

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



**MAY  
2017**

### **VOLUNTEER COA LUNCHEON**

*Tuesday, May 23, 12:00 Noon*

*Caryl Community Center, Cafeteria*

This luncheon is to honor our volunteers who give so much time and energy to the COA. Please RSVP to the Invitation by May 17th. **Note the Volunteer luncheon is the fourth Tuesday of May; the Circle of Friends lunch has been moved to the second Tuesday**

### **CIRCLE OF FRIENDS LUNCH**

*Tuesday, May 9, 12:00 Noon*

*Grace Church*

Please join us for a homemade lunch and conversation with friends. RSVP by May 4.

### **MOVEABLE FEAST**

*Tuesday, May 16, 12:00 Noon*

*Most Precious Blood Church*

Come share a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by May 11.

### **BROWN BAG LUNCH**

*Tuesday, May 30, 12:00 Noon*

*Caryl Community Center, Room 108*

It's the 5th Tuesday of the month, so come join us with your brown bag lunch! Drinks and dessert provided. RSVP by May 24.

### **TEA TASTING** with Guest Hillel Bromberg

*Friday, May 19, 11:30am. See page 2 for details.*

### **DATES TO REMEMBER**

**Town Meeting**, Monday May 1, 7:00pm, Mudge

Auditorium, DSHS

**Town Election**, Monday May 15 - Dover Town Hall

### **NEED A RIDE TO COA LUNCHES OR EVENTS?**

If you need a ride to any COA programs, lunches or Town Meeting or Town Election, please call the COA and we will arrange a free ride.

### **PICKLEBALL - Come Try Out this New Game!**

*Monday, May 1, 8, 15 & 22 starting at 10:15am*

*Caryl Community Center, Gym*

Council on Aging and Parks & Recreation are partnering to continue FREE Pickleball, a paddle sport for all ages and skill levels. The game is a combination of badminton, tennis and table tennis. There are up to four players per 45 minute session; sessions starts at 10:15am, 11:00am and 11:45am. Call the COA and sign up for the time you want. Equipment provided.

### **KINGSBURY CLUB - SWIMMING**

Dover Seniors with a COA key card can swim at the Kingsbury Club in Medfield on Mondays and Fridays only from 10:00-11:00am. Cost is \$5.00; you MUST bring key card. If you need a key card, apply at COA.

### **HEALTHY EATING/HEALTHY COOKING**

At Powisset Farm in Dover. See page 7 for details.

### **COME TRAVEL WITH THE COA**

There are many trips planned; see page 3 for details.

**Trip to Fruitlands Museum** in Harvard on **Thursday, May 11**. Visit the Art Museum, learn about lives of Shakers and Transcendentalists, enjoy nature and lunch.

**Lunch trip to Byblos Restaurant** in Norwood for authentic Mediterranean dining on **Wednesday, May 24**.

**Bye Bye Birdie** at Norwood Theatre on **Wed, June 7**.

Space limited on above trips; call soon to sign up!

### **"UP IN SMOKE BBQ" RETURNS IN JUNE**

*Wednesday, June 14th, 4-7pm; Caryl Community Ctr.*

**This is a Fundraiser for the COA.**

**The Centre Streeters have been asked to play again.**

\$5 Person pre-registration or \$10 at the door. Kids under 10 eat free!

*Sponsored by the Friends of the COA.*



## PROGRAMS & SERVICES

### TEA TIME WITH FRIENDS - Tea Tasting

*Friday, May 19, 11:30am*

*Caryl Community Center, Room 108*



Special Guest Hillel Bromberg hosts a Tasting with several styles of tea. Come learn about the fascinating history of tea. Light lunch served. RSVP by May 15.

### BLOOD PRESSURE - With the Walpole VNA

*Friday, May 19, 10:45am*

*Caryl Community Center, Room 108*

Meet with VNA Nurse to check your blood pressure. She can also do blood sugar checks. Know your numbers!

### BLUE MOON BAGELS AND BREADS

*Thursdays, May 4 & 18*

*Caryl Community Center, Room 116*



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

### BOCCE

*Bocce is back! Fridays, 10:00am  
at the Dover Legion - Weather permitting*



### CRAFTS - Card Making with Beth

**Theme - "Ducks"**

*Monday, May 8, 10:00am*

*Caryl Community Center, Room 116*



### FOOT DOCTOR

*Thursday, May 18 - 9:00am -10:45am*

*Caryl Community Center, Room 116*

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



### KNITTING

*Mondays at 11:30am **(NEW TIME!)***

*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, booties and blankets for those in need with donated yarn. All are welcome.



### MAH JONGG - All levels welcome!!

*Thursdays at 1:00pm*

*Caryl Community Center, Room 108*

Please join us!!



### MOVIE MATINEE

**"Hidden Figures"** *Friday, May 12, 1pm*

*Kraft Hall, The Dover Church,*

Join us for the Movie. Popcorn, drinks, and dessert provided. Bring a Friend!

### SENIOR COFFEE HOUR

*Friday, May 26, 8:30am*

*Caryl Community Center, Room 108*



Please join us for coffee and conversation.

### SHINE

Questions about Medicare or health insurance? Call the COA for an appointment with SHINE Counselor Renee Rubin.

### PAGETURNERS BOOK CLUB

*Thursday, May 11, 2:00pm*

*Dover Town Library*

**Book:** "We Are All Completely Beside Ourselves" by Karen Joy Fowler

### 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@mrbmw.com](mailto:enlert@mrbmw.com).

### INFORMATION ON MEMORY LOSS

*(Provided by Public Health Nurse of Walpole VNA)*

Many people notice a decline in their memories beginning in their early 50's. Most folks fear Alzheimer's - especially if they have a family member or friend affected by the disease. How can you tell if a friend or family member is affected by early dementia, if the memory loss is normal and related to age, or might be the onset of disease?

Difficulty word finding, problems with name recognition and losing your train of thought are all aspects common with "normal" memory loss. Signs that could be of concern for early dementia include the inability to perform tasks that were previously familiar (knitting, driving, cooking are examples), recurrent misplacing of items like keys or purse/wallet- especially in odd places like the dishwasher or refrigerator, and forgetting close friends/family names or birthdays.

If you have concerns about yourself or a loved one, make an appointment and have a discussion with your primary care doctor. Simple memory testing or neurocognitive tests can usually differentiate "normal" memory loss from diseases that affect memory. Many times, having the discussion and getting testing can lead to less stress over the memory loss and actual symptom improvement. In cases of true dementia, these tests set a baseline to help prepare for the future, to offer resources and support.

*For resources or caregiving support, call Dover COA and speak to Nan Vaida, RN, Outreach Worker*

## **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.

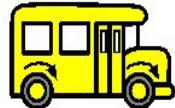
**Local** ride costs:

- Needham, Dedham Medical, Natick, Norwood, Medfield, Sherborn, Wellesley, Westwood -  
- 2 ticket punches (\$6.00) each way
- Framingham, Foxboro, 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 Sherborn Travel Committee Has Big Plans for 2017!**

If you like to travel, we have some great things in the planning stage for this year. Some trips will be for Dover and Sherborn residents; for others we will join with Westwood (our partner with last year's Montreal trip).

**Wednesday, June 7** join us for lunch and a show! Lunch in Norwood at a local restaurant and then enjoy the musical comedy *Bye Bye Birdie* at the Norwood Theater at 1:15pm. Cost for lunch (gratuity included) and show is \$30 per person! Space is limited so please sign up in advance. Transportation provided.

**Monday, June 19** we are off to Boston to see the Tall Ships! We will be on the water aboard the Provincetown II to see the ships and also have ample time to visit those that are docked. The cost is \$79 per person.

**Monday, July 24** We head down to Rhode Island for lunch and board a ferry for a narrated tour of Narragansett Bay, which will include ten lighthouses, Newport Harbor, and historic sights. The cost is \$99 per person; which includes lunch, ferry ride and transportation. Please make checks payable to the Westwood COA.

**Sunday, August 6** is our trip to Tanglewood. We will have lunch at the Red Lion Inn, then it's off to Tanglewood for a concert featuring Yo-Yo Ma. As in the past, we will have lunch in the Hancock Room at The Red Lion Inn. We also have "Shed" seats so we will enjoy the performance rain or shine! The cost is \$125, which includes transportation, luncheon and Tanglewood performance tickets. Call today to reserve your seat!

**Thursday, August 10** come spend a day on Martha's Vineyard. You will board the ferry in Falmouth, take a tour across the Island, enjoy lunch and sightseeing. Cost is \$95 per person. Checks payable to Westwood COA.

**Thursday, September 14** come cheer on the Red Sox at Fenway Park for an afternoon game vs. Athletics. Enjoy the action from your third base side grandstand seats. Cost is \$100 per person, includes bus and tickets.

**Wednesday, September 20** travel to Norwood Theater and enjoy a FREE performance by *North Sea Gas*, one of Scotland's most popular folk bands with great vocals and harmonies. Reservations required. Sign up soon as this show will sell out by mid June. Transportation funded by Friends of COA.

**Wednesday, September 27** travel to the North Shore Music Theatre to see the musical "Evita." We will lunch first at Danversport Yacht Club and then enjoy this classic Broadway show! Cost is \$115 per person which includes bus, lunch and theatre tickets. Please make checks payable to Westwood COA.

# DOVER COA MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>10:30am - LL Poetry</b> Caryl, Room 108 <b>11:30am Knitting -</b> Caryl, Room 116 <b>5:30pm Chi Gong -</b> Library CR  Pickleball-Must sign-up  <b>7:00pm-Town Meeting</b>	<b>2</b>  <b>9:00am Strength &amp; Stability-Caryl Room 215</b>  <b>10am COA Board Meeting-Caryl, Room 116</b>	<b>3</b> <b>10am Yoga-Rm 215</b> <b>10:30am-LL-Water Conservation - Library</b> <b>11:00am - Meditation</b> <b>11:30am Chi Gong</b> Caryl, Room 108 <b>1:00pm LL Ukulele -</b> Caryl, Room 108 <b>1:00pm - LL Needle-point - Caryl Rm 116</b>	<b>4</b> <b>10am-Blue Moon -</b> Caryl Rm 116 <b>11:00am Healthy Cooking-Powisset Farm</b> <b>11:30am Strength &amp; Stability-Caryl Rm 215</b> <b>1:00pm - Mah Jongg</b> Caryl Room 108 <b>1:30pm - LL Socrates-Library Community Rm</b>	<b>5</b>  <b>10am - Bocce at Dover Legion</b> <b>10am -Zumba Gold</b> Caryl Gym <b>10:30am-LL History</b> Caryl 108
<b>8</b> <b>10:30am - LL Poetry</b> Caryl, Room 108 <b>10am - Cardmaking -</b> Caryl, Room 116 <b>11:30am Knitting -</b> Caryl, Room 116 <b>5:30pm Chi Gong -</b> Library CR  Pickleball-Must sign-up	<b>9</b>  <b>9:00am Strength &amp; Stability-Caryl Room 215</b>  <b>12:00Noon - Circle of Friends Lunch - Grace Church</b>	<b>10</b> <b>No Yoga/ Meditation</b>  <b>10:30am-LL-Water Conservation - Library</b> <b>11:30am Chi Gong</b> Caryl, Room 108 <b>1:00pm LL Ukulele -</b> Caryl, Room 108 <b>1:00pm - LL Needle-point - Caryl Rm 116</b>	<b>11</b>  <b>11:30am Strength &amp; Stability-Caryl Rm 215</b> <b>1:00pm - Mah Jongg</b> Caryl Room 108 <b>2:00pm-Book Club-Library</b>  <b>Trip to Fruitlands</b>	<b>12</b>  <b>10am - Bocce at Dover Legion</b> <b>10am -Zumba Gold</b> Caryl Gym <b>10:30am-LL History</b> Caryl 108 <b>1pm- Movie at Dover Church</b>
<b>15</b> <b>10:30am - LL Poetry</b> Caryl, Room 108 <b>11:30am Knitting -</b> Caryl, Room 116 <b>5:30pm Chi Gong -</b> Library CR  Pickleball-Must sign-up  Town Election	<b>16</b>  <b>9:00am Strength &amp; Stability-Caryl Room 215</b>  <b>12Noon -Moveable Feast at Most Precious Blood Church</b>	<b>17</b> <b>10am Yoga-Rm 215</b> <b>10:30am-LL-Water Conserv. - Haven St.</b> <b>11:00am - Meditation-</b> <b>11:30am Chi Gong</b> Caryl, Room 108 <b>1:00pm LL Ukulele -</b> Caryl, Room 108 <b>1:00pm - LL Needle-point - Caryl Rm 116</b>	<b>18</b>  <b>9:00am Foot Dr - Caryl, Room 116</b> <b>10am-Blue Moon-Caryl - Room 116</b> <b>11:30am Strength &amp; Stability-Caryl Rm 215</b> <b>1:00pm - Mah Jongg</b> Caryl, Room 108 <b>1:30pm - LL Socrates-Library Community Rm</b>	<b>19</b>  <b>10am - Bocce at Dover Legion</b> <b>10am -Zumba Gold</b> Caryl Gym <b>10:45am - Blood Pressure Clinic</b> Caryl, Room 108 <b>11:30am- Tea</b> Caryl, Room 108
<b>22</b>  <b>11:30am Knitting -</b> Caryl, Room 108  <b>5:30pm Chi Gong -</b> Library CR  Pickleball-Must sign-up	<b>23</b>  <b>9:00am Strength &amp; Stability-Caryl Room 215</b>  <b>12Noon COA Volunteer Luncheon Caryl, Cafeteria</b>	<b>24</b>  <b>10:00am Yoga-Caryl Room 215</b> <b>11:00am - Meditation-Caryl Room 215</b> <b>11:30am Chi Gong</b> Caryl, Room 108 <b>1:00pm LL Ukulele -</b> Caryl, Room 108  <b>Lunch Trip</b>	<b>25</b>  <b>11:30am Strength &amp; Stability-Caryl Rm 215</b>  <b>1:00pm - Mah Jongg</b> Caryl, Room 108	<b>26</b>  <b>8:30amSenior Coffee</b> Caryl, Room 108  <b>10am -Zumba Gold</b> Caryl Gym  <b>10am - Bocce at Dover Legion</b>
<b>29</b> <b>HOLIDAY</b>	<b>30</b>  <b>9:00am Strength &amp; Stability-Caryl Room 215</b>  <b>12:00Noon - Brown Bag Lunch - Caryl Room 108</b>	<b>31</b>  <b>10:00am Yoga-Caryl Room 215</b> <b>11:00am - Meditation-Caryl Room 215</b> <b>11:30am Chi Gong</b> Caryl, Room 108		<b>Library CR - Community Room</b> <b>Caryl - Caryl Community Center</b> <b>Room 116 - COA office at Caryl</b> <b>Room 108- Caryl Community Center</b>





## **BE FIT AND AGE WELL AT THE COA**

### **CHI GONG**

*Mondays 5:30pm - Dover Library, Community Room*

*Wednesdays 11:30am - Caryl Community Center, Room 108 - \$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** is now offered as part of **YOGA FOR WELLNESS**. Join our Wednesday class and participate in a chair rather than on a mat.

### **YOGA FOR WELLNESS** **(No Yoga May 10)**

*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. Chairs available as well; Bring water.

### **MEDITATION** **(No Meditation May 10)**

*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*

*Caryl Community Center, Room 215 - \$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. Caryl Community Center in Gym - \$3.00 per class*

*Instructor: Andria DeSimone*

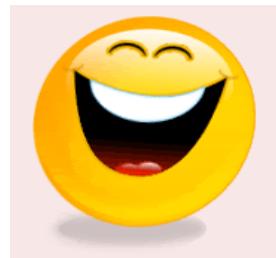
*The COA in collaboration with Parks & Recreation sponsor this class*

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

A first grade teacher had 26 students. She presented each child the first half of a well-known proverb and asked them to come up with the remainder of the proverb. Keep in mind that these are first graders!

- Don't change horses ..... until they stop running
- Strike while the .....bug is close
- It's always darkest before .....Daylight Saving Time
- Never underestimate the power of.....termites
- You can lead a horse to water but .....how?
- Don't bite the hand that.....looks dirty
- No news is.....impossible
- A miss is as good as a.....Mr.
- You can't teach an old dog new..... math
- If you lie down with dogs, you'll .....stink in the morning
- Love all, trust..... me
- The pen is mightier than the.....pigs
- An idle mind is.....the best way to relax
- Where there's smoke there's.....pollution
- Happy the bride who.....gets all the presents
- A penny saved is..... not much



*(Submitted by a Dover resident)*

### HEALTHY EATING/HEALTHY COOKING

*At Powisset Farm in Dover*

*Thursday, May 4 (French Cuisine) at 11am*

*Thursday, June 8 (Herbs) at 11am*

*Cost: \$15 per class; \$25 for both classes*

The Westwood COA and Powisset Farm are offering healthy eating/cooking classes and invited Dover COA to participate. Classes are sponsored by the Friends of Westwood Council on Aging and Friends of Dover Council on Aging. Space is limited to 4 Dover seniors for each class. Call soon; you must sign up in advance!

**May 4 - French Cuisine:** Explore French cuisine and learn to make some staples which may include a pan sauce, pastry dough, a veggie tart, crème anglaise and then enjoy eating our French creations.

**June 8 - Herbs:** Dive deep into herbs as you visit the Farm's herb garden. We will discuss how to grow them, store them and put them to work! Explore savory and sweet recipes and demonstrations!

### **COA BOARD MEMBERS**

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

Peter DiSanto  
Robert Cocks  
Associate Members:  
Geri Wise  
Ruth Townsend

### **MAY BOARD MEETING**

Tuesday, May 2, 10:00am  
Caryl Community Center, Room 116

### **COA STAFF MEMBERS**

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

### **COA OFFICE**

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

## DATES TO REMEMBER

**Town Meeting**, Monday May 1,  
7:00pm, Mudge Auditorium, DSHS

**Town Election**, Monday May 15 - Town Hall  
**Memorial Day Ceremony**, Tuesday, May 30 -  
Town Hall and Cemetery

If you 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](http://www.doverma.org)

Click on **Council on Aging**  
in the Quick Links Section

For Newsletter information, email  
[coaeditor@doverma.org](mailto: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](http://www.coafriends.org) to see how we serve the well-being of Dover's seniors.



PRST STD ECR U.S. POSTAGE PAID PERMIT NO. 3

Dover Council on Aging Box 250 Dover MA 02030 Return Service Requested

