

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



**SEPTEMBER  
2017**

### SEPTEMBER COA LUNCHEON

#### **“Celebrating the 50th Anniversary of the Impossible Dream 1967 Red Sox”**

With Herb Crehan, Baseball Historian

*Tuesday, September 12, 12:00 Noon; Cost: \$4.00*

*Caryl Community Center, Cafeteria*

The 1967 Red Sox were 100-1 underdogs to win American League Pennant and clinched it on the last day of the season. Join us for lunch and Sox history. Sponsored by Friends of COA. Please RSVP by September 7.

### MOVEABLE FEAST

*Tuesday, September 19, 12:00 Noon*

*Dover Church, Kraft Hall*

Come share a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by September 14.

### CIRCLE OF FRIENDS LUNCH

*Tuesday, September 26, 12:00 Noon*

Please join us for a homemade lunch and conversation with friends. RSVP by September 21.

### LIFETIME LEARNING

Fall classes begin this month. See the insert for info on classes/schedules. Pick up a brochure at the COA!

### TRAVEL WITH COA

Fall Trips are being planned! See page 3 for details on trips to museums, restaurants and more. Sign up soon for Boston Symphony Orchestra on November 17th!

### FLU CLINIC

*Wednesday, September 27<sup>th</sup> 1:00-4:00pm*

*Great Hall, Dover Town House*

**NOTE:** You **MUST** bring your Health Insurance cards to include Medicare and/or other insurance coverage

*If you have questions, please call the*

*Dover Board of Health  
508-785-0032 EXT 232*



### MWRTA SENIOR CHARLIE CARDS

*Thursday, September 14th 12:30-2:00 pm*

*Caryl Community Center, Room 108*

Need a Charlie Card? Reserve this date to visit COA and MetroWest Regional Transit Authority will take your photo and have your card ready that day! If you are interested in obtaining a card, please sign up by calling the COA at 508-315-5734.

### TEA AND PAINT PARTY

*Friday, September 15th at 11:15am*

*Caryl Community Center, Room 108*

Join us for monthly tea and get your nails painted by our friends from The Residence at Valley Farm. Bring your nails ready for polish and enjoy Italian pastries and a light lunch. Please RSVP by September 11.

### POWISETT FARM COOKING CLASSES

*Sponsored by the Friends of the Dover COA*

*Thursdays, September 28 & October 26*

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

Come learn new techniques and recipes from a master chef. Dover and Westwood COAs are offering cooking classes at Powisset Farm. Space is limited to 4 Dover seniors for each class. You must sign up in advance!

**Sept 28 - Bread Making & Soup** - Come learn new bread making techniques & recipes for the holidays.

**Oct 26 - Stews & Root Veggies** - Winter is coming; stews are nutritious and delicious!

### DOVER DAYS FAIR

*Saturday, September 9th - Town Common*

Please visit the booth of the Friends of the COA.

Stop by to learn about our Lifetime Learning Classes and our Harvest Brunch (formerly Jazz Brunch) at the Dover Legion. We will be selling kitchen towels as well as winter hats and scarves knitted by the COA'S Knitting group. Start your Christmas shopping early!

**RSVP** for all COA events at [www.doverma.org](http://www.doverma.org) Click on Council on Aging in the “Dover’s Quick Links” section or call 508-315-5734.

## PROGRAMS & SERVICES

### TEA TIME WITH FRIENDS

*Friday, September 15, 11:15am*

*Caryl Community Center, Room 108*

Come enjoy tea and light lunch. Get your nails painted by staff from The Residence at Valley Farm!



### BLOOD PRESSURE - With the Walpole VNA

*Friday, September 15, 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, September 14 & 28*

*Caryl Community Center, Room 116*

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

### BOCCE

*Fridays, 10:00am*

*The Dover Legion*

Please join us. All Are Welcome!!



### CRAFTS - Card Making with Beth

*Monday, September 11, 10:00am Theme: "Owls"*

*Caryl Community Center, Room 116*

### FOOT DOCTOR

*Thursday, September 21, 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*

*Caryl Community Center, Room 108*

Beginners and experienced knitters are welcome! Bring a project of your own or help the knitters who make hats, scarves, and blankets for those in need with donated yarn. All are welcome.



### MAH JONGG - All Levels Welcome

*Thursdays at 1:00pm Starts Sept 21!*

*Caryl Community Center, Room 108*

Please join us!!

### MOVIE MATINEE

*Friday, September 8*

*Kraft Hall, Dover Church*

*Movie: TBA*



### SENIOR COFFEE HOUR

*Friday, September 29th*

*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, September 14, 2:00pm at Dover Library*

September Book: TBA

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

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

### BRIEFCASE BREAKFAST

*Mondays, Sept 11 & 25; Oct 2 & 16; 8:00-9:00AM*

*Cost: \$2 donation requested*

Westwood COA is hosting a series of classes to plan for retirement and future care needs. Dover residents are welcome to attend. Join these experts as they try to unravel decisions that are best made in advance. Please sign up by calling the Westwood COA at 781-329-8799.

**September 11 Communication** Learn the best way for families to communicate and how they can work together and avoid conflicts.

**September 25 Money** Are you financially ready for retirement? Knowing how much you need and how to prepare is essential. Come learn the basics.

**October 2 Honoring Choices** Do you have a Health Proxy? Health Directive? Come learn how to make sure you honor choices in case of illness.

**October 16 Long Term Solutions** Are you protected should you need long term care? Learn about options available for you and your loved one.

### HARVEST BRUNCH (FORMERLY JAZZ BRUNCH)

*Sunday, October 22, 11:30am - 2:00 pm*

Price \$35 pre-registration or \$45 at door. Please join us for the Harvest Brunch sponsored by the Friends of the COA at the American Legion. Enjoy music from the 20's and 30's while dining with friends. Tickets available at Dover Days Fair or the COA office. Funds raised support services and programs for Dover's seniors.

## **TRANSPORTATION & TRAVEL**

### **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.

### **Come Travel with the COA!**

If you like to travel, we have some great trips planned for the Fall. Some trips will be for Dover and for others we will join with our friends in Sherborn and Westwood.

**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 only a few spots are left! 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.

**Tuesday, October 3** We are off to ride the **Essex Valley Steam Train** and enjoy a narrated **Connecticut River-boat Cruise** with a stop for a delicious lunch. Cost is \$89 per person and includes rail, riverboat, coach bus, and lunch. We will be travelling with our Westwood friends, so please make checks payable to Westwood COA.

**Wednesday, October 18** Join your Dover friends for a **Lunch trip at The 1761 Old Mill Restaurant** in Westminster and enjoy delicious food in a lovely fall setting at the mill pond. Sign up soon as space is limited.

**Friday, November 17** Travel to Boston to enjoy a buffet luncheon at Symphony Hall and first balcony seats for a 1:30pm **performance of Boston Symphony Orchestra** with Conductor Christoph von Dohnanyi and Martin Helchem, Pianist. Cost is \$34.00 and due at sign up to hold seats. Performance is selling out quickly so please sign up soon with the COA to reserve a spot. Space is limited to 10 seats!

**Thursday, December 14** Join us as we travel to Boston Symphony Hall for a memorable **Holiday Boston Pops** performance. Enjoy lunch at a Boston restaurant before the 4PM matinee performance at Symphony Hall. Cost is reduced to \$114 per person with sponsorship from the Friends of Dover COA. Come enjoy a Holiday treat!

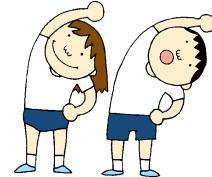
More trips are being planned for November and a holiday lunch trip in December. Stay tuned!

# DOVER COA SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 Ctr.</b>  <b>LL = Lifetime Learning Classes</b>	<b>ZUMBA GOLD</b> <b>CARYL GYM</b>  <b>SATURDAYS 10:45am</b> <b>September 16 &amp; 23</b>			<b>1</b>  <b>10am - Bocce at Dover Legion</b>
<b>4</b>  <b>HOLIDAY</b>	<b>5</b>  <b>9:00am</b> Strength & Stability-Caryl Room 215  <b>10am</b> COA Board Meeting-Caryl, Room 116	<b>6</b>  <b>11:30am</b> Chi Gong Caryl, Room 108  <b>1:00pm</b> - Ukulele Caryl Room 108  <i>No Yoga/Meditation</i>	<b>7</b>  <b>11:30am</b> Strength & Stability-Caryl Rm 215	<b>8</b>  <b>10am</b> - Bocce at Dover Legion  <b>1:00pm</b> - Movie at the Dover Church
<b>11</b>  <b>10am</b> - Card Making-Caryl, Room 116  <b>11:30am</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Chi Gong - Library CR	<b>12</b>  <b>9:00am</b> Strength & Stability-Caryl Room 215  <b>12Noon</b> COA Luncheon - Caryl, Cafeteria	<b>13</b>  <b>10am</b> Yoga-Rm 215 <b>11:00am</b> - Meditation-Caryl, Room 215 <b>11:30am</b> Chi Gong Caryl, Room 108 <b>1:00pm</b> - Ukulele Caryl Room 108	<b>14</b>  <b>10am</b> -Blue Moon-Caryl - Room 116 <b>11:30am</b> Strength & Stability-Caryl Rm 215 <b>12:30pm</b> -MWRTA Charlie Card -Caryl 108 <b>2:00pm</b> -Book Club-Library  <b>Trip to Red Sox Game</b>	<b>15</b>  <b>10am</b> - Bocce at Dover Legion  <b>10:45am</b> - Blood Pressure Clinic Caryl, Room 108  <b>11:15am</b> - Tea & Paint Party - Caryl, Room 108
<b>18</b>  <b>11:30am</b> Knitting - Caryl, Room 116  <b>5:30pm</b> Chi Gong - Library CR	<b>19</b>  <b>9:00am</b> Strength & Stability-Caryl Room 215  <b>11:00am</b> -LL Journey-Library CR  <b>12Noon</b> - Moveable Feast - Dover Church	<b>20</b>  <b>10:30am</b> LL Decision -Library CR <b>10am</b> Yoga-Rm 215 <b>11:00am</b> - Meditation <b>11:30am</b> Chi Gong <b>1:00pm</b> Ukulele -108  <b>Trip to Norwood Theatre</b>	<b>21</b>  <b>9:00am</b> - Foot Doctor-Caryl, Room 116 <b>11:30am</b> Strength & Stability-Caryl Rm 215 <b>1:00pm</b> - Mah Jongg Caryl Room 108 <b>1:30pm</b> -LL Philosophy - Library CR	<b>22</b>  <b>10am</b> - Bocce at Dover Legion  <b>10:30am</b> - LL Profiles in Courage Caryl Room 108
<b>25</b>  <b>11:30am</b> Knitting - Caryl, Room 116  <b>5:30pm</b> Chi Gong - Library CR  <b>Pickleball Must sign up</b>	<b>26</b>  <b>9:00am</b> Strength & Stability-Caryl Room 215  <b>12Noon</b> - Circle of Friends Lunch - Grace Church	<b>27</b>  <b>10:30am</b> LL Decision -Library CR <b>10am</b> Yoga- Rm 215 <b>11:00am</b> - Meditation <b>11:30am</b> - Chi Gong <b>1:00pm</b> -Ukulele 108 <b>1:00pm</b> -Flu clinic  <b>Trip to North Shore Music Theatre</b>	<b>28</b>  <b>10am</b> -Blue Moon-Caryl - Room 116 <b>11:00am</b> -Cooking - Powisset Farm <b>11:30am</b> Strength & Stability-Caryl Rm 215 <b>1:00pm</b> - Mah Jongg Caryl Room 108	<b>29</b>  <b>8:30am</b> Senior Coffee- Caryl, Room 108 <b>10am</b> - Bocce at Dover Legion <b>10:30am</b> - LL - Profiles in Courage Caryl Room 108



## **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.

### **YOGA FOR WELLNESS**

*Wednesdays 10:00am - Caryl Community Center, Room 215 - \$3.00 per class (Returns September 13)*

*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**

*Wednesdays, 11:00am - Caryl Community Center, Room 215 - \$3.00 per class (Returns September 13)*

*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**

*Saturdays, 10:45am-11:30am; September 16 & 23*

*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!

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

*Mondays starting September 25; choose a session starting at 10:15am, 11:00am, or 11:45am*

*Caryl Community Center, Gym*

The game is a combination of badminton, tennis and table tennis. There are up to four players per 45 minute session. Call the COA and Sign up for a time slot. Equipment provided. Cosponsored with Parks & Recreation Dept.

## ON THE LIGHT SIDE

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

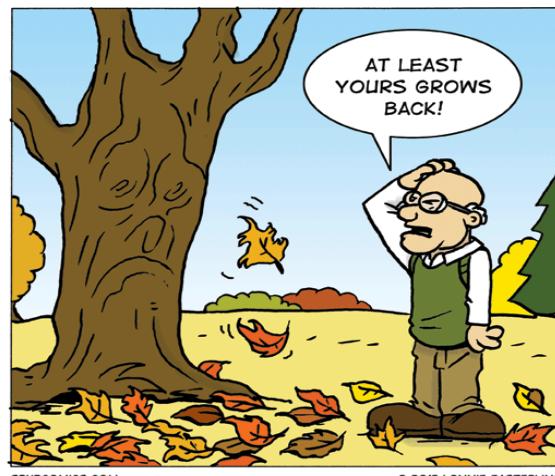
Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a darn cat!"

A man went to his lawyer and told him, "My neighbor owes me \$500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the lawyer. "Nope," replied the man. "OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer. "But it's only \$500," replied the man. "Precisely. That's what he will reply and then you'll have your proof!"



### SHINE - OPEN ENROLLMENT TIME

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet 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 2018. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, 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 now to schedule your SHINE appointment any time during the Open Enrollment from **October 15 through December 7<sup>th</sup>!**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Dover Council on Aging at 508-315-5734.



### 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

### COA BOARD MEETING

Tuesday, September 5, 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

## COA PROGRAM HIGHLIGHTS

- **RED SOX LUNCHEON**- Tuesday, Sept 12  
At Caryl Community Center
- **TEA & PAINT PARTY** - Friday, Sept 15
- **MWRTA SENIOR CHARLIE CARDS**  
Thursday, Sept 14th at Caryl Community Ctr
- **COOKING CLASSES AT POWISSET FARM**  
Thursdays, September 28 & October 26
- **FLU CLINIC** - Wednesday, Sept 27th
- **FALL LIFETIME LEARNING BEGINS!**  
See Insert for Schedule
- **TRAVEL ADVENTURES** - BSO, CT Train &  
Riverboat Cruise, Pops and More!

*See inside for details on all events!!*



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

Enclosed is my donation of \$ \_\_\_\_\_ in memory  
of \_\_\_\_\_

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_

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.



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