

# 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 LUNCHES 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 transportation. Don't miss these important town events!

**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

### 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@mrbmw.com](mailto:enlert@mrbmw.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.

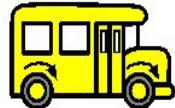
**Local** ride costs:

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





## **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)**

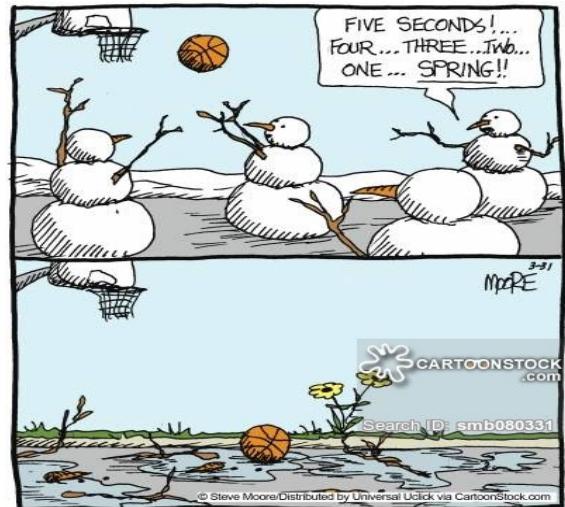
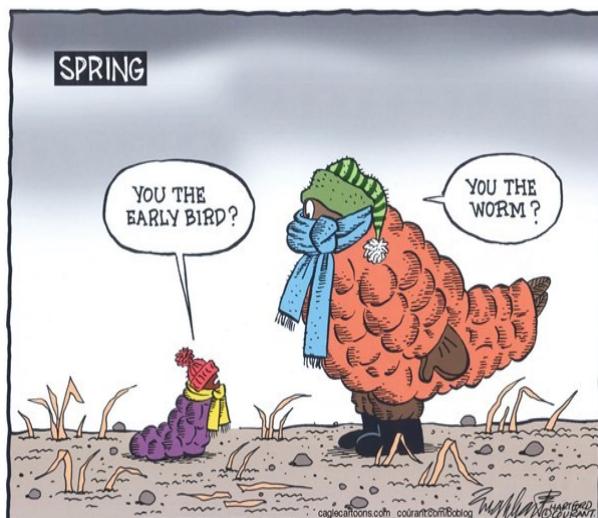
*Fridays, 10:00am-10:45am. Caryl Community Center in Gym - \$3.00 per class*

*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](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 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](http://www.coafriends.org) to see how we serve the well-being of Dover's seniors.



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