

# Bright



# Horizons

**Caryl Community Center Room 116**  
**4 Springdale Avenue**  
**Dover, MA 02030**  
**[www.doverma.org](http://www.doverma.org)**  
**508-315-5734**

**JUNE**  
**2015**

**DOVER COA**  
COUNCIL ON AGING

## VOLUNTEER LUNCHEON

*Tuesday, June 9th, 12:00pm – Caryl Community Ctr.*  
This luncheon is to honor our volunteers who give so much time and energy to the COA. Please RSVP to the Invitation by June 5th.

## COMMUNITY LUNCH PROGRAM

*Tuesday, June 16, 12:00pm at St. Dunstan's Church*  
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by June 11th.

## CIRCLE OF FRIENDS LUNCH

*Tuesday, June 23rd, 12:00pm Grace Church*  
Please join us for a homemade lunch and conversation with friends. RSVP by June 18.

## BROWN BAG LUNCH

*Tuesday, June 30th 12:00pm, Caryl Room 108*  
It's the 5th Tuesday of the month, so come join us with your brown bag lunch! Drinks and dessert provided.

## HIGH TEA FOR LADIES & GENTS

*Friday, June 12th 11:00am, Caryl, Room 108*  
High tea provided by The Julia Ruth House, an Adult Day Social Center in Westwood. The menu includes tea, scones, fresh fruit, tea sandwiches, cakes & cookies. RSVP by June 3rd.

## TRIAD YELLOW DOT PROGRAM

*Thursday June 18<sup>th</sup> at 10:00am*  
*Room 108, Caryl Community Center*  
See Page 2 for more info on this public safety program.

## TRAVEL WITH THE COA

For information on upcoming trips to Tanglewood and Roseland Cottage, see page 2

## CHICKERING MUSIC ENSEMBLES

*Wednesday, June 3rd, 2:00pm Caryl, Room 108*  
Come hear aspiring musicians made up of 4th and 5th grade students who are not only learning to play their instruments, but also how to play together in a small group without a conductor. The performance will feature Chickering's String Ensemble and Clarinet Ensemble. The concert will also feature some old pieces from a young cellist and and clarinetist. Light refreshments provided. Please RSVP by June 1st



## "UP IN SMOKE BBQ" AT THE CARYL

**Fun Raiser for the COA**

*Sponsored by the Friends of the COA*

The Friends of the Dover COA invite all Dover residents to join us outdoors at the Caryl Community Center for an "Up In Smoke BBQ" on **Wednesday, June 17, 2015 from 4:00 to 7:00 p.m.** The cost is \$5.00 per person pre-registration or \$10.00 on day of event; children under ten eat free. The event was a huge success last year with over 150 attendees. The ever popular local band, the Centre Streeters, will provide entertainment once again. The band serves up a banquet of bluegrass, folk and country music and love doing it. For reservations, please contact the COA office at the Caryl Community Center.

*Sponsored in part by a grant from the Dover Cultural Council and the Massachusetts Cultural Council*  
Please visit [www.coafriends.org](http://www.coafriends.org) to learn how our organization provides services and programs that enhance the wellbeing of Dover seniors or to become a COA Friends member.



**Need a Ride? Try the COA Senior Bus!**  
See page 3 to schedule a FREE Ride!

**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

### HIGH TEA FOR LADIES & GENTS

Friday, June 12th, 11:00am  
Caryl Community Center, Room 108  
(See page 1 for details)

### BLOOD PRESSURE—With the Walpole VNA

Friday June 26th, 12:00Noon (New Time!)  
Caryl Community Center, Room 108

### BLUE MOON BAGELS AND BREADS

June 4th & 18th  
Caryl Community Center, Room 116  
Donated baked goods available for pick up  
after 10:00am

### BOCCE IS BACK!!

Fridays at 10:00am at the Dover Legion  
Join us as it is always a fun time! Starting  
July 10th Bocce will move to The Center in Medfield  
July and August in the shade!



### CRAFTS - Card Making Class with Beth

Monday, June 8th, 10:00am  
Caryl Community Center, Room 116  
Create cards with Owls using fabrics & pat-  
terns



### FOOT DOCTOR

Future dates TBA  
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  
you can join the knitters who make  
hats, booties and blankets for those in  
need with donated yarn.



### MOVIE MATINEES

Friday, June 12th; 1:00pm, Dover Church, Kraft Hall  
June's Movie TBA  
Movie Matinees are held the second Friday of the  
month. Popcorn, coffee and dessert provided.

### SENIOR COFFEE HOUR

### SENIOR COFFEE HOUR

Friday, June 26th; 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.

### TRIAD YELLOW DOT PROGRAM

Thursday, June 18th, 10:00am  
Caryl Community Center, Room 108  
Representatives from the Norfolk County Sher-  
iff's Office and Dover TRIAD will discuss the  
Yellow Dot program, a national public safety  
program that provides emergency info to first re- for  
sponders at automobile accidents.

### MAH JONGG

Thursdays, 1:00pm, Caryl, Room 108  
Please join us for Mah Jongg. All levels are wel-  
come and new players, too! Note: No Mah Jongg  
in July and August.

## 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

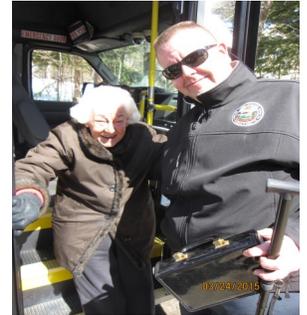


# **NEED A RIDE??** **CHECK OUT THE DOVER COA TRANSPORTATION SERVICES**

## **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, fourth, and 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) - Medfield Shaws & Medfield CVS; Millis Roche Bros. & Millston Way stores. Do you have other favorite stores? Market Basket? Sudbury Farms? 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 - JUNE 2015

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <p><b>1</b></p> <p><b>9:30am</b>– Yoga –Caryl, Room 215<br/> <b>12:30pm</b> Knitting - Caryl, Room 108<br/> <b>5:30pm</b> Chi Gong-Library CR</p>   | <p><b>2</b></p> <p><b>8:45am</b> Strength &amp; Stability-Caryl, Room 108<br/> <b>10:00am</b> COA Board Meeting-Caryl, Room 116</p>       | <p><b>3</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215<br/> <b>No Chi Gong</b><br/> <b>2pm</b> Chickering Music Ensemble—Caryl, Room 108</p>   | <p><b>4</b></p> <p><b>10:00am</b> - Blue Moon Donations<br/> <b>11:30am</b> -Strength &amp; Stability- Caryl, Room 108<br/> <b>1:00pm</b> - Mah Jongg-Caryl, Room 108</p>  | <p><b>5</b></p> <p><b>10:00am</b> -Zumba Gold Caryl Gym<br/> <b>10:00am</b> - Bocce - Dover Legion</p>   |
| <p><b>8</b></p> <p><b>9:30am</b>– Yoga –Caryl, Room 215<br/> <b>10:00am</b> -Crafts/Cards Caryl, Room 108<br/> <b>12:30pm</b> Knitting - Caryl, Room 108<br/> <b>5:30pm</b> Chi Gong-Library CR</p> | <p><b>9</b></p> <p><b>8:45am</b> Strength &amp; Stability-Caryl, Room 108<br/> <b>12:00Noon</b>-Volunteer Luncheon Caryl - Cafeteria</p>  | <p><b>10</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215<br/> <b>11:30am</b> Chi Gong - Caryl, Room 108</p>   | <p><b>11</b></p> <p><b>11:30am</b> -Strength &amp; Stability- Caryl, Room108<br/> <b>1:00pm</b> - Mah Jongg-Caryl, Room 108<br/> <b>1:00pm</b> -Book Club—Library</p>  | <p><b>12</b></p> <p><b>10:00am</b> -Zumba Gold Caryl Gym<br/> <b>11:00am</b> - High Tea Caryl Room 108<br/> <b>10:00am</b> - Bocce - Dover Legion<br/> <b>1pm</b> - Movies, Dover Church, Kraft Hall</p> |
| <p><b>15</b></p> <p><b>9:30am</b>– Yoga –Caryl, Room 215<br/> <b>12:30pm</b> Knitting - Caryl, Room 108<br/> <b>5:30pm</b> Chi Gong-Library CR</p>  | <p><b>16</b></p> <p><b>8:45am</b> Strength &amp; Stability-Caryl, Room 108<br/> <b>12Noon</b> - Community Lunch - St Dunstan's Church</p> | <p><b>17</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215<br/> <b>11:30am</b> Chi Gong - Caryl, Room 108<br/> <b>4pm</b>—Up In Smoke BBQ at Caryl</p>  | <p><b>18</b></p> <p><b>10:00am</b> - Blue Moon Donations<br/> <b>10:00am</b> - TRIAD Caryl , Room 108<br/> <b>11:30am</b> -Strength &amp; Stability- Caryl, Room108<br/> <b>1:00pm</b> - Mah Jongg-Caryl, Room 108</p> | <p><b>19</b></p> <p><b>10:00am</b> - Zumba Gold - Caryl, Cafeteria<br/> <b>10:00am</b> - Bocce - Dover Legion</p>  |
| <p><b>22</b></p> <p><b>9:30am</b>– Yoga –Caryl, Room 215<br/> <b>12:30pm</b> Knitting - Caryl, Room 108<br/> <b>5:30pm</b> Chi Gong-Library CR</p>  | <p><b>23</b></p> <p><b>8:45am</b> Strength &amp; Stability-Caryl, Room 108<br/> <b>12:00noon</b> - Circle of Friends Luncheon - GC</p>    | <p><b>24</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215<br/> <b>11:30am</b> Chi Gong - Caryl, Room 108</p>   | <p><b>25</b></p> <p><b>11:30am</b> -Strength &amp; Stability- Caryl, Room108<br/> <b>1:00pm</b> - Mah Jongg-Caryl, Room 108</p>  | <p><b>26</b></p> <p><b>8am</b> Senior Coffee - Caryl, Room 108<br/> <b>10:00am</b> - Bocce - Dover Legion<br/> <b>12:00Noon</b> - Blood Pressure—Caryl, Room 108</p>                                     |
| <p><b>29</b></p> <p><b>9:30am</b>– Yoga –Caryl, Room 215<br/> <b>12:30pm</b> Knitting - Caryl, Room 108<br/> <b>5:30pm</b> Chi Gong-Library CR</p>  | <p><b>30</b></p> <p><b>12:00Noon</b> -Brown Bag Lunch - Caryl, Room 108</p>   | <div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>GC—Grace Church Library CR = —Community Room Caryl — Caryl Community Ctr. Room 116—COA office at Caryl Room 108 - Caryl Community Ctr.</b></p> </div> |  |  |



# **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*

Therapeutic Chi Gong combines deep breathing with whole body movements to harmonize mind and body and promote energy flow. Chi Gong helps you maintain and regain the balance that is so necessary to live the active life you desire.

## **YOGA FOR WELLNESS - For All Ages**

*Mondays & Wednesdays 9:30am to 10:30am*

*Caryl Community Center, Room 215; \$3.00 contribution for aged 60+; \$5.00 all others.*

Please join our inter-generational yoga group! Yoga has long been established as a viable way to improve health and vitality, strength and balance. De-stress, breathe, and move toward a healthier, happier you. Please wear comfortable clothing; mats provided or bring your own.

## **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.*

**NOTE:** *Friday, June 26th is the last class before summer break*

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!

## **STRENGTH & STABILITY — NEW CLASS!!**

*Tuesdays 8:45am-9:35am & Thursdays 11:30am-12:20pm, Caryl Room 108 - \$3.00/class*

*Instructor: Andria DeSimone Lindberg*

This is a six week program starting in May and ending June 25th. It is a total body muscle strengthening/conditioning class that incorporates functional fitness (movements that mimic everyday living) with stability and balance work. Equipment and mats provided.

## **THINGS TO DO & PLACES TO GO**

*by COA Travel Committee*

### **ENJOY LUNCH AT...**

Colonel Blackington Inn, 203 No. Main St., Attleboro, 508-222-6022, 10am to 3pm Daily & Sunday Brunch  
Lovely Garden Setting.

### **THEATRE**

Wellesley College Theatre 781-283-2000. "Three Sisters" by Anton Chekhov - May 21 to June 21.

Thursday and Friday 7:00pm, Saturday 2:00pm - Tickets \$20.00

### **MUSEUMS**

- Fruitlands Museum, Harvard MA, Mon., Wed., Thurs. & Fri. 10am to 4pm; Sat. & Sun. 10am to 5pm.  
Café Available 978-456-3924
- Davis Museum, Wellesley College - Café Available
- Rose Museum at Brandeis, Waltham
- Boston College McMullen Museum, 140 Commonwealth Ave, Devlin Hall, First Floor in Chestnut Hill;

## **Funny Questions and Answers from Springdale, Arkansas**

Questions and answers selected from tests in Springdale, Arkansas to 16 year old students! (Don't laugh too hard - one of these may be the President someday.)

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: What is a planet?

A: A body of earth surrounded by sky.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins in this fight.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

### **Through The Garden Door: Deer and Rhododendron**

Many people have asked, "The deer are eating my rhododendrons. What plant should I use to replace them?" My response is, "Why replace them?" In the past, I have used either netting or sprayed the leaves with Liquid Fence. Neither solution was ideal as the deer go under the netting and my husband and I travel. One summer (after flowering) I was heavily pruning my rhododendrons as they had reached a height of 8' and by accident, I pruned some of the lower branches. With the lower branches gone, I was able to see the architecturally beautiful trunks – twisting and turning at unusual angles. I then pruned all the low branches up to a height of 4' to 5'. I planted low growing, spreading evergreen boxwood just in front of the rhododendrons. I chose Tide Hill Korean Boxwood which grows 2' tall and spreads to 5'. This plant will grow in either sun or shade. The deer tend not to browse above 5' and the boxwood discourages them from coming closer. Please be aware that if you prune this heavily, you will not have flowers the following year.

### **COA BOARD MEMBERS**

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

### **JUNE BOARD MEETING**

Tuesday, June 2nd at 10:00am  
Caryl Community Center, Room 116

### **COA STAFF MEMBERS**

Janet Claypoole - Director  
Carl Sheridan - 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  
Email: [coa@doverma.org](mailto:coa@doverma.org)



**“UP IN SMOKE BBQ” AT THE CARYL**

*Sponsored by the Friends of the COA*

Join us on Wednesday, June 17, 2015  
from 4:00 to 7:00 pm for a BBQ  
and Music with the Centre Streeters

See Page 1 for more information

**COA SUMMER OFFICE HOURS**

**MONDAY – THURSDAY 9:00AM – 4:30PM**  
**FRIDAY 9:00AM - 1:00PM**

**508-315-5734 - COA@DOVERMA.ORG**

[www.doverma.org](http://www.doverma.org)

Click on Council on Aging in the  
Quick Links Section

For Newsletter information, email  
[coaeditor@doverma.org](mailto: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](http://www.coafriends.org) to find out what we do!



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