

Bright

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



Horizons

**JANUARY
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 LUNCHEON - BINGO \$4.00

Tuesday, January 10, 12:00 Noon

Caryl Community Center, Room 108

Join us for lunch and bring an unwanted gift!

RSVP by January 4.

MOVEABLE FEAST

Tuesday, January 17, 12:00 Noon

Most Precious Blood Church

Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by January 11.

CIRCLE OF FRIENDS LUNCH

Tuesday, January 24, 12:00 Noon

Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by January 19.

BROWN BAG LUNCH

Tuesday, January 31, 12:00 Noon

Caryl Community Center, Room 108

It's the 5th Tuesday of the month, so come join us with your brown bag lunch! Drinks and dessert provided. RSVP by January 25.

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.

A BIG THANK YOU!!

The COA would like to thank all those who helped us celebrate the holidays in December. Thank you to:

- Dover Police Association for the Holiday Brunch
- All of the companies and families who donated gift baskets, plants, and gift cards for the Holiday Brunch drawing
- Church choir members of Dover and the COA Ukulele Band for the Holiday Community Concert at The Dover Church following the Brunch
- Dover Legion for their wonderful Holiday Dinner
- The Franchi Family from Ellis Rehab for the Holiday Luncheon and Jack Quinlan for the entertainment for the Holiday Luncheon
- The Chicatabot Garden Club for delivering holiday plants to those at home and in nearby care facilities
- Dover Girl Scouts for singing to our COA Ukulele Group and then driving to seniors' homes in Dover to bring them some holiday cheer.

Your contributions made the holidays very special for many seniors. Thank you and Happy New Year!

TECH SUPPORT - With the High School Students

Thursday, January 26, 2:30-3:30pm

Caryl Community Center, Room 108

Do you need help figuring out your electronic device? DSHS students will be here to help you with any devices such as cell phones, tablets/iPads or laptops. Bring device and your questions for the experts to help!

SAVE THE DATES

UKULELE RETURNS IN FEBRUARY

The very popular Ukulele class will return in February. Dates will be announced in February News.

COOKIE DECORATING with DSHS Students

Monday February 13 at 2:30PM

Come decorate treats for Valentine's Day!

LIFETIME LEARNING

Lifetime Learning to start soon. More information to come in February News.

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 - "Remembering Snow Storms Tea"

Friday, January 20, 11:30am

Caryl Community Center Room 108

Come share a snowstorm story with friends.



BLOOD PRESSURE- With the Walpole VNA

Friday, January 20, 10:45am

Caryl Community Center Room 108

The VNA Nurse can also do blood sugar checks.

Know your numbers!

BLUE MOON BAGELS AND BREADS

Thursdays, January 12, & 26

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 - Hedgehog "Heaven"

Monday, January 9, 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

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

NOTE: There is no Mah Jongg on Jan. 26 or Feb 2. Please join us!!



MOVIE MATINEE -"Florence Foster Jenkins"

Friday, January 13, 1:00pm

Kraft Hall, Dover Church

Join us for the movie. Popcorn, drinks, and desserts provided.



SENIOR COFFEE HOUR

Friday, January 27, 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, January 12, 2:00pm

Dover Town Library

Book: "Landline" by Rainbow Rowell.

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.



WINTER WEATHER

If it is snowing or sleeting and the schools are NOT closed, for your safety we ask that you please delay coming to the center until it is safe for you to travel. Also, please call the COA before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. If you are not sure, you can call the COA. Remember if school is cancelled, there are no COA activities.



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 another lunch adventure on **Wednesday, January 18th** to Lafayette House in Foxboro. Transportation is Free and provided by Friends of COA. Come join us for a delicious lunch with friends. Call the COA to sign up.

Isabelle Stewart Gardner Museum - Join us for a day trip to the Museum on **Thursday, January 26th** and explore the fine art collections and exhibits. Lunch at the Museum's café. Cost is \$12. Transportation is Free and provided by Friends of COA. Call the COA to sign up and bring a friend!

Travel Committee Needs Your Ideas!

The Dover/Sherborn Travel Committee will meet on January 23 at 10:30am in Sherborn to plan our 2017 adventures. Share your ideas of where we should go next for local, overnight and lunch trips. We need your input! Give us a call, send us an email or join us at the meeting.

DOVER COA JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY	3 9:00am Strength & Stability-Caryl Rm 215 10:00am COA Board Meeting—Caryl, Room 108	4 10:00am Yoga-Caryl Room 215 11:00am - Meditation-Caryl Room 215 11:30am Chi Gong Upper Town Hall	5 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl, Room 108	6 10:00am -Zumba Gold Caryl Gym
9 10:00am - Crafts - Fireside Room, Town Hall 12:30pm Knitting - Town Hall Lower Conference Room 5:30pm Chi Gong - Library	10 9:00am Strength & Stability-Caryl Rm 215 12Noon COA Luncheon – Caryl, Cafeteria	11 10:00am Yoga-Caryl, Room 215 11:00am - Meditation-Caryl, Room 215 11:30am Chi Gong Upper Town Hall	12 10am -Blue Moon-Town Hall 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl Room 108 2:00pm -Book Club-Library	13 10:00am -Zumba Gold Caryl Gym 1:00pm -Movie at Dover Church
16 HOLIDAY	17 9:00am -Strength & Stability-Caryl Rm 215 12:00pm - Moveable Feast - Most Precious Blood Church	18 10:00am Yoga-Caryl Room 215 11:00am - Meditation-Caryl Room 215 11:30am Chi Gong Upper Town Hall Lunch Trip	19 9:00am - Foot Dr—Upper Town Hall 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl, Room 108	20 10:00am -Zumba Gold Caryl Gym 10:45am -Blood Pressure Clinic 11:30am - Tea Both at Caryl Comm. Center Room 108
23 12:30pm Knitting Town Hall Lower conference Room NO CHI GONG	24 9:00am Strength & Stability-Caryl Rm 215 12:00Noon - Circle of Friends Lunch - Grace Church	25 NO YOGA NO MEDITATION 11:30am Chi Gong Upper Town Hall	26 10am -Blue Moon–Caryl, Room 116 11:30am Strength & Stability-Caryl Rm 215 2:30pm-3:30pm DSHS Tech Support Caryl, Room 108 Gardner Museum Trip	27 8:00am -Senior Coffee Caryl Community Ctr Room 108 10:00am -Zumba Gold Caryl Gym
30 12:30pm Knitting Town Hall Lower conference Room 5:30pm Chi Gong Library	31 9:00am Strength & Stability-Caryl Rm 215 12:00Noon - Brown Bag Lunch - Caryl Room 108		<div> Library CR - Community Room Caryl - Caryl Community Ctr. Room 116 - COA office at Caryl Room 108 - Caryl Community Ctr. </div>	

BE FIT AND AGE WELL AT THE COA



CHI GONG (No Monday class Jan 2, 16, and 23)

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.

NOTE: Wed Chi Gong Class will move to Caryl Ctr once COA Offices Move in Mid-Jan

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 Class Jan 25

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 Class Jan 25

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!

New England snowstorm indicators...



DAVE GRANLUND © METROWEST DAILY NEWS



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"I'VE DECIDED THAT INSTEAD OF BECOMING A NEW ME THIS YEAR, I'LL JUST GET A NEW YOU!"



NOTICE

After January 1st if you do not have cable you will not be able to access the NBC channel as it will change stations from WHDH to NECN. If you don't use cable and have an antennae, go to settings on your TV and scroll to and select channel 8.1.

COA BOARD MEMBERS

Betty Hagan - Chairperson	Peter DiSanto
Maureen Dilg - Secretary	Robert Cocks
Camille Johnston	Geri Wise, Associate Member
Gilbert Thisse	
Joanne Connolly	

JANUARY BOARD MEETING

Tuesday, January 3, 10:00am; Caryl Community Ctr

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



HAPPY NEW YEAR



The COA has tentative plans to move the office back to Caryl Community Center in mid-January. Our phone number remains the same.

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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Dover Council on Aging
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