

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
2015

THANKSGIVING LUNCHEON \$4.00

Tuesday, November 10th; 12Noon

Dover Church, Kraft Hall

Please join us for our annual Thanksgiving Luncheon with all the fixins' at the Dover Church. RSVP by November 5th.



COMMUNITY LUNCH PROGRAM

Tuesday, November 17; 12Noon, St. Dunstan's Church

Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by November 12.

CIRCLE OF FRIENDS LUNCH

Tuesday, November 24; 12Noon - Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by November 19th.

CHI GONG LOCATION CHANGE!!

Mondays, 5:30pm

As the Library will be under renovation, the Monday Chi Gong class will move to Caryl Community Ctr, Room 108 for November, December & January.

SILK PAINTING CLASS

Monday & Wednesday November 2nd & 4th at 10AM, Caryl Community Center, Room 116

Join instructor Connie Holicker 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 COA as space is limited.

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



****IMPORTANT CHANGE TO DOVER COA ****

SENIOR BUS SERVICE

The Town of Dover continues to offer FREE curb to curb transportation for three days per week. **Starting December 1st, you must call the MetroWest Regional Transit Authority (MWRTA) Call Center at 1-508-820-4650 to schedule all rides.** You must also be **registered with the MWRTA** before you can take your first ride. There is no cost for the ride or to sign up with MWRTA. Registration forms can be picked up from the COA or we will mail upon request. All reservations and cancellations must be made with MWRTA as of December 1; the COA and Highway Dept will no longer be able to make reservations. For November rides continue to call 508-785-0058 Ext 110.

Details on Senior Bus schedule are on page 3.

SAVE THE DATES:

THE ANNUAL POLICE HOLIDAY BRUNCH

(Sponsored by the Dover Police Association)

Saturday, December 5th 10AM

Kraft Hall, Dover Church

THE ANNUAL LEGION HOLIDAY DINNER

Tentative Date: Sunday, December 13th 1:00PM

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

"A VISIT TO WILLIAMSBURG TEA"

Friday, November 20th, 1:30pm - Caryl Room 108

BLOOD PRESSURE-With the Walpole VNA

Friday November 20th, 12:30pm - Caryl Room 108

BLUE MOON BAGELS AND BREADS

November 12th

Caryl Community Center, Room 116

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



BOCCE BALL!!

Bocce will return in the Spring!!

CRAFTS - Card Making with Beth

Theme - Turkey & Foliage Time

Monday, November 9th, 10:00am

Caryl Community Center, Room 116

FOOT DOCTOR

Thursday, November 12th

9:00am -11:00am by appointment

Caryl Community Center, Room 116

Meet our Podiatrist Dr. Douglas John. Cost is \$30.00.

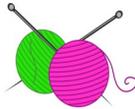
Call the COA for appointments. Home visits available.

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, and blankets for those in need.



MAH JONGG

Thursdays at 1:00pm;

Caryl Community Center, Room 108

All levels welcome!!

MOVIE MATINEES

Friday, November 13th, 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, November 27th, 8:00am

Caryl Community Center, Room 116

Please join us for coffee and conversation.



SHINE

Medicare open enrollment starts October 15 and ends December 7. Call the COA to schedule an appointments with Counselor Renee Rubin on Wednesdays (November 4 or November 18).

We have **limited** times available so make sure to call soon to reserve a spot!

PAGETURNERS BOOK CLUB

Thursday, November 12, 1:00pm Dover Library

Book "The Circle by Dave Eggers".



PLACES TO GO & THINGS TO DO

Grace Church Event

Please come for an entertaining and educational evening of Live Jazz in the Grace Church Fellowship Hall on Friday, November 6th from 7pm to 10pm.

Wine, beer, and soft drinks will be available for purchase. Complimentary appetizers will be provided. Tickets can be purchased in advance or at the door for \$25 with proceeds to benefit Grace Church. For more information email: GraceMusicNight@gmail.com

Wellesley College

- December 6 th 7:30 Houghton Chapel Christmas Vespers
- December 8th 8:00 Houghton Chapel Collegium Musicum Fall Concert
- December 13, 3:00pm Wellesley Symphony Orchestra holiday pops

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, **Starting December 1st call the MWRTA call center at 508-820-4650 - For November rides, continue to call 508-785-0058 Ext 110**

- **TUESDAYS** - Dover COA Lunches (10:30-2pm) — These lunches are scheduled on the second, third, fourth & 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)
Do you shop at Shaw's in Medfield? Roche Brothers in Millis?
Call and let us know where YOU want to shop!



Reservations REQUIRED: Reservations will handled by MetroWest Regional Transit Authority Starting December 1st. You must complete an application at COA to register with their system. For **November reservations call 508-785-0058 Ext 110**

**** Starting December 1st You will call: ****
Metro West Regional Transit Authority Call Center
TELEPHONE 508-820-4650

**** 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 - NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30am– Yoga –Caryl, Room 215 10:00AM -Silk Painting Class-Caryl Room 116 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Caryl Room 108</p>	<p>3</p> <p>8:45am Strength & Stability-Caryl, Room 215</p>	<p>4</p> <p>9:30am Yoga-Caryl, Room 215 10:00AM -Silk Painting Class - Caryl Room 116 11:30am Chi Gong - Caryl, Room 215 12:30pm LL-Ukulele - Caryl, Room 108</p>	<p>5</p> <p>10:00am - Blue Moon Donations 10:30am -LL Philoso-phy- Library CR 11:30am Strength & Stability-Caryl, Room 215 1:00pm - Mah Jongg-Caryl, Room 108</p>	<p>6</p> <p>10:00am-Zumba Gold Caryl Gym 10:00am - COA Board Meeting - Caryl, Room 116</p>
<p>9</p> <p>9:30am– Yoga –Caryl, Room 215 10:00am -Crafts/Cards Caryl, Room 116 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Caryl Room 108</p>	<p>10</p> <p>8:45am Strength & Stability-Caryl, Room 215 12:00Noon- Thanksgiving Luncheon Dover Church-Kraft Hall</p>	<p>11</p> <p style="text-align: center;">VETERANS DAY HOLIDAY <i>THANK YOU TO ALL OUR VETERANS</i></p>	<p>12</p> <p>10:00am - Blue Moon Donations 11:30am Strength & Stability-Caryl, Rm 215 1:00pm -Book Club-Library 1:00pm - Mah Jongg-Caryl, Room 108</p>	<p>13</p> <p>10:00am-Zumba Gold Caryl Gym 10:30am LL—Pres. Election-Caryl Rm 108 1:00pm -Movies, Dover Church, Kraft Hall</p>
<p>16</p> <p>9:30am– Yoga –Caryl, Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Caryl Room 108</p>	<p>17</p> <p>8:45am Strength & Stability—Caryl, Room 215 12:00Noon- Community Luncheon - The Dover Church</p>	<p>18</p> <p>9:30am Yoga-Caryl, Room 215 11:30am Chi Gong - Caryl, Room 108</p>	<p>19</p> <p>11:30am Strength & Stability-Caryl, Rm 215 1:00pm - Mah Jongg-Caryl, Room 108</p>	<p>20</p> <p>10:00am-Zumba Gold Caryl Gym 10:30am LL—Pres. Election Caryl Rm 108 12:30pm -B/P Clinic Caryl Room 108 1:30pm Afternoon Tea Caryl, Rm 108</p>
<p>23</p> <p>9:30am– Yoga –Caryl, Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Caryl Room 108</p>	<p>24</p> <p>8:45am Strength & Stability-Caryl, Room 215 12:00noon - Circle of Friends Luncheon - Grace Church</p>	<p>25</p> <p>9:30am Yoga-Caryl, Room 215 11:30am Chi Gong - Caryl, Room 108</p>	<p>26</p> <p style="text-align: center;">HAPPY THANKSGIVING OFFICE CLOSED</p>	<p>27</p> <p>8:00am -Senior Coffee Caryl, Room 116 10:30am LL- Pres. Election Caryl -Rm108 <u><i>No Zumba Gold</i></u></p>
<p>30</p> <p>9:30am– Yoga –Caryl, Room 215 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Caryl Room 108</p>			<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Library CR = -Community Room Caryl - Caryl Community Ctr. Room 116-COA office at Caryl Room 108 - Caryl Community Ctr. LL = Lifetime Learning</p> </div>	

BE FIT AND AGE WELL AT THE COA



CHI GONG

Mondays 5:30pm - Caryl Community Center, Room 108

Wednesdays 11:30am - Caryl Community Center, Room 215, \$3/session

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.

STRENGTH & STABILITY

Tuesdays 8:45AM -9:35AM & Thursdays 11:30AM-12:20PM

Caryl Community Center, Room 215 - \$3 per class.

Instructor: Andria DeSimone Lindberg

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 (No Zumba on November 27th)

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

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!!

SHINE INFORMATION: Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2016.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. We have 9 slots open for 1-1 sessions so call early if you are going to need an appointment

ON THE LIGHT SIDE

- Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.
- I changed my password to "incorrect". So whenever I forget what it is the computer will say "Your password is incorrect".
- I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.
- When an employment application asks who is to be notified in case of emergency, I always write, "A very good doctor".
- A recent study has found that women who carry a little extra weight live longer than the men who mention it.
- I wondered why the frisbee was getting bigger, and then it hit me.
- For anyone who think a woman's place is in the kitchen, remember that's where the knives are kept
- If practice makes perfect, and nobody's perfect, why practice?
- I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.
- What do you call a sheep with no legs? A cloud.
- If at first you don't succeed, destroy all evidence that you tried.

FALLOPIA JAPONICA “Variegata” Japanese Fleece Flower

This herbaceous perennial forms a large upright clump up to five feet tall and four feet wide. The leaves are creamy white splashed with dark green speckles and are heart shaped. In the spring, the growth is coral pink with reddish stems. In midsummer, it is covered with white flowers which bees love. This makes a striking foliage plant in bouquets. It will grow in sun or part shade and is deer resistant. Fleece flower is a cousin of knotweed but does not spread. I consider this plant one of the most spectacular in my garden.

COA BOARD MEMBERS

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

OCTOBER BOARD MEETING

Friday, November 6th, 10:00am
Caryl Community Center, Room 116

COA STAFF MEMBERS

Janet Claypoole - Director
- 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

Memorial

A Memorial Donation was made to the
Friends of the Council on Aging.

*In Memory of Betsy Jackson
from Barbara Vounatsos*

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
coeditor@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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