

Bright

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



DOVER COA
COUNCIL ON AGING

Horizons

**JANUARY
2016**

COA LUNCHEON - BINGO

Tuesday, January 12th, 12:00Noon \$4.00
Caryl Community Center, Cafeteria RSVP by Jan. 7th
Join us for lunch and Bring your unwanted gifts!!!

MEET WITH REP DENISE GARLICK

Thursday, January 15th, 10:00am
Caryl Community Center, Room 108
Join State Representative Denise Garlick, Chair of the Joint Committee on Elder Affairs, for a Community Conversation about senior issues. Come share your needs and concerns and learn about resources. All are invited. Please RSVP to COA.

COMMUNITY LUNCH PROGRAM

Tuesday, January 19th, 12Noon - Most Precious Blood
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by January 10th.

CIRCLE OF FRIENDS LUNCH

Tuesday, January 26th, 12:00Noon, Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by January 21st.

CHI GONG & BOOK CLUB MOVED

As the Library is under renovation, the Monday 5:30PM Chi Gong class and the Thursday 1pm Pageturners Book Club have moved to Caryl Community Center for January and February. Please check pages 2 and 6 for more information.

SPECIAL KNITTING CLASS IN JANUARY

See Page 2 for details.

IMPORTANT CHANGES!!

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

Effective January 2, 2016, Town Hall will be closing at 1PM on Fridays, including COA.

NO SENIOR BUS SERVICE IN JANUARY

Service is suspended until a new driver is hired. JFK Transportation Tickets are available.
Please see page 3 for more information.

TRAVELS WITH THE COA

More than 50 seniors from Dover and Sherborn started their holidays early as they travelled to New York City to see the holiday magic at the NY Botanical Gardens and Radio City Music Hall. The first overnight trip, which also included a stop at the 9-11 Memorial, included a combination of free time and planned City sights. The Friends of the Dover COA and the Friends of the Sherborn COA underwrote the cost of the luxury coach bus so the cost of the trip was affordable and the ride to the Big Apple was comfortable!

Thank you Friends!!

We are looking for ideas for 2016—both locally and day trips in New England—if you are a traveler, a former travel agent, or have good ideas on where to venture off this winter/spring/summer, please plan to attend the **upcoming Travel Committee meeting on Wednesday, January 6th at 11 am in Room 204A in Sherborn Town Hall.** For more information on the meeting or if you cannot make the meeting, but have ideas, please call the COA at 508-315-5734.



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 "A NEW LEAF TEA" & LIGHT LUNCH

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



BLOOD PRESSURE-With the Walpole VNA

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

BLUE MOON BAGELS AND BREADS

Thursdays, January 14th & 28th
Caryl Community Center, Room 116
Donated baked goods available for pick up
after 10:00am

CRAFTS - Card Making with Beth Theme - "Penguins"

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



FOOT DOCTOR

Thursday, January 21st, 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 - WARM UP YOUR WINTER

Mondays at 12:30PM
Caryl Community Center, Room 108
Warm Up Your Winter! Join us for a 3 week Instructional
class and learn to make an infinity scarf to snuggle in dur-
ing February. You will need a 16" circular needle, size 8,
9, or 10. Yarn and pattern and support will be provided.
You are welcome to stop in and select yarn before class
starts. Hope you can join us!



MAH JONGG

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

MOVIE MATINEES - "The Help"

Friday, January 8th, 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, January 29th, 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, January 14, 1:00pm
Caryl Community Ctr., Room 108
Book "The Girl on the Train" by Paula Hawkins

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 strumming to accompany all kinds of songs
from old favorites to modern. You don't have to be
a musician to join; Daniel teaches everyone! Bring
your Ukulele 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 - JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Library CR - Community Room Caryl - Caryl Community Ctr. Room 116 - COA office at Caryl Room 108 - Caryl Community Ctr. LL = Lifetime Learning				1 HOLIDAY HAPPY NEW YEAR
4 9:30am – Yoga –Caryl, Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Caryl Cafeteria	5 9:00am Strength & Stability-Caryl, Room 215	6 9:30am Yoga- Caryl, Room 215 11:00am -Travel Committee -Sherborn -11:30am Chi Gong - Caryl, Room 215	7 1:00pm - Mah Jongg- Caryl, Room 108 No Strength & Stability	8 10:00am -Zumba Gold Caryl Gym 1:00pm -Movies, Dover Church, Kraft Hall Town Offices close At 1:00pm
11 9:30am – Yoga –Caryl, Room 215 10:00am -Crafts/Cards Caryl, Room 116 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Caryl Cafeteria	12 9:00am Strength & Stability-Caryl, Room 215 12:00Noon -COA Luncheon-BINGO Caryl Cafeteria	13 9:30am Yoga- Caryl, Room 215 11:30am Chi Gong - Caryl, Room 108	14 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	15 10:00am -Zumba Gold Caryl Gym 10:45am -B/P Clinic Caryl Room 108 11:30pm - Tea Caryl, Rm 108 Town Offices close At 1:00pm
HOLIDAY	19 9:00am Strength & Stability-Caryl, Room 215 12:00Noon - Community Luncheon - Most Precious Blood Church	20 11:30am Chi Gong - Caryl, Cafeteria 12:30pm LL-Ukulele - Caryl, Room 108 No Yoga	21 11:30am Strength & Stability-Caryl, Rm 215 1:00pm - Mah Jongg- Caryl, Room 108	22 10:00am -Zumba Gold Caryl Gym Town Offices close At 1:00pm
25 9:30am – Yoga –Caryl, Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Caryl Cafeteria	26 9:00am Strength & Stability-Caryl, Room 215 12:00noon - Circle of Friends Luncheon - Grace Church	27 11:30am Chi Gong - Caryl, Cafeteria 12:30pm -Ukulele - Caryl, Room 108 No Yoga	28 10:00am - Blue Moon Donations 11:30am Strength & Stability-Caryl, Rm 215 1:00pm - Mah Jongg- Caryl, Room 108	29 8:00am -Senior Coffee Caryl, Room 108 10:00am -Zumba Gold Caryl Gym Town Offices close At 1:00pm

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 (No Class on January 20th & 27th)

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 on January 7th)

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!!

SCAM ALERT!!

We have received notice that the MA Department of Public Utilities (DPU) is warning customers/consumers about a phony “solar developer” scam.

The caller will appear to be from the MA DPU main telephone number (617-305-3500) on caller ID systems. The caller may inform you that you owe money to the DPU (or other entity): this is also a phone scam. You are advised not to provide the caller with any personal information and immediately hang-up.

ON THE LIGHT SIDE

- If 2015 was a person, I'd sue him for pain and suffering and lost wages.
- Dear God, my prayer for 2015 is a FAT bank account and a THIN body. Please don't mix it up like you did this year.
- There have been many times in 2015, when I have annoyed you, disturbed you, irritated you, and bugged the hell out of you....today I just wanna tell you I plan to continue in 2016!
- Dear Luck,can we be friends in 2016 Please?



LONG RANGE PLANNING COMMITTEE NOTICE

Dover is moving toward certification as a Massachusetts Green Community. This will allow us to receive substantial grants from the state for energy-saving projects.

To read more, go to the town website and scroll down to the section "Dover is Considering Designation as a Green Community" and follow the link.

There will be upcoming meetings posted on the website.

If you have questions, please plan on attending.

COA BOARD MEMBERS

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

JANUARY 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



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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