

Bright

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



DOVER COA
COUNCIL ON AGING

Horizons

**MAY
2016**

COA VOLUNTEER LUNCHEON

Tuesday, May 10, 12:00 Noon

Caryl Community Center, Cafeteria

This luncheon is to honor our volunteers who give so much time and energy to the COA. RSVP to the Invitation by May 4th.

MOVEABLE FEAST (Formerly Community Lunch)

Tuesday, May 17, 12:00 Noon, Most Precious Blood

Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by May 13.

CIRCLE OF FRIENDS LUNCH

Tuesday, May 24, 12:00 Noon, Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by May 20.

BROWN BAG LUNCH

Tuesday, May 31, 12:00 Noon, Caryl 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 May 25.

AUTHOR MICHAEL TOUGIAS

Sunday, May 15, 3:30-5:00 at DSHS Mudge Auditorium

Come hear Michael talk about his book (now a movie) "The Finest Hours," a daring Coast Guard sea rescue in 1952 off Cape Cod. Program is FREE and open to public. Co-sponsored with Sherborn COA.

PAINTING CLASS with Artist Greg Maichack

Monday, May 9th, 10:30am, Caryl, Room 116

See Page 2 for all the information

"UP IN SMOKE BBQ" RETURNS IN JUNE

This is a Fundraiser for the COA

Music provided by the Centre Streeters!

Wednesday, June 15th 4:00-7:00 pm; Caryl Community Center. \$5 Person pre-registration or \$10 at door. Kids under 10 eat free! *Sponsored by Friends of the COA.*

SENIOR BUS INFORMATION WITH MWRTA

Thursday, May 19, 10:00am, Caryl Room 108

The COA Bus is back on the road! Come share your input on transportation needs and talk with MetroWest Regional Transit Authority staff on how the COA bus can connect you to surrounding towns (or Natick Mall) and be your link to getting out and about! Coffee and Treats will be served.



TRAVEL WITH THE COA

Wednesday, June 8 -- 'Lunch & Theatre Combo'

"Hairspray: The Broadway Musical" at the Norwood Theater with lunch at Olde Colonial Café. Cost: \$25. Transportation funded by Friends of 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 plus transportation.

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.

CONSTRUCTION NOTICE!!

At the end of June the COA office will be moving to the Town Hall Fireside Room as construction on the bathrooms at Caryl will be starting. This will go through the summer and well into fall. Caryl Center will remain open during renovation. Check the June newsletter for any changes in COA programs and/or COA program locations.

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 - "The Yellow Minions Tea"

Friday, May 20, 11:30am, New Time
Caryl Community Center, Room 108



BLOOD PRESSURE- With the Walpole VNA

Friday May 20, 10:45am - New Time
Caryl Community Center, Room 108

BLUE MOON BAGELS AND BREADS

Thursdays, May 5 & 19
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 - "Think Spring!!"

Monday, May 2, 10:00am
Caryl Community Center, Room 116

FOOT DOCTOR

Thursday, May 26, 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
Caryl Community Center, Room 108
All levels welcome!!

MOVIE MATINEES -

Movie TBA

Friday, May 13, 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, May 27, 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, May 12, 1:00pm
Meeting returns to Dover Library
This month's book is "Under the Wide and Starry
Sky" by Nancy Horan.

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.

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. Professional grade pas-
tels and pastel paper will be provided. Artist demon-
strates 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!

**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 - MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00am -Crafts/Cards Caryl</p> <p>10:30-LL -Unstress Caryl 2nd Floor</p> <p>No Chi Gong Town Meeting</p>	<p>3</p> <p>9:00am Strength & Stability-Caryl</p> <p>10:00am-COA Board Meeting - Caryl</p>	<p>4</p> <p>9:30am Yoga- Caryl</p> <p>11:00am-LL-Let's Do Lunch, Powisset Farm</p> <p>11:30am Chi Gong - Caryl</p> <p>12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>5</p> <p>10:00am-Blue Moon Donations</p> <p>11:30am Strength & Stability-Caryl</p> <p>1:00pm - Mah Jongg- Caryl</p>	<p>6</p> <p>10:00am-Zumba Gold—Caryl Gym</p> <p>10:30-LL- American Justice - Caryl 108</p>
<p>9</p> <p>9:30am– Yoga –Caryl</p> <p>10:30-LL -Unstress Caryl 2nd Floor</p> <p>10:30am -Painting, Caryl Rm 116</p> <p>10:40am - Meditation</p> <p>12:30pm Knitting</p> <p>5:30pm Chi Gong- Library</p>	<p>10</p> <p>9:00am Strength & Stability-Caryl</p> <p>12:00Noon- COA Volunteer Luncheon Caryl</p>	<p>11</p> <p>9:30am Yoga- Caryl</p> <p>11:00am-LL-Let's Do Lunch, Powisset Farm</p> <p>11:30am Chi Gong - Caryl</p> <p>12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>12</p> <p>11:30am Strength & Stability-Caryl,</p> <p>10:30--LL-Philosophy- Library</p> <p>1:00pm - Mah Jongg- Caryl</p> <p>1:00pm -Book Club- Dover Library</p>	<p>13</p> <p>10:00am-Zumba Gold Caryl Gym</p> <p>10:30-LL- American Justice - Caryl 108</p> <p>1:00pm -Movies - Dover Church</p>
<p>16</p> <p>9:30am– Yoga –Caryl,</p> <p>10:40am - Meditation</p> <p>10:30-LL -Unstress Caryl 2nd Floor</p> <p>12:30pm Knitting</p> <p>5:30pm Chi Gong Library</p>	<p>17</p> <p>9:00am Strength & Stability- Caryl</p> <p>12:00Noon- Movable Feast - Most Precious Blood</p>	<p>18</p> <p>9:30am Yoga- Caryl</p> <p>11:00am-LL-Let's Do Lunch, Powisset Farm</p> <p>11:30am Chi Gong - Caryl</p> <p>12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>19</p> <p>10:00am - Blue Moon Donation</p> <p>10:00am - Senior Bus Info MWRTA-Caryl, Rm 108</p> <p>11:30am Strength & Stability-Caryl</p> <p>1:00pm - Mah Jongg Caryl</p>	<p>20</p> <p>10:00am-Zumba Gold Caryl Gym</p> <p>10:45am -B/P Clinic Caryl</p> <p>11:30am - Tea Caryl</p>
<p>23</p> <p>9:30am– Yoga -Caryl</p> <p>10:40am - Meditation</p> <p>12:30pm Knitting</p> <p>5:30pm Chi Gong Library</p>	<p>24</p> <p>9:00am Strength & Stability</p> <p>12:00noon - Circle of Friends Luncheon - Grace Church</p>	<p>25</p> <p>9:30am Yoga- Caryl</p> <p>11:00am-LL-Let's Do Lunch, Powisset Farm</p> <p>11:30am Chi Gong - Caryl</p> <p>12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>26</p> <p>11:30am Strength & Stability-Caryl,</p> <p>1:00pm - Mah Jongg- Caryl,</p>	<p>27</p> <p>10:00am-Zumba Gold Caryl Gym</p> <p>10:00am - Bocce Dover Legion</p> <p>10:30-LL- American Justice - Caryl 108</p>
<p>30</p> <p style="text-align: center;">MEMORIAL DAY HOLIDAY</p>	<p>31</p> <p>9:00am Strength & Stability</p> <p>12:00Noon - Brown Bag Lunch—Caryl</p>	<p>27</p> <p>9:30am Yoga- Caryl</p> <p>11:30am Chi Gong - Caryl</p> <p>12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>28</p> <p>10:30--LL-Philosophy- Library</p> <p>11:30am Strength & Stability- Caryl,</p> <p>1:00pm - Mah Jongg- Caryl</p>	<p>29</p> <p>8:00am-Senior Coffee Caryl</p> <p>10:00am-Zumba Gold Caryl Gym</p> <p>10:00am - Bocce Dover Legion</p>

BE FIT AND AGE WELL AT THE COA



CHI GONG (No Class Monday, May 2nd)

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

Mondays, 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

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!



A MEMORIAL DAY REMEMBRANCE TO ALL OUR VETERANS



Honest Brand Slogans!!

Hallmark “When you care enough to give a card mass-produced by a corporation.”

Ritz crackers: “Tiny, edible plates.”

CliffsNotes: “They’re still going to know you didn’t read the book.”

Gillette: “We’re just going to keep adding blades.”

ChapStick: “You’ll misplace it before the tube’s empty.”

Hot Pockets: “Every bite is a different temperature.”

Source: *honestlogs.com*



THROUGH THE GARDEN DOOR

TREE CARE MYTHS

Myth: When removing a tree branch, the final cut should be flush with the stem to optimize healing.

Fact: Trees don’t “heal” in the same way we do. While humans heal by regenerating or replacing damaged tissue, trees compartmentalize a wound, generating “woundwood” over the damaged area. Since flush cutting removes the “branch collar,” a larger wound is created. It is also likely that some of the parent branch tissue will be removed in a flush cut, which increases the damage of spreading decay inside the tree.



COA BOARD MEMBERS

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

MAY BOARD MEETING

Tuesday, May 3, 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

TOWN OF DOVER

TOWN MEETING - MAY 2ND

TOWN ELECTIONS - MAY 16TH

If you need a ride to either event, please call the COA at 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

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 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 to see how we serve the well-being of Dover's seniors.



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