

# Bright

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



DOVER COA  
COUNCIL ON AGING

# Horizons

**MARCH  
2016**

## COA ST. PATRICKS DAY LUNCHEON

Tuesday, March 8, 12:00 Noon \$4.00

Caryl Community Center, Cafeteria

Wear your Green and come celebrate St. Patrick's Day with traditional corned beef and cabbage and your COA friends! RSVP by March 3rd.

## MOVEABLE FEAST (Formerly Community Lunch)

Tuesday, March 15, 12:00 Noon, St Dunstan's Church

Come have a delicious meal hosted by volunteers from local churches. Bring a friend!

RSVP by March 10th.

## CIRCLE OF FRIENDS LUNCH

Tuesday, March 22, 12:00 Noon, Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by March 17th.

## BROWN BAG LUNCH

Tuesday, March 29, 12:00 Noon

Caryl Community Center, Room 108

It's the 5th Tuesday of the month, so come join us with your brown bag lunch! Drinks and dessert provided.

RSVP by March 24th

## COFFEE WITH SENATOR MICHAEL RUSH

Thursday, March 17, 9:30AM

Caryl Community Center, Room 108

Bring a friend and enjoy a cup of coffee and conversation with Dover's Senator. Do you have questions or concerns about local or state issues? Seniors, Veterans, and all residents are encouraged to attend and discuss any matter of importance to you.

Light Breakfast provided. RSVP by March 14th.

## IMPORTANT CHANGES!!

Blood Pressure and Tea have moved to 3<sup>rd</sup> Friday of the month at 10:45AM and 11:30AM.

## Come Travel with the COA

With the ever positive attitude that Punxsutawney Phil is correct and we will have an early spring, the DS Travel Committee has met and looked at outings for the spring and summer. *What we need is some input from our faithful travelers or folks who haven't traveled with us before but see an outing of interest.* Call the COA and provide us with some feedback on the trips we have planned. Talk to your friends! Save the date and come join us as we hit the open road!

### April

**Wednesday April 13 or 20th**— World War II Museum in Natick; Cost \$30/person

**Wednesday April 27** – Foxwoods Casino Luncheon & Show (Musical Tribute to Dolly & Kenny). \$85/person with Westwood COA.

### May

**Saturday May 7** – West Point Tour, Lunch at Thayer Hotel & West Point Parade Review. \$115/person (extended day trip).

**Wednesday, May 11** – Fenway Park Tour—learn the history of the ball-park, the Green Monster and then have lunch on your own on Lansdowne Street

### June

**TBA**—Harvard Museum of Natural History--Glass Flowers

**Friday June 24** -- Newport Flower Show

### July

Charles River Cruise and lunch at Cheesecake Factory \$50/person OR

Cape Cod Canal Tour including Lunch at Daniel Webster Inn & Sandwich Glass Museum \$80/person

### August

**Tuesday Aug 2** – Majestic Maine Cruise with Lunch at Cook's Lobster House & Shop at Outlets in Freeport; \$95/person with Westwood COA.

### September

Overnight Trip to Montreal! Price TBD—This two night overnight is in the "formulation" stage. IF we have folks who are interested, we'll move ahead. If not, we'll explore another city.

**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

#### “A Children’s Novel: Pinocchio” & Light Lunch

Friday, March 18, 11:30am, New Time  
Caryl Community Center, Room 108



### BLOOD PRESSURE- With the Walpole VNA

Friday March 18, 10:45am - New Time  
Caryl Community Center, Room 108

### BLUE MOON BAGELS AND BREADS

Thursdays, March 3, 17 & 31  
Caryl Community Center, Room 116  
Donated baked goods available for pick up  
after 10:00am

### CRAFTS - Card Making with Beth Theme - “Easter”

Monday, March 14, 10:00am  
Caryl Community Center, Room 116

### FOOT DOCTOR

Thursday, March 24th, 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

Beading is an easy way to take your project to the next  
level. Join us and learn how to add beading to a knitted  
necklace, bracelet, scarf or hat. Bring size 3 double point-  
ed needles or use some from our supply. Beads  
provided. All are welcome.



### MAH JONGG

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

### MOVIE MATINEES - “A Brilliant Mind”

starring Asa Butterfield & Jo Young. A teenage math  
prodigy with autism.

Friday, March 11, 1:00pm, Dover Church, Kraft Hall  
Movie Matinees are held the second Friday  
the month. Popcorn, coffee and dessert pro-  
vided.



### SENIOR COFFEE HOUR

Friday, March 25, 8:00am  
Caryl Community Center, Room 108  
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, March 10, 1:00pm  
Meeting returns to Dover Library  
This month’s book is The Boston Girl by Anita  
Diamant. Copies are available at the Library.

### 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.

## SAVE THE DATE

### PAINTING CLASS - “The Art of Georgia O’Keeffe: How To Pastel Paint Flowers”

With Artist Gregory Maichack  
Monday, May 9th, 10:30am-12:30pm  
Caryl Community Center, Room 116



Gregory Maichack, a national award-  
winning artist will present a special workshop on  
pastel painting. Participants will learn O’Keeffe’s  
techniques and insights into her artistic life. Profes-  
sional grade pastels and pastel paper will be provid-  
ed. Artist demonstrates pastel handling, shows his  
original pastel paintings, and unveils the process for  
beginners and advanced artists together. All pastel  
paint O’Keeffe’s exciting flower images.

Mr. Maichack is a Massachusetts Cultural Council  
Gold Star Program Award nominee, faculty member  
at Springfield Fine Arts Museum School, 2012 MFA  
pastel demonstrator at Museum of Fine Arts Boston,  
and exhibited in prominent galleries from San Fran-  
cisco to Kennebunkport, ME.

*This program is supported in part by a grant from the  
Dover Cultural Council supported by the Massachusetts  
Cultural Council, a state agency.*

## **GREAT NEWS!**

**A new Senior Bus Driver has been hired. Once he completes training, the COA Bus will be available for service. For now, please call the COA to buy JFK tickets for your transportation needs**

**SEE BELOW FOR INSTRUCTIONS**

### **DOVER COA TRANSPORTATION SERVICES**

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

The Town of Dover offers **FREE** curb to curb transportation with a 8 passenger bus from the MetroWest Regional Transit Authority. The new schedule will be:

- **TUESDAYS** - COA Lunches and Programs (9:30am-2:30pm) — Lunches are scheduled on the second, third, fourth & fifth Tuesdays of the month. (See calendar on page 4)
- **THURSDAYS** - Medical Appointments & Local Rides (8:30am-3:00pm) - Dedham, Framingham, Medfield, Natick, Needham, Newton, Norwood & Wellesley.

**\*\* 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 - MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p><b>9:00am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>10:00am</b> - LL-Opera-Caryl, Room 108</p>	<p><b>2</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215</p> <p><b>11:30am</b> Chi Gong - Caryl, Cafeteria</p> <p><b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>3</b></p> <p><b>10:00am</b> - Blue Moon Donations</p> <p><b>11:30am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>1:00pm</b> - Mah Jongg-Caryl, Room 108</p>	<p><b>4</b></p> <p><b>10:00am</b>-Zumba Gold Caryl Gym</p>
<p><b>7</b></p> <p><b>9:30am</b>- Yoga -Caryl, Room 215</p> <p><b>10:00am</b> -Crafts/Cards Caryl, Room 116</p> <p><b>10:45am</b> - Meditation Caryl Rm 215</p> <p><b>12:30pm</b> Knitting - Caryl, Room 108</p> <p><b>5:30pm</b> Chi Gong-Caryl Cafeteria</p>	<p><b>8</b></p> <p><b>9:00am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>12:00Noon</b>-COA St. Patrick's Luncheon-Caryl Cafeteria</p>	<p><b>9</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215</p> <p><b>11:30am</b> Chi Gong - Caryl, Cafeteria</p> <p><b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>10</b></p> <p><b>11:30am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>1:00pm</b> - Mah Jongg-Caryl, Room 108</p> <p><b>1:00pm</b> -Book Club-Dover Library</p>	<p><b>11</b></p> <p><b>10:00am</b>-Zumba Gold Caryl Gym</p> <p><b>1:00pm</b> -Movies - Dover Church, Kraft Hall</p>
<p><b>14</b></p> <p><b>9:30am</b>- Yoga -Caryl, Room 215</p> <p><b>10:45am</b> - Meditation Caryl Rm 215</p> <p><b>12:30pm</b> Knitting - Caryl, Room 108</p> <p><b>5:30pm</b> Chi Gong-Caryl Cafeteria</p>	<p><b>15</b></p> <p><b>9:00am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>10:00am</b> - LL-Opera-Caryl, Room 108</p> <p><b>12:00Noon</b>- Movable Feast - St Dunstan's</p>	<p><b>16</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215</p> <p><b>11:30am</b> Chi Gong - Caryl, Cafeteria</p> <p><b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>17</b></p> <p><b>9:30am</b>-Coffee with Sen Rush-Caryl Rm108</p> <p><b>10:00am</b> - Blue Moon Donation</p> <p><b>11:30am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>1:00pm</b> - Mah Jongg-Caryl, Room 108</p>	<p><b>18</b></p> <p><b>10:00am</b>-Zumba Gold Caryl Gym</p> <p><b>10:45am</b> -B/P Clinic Caryl Room 108</p> <p><b>11:30am</b> - Tea Caryl, Room 108</p>
<p><b>21</b></p> <p><b>9:30am</b>- Yoga -Caryl, Room 215</p> <p><b>10:45am</b> - Meditation Caryl Rm 215</p> <p><b>12:30pm</b> Knitting - Caryl, Room 108</p> <p><b>5:30pm</b> Chi Gong-Caryl Cafeteria</p>	<p><b>22</b></p> <p><b>9:00am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>12:00noon</b> - Circle of Friends Luncheon - Grace Church</p>	<p><b>23</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215</p> <p><b>11:30am</b> Chi Gong - Caryl, Cafeteria</p> <p><b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>24</b></p> <p><b>11:30am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>1:00pm</b> - Mah Jongg-Caryl, Room 108</p>	<p><b>25</b></p> <p><b>8:00am</b>-Senior Coffee Caryl Room 108</p> <p><b>10:00am</b>-Zumba Gold Caryl Gym</p>
<p><b>28</b></p> <p><b>9:30am</b>- Yoga -Caryl, Room 215</p> <p><b>10am</b>-LL-Unstress - Caryl, 2nd Floor</p> <p><b>10:45am</b> - Meditation Caryl Room 215</p> <p><b>12:30pm</b> Knitting - Caryl, Room 108</p> <p><b>5:30pm</b> Chi Gong-Caryl Cafeteria</p>	<p><b>29</b></p> <p><b>9:00am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>10:00am</b> - LL-Opera-Caryl, Room 108</p> <p><b>12:00noon</b> - Brown Bag Lunch - Room 108</p>	<p><b>30</b></p> <p><b>9:30am</b> Yoga-Caryl, Room 215</p> <p><b>11:30am</b> Chi Gong - Caryl, Cafeteria</p> <p><b>12:30pm</b> LL-Ukulele - Caryl, Room 108</p>	<p><b>31</b></p> <p><b>10:00am</b>-Blue Moon Donations</p> <p><b>10:30-12:00</b>-LL-Philosophy- Library</p> <p><b>11:30am</b> Strength &amp; Stability-Caryl, Room 215</p> <p><b>1:00pm</b> - Mah Jongg-Caryl, Room 108</p>	



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



## **CHI GONG**

*Mondays 5:30pm - Caryl Community Center, Cafeteria*

*Wednesdays 11:30am - Caryl Community Center, Cafeteria \$3.00 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 – For All Ages**

*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.

## **MEDITATION - NEW!!**

*Mondays, 10:45am, Caryl Community Center, Room 215 \$2.00 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**

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

*Instructor: Andria DeSimone*

*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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## ON THE LIGHT SIDE - HAPPY ST PATRICKS DAY



"Am I Irish? Are you kidding? I was born green!"



"Why couldn't you and your luck show up when it was a test day?"

- The Doctor was puzzled "I'm very sorry, Mr. O'Flaherty, but I can't diagnose your trouble. I think it must be drink."  
"Don't worry about it Dr. Cullen, I'll come back when you're sober."
- The walls in my flat, says Murphy, are so thin, that every time I ask my wife a question, I get three different answers...
- 'What's wrong with Murphy?' asked Father Green. 'I don't know, Father. Yesterday he swallowed a spoon and he hasn't stirred since,' said Mrs. Murphy.

Q: What is out on the lawn all summer and is Irish?

A: Paddy O'Furniture

### THROUGH THE GARDEN DOOR

#### **TREE MYTHS (First in a series)**

**Myth:** Early Spring pruning will cause certain tree species to bleed, stressing the tree.

**Fact:** Some trees, such as maples and birches, will lose sap from pruning cuts made early in the Spring. But this bleeding does not hurt the tree. With a few exceptions, pruning can be done at any time of year. The worst time to prune is as the tree is leafing out in the Spring. The best time to prune is when it is dormant.



#### **COA BOARD MEMBERS**

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

#### **MARCH 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](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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