

# Bright

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



# Horizons

**JUNE**  
**2016**

## COA LUNCHEON - "JOHNNY CASH!!"

*Tuesday, June 14, 12:00 Noon*

*Caryl Community Center, Cafeteria*

Join us for lunch and good old country music. Remember Elvis? Well, he is coming back as Johnny Cash! Lunch and entertainment generously sponsored by Mary Ann Morse Health Center. RSVP by June 2nd.



## MOVEABLE FEAST

*Tuesday, June 21, 12:00 Noon, St. Dunstan's Church*  
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by June 15.

## CIRCLE OF FRIENDS LUNCH

*Tuesday, June 28, 12:00 Noon, Grace Church*  
Please join us for a homemade lunch and conversation with friends. RSVP by June 22.

## TRAVEL WITH THE COA

**Saturday, June 18 — American Elegance Tour** in Stowe including Classic Cars from 1800-1940 and sprint cars; antique aircrafts including 1911 Bleriot. Cost is \$15. Bus subsidized by Friends of COA.

**Friday, June 24 — Newport Flower Show** Visit Rosecliff Mansion and see colorful floral designs, horticultural exhibits, garden displays and more! Tickets and bus are \$25. Bus subsidized by Friends of COA.

**Tuesday, August 2 — Majestic Maine Cruise** with Lunch at Cook's Lobster House; shop in Freeport. Cost: \$95/person with Westwood COA. Filling up fast!

**Sept 19-21—Montreal Overnight Spectacular!** Featuring Vermont and Montreal scenic sights. Tour Old Montreal, visit Mont Royal, Notre Dame Cathedral St. Joseph's Oratory, and more. Cost is \$364 per person for Double; \$354 per person for Triple; \$454 for Single. Flyer with more info available at the COA.

## "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, family & friends to join us outdoors at the Caryl Community Center for an **"Up In Smoke BBQ"** on Wednesday, June 15, 2016 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 100 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 and prepayment please contact the COA at 508-315-5734 or stop by the office at the Caryl Community Center, Room 116. 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.

## HIGH TEA

*Friday, June 17th at 2:00pm; Cost is \$45.00*  
*The Langham Hotel, Boston, in the Reserve Room*  
Includes Transportation and High Tea. Limit 20  
*Transportation generously provided by the Friends of the COA*

## SILK PAINTING CLASS

*Morning class Monday, June 6 & Wed June 8 at 10am*  
*Afternoon class Monday, June 6 & Wed June 8 at 1pm*  
Join instructor Connie Dewyer as she teaches how to tap into your inner artist and paint unique designs on silk scarves. No painting experience is necessary. On Monday, the silks will be painted and left to dry, then on Wednesday, the process is completed to bring out the design. All materials are provided. Please RSVP to the COA as space is limited. **Cost is \$5.00.**

*Thank you to Friends of Dover COA  
for generously funding this class*

**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

### AFTERNOON TEA - "High Tea at the Langham Hotel"

Friday, June 17th 2:00pm

See Page 1 for High Tea information



### BLOOD PRESSURE- With the Walpole VNA

Friday June 17, 10:45am - **New Time**

Caryl Community Center, Room 108

### BLUE MOON BAGELS AND BREADS

Thursdays, June 2, 16 & 30

Caryl Community Center, Room 116

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



### BOCCE IS BACK!!

Fridays - 10:00am - Dover Legion

Please join us - All Are Welcome

### CRAFTS - Card Making with Beth Theme - " Giraffes!!"

Monday, June 13, 10:00am

Caryl Community Center, Room 116

### FOOT DOCTOR

Thursday, TBA, 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

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 those in need with donated yarn. All are welcome.



### MAH JONGG

Thursdays at 1:00pm (**Ends June 16th, Will resume in the Fall**)

Caryl Community Center, Room 108

All levels welcome!!

### MOVIE MATINEE -

**Movie "The Lady in the Van"**

Friday, June 10, 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, June 24, 8:00am

Fireside Room at Town Hall

Note: The coffee will be at this location through October.

Please join us for coffee and conversation.



### SHINE

Questions about Medicare or health insurance ? Call the COA for an appointment with SHINE Counselor Renee Rubin.

### PAGETURNERS BOOK CLUB

Thursday, June 9, 1:00pm

Dover Town Library

This month's book is "The Little Paris Bookshop" by N. George.

### FUEL ASSISTANCE

Will be available again in the Fall.

## CONSTRUCTION NOTICE!!

As of June 20th the COA office will be moving to the Town Hall Fireside Room on Lower Level as construction will begin on the bathrooms at Caryl Community Center. Construction will continue through the summer and well into fall. Caryl Community Center will remain open during renovation. Many COA Programs are relocating at end of June and some are on hiatus for the summer. Please check the June and July/August newsletters for any changes in COA programs and/or COA program locations. Our phone number 508-315-5734 will remain the same. Thank you for your patience!

## **GREAT NEWS!**

**Our new Senior Bus Driver, Mike Mitchell is ready to go.  
CALL MWRTA CALL CENTER TO SCHEDULE RIDES - 508-820-4650**

### **DOVER COA TRANSPORTATION SERVICES**

#### **DOVER COUNCIL ON AGING BUS SERVICE**

The Town of Dover offers **FREE** curb to curb transportation with an 8 passenger bus from the MetroWest Regional Transit Authority.

The new schedule will be as follows:

#### **TUESDAYS & THURSDAYS 9:00AM-2:00PM**

COA Lunches & Programs, Local Medical Appointments and Local Rides

#### **NOTE: TO SET UP A RIDE**

- YOU MUST FILL OUT AN MWRTA REGISTRATION FORM. FORMS AVAILABLE AT THE COA.
- TO SCHEDULE , CALL MWRTA CALL CENTER AT **508-820-4650** TWO BUSINESS DAYS PRIOR.
- THE CALL CENTER WILL HANDLE ALL SCHEDULING. (DO NOT CALL HIGHWAY DEPT)

If you have questions, please call the COA at 508-315-5734

**\*\* 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 - JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  9:30am Yoga-Caryl 10:40am - Meditation 11:30am Chi Gong - Caryl cafeteria 12:30pm LL-Ukulele - Caryl, Room 108	2  10:00am-Blue Moon Donations  11:30am Strength & Stability-Caryl 215  1:00pm - Mah Jongg-Caryl, 108	3  10:00am-Zumba Gold—Caryl Gym  10:00am - Bocce Dover Legion
6 9:30am– Yoga –Caryl Rm 215 10:00am - Silk Painting class - Rm 116 12:30pm Knitting 1:00pm -Silk Painting Class-Caryl Room 116 5:30pm Chi Gong-Library	7 9:00am Strength & Stability-Caryl Rm 215  10:00am - COA Board Meeting - Caryl	8 9:30am Yoga-Caryl 10:00am - Silk Painting class-Caryl 116 10:40am - Meditation-Caryl 11:30am Chi Gong - Caryl cafeteria 12:30pm LL-Ukulele 1:00pm -Silk Painting Class-Caryl Room 116	9 11:30am Strength & Stability-Caryl Rm 215  1:00pm - Mah Jongg-Caryl  1:00pm -Book Club-Dover Library	10 10:00am-Zumba Gold Caryl Gym  10:00am - Bocce Dover Legion  1:00pm -Movies - Dover Church
13 9:30am– Yoga –Caryl, Rm 215 10:00am -Crafts -Caryl Rm116 12:30pm Knitting  5:30pm Chi Gong Library	14 9:00am Strength & Stability- Caryl Rm 215  12:00Noon -COA Luncheon - Caryl	15 9:30am Yoga-CarylRm 215 10:40am - Meditation 11:30am Chi Gong - Caryl cafeteria 4:00pm - Up in Smoke BBQ - Caryl	16 10:00am - Blue Moon Donation  11:30am Strength & Stability-Caryl Rm 215  1:00pm - Mah Jongg Caryl	17 10:00am - Bocce Dover Legion 10:45am -B/P Clinic Caryl 2:00pm - High Tea - Langham Hotel  Zumba Gold to return in late Fall
20 9:30am– Yoga -Caryl (Check with COA as place may change due to renovations)  12:30pm Knitting Lower Conference Rm Town Hall 5:30pm Chi Gong Library	21 9:00am Strength & Stability - Caryl (Check with COA as place may change due to renovations)  12:00Noon- Movable Feast - St. Dunstan’s	22 9:30am Yoga 10:40am Meditation (Check with COA as place may change due to renovations)  11:30am Chi Gong - (Check with COA as place may change due to renovations)	23 11:30am Strength & Stability (Check with COA as place may change due to renovations)  Mah Jongg to return in the fall	24 8:00am-Senior Coffee Fireside Rm. Town Hall  10:00am - Bocce Dover Legion  Zumba Gold to return in late Fall
27 9:30am– Yoga - (Check with COA as place may change due to renovations)  12:30pm Knitting Lower Conference Rm Town Hall 5:30pm Chi Gong Library	28 9:00am Strength & Stability - Caryl Rm 215 (Check with COA as place may change due to renovations)  12:00Noon - Circle of Friends Luncheon - Grace Church	29 9:30am Yoga 10:40am Meditation 11:30am Chi Gong  (Check with COA as place may change due to renovations)	30 10:00am - Blue Moon Donation - Rm 108 Caryl 11:30am Strength & Stability- (Check with COA as place may change due to renovations)	



# **BE FIT AND AGE WELL AT THE COA**



## **CHI GONG**

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

*Wednesdays 11:30am - Caryl Community Center, Cafeteria \$3.00 per class*

*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**

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

*Caryl Community Center, Room 215 - \$3 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.

## **MEDITATION (NOTE: CHANGED TO WEDNESDAYS)**

*Wednesdays, 10:40am, Caryl Community Center, Room 215 \$3.00 per 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 \$3.00 per class.*

*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.

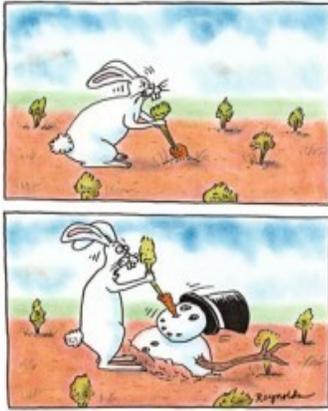
## **ZUMBA® GOLD (NOTE: LAST CLASS WILL BE JUNE 10. WILL RETURN LATE FALL)**

*Fridays, 10:00am-10:45am. \$3.00 per class Caryl Community Center in Gym.*

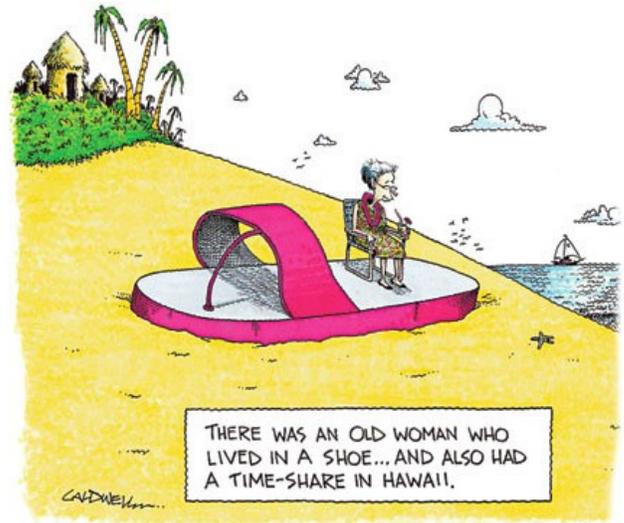
*The COA in collaboration with Parks & Recreation sponsor this class*

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!

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## SPRING!!



## THROUGH THE GARDEN DOOR

### TREE CARE MYTHS

#### Myth:

Trees require “deep” fertilization to reach the root system.

#### Fact:

In most U.S. soils, fibrous, absorbing tree roots grow in the top eight inches of soil, where they find water and oxygen available. Fertilizers placed 12” to 18” underground are too deep.



### **COA BOARD MEMBERS**

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

### **JUNE BOARD MEETING**

Tuesday, June 7, 10:00am  
 Caryl Community Center, Room 116

### **COA STAFF MEMBERS**

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

### **COA OFFICE**

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

**“UP IN SMOKE BBQ” AT THE CARYL**

**Fun Raiser for the COA**

*Sponsored by the Friends of the COA*

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See front page for more information



**COA OFFICE HOURS**

**MONDAY – THURSDAY 9:00AM – 5:00PM**

**FRIDAY - 9:00AM - 1:00PM**

**508-315-5734 - [COA@DOVERMA.ORG](mailto: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 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](http://www.coafriends.org) to see how we serve the well-being of Dover’s seniors.



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