

Bright

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



DOVER COA
COUNCIL ON AGING

Horizons

**JULY & AUGUST
2015**

SUMMERTIME SOCIAL LUNCHEON

Tuesday, July 14, 12Noon– Caryl Community Center
Come join us for our annual Summertime Social, lunch, conversation and make your own sundaes. Please RSVP by July 9th.



COMMUNITY LUNCH PROGRAM (No Community lunch in July & August)

CIRCLE OF FRIENDS LUNCH

Tuesday, July 28th, 12:00pm Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by July 23rd.

TRAVEL WITH THE COA

Saturday, October 17 Fine Arts & Craft Festival at Roseland Cottage
Spend a beautiful fall day in Northeast CT. Start your holiday shopping with 175 artisans from New England area, enjoy live music and the fall foliage, and see a beautiful historic home, all in one trip! Cost: \$20.00
See other travel plans on page 2

POWISSET PICNIC ON THE FARM

Friday, August 21st 12:00Noon - Powisset Farm, 37 Powisset Street, Dover
RSVP by: August 17th
Join us for the annual Dover COA & Sherborn COA summer picnic in the barn at Powisset Farm. Please **bring your own sandwich** and we will provide drinks, salads and desserts.
A summer classic enjoyed by all!



COA LUNCH

LEARN ABOUT NEW REGISTRATION PROCESS FOR COA VAN USE.

Tuesday, July 21st; 12 Noon; Caryl Community Center
Do you need a ride to the Post Office? To a COA Luncheon? To the Doctor's office or the Pharmacy? To the Grocery Store? If so, the Dover COA can help you! The MetroWest Regional Transit Authority (MWRTA) has provided the Town of Dover with a Senior Bus to transport seniors for FREE. Join us for lunch and learn about the new Central Reservations program that MWRTA will offer to Dover seniors. All riders of the Senior Bus will need to register with this new system to schedule rides. Come learn about this program, enjoy a lunch, sign up and fill out the new MWRTA forms to receive a card. If you need a ride to this lunch, please let us know; the Senior Bus Driver Tom Dunlay will be happy to give you a ride! Please sign up for lunch by July 16th.

YOUR INPUT IS IMPORTANT TO US!!

Please take a few minutes to let us know what your needs are for utilizing the COA Van. There are certain days and places listed now which are in the newsletter and online. However, we would like to expand the services to fit your specific needs. This is **your van** so your input is important to us!
You can call us at 508-315-5734 or email your suggestions to coa@doverma.org.

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

(No tea in July & August) Will resume in September

BLOOD PRESSURE—With the Walpole VNA

(No Blood Pressure July & August) Will resume in September

BLUE MOON BAGELS AND BREADS

July 2, 9, 23 & 30th, August 13th & 20th

Caryl Community Center, Room 116

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



BOCCE BALL!!

Fridays at 10:00am

Starting July 10th Bocce will move to The Center in Medfield for July & August (closed July 3rd)

Join us as it is always a fun time!!

CRAFTS - Card Making Class with Beth

Monday, July 13th & Monday August 10th 10:00am

Caryl Community Center, Room 116

FOOT DOCTOR

Thursday, July 9th by appointment

Caryl Community Center, Room 116

Meet our new podiatrist Dr. Douglas John. Cost is \$30.00. Call the COA for an appointment.

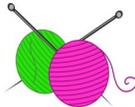


KNITTING

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, booties and blankets for the NICU units.



MOVIE MATINEES

Friday, July 10th & August 14th 1:00pm, Dover Church, Kraft Hall

July Movie -McFarland USA

August Movie -Million Dollar Arm

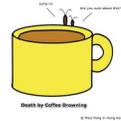
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

SENIOR COFFEE HOUR

Friday, July 31 & August 28th

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.

MAH JONGG

(No Mah Jongg July & August) Will resume in September

PAGETURNERS BOOK CLUB

(No Book Club July & August) Will resume in September

Come Travel with the COA!

Sunday, August 9 Tanglewood – A Summer trip to the Berkshires! Join us for lunch at The Red Lion Inn and then take your seat (in the Shed) for a wonderful performance of Mussorgsky's *Night on Bald Mountain*, Wieniawski's *Violin Concerto #4*, and Berlioz's *Symphonie Fantastique*, featuring guest violinist Joshua Bell. Cost: \$115

Saturday, October 17 Fine Arts & Craft Festival at Roseland Cottage. Spend a beautiful fall day in Northeast CT. Start your holiday shopping with 175 artisans from New England area, enjoy live music and the fall foliage, and see a beautiful historic home, all in one trip! Cost: TBD

Wednesday, September 30th, "A TRIBUTE TO PEGGY LEE"

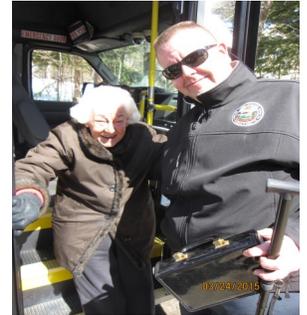
Come listen to the Hal McIntyre Orchestra perform special musical tribute to Peggy Lee. This two hour show is at the Norwood Theater. As seating is general seating, we'll be leaving Dover 11:45 and should be back 4pm. Cost is \$10.00

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. To schedule a ride, call 508-785-0058 ext 110.

- **TUESDAYS** - Dover COA Lunches (10:30-2pm) — These lunches are scheduled on the second, third and fourth 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) - Medfield Shaws & Medfield CVS; Millis Roche Bros. & Millston Way stores. (If you have other favorite grocery stores, let us know)



Reservations REQUIRED: 508-785-0058 ext 110 (2 business days in advance: First come, first served) Leave your name, address, phone, date needed, pick up time & destination address.

**** 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 Norwood 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 and Wellesley - 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 - JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GC—Grace Church Library CR = -Community Room Caryl - Caryl Community Ctr. Room 116-COA office at Caryl Room 108 - Caryl Community Ctr.		1 9:30am Yoga- Caryl, Room 108 11:30am Chi Gong - Caryl, Room 108	2 10:00am - Blue Moon Donations 11:30am -Strength & Stability- Caryl, Room 108 No Mah Jongg- July & August	3 HOLIDAY 
6 9:30am – Yoga –Caryl, Room 108 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Library CR	7 8:45am Strength & Stability-Caryl, Room 108 10:00am COA Board Meeting-Caryl, Room 116	8 9:30am Yoga- Caryl, Room 108 11:30am Chi Gong - Caryl, Room 108	9 9:00am -Foot Doctor Room 116, by Appt. 10:00am - Blue Moon 11:30am -Strength & Stability-Caryl Rm 108 No Mah Jongg- July & August No Book Club July & August	10 10:00am - Bocce -The Center at Medfield 1pm - Movies, Dover Church, Kraft Hall (No Zumba Gold July/August)
13 9:30am – Yoga –Caryl, Room 108 10:00am -Crafts/Cards Caryl, Room 108 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Library CR	14 8:45am Strength & Stability-Caryl, Room 108 12:00Noon -Luncheon Summertime Social Caryl	15 9:30am Yoga- Caryl, Room 108 11:30am Chi Gong - Caryl, Room 108	16 11:30am -Strength & Stability- Caryl, Room 108 No Mah Jongg- July & August	17 10:00am - Bocce -The Center at Medfield (No Zumba Gold July/August)
20 9:30am – Yoga –Caryl, Room 108 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Library CR	21 8:45am Strength & Stability-Caryl, Room 108 (No Community Lunch in July & August)	22 9:30am Yoga- Caryl, Room 108 11:30am Chi Gong - Caryl, Room 108	23 11:30am -Strength & Stability- Caryl, Room 108 10:00am - Blue Moon Donations No Mah Jongg- July & August	24 10:00am - Bocce -The Center at Medfield (No Zumba Gold July/August)
27 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Library CR No Yoga Today	28 8:45am Strength & Stability-Caryl, Room 108 12:00noon - Circle of Friends Luncheon - GC	29 11:30am Chi Gong - Caryl, Room 108 No Yoga Today	30 11:30am -Strength & Stability- Caryl, Room 108 No Mah Jongg- July & August	31 10:00am - Senior Coffee - Caryl Room 108 10:00am - Bocce -The Center at Medfield (No Zumba Gold July/August)

BE FIT AND AGE WELL AT THE COA



CHI GONG

Mondays 5:30pm - Library Community Room

Wednesdays 11:30am - Caryl Community Center, Room 108; \$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 108 - \$3 per class for ages 60+; \$5 for all others

Instructor: Jessica Foster, RYT

During the summer months, we will focus on Restorative Yoga and Yoga Nidra. Restorative Yoga uses props to support the body to hold poses longer, allowing you to open your body through passive stretching. Divine Sleep Yoga Nidra is a meditative experience that induces the relaxation response, tapping in to new sources of energy. It is for anyone with a desire for greater inner peace and connection with one's self.

STRENGTH & STABILITY

Tuesdays 8:45Am-9:35AM & Thursdays 11:30AM-12:20PM

Caryl Community Center, Room 108 - \$3 per class.

Instructor: Andria DeSimone Lindberg

Due to popular demand, this fitness program will continue for 8 weeks starting July 7 and ending August 27. 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

Zumba will return in the Fall

Notice to Medicare Subscribers

Medicare subscribers **may appeal decisions you disagree with**, but all steps in the appeal process have specific time frames and other requirements. ***You must pay close attention to the time limits for appeals!***

Some appealable situations are:

Medicare denies your request for a health care service, supply, or prescription

Medicare denies payment for health care you have already received

Medicare stops covering services that you are receiving

Medicare pays a different amount than you believe it should

Medicare drug plan denies coverage of your medication

The **Medicare Advocacy Project (MAP)** provides **free** advice, assistance with appeals and legal representation. To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.

To understand and access Medicare benefits, call your senior center and ask for a **SHINE** appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance.

Once you get the SHINE answering machine, leave your name and number; a volunteer counselor will return you call as soon as possible.

ON THE LIGHT SIDE

- I thought I saw an eye doctor on an Alaskan Island but it turned out to be an optical Aleutian
- She was only a whiskey maker, but he loved her still
- Remember, no matter how much you push the envelope, it is still stationary
- A dog gave birth to puppies near the road and was cited for littering
- The midget fortune-teller who escaped from prison was a small medium at large.
- Two silk worms had a race. They ended up in a tie.
- The soldier who survived mustard gas and pepper spray is now a seasoned veteran
- Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.
- I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.
- Did you hear about the new corduroy pillows? They're making headlines everywhere
- I wondered why the baseball was getting bigger. Then it hit me.
- It's hard to explain puns to kleptomaniacs because they always take things literally.

THROUGH THE GARDEN DOOR DEER PROOF SHRUBS

Several people have asked for recommendations for shrubs that deer will not eat. The following is a list of shrubs that have been grown in Dover gardens for the past 15 years that the deer walk by and ignore:

Evergreen – American Holly, Boxwood, Juniper, Leucothoe, Pieris

Deciduous – Abelia, Aralia, Beautybush, Blue Mist Shrub, Carolina Allspice, Forsythia, Fothergilla, Japanese Kerria, Rose of Sharon, Sambucus, Spiraea, Viburnum, Virginia Sweetspire

These shrubs do well in either full sun or partial shade. If you have a wet area in your garden, it is suggested planting Leucothoe, Sambucus or Virginia Sweetspire. There are other shrubs the deer do not eat but it might be because they grow southernwood near them.



COA BOARD MEMBERS

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

JULY BOARD MEETING

Tuesday, July 7th at 10:00am
Caryl Community Center, Room 116

COA STAFF MEMBERS

Janet Claypoole - Director
- 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
SUMMER HOURS**
MONDAY – THURSDAY 9:00AM – 4:30PM
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 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!



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

Return Service Requested

Dover Council on Aging
Box 250
Dover MA 02030