

Bright

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



DOVER COA
COUNCIL ON AGING

Horizons

**SEPTEMBER
2016**

COA LUNCHEON

Tuesday, September 13, 12:00 Noon \$4.00
Caryl Community Center, Room 108
Come enjoy lunch and a sing along with some of our ukulele students. RSVP by September 8.

MOVEABLE FEAST

Tuesday, September 20, 12:00 Noon
St Dunstan's Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend!
RSVP by September 15.

CIRCLE OF FRIENDS LUNCH

Tuesday, September 27, 12:00pm, Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by September 22.

LIFETIME LEARNING CLASSES

Please see the insert for information on Fall Lifetime Learning classes which start the end of September. Brochures are available at the COA or on line at coafriends.org Come Learn!!

THE DOVER DAYS FAIR

Saturday, September 10th - Town Common
Please visit the booth of the Friends of the COA during Dover Days. Please stop by to learn about our Lifetime Learning Classes and our Jazz Brunch at the American Legion. We will be selling kitchen towels as well as winter hats and scarves knitted by the COA's knitting group. Start your Christmas shopping early!

CARYL RENOVATION UPDATE

Renovations are still ongoing at the Caryl Community Center. Please check the Programs (page 2), Fitness (page 6) and Calendar (page 4) for venue changes and cancellations.

TRAVEL WITH THE COA

North Shore A Capella

Wednesday, September 14, Norwood Theater
Performance is free, transportation funded by Friends of the COA. Space Limited, call soon!!

Peabody Essex Museum

Friday, October 14th
A docent led tour of the exhibit *American Impressionist: Childe Hassam and the Isles of Shoals*. Exhibit features oil and watercolor paintings which celebrate these islands. Cost: \$50 includes museum, box lunch and bus.

Friesians of Majesty & New England Inn

Tuesday, October 4th
Travel to Vermont to enjoy fall colors, lunch at the Inn, and tour of the Friesians' history. Enjoy a carriage ride and visit the stables to meet these majestic horses and their foals up close. Cost: \$55/person includes lunch, tour and transportation. Subsidized by Friends of COA.

North Shore Music Theatre

Wednesday, November 9th
Come enjoy 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.

JAZZ BRUNCH

Sunday, October 23, 11:30am -2:00pm
at the American Legion. RSVP by October 19
Price \$35 pre-registration or \$45 at door
Please join us for the annual Jazz Brunch sponsored by the Friends of the COA at the American Legion. Enjoy music from the 20's and 30's while dining with friends. Tickets available at Dover Days Fair or the COA. Funds raised support services and programs which enrich the lives of Dover's seniors.



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 - "Riddles Tea"

Friday, September 16, 11:30am
Fireside Room, Town Hall



BLOOD PRESSURE- With the Walpole VNA

Friday, September 16, 10:45am
Fireside Room, Town Hall

BLUE MOON BAGELS AND BREADS

Thursdays, September 1, 15 & 29
Town Hall Fireside Room

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



BOCCE

Fridays - 10:00am

Location returns to The Dover Legion
Please join us - All Are Welcome

CRAFTS - Card Making with Beth

Theme - Americana

Monday, September 12, 10:00am
Lower Town Hall Conference Room

FOOT DOCTOR

Thursday, September 22, 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, scarves and blankets for those in need with donated
yarn. All are welcome.



MAH JONGG

RETURN DATE TBA

Thursdays at 1:00pm All levels welcome!!



MOVIE MATINEE

Friday, September 9, 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, September 30, 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, September 8th 2:00pm (*Note time
change*) Dover Town Library

This month's book is "The Miniaturist" by
Jessie Burton

FUEL ASSISTANCE

Will be available again in the Fall.

medicare

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, 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. It's best to call in advance of
Open Enrollment to schedule a SHINE
appointment for anytime between **October
15 through December 7th!**

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 - SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>NOTE:</u></p> <p>Please check the calendar carefully as some of the COA fitness classes have changed locations for September.</p> <p>LL = Lifetime Learning</p>			<p>1</p> <p>10:00am-Blue Moon Donations - Town Hall</p> <p>11:30am Strength & Stability-Caryl Rm 108</p>	<p>2</p> <p>10:00am - Bocce - The Dover Legion</p>
<p>5</p> <p>HOLIDAY</p>	<p>6</p> <p>9:00am Strength & Stability - Caryl Rm 108</p> <p>10:00am - COA Board Meeting - TBA</p>	<p>7</p> <p>No Yoga</p> <p>No Chi Gong</p>	<p>8</p> <p>ELECTION-PRIMARY</p> <p>11:30am Strength & Stability-Caryl Rm 108</p> <p>2:00pm -Book Club-Dover Library</p>	<p>9</p> <p>10:00am - Bocce - The Dover Legion</p> <p>1:00pm -Movies Dover Church</p>
<p>12</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>13</p> <p>9:00am Strength & Stability-Caryl Rm 108</p> <p>12:00Noon -COA Luncheon -Caryl Rm 108</p>	<p>14</p> <p>No Yoga</p> <p>No Meditation</p> <p>11:30am Chi Gong Upper Town Hall</p> <p>Norwood Theatre Trip - See Pg. 1</p>	<p>15</p> <p>10:00am-Blue Moon Donations - Town Hall</p> <p>11:30am Strength & Stability-Caryl Rm 108</p>	<p>16</p> <p>10:00am - Bocce - The Dover Legion</p> <p>10:45am -Blood Pressure</p> <p>11:30am - Tea Both in Fireside Room-Town Hall</p>
<p>19</p> <p>12:30pm Knitting Lower Conference Rm Town Hall</p> <p>5:30pm Chi Gong Library</p> <p>Montreal Trip</p>	<p>20</p> <p>9:00am Strength & Stability-Caryl Rm 108</p> <p>12:00Noon - Moveable Feast - St Dunstan's</p>	<p>21</p> <p>No Yoga</p> <p>No Meditation</p> <p>11:30am Chi Gong Upper Town Hall</p>	<p>22</p> <p>9:00am -Foot Doctor Upper Town Hall</p> <p>10:30am -LL -Tales - Library Community Room</p> <p>11:30am -Strength & Stability-Caryl Rm 108</p>	<p>23</p> <p>10:00am - Bocce - The Dover Legion</p>
<p>26</p> <p>12:30pm Knitting Lower Conference Rm Town Hall</p> <p>5:30pm Chi Gong Library</p>	<p>27</p> <p>9:00am Strength & Stability -Caryl Rm 108</p> <p>12:00Noon - Circle of Friends Luncheon - Grace Church</p>	<p>28</p> <p>No Yoga</p> <p>No Meditation</p> <p>11:30am Chi Gong Upper Town Hall</p> <p>12:30pm-LL Ukulele Caryl Room</p>	<p>29</p> <p>10:00am - Blue Moon Donation-Town Hall</p> <p>10:30am-LL Pastel Painting -Studio</p> <p>10:30am -LL- History Caryl Room</p> <p>11:30am Strength & Stability-Caryl Rm 108</p>	<p>30</p> <p>8:00am-Senior Coffee Fireside Room, Town Hall</p> <p>10:00am - Bocce - The Dover Legion</p>

BE FIT AND AGE WELL AT THE COA



CHI GONG (Wednesday Class new location)

Mondays 5:30pm - Dover Library, Community Room

Wednesdays 11:30am - Great Hall - Upper 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.

YOGA FOR WELLNESS (No Yoga in September)

Wednesdays 9:30AM to 10:30AM - \$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 (No Meditation in September)

Wednesdays, 10:40am, \$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.

Returns to Caryl Community Center, Room 108

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 (NOTE: WILL RESUME IN OCTOBER)

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!

ON THE LIGHT SIDE

- My mind's made up, don't confuse me with facts.
- Talk is cheap. Until you hire a lawyer.
- Take my advice — I'm not using it.
- I got lost in thoughts. It was unfamiliar territory.
- Sure, I'd love to help you out ... now, which way did you come in?
- I started with nothing, and I still have most of it.
- Ever stop to think, and forget to start again?
- Out of my mind. Back in five minutes.
- The problem with trouble shooting is that trouble shoots back.
- The autumn leaves are a lot like raising kids. First they turn on you, and then they fly away. And next thing you know, you look out the window and they're back!
- I got tired of looking at all those leaves in my yard, so I got up off the couch and went into action. I closed the curtains.
- I didn't fall. The Floor was lonely so I gave it a hug!



SEPTEMBER NATIONAL BETTER BREAKFAST MONTH

If you've ever wondered what the best meal of the day is, look no further than the meal of champions – breakfast. Eating a healthy breakfast has been linked to better work performance, better test grades in school for kids, to reducing hunger throughout the rest of the day and to improving moods for everyone around. Whatever life throws your way, you'll be more successful if you start your day with a healthy meal. Breakfast doesn't have to be an elaborate ordeal, either! Incorporate a few simple ideas for making sure your breakfast includes all the elements to start your day off right. According to doctors all you need are whole grains, low fat protein or dairy and some fruit.



COA BOARD MEMBERS

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

SEPTEMBER BOARD MEETING

Tuesday, September 6, 10:00am - Location TBA

COA STAFF MEMBERS

Janet Claypoole - Director
Nan Vaida - Outreach Worker
Sue Sheridan - Administrative Assistant/Editor

COA OFFICE

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

John McDonnell, a long-time volunteer and past Board Member passed away in June. We will miss his friendly smile and helping hand. Our thoughts are with his family.



**ELECTIONS
DOVER TOWN HALL**

State Primary - Thursday, September 8th

National Election - Tuesday, November 8th

Need a Ride? Call the COA



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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