

Bright

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



Horizons

FEBRUARY
2016

COA VALENTINE'S LUNCHEON

Tuesday, February 9th, 12:00Noon \$4.00

Caryl Community Center, Cafeteria

Come celebrate Valentine's Day with sweets and treats with your COA friends!! RSVP by Feb 4.



MOVEABLE FEAST (Formerly Community Lunch)

Tuesday, February 16th, 12:00 Noon, Dover Church

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

RSVP by Feb 11.

CIRCLE OF FRIENDS LUNCH

Tuesday, February 23, 12:00Noon, Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by February 17.

VETERANS BENEFITS & SERVICES

Tuesday, February 2, 10:00am

Caryl Community Center, Room 108

Join the Department of Veterans Services to learn about benefits (including medical, financial, memorial, housing, transportation, tax and more) as well as other programs and services available to MA Veterans and their families. Light refreshments served.

Please RSVP to COA.

KNITTING WITH BEADS

Learn how to knit with beads - hats, scarves and more!

See page 2 for details

NEW MEDITATION CLASS!!

Mondays, 10:40am

See Page 6 for more information

IMPORTANT CHANGES!!

Blood Pressure and Tea will move to 3rd Friday of the month at 10:45AM and 11:30AM.

LIFETIME LEARNING SPRING CLASSES:

METROPOLITAN OPERA HD SERIES

Tuesdays, March 1, 15, 29, April 12

10-11:30am - Caryl Community Center, Room 108

"Welcome to Opera", is an opportunity to explore opera in depth before the live transmission from the Metropolitan Opera to select movie theaters. Our instructor will be Erika Reitshamer, a life-long opera lover, who has lectured and was active in the formation of the Boston Lyric Opera Company. To register, please call the COA or look on the Friends website at www.coafriends.org.

PHILOSOPHY WITH MAUD CHAPLIN

Thursdays, starts March 31st, 10:30am

Library Community Room

Description of this class and other Spring classes will be in the Lifetime Learning brochure. Pick one up at the COA, Library or online at www.coafriends.org

SPECIAL TOWN MEETING—Monday Feb 8

Mudge Auditorium, Dover Sherborn HS at 7:00pm

See page 8 for info or Town Website: doverma.org

REPRESENTATIVE REPORT

Thursday, February 4th; 7:00-8:30pm

Dover Town House

Join State Rep Denise Garlick as she presents the 2015 Year in Review and 2016 Year in Preview to the Dover community. Discussion of issues will follow.

NOTICE

If school is cancelled due to the weather, there are no COA activities. Also, if the roads are unsafe to drive, the COA may cancel programs for that day.



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 “IN THE RED TEA” & LIGHT LUNCH

Friday, February 19, 11:30am, New Time
Caryl Community Center, Room 108



BLOOD PRESSURE- With the Walpole VNA

Friday February 19, 10:45am - New Time
Caryl Community Center, Room 108

BLUE MOON BAGELS AND BREADS

Thursdays, February 11 & 18
Caryl Community Center, Room 116
Donated baked goods available for pick up
after 10:00am

CRAFTS - Card Making with Beth Theme - “Penguins”

Monday, February 8, 10:00am
Caryl Community Center, Room 116

FOOT DOCTOR

Thursday, March 24th, 9:00am -11:00am
Caryl Community Center, Room 116
Cost is \$30.00. Call the COA for appointments. Home
visits are also available with Podiatrist Dr. John.

KNITTING

Mondays at 12:30pm
Caryl Community Center, Room 108
Beading is an easy way to take your project to the next
level. Join us and learn how to add beading to a knitted
necklace, bracelet, scarf or hat. Bring size 3 double pointed
needles and a very small crochet hook, or use some from
our supply. Beads provided. All are welcome.



MAH JONGG

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

MOVIE MATINEES - “The Intern”

starring Robert DeNiro and Anne Hathaway
Friday, February 12, 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, February 26, 8:00am
Caryl Community Center, Room 108
Please join us for coffee and
conversation.



SHINE

Questions about health insurance? Call the COA
for appointment with Counselor Renee Rubin.

PAGETURNERS BOOK CLUB

Thursday, February 11, 1:00pm
Caryl Community Ctr., Room 108
Call the Library for this month’s book selection.

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.

SAND FOR SENIORS

The Dover COA in partnership with the Men’s
Breakfast Group from The Dover Church will once
again prepare and deliver buckets of sand/salt to
Dover’s seniors. The Friends of the COA have
generously offered to fund this program. If you
would like a bucket of sand/salt (complete with a
lid and scoop) for sanding your steps and walkway,
please call the COA or sign up at the COA Office.

UKULELE CLASS RETURNS

Wednesdays, 12:30 - 1:30PM
Caryl Community Center, Room 108
Due to popular demand, the Fun with Ukulele Life-
time Learning Class sponsored by the Friends of
the Dover COA will start again on January 20.
Classes will be held on Wednesdays through March
30 with instructor Daniel Metraux from 12:30 to
1:30PM. Daniel will teach basic chords and strum-
ming to accompany all kinds of songs from old fa-
vorites to modern. You don’t have to be a musician
to join; Daniel teaches everyone! Bring your Uku-
lele or rent one at Needham Music with option to
buy at a later date. Cost is \$35 payable to Friends
of the COA for the series of classes. Call the COA
to sign up!

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 THE COA TO BUY JFK TICKETS
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 - FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30am – Yoga –Caryl, Room 215 10:40am - Meditation Caryl Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Caryl, Cafeteria	2 9:00am Strength & Stability-Caryl, Room 215 10:00am Veterans Benefits & Services - Caryl, Room 108	3 9:30am Yoga- Caryl, Room 215 11:30am Chi Gong - Caryl, Cafeteria 12:30pm LL-Ukulele - Caryl, Room 108	4 11:30am Strength & Stability-Caryl, Rm 215 1:00pm - Mah Jongg- Caryl, Room 108	5 10:00am -Zumba Gold Caryl Gym
8 9:30am – Yoga –Caryl, Room 215 10:00am -Crafts/Cards Caryl, Room 116 10:40am - Meditation Caryl Rm 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Caryl Cafeteria	9 9:00am Strength & Stability-Caryl, Room 215 12:00Noon -COA Luncheon- Caryl Cafeteria	10 9:30am Yoga- Caryl, Room 215 11:30am Chi Gong - Caryl, Cafeteria 12:30pm LL-Ukulele - Caryl, Room 108	11 10:00am - Blue Moon Donations 11:30am Strength & Stability-Caryl, Rm 215 1:00pm - Mah Jongg- Caryl, Room 116 1:00pm -Book Club- Caryl, Room 108	12 10:00am -Zumba Gold Caryl Gym 1:00pm -Movies - Dover Church, Kraft Hall
15 HOLIDAY	16 9:00am Strength & Stability-Caryl, Room 215 12:00Noon - Movable Feast Lunch - Dover Church	17 9:30am Yoga- Caryl, Room 215 11:30am Chi Gong - Caryl, Cafeteria 12:30pm LL-Ukulele - Caryl, Room 108	18 10:00am - Blue Moon Donations 11:30am Strength & Stability-Caryl, Rm 215 1:00pm - Mah Jongg- Caryl, Room 116	19 10:00am -Zumba Gold Caryl Gym 10:45am -B/P Clinic Caryl Room 108 11:30am - Tea Caryl, Rm 108
22 9:30am – Yoga –Caryl, Room 215 10:40am - Meditation Caryl Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Caryl Cafeteria	23 9:00am Strength & Stability-Caryl, Room 215 12:00noon - Circle of Friends Luncheon - Grace Church	24 9:30am Yoga- Caryl, Room 215 11:30am Chi Gong - Caryl, Cafeteria 12:30pm LL-Ukulele - Caryl, Room 108	25 11:30am Strength & Stability-Caryl, Room 215 1:00pm - Mah Jongg- Caryl, Room 108	26 8:00am -Senior Coffee Caryl Room 108 10:00am -Zumba Gold Caryl Gym
29 9:30am – Yoga –Caryl, Room 215 10:40am - Meditation Caryl Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Caryl Cafeteria			Library CR - Community Room Caryl - Caryl Community Ctr. Room 116 - COA office at Caryl Room 108 - Caryl Community Ctr. LL = Lifetime Learning	

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.

MEDITATION - NEW!!

Mondays, 10:40am, Caryl Community Center, Room 215 \$2.00/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 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

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!!

Can I Still Change My Medicare Plan?

The Medicare Open Enrollment period ended on December 7, but you may still be able to change during 2016.

Newly Available: Medicare's 5-Star Special Enrollment Period

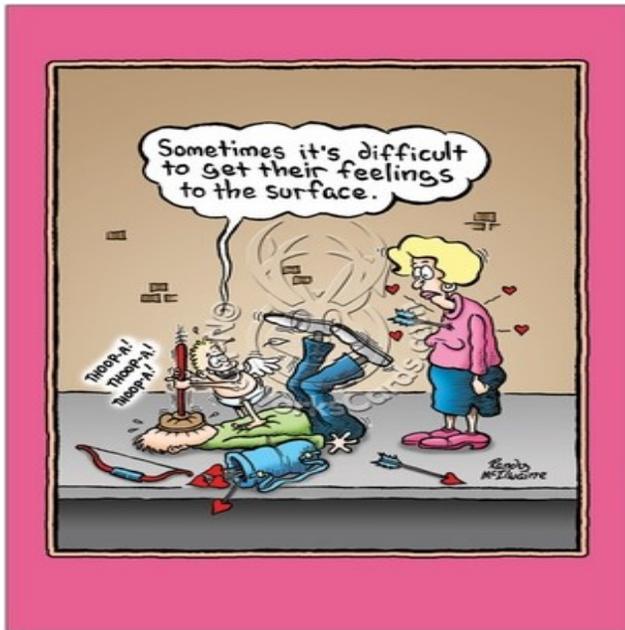
You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

Questions? Call the COA and make an appointment with SHINE Counselor Renee Rubin.

ON THE LIGHT SIDE - HAPPY VALENTINE'S DAY!!



"You always complain that I don't know how to show my emotions, so I made these signs."



COA BOARD MEMBERS

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

FEBRUARY BOARD MEETING

TBA
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

SPECIAL TOWN MEETING

Monday, February 8th at 7PM

Mudge Auditorium, Dover Sherborn HS

Please attend this Important Meeting to discuss and vote on whether or not to amend the Minuteman Regional Vocational High School agreement and to vote on whether or not Town of Dover should withdraw from the District. For more info, see Town Website—www.doverma.org.

COA OFFICE HOURS

MONDAY – THURSDAY 9:00AM – 5:00PM

FRIDAY - 9:00AM - 1:00PM

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



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