

Bright



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

Horizons

OCTOBER
2014

LUNCHEONS

OCTOBER LUNCHEON

HOW TO AVOID IDENTITY THEFT & SCAMS

SPEAKER: JOHN J. O'CONNOR

*Tuesday, October 14th 12:00Noon - \$4 Donation
Caryl Community Center, Cafeteria*

John is a retired U.S. Secret Service agent. John supervised and investigated financial crimes including counterfeiting, securities fraud, bank fraud and commercial/real estate fraud. As a TRIAD guest speaker, he will offer his expert advice on various aspects of identity theft and scams. RSVP by: October 9th

CIRCLE OF FRIENDS LUNCH - Grace Church

GUEST SPEAKER *Marie Bosak, NP, Beth Israel Deaconess, Boston, Tuesday, October 28th 1:00PM, RSVP by: Oct 23rd*

"Habits for a Happy Healthy Heart"

Marie will talk about heart health and provide an overview of practical steps to improve heart health. Blood pressure screening will be provided at the luncheon.

JAZZ BRUNCH - Sherborn Inn

*Sunday, October 26th -11:30am-2:00pm
\$30/person*

The Friends of the Dover COA will be presenting the Fourth Annual Jazz Brunch at the Sherborn Inn on Sunday, October 26th from 11:30 AM to 2 PM. Jack Quinlan with his repertoire of songs from the 20's to the 50's will be our pianist. Everyone who attended last year's Brunch raved about the music, the food and the terrific raffle items. Don't miss it! Call the COA to buy tickets or purchase a ticket at the Dover Market. This event helps the COA serve Dover seniors. Tickets must be purchased by October 20. Reserve a table for your friends and have a memorable fun time.

SAVE THE DATES

MOVIE MATINEES- October 10th -1:00pm

Dover Church, Kraft Hall

This month's Movie Matinee will be "Heaven is for Real". Movie Matinees are held the second Friday of the month. Next dates: 11/7 & 12/12

NEW 5 WEEK INTRO TO YOGA SERIES

Fridays in October, 9:30AM

Caryl Center, Room 215 on October 3rd, 10th, 17th, 24th, and 31st.

Are you new to yoga or just want to go back to basics? This class provides the perfect foundation for a safe and well-rounded yoga practice. This 5-week series introduces the principles of correct alignment, breathing, and meditation. Students will learn the fundamental of standing poses, twists, seated poses, forward bends, and backbends.

Donation for 5 class series is \$15.00

NOTE: Class limited to 8 - register at the COA

THANKSGIVING LUNCHEON

*Tuesday, November 18th, 12:00noon
Dover Church, Kraft Hall,*



NEW PROGRAM- PLEASE JOIN US COMMUNITY LUNCH PROGRAM

October 21st at 12:00Noon, Dover Church, Kraft Hall

A new community lunch program is being launched by our local churches! On the **third Tuesday** of each month, seniors are invited to a midday meal hosted by one of Dover's churches. Check our calendar each month for location.

RSVP: By 10/16 by calling the COA or Dover Church

**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- "Famous Fictional Detectives"

October 24th Caryl Community Center, Room 108
1:30PM



BLOOD PRESSURE

Friday October 24th, 1:00pm Room 108

BLUE MOON BAGELS AND BREADS

Oct. 2, 16, 30th -Caryl Community Center, Room 116.
Donated baked goods available for pick up after
10:00am. Future dates: 11/13

BOCCE BALL

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

CRAFTS - UFO

October 6 & 27th -10:00am -Caryl Community Center,
Room 116.
Bring your unfinished craft projects then join us for tea

CRAFTS

October 20th -10:00am -Caryl Community Center,
Room 116. Come and work on a new craft project, then
join us for tea.

FOOT DOCTOR CLINIC

December 3rd, 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 Dates: TBA



KNITTING

Mondays at 1:00pm - Caryl Community
Center, 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, October 31st at 8:00am Caryl
Community Center, Room 108

Please come for coffee and conversation.

SHINE

Wednesday, Oct 22nd Morning openings **by
appointment only.** Call the COA 508-315-5734

MAH JONGG

1:00PM Thursday afternoons-Caryl, Room 108.
All Levels Welcome - Please join us

PAGETURNERS BOOK CLUB

Thursday, October 9th, 1:00PM - Dover Library

THROUGH THE GARDEN DOOR

Amsonia Hubrichtii

This unusual, striking perennial provides texture and color in a garden. In late spring it is covered with clusters of sky blue stars and in the fall it turns a bright rich yellow. The foliage is very soft and willowy. It will grow 3' tall and wide. It does well in part sun/shade and prefers moist soil. While this is not a rare plant, it is not found in many gardens.



COA BOARD MEMBERS

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

OCTOBER BOARD MEETING

Tuesday Oct. 7th at 10:00am - 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/Session*

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.

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

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!



NEW 5 WEEK INTRO TO YOGA SERIES

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Are you new to yoga or just want to go back to basics? This class provides the perfect foundation for a safe and well-rounded yoga practice. This 5-week series introduces the principles of correct alignment, breathing, and meditation. Students will learn the fundamental of standing poses, twists, seated poses, forward bends, and back-bends.

Donation for 5 class series is \$15.00

NOTE: Class limited to 8 - register early at the COA

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.

Medicare's Open Enrollment Period

October 15 – December 7

Medicare plans change every year!

This is the time to decide on your coverage for 2015.

SHINE Can Help!

SHINE counselors provide free Medicare counseling.

Call your senior center for a SHINE appointment

508-315-5734

BIRTHDAY CARDS WANTED

The COA would happily accept any birthday cards you would like to donate. Every Dover resident turning 80 or older receives a birthday card from the COA and our supply is running short. Please help us replenish our supply. Thank you...

PLEASE NOTE:

Our exercise class on Tuesdays & Thursdays has been cancelled as the Instructor Steve has retired.
Good luck Steve!!

DOVER COA - OCTOBER 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| | | 1 11:30am Chi Gong - Caryl, Room 108 | 2 10:00am - Blue Moon Donations 1:00pm - Mah Jongg Caryl Room 108 | 3 9:30am - Intro to Yoga Caryl Room 215 10:00am Bocce - Dover Legion 10:00am -Zumba Gold Caryl Gym |
| 6 9:30am- Yoga -Caryl 2nd floor 10:00am - UFO -Caryl Rm 116 10:30am -Lifetime Learning - Library CR 1:00pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Library Community Room | 7 10:00am COA Board Meeting, Rm 116 | 8 9:30am- Yoga -Caryl 2nd floor 10:30am -Lifetime Learning - St Dunstan's Episcopal Church 11:30am Chi Gong - Caryl, Room 108 | 9 1:00pm - Mah Jongg Caryl Room 108 1:00 - Book Club- Dover Library | 10 9:30am - Intro to Yoga Caryl Room 215 10:00am Bocce - Dover Legion 10:00am -Zumba Gold Caryl Gym |
| 13 HOLIDAY | 14 10:30am -Lifetime Learning - Library CR 12:00Noon - COA Luncheon-Caryl Cafeteria | 15 9:30am Yoga- Caryl, Room 10:30am -Lifetime Learning - St Dunstan's Episcopal Church 11:30am Chi Gong - Caryl, Room 108 | 16 10:00am - Blue Moon Donations 1:00pm - Mah Jongg Caryl Room 108 | 17 9:30am - Intro to Yoga Caryl Room 215 10:00am Bocce - Dover Legion 10:00am -Zumba Gold Caryl Gym |
| 20 9:30am- Yoga -Caryl 2nd floor 10:00am -Crafts -Caryl Rm 116 1:00pm Knitting - Caryl, Room 108 5:30pm Chi Gong- Library Community Room | 21 12:00Noon - Community Lunch, Dover Church, Kraft Hall | 22 SHINE -AM appoint- ments available by calling the COA 9:30am- Yoga -Caryl 2nd floor 11:30am Chi Gong - Caryl, Room 108 | 23 1:00pm - Mah Jongg Caryl Room 108 | 24 9:30am- Intro to Yoga Caryl Room 215 10:00am Bocce - Dover Legion 10:00am -Zumba Gold Caryl Gym 1:00pm - Blood Pressure Caryl Rm 108 1:30 - Afternoon Tea Caryl Room 108 |
| 27 9:30am- Yoga -Caryl 2nd floor 10:00am - UFO Caryl Rm 116 5:30pm Chi Gong- Library Community Room | 28 10:30am -Lifetime Learning - Library CR 1:00pm Circle of Friends Luncheon - GC | 29 9:30am- Yoga -Caryl 2nd floor 11:30am Chi Gong - Caryl, Room 108 | 30 10:00am - Blue Moon Donations 1:00pm - Mah Jongg Caryl Room 108 | 31 8:00am Senior Coffee - Caryl, Room 108 9:30AM - Intro to Yoga Caryl Room 215 10:00am Bocce - Dover Legion 10:00am -Zumba Gold Caryl Gym |

Top 10 Fun Facts about Halloween:

- Halloween candy sales average about \$2 billion annually in the United States.
- Reese's Peanut Butter Cups rank as the most popular Halloween candy, followed by Life Savers, Baby Ruth, Tootsie Rolls and Milky Way. M&Ms and Hershey bars are also very popular.
- Halloween is the 2nd most commercially successful holiday, with Christmas being the first.
- Pumpkins also come in white, blue and green.
- The Count Dracula Society was founded in 1962.
- To this day, there are vampire clubs and societies filled with members who claim to be real vampires.
- Medieval stone carvers crafted gargoyles to ward off evil spirits.
- The movie "Halloween" was made in only 21 days in 1978 on a very limited budget. It was shot in the spring and used fake autumn leaves.
- Orange and black are Halloween colors because orange is associated with the fall harvest and black is associated with darkness and death.
- The setting of the "Halloween" movie is in Illinois, but the vehicles have California license plates.



Top 10 Trivia Questions for Halloween:

- Why did the ancient Celts begin the tradition of wearing masks and costumes on Halloween? **Answer: To trick evil spirits.**
- According to superstition, a person born on Halloween has what particular ability? **Answer: They can see and talk to spirits.**
- Which country celebrates Day of the Dead starting at midnight on October 31st? **Answer: Mexico**
- The ancient Celts used which vegetable to carve their jack-o'-lanterns? **Answer: Turnips**
- According to superstition, what does it mean if you see a spider on Halloween? **Answer: A dead relative is watching over you.**
- Legend has it that if a girl wants to see or dream of her future husband, she must do what on Halloween? **Answer: Carry a lamp to a spring and look at the reflection of the water, put a sprig of rosemary and a sixpence under her pillow and plant hempseed.**
- According to Halloween superstition, what should you do if you want to see a witch? **Answer: Put your clothes on inside out and walk backwards.**

ON THE LIGHT SIDE

Accident Insurance Claims

- "The car in front hit the pedestrian but he got up so I hit him again."
- "I started to slow down but the traffic was more stationary than I thought."
- "I started to turn and it was at this point I noticed a camel and an elephant tethered at the verge. This distraction caused me to lose concentration and hit a bollard."
- "I saw a slow moving, sad faced old gentleman as he bounced off the roof of my car."
- "Coming home I drove into the wrong house and collided with a tree I don't have."
- "I am responsible for the accident as I was miles away at the time."
- "I pulled into a lay-by with smoke coming from under the bonnet. I realized the car was on fire so took my dog and smothered it with a blanket."
- "On approach to the traffic lights the car in front suddenly broke."
- "No witnesses would admit having seen the mishap until after it happened."
- "I knew the dog was possessive about the car but I would not have asked her to drive it if I had thought there was any risk."
- "First car stopped suddenly, second car hit first car and a haggis ran into the rear of second car."
- "Windscreen broken. Cause unknown. Probably voodoo."
- "I pulled away from the side of the road, glanced at my mother-in- law and headed over the embankment."
- "The other car collided with me without giving warning of its intention."

CHILDBIRTH AT 65

With all the new technology regarding fertility recently, a 65-year-old friend of mine was able to give birth. When she was discharged and went home, I went to visit.

'May I see the new baby?' I asked.

'Not yet,' she said 'I'll make coffee and we can talk for a while first.'

Thirty minutes had passed, and I asked, 'May I see the new baby now?'

'No, not yet,' She said.

After another few minutes had elapsed, I asked again, 'May I see the baby now?'

'No, not yet,' replied my friend.

Growing very impatient, I asked, 'Well, when can I see the baby?'

'WHEN HE CRIES!' she told me.

'WHEN HE CRIES?' I demanded. 'Why do I have to wait until he CRIES?'

'BECAUSE I FORGOT WHERE I PUT HIM, OK?!!'



SENIOR PROPERTY TAX WORK-OFF PROGRAM

Dover seniors who are property tax owners may qualify for this year's Tax Work-off Program. There are 10 or less slots and only these would be eligible for tax abatement credit in Feb. & May of 2015. All amounts earned are subject to Federal Income & FICA taxation. Maximum amount is \$1000 minus taxes if the slot has enough work for 125 hrs. For guidelines and/or an application call the COA at 508-315-5734

Deadline October 15th for applications.

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!



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