



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

DOVER COA
 COUNCIL ON AGING

DECEMBER
2017

DOVER POLICE HOLIDAY BRUNCH

Saturday, December 2, 10:00am-12:30pm

Dover Church, Kraft Hall

Meet your local police as they cook a delicious breakfast! Drawing for donated gift baskets. RSVP to COA.

DOVER LEGION HOLIDAY DINNER

Sunday, December 10th; 1:00pm at Dover Legion

Dinner at 1:00pm but come anytime after 12:00 to socialize with friends and neighbors. New Menu this year! ****Must sign up by December 2nd****

COA LUNCH - ALL ABOUT WEATHER **With Special Guest HARVEY LEONARD**

Meteorologist from Channel 5 News

Tuesday, December 12, 12Noon

Carly Community Center Cafeteria

Join us for lunch and meet Harvey Leonard, Chief Meteorologist for WCVB-TV Channel 5 News in Boston. For 40 years, Leonard has forecast Boston weather and guided us through hurricanes, nor'easters, and more! Come meet this legendary weatherman and learn about how weather technology has changed over his career, how he tracks the impact and intensity of storms, and hear his favorite weather stories. Bring your weather questions, join us for lunch and meet Harvey Leonard!



MOVEABLE FEAST

No Moveable Feast in December

CIRCLE OF FRIENDS LUNCH

No Circle of Friends lunch in December

REMEMBER

If Dover schools are cancelled due to the weather, COA activities will also be cancelled for that day. If schools open late, COA programs may be delayed as well.

HOLIDAY FLOWERS WITH CONNIE

Monday, December 4; 10:30AM; Cost \$5.00

Carly Community Center, Room 116

Join instructor Connie Dewyer to create a seasonal floral arrangement to decorate your home for the holidays. Please bring gardening shears to trim flowers and greens and a vase or container. Space limited to 10. Class is sponsored by Friends of Dover COA. RSVP by December 1.

DHHS WINTER CONCERT

Tuesday, December 19; 6:30PM; FREE

Mudge Auditorium, Dover-Sherborn High School

Come enjoy the local talented musicians at the Winter Holiday Concert of the High School and Middle School Band and Jazz Bands. COA guests have reserved seating. RSVP to COA by December 15; if you need a ride, please inform COA when signing up.

TRAVEL — New Trips Added!

Join us for lunch and classic ballet The Nutcracker at Norwood Theatre; a Victorian Christmas Tour at Eustis Estate; explore the many collections of Harvard Art Museums or PEM's Georgia O'Keeffe exhibit. See page 3 for more upcoming travel information!!

SAND FOR SENIORS

The Dover COA in partnership with the Men's Breakfast Group from The Dover Church will once again prepare and deliver buckets of sand/salt to Dover's seniors. The Friends of the COA have generously offered to fund this program. If you would like a bucket of sand/salt (complete with a lid and scoop) for sanding your steps and walkway, please call the COA or sign up at the COA Office.



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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

TEA TIME - "Holiday Tea"

Friday, December 15, 11:30am

Caryl Community Center, Room 108

Join us to celebrate the season! Lunch and holiday treats will be provided as we share holiday memories.

BLOOD PRESSURE - With the Walpole VNA

Friday, December 15, 10:45am

Caryl Community Center, Room 108

Meet with VNA Nurse to check your blood pressure.

BLUE MOON BAGELS & BREADS

Thursdays, December 14 & 28

Caryl Community Center, Room 116

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

BOCCE

Will be back in the spring

CRAFTS - Card Making with Beth

Theme: Seasonal / Holiday cards

Monday, December 11, 10:00am

Caryl Community Center, Room 108

FOOT DOCTOR

Thursday, January 18, 9:00am -10:45am

Caryl Community Center, Room 116

Cost is \$30.00. Call for appointments. Home visits also available for \$50. Future dates: March 15; May 17.

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 make hats, scarves, etc. with donated yarn.

MAH JONGG - All Levels Welcome

Thursdays at 1:00pm (Check calendar for schedule)

Caryl Community Center, Room 108

MOVIE MATINEE

Friday, December 8th

Kraft Hall, Dover Church

Movie: "The Light Between Oceans"

Enjoy popcorn, coffee & dessert.



SENIOR COFFEE HOUR

Friday, December 29th; 8:30am

Caryl Community Center, Room 108

Please join us for coffee and conversation.



SHINE

Open Enrollment ends December 7! Do you still have questions about Medicare? Call the COA for an appointment with SHINE Counselor Renee Rubin.

PAGETURNERS BOOK CLUB

Thursday, December, 14, 1:00pm

Dover Town Library

Book: "The Other Einstein" by Marie Benedict

ARE YOU A DOVER SENIOR AND 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.

BUTTON CELL BATTERY RECYCLING PROGRAM

As part of the Friends of the Council On Aging's fundraising efforts, you can now recycle your button cell batteries at the COA office, Dover Church or Transfer Station. All funds received from this program will provide additional programs/events for the COA.



Holiday Greetings and Gratitude

During this holiday season, the COA extends special thanks and gratitude to all the people who support the COA. We could not do all the things we do without you! Thanks to the COA staff, the Board of Directors, Friends of the COA, the Selectmen, Building Maintenance who sets up for programs, our friends at Town Hall, the instructors, our church friends, and the boundless energy of our volunteers. Thank you for all you do throughout the year!

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

WHAT DO DOVER SENIORS WANT? COA TO FIND OUT

By Matthew Schmid

As the number of over-60 residents in Dover increases each year, the COA Board of Directors has determined a requirement to address formally and comprehensively the desires and needs of its over 1,400 residents in this age population. The COA has engaged the professional consulting group SOAR Management to guide the process to conduct a needs assessment and ascertain the following, amongst others:

- Determine and understand the needs and interests of Dover Seniors
- Explore the perceptions of Dover Seniors of the Town and ways in which the COA can facilitate and fulfill their expectations
- Identify new services and programs attractive to the vast majority of Seniors, current and future

By canvassing members of the 50+ population over the coming months, the goal of the process is to improve the scope and services of the COA as an organization. The success of the study will be measured by how well the COA becomes a factor in maintaining and helping to improve the quality of life for all seniors who have chosen to make Dover their home for the latter years.

As the process unfolds, aspects of life for our residents will be explored through interviews and forums, including healthcare, housing, lifetime learning, recreation, occupational opportunities, social interaction and incentives to maintain a vibrant lifestyle. Find out about SOAR at <http://soarmcg.org/>. Stay tuned for updates. Naturally, your thoughts and suggestions are welcome at coa@doverma.org.

TRAVEL WITH THE COA

There are lots of choices for travelling with the COA. Trips fill up quickly, so please call soon to sign up!

Thursday, December 7 Come enjoy a **Victorian Christmas Tour at the Eustis Estate** in Milton, Explore the mansion's holiday decorations in 19th Century elegance and then enjoy a delicious lunch at LaScala Restaurant. Admission is \$12; bring money for lunch. Transportation provided by Friends of Dover COA. Space is limited; call the COA to sign up.

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

Friday, December 15 The Norwood Theatre is offering a **Holiday Lunch & Theatre package**. Enjoy lunch at a local restaurant and a special performance of the timeless **classic ballet The Nutcracker**. Cost is \$36 for lunch and theatre. Transportation on your own. Sign up at COA as seats are limited.

Tuesday, December 19 Celebrate the Season with a lovely **Holiday lunch at the historic Concord Inn**. Space is limited to 10. Transportation provided by Friends of Dover COA. Come celebrate the season with your friends at the COA. **TRIP IS SOLD OUT**

Wednesday, January 17, 2018 Travel to the **Harvard Art Museums** and explore the many exhibits at Fogg, Busch-Reisinger, and Arthur M. Sackler Museums. Admission is \$13. Lunch on your own at the Museum café. Transportation funded by Friends of Dover COA. Space limited; call soon to sign up.

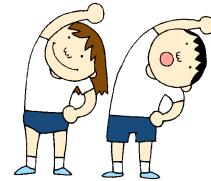
Thursday, January 25, 2018 Take a break from lunch at home and join us for **lunch at the Dolphin Restaurant in Natick**. Come enjoy a delicious meal with friends. Call COA to sign up. Space is limited. Transportation funded by Friends of Dover COA.

Friday, March 23, 2018 Come along as we join with our Sherborn friends to travel to **Peabody Essex Museum for a guided tour of George O'Keeffe: Art, Image, Style exhibit**. Explore O'Keeffe's personal style of designed garments along with photographs and paintings that show her modernist style. Cost TBA and will include guided tour, lunch at café, and bus. Please call COA to sign up and for more info.

DOVER COA DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Library CR - Community Room Caryl -Caryl Community Center Room 116 - COA office at Caryl Room 108- Caryl Community Ctr LL = Lifetime Learning Classes		NOTE ZUMBA GOLD SATURDAY, DECEMBER 9 & 16 10:45 - 11:30 CARYL GYM		1
4 10:30am Holiday Flowers - Caryl, Rm 116 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR Pickleball Must sign up	5 9:00am Strength & Stability-Caryl, Rm 215 9:30am COA Board Meeting-Caryl, Room 116	6 10am Yoga-Rm 215 11:00am - Meditation 11:30am Chi Gong - Caryl, Rm 108 1:00pm - Ukulele-108	7 10am -Blue Moon-Caryl - Room 116 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108 1:00pm -Book Club-Library	8 1pm - Movie at the Dover Church
11 10:00am Card Making - Caryl, 108 11:30am Knitting - Caryl, Room 108 NO Chi Gong Pickleball Must sign up	12 9:00am Strength & Stability-Caryl, Room 215 12Noon COA Luncheon	13 10am Yoga-Rm 215 11:00am - Meditation-Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm - Ukulele Caryl, Room 108	14 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108 Holiday Pops Trip	15 10:45am - Blood Pressure Clinic Caryl, Room 108 11:30am - Tea - Caryl, Room 108 Nutcracker Trip
18 11:30am Knitting - Caryl, Room 116 5:30pm Chi Gong - Library CR Pickleball Must sign up	19 9:00am Strength & Stability-Caryl, Rm 215 NO Moveable Feast Lunch Trip 6:30pm DSHS Concert	20 NO Yoga NO Meditation 11:30am Chi Gong Caryl, Room 108 1:00pm Ukulele - Caryl, Room 108	21 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108	22
25 HOLIDAY	26 NO Circle of Friends NO FITNESS CLASS	27 NO YOGA & FITNESS CLASSES	28 10am -Blue Moon-Caryl, Room 116 NO FITNESS NO MAH JONGG	29 8:30am Senior Coffee- Caryl, Room 108
POLICE BRUNCH - Saturday, December 2, 10:00am-12:30pm LEGION DINNER - Sunday, December 10, Dinner served at 1:00pm				

BE FIT AND AGE WELL AT THE COA



NOTE: NO FITNESS CLASSES DEC 25 THROUGH JAN 1

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

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

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;

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 ; choose one of the following sessions 10:15am, 11:00am, or 11:45am

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.

Tribute to Carl Sheridan

The Council on Aging and Town of Dover lost one of its own recently. Carl Sheridan, retired Chief of Police and former Outreach Worker for the Council on Aging passed peacefully last month. Since then many Dover residents and friends have stopped into the COA to share a story of Carl. Most begin with "Did I ever tell you how the Chief helped me by..." And the stories are priceless. He saved my life, he saved my house from burning, he saved my child, he helped my son who got into trouble, he held my hand while the Fire Department rescued me from my car, he sat with me after my husband died...and more. I didn't know Carl when he was a member of the Dover Police Department. I knew him as the COA Outreach Worker. Carl was the first person I met on my first day of work as Director for the COA. I walked into Town Hall and heard him whistling a tune in the Fireside Room. He welcomed me with a big smile and was so proud to introduce me to his Town, his seniors, his friends, his family, and his community. The skills and relationships he had as a police officer transitioned well to his role at the COA as he connected with his townspeople and continued to help them.

As the COA Outreach Worker, Carl visited seniors and families in their homes; he assessed their needs and listened to their concerns; and as a trusted Dover friend, he helped connect his seniors to this new Director to offer assistance as well. We were a good team. As I worked with Carl, I soon came to understand that Carl Sheridan was not just the retired Chief of Police, nor the COA Outreach Worker; he was the Ambassador to Dover. He greeted all who entered Town Hall, he checked in on his Town Hall coworkers, he hosted his monthly Senior Coffee, he proudly served as Constable to the Town and was present at Elections from early morning to the end of the voting day. While working Elections, he would check in with his seniors coming in to vote, and the next day head out to visit those who needed support. Carl spent his days listening and supporting his peers. He advocated for those in need, he visited and listened to those whose health was declining, he talked and patiently listened to those that were dying, and he offered support and hope to the senior and those left behind. Carl's parting line to many that he visited was "You are not alone. If you need anything, the COA is there for you." He was right. They were not alone; they had the COA; and, fortunately, they had Carl Sheridan looking after them.

So as folks come in to the COA office to share their stories of Carl, I have some other priceless images I will remember and cherish... Carl dressed neatly in his suit coat and tie; Carl taking notes on paper towels and tucking in his pocket at our morning meetings; Carl arriving at the end of Crafts as Alice always made him a cup of tea and he sat at the head of the table to share memories and laugh with the ladies; Carl zipping around town in his red car to visit folks and deliver meals to homebound seniors after a luncheon; Carl cheerfully greeting folks as they entered the Legion for the annual Holiday Dinner; Carl carving the COA Thanksgiving turkeys with Kenny Dunbar and cooking with the Police officers for the Police Holiday Brunch; Carl visiting a senior weekly for a cup of coffee--they sat in lawn chairs in his garage--to support and listen to him as he coped with his wife's death and his failing health; Carl and I talking with a tearful lifelong resident as she realizes that she can't live home alone anymore and has to leave Dover and Carl reassuring her that Dover will never leave her; and Carl visiting a nearby care facility weekly to have morning coffee and breakfast with the Dover residents who now live there rather than in their Dover homes. Though their health had changed and they could not live at home alone, they were still part of his Dover community...and the Ambassador made house calls.

Carl lived an amazing life of service, from the Dover Police Department to the Council on Aging. Our hearts are with Sue and family. My dear friend Carl, it is an honor to know you. It is an honor and a privilege to have served with you. We know we are not alone. Our friend Carl Sheridan is always watching over us.

Janet Claypoole, Director, Dover Council on Aging

COA BOARD MEMBERS

Camille Johnston - Chair
Betty Hagan
Robert Cocks
Maureen Dilg - Secretary
Joanne Connolly-Vice Chair
Gilbert Thisse

Peter DiSanto
Associate Members:
Geri Wise
Ruth Townsend

COA OFFICE

Caryl Community Center, Room 116
4 Springdale Ave, Dover, MA 02030
508-315-5734

COA STAFF MEMBERS

Janet Claypoole—Director
Nan Vaida, Outreach Worker
Sue Sheridan, Administrative Assistant/ Editor
Andria DeSimone—Volunteer Coordinator

COA BOARD MEETING

December 5, 2017; 9:30AM
Caryl Community Center, Room 116

COA PROGRAM HIGHLIGHTS

- **HOLIDAY FLOWERS** - Monday, Dec 4
- **POLICE HOLIDAY BRUNCH** - Saturday, December 2, 12Noon; Kraft Hall, Dover Church
- **LEGION HOLIDAY DINNER** - Sunday, December 10 at Legion Hall; 1pm dinner served.
- **COA LUNCH-ALL ABOUT WEATHER**
with Channel 5 Meteorologist Harvey Leonard
Tuesday, December 12 at 12Noon at Caryl
- **TRAVEL ADVENTURES** - Victorian Christmas at Eustis Estate; Lunch & The Nutcracker at Norwood Theatre; Harvard Art Museums Trip in January and Georgia O'Keeffe Exhibit at Peabody Essex Museum coming up in March!

See inside for details on all events!!

Happy Holidays

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
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 to see how we serve
the well-being of Dover's seniors.



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