

Bright

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



Horizons

**NOVEMBER
2016**

VOTE!

NATIONAL & TOWN ELECTION

Tuesday, November 8th, Upper Town Hall, 6am-8pm

In addition to the National Election there is a special Town election for the Selectman's office.

If you need a ride to vote, please contact us ahead so we can make arrangements.

COA THANKSGIVING LUNCHEON

Tuesday, November 15, 12:00 Noon \$5.00

Dover Church, Kraft Hall

Please join us for turkey and all the fixins!

RSVP by November 9

MOVEABLE FEAST

No Moveable feast lunch in November

CIRCLE OF FRIENDS LUNCH

Tuesday, November 22, 12:00 Noon, Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP November 17.

BROWN BAG LUNCH

Tuesday, November 29th, 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 November 23.

MOVIE & LUNCH AT THE DOVER CHURCH

Friday, November 4th - See page 2 for information

NEED A RIDE TO ABOVE LUNCHESES?

If you need a ride to any of the lunches listed above, please call the COA and we will arrange a ride.

TRAVEL WITH THE 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.

Transportation subsidized by Friends of the COA

Festival of Trees - And Lunch at the Wellesley Club

Tuesday, December 6th Time 10:30am

Get in the Holiday Spirit by viewing the creative ways folks decorate holiday trees. A recent addition is the Snow Village, an enchanting display of miniature houses and lights. Cost \$5.00 for Festival of the Trees. Buffet lunch at the Wellesley Club follows tour. Transportation and lunch on your own.

Lunch trips on November 9 & December 12

See Page 3 for details

CHAIR YOGA - NEW CLASS!!

The new Chair Yoga Class meets on Mondays at St. Dunstan's Church. Come join us!
See Page 6 for more information

SILK PAINTING CLASS

Caryl Community Center Room 108

Morning class Monday, November 28 at 10:00am and Wednesday November 30

Afternoon class Monday, November 28 at 1:00pm and Wednesday November 30

See page 3 for more information

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 - "Best Turkey Ever Tea"

Friday, November 18, 11:30am

Fireside Room, Town Hall



BLOOD PRESSURE- With the Walpole VNA

Friday, November 18, 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, November 10

Town Hall, Fireside Room

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

BOCCE

No Bocce - We will be back in the spring!!

CRAFTS - Card Making with Beth

Theme - Celebrating Fowl

Monday, November 7, 10:00am

Lower Town Hall Conference Room

FOOT DOCTOR

Thursday, November 17, 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 - "Mr. Smith Goes to Washington"

Friday, November 4, Kraft Hall, Dover Church

Join us for lunch at 12:00noon then the movie. Popcorn, Coffee and dessert at 1:00.

RSVP Beth@thedoverchurch - 508-785-0957



SENIOR COFFEE HOUR

Friday, November 25, 8:00am

Fireside Room at Town Hall

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, November 10, 2:00pm

Dover Town Library

Book: "Life After Life" By Kate Atkinson

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.



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.



COME TO LUNCH WITH THE COA!!

Travel to Sturbridge on Wednesday, November 9 for a delicious luncheon at the Publick House founded in 1771. Explore the Old Fashioned Bake Shoppe and Gifts and enjoy the Yankee hospitality. Bring money for your lunch. Transportation funded by the Friends of the Dover COA.

Travel to Attleboro Join us for a delicious holiday luncheon at Colonel Blackinton Inn in Attleboro on Monday, December 12. Enjoy the historic colonial charm of this circa 1850 Inn situated on the bank of the Bungay River. Transportation funded by the Friends of the Dover COA.

To sign up for the lunches, please call the COA at 508-315-5734 and reserve your spot. Space is limited, so call soon!



SILK PAINTING CLASS

Caryl Community Center, Room 108

Morning class at 10:00am Monday, November 28 and Wednesday November 30

Afternoon class at 1:00pm Monday, November 28 and Wednesday November 30

Cost: \$5.00/scarf

Call soon as space is limited.

Join instructor Connie Dewyer 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. Come create something special!

Please RSVP to the COA as space is limited.

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



DOVER COA NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00am Strength & Stability- Caryl Rm 215 10:00am - COA Board Meeting - TBA	2 10:00am Yoga-St. Dunstan's Church 11:00am - Meditation -St. Dunstan's Church 11:30am Chi Gong Upper Town Hall 12:30pm-LL Ukulele Caryl Room-2nd floor	3 10:00am-LL Pastel Painting -Studio 10:30am -LL- History Caryl Room, 2nd Floor 10:30AM-LL- Tales - Library Comm. Room 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl, Room 108	4 10:00am - Zumba Gold Caryl Gym 12pm-Lunch & Movie at Dover Church
7 10:00am -Crafts Lower Conference Rm 10:30am Chair Yoga St. Dunstan's Church 12:30pm Knitting Lower Conference Rm Town Hall 5:30pm Chi Gong - Library	8 ELECTION DAY DON'T FORGET TO VOTE!! 9:00am Strength & Stability-Caryl Rm 215	9 10:00am Yoga-St. Dunstan's Church 11:00am - Meditation -St. Dunstan's Church 11:30am Chi Gong Upper Town Hall 12:30pm-LL Ukulele Caryl Room-2nd floor <i>Lunch Trip-Sturbridge</i>	10 10am-Blue Moon- Town Hall 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl Room 108 2:00pm-Book Club- Library	11 HOLIDAY THANK YOU VETERANS
14 10:00am -Crafts Lower Conference Rm 10:30am Chair Yoga St. Dunstan's Church 12:30pm Knitting Lower Conference Rm Town Hall 5:30pm Chi Gong - Library <i>Trip to Glass Flowers</i>	15 9:00am Strength & Stability-Caryl Rm 215 12:00Noon - COA Thanksgiving Luncheon at The Dover Church	16 10:00am Yoga-St. Dunstan's Church 11:00am - Meditation -St. Dunstan's Church 11:30am Chi Gong Upper Town Hall 12:30pm-LL Ukulele Caryl Room-2nd floor	17 9:00am Foot Doctor - Upper Town Hall 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl, Room 108	18 10:00am - Zumba Gold Caryl Gym 10:45am -Blood Pressure Clinic 11:30am - Tea Both in Fireside Room-Town Hall
21 10:30am Chair Yoga St. Dunstan's Church 12:30pm Knitting Lower Conference Rm Town Hall 5:30pm Chi Gong Library	22 9:00am Strength & Stability-Caryl Rm 215 12:00Noon - Circle of Friends Luncheon - Grace Church	23 10:00am Yoga-St. Dunstan's Church 11:00am - Meditation -St. Dunstan's Church 11:30am Chi Gong Upper Town Hall 12:30pm-LL Ukulele Caryl Room-2nd floor	24 HAPPY THANKSGIVING	25 8:00am -Senior Coffee Fireside Rm-Town Hall NO ZUMBA GOLD .
28 10:00am -Silk Painting 10:30am -Chair Yoga-St. Dunstan's Church 12:30pm Knitting Lower Conference Rm Town Hall 1:00pm -Silk Painting 5:30pm Chi Gong Library	29 9:00am Strength & Stability-Caryl Rm 215 12:00Noon - Brown Bag Lunch -Caryl, Room 108	30 10:00am -Silk Painting 10:00am Yoga-St. Dunstan's Church 11:00am - Meditation -St. Dunstan's Church 11:30am Chi Gong Upper Town Hall 12:30pm-LL Ukulele Caryl Room-2nd floor 1:00pm -Silk Painting	<div style="border: 2px solid black; padding: 10px;"> <p><u>NOTE:</u></p> <p>Please check the calendar carefully as some of the COA fitness classes have changed locations for November</p> </div>	

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, - \$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 - NEW CLASS!!

Mondays, 10:30am - St Dunstan's Church - \$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 - St Dunstan's Church - \$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 - St Dunstan's Church - \$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 Ctr. Rm 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. \$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

Q: What kind of music did the Pilgrims like?

A: Plymouth Rock

Q: Why don't you let a turkey get near corn?

A: Because they will gobble, gobble, gobble it.

Q: What did the turkey say to the turkey hunter?

A: "Quack! Quack! Quack!"

Q: If you call a large turkey a gobbler, what do you call a small one?

A: Goblet.

Q: What sound does a space turkey make?

A: Hubble, Hubble, Hubble.

Q: Why did they let the turkey join the band?

A: Because he had the drumsticks.

Q: Who is not hungry at Thanksgiving?

A: The turkey because he's already stuffed!

Q: Why do Pilgrims' pants keep falling down?

A: Because their belt buckles are on their hats!

Q: What key has legs and can't open doors?

A: Turkey.

Q: Why did the police arrest the turkey?

A: They suspected it of fowl play.

Q: If April showers bring May flowers what do May flowers bring?

A: Pilgrims!



“Being Mortal”

The Dover Church is partnering with Beth Israel Deaconess Needham to air a screening and panel discussion of the PBS Frontline Film “Being Mortal,” which is based on the book, by Atul Gawande, of the same name. This documentary explores what matters most to patients and families experiencing serious illness. Following the screening of the film, a panel discussion will be led by BID-Needham physicians. The physicians will discuss the film and the importance of having meaningful conversations with loved ones about end of life wishes.

We hope you will join us for one of two events, to be held at Kraft Hall at The Dover Church (17 Springdale Avenue, Dover, MA) on **Monday, November 7 from 2:00-4:00 pm** and **Thursday, November 10 from 6:00-8:00 pm**. Light snacks will be provided. **The event is free and open to all local communities, but registration is required.** Please register by phone at 508-785-0957 or email to admin@thedoverchurch.org.

COA BOARD MEMBERS

Betty Hagan - Chairperson	Peter DiSanto
Maureen Dilg - Secretary	Robert Cocks
Camille Johnston	Geri Wise, Associate Member
Gilbert Thisse	
Joanne Connolly	

NOVEMBER BOARD MEETING

Tuesday, November 1, 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

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.

COA OFFICE HOURS

MONDAY – THURSDAY 9:00AM – 5:00PM

FRIDAY - 9:00AM - 1:00PM

508-315-5734 - [COA@DOVERMA.ORG](mailto: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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