

COA

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



News

**JULY & AUGUST
2018**

COA LUNCHEON - Ice Cream Social

*Tuesday, July 10, 12:00Noon \$4.00
Caryl Community Center, Room 108
Come join us for lunch and our annual Ice Cream Social. RSVP by July 5.*



MOVEABLE FEAST

This Luncheon will resume in September

CIRCLE OF FRIENDS LUNCH

This Luncheon will resume in September

POWISSET PICNIC AT THE FARM

*Thursday, August 2 at 12:00Noon
Powisset Farm, 37 Powisset Street, Dover
Join us for the annual Dover COA and Sherborn COA summer picnic in the Barn at Powisset Farm. Please **bring your own sandwich** and we will provide drinks, farm fresh salads and dessert. A summer classic enjoyed by all! RSVP by July 31 to COA.*



PICKLEBALL FOR THE SUMMER

There will be Pickleball in July but no Pickleball in August. If it is too hot, we will cancel. Please bring plenty of water to keep hydrated. Pickleball will start up again in September.



CHARLES RIVER ARCHITECTURE CRUISE

*Monday, August 27th
See Page 3 for the information.*



SUMMER BREAK UKULELE

*Wednesdays June 27- August 1, 10:00-11:00am
Caryl Community Center, Room 108
Come play your favorites with your friends. No fee for this summer session. There is no formal class and there is no cost. Just come and play!*

FUN WITH UKULELE FOR FALL 2018

*Sponsored by Friends of Dover COA
Wednesdays, Sept 5 to Dec 12; 1:00-2:00pm
Cost: \$75 for 15 sessions*

The Lifetime Learning Fall 2018 *Fun with Ukulele* classes will return in September. Instructor Daniel Metraux will teach basic chords and strumming on Ukulele to accompany traditional folk songs and more modern songs. No experience is needed; join us to learn something new and have fun with music.

CONCERTS ON THE COMMON

*7:00-8:00pm Town Hall Commons
Sponsored by Park & Recreation*

Tuesday, July 17 - Group Therapy
Tuesday, July 24th - Centre Streeters
Tuesday, July 31 - Eddy Shoe Band
Tuesday, August 7 - TBA

(Bring a chair and enjoy!)



NEED A RIDE TO COA/TOWN EVENTS?

If you need a ride to COA programs or Town events, please call the COA to arrange a free ride.

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

TEA WITH FRIENDS

Tea with Friends will return in September

BLOOD PRESSURE - With the Walpole VNA

Blood Pressure will resume in September

BLUE MOON BAGELS & BREADS

Thursdays, July 5, 19, 26 & August 9, 16, 30

Caryl Community Center, Room 116

Donated baked goods from Blue Moon Café are available for pick up after 10:00am

BOCCE IS BACK!!

Fridays, 10:00am, The Center at Medfield for summer.

Play a fun game of Bocce in the Shade! All are welcome!

CRAFTS - Card Making with Beth

Theme: Beach & Sea Animals

Monday, July 2, August 13; 10:00am

Caryl Community Center, Room 108

FOOT DOCTOR

Thursday, July 19, 9:00am -11:00am

Caryl Community Center, Room 116

Cost is \$30.00. **Call COA for appointments** with Dr. Douglas John. Home visits also available for \$50.

KNITTING

Mondays at 11:30am

Caryl Community Center, Room 108

Beginners and experienced knitters are welcome! Bring a project of your own or grab some donated yarn and make hats, scarves, shawls or lap blankets for those in need.

MAH JONGG

Mah Jongg will return in late September



MOVIE MATINEE

Movies at the Dover Church will resume in the Fall

SWIM TIME FOR THE COA

Dover COA seniors may use the Kingsbury Club in Medfield to swim. The Senior Swim program is on Fridays only in July & August from 10-11am. Monday swim time will return in September. Just bring your valid Dover COA key card and \$5 swim fee for each visit to the Kingsbury Club. Don't have a key card to scan? Stop by the COA office at Caryl Community Center, Room 116, to complete forms to obtain one. Thank you to the Kingsbury Club for sharing swim time with Dover COA.

SENIOR COFFEE HOUR

Senior Coffee will return in September

SHINE

SHINE stands for Serving Health Insurance Needs for Everyone. If you have Medicare or health insurance questions, please call the COA for a SHINE Appointment with counselor Renee Rubin.

PAGETURNERS BOOK CLUB

Pageturners will resume in September.

DOVER COMMUNITY SURVEY RESULTS

Thank you to the 489 residents and non-residents who responded to our survey! Because of you, the Dover Council on Aging has a better understanding of the needs and interests of both seniors and our younger generations. We greatly appreciate the 70 respondents who identified as willing to volunteer, and we look forward to the energy and ideas that they will bring to the organization.

Several themes emerged in the survey:

- 1) The high percentage of people who don't know about the Council on Aging and our many services, indicates there is much opportunity for Dover residents to learn about what we do and how you can be involved.
- 2) A strong vote for more housing options for seniors as the most needed improvement to make Dover an even better place for seniors.
- 3) A positive recognition of the high quality of all Dover public services.
- 4) A strong preference for programming that is stimulating and includes both indoor and outdoor active pursuits. The most popular community events were yard sale, garden tour, art show, breakfast speakers and film night.
- 5) The great interest in programming that bridges the generations. The most popular options were Teens Teaching Tech, Trailblazer's Group and a Gardening Workshop.

We are very excited about the community response. In the coming weeks, we will take time to assess the data and consider how best to use it to strengthen the Council on Aging's contribution to Dover.

DOVER SENIOR TRANSPORTATION SERVICE

Do you need a ride to medical appointments or other local errands? Purchase tickets at COA and JFK Transportation Service will transport you. Hours of service are Monday through Friday from 7:00am to 5:00pm.

Local Rides (Medical and Non-Medical)

One voucher is \$30.00 and provides 10 tickets.

- Dover: 1 ticket each way
- Metro West surrounding towns: 2 tickets each way
- Outside Metro West: 3 tickets each way
- Sudbury, Waltham & Concord: 4 tickets each way

You must purchase a voucher at the COA prior to calling JFK. JFK appreciates a 48 hour notice.

Boston Rides - Medical Only

A one way ticket is \$20 - Round Trip \$40

JFK requires a 48 hour notice and tickets are purchased at the Dover COA. Tips are not included.

For more information, including towns served, call the Dover COA at 508-315-5734

Please remember to tip your driver

FREE FUN FRIDAYS!

The Highland Street Foundation of Newtown has organized a selection of museums and venues that are offering FREE admission for ALL ages!

Here are some suggestions:

July 6- Peabody Essex Museum, Salem; Pilgrim Hall Museum, Plymouth; Gore Place, Waltham

July 13- The Telephone Museum, Waltham; the Sports Museum, Boston; Chesterwood, Stockbridge

July 20- MFA, Boston; Elm Bank, Wellesley; The Hall at Patriot Place, Foxborough

July 27- JFK Museum, Hyannis; Gardner Museum, Boston; Commonwealth Shakespeare Co, Boston

August 3- Franklin Park Zoo, Boston; Cape Cod Museum of Art, Dennis; Historic Deerfield, Deerfield

August 10- Cahoon Museum of American Art, Cotuit; Fuller Craft Museum, Brockton

August 17- New England Genealogical Society, Boston Fruitlands Museum, Harvard

August 24- MASS MoCA, N. Adams; The Old Manse, Concord; Buttonwood Park Zoo, New Bedford

The list of Free Friday admissions includes many more choices. Please stop by the COA office to see the entire list or learn more at www.HighlandStreet.org. Enjoy!

TRAVEL WITH THE COA

Thursday, July 12 Nantucket Day Trip includes bus, ferry ride, and day to explore shops, art galleries, restaurants, whaling museum, and more. Cost \$105. **SOLD OUT**

Monday, July 23 - Stonehurst, Waltham

Join us for lunch and a tour of Stonehurst, home of social reformer Robert Treat Paine, and designed by masterwork architect Henry Hobson Richardson and landscape architect Frederick Law Olmsted. Lunch will be at local restaurant. Cost TBA.

Tuesday, August 21 Gloucester Lobster Cruise includes cruise, lunch and exploring Salem. Cost \$95. **SOLD OUT**

Monday-Tuesday, August 6-7 Overnight Trip

Saratoga Spectacular Join us as we travel to Saratoga Springs for an afternoon of thoroughbred horse racing. Enjoy dinner at the Queensbury Hotel. On Tuesday travel to Lake George's Steel Pier for a two hour narrated cruise of Lake George including lunch and entertainment onboard your ship. Cost is \$375 single; \$325 double; \$300 triple. **SOLD OUT**

Monday, August 27 We will join with our Sherborn friends and enjoy a Charles River Architecture Cruise. This 90 minute tour offers spectacular views of historic architecture along Boston Harbor and Charles River basin. These are simply the best waterfront views of Boston and Cambridge. Lunch is at 11:30am at the Cheesecake Factory in the Cambridgeside Galleria and then head over for the cruise at 2:30pm. Cost \$50 payable to Sherborn COA. Cost includes lunch, cruise and bus. Bus sponsored by Friends of COA.

Wednesday, Sept 12 We are off to NH for **Lake Winnepesaukee Cruise** includes bus, narrated cruise, buffet lunch and stop at local Farm Market. Cost \$95

Wednesday, October 3 Travel with us to Vermont where we visit a local country store, enjoy lunch, and then experience the majestic **Friesians of Majesty** horses. View these gentle giants (and foals) up close and learn about breeding and history. Cost is \$95.00.

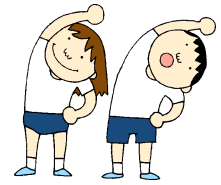
October 2 to 9 Canyon Country Trip with Collette Tours has 4 seats left! Tour Sedona, Grand Canyon, Lake Powell, Bryce Canyon and Zion. \$4119 single; \$3369 double-includes air fare, transfers, overnight accommodations. **SOLD OUT**

Call Dover COA to sign up for these trips. Flyers available at Dover COA office.

DOVER COA JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00am Card Making - Caryl, Room 108</p> <p>10:15am Pickleball - Gym Sign up at COA!</p>	<p>3</p> <p>NO Strength & Stability</p>	<p>4</p> <p style="text-align: center;">HOLIDAY</p>	<p>5</p> <p>10am Blue Moon - Caryl, 116</p> <p>NO Strength & Stability</p>	<p>6</p> <p>10:00am Bocce at Medfield COA</p>
<p>9</p> <p>10:15am Pickleball - Gym Sign up at COA!</p> <p>11:30am Knitting - Caryl, Room 108</p> <p>5:30pm Qigong - Library CR</p>	<p>10</p> <p>9:00am Strength & Stability-Caryl, Rm 203</p> <p>12:00Noon - COA Luncheon- Room.108</p>	<p>11</p> <p>10:00am Ukulele- Caryl, Room 108</p> <p>10am Yoga-Room 203</p> <p>11:00am - Meditation</p> <p>11:30am Qigong - Caryl, Room 108</p>	<p>12</p> <p>9:30am Pickleball-Gym</p> <p>NO Strength & Stability</p> <p>Nantucket Trip</p>	<p>13</p> <p>10:00am Bocce at Medfield COA</p>
<p>16</p> <p>11:30am Knitting - Caryl, Room 108</p> <p>5:30pm Qigong - Library CR</p>	<p>17</p> <p>9:00am Strength & Stability-Caryl, Rm 203</p> <p>NO MOVEABLE FEAST LUNCH IN JULY</p>	<p>18</p> <p>10:00am Ukulele- Caryl, Room 108</p> <p>10am Yoga-Room 203</p> <p>11:00am - Meditation- Caryl, Room 203</p> <p>11:30am Qigong Caryl, Room 108</p>	<p>19</p> <p>9am Foot Dr - Caryl, Room 116</p> <p>10am Blue Moon - Caryl, 116</p> <p>11:30am Strength & Stability-Caryl, 203</p>	<p>20</p> <p>10:00am Bocce at Medfield COA</p>
<p>23</p> <p>11:30am Knitting - Caryl, Room 108</p> <p>5:30pm Qigong - Library CR</p> <p>Stonehurst Trip</p>	<p>24</p> <p>9:00am Strength & Stability-Caryl, Rm 203</p> <p>NO CIRCLE OF FRIENDS LUNCH IN JULY</p>	<p>25</p> <p>10:00am Ukulele- Caryl, Room 108</p> <p>10am Yoga-Rm 203</p> <p>11:00am Meditation</p> <p>11:30am Qigong Caryl, Room 108</p>	<p>26</p> <p>10am Blue Moon - Caryl, 116</p> <p>11:30am Strength & Stability-Caryl, 203</p>	<p>27</p> <p>10:00am Bocce at Medfield COA</p>
<p>30</p> <p>10:15am Pickleball - Gym. Sign up at COA</p> <p>11:30am Knitting - Caryl, Room 108</p> <p>5:30pm Qigong - Library CR</p>	<p>31</p> <p>9:00am Strength & Stability-Caryl, Rm 203</p>	<p><u>NOTE</u>- ZUMBA GOLD</p> <p>No Zumba July/Aug Zumba Gold will re- sume in September</p>		<p>Caryl -Caryl Community Center Room 116 - COA office at Caryl Room 108 - COA Room at Caryl Room 203 - 2nd Floor at Caryl Room 215 - 2nd Floor - Fitness</p>

BE FIT AND AGE WELL AT THE COA



THERAPEUTIC QIGONG: Balance, Strength, & Flexibility

Mondays 5:30pm - Dover Town Library, Community Room

Wednesdays 11:30am - Caryl Community Center, Room 108 - \$3.00 per class

Instructor: Linda Bellefeuille

Qigong practices involve a posture, (whether moving or stationary), breathing techniques, and mental focus. The gentle, rhythmic movements of Qigong are suitable for all age groups and accessibility and are known to reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. Comfortable clothing is recommended.

YOGA FOR WELLNESS (NO YOGA IN AUGUST)

Wednesdays 10:00am - Caryl Community Center, Room 203 - \$3.00 per class

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. Chairs available as well; Bring water.

MEDITATION (NO MEDITATION IN AUGUST)

Wednesdays, 11:00am - Caryl Community Center, Room 203 - \$3.00 per class

Instructor: Jessica Foster, RYT

Join us as Jessica leads you in guided meditation to deep levels of relaxation.

STRENGTH & STABILITY (No classes on July 3, 5 & 12th)

Tuesdays 9:00AM -9:50AM & Thursdays 11:30AM-12:20pm

Caryl Community Center, Room 203 \$3.00 per class - Moved to Room 203 for summer

Instructor: Andria DeSimone

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 CLASSES IN JULY AND AUGUST)

Saturdays, 10:45am-11:30am at the Caryl Community Center in Gym; \$3.00 per class

Instructor: Andria DeSimone

The COA in collaboration with Parks & Recreation sponsor this class

PICKLEBALL (NOTE: NO PICKLEBALL IN AUGUST)

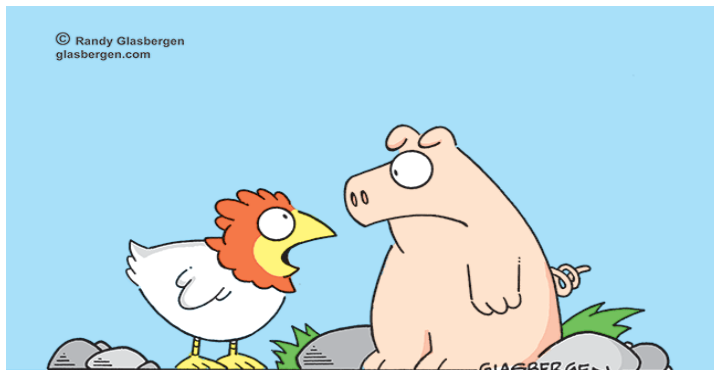
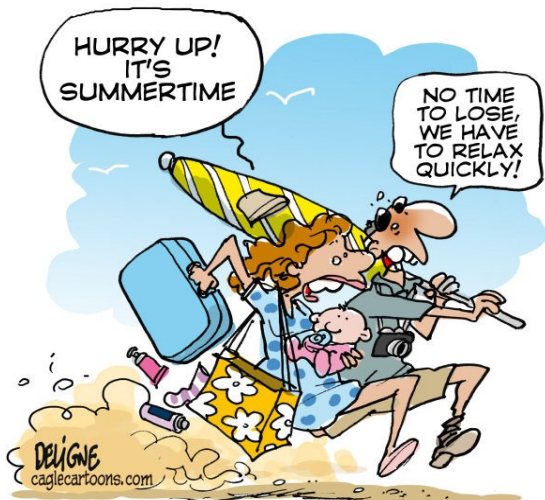
Mondays 10:15am, 11am, 11:45am, 12:30pm or Thursdays at 9:30am, 10:15am; or 11:00am,

Caryl Community Center, Gym (Please sign up ahead for a session)

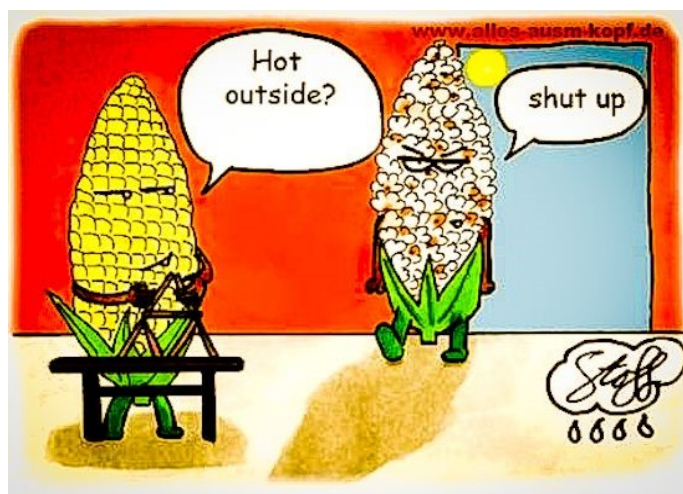
The game is a combination of badminton, tennis and table tennis. There are up to four players per 45 minute session. Call the COA and Sign up for a time slot. Equipment provided. Cosponsored with Parks & Recreation Dept.

There will be Pickleball in July but no Pickleball in August. If it is too hot, sessions will be cancelled. Please bring plenty of water to keep hydrated. Sessions will start up again in September.

ON THE LIGHT SIDE



"I'm starting to believe in global warming. You smell like bacon."



Interesting Facts

1. If you are right handed, you will tend to chew your food on your right side. If you are left handed, you will tend to chew your food on your left side.
2. If you stop getting thirsty, you need to drink more water. For when a human body is dehydrated, its thirst mechanism shuts off.
3. Chewing gum while peeling onions will keep you from crying.
4. Your tongue is germ free only if it is pink. If it is white there is a thin film of bacteria on it.
5. It cost 7 million dollars to build the Titanic and 200 million to make a film about it.
6. The Titanic was the first ship to use the SOS signal.
7. The pupil of the eye expands as much as 45 percent when a person looks at something pleasing.
8. The average person who stops smoking requires one hour less sleep a night.
9. Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
10. The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

COA BOARD MEMBERS

Camille Johnston - Chair
 Joanne Connolly, Vice Chair
 Maureen Dilg, Secretary
 Robert Cocks
 Rev. Peter DiSanto
 Betty Hagan
 Gilbert Thisse
 Gerry Wise, Associate Member
 Ruth Townsend, Associate Member

COA BOARD MEETING

NO meetings in July or August

COA STAFF MEMBERS

Janet Claypoole - Director
 Nan Vaida - Outreach Worker
 Sue Sheridan - Administrative Assistant/Editor

COA OFFICE

Caryl Community Center, Room 116
 4 Springdale Avenue, Dover, MA 02030
 508-315-5734
 Email: coa@doverma.org

COA PROGRAM HIGHLIGHTS

- **Lunch and Ice Cream Social** - Tuesday, July 10 at 12Noon at Caryl Community Center. Enjoy lunch and ice cream! Yum!
- **Annual Picnic at Powisset Farm** on Thursday, August 2 at 12Noon. Bring a sandwich and enjoy farm fresh salads and friends in the barn with a/c!
- **Summer Break Ukulele** - Grab your ukulele and play your summer favorites on Wednesday mornings. No cost for this fun gathering.
- **Travel Adventures** - Charles River Architecture Cruise, Tour Stonehurst/Robert Treat Paine estate, Lake Winnepesaukee Cruise, and Fall trip to Vermont to see the Friesians of Majesty Horses!

See inside for details on all events



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
coeditor@doverma.org

FRIENDS OF THE DOVER COA

*Remember a Loved One with a Memorial Gift &
Inscription on a Memorial Plaque at the
Caryl Community Center*

Enclosed is my donation of \$ _____ in memory
of _____

NAME _____
ADDRESS _____

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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