



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

**DOVER COA**  
**COUNCIL ON AGING**

**APRIL  
2018**

### **VOLUNTEER APPRECIATION LUNCHEON**

*Tuesday, April 10, 12:00Noon*

*Caryl Community Center, Room 108*

This luncheon is to honor our volunteers who give so much time and energy to the COA.

Please RSVP to the Invitation by April 4

### **MOVEABLE FEAST**

*Tuesday, April 17, 12:00Noon at St. Dunstan's Church*

Enjoy a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by April 12

### **CIRCLE OF FRIENDS LUNCH**

*Tuesday, April 24, 12:00Noon at Dover Grace Church*

Join us for a homemade lunch and conversation with friends. RSVP by April 19.

### **TRAVEL WITH THE COA**

There are lots of trips planned for 2018! Join us for the Newport Rail Tour, Sandwich Glass Museum tour, Gloucester Lobster Cruise, Nantucket Day Trip, an overnight trip to Saratoga or Lake Winnipesaukee Cruise in the Fall! See page 3 for information or stop in COA office for flyers and to sign up.

### **SPA DAY AT TRI COUNTY**

*Tuesday, April 3, 10:00am*

*Tri County Regional High School, Franklin*

Come enjoy a day of pampering! Cosmetology students will provide a choice of Hair cut or Perm; Manicure, Waxing, or Facial. Lunch to follow prepared by the Culinary students at 11:30am. Cost is \$8-\$12 for lunch. Space is limited. Call the COA to sign up for a relaxing day. Transportation funded by Friends of COA.

### **LETS CELEBRATE BOCCE!!**

*Friday, April 27, 10:00am; Dover Legion Bocce Court*

Enjoy a fun game of bocce and then join us for a "Welcome Back Lunch" at Caryl Community Center Room 108. Please RSVP to COA by April 23.

### **COFFEE WITH SELECTMAN MCCANN**

*Monday, April 23, 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 breakfast will be provided. RSVP by April 19.

### **STUFF - LOVE IT OR LEAVE IT!**

*Presented by Ann Newberry, Owner of Smooth Transitions of Massachusetts*

*Thursday, April 26, 10:00am, Caryl, Room 108*

*Sponsored by The Residence at Valley Farm*

This presentation gives tips on going through your lifetime of treasures to decide what to keep and advice on how to downsize, while keeping your living space safe yet still uniquely yours. Whether you are staying where you are for now or thinking of moving, join us to take the stress out of changing your address! Light refreshments provided.

### **SAVE THE DATES**

**GARY HYLANDER**, Historian, presents *The Great Molasses Flood* on **Tuesday, June 12** at COA luncheon. Sponsored by Rehabilitation Associates and the Thisse Family.

**UP IN SMOKE BBQ** at Caryl Community Center returns on **Wednesday, June 13**. This fundraiser for the COA is sponsored by Friends of Dover COA.

**TOWN MEETING** on **Monday May 7, 7:00pm**, Mudge Auditorium, DSHS

**TOWN ELECTION** on **Monday May 21** at Dover Town Hall

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

If you need a ride to programs or Town Meeting or Election, please call the COA to arrange a free ride.

**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 WITH FRIENDS - Chickadee Tea**

*Friday, April 20, 11:30am, Caryl, Room 108*

Join us to celebrate and enjoy a light lunch with friends and neighbors.

### **BLOOD PRESSURE - With the Walpole VNA**

*Friday, April 20, 10:45am*

*Caryl Community Center, Room 108*

Meet with VNA Nurse to check your blood pressure.

### **BLUE MOON BAGELS & BREADS**

*Thursdays, April 5 & 19*

*Caryl Community Center, Room 116*

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

### **BOCCE IS BACK!!**

*Friday, April 27th 10:00am, Dover Legion*

Play a fun game of Bocce followed by Lunch at Caryl Community Center. See Front Page

### **CRAFTS - Card Making with Beth**

*Theme: Animals Theme*

*Monday, April 9, 10:00am*

*Caryl Community Center, Room 108*

### **FOOT DOCTOR**

*Thursday, May, 17; 9:00am -11:00am*

*Caryl Community Center, Room 116*

Cost is \$30.00. **Call COA for appointments** with Dr. Douglas John. Home visits also available for \$50.

### **KNITTING**

*Mondays at 11:30am*

*Caryl Community Center, Room 108*

Beginners and experienced knitters are welcome! Bring a project of your own or grab some donated yarn and make hats, scarves, shawls or lap blankets for those in need.



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### **MAH JONGG - All Levels Welcome**

*Thursdays at 1:00pm*

*Caryl Community Center, Room 108*

### **MOVIE MATINEE -**

*Friday, April 13, 1:00pm, Kraft Hall, Dover Church*

Movie: "Waking Ned Devine" Join us and enjoy popcorn, coffee and dessert!

### **SENIOR COFFEE HOUR**

*Friday, April 27, 8:30am*

*Caryl Community Center, Room 108*

Please join us for coffee and conversation.

### **SHINE**

If you have Medicare or health insurance questions, please call the COA for a SHINE Appointment with counselor Renee Rubin.

### **PAGETURNERS BOOK CLUB**

*Thursday, April 12, 1:00pm*

Dover Library, Book:

Need a Ride to any of these events? Please call the COA and we will arrange a free ride for you!

### **POWISSETT FARM COOKING CLASSES**

*Sponsored by the Friends of the Dover COA*

*Wednesday, April 25; 11:00am to 2:00pm*

*Cost: \$15 per class*

Dover and Westwood COAs are offering cooking classes at Powisset Farm to seniors. Space is limited to 4 Dover seniors for each class. You must sign up in advance!

**April 25: Bread and Soup** - Join Chef Meg Tallon in the Powisset Cooks Kitchen as we swing into spring and prepare spring soup and fresh bread.

Menu may include sweet potato rolls, focaccia, and pea soup topped with mint. We will also talk about the importance of cooking with stock. Sign up by calling COA or stopping in office to sign up. Space is limited, so call soon!

### **LIFETIME LEARNING CLASSES**



• **Thoughts in Time of Troubles** - *Maud Chaplin*  
*Thursdays 1:30-3:00pm April 5, 19 & May 3, 17.*  
*Classes meet at Dover Library Community Room.*  
*Cost: \$35.00.*

• **Fun with Ukulele - Session 2** - *Daniel Metraux*  
*Wednesdays, 1:00-2:00pm April 11 - May 30.*  
*Classes at Caryl Community Center, Room 108.*  
*Cost \$40.00*

• **Discovering Your Ancestors** - *Brodie & Guye*  
*Tuesdays, 10:00am-11:30am, May 8, 15, 22, 29*  
*Caryl Community Center, Room 108. Cost \$35.00*

For more information or to sign up for classes please call the COA or stop by and pick up a brochure .

## DOVER SENIOR TRANSPORTATION SERVICE

Do you need a ride to medical appointments or other local errands? Purchase tickets at COA and JFK Transportation Service will transport you. Hours of service are Monday through Friday from 7:00am to 5:00pm.

### Local Rides (Medical and Non-Medical)

**One voucher is \$30.00 and provides 10 tickets.**

- Dover: 1 ticket each way
- Metro West surrounding towns: 2 tickets each way
- Outside Metro West: 3 tickets each way
- Sudbury, Waltham & Concord: 4 tickets each way

**You must purchase a voucher at the COA prior to calling JFK. JFK appreciates a 48 hour notice.**

### **Boston Rides - Medical Only**

**A one way ticket is \$20 - Round Trip \$40**

JFK requires a 48 hour notice and tickets are purchased at the Dover COA. Tips are not included.

For more information, including towns served, call the Dover COA at 508-315-5734

*\*Please remember to tip your driver\**

## Overnight Trips

### **Saratoga Spectacular**

*Monday-Tuesday August 6-7*

Join us as we travel to Saratoga Springs for an afternoon of thoroughbred horse racing. Then off to relax and enjoy dinner at the Queensbury Hotel. On Tuesday travel to Lake George's Steel Pier and enjoy a two hour narrated cruise of Lake George including luncheon and entertainment onboard your ship. Cost is \$375 single; \$325 double; \$300 triple. Flyers available at Dover COA. Call Westwood COA at 781-329-8799 to sign up.

### **An 8 Day Adventure to Canyon Country**

*October 2 to October 9, 2018*

Dover, Westwood and Sherborn COAs present an 8 day adventure to Canyon Country offered by Collette Tours. Explore the most famous canyons of the American West on a journey featuring three national parks. Highlights of the trip include:

- Explore Scottsdale's Native American heritage
- Travel to Sedona, Oak Creek Canyon, Kaibab National Forest and the breathtaking Grand Canyon!
- View stunning vistas of Bryce Canyon National Park and Zion National Park

Rates range from \$3,219 to \$3,999 if book by March 26 and include air fare, transfers, hotel, 10 meals, and travel insurance. A detailed brochure is available at Dover COA office. Only a few spots left, sign up soon!

## TRAVEL WITH THE COA

**Thursday, April 12** We are off to **Sandwich Glass Museum** to view modern and historical glass art and a glassblowing demonstration, then a visit to Edward Gorey House and lunch at Daniel Webster Inn. Cost is \$15 plus lunch. Bus funded by Friends of COA.

**Saturday, May 5** Enjoy a local matinee performance of **Neil Simon's comedy Rumors** by The Dover Foundation at Kraft Hall, The Dover Church. Discounted tickets are \$15 and can be purchased at COA.

**Wednesday, May 16** Travel with us to **Nashoba Valley Winery** in Bolton to enjoy a tour and delicious lunch. Space limited. Cost TBD. Transportation funded by Friends of Dover COA.

**Thursday, June 7** Come travel to **Blithewold Mansion and Gardens** in Bristol, Rhode Island as we explore the gardens and enjoy a lovely lunch in this beautiful setting. Space limited. Bus funded by COA.

**Saturday, June 16** The **Boston Pops** perform the score of the musical *West Side Story* at 3pm matinee at Symphony Hall. Keith Lockhart conducts as Broadway singers join the orchestra for this concert featuring Bernstein's music and Sondheim lyrics. Cost is \$55 per ticket. Limited tickets available! Transportation funded by Friends of Dover COA.

### Trips with Westwood and Dover COAs

**Tuesday, May 1** Off to RI and CT for **Lobster Clambake Lunch and Foxwoods Resort** gaming. Cost \$80 includes transportation, lunch and gaming.

**Tuesday, June 19** **Newport Rail Tour** includes transportation, bus tour of Ocean Drive, rail tour and lunch along Narragansett Bay and shopping. Cost \$95.

**Thursday, July 12** **Nantucket Day Trip** includes bus, ferry ride, and day to explore shops, art galleries, restaurants, whaling museum, and more. Cost \$105.

**Tuesday, August 21** **Gloucester Lobster Cruise** includes cruise, lunch and exploring Salem. Cost \$95.

**Wednesday, Sept 12** We are off to NH for **Lake Winnipesaukee Cruise** includes bus, narrated cruise, buffet lunch and stop at local Farm Market. Cost \$95. **Call Westwood COA at 781-329-8799 to sign up for these trips. Flyers available at Dover COA**

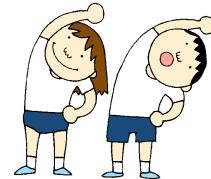
**Wednesday, October 3** Travel with us to Vermont where we visit a local Cheese shop, enjoy lunch, and then experience the majestic **Friesians of Majesty** horses. View these gentle giants (and foals) up close and learn about breeding and history. Cost is \$95.00. Sign up with Dover COA for this memorable trip.

# DOVER COA APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>10:15am</b> – Pickleball - Gym Sign up at COA! <b>11:30am</b> Knitting - Caryl, Room 108 <b>5:30pm</b> Qigong - Library CR	<b>3</b>  <b>9:00am</b> Strength & Stability-Caryl, Rm 215  <b>9:30am</b> COA Board Meeting-Caryl, Rm 116  <b>Spa Day</b>	<b>4</b>  <b>10am</b> Yoga-Room 203 <b>10:30am</b> LL Poetry - St Dunstan's Church <b>11:00am</b> - Meditation <b>11:30am</b> Qigong - Caryl, Room 108 <b>1:00pm</b> LL Ukulele-	<b>5</b>  <b>10am</b> -Blue Moon- Caryl - Room 116 <b>11:30am</b> Strength & Stability-Caryl, 215 <b>10:15am</b> Pickleball <b>1:00pm</b> Mah Jongg <b>1:30pm</b> LL Thoughts in Time of Troubles	<b>6</b>
<b>9</b>  <b>10:00am</b> Card Making - Caryl, Room 108 <b>10:15am</b> Pickleball - Gym Sign up at COA! <b>11:30am</b> Knitting - Caryl, Room 108 <b>5:30pm</b> Qigong - Library CR	<b>10</b>  <b>9:00am</b> Strength & Stability-Caryl, Rm 215  <b>12:00Noon</b> - COA Luncheon- Caryl Rm 108	<b>11</b>  <b>10am</b> Yoga-Room 203 <b>11:00am</b> - Meditation <b>11:30am</b> Qigong - Caryl, Room 108 <b>1:00pm</b> LL Ukulele- Caryl, Room 108	<b>12</b>  <b>10:15am</b> Pickleball <b>11:30am</b> Strength & Stability-Caryl, 215 <b>1:00pm</b> Mah Jongg Caryl, Room 108 <b>1:00pm</b> Book Club- Library  <b>Sandwich Trip</b>	<b>13</b>  <b>1pm</b> Movie at the Dover Church
<b>16</b>  <b>HOLIDAY</b>	<b>17</b>  <b>9:00am</b> Strength & Stability-Caryl, Rm 215  <b>12Noon</b> - Moveable Feast - St. Dunstan's Church	<b>18</b>  <b>10am</b> Yoga-Room 203 <b>11:00am</b> - Meditation- Caryl, Room 203 <b>11:30am</b> Qigong Caryl, Room 108 <b>1:00pm</b> –LL Ukulele Caryl Room 108	<b>19</b>  <b>10am</b> Blue Moon- Caryl - Room 116 <b>10:15am</b> Pickleball <b>11:30am</b> Strength & Stability-Caryl, 215 <b>1:00pm</b> Mah Jongg <b>1:30pm</b> LL Thoughts in Time of Troubles- Dover Library	<b>20</b>  <b>10:45am</b> Blood Pressure Clinic Caryl, Room 108 <b>11:30am</b> Tea - Caryl, Room 108
<b>23</b>  <b>9:30am</b> Coffee with Selectman McCann <b>10:15am</b> Pickleball - Gym Sign up at COA! <b>11:30am</b> Knitting - Caryl, Room 116 <b>5:30pm</b> Qigong - Library CR	<b>24</b>  <b>9:00am</b> Strength & Stability-Caryl, Rm 215  <b>12Noon</b> Circle of Friends Lunch - Grace Church	<b>25</b>  <b>10am</b> Yoga-Rm 203 <b>11:00am</b> Meditation- Caryl, Room 203 <b>11:00am</b> Cooking at Powisset Farm <b>11:30am</b> Qigong Caryl, Room 108 <b>1:00pm</b> LL Ukulele Caryl Room 108	<b>26</b>  <b>10am</b> Downsizing- Caryl, 108 <b>10:15am</b> - Pickleball <b>11:30am</b> Strength & Stability-Caryl, 215 <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>27</b>  <b>8:30am</b> Senior Coffee - Caryl, Room 108 <b>10:00am</b> Bocce Dover Legion <b>11:30am</b> Bocce Lunch, Caryl 108
<b>30</b>  <b>10:15am</b> -Pickleball Gym Sign up at COA!  <b>11:30am</b> Knitting - Caryl, Room 116  <b>5:30pm</b> Qigong - Library CR		<b>NOTE -</b> <b>ZUMBA GOLD</b> <b>Saturdays</b> <b>April 7,14,21,28</b> <b>10:45 - 11:30AM</b> <b>CARYL GYM</b>	<b>Library CR - Community Room</b> <b>Caryl -Caryl Community Center</b> <b>Room 116 - COA office at Caryl</b> <b>Room 108 - COA Room at Caryl</b> <b>Room 203 - 2nd Floor at Caryl</b> <b>LL - Lifetime Learning</b>	



## **BE FIT AND AGE WELL AT THE COA**



### **THERAPEUTIC QIGONG: Balance, Strength, & Flexibility**

*Mondays 5:30pm - Dover Town Library, Community Room*

*Wednesdays 11:30am - Caryl Community Center, Room 108 - \$3.00 per class*

*Instructor: Linda Bellefeuille*

Qigong practices involve a posture, (whether moving or stationary), breathing techniques, and mental focus. The gentle, rhythmic movements of Qigong are suitable for all age groups and accessibility and are known to reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. Comfortable clothing is recommended.

### **YOGA FOR WELLNESS**

*Wednesdays 10:00am - Caryl Community Center, Room 203 - \$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 203 - \$3.00 per class*

*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 at the 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**

***Mondays & Thursdays; choose one of the following sessions: 10:15am or 11:00am, 11:45am on Mon only***

***Caryl Community Center, Gym (you must sign up ahead for a session)***

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.

## HAVE YOU HEARD OF THE CARE ACT?

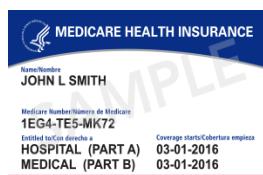
New Massachusetts law to support family caregivers

Nearly 844,000 Massachusetts residents care for loved ones or older parents. In 2015, family caregivers provided an estimated 786 million hours of unpaid care valued at \$11.6 billion annually. Massachusetts has taken action to make life a little bit easier for them. The CARE (Caregiver Advise, Record, Enable) Act went into effect as state law in November 2017 to support these caregivers. This new law ensures family caregivers are recognized when their loved ones go into a hospital and as they transition back to a home setting.

The CARE Act requires hospitals to:

- Provide the patient the opportunity to designate a caregiver on their medical record.
- Inform the family caregiver when their loved one is to be discharged back home or to another facility.
- Provide the family caregiver with education and instruction of the medical tasks (such as medication management, wound care, injections, transfers) that the family caregiver will need to perform for their loved one at home.

The CARE Act ensures caregivers have the information they need to support loved ones when leaving the hospital.



## NEW MEDICARE CARDS ARE COMING!

- Medicare will mail new cards from April 2018 through April 2019. The mailings are being done by region and Massachusetts residents are not expected to begin getting new cards until after June 2018.
- To help prevent identity theft, new cards won't include Social Security numbers. Instead, each person will get a new unique Medicare Number
- You don't need to do anything to get a new card, but you should make sure your mailing address is up to date. Visit [ssa.gov/myaccount](http://ssa.gov/myaccount) or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address, if updates are needed.
- Medicare will never call and ask for personal information before sending new cards, so don't share your Medicare Number or other personal information if someone calls and asks for it.

Spring is the Time of Year  
when it is Summer in the sun  
and Winter in the shade  
~Charles Dickens



## COA BOARD MEMBERS

Camille Johnston - Chair  
Joanne Connolly, Vice Chair  
Maureen Dilg, Secretary  
Robert Cocks  
Rev. Peter DiSanto  
Betty Hagan  
Gilbert Thisse  
Geri Wise, Associate Member  
Ruth Townsend, Associate Member

## COA BOARD MEETING

Tuesday, April 3, 2018; 9:30AM  
Caryl Community Center, Room 116

## COA STAFF MEMBERS

Janet Claypoole - Director  
Nan Vaida - Outreach Worker  
Sue Sheridan - Administrative Assistant/Editor  
Volunteer Coordinator

## COA OFFICE

Caryl Community Center, Room 116  
4 Springdale Avenue, Dover, MA 02030  
508-315-5734  
Email: [coa@doverma.org](mailto:coa@doverma.org)

## COA PROGRAM HIGHLIGHTS

- **Stay Fit, Stay Relaxed, and Come Play!** Try a COA Fitness class: Yoga for Wellness, Strength & Stability, Qigong or Zumba Gold; relax with Meditation, or play Pickleball!
- **Moveable Feast** - Tuesday, April 17 at 12Noon at St. Dunstan's Episcopal Church
- **Coffee with Selectman McCann** - Monday, April 23 at Caryl Community Center, Room 108
- **Cooking Classes at Powisset Farm** - Wed, April 25 - Bread and Soup with Master Chef Tallon
- **Stuff-Love It or Leave It** - Thursday, April 26 – at Caryl Community Center, Room 108
- **Travel Adventures** - Lobster Clambake Lunch & Foxwoods; Newport Rail Tour, Nantucket Trip, Gloucester Lobster Cruise & 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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