

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
2014

ACTIVITIES

SEPTEMBER LUNCHEON -

Thursday, September 11th 12:00Noon - \$4 Donation
Caryl Community Center, Cafeteria
RSVP by: September 5th

Come meet Meryl LaTronica, CSA Manager at Dover's Powisset Farm. Meryl will talk about Powisset Farm's former owner Amelia Peabody and her legacy, the barn expansion and renovation, and new programs offered. Join us!

CIRCLE OF FRIENDS LUNCH

Tuesday, September 23rd 1:00PM
Grace Church, 21 Centre Street, Dover
RSVP by: September 18th

CERAMICS CLASS

Monday, September 15th, 10:30am, Rm 116
Caryl Community Ctr. - \$5.00/person
RSVP by : Sept. 8th 508-315-5734

Join us in painting your own ceramic plate. Your piece will be taken to be fired and delivered back in a week. Bring a smock and let your creative juices flow. Class sponsored by Friends of the COA.

THE DOVER DAYS FAIR

Saturday, September 13th, 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 Sherborn Inn. We will also be selling kitchen towels as well as baby hats, booties, blankets, scarves and children's hats and scarves knitted by the COA's knitting group. Start your Christmas shopping early!



SAVE THE DATES

MOVIE MATINEES- September 12th 1:00pm
Movie Matinees will be held the second Friday of each month at the Dover Church, Kraft Hall. All ages welcome. Movie suggestions welcomed.

Future Dates: 10/10, 11/7, 12/12. Mark your calendars!!

CHARLES RIVER CRUISE - Wed. October 1st

RSVP by Monday September 15th to reserve your space. First come, first-served
\$48.00/person, includes Boat Tour, lunch at the Cheesecake Factory & transportation.
Enjoy a 60 minute narrated sightseeing cruise along the Charles River. You will see many historic and cultural sights of Boston and Cambridge.

JAZZ BRUNCH- Sunday, October 26th

11:30am -2:00pm, at the Sherborn Inn
RSVP by October 21st
Please join us for the annual Jazz Brunch sponsored by the Friends of the COA at the Sherborn Inn. Price TBA. Enjoy music from the 20's & 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.

NOTICE!! SPRINGDALE AVE

September 15, 2014: Special Town Meeting to vote whether or not to purchase the property at 46 Springdale Ave. subject to a debt exclusion. If Town Meeting votes in the affirmative (by 2/3 vote) then:
November 4, 2014: Special Town Election to decide whether or not to approve a debt exclusion (majority vote)

(For more information visit the Town Website)

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 "Picture Puzzle Tea"

Friday, September 26th, Caryl Community Center, Room 108 -1:30PM

BLOOD PRESSURE-With Walpole VNA

Caryl Community Center, Room 108
Friday Sept. 26th, 1:00pm

BLUE MOON BAGELS AND BREADS

Caryl Community Center, Room 116.-Sept. 4 & 18
Donated baked goods for pick up after 10:00am

BOCCE BALL

Fridays at 10:00am -Dover Legion
New and experienced players welcome.
Everybody plays!!

UFO

September 8 & 29, 10:00am, Caryl Room 116
Bring your unfinished craft projects then join us for tea.

CRAFTS

September 22, 10:00am Caryl Room 116
Come and work on a new craft project, then join us for tea.

FOOT DOCTOR CLINIC

September 24, 9:00am to 11:00am Caryl Community Center, Room 116
Please call the COA at 508-315-5734 to make an appointment. Checks payable to Dr. Greg Cormier in the amount of \$30 are due at the time of appointment.
Future Date: December 2nd

KNITTING

Mondays at 1:00pm - Caryl Community Ctr., 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 September 26th at 8:00am
Caryl Community Center, Room 108
Please come for coffee and conversation.



SHINE COUNSELOR ASSISTANCE

Shine Counselors can help you with Medicare and Insurance questions. Please call the COA at 508-315-5734 to make an appointment.

MAH JONGG

Mah Jongg will start up Thursday, Sept. 18th 1:00pm
Caryl Community Center Rm 108
Please join us for Mah Jongg-Any level welcome



PAGETURNERS BOOK CLUB

Thursday, September 11th, 1:00PM - Dover Library

THROUGH THE GARDEN DOOR **THE LANGUAGE OF FLOWERS**

Lily

The lily has always been regarded as the symbol of purity and is one of the oldest flowers in the world. It may be found painted on the walls of ancient Greek palaces where it was the personal flower of Hera, the moon goddess.

The Lily is dedicated to the Virgin Mary in honor of her purity which is perhaps why many brides like to include it in their bouquets and why it may be found at many religious festivals. Legend has it that the first lily sprang up from the tears dropped by Eve when she left the Garden of Eden.

COA BOARD MEMBERS

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

SEPTEMBER BOARD MEETING

Thursday, Sept. 4th at 10:30am - 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 - \$3.00



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.

EXERCISE CLASS

Tuesday & Thursday 9:30AM - \$3.00
Upper Town Hall

Come and join our exercise class! Men and women are welcome to attend. You can choose to exercise in a chair or stand. Wear comfortable clothing and bring water

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 (Starts September 19th)

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

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



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.



NOTICE - FROM DOVER LIBRARY

Starting in September the Library is bringing back Thursday Afternoon Tea from 2:30 - 4:00pm, As of now, no food will be served but you are welcome to bring cookies/biscuits if you wish.

On the first and third Thursday of the month at 1:00pm Jim will be available to answer any technology or computer related questions during "Tech Talk Thursday".



DOVER COA - SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p style="text-align: center;">HOLIDAY</p>	<p>2</p>	<p>3</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>4</p> <p>10:30am COA Board Meeting, Rm 116</p> <p>9:30am - Exercise - UTH</p> <p>10:00am - Blue Moon Donations</p>	<p>5</p> <p>10:00am Bocce - Dover Legion</p>
<p>8</p> <p>9:30am- Yoga -Caryl 2nd floor</p> <p>10:00am- - UFO -Caryl Rm 116</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p>	<p>9</p> <p>9:30am - Exercise - UTH</p> <p>STATE PRIMARY ELECTIONS -Come Vote!</p> <p><u>Luncheon on Thursday</u></p>	<p>10</p> <p>9:30am- Yoga -Caryl 2nd floor</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>11</p> <p>9:30am - Exercise - UTH</p> <p>12:00Noon Luncheon - Caryl</p> <p>1:00 - Book Club Dover Library</p>	<p>12</p> <p>10:00am Bocce - Dover Legion</p>
<p>15</p> <p>9:30am- Yoga -Caryl 2nd floor</p> <p>10:30am-Ceramics Class Caryl -Room 116</p> <p>10:30am -Lifetime Learning - Library CR</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong-CR</p>	<p>16</p> <p>9:30am - Exercise - UTH</p> <p>10:30am -Lifetime Learning - Library CR</p>	<p>17</p> <p>9:30am Yoga- Caryl, Room</p> <p>10:30am -Lifetime Learning - St Dunstan's Episcopal Church</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>18</p> <p>9:30am- Exercise - UTH</p> <p>10:00am - Blue Moon Donations</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p>19</p> <p>10:00am Bocce - Dover Legion</p> <p>10:00am -Zumba Gold Caryl Gym</p>
<p>22</p> <p>9:30am- Yoga -Caryl 2nd floor</p> <p>10:00am -Crafts -Caryl Rm 116</p> <p>10:30am -Lifetime Learning - Library CR</p> <p>1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p>	<p>23</p> <p>9:30am - Exercise - UTH</p> <p>1:00pm Circle of Friends Luncheon - GC</p>	<p>24</p> <p>9:00am - Foot Doctor - Caryl, Room 116</p> <p>9:30am- Yoga -Caryl 2nd floor</p> <p>10:30am -Lifetime Learning - St Dunstan's Episcopal Church</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>25</p> <p>9:30pm - Exercise - UTH</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p>26</p> <p>8:00am Senior Coffee - Caryl, Room 108</p> <p>10:00am Bocce - Dover Legion</p> <p>10:00am -Zumba Gold Caryl Gym</p> <p>1:00pm - Blood Pressure Caryl Rm 108</p> <p>1:30 - Afternoon Tea Caryl Room 108</p>
<p>29</p> <p>9:30am- Yoga -Caryl 2nd floor</p> <p>10:00am -UFO Caryl Rm 116</p> <p>10:30am -Lifetime Learning - Library CR</p> <p>1:00pm Knitting -Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p>	<p>30</p> <p>9:30am -Exercise- UTH</p> <p>10:30am -Lifetime Learning - Library CR</p>		<p>GC—Grace Church Library CR = —Community Room Caryl ——— Caryl Community Ctr. UTH ——— Upper Town Hall Room 116 ——— COA office at Caryl Room 108 ——— Caryl Community Ctr.</p>	

REGISTER FOR LIFETIME LEARNING COURSES

- **My Brother's Keeper**

Mondays, 10:30am-12:00pm

Community Room of Dover Library

This series of speakers will focus on the disadvantaged in our society and on those attempting to intervene on their behalf.

Sept. 15 - Sarah Slautterback - State Coordinator for Homeless Education (Elementary and Secondary)

Sept. 22 - Stuart Rossman - Chief of Litigation for the National Consumer Law Center

Sept. 29 - Elizabeth Keeler - Executive Director "Women's Lunch Place"

Oct. 6 - Framingham and the Salvation Army "Homeless in Our Midst"

- **Philosophy - Coming Down to Earth: Can Philosophy be Practical?**

Presenter Maud Chaplin

Tuesdays 10:30am to 12:00pm

Sept. 16, 30 and Oct. 14, 28

Community Room of Dover Library

Philosophers don't always live in the clouds; sometimes they come down to earth. We will share their thoughts on happiness, just and unjust wars, the influx of refugees with the threat of increased social and economic problems, and how much do we owe others anyway?

- **Concert Series**

When: Wednesdays 10:30am -12:00pm

Classes will meet at Dover's St. Dunstan's Episcopal Church, 18 Springdale Ave

Sept. 17 - Constantine Finehouse - Classical Pianist

Sept. 24 - Sebastian Baverstam - Classical Cellist

Oct. 1 - Larry Clawson - Pianist

Oct. 8 - Mairead Doherty - Celtic Harp

Oct. 15 - Aleksandra Labinska and Tudor Dornescu - Mirage Violin Duo ensemble

For more detailed information, please call for a brochure or stop by the COA, Library or Churches

Please check the course(s) that you wish to attend, fill out your name and address, phone and email and mail this form back to the address below.

My Brother's Keeper \$30

Concert Series \$35

Philosophy-Coming Down To Earth \$30

Name: _____ Phone: _____

Address: _____ Email: _____

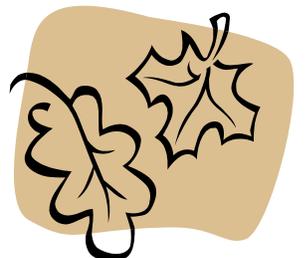
SEND YOUR CHECK TO: Friends of the COA, PO Box 250, Dover, MA 02030

If you have any questions, please email Michele Keleher at makeleher@comcast.net

ON THE LIGHT SIDE

Quotes taken from Actual Federal Employee Performance Evaluations.

- I would not allow this employee to breed.
- This employee is not really so much of a has-been, but more of a definite won't be.
- Works well when under constant supervision and cornered like a rat in a trap.
- When she opens her mouth, it seems that it is only to change feet.
- He would be out of his depth in a parking lot puddle.
- This young lady has delusions of adequacy.
- He sets low personal standards and then consistently fails to achieve them.
- This employee is depriving a village somewhere of an idiot.
- This employee should go far, and the sooner he starts, the better.
- Got a full 6-pack, but lacks the plastic thing to hold it all together.
- I would like to go hunting with him sometime.
- He would argue with a sign post.
- He brings a lot of joy whenever he leaves the room.
- When his IQ reaches 50, he should sell.
- A photographic memory but with the lens cover glued on.
- Donated his brain to science before he was done using it.
- Has two brains: one is lost and the other is out looking for it.
- If you stand close enough to him, you can hear the ocean.
- One neuron short of a synapse.
- Some drink from the fountain of knowledge; he only gargled.
- Takes him 2 hours to watch 60 minutes.



Don't Ignore Your Medicare Mail!

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 2015. 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. Make your SHINE appointment early! **508-315-5734**

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

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Dover MA 02030

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