

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



**JANUARY  
2018**

### COA LUNCHEON - BINGO!!

*Tuesday, January 9, 12:00noon \$4.00*

*Caryl Community Center, Room 108*

*Join us for annual Bingo games and lunch.*

*Bring an unwanted gift for prizes! RSVP by January 4.*



### MOVEABLE FEAST

*Tuesday, January 16, 12:00Noon at*

*Most Precious Blood Church*

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

### CIRCLE OF FRIENDS LUNCH

*Tuesday, January 23, 12:00Noon at*

*Dover Grace Church*

*Join us for a homemade lunch and conversation with friends and neighbors. RSVP by January 18.*

### BROWN BAG LUNCH

*Tuesday, January 30, 12:00Noon*

*Caryl Community Center, Room 108*

*Join us for a winter get together with friends.*

*Bring your sandwich and we will provide salad, drinks and dessert. RSVP by January 25.*



### TRAVEL WITH THE COA

The COA has been busy planning travel programs for 2018! Join us for a lunch trip, tour the Harvard Art Museums, enjoy the Tony award winning musical *An American in Paris*, explore the Georgia O'Keeffe exhibit at Peabody Essex Museum or enjoy an 8 day adventure to the Grand Canyon! See page 3 for details on all these fabulous travel programs.

### 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, too.

### PAINT DAY AT THE COA

*Wednesday January 24<sup>th</sup> 10:00am*

*Caryl Community Center, Room 215*

*Cost: \$5.00 (for supplies)*

*Cosponsored with Parks & Recreation Dept*

Come escape the cold winter days and create a colorful painting with Instructor Nicole DiCicco. This one day class is geared toward any ability level and designed for participants to come together and paint in a relaxed atmosphere. Step-by-step instruction will help all new artists learn techniques and leave with a beautiful canvas masterpiece created entirely by YOU!

Supplies are included (acrylic paints, brushes and canvas) but please bring your own smock/ apron, or wear clothes that you do not mind becoming messy. Please call the COA to sign up for this class.

### SAVE THE DATES



### FEBRUARY LUNCHEON

**Love Songs played by COA Ukulele Group "The Happy Strummers"**

*Tuesday, February 13 at Caryl Community Center*  
*Come celebrate Valentine's Day with lunch and music!*

### FUN WITH THE UKULELE - \$40 Per Session

**SESSION 1 February 14 - April 4, 2018**

**SESSION 2 April 11 - May 30, 2018**

*Wednesdays 1:00—2:00pm, Caryl Community Center*  
Ukulele returns with instructor Daniel Metraux. Come learn basic chords and strumming techniques to accompany traditional folk songs and more. New students are always welcome; no experience is needed, just a willingness to learn something new and have fun with music. Bring your own Ukulele or rent one at Needham Music. Register for one session or both at COA office. *This Lifetime Learning program is sponsored by the Friends of the Dover COA*

**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

*Friday, January 19, 11:30am*

*Caryl Community Center, Room 108*

Join us to celebrate the New Year and enjoy a light lunch.

### BLOOD PRESSURE - With the Walpole VNA

*Friday, January 19, 10:45am*

*Caryl Community Center, Room 108*

Meet with VNA Nurse to check your blood pressure.

### BLUE MOON BAGELS & BREADS

*Thursdays, January 11 & 25*

*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: Winter*

*Monday, January 8, 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*

*Caryl Community Center, Room 108*

### MOVIE MATINEE

*Friday, January 12; 1:00pm*

*Kraft Hall, Dover Church*

Movie: "Top Hat" with Fred Astaire & Ginger Rogers

Enjoy popcorn, coffee & dessert.

### SENIOR COFFEE HOUR

*Friday, January 26, 8:30am*

*Caryl Community Center, Room 108*

Please join us for coffee and conversation.



### SHINE

Open Enrollment ended Dec 7th. If you have Medicare questions, please call the COA for an appointment with Renee Rubin, SHINE Counselor.

### PAGETURNERS BOOK CLUB

*Thursday, January 11, 1:00pm*

*Dover Town Library*

Book: "The Curious Charms of Arthur Pepper"

### 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.

### WE WOULD LIKE YOUR INPUT ON IDEAS FOR NEW PROGRAMS

Some of our seniors have suggested programs such as Bridge, Cribbage, Chess and other games. At one time the COA ran a day bridge group and a duplicate bridge group at night. You might also be interested in a walking group or a cross country skiing group. Our hope is that there is enough interest to start some of them up again, so please let us know if you would be interested in any of the above or any that were not mentioned.

You can email us at [coa@doverma.org](mailto:coa@doverma.org) or call 508-315-5734.

Thank you...The Staff



### 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.



## 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



### Travel to Canyon Country - 8 Days

*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 this trip include:

- ◆ Explore Scottsdale area's Native American heritage
- ◆ Travel to Sedona, Oak Creek Canyon, Kaibab National Forest and the breathtaking Grand Canyon!
- ◆ Visit Lake Powell; travel to Monument Valley Navajo Tribal Park or enjoy a cruise through geologic formations of Navajo and Antelope canyons.
- ◆ View the stunning vistas of Bryce Canyon National Park and Zion National Park.
- ◆ Relax in Las Vegas before you depart for home with amazing memories of your journey.

Rooms are available as double, single or triple for this 8 days/10 meals trip with rates ranging from \$3,219 to \$3,999 including airfare, taxes, transfers and travel insurance. Book Now and Save \$120 per person. Rates valid until April 2nd. Brochures at Dover COA.

For more information, please attend a special Travel Presentation on Monday, February 12 at 11:00AM at the Westwood COA, 60 Nahatan Street in Westwood. Join Vincent Brown from Collette as he shares photos and answers questions about this exciting adventure! RSVP to Westwood COA at 781-329-8799.

## TRAVEL WITH THE COA

**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.

**Thursday, February 15, 2018** Enjoy a **Lunch trip to Limoncello Ristorante and Tour of Paul Revere House** in Boston. Space limited; transportation provided by Friends of Dover COA.

**Thursday, March 15, 2018** Travel with our Westwood friends to the **Boston Flower Show**. This year's theme is Savoring Spring. View the horticultural exhibits and then enjoy lunch at the Venezia Restaurant. Cost is \$90 payable to Westwood COA.

**Saturday, March 17, 2018** Travel to the **Providence Performing Arts Center for matinee of *An American in Paris*, the Tony award winning musical** about an American soldier, a mysterious French girl and an indomitable city. Enjoy the magic of Paris with songs by George and Ira Gershwin on its first national tour! Tickets cost \$40. Sign up by January 12 as seats are limited. Transportation funded by Friends of 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.

**Tuesday, May 1, 2018** Enjoy a delicious **Lobster Clambake at Captain Jack's in RI and then travel to Foxwoods Resort Casino** in Connecticut for an afternoon of casino gaming. Cost is \$80 payable to Westwood COA. Call the COA to sign up.

**Future Trips planned:** Newport Rail Tour, Nantucket Day trip, Gloucester Lobster Cruise, Cruise on Lake Winnipesaukee, Saratoga Spectacular overnight trip, and more. Check future newsletters for details.

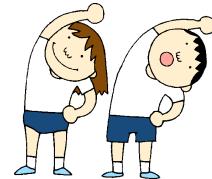
Call Dover COA to Sign up for all Trips listed above.

# DOVER COA JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>HAPPY NEW YEAR!</b>	<b>2</b>  <b>9:00am</b> Strength & Stability-Caryl, Rm 215	<b>3</b>  <b>10am</b> Yoga-Rm 215 <b>11:00am</b> - Meditation <b>11:30am</b> Chi Gong - Caryl, Rm 108	<b>4</b>  <b>11:30am</b> Strength & Stability-Caryl, 215  <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>5</b>
<b>8</b>  <b>10:30am</b> Card Making - Caryl, Rm 116 <b>11:30am</b> Knitting - Caryl, Room 108 <b>5:30pm</b> Chi Gong - Library CR  <b>Pickleball Must sign up</b>	<b>9</b>  <b>9:00am</b> Strength & Stability-Caryl, Rm 215  <b>9:30am</b> COA Board Meeting-Caryl, Rm 116  <b>12:00Noon-</b> COA Luncheon- Caryl Rm 108	<b>10</b>  <b>10am</b> Yoga-Rm 215 <b>11:00am</b> - Meditation <b>11:30am</b> Chi Gong - Caryl, Rm 108	<b>11</b>  <b>10am</b> -Blue Moon-Caryl - Room 116 <b>11:30am</b> Strength & Stability-Caryl, 215 <b>1:00pm</b> - Mah Jongg Caryl, Room 108 <b>1:00pm</b> -Book Club-Dover Library	<b>12</b>  <b>1pm</b> - Movie at the Dover Church
<b>15</b>  <b>HOLIDAY</b>	<b>16</b>  <b>9:00am</b> Strength & Stability-Caryl, Room 215  <b>12Noon</b> - Moveable Feast - Most Precious Blood Church	<b>17</b>  <b>10am</b> Yoga-Rm 215 <b>11:00am</b> - Meditation-Caryl, Room 215 <b>11:30am</b> Chi Gong Caryl, Room 108	<b>18</b>  <b>9:00am</b> Foot Dr - Caryl, Room 116 <b>11:30am</b> Strength & Stability-Caryl, 215 <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>19</b>  <b>10:45am</b> Blood Pressure Clinic Caryl, Room 108  <b>11:30am</b> Tea - Caryl, Room 108
<b>22</b>  <b>11:30am</b> Knitting - Caryl, Room 116  <b>5:30pm</b> Chi Gong - Library CR  <b>Pickleball Must sign up</b>	<b>23</b>  <b>9:00am</b> Strength & Stability-Caryl, Rm 215  <b>12Noon</b> - Circle of Friends Lunch - Grace Church	<b>24</b>  <b>10:00am</b> Painting-Caryl, Room 215  <b>11:30am</b> Chi Gong Caryl, Room 108  <b>No Yoga / Meditation</b>	<b>25</b>  <b>10am</b> -Blue Moon-Caryl - Room 116 <b>11:30am</b> Strength & Stability-Caryl, 215 <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>26</b>  <b>8:30am</b> -Senior Coffee - Caryl, Room 108
<b>29</b>  <b>11:30am</b> Knitting - Caryl, Room 116  <b>5:30pm</b> Chi Gong - Library CR  <b>Pickleball Must sign up</b>	<b>30</b>  <b>9:00am</b> Strength & Stability-Caryl, Rm 215  <b>12:00Noon</b> -Brown Bag Lunch - Caryl, 108	<b>31</b>  <b>11:30am</b> Chi Gong Caryl, Room 108  <b>No Yoga / Meditation</b>	<b>Library CR - Community Room Caryl -Caryl Community Center Room 116 - COA office at Caryl Room 108- Caryl Community Ctr</b>	<b>NOTE</b> - ZUMBA GOLD <b>EVERY SATURDAY IN JANUARY</b> - 10:45 - 11:30am CARYL GYM



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



### **CHI GONG - Perfect for all levels**

*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, postures & movements, & mental concentration, to maintain health and flow of vital energy.

### **YOGA FOR WELLNESS (No Yoga January 24 & 31)**

*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 January 24 & 31)**

*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 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**

*Saturdays, 10:45am-11:30am; Every Saturday in January*

*Caryl Community Center in Gym; \$3.00 per class*

*Instructor: Andria DeSimone The COA in collaboration with Parks & Recreation sponsor this class*

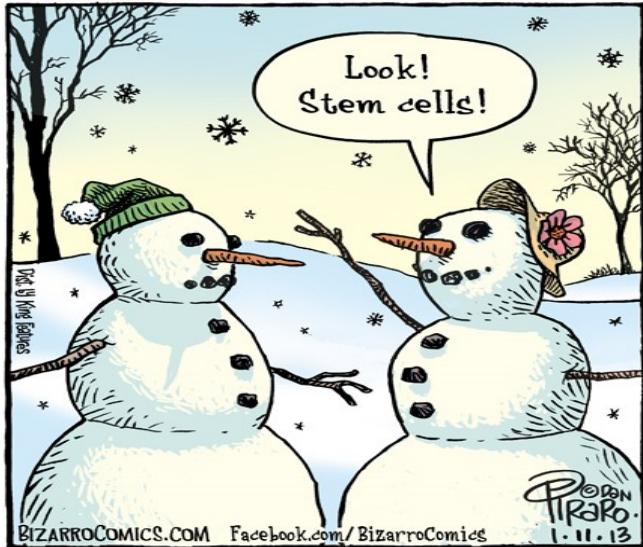
Zumba® is an aerobic fitness program featuring movements inspired by various styles of Latin American dance. Other rhythms include belly dance, Brazilian, International music and hip hop. Zumba® Gold is geared towards first timers to the exercise world or the active older adult. It's a hip swingin', body shaking total body workout!

### **PICKLEBALL - Come Try Out this New Game!**

*Mondays ; choose one of the following sessions Jan 8, 22 & 29 - 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.



## TIPS TO STAY HEALTHY DURING WINTER

- Eat a healthy diet. Remember: You can't out-exercise a bad diet. Think smoothies, salads and lots of fresh veggies!!
- Stay hydrated. It's easy to get dehydrated in winter because the dry air makes us feel hydrated. Plan to drink half your weight in ounces daily.
- Get plenty of rest. Go to bed and rise at the same time daily and resist the urge to nap which feeds the vicious cycle of not being able to sleep at night.
- Keep up your social activities. Social isolation is a very real issue in the winter months. Attending classes, joining a health club, going to church and keeping up with friends is integral to maintaining feelings of being involved with something bigger than yourself.



## **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 BOARD MEETING**

January 9, 2018; 9:30AM  
 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 PROGRAM HIGHLIGHTS

- **TRY A FITNESS CLASS AT THE COA!** Work on those New Year's Resolutions and join the COA for Yoga, Strength & Stability, Chi Gong or Zumba Gold. Stay Fit and Be Healthy!
- **MOVEABLE FEAST RETURNS** - Tuesday, Jan 16 at Noon at Most Precious Blood Church
- **PAINTING** - Wednesday, Jan. 24, 10am at Caryl
- **TRAVEL ADVENTURES** - Harvard Art Museums, Limoncello's & Paul Revere House; *American in Paris* at Providence Performing Arts Ctr, Georgia O'Keeffe Exhibit at Peabody Essex Museum and 8 Day Trip to Canyon Country to see Grand Canyon, Lake Powell, Bryce Canyon and Zion National Parks and more!

*See inside for details on all events!!*

**Happy New Year!!**

## 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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