

COA

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



News

**JULY/AUGUST
2017**

COA SUMMERTIME SOCIAL

Tuesday, July 11, 12:00 Noon \$4.00

Caryl Community Center, Cafeteria

Join us for lunch followed by delicious hot fudge sundaes provided by The Residence at Valley Farm. Please RSVP by July 6th.



BROWN BAG LUNCHEON

Tuesday, August 29; 12Noon

Caryl Community Center, Room 116

Bring a sandwich and join us for lunch in our cool air conditioned space! Drinks and dessert provided. RSVP by August 22 to COA.

MOVEABLE FEAST & CIRCLE OF FRIENDS

These luncheons will return in September

SUMMER BREAK UKULELE

Wednesdays June 21 - July 26; 10:00-11:00am

Caryl Community Center, Room 108

For all you ukulele lovers, a just for fun class has been added starting in June. There is no formal class and there is no cost. Just come and play!

SILK PAINTING CLASS

Monday, July 17 & Wednesday, July 19 at 10:00am

Caryl Community Center, Room 116; Cost: \$5 per scarf

Join instructor Connie Dewyer and paint unique designs on silk scarves. Silks will be painted on Monday and the process completed Wednesday to bring out the design. All materials provided. Space limited; sign up soon! Sponsored by Friends of Dover COA.

BEWARE OF SCAMS

The Dover Police Department is warning of multiple scams. One scam in particular, you receive a check via mail claiming you won and stating to deposit it. Do not deposit! That's how they get your banking information. Remember if it seems too good to be true, it probably is!! Check with the Police Dept if you have questions.

POWISSET PICNIC AT THE FARM

Friday, August 18 at 12:00Noon

Powisset Farm, 37 Powisset Street, Dover

Join us for the annual Dover COA and Sherborn COA summer picnic in the Barn at Powisset Farm. Please **bring your own sandwich** and we will provide drinks, salads and desserts. A summer classic enjoyed by all! Please RSVP by August 14 to COA.

SUMMER FITNESS SCHEDULE

Check the July/August calendars for summer schedule changes, including room changes. Also check emails as instructors will alert you if class cancelled. Be fit, bring water, and stay cool!

MWRTA SENIOR CHARLIE CARDS

Thursday, September 14th 12:30-2:00 pm

Caryl Community Center, Room 108

Need a Charlie Card? Reserve this date to stop by COA and MetroWest Regional Transit Authority will take your photo and have your card ready that day! If you are interested in obtaining a card, please sign up by calling the COA at 508-315-5734.

CONCERTS ON THE COMMON

7:00-8:00pm Town Hall Commons

Sponsored by Park & Recreation

Tuesday, July 11 - TBA

Tuesday, July 18th - The Centre Streeters

Tuesday, July 25 - Group Therapy

Tuesday, August 1, Eddy's Shoe

(Bring a chair and enjoy!)



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 free ride.

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 WITH FRIENDS

Afternoon Tea will resume in the Fall

BLOOD PRESSURE - With the Walpole VNA

B/P Will return in the Fall

BLUE MOON BAGELS AND BREADS

Thursdays, July 6, 20, 27; August 10, 17 & 31

Caryl Community Center, Room 116

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

BOCCE

Fridays, 10:00am (July & August - In the shade)

The Center at Medfield, One Ice House Rd in Medfield

Please join us. All Are Welcome!!

CRAFTS - Card Making with Beth

A chance to make cards from the year's offerings.

Monday, August 7, 10:00am; No July class.

Caryl Community Center, Room 116

FOOT DOCTOR

Thursday, July 20, 9:00am -10:45am

Caryl Community Center, Room 116

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

KNITTING

*Mondays at 11:30am **(No knitting July 3rd)***

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, scarves, and blankets for those in need with donated yarn. All are welcome.

MAH JONGG

No Mah Jongg in July & August

Will return in the fall

MOVIE MATINEE

No Movies July & August

Will return in the fall

SENIOR COFFEE HOUR

Friday, July 28 and August 25, 8:30am

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, July 13; 2:00pm at Dover Library

July Book: "The Aviators Wife"

by Melanie Benjamin (No Book club in August)

Extreme Heat Message and Precautions

Summer is almost here. While we prepare to enjoy the warm weather, it's important to take precautions in case extreme heat strikes. By evaluating your needs, you can plan for any heat related situation. The following steps will prepare you to handle periods of extreme heat and the associated risks:

- Consider how potential power outages during periods of extreme heat might affect you. Plan to be temporarily self-sufficient if the electricity goes out. It's possible that you will not have access to a medical facility or a pharmacy.
- Identify the resources you use on a daily basis and what you can do if they are limited or not available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center, if needed.
- Think about what you need to maintain your health, safety, and independence. **Build A Kit** that includes any specialized items such as extra wheelchair batteries, oxygen, catheters, and medication. Also include non-perishable food and water, items for service animals and pets, a cooler, and anything else you might need.
- Check on family, friends, and neighbors who do not have air conditioning, especially those who spend much of their time alone, or are more likely to be affected by extreme heat.
- Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches.

For more information about extreme heat preparedness and tools, go to ready.gov/heat and cdc.gov.

TRANSPORTATION & TRAVEL

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.

Come Travel with the COA!

If you like to travel, we have some great trips planned for the Summer and Fall. Some trips will be for Dover and Sherborn residents; for others we will join with our friends in Westwood.

Sunday, August 6 is our trip to **Tanglewood**. We will have lunch at the Red Lion Inn, then it's off to Tanglewood for a concert featuring Yo-Yo Ma. As in the past, we will have lunch in the Hancock Room at The Red Lion Inn. We also have "Shed" seats so we will enjoy the performance rain or shine! The cost is \$125, which includes transportation, luncheon and Tanglewood performance tickets. Call today to reserve your seat!

Thursday, August 10 come spend a day on **Martha's Vineyard**. You will board the ferry in Falmouth, take a tour across the Island, enjoy lunch and sightseeing. Cost is \$95 per person. Checks payable to Westwood COA.

Thursday, September 14 come cheer on the **Red Sox at Fenway Park** for an afternoon game vs. Athletics. Enjoy the action from your third base side grandstand seats. Cost is \$100 per person, includes bus and tickets. Call Westwood COA- 781-329-8799 to sign up. Checks payable to Westwood COA.

Wednesday, September 20 travel to **Norwood Theater** and enjoy a FREE performance by *North Sea Gas*, one of Scotland's most popular folk bands with great vocals and harmonies. Reservations required. Sign up soon as this show will sell out by mid June. Transportation funded by Friends of COA.

Wednesday, September 27 travel to the **North Shore Music Theatre** to see the musical "Evita." We will lunch first at Danversport Yacht Club and then enjoy this classic Broadway show! Cost is \$115 per person which includes bus, lunch and theatre tickets. Please make checks payable to Westwood COA.

DOVER COA JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 No Classes Today	4 HOLIDAY	5 10:00am - Ukulele Caryl Room 108 No Yoga & Meditation No Chi Gong	6 10am -Blue Moon - Caryl Rm 116 No Strength & Stability No Mah Jongg (will return in the fall)	7 10am - Bocce at Medfield Senior Ctr.
10 11:30am Knitting - Caryl, Room 116 5:30pm Chi Gong - Library CR No Pickleball (will return in the fall)	11 9:00am Strength & Stability-Caryl Room 108 12Noon COA Luncheon - Caryl, Cafeteria	12 10am Yoga-Rm 215 10:00am - Ukulele Caryl Room 108 11:00am - Meditation- Caryl, Room 215 11:30am Chi Gong Caryl, Room 108	13 11:30am Strength & Stability-Caryl Rm 108 2:00pm -Book Club- Library	14 10am - Bocce at Medfield Senior Ctr.
17 10am - Silk Painting- Caryl, Room 116 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR	18 9:00am Strength & Stability-Caryl Room 108	19 10:00am - Ukulele Caryl Room 108 10am Yoga-Rm 215 10am - Silk Painting- Caryl, Room 116 11:00am - Meditation- Caryl, Room 215 11:30am Chi Gong Caryl, Room 108	20 9:00am - Foot Doctor- Caryl, Room 116 10am -Blue Moon- Caryl - Room 116 11:30am Strength & Stability-Caryl Rm 108	21 10am - Bocce at Medfield Senior Ctr.
24 11:30am Knitting - Caryl, Room 116 5:30pm Chi Gong - Library CR Trip - Narragansett Cruise	25 9:00am Strength & Stability-Caryl Room 108	26 10:00am Ukulele - Caryl, Room 108 11:30am Chi Gong Caryl, Room 108 No Yoga & Meditation	27 11:30am Strength & Stability-Caryl Rm 108 10am -Blue Moon- Caryl - Room 116	28 8:30am Senior Coffee- Caryl, Room 108 10am - Bocce at Medfield Senior Ctr.
31 11:30am Knitting - Caryl, Room 116 5:30pm Chi Gong - Library CR	<div style="border: 2px solid black; padding: 10px; text-align: center;"> Library CR - Community Room Caryl -Caryl Community Ctr Room 116 - COA office at Caryl Room 108- Caryl Community Center </div>			

BE FIT AND AGE WELL AT THE COA



CHI GONG (No Chi Gong July 3 and July 5)

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 (No classes July 5 & 26 and No Classes in August)

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 classes July 5 & 26 and No Classes in August)

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 July 4 and July 6; No Class August 22)

Tuesdays 9:00AM -9:50AM & Thursdays 11:30AM-12:20pm

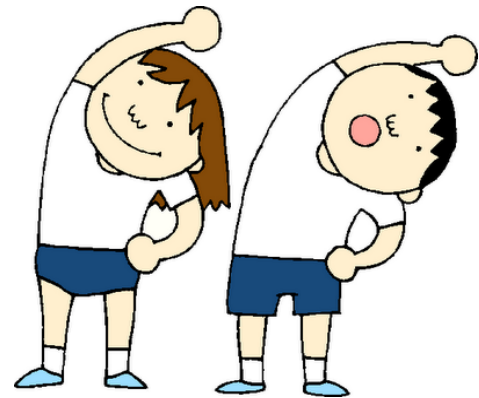
Caryl Community Center, \$3.00 per class - Moved to Room 108 for Summer

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 - Will be back in the Fall

PICKLEBALL - Will be back in the Fall



ON THE LIGHT SIDE



Medicare's Free Preventive Services

Did you know that many preventive services are not subject to any Medicare deductible or co-pay? These services are free whether you have Original Medicare or a Medicare Advantage plan, such as an HMO. Some of the free services include:

- Colorectal cancer screening (including Colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Cardiovascular screening
- Hepatitis C screening
- Diabetes screening lab tests
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are rules which state when and how often Medicare will pay for the above services. For a complete list of preventive services, go to www.medicare.gov or see a SHINE counselor. For further assistance with any Medicare issue, contact the SHINE Program. To schedule a SHINE appointment, call your local Senior Center.

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

BOARD MEETING

No Meeting in July & August; Meets Tues, Sept. 5
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

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



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