

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
2015**



SEPTEMBER LUNCHEON \$4.00 **"MUSIC THROUTH THE DECADES"**

With David Polansky

Tuesday, September 8th, 12Noon

Caryl Community Center

Sponsored by Briarwood Rehab & Healthcare Center

Come hear David play some old favorites and share the history of these songs. Something for everyone!

RSVP by September 3rd

COMMUNITY LUNCH PROGRAM

Tuesday, September 15, 12:00Noon

Most Precious Blood Church

Come have a delicious meal hosted by volunteers from local churches. Bring a friend!

RSVP by September 9th

CIRCLE OF FRIENDS LUNCH

Tuesday, September 22, 12:00Noon Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by September 16th

BROWN BAG LUNCH

Tuesday, September 29th, 12:00Noon

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 Sept. 24th



TRAVEL WITH THE COA

"A TRIBUTE TO PEGGY LEE"

Wednesday, September 30

Come listen to the Hal McIntyre Orchestra perform a special musical tribute to Peggy Lee. This two hour show is at the Norwood Theater. As seating is general seating, we'll be leaving Dover at 11:45 and should be back by 4pm. Cost is \$10.00

LIFETIME LEARNING sponsored by Friends of Dover COA starts in September! See Insert for schedule and join us at these interesting and fun courses.

THE DOVER DAYS FAIR

Saturday, September 12th 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 (new location!!!). We will also be selling kitchen towels as well as winter hats, scarves, baby hats and booties knitted by the COA's knitting group. Start your Christmas shopping early!

JAZZ BRUNCH

Sunday, October 25th

11:30am – 2:00 pm at the American Legion

RSVP by October 20th - Price TBA

Please join us for the annual Jazz Brunch sponsored by the Friends of the COA at the American Legion. This is a new location for the Brunch. 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.

NOTICE

We have updated our newsletter circulation as of July 1st. If you prefer to receive this by email, or if you do not wish to receive it at all, please email us at coa@doverma.org. If you prefer it emailed, you can also go to the Town Website under Council on Aging, click on newsletter and submit a request.



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

"WHERE DID YOU GROW UP?"

Friday, September 25th 1:30pm - Caryl Room 108

BLOOD PRESSURE-With the Walpole VNA

Friday September 25th 12:30pm - Caryl Room 108

BLUE MOON BAGELS AND BREADS

September 3rd & 17th

Caryl Community Center, Room 116

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



BOCCE BALL!!

Fridays at 10:00am

Starting in September Bocce will be at the Dover Legion

Join us as it is always a fun time!!

CRAFTS — Card Making with Beth

Theme: Fall Foliage

Monday, September 14th; 10:00am

Caryl Community Center, Room 116



FOOT DOCTOR

Thursday, September 10th; 9:00 to 11:00am

Caryl Community Center, Room 116

Meet our podiatrist Dr. Douglas John. Cost is \$30.00.

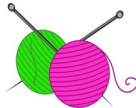
Call the COA for appointments. Home visits available.

KNITTING

Mondays at 12:30pm

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 and blankets for those in need.



MAH JONGG - Starts September 24th

Thursdays at 1:00pm

Caryl Community Center, Room 108

All levels welcome!!

MOVIE MATINEES -

"Draft Day" with Kevin Costner

Friday, September 11th, 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 25th; 8:00am

Caryl Community Center, Room 108

Please join us for coffee and conversation.



SHINE

Medicare open enrollment is Oct. 15-Dec 7th. Call the COA for appointment with Counselor Renee Rubin.

PAGETURNERS BOOK CLUB

Thursday, September 10th; 1:00pm at the Dover Town Library

Come Travel with the COA!

"A Tribute to Peggy Lee"

Wednesday, September 30th

Come listen to the Hal McIntyre Orchestra perform a special musical tribute to Peggy Lee. This two hour show is at the Norwood Theater. As seating is general seating, we'll be leaving Dover at 11:45am and should be back by 4pm. Cost is \$10.00

Arts & Craft Festival at Roseland Cottage

Saturday, October 17th

Spend a beautiful fall day in Woodstock, CT. Start your holiday shopping with 175 artisans and tour the first floor of the 1846 Gothic Revival summer home of Henry and Lucy Bowen. Enjoy live music, the fall foliage, and see a beautiful historic home, all in one trip! Cost: \$20.00



Overnight Trip to New York

December 3rd & 4th

Day One View the sights ranging from the Met to Rockefeller Center to the 9/11 Memorial

Day Two will be Radio City Music Hall's Rockettes Christmas Spectacular Show.

Detailed flyer available at the COA. Cost TBA

City

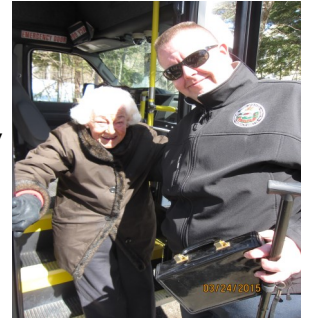


NEED A RIDE?? **CHECK OUT THE DOVER COA TRANSPORTATION SERVICES**

DOVER COUNCIL ON AGING BUS SERVICE

The Town of Dover offers **FREE** curb to curb transportation for three days a week. To schedule a ride, call 508-785-0058 ext 110.

- **TUESDAYS** - Dover COA Lunches (10:30-2pm) — These lunches are scheduled on the second, third, fourth & fifth Tuesdays of the month. (See calendar on page 4)
- **WEDNESDAYS** - Medical Appointments (8:30am-2:30pm) - Dedham, Framingham, Medfield, Natick, Needham, Newton, Norwood & Wellesley.
- **THURSDAYS** - Grocery Stores and Pharmacies (9:30am-12:30pm) - Do you shop at Shaw's in Medfield? Roche Brothers in Millis? Call and let us know where YOU want to shop!



Reservations REQUIRED: 508-785-0058 ext 110 (2 business days in advance: First come, first served) Leave your name, address, phone, date needed, pick up time & destination address. Reservations will soon be handled by MetroWest Regional Transit Authority. Please complete application at COA to register with their system. We will notify you when this change occurs.

**** 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 Norwood 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 and Wellesley - 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 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:45am Strength & Stability-Caryl, Room 108 10:00am COA Board Meeting-Caryl, Room 116	2 11:30am Chi Gong - Caryl, Room 108	3 10:00am - Blue Moon Donations 11:30am Strength & Stability-Caryl, Room 108	4 10:00am - Bocce -The Dover Legion
7 HOLIDAY	8 12:00Noon -Luncheon Caryl, Room 108 "Music through the Decades"	9 11:30am Chi Gong - Caryl, Room 108	10 9:00am - Foot Doctor by appt. Caryl, Room 116 1:00pm -Book Club-Library	11 10:00am - Bocce -The Dover Legion 1pm - Movies, Dover Church, Kraft Hall
14 10:00am -Crafts/Cards Caryl, Room 108 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Library CR	15 8:45am Strength & Stability-Caryl, Room 108 12:00Noon - Community Luncheon- Most Precious Blood Church	16 11:30am Chi Gong - Caryl, Room 108	17 10:00am - Blue Moon Donations 11:30am -Strength & Stability- Caryl, Room 108	18 10:00am -Zumba Gold Caryl Gym 10:00am - Bocce -The Dover Legion
21 9:30am – Yoga –Caryl, Room 215 10:30am -LL Poet Caryl Room 108 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Library CR	22 8:45am Strength & Stability-Caryl, Room 108 12:00noon - Circle of Friends Luncheon - GC	23 9:30am Yoga-Caryl, Room 215 11:30am Chi Gong - Caryl, Room 108	24 10:30am - LL - Philosophy - Library 11:30am -Strength & Stability- Caryl, Room 108 1:00pm - Mah Jongg-Caryl, Room 108	25 8:00am -Senior Coffee Caryl Room 108 10:00am -Zumba Gold Caryl Gym 10:00am - Bocce -Dover Legion 12:30pm -B/P Clinic Caryl Room 108 1:30pm - Afternoon Tea Caryl -Room 108
28 9:30am – Yoga –Caryl, Room 215 10:30am -LL Poet Caryl Room 108 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong-Library CR	29 8:45am Strength & Stability-Caryl, Room 108 12:00Noon - Brown Bag Lunch - Caryl Room 108	30 9:30am Yoga-Caryl, Room 215 11:30am Chi Gong - Caryl, Room 215 11:45am -Norwood Theatre Trip 12:30pm -LL - Ukulele - Caryl Room 108	GC—Grace Church Library CR = -Community Room Caryl - Caryl Community Ctr. Room 116-COA office at Caryl Room 108 - Caryl Community Ctr. LL = Lifetime Learning	

BE FIT AND AGE WELL AT THE COA



CHI GONG

Mondays 5:30pm - Library Community Room

Wednesdays 11:30am - Caryl Community Center, Room 108; \$3/session

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 – For All Ages Returns on September 21st!

Mondays & Wednesdays 9:30AM to 10:30AM

Caryl Community Center, Room 215 - \$3 per class for ages 60+; \$5 for all others

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.

STRENGTH & STABILITY No Class on September 8 and 10

Tuesdays 8:45AM -9:35AM & Thursdays 11:30AM-12:20PM

Summer sessions end September 3; Next 7 week session will start September 15

Caryl Community Center, Room 108 - \$3 per class.

Instructor: Andria DeSimone Lindberg

(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 Returns on September 18th!

Fridays, 10:00am-10:45am. \$3.00/session. Caryl Community Center in Gym

Instructor: Andria DeSimone Lindberg

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!

SHINE INFORMATION: 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 (**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. Call early to get a SHINE appointment during Open Enrollment!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center.

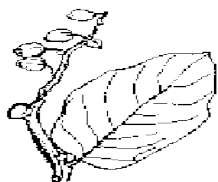
ON THE LIGHT SIDE

- If at first you don't succeed, then skydiving isn't for you.
- A day without sunshine is like, night.
- I just got lost in thought. It was unfamiliar territory.
- I feel like I'm diagonally parked in a parallel universe.
- I wonder how much deeper the ocean would be without sponges
- Honk if you love peace and quiet.
- The early bird may get the worm, but the second mouse gets the cheese.
- I drive way too fast to worry about cholesterol.
- I intend to live forever - so far so good.
- When everything is coming your way, you're in the wrong lane and going the wrong way.
- Experience is something you don't get until just after you need it.
- Bills travel through the mail at twice the speed of checks.
- No one is listening until you make a mistake.
- The severity of the itch is inversely proportional to the ability to reach it.
- If you think nobody cares, try missing a couple of payments.

THROUGH THE GARDEN DOOR

COTONEASTER

The Rockspray Cotoneaster is a spreading, deciduous plant (evergreen on the Cape) that grows 2'-3' tall and will spread up to 8'. They are excellent for erosion control on sloping ground or trailing over walls. These deer resistant plants have small, pink or white flowers that resemble tiny, opening rose buds and attract hummingbirds and bees in the spring and early summer. In the fall and winter, the birds eat the bright orange and red berries. The branches covered with berries are ideal for flower arrangements in the fall.



COA BOARD MEMBERS

Betty Hagan - Chairperson
Lou Theodos - Vice Chair
Maureen Dilg - Secretary
Cara Groman
Camille Johnston
Gilbert Thisse
Joanne Connolly

SEPTEMBER BOARD MEETING

Tuesday, September 1st at 10:00am
Caryl Community Center, Room 116

COA STAFF MEMBERS

Janet Claypoole - Director
- Outreach Worker
Sue Sheridan - Administrative Assistant/Editor
Nancy Simms - Volunteer Coordinator

COA OFFICE

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

THE DOVER DAYS FAIR

Saturday, September 12th on Town Common
Please visit the booth of the Friends of the COA
during Dover Days.



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 &
Inscription on a Memorial Plaque at the Caryl Community Center*

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 see how we serve the well-being of Dover's seniors.



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