

# Bright

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



DOVER COA  
COUNCIL ON AGING

# Horizons

DECEMBER  
2015



## DOVER POLICE ASSOCIATION'S HOLIDAY BRUNCH

*Saturday, December 5th, Dover Church, Kraft Hall  
10:00 am- 12:30pm  
Please RSVP by December 1st.*

## DOVER LEGION'S HOLIDAY DINNER

*Sunday, December 13th 1:00pm, Dover Legion  
Please RSVP by December 7th.*

## BROWN BAG HOLIDAY LUNCH

*Tuesday, December 8th, 12:00noon - Caryl Cafeteria  
Come celebrate the holiday with us! Bring a sandwich  
and we will provide the rest. RSVP by December 4th.*

## COMMUNITY LUNCH PROGRAM

*Tuesday, December 15th -12Noon - Grace Church  
Come have a delicious meal hosted by volunteers from  
local churches. Bring a friend! RSVP by December 10th*

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

## CHI GONG LOCATION CHANGE!!

*Mondays, 5:30pm  
As the Library will be under renovation, the Monday  
Chi Gong class will move to Caryl Community Center  
Cafeteria for November, December & January.*

## REMEMBER

If school is cancelled due to the weather, there are no  
COA activities for that day.

## **\*\*IMPORTANT CHANGE TO DOVER COA \*\***

### **SENIOR BUS SERVICE**

#### **NOTE: NO COA SENIOR BUS IN DECEMBER**

The Senior Bus service is suspended as our driver has  
resigned. We wish Tom well in his future endeavors.  
As we await a new driver to be hired and trained,  
there is no Senior Bus service. If you need a ride, JFK  
Transportation tickets are available. See page 3 for  
more information. We will update you when the Sen-  
ior Bus is back in service.

## **SILK PAINTING CLASS**

**Morning** class Monday, December 7 & 9 at 10am  
**Afternoon** class Monday, December 7 & 9 at 1:00pm

***Morning class is filled, but we are offering an  
afternoon class. Call soon as space is limited.***

Join instructor Connie Dewyer as she teaches how to  
tap into your inner artist and paint unique designs on  
silk scarves. No painting experience is necessary. On  
Monday, the silks will be painted and left to dry, then  
on Wednesday, the process is completed to bring out  
the design. All materials are provided. Please RSVP to  
the COA as space is limited.

*Thank you to Friends of Dover COA  
for generously funding this class*

## **SAVE THE DATE**

## **COFFEE WITH YOUR LEGISLATORS**

*Thursday, January 14th, 9:30am, Caryl Community Center  
Room 116.*

**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

#### "A CRANBERRY CHRISTMAS TREE TEA"

Friday, December 18th, 1:30pm - Caryl, Room 108

### BLOOD PRESSURE-With the Walpole VNA

Friday December 18th, 12:30pm - Caryl, Room 108

### BLUE MOON BAGELS AND BREADS

December 10th, 24th & 31st

Caryl Community Center, Room 116

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



### BOCCE BALL!!

Bocce will return in the Spring!!

### CRAFTS - Card Making with Beth

Theme -The Holidays

Monday, December 14th, 10:00am

Caryl Community Center, Room 116

### FOOT DOCTOR

Thursday, January 21st

9:00am -11:00am by appointment.

Caryl Community Center, Room 116

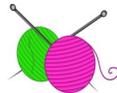
Meet our Podiatrist Dr. Douglas John. Cost is \$30.00. Call the COA for appointments. Home visits available.

### KNITTING (No Knitting 12/28)

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 (No Mah Jongg 12/24 & 12/31)

Thursdays at 1:00pm

Caryl Community Center, Room 108

All levels welcome!!

### MOVIE MATINEES

Friday, December 11th, 1:00pm

Dover Church, Kraft Hall

"Miracle on 34th Street"

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

### SENIOR COFFEE HOUR

Friday, December 18th, 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. As our schedule is filled, please call Needham Center at The Heights, 300 Hillside Ave., 781-455-7555 or Framingham Callahan Ctr. 535 Union Ave., 508-532-5980 then press 0 for an appointment

### PAGETURNERS BOOK CLUB

Thursday, December 10, 1:00pm Dover Library

Book "The Round House" by L. Erdrich



### 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

## PLACES TO GO & THINGS TO DO

### Wellesley College

- December 6th, 7:30 Houghton Chapel Christmas Vespers
- December 8th, 8:00 Houghton Chapel Collegium Musicum Fall Concert
- December 13th, 3:00pm Wellesley Symphony Orchestra Holiday Pops

If you have ideas for a trip you would like to see in the future, please contact us at 508-315-5734 and we will pass it on to our trip coordinator.

In the meantime Happy Holidays to all our readers and their families.



# **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.

- **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!

**NO COA SENIOR BUS SERVICE  
AVAILABLE - CALL JFK FOR A RIDE  
SEE BELOW FOR INSTRUCTIONS**

**\*\* 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 - DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <b>9:00am</b> Strength & Stability-Caryl, Room 215	<b>2</b>  <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	<b>3</b>  <b>11:30am</b> Strength & Stability-Caryl, Room 215  <b>1:00pm</b> - Mah Jongg-Caryl, Room 108	<b>4</b>  <b>10:00am</b> -Zumba Gold Caryl Gym  <b>10:00am</b> - COA Board Meeting - Caryl, Room 116
<b>7</b> <b>9:30am</b> - Yoga -Caryl, Room 215 <b>10:00am</b> -Silk Painting Caryl Room 116 <b>12:30pm</b> Knitting - Caryl, Room 108 <b>1:00pm</b> -Silk Painting Class-Caryl Room 116 <b>5:30pm</b> Chi Gong-Caryl Cafeteria	<b>8</b>  <b>9:00am</b> Strength & Stability-Caryl, Room 215  <b>12:00noon</b> - Holiday Lunch - Caryl Cafeteria	<b>9</b>  <b>9:30am</b> Yoga-Caryl, Room 215 <b>10:00AM</b> -Silk Painting - Caryl Room 116 <b>11:30am</b> Chi Gong - Caryl, Cafeteria <b>12:30pm</b> LL-Ukulele - Caryl, Room 108 <b>1:00pm</b> -Silk Painting Class-Caryl Room 116	<b>10</b>  <b>10:00am</b> - Blue Moon Donations <b>11:30am</b> Strength & Stability-Caryl, Rm 215 <b>1:00pm</b> -Book Club-Library <b>1:00pm</b> - Mah Jongg-Caryl, Room 108	<b>11</b>  <b>10:00am</b> -Zumba Gold Caryl Gym  <b>1:00pm</b> -Movies, Dover Church, Kraft Hall
<b>14</b>  <b>9:30am</b> - Yoga -Caryl, Room 215 <b>10:00am</b> -Crafts/Cards Caryl, Room 116 <b>12:30pm</b> Knitting - Caryl, Room 108 <b>5:30pm</b> Chi Gong-Caryl Cafeteria	<b>15</b>  <b>9:00am</b> Strength & Stability—Caryl, Room 215  <b>12:00Noon</b> - Community Luncheon - Grace Church	<b>16</b>  <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	<b>17</b>  <b>11:30am</b> Strength & Stability-Caryl, Rm 215  <b>1:00pm</b> - Mah Jongg-Caryl, Room 108	<b>18</b>  <b>8:00am</b> -Senior Coffee Caryl, Room 108 <b>10:00am</b> -Zumba Gold Caryl Gym <b>12:30pm</b> -B/P Clinic Caryl Room 108 <b>1:30pm</b> Afternoon Tea Caryl, Rm 108
<b>21</b>  <b>9:30am</b> - Yoga -Caryl, Room 215  <b>12:30pm</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Chi Gong-Caryl Cafeteria	<b>22</b>  <b>9:00am</b> Strength & Stability-Caryl, Room 215  <b>No Circle of Friends Lunch</b>	<b>23</b>  <b>9:30am</b> Yoga-Caryl, Room 215  <b>11:30am</b> Chi Gong - Caryl Cafeteria	<b>24</b>  <b>NO COA ACTIVITIES</b>	<b>25</b>  <i>Merry Christmas</i> 
<b>28</b>  <b>9:30am</b> - Yoga -Caryl, Room 215  <b>5:30pm</b> Chi Gong-Caryl Cafeteria	<b>29</b>  <b>No Strength &amp; Stability</b>	<b>30</b>  <b>9:30am</b> Yoga-Caryl, Room 215  <b>11:30am</b> Chi Gong - Caryl, Room 108	<b>31</b>  <b>10:00am</b> - Blue Moon Donations  <b>No Strength &amp; Stability</b>  <b>No Mah Jongg</b>	  



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



### **CHI GONG**

*Mondays 5:30pm - Caryl Community Center, Cafeteria*

*Wednesdays 11:30am - Caryl Community Center, Cafeteria \$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 class December 29th & 31st)**

*Tuesdays 9:00AM -9:50AM & 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 December 25th & January 1st)**

*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). Annual Medicare Open Enrollment ends **December 7**. You must enroll prior to that if you want 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 Needham Senior Center At 781-455-7555 or Framingham Senior Center at 508-532-5980 then press 0.

## ON THE LIGHT SIDE

### All I Needed to Know About Life I Learned from Santa

- Encourage people to believe in you.
- Always remember who's naughty and who's nice.
- Don't pout.
- It's as much fun to give as it is to receive.
- Some days it's ok to feel a little chubby.
- Make your presents known.
- Always ask for a little bit more than what you really want.
- Bright red can make anyone look good.
- If you only show up once a year, everyone will think you're very important.
- Whenever you're at a loss for words, say: "HO, HO, HO!"



---

### The 'Clauses'

Saint Nicholas is the main Clause.  
His wife is a relative Clause.  
His children are dependent Clauses.  
Their Dutch uncle is a restrictive Clause.  
Santa's elves are subordinate Clauses.

## THROUGH THE GARDEN DOOR

### ARALIA CORDATA "Sun King"

This gold form of Japanese Spikenard makes a bold statement. It emerges in spring with large, bright gold leaves and providing it gets a few hours of sun daily, the foliage will remain bright gold throughout the summer. In full shade, foliage will be chartreuse to lime green. White starbursts of flowers appear in September followed by inedible, purple berries. This plant will reach a height of 3' and is deer resistant.

### **COA BOARD MEMBERS**

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

### **DECEMBER BOARD MEETING**

Friday, December 4th, 10:00am  
Caryl Community Center, Room 116

### **COA STAFF MEMBERS**

Janet Claypoole - Director  
Nan Vaida - 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

Memorial

A Memorial Donation was made to the  
Friends of the Council on Aging.

*In Memory of Elizabeth (Betsy) Jackson  
From Anita & Joseph Loscalzo*

**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 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.



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

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