

# Bright

**Caryl Community Center  
Room 116  
4 Springdale Avenue  
Dover, MA 02030  
[www.doverma.org](http://www.doverma.org)  
508-315-5734**



# Horizons

**DECEMBER  
2016**

## **DOVER POLICE ASSOCIATION'S HOLIDAY BRUNCH**

*Saturday, December 3, Dover Church, Kraft Hall  
10:00am- 12:00pm - Brunch*

Join us for this annual event hosted and prepared by our friendly Police Officers. Enjoy food, gift baskets, and friends. Then join us for ...

## **HOLIDAY COMMUNITY CONCERT**

*12:00-1:00pm - Held in the Dover Church*

The concert will consist of a sing along of holiday songs and the Council on Aging Ukulele band will perform a series of holiday music. Please join us! Please RSVP by December 1.

## **DOVER LEGION'S HOLIDAY DINNER**

*Sunday, December 18, 1:00pm, Dover Legion*

Join us at this annual dinner hosted by our Friends at the Dover Legion. Please RSVP by December 9th

## **COA HOLIDAY LUNCHEON**

*Tuesday, December 13, 12:00 Noon*

*Caryl Community Center, Cafeteria*

Grab your jingle bells, put on your Santa hat, and bring a friend to celebrate the holidays at the COA!

RSVP by December 8

## **MOVEABLE FEAST**

*No Moveable feast lunch in December*

## **CIRCLE OF FRIENDS LUNCH**

*No Circle of Friends lunch in December*

## **NEED A RIDE TO COA LUNCHESES?**

If you need a ride to any of the lunches listed above, please call the COA and we will arrange a ride.

## **TRAVEL WITH THE COA**

### **Festival of Trees Exhibit and Lunch at the Wellesley College Club**

*Tuesday, December 6th Time 10:30am*

Get in the Holiday Spirit by viewing the creative ways folks decorate holiday trees. A recent addition is the Snow Village, an enchanting display of miniature houses and lights. Cost \$5.00 for Festival of the Trees ticket; Lunch following at Wellesley College Club. Transportation and lunch on your own.

### **Travel Committee Needs Your Ideas!**

The Dover/Sherborn Travel Committee will meet in January to plan our 2017 adventures. Share your ideas of where we should go next for local, overnight and lunch trips...a day in Nantucket, concert at Tanglewood, Theatre in Boston, overnight to Williamsburg or Hyde Park, or Cruise in Boston or RI? We need your input! Give us a call, send us an email, or join our Committee.

## **FITNESS CLASSES**

**No Yoga Classes on Mondays in December.  
No Fitness classes December 23rd through  
December 30th. Take a break, enjoy your  
holidays, and join us in January to focus  
on your health!**

## **THE DOVER FOUNDATION**

The Dover Foundation will celebrate 70 years in 2017 and will be putting together a book to bring together all the memories since 1947. They would love to hear from you if you have any Dover Foundation memories, photos, old programs, newspaper clippings etc. Please contact them at [info@thedoverfoundation.org](mailto:info@thedoverfoundation.org) or call 508-785-2890 if you have anything you wish to share. They look forward to hearing from you.

**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 - "Holiday Tea"**

Friday, December 16, 11:30am

Fireside Room, Town Hall

Bring your favorite holiday cookie!



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

Friday, December 16, 10:45am

The VNA Nurse can also do blood sugar checks.

Know your numbers!

Fireside Room, Town Hall



### **BLUE MOON BAGELS AND BREADS**

Thursdays, December 8, 22 & 29

Town Hall, Fireside Room

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

### **BOCCE**

No Bocce - We will be back in the Spring!!

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

Theme - Holiday Critters

Monday, December 12, 10:00am

Lower Town Hall Conference Room

### **FOOT DOCTOR**

Thursday, January 19; 9:00am -11:00am

Upper Town Hall - Great Hall

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



### **KNITTING**

Mondays at 12:30pm **No Class Dec 26**

Lower Conference Room - Town Hall

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 **No Class Dec 29**

Caryl Community Center Room 108

Please join us!!



### **MOVIE MATINEE - "Elf"** - Starring Will Ferrell

Friday, December 9, 1:00pm

Kraft Hall, Dover Church

Join us for this holiday movie. Popcorn, coffee and dessert provided.



### **SENIOR COFFEE HOUR**

Friday, December 30, 8:00am

Fireside Room at Town Hall

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, December 8, 2:00pm

Dover Town Library

**Book:** "The Nightingale" By: K. Hannah

### **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](mailto:enlert@mrmbw.com).



***Don't Wait Until It's Too Late!***

**Medicare's Open Enrollment Period**

**October 15 – December 7**

Medicare plans change every year!

This is the time to decide on your coverage for 2017.

**SHINE Can Help!**

SHINE counselors provide free Medicare counseling.

***Call your senior center now for a SHINE appointment between October 15 and December 7!***

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week,

call **1-800-MEDICARE**.

For SHINE related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**,

then press or say 3. Once you get the SHINE

answering machine, leave your name and number.

A volunteer will return your call within 2 days.

## **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.



### **PLACES YOU MAY LIKE TO VISIT OVER THE HOLIDAYS**

- WELLESLEY SYMPHONY ORCHESTRA; DECEMBER 18 HOLIDAY POPS, \$20 SENIORS, AT MASS BAY COMMUNITY COLLEGE
- REAGLE MUSIC THEATRE, WALTHAM; CHRISTMAS TIME DEC. 2-11 FRIDAY 7:30; SAT. & SUN. 12:00 AND 4:00
- NEW REP THEATRE, ARSENAL MALL, WATERTOWN; FIDDLER ON THE ROOF DEC. 2-24
- BOSTON BALLET NUTCRACKER NOV. 25-DEC. 31; BOSTON OPERA HOUSE
- STONEHAM THEATRE; MAME, WEDNESDAY SENIOR MATINEE NOV 30 2:00; DEC. 7-8 AT 2:00
- BOTH WELLESLEY COLLEGE AND REGIS COLLEGE HAVE MUSICAL EVENTS IN EARLY DECEMBER AS THEIR STUDENTS GO HOME. CHECK THEIR WEBSITES FOR MORE INFO.



# DOVER COA DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>POLICE BRUNCH &amp; CONCERT</b> <i>Saturday, December 3 - 10:00-12:00 - Kraft Hall; Concert 12-1:00 in the Church</i>  <b>LEGION DINNER</b> <i>Sunday, December 18, 1:00pm, Dover Legion</i>  <b>RSVP TO THE COA FOR BOTH EVENTS</b>			<b>1</b>  <b>11:30am</b> Strength & Stability-Caryl Rm 215  <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>2</b>  <b>10:00am</b> -Zumba Gold Caryl Gym
<b>5</b> No Yoga  <b>12:30pm</b> Knitting Lower Conference Rm Town Hall <b>5:30pm</b> Chi Gong - Library	<b>6</b>  <b>9:00am</b> Strength & Stability-Caryl Rm 215  <i>Trip</i> - Festival of the Trees & Lunch at Wellesley College Club	<b>7</b>  <b>10:00am</b> Yoga-St. Dunstan's Church <b>11:00am</b> - Meditation -St. Dunstan's Church <b>11:30am</b> Chi Gong Upper Town Hall <b>12:30pm-LL</b> Ukulele Caryl Room-2nd floor	<b>8</b>  <b>10am</b> -Blue Moon-Town Hall <b>11:30am</b> Strength & Stability-Caryl Rm 215 <b>1:00pm</b> - Mah Jongg Caryl Room 108 <b>2:00pm</b> -Book Club-Library	<b>9</b>  <b>10:00am</b> -Zumba Gold Caryl Gym  <b>1:00pm</b> -Movie at Dover Church
<b>12</b> No Yoga <b>10:00am</b> -Crafts Lower Conference Rm <b>12:30pm</b> Knitting Lower Conference Rm Town Hall <b>5:30pm</b> Chi Gong - Library <b>Lunch Trip</b> -Colonel Blackinton Inn	<b>13</b>  <b>9:00am</b> Strength & Stability-Caryl Rm 215  <b>12Noon</b> COA Holiday Luncheon- Caryl, Cafeteria	<b>14</b>  <b>10:00am</b> Yoga-St. Dunstan's Church <b>11:00am</b> - Meditation -St. Dunstan's Church <b>11:30am</b> Chi Gong Upper Town Hall <b>12:30pm-LL</b> Ukulele Caryl Room-2nd floor	<b>15</b>  <b>11:30am</b> Strength & Stability-Caryl Rm 215  <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>16</b>  <b>10:00am</b> -Zumba Gold Caryl Gym <b>10:45am</b> -Blood Pressure Clinic <b>11:30am</b> - Tea Both in Fireside Room-Town Hall
<b>19</b>  No Yoga  <b>12:30pm</b> Knitting Lower Conference Rm Town Hall  <b>5:30pm</b> Chi Gong Library	<b>20</b>  <b>9:00am</b> Strength & Stability-Caryl Rm 215	<b>21</b>  <b>10:00am</b> Yoga-St. Dunstan's Church <b>11:00am</b> - Meditation -St. Dunstan's Church  <b>11:30am</b> Chi Gong Upper Town Hall	<b>22</b>  <b>10am</b> -Blue Moon-Town Hall  <b>11:30am</b> Strength & Stability-Caryl Rm 215  <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>23</b>  <b>10:00am</b> -Zumba Gold Caryl Gym
<b>26</b>  <b>HOLIDAY</b>  <b>TOWN HALL</b>  <b>CLOSED</b>	<b>27</b>  <b>No Fitness Classes</b>	<b>28</b>  <b>This Week!</b>	<b>29</b>  <b>10am</b> -Blue Moon-Town Hall  <b>No Mah Jongg</b>	<b>30</b>  <b>8:00am</b> -Senior Coffee Fireside Rm-Town Hall



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



### **CHI GONG**

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

*Wednesdays 11:30am - Great Hall/Upper Town Hall, - \$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 - St Dunstan's Church - \$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 - St Dunstan's Church - \$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 Ctr. Rm 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**

*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!

**NO FITNESS CLASSES WEEK OF DECEMBER 26 TO DECEMBER 30**

**HAPPY HOLIDAYS AND HAPPY NEW YEAR!**





## SNOW TRIVIA

- Each winter in the U.S., at least 1 septillion ice crystals fall from the sky. That's 1,000,000,000,000,000,000,000,000—24 zeros!
- Each year, about 105 snow-producing storms occur in the continental United States. Each storm typically brings two to five days of snowfall.
- A “snowflake” can be one ice crystal, several ice crystals stuck together, or even a “puffball” of crystals that fall from the clouds.
- Snow looks romantic in movies, but snow made from shaved ice is messy. That's why filmmakers sometimes substitute materials such as instant mashed potato flakes, paper or cellulose.
- A blizzard is a heavy snowstorm that lasts for more than three hours, with winds exceeding 35 mph, creating low visibility.

Betty Hagan - Chairperson  
Maureen Dilg - Secretary  
Camille Johnston  
Gilbert Thisse  
Joanne Connolly

## DECEMBER BOARD MEETING

## COA STAFF MEMBERS

**COA OFFICE**



### **COA OFFICE HOURS**

**MONDAY – THURSDAY 9:00AM – 5:00PM**

**FRIDAY - 9:00AM - 1:00PM**

**508-315-5734 - [coa@DOVERMA.ORG](mailto:coa@DOVERMA.ORG)**

[www.doverma.org](http://www.doverma.org)

Click on [Council on Aging](#)

in the Quick Links Section

For Newsletter information, email

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



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