl Room 108 1:00pm - Book Club Dover Library</p>	<p>12</p> <p>10:00am -Zumba Gold Caryl Gym</p> <p>1:00pm - Movies, Dover Church, Kraft Hall</p>
<p>15</p> <p>9:30am– Yoga –Caryl, 2nd floor</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong-CR</p>	<p>16</p> <p>12:00Noon - Community Lunch - Grace Church</p>	<p>17</p> <p>9:30am Yoga-Caryl, 2nd floor</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>18</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p>19</p> <p>8:00am Senior Coffee - Caryl, Room 108 10:00am -Zumba Gold Caryl Gym 1:00pm - Blood Pressure Caryl Room 108 1:30 - Afternoon Tea Caryl Room 108</p>
<p>22</p> <p>9:30am– Yoga –Caryl, 2nd floor</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p>	<p>23</p>	<p>24</p>	<p>25</p> <p style="text-align: center;">HOLIDAY</p>	<p>26</p> <p style="text-align: center;">NO COA ACTIVITIES</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>GC—Grace Church Library CR = —Community Room Caryl ——— Caryl Community Ctr. Room 116——COA office at Caryl Blue Room-At Caryl Community Ctr. Room 108</p>	

DOVER POLICE BRUNCH - SATURDAY DECEMBER 6TH - 10AM-1:00PM

DOVER LEGION DINNER - SUNDAY DECEMBER 14TH 12:00NOON

6 Tips for Selecting the Perfect Apple

1. Check the apple's firmness: Pick up the apple and gently press a small area of the fruit's skin. It should be firm to the touch. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin.
2. Visually examine the apple: As you check firmness, turn the apple completely in your hand to visually check for quality. Some marking on the fruit (like a scuff or specks) comes from nature and doesn't signal a bad apple. However, apples with bruising or obvious signs of decay aren't going to provide the best eating experience and should be avoided.
3. Get to know your apple varieties: With so many apple varieties available today (and more coming out all the time), you'll want to get to know the characteristics of your favorites, including their color, size, shape, and overall appearance. You'll quickly learn which apples are best for baking (Golden Delicious apples, Rome apples) and which are better for fresh eating (Red Delicious apples, Honey crisp apples). There are also versatile apples that are great no matter how you plan to enjoy them (like Piñata apples, Pink Lady apples, and Fuji apples). Selecting an apple that best fits how you'll use them at home is essential in having a great apple eating experience!
4. Glance at the color of the apple: Although color is not the best indicator of a great eating apple, it can be helpful when selecting this fruit. For red varietal apples, look for the green background to be covered mostly by red or pink-orange hues. Apples with full color have absorbed lots of sunlight which leads to great flavors.
5. Give your apple a sniff: A fresh, high-quality apple should have a pleasant aroma. This will vary by variety with some apples (like Gala) having a stronger fragrance than others.



DIFFERENT VARIETIES OF APPLES

- ◆ **Anna' is a large, pale green apple with hints of red that is crisp and sweet. They are great fresh or cooked.**
- ◆ **'Beverly Hills' is a small to medium yellow apple, striped with red that is soft and tart.**
- ◆ **'Dorset Golden' is medium to large, greenish yellow with a sweet flavor. It's good eaten fresh or baked.**
- ◆ **'Ein Shemer' is a medium greenish yellow apple that is juicy, crisp and slightly acidic.**
- ◆ **'Fuji' is California's favorite apple and is medium to large, yellow skinned with firm flesh and a very sweet flavor.**
- ◆ **'Gala' is another favorite medium sized apple with a red and yellow coloring. It is firm, crisp, sweet, and juicy. It is a great dessert apple.**
- ◆ **'Garden Delicious Dwarf' is a medium to large golden green apple that is firm, crisp, and sweet.**
- ◆ **'Golden Delicious' is one of the best for baking pies and is a medium to large yellow and crisp.**
- ◆ **'Gordon' is a large greenish yellow apple with a tart, sweet flavor.**
- ◆ **'Granny Smith' is probably the very best pie apple. It is large, yellow green, firm and tart.**
- ◆ **'Mutsu' is very large, greenish yellow blushing to red and is very crisp. It's a very good apple for baking.**
- ◆ **'Pink Lady' is medium to large with yellow and pink coloring. It is firm and juicy, and has a sweet and tart flavor that is good fresh and baked.**

ON THE LIGHT SIDE



- Which cereal do healthy snowmen have for breakfast?
Frosties!
- What do hungry snowmen put on their ice-burgers?
Chilly sauce!
- What sort of cakes do snowmen like?
The ones with thick icing!
- What did the snowman's hat say to the scarf?
You hang around while I go on ahead.
- Which cereal do healthy snowmen have for breakfast?
Frosties!
- What do hungry snowmen put on their ice-burgers?
Chilly sauce!
- What sort of cakes do snowmen like?
The ones with thick icing!
- What did the snowman's hat say to the scarf?
You hang around while I go on ahead.
- What do you call a snowman in the summer?
A puddle.
- What do you call a snowman in the tropics?
Lost.
- What happened when the shy snow girl ditched her snow boy?
She gave him the cold shoulder.
- What do cool snowmen wear on their heads ?
Ice caps.
- What do snowmen eat for lunch?
Ice-bergers.
- Where do snowmen go to dance?
Snowballs.
- How do snowmen travel to the snow-field?
By icicle.
- What do you call a snowman on rollerblades?
A snowmobile.
- What do snowmen eat for breakfast?
Snowflakes.
- What do you get when you cross a vampire and a snowman?
Frostbite.
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NOTE: If you would like to submit an article for "The Light Side" or "Todays Living" please email it to:
coeditor@doverma.org .

Your participation in the Newsletter is always welcome!
Thanks,
The Editor

UPCOMING LIBRARY EVENTS

- Dec. 9th** at 6pm and Dec. 10th at 1pm there is a financial planner coming in to talk about estate planning.
- Dec. 19th** at 1pm in the Community Room a showing of the Christmas classic "It's a Wonderful Life"
- Jan. 13th** at 6pm and Jan. 14th at 1pm there is a financial planner in to talk about getting financially fit.
- Jan. 14th** at 6pm a speaker from a home healthcare agency coming in to talk about how to talk to aging relatives about getting assistance in the home.
- Every Thursday** at 2:30pm there is afternoon tea which is now featuring trivia.
- On the second and fourth Wednesday** of the month at 3pm there is a conversational French gathering to help people brush up on their French language skills.
- The Dec. PageTurners Book Club** will meet on Dec. 11th at 1pm. The book topic will be "The Cukoo's Calling" by Robert Galbraith.

TECH SUPPORT NEEDED??

**Do you need tech support with
Your cell phone, iPad, laptop, iPod,
Kindle or digital camera?**



**Give us a call and we will connect you with a
DSHS student for community service. Call
the COA and ask for the COA Volunteer
Coordinator 508-315-5734**

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
coeditor@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 to find out what we do!



Return Service Requested

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Dover MA 02030

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