

Bright

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



DOVER COA
COUNCIL ON AGING

Horizons

**NOVEMBER
2014**

ACTIVITIES



THANKSGIVING LUNCHEON

Tuesday, November 18th 12:00 Noon - \$4.00
Dover Church, Kraft Hall

Please join us for our annual Thanksgiving Luncheon with all the fixins' at the Dover Church, Kraft Hall. RSVP by November 12th
(Please note day and location)

THANKSGIVING/FALL ARRANGEMENT CLASS

With Cara Groman

Wednesday, November 19th, 1:00pm, Caryl, Room 116
Join us to create a small arrangement using greens from around your home and gardens. Some suggestions of greens from your home are white pine, sedum, dried pods, ivy, mountain laurel, grasses, etc. We will provide the container, oasis and some greens. Please bring garden shears.
RSVP BY: Wednesday, November 12th

Note: Space limited to 7



STATE ELECTION & SPECIAL TOWN ELECTION

Tuesday, November 4th, Dover Town Hall

The special town election is to decide whether or not to approve a debt exclusion for Springdale property

If you need a ride, please call the COA



SAVE THE DATES

DOVER POLICE ASSOCIATION'S HOLIDAY BRUNCH

Saturday, December 6th, Dover Church, Kraft Hall
10:00 am- 1:00pm
Please RSVP by December 2nd

DOVER LEGION HOLIDAY BRUNCH

Sunday, December 14th 12:00pm, Dover Legion
Please RSVP by December 10th

HOLIDAY CARD MAKING WITH STACY

Monday, December 8th, 10:30am, Caryl, Room 116
Please join us for a Holiday Card Making class with Stacy Sack. **NOTE:** Class limited to 12
Sponsored by the Friends of the COA
RSVP by December 2nd.

MOVIE MATINEES-

November 7th -1:00pm, Dover Church, Kraft Hall
Movie Matinees are held the second Friday of the month. Next date: 12/12

IDEAS OF THINGS TO DO & PLACES TO GO

By COA Travel Committee

SUNDAY -Nov. 9 "The Rat Pack" - Reagle Music Theatre Waltham \$32 - 36 781-891-5600 x1201

SUNDAY - Nov. 16 "Historic Thanksgiving" in Concord Manse, Concord, \$10 for 2 978-369-3909

SATURDAY - Nov. 22 "Livingston Taylor" Norwood Theatre 8:00pm \$31 781-551-9000

SUNDAY - Nov. 23 "Wellesley Symphony Orchestra Concert" Wellesley, 3:00pm \$25 781-235-1515

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 and SERVICES

AFTERNOON TEA “Great Inventions Tea”

Friday, November 21st, 1:30pm Caryl Community Center, Room 108

BLOOD PRESSURE—With the Walpole VNA

Friday November 21st, 1:00pm, Caryl, Room 108

BLUE MOON BAGELS AND BREADS

Nov. 13th, Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am - See calendar for future dates.

BOCCE BALL

No Bocce until spring
Try our Zumba Gold class on Friday mornings !!
(see next page for more information)

CRAFTS

Monday, November 10th -10:00am
Caryl Community Center, Room 116.
Come and work on a new craft project & join us for tea

FOOT DOCTOR CLINIC - (By Appointment)

Tuesday, December 2nd 9:00am to 11:00am
Caryl Community Center, Room 116
Call the COA at 508-315-5734 to make an appointment. Checks payable to **Dr. Greg Cormier** in the amount of **\$30** due at the time of appointment.
Future Dates: TBA

KNITTING

Mondays at 1:00pm
Caryl Community Center, Room 108
Beginners and experienced knitters are welcome! Bring a project of your own or you can join the knitters who have been making hats, booties and blankets for the NICU units.

SENIOR COFFEE HOUR

Friday November 28th - 8:00am
Caryl Community Center, Room 108
Please come & join us for coffee and conversation.



SHINE - MEDICARE OPEN ENROLLMENT

Friday, November 14th - Morning openings

By Appointment Only. Call the COA 508-315-5734



MAH JONGG

Thursday, 1:00pm, Caryl Room 108
Please join us for Mah Jongg-Any level welcome

PAGETURNERS BOOK CLUB

Thursday, November 13th, 1:00PM - Library

THROUGH THE GARDEN DOOR

LANGUAGE OF FLOWERS

LILY OF THE VALLEY

The Lily of the Valley symbolizes the Return of Happiness for it is the sweetest flower imaginable. With its dainty white bells and unmistakable green scent it is said to lure the nightingale from his nest and lead him to his mate.

It is the symbol of May Day and was known as May Lily and Our Lady's Tears because it grew from the tears shed by the Virgin Mary at the Cross. The flowers were grown by monks for decorating the altar and were called Ladder to Heaven because the miniature flower-bells grow like steps up the stem.

COA BOARD MEMBERS

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

NOVEMBER BOARD MEETING

Thursday, Nov. 6th 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
Avenue, Dover, MA 02030 508-315-5734

FUN and FITNESS

CHI GONG

*Mondays 5:30pm - Library Community Room
Wednesdays 11:30am - Caryl Community Center, Room 108*



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.

ZUMBA GOLD

*Fridays, 10:00am-10:45am. \$3.00/session.
Classes held in the Caryl Gym.*

The COA in collaboration with Park & Recreation are sponsoring a Zumba Gold Class. Please join us on Fridays for fun and exercise!



Note: No class on Nov 28th day after Thanksgiving

A THANK YOU FROM THE FRIENDS OF THE COA

"The Friends of the COA wish to thank the COA Knitting group for the baby blankets, hats and booties and Jeanne Nicolazzo for her handmade dishtowels which we sold at the Dover Days Fair."

DOVER SENIOR 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, Medfield and Wellesley - 2 ticket punches (\$6.00) each way
- ◆ Framingham, Holliston, Newton-Wellesley Hospital - 3 ticket punches (\$9.00) each way
- ◆ Sudbury & Waltham - 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.

*** IMPORTANT REMINDER ***

The Medicare Open Enrollment ends on December 7th!

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days. For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.

DOVER COA - NOVEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30am– Yoga –Caryl, 2nd floor</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p>	<p>4</p> <p style="text-align: center;">STATE ELECTIONS</p>	<p>5</p> <p>9:30am– Yoga –Caryl 2nd floor</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>6</p> <p>10:30am COA Board Meeting, Room 116</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p>7</p> <p>10:00am -Zumba Gold Caryl Gym</p> <p>BOCCE TO RETURN IN THE SPRING</p>
<p>10</p> <p>9:30am– Yoga –Caryl, 2nd floor</p> <p>10:00am- -Crafts -Caryl Room 116</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p>	<p>11</p> <p style="text-align: center;">HOLIDAY</p>	<p>12</p> <p>9:30am– Yoga –Caryl 2nd floor</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>13</p> <p>10:00am - Blue Moon Donations</p> <p>1:00pm - Mah Jongg Caryl Room 108</p> <p>1:00pm - Book Club Dover Library</p>	<p>14</p> <p>9:00am- SHINE</p> <p>10:00am -Zumba Gold Caryl Gym</p> <p>1:00pm - Movies, Dover Church, Kraft Hall</p>
<p>17</p> <p>9:30am– Yoga –Caryl, 2nd floor</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong-CR</p>	<p>18</p> <p>12:00Noon Thanksgiving Luncheon -Kraft Hall, Dover Church</p>	<p>19</p> <p>9:30am Yoga- Caryl, 2nd floor</p> <p>11:30am Chi Gong - Caryl, Room 108</p> <p>1:00pm - Fall Arrangements with Cara</p>	<p>20</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p>21</p> <p>10:00am -Zumba Gold Caryl Gym</p> <p>1:00pm - Blood Pressure Caryl Room 108</p> <p>1:30 - Afternoon Tea Caryl Room 108</p>
<p>24</p> <p>9:30am– Yoga –Caryl, 2nd floor</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p>	<p>25</p>	<p>26</p> <p>9:30am– Yoga –Caryl 2nd floor</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>27</p> <p style="text-align: center;">THANKSGIVING</p> <div style="text-align: center;">  </div>	<p>28</p> <p>8:00am Senior Coffee - Caryl, Room 108</p> <p>10:00am -No Zumba</p>
			<p>GC—Grace Church Library CR = ——Community Room Caryl —— Caryl Community Ctr. Room 116——COA office at Caryl Blue Room-At Caryl Community Ctr. Room 108</p>	

FRIENDS OF THE COUNCIL ON AGING DO YOU KNOW WHAT IT MEANS TO BE A “FRIEND”?

With the beautiful autumn days upon us, it is hard to think about the harsh weather which places a greater demand on those providing services to the elderly in our community.

Our group, the Friends of the Dover Council on Aging, a 501(c)3 organization, exists for the purpose of providing financial support and assistance to the Council on Aging. Our particular focus is to assist them with “beyond-budget” expenses that expand and enhance the programs of the Council on Aging. During the past year that support has taken a variety of forms. The “Friends” have:

- Purchased a new desk and credenza for the Council on Aging Director
- Purchased a small refrigerator for the Council on Aging room
- Purchased a microwave for the Council on Aging room
- Provided coffee and tea to those who visit the COA
- Funded cultural and recreational programs
- Funded Lifetime Learning classes for all of Dover’s residents
- Provided yarn for the knitting group
- In 2015, we will fund two bus trips for the enjoyment of our seniors to be determined by the COA

We do all this by the following fundraising activities:

- Lifetime Learning Classes in the spring and fall
- “Up in Smoke” BBQ in June
- Dover Days Fair in September
- October Jazz Brunch at the Sherborn Inn
- We will begin sorting bottles and cans at the Dover Transfer Station for the purpose of collecting the deposit on these items -- raising funds a nickel and dime at a time during the month of May.

The Friends will study the feasibility of establishing a “Memory Wall” in the Council on Aging space at the Caryl Community Center. It is never too late to leave a lasting memory to honor someone or recognize someone’s accomplishments through this tax deductible contribution.

The Friends of the Council on Aging wish to thank you in advance for the support you have given us. Your generosity allows us to be responsive to the needs of the Council on Aging and the community it serves. Remember, anyone of any age can be a member. Please use the enclosed Membership Form and become a member of the Friends.

The Friends Board Members: Alexis Dandreta, Liz Devine, Maureen Dilg, Jane Hemstreet, Bill Herd, Michele Keleher, Tricia Terrell, Jack Walsh, Gerry Wise

ON THE LIGHT SIDE

ONE LINERS!!



- ◆ **Born free, taxed to death.**
- ◆ **A computer once beat me at chess, but it was no match for me at kick boxing.**
- ◆ **For Sale: Parachute. Only used once, never opened.**
- ◆ **A bank is a place that will lend you money, if you can prove that you don't need it.**
- ◆ **What is faster Hot or cold? Hot, because you can catch a cold.**
- ◆ **Love may be blind, but marriage is a real eye-opener.**
- ◆ **Why did the scientist install a knocker on his door? He wanted to win the No-bell prize!**
- ◆ **When everything's coming your way, you're in the wrong lane.**
- ◆ **If you can't convince them, confuse them.**
- ◆ **Whenever I find the key to success, someone changes the lock.**
- ◆ **Time is what keeps things from happening all at once.**
- ◆ **Lottery: a tax on people who are bad at math.**
- ◆ **If at first you don't succeed, destroy all evidence that you tried.**
- ◆ **Eat right. Stay fit. Die anyway.**
- ◆ **IRS: We've got what it takes to take what you have got.**
- ◆ **I can handle pain until it hurts.**
- ◆ **I try to accomplish something before the microwave reaches zero.**
- ◆ **Buying a smart car seems like a good idea until you hit a squirrel and flip over a few times.**
- ◆ **Disneyland. The world's biggest people trap, built by a mouse.**
- ◆ **Why doesn't someone invent a clear toaster so you can see how toasted your toast is while it's toasting?**
- ◆ **I never make the same mistake, twice, I make it five or six times just to be sure.**

PLEASE BEWARE OF SCAMS!!!

TRIAD and Dover Police Dept. are reminding all to be alert for scams. Scams come in the form of phone calls, emails and mail. Remember banks and credit card companies will never ask for personal information on the phone or email. If you are not sure, call the institution yourself to check. Do not give out any personal information. Scams go on all year, but the holidays tend to bring more.

COA OFFICE HOURS

**MONDAY – FRIDAY 9:00AM – 4:30PM
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 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 to find out what we do!



Return Service Requested

Council on Aging
Box 250
Dover MA 02030

STD Rate
U.S. Postage Paid
Permit No. 3
Carrier Route Pre Sort