

Bright

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



Horizons

**APRIL
2017**

COA LUNCHEON

Tuesday, April 11, 12:00 Noon \$4.00



Caryl Community Center, Cafeteria

Adam Bergeron and Ethan Stone will play
“Dueling Pianos.” Come join us! RSVP by April 6.
Entertainment sponsored by Epoch of Westwood

MOVEABLE FEAST

Tuesday, April 18, 12:00 Noon

St. Dunstan's Church

Come share a delicious meal hosted by volunteers from
local churches. Bring a friend! RSVP by April 13.

CIRCLE OF FRIENDS LUNCH

Tuesday, April 25, 12:00 Noon

Grace Church

Please join us for a homemade lunch and conversation
with friends. RSVP by April 20.

NEW HEARING LOOP AT CARYL

The COA has renovated Room 108 (formerly known
as the Blue Room) with carpeting, paint and a new
hearing aid loop system that will benefit those with
hearing issues. Thank you to the Friends of the COA
who donated this system. It will allow those with
hearing loss to utilize their hearing aids to better hear
speakers at programs. There must be a telecoil in the
hearing aid for it to function as a wireless
antenna. Stop by and see our “new” room!



NEED A RIDE TO COA LUNCHEES OR EVENTS?

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

COFFEE WITH THE SELECTMAN *Candace McCann*

Thursday, April 13th 9:30AM

Caryl Community Center, Room 108

Join the COA and Selectman Candace McCann to talk
about Your Town issues, articles on the Town Warrant
and to answer your questions. Coffee and
light refreshments will be provided.
RSVP by April 10th



COME TRAVEL WITH THE COA

The COA has many trips planned. Check your calendar
and come travel with us! More details on trips are on
page 3. Here are some highlights of upcoming trips:

-Lunch Trip to Luciano's Restaurant in Wrentham for
classic Italian dining on **Wednesday, April 5**. Call soon
as space is limited.

-Trip to Tower Hill Botanic Gardens in Boylston on
Thursday, April 20. Come explore the gardens, the
greenhouse, Stickwork sculptures, and enjoy lunch at
Twigs Café. Contact COA to sign up.

-Overnight trip on May 9-11 to Hudson Valley
including Hyde Park estates of Franklin and Eleanor
Roosevelt, tour of West Point and lunch at Officer's
Club, cruise on Hudson River, and dinner at Culinary
Institute of America. More info on page 3! Call soon!

UPCOMING EVENTS...

Lifetime Learning starts in April. See insert for class
information or sign up at the COA. Note the Fun with
Ukulele Spring session will meet from 1:00-2:00PM
and move to Room 108 at Caryl Community Center.

Do you need a Ride to Town Meeting (May 1st) or
Town Election (May 15)? Call the COA for free trans-
portation. Don't miss these important town events!

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

"Emoji"

Friday, April 21, 11:30am

Caryl Community Center, Room 108

Come enjoy tea and light lunch with friends.



BLOOD PRESSURE - With the Walpole VNA

Friday, April 21, 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, April 6 & 20

Caryl Community Center, Room 116

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



BOCCE

Bocce will start Friday, April 28, 10:00am at the Dover Legion - Weather permitting



CRAFTS - Card Making with Beth

Theme - Rabbits/Easter

Monday, April 3, 10:00am

Caryl Community Center, Room 116



FOOT DOCTOR

Thursday, May TBA - 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

"Fences" with Denzel Washington

Friday, April 14, 1pm

Kraft Hall, The Dover Church,

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



SENIOR COFFEE HOUR

Friday, April 28, 8:30am **(NEW TIME!)**

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, April 13, 2:00pm

Dover Town Library

Book: *A Spool of Blue Thread* by Ann Tyler.

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.

RECYCLING VOLUNTEERS NEEDED

The Friends of the COA recycles bottles and cans at the Transfer Station during May. We need volunteers to work an hour in the morning or afternoon. Money received from this effort provides funding for programs/trips offered by the COA. A sign-up sheet can be found in the COA office.



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 the Montreal trip).

May 9-11 will be our Hudson Valley Adventure. A three-day, two-night trip which covers Hyde Park estates of FDR and Vanderbilt, dinner at the Culinary Institute of America, tour of West Point and Museum visit, lunch at West Point Officer's Club plus a boat cruise of the Hudson River. Cost: \$399 double occupancy/ \$539 for single.

Monday June 12 is a trip to Block Island with our Westwood friends. We will head to Point Judith, RI to board the ferry to Block Island to enjoy a tour of the Island with a guide, lunch at the National Hotel, and the local shops. Cost is \$115 per person. **TRIP IS SOLD OUT!!**

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, Sept 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 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 APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am - Cardmaking - Caryl, Room 116 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR	4 No Strength & Stability 10am COA Board Meeting-Caryl, Room 116 10:30am - LL-Federal Reserve - Caryl-2nd Floor	5 10:00am Yoga-Caryl, Room 215 11:00am - Meditation-Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 12:30pm LL Ukulele - Caryl, 2nd Floor Lunch Trip	6 No Strength & Stability 10am-Blue Moon-Caryl - Room 116 1:00pm - Mah Jongg Caryl Room 108 1:30pm - LL Socrates-Library Community Rm	7 No Zumba Gold
10 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR	11 No Strength & Stability 12Noon COA Luncheon Caryl, Cafeteria 10:30am - LL-Federal Reserve - Caryl-2nd Floor	12 10:00am Yoga-Caryl, Room 215 11:00am - Meditation-Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm LL Ukulele - Caryl, Room 108	13 No Strength & Stability 1:00pm - Mah Jongg Caryl Room 108 2:00pm-Book Club-Library	14 No Zumba Gold 1pm- Movie at Dover Church
17 HOLIDAY	18 9:00am Strength & Stability-Caryl Room 215 12Noon - Moveable Feast St. Dunstan's 10:30am - LL-Federal Reserve - Caryl-2nd Floor	19 10:00am Yoga-Caryl Room 215 11:00am - Meditation-Caryl Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm LL Ukulele - Caryl, Room 108	20 10am-Blue Moon-Caryl - Room 116 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl, Room 108 1:30pm - LL Socrates-Library Community Rm TRIP to Tower Hill	21 10am -Zumba Gold Caryl Gym 10:45am - Blood Pressure Clinic Caryl, Room 108 11:30am - Tea Caryl, Room 108
24 10:30am - LL Poetry Caryl, Room 108 11:30am Knitting - Caryl, Room 116 5:30pm Chi Gong - Library CR	25 9:00am Strength & Stability-Caryl Room 215 12:00Noon - Circle of Friends Lunch - Grace Church 10:30am - LL-Federal Reserve - Caryl-2nd Floor	26 10:00am Yoga-Caryl Room 215 10:30am-LL-Water Conservation - Library 11:00am - Meditation-Caryl Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm LL Ukulele - Caryl, Room 108 1:00pm - LL Needle-point - Caryl Rm 116	27 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl, Room 108	28 8:30am-Senior Coffee Caryl, Room 108 10am -Zumba Gold Caryl Gym 10am- Bocce at Dover Legion
			<div style="border: 2px solid black; padding: 5px; text-align: center;"> Library CR - Community Room Caryl - Caryl Community Center Room 116 - COA office at Caryl Room 108- Caryl Community Center </div>	

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 *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

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 (No Strength & Stability April 4, 6, 11 & 13)

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 (No Zumba April 7 & 14)

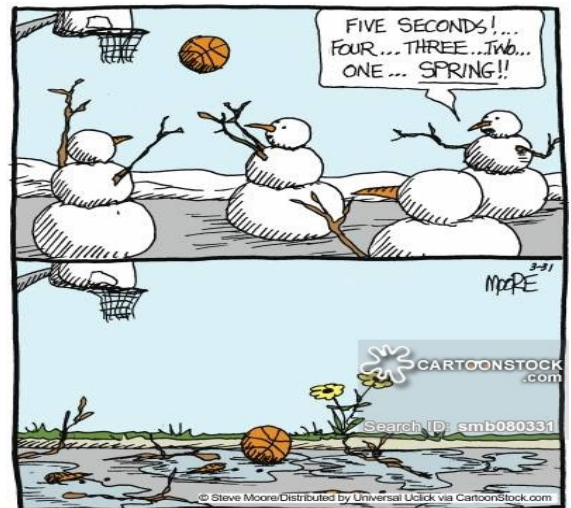
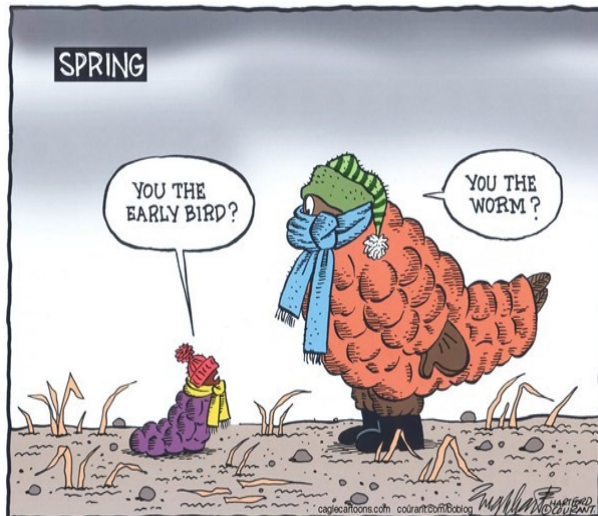
Fridays, 10:00am-10:45am. Caryl Community Center in Gym - \$3.00 per class

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



Retail and Clothing Discounts for Seniors

Bed Bath and Beyond: 10% off mailing club (55+)

Lens Crafters: 30% off for AARP & AAA Members

Kohl's: 15% off (60+) on Wednesdays

Michael's: 10% off on Tuesdays with AARP card

Dunkin Donuts: 10% - Ask for it

Rite Aid: 20% off on the first Wednesday of the month for wellness+ members (65+)

TJ Maxx: 10% on Tuesdays, varies by location.

Walgreens: "Senior Day" once a month. (Balance Rewards members 55+ and all AARP members). Day of the month varies by location. Discount is 20% off Walgreen brands and 15% of most everything else.

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

APRIL BOARD MEETING

Tuesday, April 4, 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 - 7:00am to 8:00pm, Dover Town House

COA OFFICE HOURS

MONDAY – THURSDAY 9:00AM – 5:00PM
FRIDAY - 9:00AM - 1:00PM
508-315-5734 - COA@DOVERMA.ORG

www.doverma.org
Click on **Council on Aging**
in the Quick Links Section
For Newsletter information, email
coeditor@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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