

Bright

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



DOVER COA
COUNCIL ON AGING

Horizons

**OCTOBER
2016**

COA LUNCHEON

Tuesday, October 11, 12:00 Noon \$4.00

Caryl Community Center, Room 108

Join Alexis Dandreta as she shares her extensive knowledge of hummingbirds. What creature is charming, feisty, acrobatic, beautiful, iridescent, can eat half of its weight in food each day and weigh only 3 grams? Learn some amazing facts about hummingbirds, their amusing behavior and how to attract them to your yard. RSVP by October 6

MOVEABLE FEAST

Tuesday, October 18, 12:00 Noon; Most Precious Blood

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

CIRCLE OF FRIENDS LUNCH

Tuesday, October 25, 12:00 Noon, Grace Church

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

LIFETIME LEARNING CLASSES

Fall Lifetime Learning is starting! See Page 3 for information on classes offered.

YOGA CLASSES IN OCTOBER

Caryl Community Center, Room 215

Yoga and Meditation Classes return this month with new times and locations. Yoga for Wellness meets on Wednesdays at 10am with Meditation following at 11am. A **New 6-week Chair Yoga Class** will start Monday October 31 at 10:30am. Join us to improve your health, balance and mind-body connection.

CARYL RENOVATION UPDATE

Renovations are still ongoing at the Caryl Community Center. Please check the newsletter calendar for updates on programs to include venue changes and/or cancellations.

TRAVEL WITH THE COA

Peabody Essex Museum

Friday, October 14th

A docent led tour of the exhibit *American Impressionist: Childe Hassam and the Isles of Shoals*. The exhibition features oil paintings and watercolors. Cost: \$50 includes museum, lunch and transportation.

North Shore Music Theatre

Wednesday, November 9th

Come enjoy a luncheon at Danversport Yacht Club and a matinee of Broadway's musical "*West Side Story*." Cost: \$85/person includes lunch, show, and transportation. Subsidized by Friends of COA.

Glass Flowers Exhibit at Harvard Museum of

Natural History - *Monday, November 14th; Cost: \$15*
Travel to Boston to view the newly renovated exhibit of the Ware Collection of The Blaschka Glass Models of Plants, known as the Glass Flowers. The life-size models were made from 1887-1936 by father and son glass artists and comprise over 4,000 individual glass models. Join us to see this unique collection! Cost includes ticket and transportation. Lunch on your own.

OCTOBER JAZZ BRUNCH

DOVER AMERICAN LEGION

Sunday, October 23rd - 11:30 am - 2:00 pm

Early Registration \$35/Day of Event \$45

The Friends of the Dover Council on Aging will be presenting their Sixth Annual October Jazz Brunch. We are pleased to announce that both Denise Garlick and Candace McCann will serve as Honorary Co-Chairs. A \$5 gift certificate to be used at any COA or Friends program/event will be given to each attendee. Call the COA at 508-315-5734 to purchase tickets or you may purchase tickets at Dover Market or Doug's Automotive. This event raises funds for the Council on Aging to provide more diverse classes, day and overnight trips and more. Tickets must be purchased by October 18. Reserve a table for your friends and have a memorable fun time. For more information, please visit www.coafriends.org.

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 - "Your Baby Photo Tea"

Friday, October 21, 11:30am

Fireside Room, Town Hall

Bring a photo to share!!



BLOOD PRESSURE- With the Walpole VNA

Friday, October 21, 10:45am

Starting this month the VNA will also do a blood sugar check. Know your numbers!

Fireside Room, Town Hall



BLUE MOON BAGELS AND BREADS

Thursdays, October 13 & 27

Town Hall, Fireside Room

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

BOCCE

Fridays - 10:00am at the Dover Legion

Please join us - All Are Welcome

CRAFTS - Card Making with Beth Theme - Monster Mayhem (Halloween)

Monday, October 17, 10:00am

Lower Town Hall Conference Room

FOOT DOCTOR

Thursday, November date TBA, 9:00am -11:00am

Upper Town Hall - Great Hall

Cost is \$30.00. Call for appointments. Home visits also available for \$50 with Podiatrist Dr. John.

KNITTING

Mondays at 12:30pm

Lower Conference Room - Town Hall

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 IS BACK - All levels welcome!!

Thursdays at 1:00pm

Caryl Community Center Room 108

Please join us!!



MOVIE MATINEE - "Me Before You"

Friday, October 14, 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, October 28, 8:00am

Fireside Room at Town Hall

Please join us for coffee and conversation.



SHINE

Questions about Medicare or health insurance ? Call us for an appointment with SHINE Counselor Renee Rubin. We have some Friday morning time slots available in October & November. For an appointment please call the COA.

PAGETURNERS BOOK CLUB

Thursday, October 14, 2:00pm Dover Town Library

This month's book is "Fates & Furies"

FUEL ASSISTANCE

Please contact Energy Assistance Coordinator, Erika Lert for qualifications at (508) 651-1000 ext. 221 or (508) 785-2535 or via email at enlert@mrmbw.com.

medicare

Don't Wait Until It's Too Late!
Medicare's Open Enrollment Period
October 15 – December 7

Medicare plans change every year!
This is the time to decide on your coverage for 2017.

SHINE Can Help!

SHINE counselors provide free Medicare counseling.

Call your senior center now for a SHINE appointment between October 15 and December 7!

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call **1-800-MEDICARE**.

For SHINE 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.

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.



FALL 2016 LIFETIME LEARNING CLASSES

Sponsored by Friends of the Dover Council on Aging with support of Dover COA

◆ **Brush Up On Your Horticulture**

Tuesdays October 4, 11, 18, 25 - 10:30-12:00, Great Hall, Town Hall

Speaker: Each session will have a different speaker. See Brochure for details

◆ **“Fun with the Ukulele” (2 Sessions)**

Session 1: Wednesdays, September 28 - November 2; Session 2: Wednesdays, November 9 - December 14

Caryl Community Center, Caryl Room, 2nd floor. Time for both sessions 12:30 - 1:30pm

Daniel Metraux leads ukulele groups in Weston, Wellesley, Wayland, Needham and now Dover.

◆ **Pastel Drawing (For all Levels)**

Thursdays October 6, 13, 20, 27 & November 3rd - 10:00am - Classes meet at Ivana's Studio, 15 Wakeland Rd

Instructor: Ivana Luttazi has an MA from Boston University in Fine Arts Design.

◆ **Tales for Our Time**

Thursdays continuing, October 6, 20, November 3, 10:30-12:00. Dover Library Community Room

Speaker: Maud Chaplin is a Professor Emeriti from Wellesley College.

◆ **All Rise! History of the Supreme Court**

Thursdays continuing October 6, 20 & 27 - 10:30am - Caryl Community Center, Caryl Room 2nd floor.

Speaker: Gary L. Hylander PhD earned his doctorate at Boston College.

Pastel Drawing & Horticulture \$45, all other classes cost \$35 per series. Stop by the COA, Library or Churches and pick up a brochure. Brochures can be downloaded from the Friends website at www.coafriends.org. Payment and registration forms may be mailed to PO Box 250 or dropped off at the COA office in Town Hall.

DOVER COA - OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>12:30pm Knitting Lower Conference Rm Town Hall</p> <p>5:30pm Chi Gong - Library</p>	<p>4</p> <p>9:00am Strength & Stability- Caryl Rm 108</p> <p>10:00am - COA Board Meeting - TBA</p> <p>10:30am-Horticulture - LL -Upper Town Hall</p>	<p>5</p> <p>10:00am Yoga-Caryl, Room 215</p> <p>11:00am - Meditation -Caryl, Room 215</p> <p>11:30am Chi Gong Upper Town Hall</p> <p>12:30pm-LL Ukulele Caryl Room-2nd floor</p>	<p>6</p> <p>10:00am-LL Pastel Painting -Studio</p> <p>10:30am -LL -Tales - Library Comm. Room</p> <p>10:30am -LL- History Caryl Room</p> <p>11:30am Strength & Stability-Caryl Rm 108</p> <p>1:00pm - Mah Jongg Caryl, Room 108</p>	<p>7</p> <p>10:00am - Zumba Gold Caryl Gym</p> <p>10:00am - Bocce - The Dover Legion</p>
<p>10</p> <p style="text-align: center;">HOLIDAY</p>	<p>11</p> <p>9:00am Strength & Stability-Caryl Rm 108</p> <p>9:30am-LL Horticult- ure Meet at Town Hall</p> <p>12:00Noon -COA Luncheon -Caryl Rm 108</p>	<p>12</p> <p>10:00am Yoga-Caryl, Room 215</p> <p>11:00am - Meditation -Caryl, Room 215</p> <p>11:30am Chi Gong Upper Town Hall</p> <p>12:30pm-LL Ukulele Caryl Room-2nd floor</p>	<p>13</p> <p>10:00am-LL Pastel Painting -Studio</p> <p>10am-Blue Moon</p> <p>11:30am Strength & Stability-Caryl Rm 108</p> <p>1:00pm - Mah Jongg Caryl Room 108</p> <p>2:00pm-Book Club- Library</p>	<p>14</p> <p>10:00am - Zumba Gold Caryl Gym</p> <p>10:00am - Bocce - The Dover Legion</p> <p>1:00pm -Movies</p>
<p>17</p> <p>10:00am -Crafts Lower Conference Rm</p> <p>12:30pm Knitting Lower Conference Rm Town Hall</p> <p>5:30pm Chi Gong - Library</p>	<p>18</p> <p>9:00am Strength & Stability-Caryl Rm 108</p> <p>10:30am -Horticulture LL-Upper Town Hall</p> <p>12:00Noon - Moveable Feast-Most Precious Blood Church</p>	<p>19</p> <p>10:00am Yoga-Caryl, Room 215</p> <p>11:00am - Meditation -Caryl, Room 215</p> <p>11:30am Chi Gong Upper Town Hall</p> <p>12:30pm-LL Ukulele Caryl Room-2nd floor</p>	<p>20</p> <p>10:00am-LL Pastel Painting -Studio</p> <p>10:30am -LL -Tales - Library Comm. Room</p> <p>10:30am -LL- History Caryl Room, 2nd floor</p> <p>11:30am Strength & Stability-Caryl Rm 108</p> <p>1:00pm - Mah Jongg Caryl, Room 108</p>	<p>21</p> <p>10:00am - Zumba Gold Caryl Gym</p> <p>10:00am - Bocce - The Dover Legion</p> <p>10:45am -Blood Pres- sure Clinic</p> <p>11:30am - Tea Both in Fireside Room-</p>
<p>24</p> <p>12:30pm Knitting Lower Conference Rm Town Hall</p> <p>5:30pm Chi Gong Library</p>	<p>25</p> <p>9:00am Strength & Stability-Caryl Rm 108</p> <p>10:30am-Horticulture - LL -Upper Town Hall</p> <p>12:00Noon - Circle of Friends Luncheon - Grace Church</p>	<p>26</p> <p>10:00am Yoga-Caryl, Room 215</p> <p>11:00am - Meditation -Caryl, Room 215</p> <p>11:30am Chi Gong Upper Town Hall</p> <p>12:30pm-LL Ukulele Caryl Room-2nd floor</p>	<p>27</p> <p>10:00am-LL Pastel Painting -Studio</p> <p>10:00am-Blue Moon Fireside Rm-Town Hall</p> <p>10:30am -LL- History Caryl Room, 2nd Floor</p> <p>11:30am Strength & Stability-Caryl Rm 108</p> <p>1:00pm - Mah Jongg Caryl, Room 108</p>	<p>28</p> <p>8:00am -Senior Coffee Fireside Rm-Town Hall</p> <p>10:00am - Zumba Gold Caryl Gym</p> <p>10:00am - Bocce - The Dover Legion</p>
<p>31</p> <p>10:30am-Chair Yoga- Caryl, Room 215</p> <p>12:30pm Knitting Lower Conference Rm Town Hall</p> <p>5:30pm Chi Gong Library</p>			<p><u>NOTE:</u></p> <p>Please check the calendar carefully as some of the COA fitness classes have changed locations for October.</p> <p>LL = Lifetime Learning</p>	

BE FIT AND AGE WELL AT THE COA



CHI GONG

Mondays 5:30pm - Dover Library, Community Room

Wednesdays 11:30am - Great Hall/Upper Town Hall, Dover Town Hall - \$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.

CHAIR YOGA

Mondays, 10:30am - Caryl Community Center, Room 215 - \$3.00 per class

Instructor: Jessica Foster, RYT

Start your week with gentle stretching and moving and breathing with assistance of a chair. Enjoy the mind-body benefits of traditional yoga. All levels welcome.

YOGA FOR WELLNESS

Wednesdays 10:00am - Caryl Community Center, Room 215 - \$3.00 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

Wednesdays, 11:00am - 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 \$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. Other rhythms include belly dance, Brazilian, International music and hip hop. Zumba® Gold is geared towards first timers to the exercise world or the active older adult. It's a hip swingin' , body shaking total body workout!

ON THE LIGHT SIDE

- When I lost my rifle, the Army charged me \$85. That's why in the Navy, the captain goes down with the ship.
- If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.
- America is a country which produces citizens who will cross the ocean to fight for democracy but won't cross the street to vote.
- 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.
- Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?
- Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
- If you think nobody cares whether you're alive, try missing a couple of payments.
- I'm great at multitasking. I can waste time, be unproductive, and procrastinate all at once.
- Money talks ...but all mine ever says is good-bye.
- The grass may be greener on the other side but at least you don't have to mow it.
- My wife and I were happy for twenty years. Then we met.

Senior Property Tax Work Off Program

Do you have free time? Looking for something to do? The Town could use your help!

Dover seniors who are property tax owners may qualify for this year's Senior Property Tax Work-off Program. There are a maximum of 10 slots eligible for tax abatement credit in 2018. All amounts earned are subject to Federal Income and FICA taxation. Maximum amount to earn is \$1000 minus taxes. For guidelines and/or an application, call the COA at 508 -315-5734.

Deadline is October 15th for applications

COA BOARD MEMBERS

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

OCTOBER BOARD MEETING

Tuesday, October 4, 10:00am

COA STAFF MEMBERS

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

COA OFFICE

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

BEWARE OF SCAMS

As you probably know scams come in many forms. However, most come by telephone. There are many scams claiming to be the IRS, and/or other agencies claiming anything from you won a prize, to a police department claiming one of your children or grandchildren need bail. The best solution is to hang up. However, if there is any doubt in your mind ask for a call back number. Remember never give out SS or any other personal information.

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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