

Bright

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



Horizons

**FEBRUARY
2017**

NOTICE

If school is cancelled due to the weather, there are no COA activities. Also, if the roads are unsafe to drive, the COA may cancel programs for that day.

COA OFFICE HAS MOVED BACK TO CARYL COMMUNITY CENTER IN ROOM 116

COA LUNCHEON - \$4.00

Tuesday, February 14, 12:00 Noon

Caryl Community Center, Room 108

Be our Valentine! Join us to celebrate Valentine's Day with friends, fun, and chocolate!

RSVP by February 9.

MOVEABLE FEAST

Tuesday, February 21, 12:00 Noon

Grace Church

Come share a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by February 15.

CIRCLE OF FRIENDS LUNCH

Tuesday, February 28, 12:00 Noon

Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by February 23.

COOKIE DECORATING with DSHS Students

Monday February 13 at 2:30PM

Caryl Community Center - Room 116

Come decorate treats for Valentine's Day!

LUNCH & MOVIE WITH DOVER CHURCH

Friday, February 10, 12:00 Noon

See page 2 for details.

NEED A RIDE TO COA LUNCHEONS OR EVENTS?

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

SPRING LIFETIME LEARNING RETURNS

Sponsored by Friends of Dover COA

FUN WITH UKULELE

WINTER - Wednesdays, February 8 - March 29

SPRING - Wednesdays, April 5 - May 24

Cost: \$40 for each eight week session. To sign up, please pick up registration form at COA office and return with checks payable to Friends of the COA.

POETRY MEETS PSYCHOLOGY

Starts Monday, April 24 - 10:30am

INS & OUTS OF THE FEDERAL RESERVE

Starts Tuesday, April 3 - 10:30am

WATER CONSERVATION: A BROAD AND PERSONAL PERSPECTIVE

Starts Wednesday, April 26 - 10:30am

FORMER TRAITORS THROUGHOUT HISTORY

Starts Friday, May 6 - 10:30am

BEGINNING-INTERMEDIATE NEEDLEPOINT

Day/Time TBA

Check the March Newsletter for more info on classes!

SAVE THE DATES

TOWN CAUCUS

Monday, March 13, 7:30pm - Upper Town Hall

OPEN WARRANT HEARING

Monday, March 20, 7:30pm - Upper Town Hall

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-“Famous Pairings”

Friday, February 17, 11:30am

Caryl Community Center, Room 108

Come enjoy tea and light lunch with friends.



BLOOD PRESSURE - With the Walpole VNA

Friday, February 17, 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, February, 9 & 23

Caryl Community Center, Room 116

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 **New Date!**

Theme - Elephants/Valentines

Monday, February 6, 10:00am

Caryl Community Center, Room 116

FOOT DOCTOR

Thursday, TBA; 9:00am -11:00am

Caryl Community Center, Room 116

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

KNITTING

Mondays at 12:30pm

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!! **NOTE:** No class on Feb 2



MOVIE MATINEE-“Shirley Valentine”

Pauline Collins and Tom Conti

Friday, February 10, Lunch at 12 Noon

Kraft Hall, The Dover Church,

Lunch at noon and Movie, Popcorn, Coffee and Dessert to follow. RSVP by Feb 8 to Dover Church at 785-0957

SENIOR COFFEE HOUR

Friday, February 24, 8:00am

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, February 9, 2:00pm

Dover Town Library

Book: “My Name Is Lucy Barton”

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.

Mass Senior Circuit Breaker Tax Credit

You may be eligible for a \$1,070 Tax Credit

To be eligible for the credit for the 2016 tax year, a taxpayer must be 65 years of age or older before January 1, 2017 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older), must own or rent residential property in Massachusetts and occupy the property as his or her principal residence, and must not be the dependent of another taxpayer. The taxpayer's total income cannot exceed \$57,000 for a single filer who is not the head of a household, \$71,000 for a head of household, or \$86,000 for taxpayers filing jointly. No credit is allowed for a married taxpayer unless a joint return is filed. Moreover, the assessed valuation of the real estate cannot exceed \$720,000.

Note: No credit is allowed if the taxpayer claims the “married filing separate” status, receives a federal or state rent subsidy, rents from a tax-exempt entity, or is the dependent of another taxpayer

For more information, talk to your tax preparer or you can go to the mass.gov website and type in Circuit Breaker Credit.

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.



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. If you have a bucket from last year that needs refilling, please let us know, too!

SNOW SHOVELING

Do you need your walkway, mailbox, or a path for oil delivery dug out after a storm? The COA is recruiting volunteers to help. Please call if you need this service and we will try to find someone to help.

TRAVEL NEWS

Lunch Trip – the COA is planning a lunch trip on **Friday, February 3rd** to Salem Cross Inn in West Brookfield. Transportation is free and provided by Friends of COA. Join us for a delicious lunch with friends. Sign up early as we fill up fast!

Bolshoi Ballet in HD - Travel to the Shalin Liu Performance Center in Rockport on **Saturday, February 11** and enjoy the Bolshoi Ballet in HD performing Swan Lake. Cost is \$15 for ticket. Transportation is Free and provided by Friends of COA. Space Limited to 10 - Call Now and enjoy a day in Rockport!

Worcester Art Museum – Join us for a day trip on **Wednesday, February 22nd**. Come explore the museum's collections: including arms and armor and art from many world cultures dating from antiquity to present. Cost is \$12 for admission. Lunch at the Museum Café on your own. Transportation is free and provided by Friends of COA.

Lunch Trip—Put on your green and start March off celebrating at Dunn Gaherin's Food and Spirits Irish Pub in Newton Upper Falls on **Thursday, March 2nd**. Call soon to sign up as spots go quickly.

DOVER COA FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NO YOGA NO MEDITATION 11:30am Chi Gong Caryl, Room 108	2 11:30am Strength & Stability-Caryl Rm 215 NO MAH JONGG	3 10am -Zumba Gold Caryl Gym Lunch Trip to Salem Cross Inn
6 10:00am - Crafts - Caryl, Room 116 12:30pm Knitting - Caryl, Room 108 5:30pm Chi Gong - Library	7 9:00am Strength & Stability-Caryl Room 215 10am COA Board Meeting-Caryl, Room 116	8 10:00am Yoga-Caryl, Room 215 11:00am - Meditation -Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 12:30pm Ukulele - Caryl, 2nd Floor	9 10am -Blue Moon-Caryl - Room 116 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl Room 108 2:00pm -Book Club-Library	10 10am -Zumba Gold Caryl Gym 12Noon -Lunch & Movie at Dover Church
13 12:30pm Knitting Caryl, Room 108 2:30pm Cookie Decorating - Caryl, Room 116 5:30pm Chi Gong - Library	14 9:00am -Strength & Stability-Caryl Room 215 12Noon COA Luncheon Caryl, Cafeteria	15 10:00am Yoga-Caryl Room 215 11:00am - Meditation -Caryl Room 215 11:30am Chi Gong Caryl, Room 108 12:30pm Ukulele - Caryl, 2nd Floor	16 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl, Room 108	17 10am -Zumba Gold Caryl Gym 10:45am - Blood Pressure Clinic Caryl, Room 108 11:30am - Tea Caryl, Room 108
20 HOLIDAY	21 No Strength & Stability 12Noon - Moveable Feast - Grace Church	22 10:00am Yoga-Caryl Room 215 11:00am - Meditation -Caryl Room 215 11:30am Chi Gong Caryl, Room 108 12:30pm Ukulele - Caryl, 2nd Floor Trip: Worcester Art Museum	23 10am -Blue Moon-Caryl, Room 116 No Strength & Stability 1:00pm - Mah Jongg Caryl, Room 108	24 8am -Senior Coffee Caryl, Room 108 No Zumba Gold
27 12:30pm Knitting Caryl, Room 108 5:30pm Chi Gong Library	28 9:00am Strength & Stability-Caryl Room 215 12:00Noon - Circle of Friends Lunch - Grace Church		<div> 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 (No Yoga February 1)

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 (No Meditation February 1)

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 classes on February 21 & 23)

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.

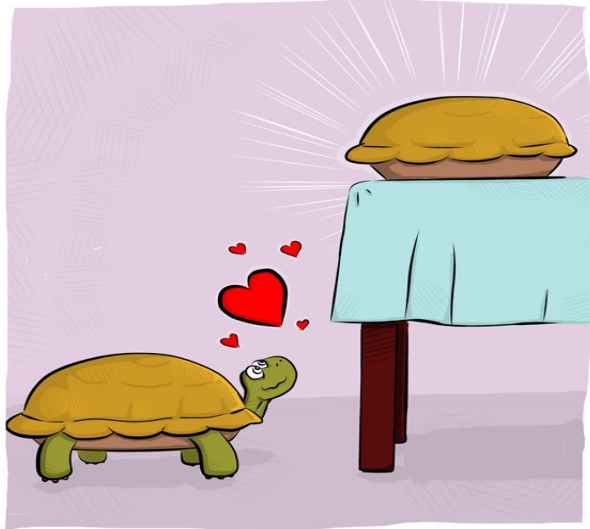
ZUMBA® GOLD (No class on February 24)

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

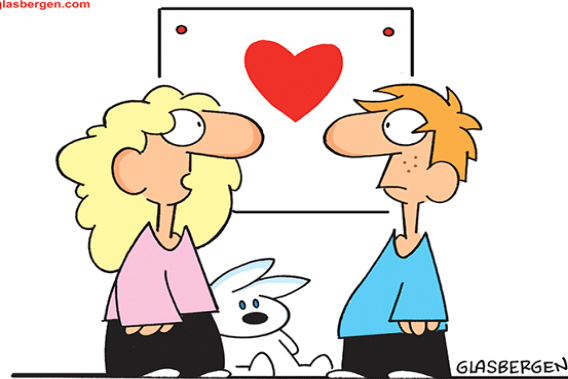
Instructor: Andria DeSimone

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!



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glasbergen.com



"Valentine's Day is the holiday where men give presents to the woman they love to make up for the way they screwed up at Christmas."



I'M LOOKING FOR A CARD THAT SAYS IF I DIDN'T GET YOU THIS, I'D NEVER HEAR THE END OF IT.



Volunteer Opportunity

BayPath Elder Services' Long Term Care Ombudsman Program needs volunteers to visit Long Term Care facilities to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a three day certification training, then up to two hours a week in the nursing home. Also, there is a monthly volunteer meeting to discuss issues and best practices. There will be certification training at Bay-Path Elder Services in March 2017. Call Mary Brooks, Ombudsman Program Director at 508-573-7200 ext 235 to arrange an interview and learn more about this great opportunity.

COA BOARD MEMBERS

Betty Hagan - Chairperson	Peter DiSanto
Maureen Dilg - Secretary	Robert Cocks
Camille Johnston	Associate Members:
Gilbert Thisse	Geri Wise
Joanne Connolly	Ruth Townsend

FEBRUARY BOARD MEETING

Tuesday, February 7, 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



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 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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