

**Caryl Community Center**  
Room 116  
**4 Springdale Avenue**  
**Dover, MA 02030**  
[www.doverma.org](http://www.doverma.org)  
**508-315-5734**



**JULY & AUGUST  
2018**

### COA LUNCHEON - Ice Cream Social

Tuesday, July 10, 12:00Noon \$4.00

Caryl Community Center, Room 108

Come join us for lunch and our annual Ice Cream Social. RSVP by July 5.



### MOVEABLE FEAST

*This Luncheon will resume in September*

### CIRCLE OF FRIENDS LUNCH

*This Luncheon will resume in September*

### POWISSET PICNIC AT THE FARM

Thursday, August 2 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, farm fresh salads and dessert. A summer classic enjoyed by all! RSVP by July 31 to COA.



### PICKLEBALL FOR THE SUMMER

There will be Pickleball in July but no Pickleball in August. If it is too hot, we will cancel.

Please bring plenty of water to keep hydrated. Pickleball will start up again in September.



### CHARLES RIVER ARCHITECTURE CRUISE

Monday, August 27th

*See Page 3 for the information.*



**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.

### SUMMER BREAK UKULELE

Wednesdays June 27- August 1, 10:00-11:00am

Caryl Community Center, Room 108

Come play your favorites with your friends. No fee for this summer session. There is no formal class and there is no cost. Just come and play!

### FUN WITH UKULELE FOR FALL 2018

*Sponsored by Friends of Dover COA*

*Wednesdays, Sept 5 to Dec 12; 1:00-2:00pm*

*Cost: \$75 for 15 sessions*

The Lifetime Learning Fall 2018 *Fun with Ukulele* classes will return in September. Instructor Daniel Metraux will teach basic chords and strumming on Ukulele to accompany traditional folk songs and more modern songs. No experience is needed; join us to learn something new and have fun with music.

### CONCERTS ON THE COMMON

*7:00-8:00pm Town Hall Commons*

*Sponsored by Park & Recreation*

Tuesday, July 17 - Group Therapy

Tuesday, July 24th - Centre Streeters

Tuesday, July 31 - Eddy Shoe Band

Tuesday, August 7 - TBA

(Bring a chair and enjoy!)



### NEED A RIDE TO COA/TOWN EVENTS?

If you need a ride to COA programs or Town events, please call the COA to arrange a free ride.

## PROGRAMS & SERVICES

### **TEA WITH FRIENDS**

*Tea with Friends will return in September*

### **BLOOD PRESSURE - With the Walpole VNA**

*Blood Pressure will resume in September*

### **BLUE MOON BAGELS & BREADS**

*Thursdays, July 5, 19, 26 & August 9, 16, 30*

*Caryl Community Center, Room 116*

Donated baked goods from Blue Moon Café are available for pick up after 10:00am

### **BOCCE IS BACK!!**

*Fridays, 10:00am, The Center at Medfield for summer.*

Play a fun game of Bocce in the Shade! All are welcome!

### **CRAFTS - Card Making with Beth**

#### **Theme: Beach & Sea Animals**

*Monday, July 2, August 13; 10:00am*

*Caryl Community Center, Room 108*

### **FOOT DOCTOR**

*Thursday, July 19, 9:00am -11:00am*

*Caryl Community Center, Room 116*

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

### **KNITTING**

*Mondays at 11:30am*

*Caryl Community Center, Room 108*

Beginners and experienced knitters are welcome! Bring a project of your own or grab some donated yarn and make hats, scarves, shawls or lap blankets for those in need.



### **MAH JONGG**

*Mah Jongg will return in late September*

### **MOVIE MATINEE**

*Movies at the Dover Church will resume in the Fall*

### **SWIM TIME FOR THE COA**

Dover COA seniors may use the Kingsbury Club in Medfield to swim. The Senior Swim program is on Fridays only in July & August from 10-11am. Monday swim time will return in September. Just bring your valid Dover COA key card and \$5 swim fee for each visit to the Kingsbury Club. Don't have a key card to scan? Stop by the COA office at Caryl Community Center, Room 116, to complete forms to obtain one. Thank you to the Kingsbury Club for sharing swim time with Dover COA.

### **SENIOR COFFEE HOUR**

*Senior Coffee will return in September*

### **SHINE**

SHINE stands for Serving Health Insurance Needs for Everyone. If you have Medicare or health insurance questions, please call the COA for a SHINE Appointment with counselor Renee Rubin.

### **PAGETURNERS BOOK CLUB**

*Pageturners will resume in September.*

### **DOVER COMMUNITY SURVEY RESULTS**

Thank you to the 489 residents and non-residents who responded to our survey! Because of you, the Dover Council on Aging has a better understanding of the needs and interests of both seniors and our younger generations. We greatly appreciate the 70 respondents who identified as willing to volunteer, and we look forward to the energy and ideas that they will bring to the organization.

Several themes emerged in the survey:

- 1) The high percentage of people who don't know about the Council on Aging and our many services, indicates there is much opportunity for Dover residents to learn about what we do and how you can be involved.
- 2) A strong vote for more housing options for seniors as the most needed improvement to make Dover an even better place for seniors.
- 3) A positive recognition of the high quality of all Dover public services.
- 4) A strong preference for programming that is stimulating and includes both indoor and outdoor active pursuits. The most popular community events were yard sale, garden tour, art show, breakfast speakers and film night.
- 5) The great interest in programming that bridges the generations. The most popular options were Teens Teaching Tech, Trailblazer's Group and a Gardening Workshop.

We are very excited about the community response. In the coming weeks, we will take time to assess the data and consider how best to use it to strengthen the Council on Aging's contribution to Dover.

## 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\**

## FREE FUN FRIDAYS!

The Highland Street Foundation of Newtown has organized a selection of museums and venues that are offering FREE admission for ALL ages!

Here are some suggestions:

July 6- Peabody Essex Museum, Salem; Pilgrim Hall Museum, Plymouth; Gore Place, Waltham

July 13- The Telephone Museum, Waltham; the Sports Museum, Boston; Chesterwood, Stockbridge

July 20- MFA, Boston; Elm Bank, Wellesley; The Hall at Patriot Place, Foxborough

July 27- JFK Museum, Hyannis; Gardner Museum, Boston; Commonwealth Shakespeare Co, Boston

August 3- Franklin Park Zoo, Boston; Cape Cod Museum of Art, Dennis; Historic Deerfield, Deerfield

August 10- Cahoon Museum of American Art, Cotuit; Fuller Craft Museum, Brockton

August 17- New England Genealogical Society, Boston  
Fruitlands Museum, Harvard

August 24- MASS MoCA, N. Adams; The Old Manse, Concord; Buttonwood Park Zoo, New Bedford

The list of Free Friday admissions includes many more choices. Please stop by the COA office to see the entire list or learn more at [www.HighlandStreet.org](http://www.HighlandStreet.org). Enjoy!

## TRAVEL WITH THE COA

**Thursday, July 12 Nantucket Day Trip** includes bus, ferry ride, and day to explore shops, art galleries, restaurants, whaling museum, and more. Cost \$105. **SOLD OUT**

### **Monday, July 23 - Stonehurst, Waltham**

Join us for lunch and a tour of Stonehurst, home of social reformer Robert Treat Paine, and designed by masterwork architect Henry Hobson Richardson and landscape architect Frederick Law Olmsted. Lunch will be at local restaurant. Cost TBA.

### **Tuesday, August 21 Gloucester Lobster Cruise**

includes cruise, lunch and exploring Salem. Cost \$95. **SOLD OUT**

### **Monday-Tuesday, August 6-7 Overnight Trip**

**Saratoga Spectacular** Join us as we travel to Saratoga Springs for an afternoon of thoroughbred horse racing. Enjoy dinner at the Queensbury Hotel. On Tuesday travel to Lake George's Steel Pier for a two hour narrated cruise of Lake George including lunch and entertainment onboard your ship. Cost is \$375 single; \$325 double; \$300 triple. **SOLD OUT**

**Monday, August 27** We will join with our Sherborn friends and enjoy a Charles River Architecture Cruise. This 90 minute tour offers spectacular views of historic architecture along Boston Harbor and Charles River basin. These are simply the best waterfront views of Boston and Cambridge. Lunch is at 11:30am at the Cheesecake Factory in the Cambridgeside Galleria and then head over for the cruise at 2:30pm. Cost \$50 payable to Sherborn COA. Cost includes lunch, cruise and bus. Bus sponsored by Friends of COA.

**Wednesday, Sept 12** We are off to NH for **Lake Winnipesaukee Cruise** includes bus, narrated cruise, buffet lunch and stop at local Farm Market. Cost \$95

**Wednesday, October 3** Travel with us to Vermont where we visit a local country store, enjoy lunch, and then experience the majestic **Friesians of Majesty** horses. View these gentle giants (and foals) up close and learn about breeding and history. Cost is \$95.00.

**October 2 to 9** Canyon Country Trip with Collette Tours has 4 seats left! Tour Sedona, Grand Canyon, Lake Powell, Bryce Canyon and Zion. \$4119 single; \$3369 double-includes air fare, transfers, overnight accommodations. **SOLD OUT**

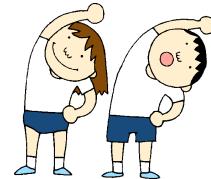
**Call Dover COA to sign up for these trips. Flyers available at Dover COA office.**

# DOVER COA JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>10:00am</b> Card Making - Caryl, Room 108  <b>10:15am</b> Pickleball - Gym Sign up at COA!	NO Strength & Stability	<b>HOLIDAY</b>	<b>10am</b> Blue Moon - Caryl, 116  NO Strength & Stability	<b>10:00am</b> Bocce at Medfield COA
9	10	11	12	13
<b>10:15am</b> Pickleball - Gym Sign up at COA!  <b>11:30am</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Qigong - Library CR	<b>9:00am</b> Strength & Stability-Caryl, Rm 203  <b>12:00Noon</b> - COA Luncheon- Room.108	<b>10:00am</b> Ukulele- Caryl, Room 108 <b>10am</b> Yoga-Room 203 <b>11:00am</b> - Meditation <b>11:30am</b> Qigong - Caryl, Room 108	<b>9:30am</b> Pickleball- Gym  NO Strength & Stability  <b>Nantucket Trip</b>	<b>10:00am</b> Bocce at Medfield COA
16	17	18	19	20
<b>11:30am</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Qigong - Library CR	<b>9:00am</b> Strength & Stability-Caryl, Rm 203  <b>NO MOVEABLE FEAST LUNCH IN JULY</b>	<b>10:00am</b> Ukulele- Caryl, Room 108 <b>10am</b> Yoga-Room 203 <b>11:00am</b> - Meditation- Caryl, Room 203 <b>11:30am</b> Qigong Caryl, Room 108	<b>9am</b> Foot Dr - Caryl, Room 116 <b>10am</b> Blue Moon - Caryl, 116 <b>11:30am</b> Strength & Stability-Caryl, 203	<b>10:00am</b> Bocce at Medfield COA
23	24	25	26	27
<b>11:30am</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Qigong - Library CR  <b>Stonehurst Trip</b>	<b>9:00am</b> Strength & Stability-Caryl, Rm 203  <b>NO CIRCLE OF FRIENDS LUNCH IN JULY</b>	<b>10:00am</b> Ukulele- Caryl, Room 108 <b>10am</b> Yoga-Rm 203 <b>11:00am</b> Meditation <b>11:30am</b> Qigong Caryl, Room 108	<b>10am</b> Blue Moon - Caryl, 116  <b>11:30am</b> Strength & Stability-Caryl, 203	<b>10:00am</b> Bocce at Medfield COA
30	31	<b>NOTE- ZUMBA GOLD</b>  No Zumba July/Aug Zumba Gold will re- sume in September	<b>Caryl -Caryl Community Center</b> <b>Room 116 - COA office at Caryl</b> <b>Room 108 - COA Room at Caryl</b> <b>Room 203 - 2nd Floor at Caryl</b> <b>Room 215 - 2nd Floor - Fitness</b>	



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



### **THERAPEUTIC QIGONG: Balance, Strength, & Flexibility**

*Mondays 5:30pm - Dover Town Library, Community Room*

*Wednesdays 11:30am - Caryl Community Center, Room 108 - \$3.00 per class*

*Instructor: Linda Bellefeuille*

Qigong practices involve a posture, (whether moving or stationary), breathing techniques, and mental focus. The gentle, rhythmic movements of Qigong are suitable for all age groups and accessibility and are known to reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. Comfortable clothing is recommended.

### **YOGA FOR WELLNESS (NO YOGA IN AUGUST)**

*Wednesdays 10:00am - Caryl Community Center, Room 203 - \$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 IN AUGUST)**

*Wednesdays, 11:00am - Caryl Community Center, Room 203 - \$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 July 3, 5 & 12th)**

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

*Caryl Community Center, Room 203 \$3.00 per class - Moved to Room 203 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 (NO CLASSES IN JULY AND AUGUST)**

*Saturdays, 10:45am-11:30am at the Caryl Community Center in Gym; \$3.00 per class*

*Instructor: Andria DeSimone*

*The COA in collaboration with Parks & Recreation sponsor this class*

### **PICKLEBALL (NOTE: NO PICKLEBALL IN AUGUST)**

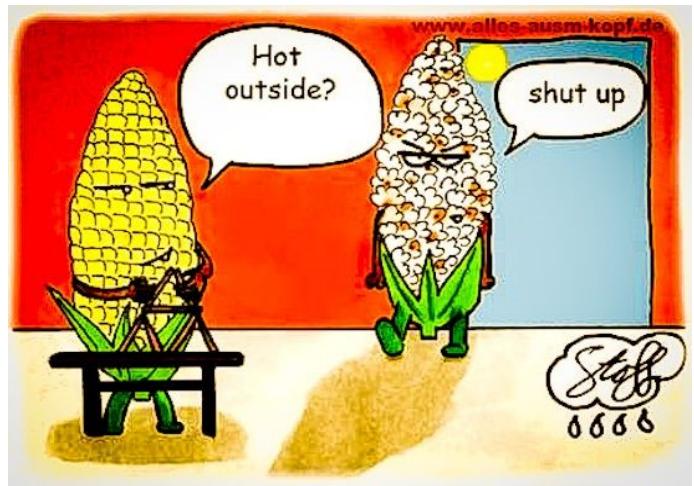
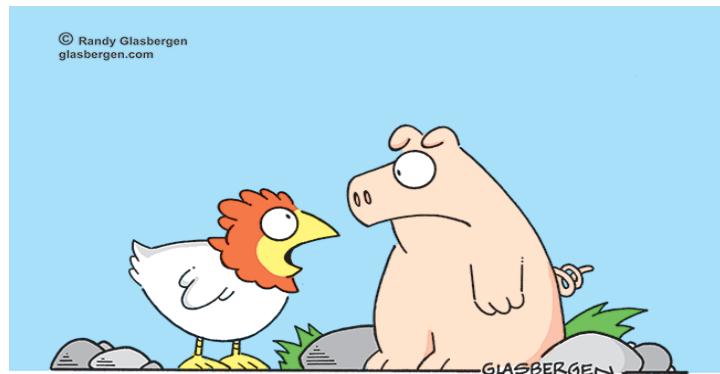
*Mondays 10:15am, 11am, 11:45am, 12:30pm or Thursdays at 9:30am, 10:15am; or 11:00am,*

*Caryl Community Center, Gym (Please 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.

**There will be Pickleball in July but no Pickleball in August. If it is too hot, sessions will be cancelled. Please bring plenty of water to keep hydrated. Sessions will start up again in September.**

## ON THE LIGHT SIDE



### Interesting Facts

1. If you are right handed, you will tend to chew your food on your right side. If you are left handed, you will tend to chew your food on your left side.
2. If you stop getting thirsty, you need to drink more water. For when a human body is dehydrated, its thirst mechanism shuts off.
3. Chewing gum while peeling onions will keep you from crying.
4. Your tongue is germ free only if it is pink. If it is white there is a thin film of bacteria on it.
5. It cost 7 million dollars to build the Titanic and 200 million to make a film about it.
6. The Titanic was the first ship to use the SOS signal.
7. The pupil of the eye expands as much as 45 percent when a person looks at something pleasing.
8. The average person who stops smoking requires one hour less sleep a night.
9. Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
10. The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

### COA BOARD MEMBERS

Camille Johnston - Chair  
 Joanne Connolly, Vice Chair  
 Maureen Dilg, Secretary  
 Robert Cocks  
 Rev. Peter DiSanto  
 Betty Hagan  
 Gilbert Thisse  
 Gerry Wise, Associate Member  
 Ruth Townsend, Associate Member

### COA BOARD MEETING

NO meetings in July or August

### COA STAFF MEMBERS

Janet Claypoole - Director  
 Nan Vaida - Outreach Worker  
 Sue Sheridan - Administrative Assistant/Editor

### COA OFFICE

Caryl Community Center, Room 116  
 4 Springdale Avenue, Dover, MA 02030  
 508-315-5734  
 Email: [coa@doverma.org](mailto:coa@doverma.org)

## COA PROGRAM HIGHLIGHTS

- **Lunch and Ice Cream Social** - Tuesday, July 10 at 12Noon at Caryl Community Center. Enjoy lunch and ice cream! Yum!
- **Annual Picnic at Powisset Farm** on Thursday, August 2 at 12Noon. Bring a sandwich and enjoy farm fresh salads and friends in the barn with a/c!
- **Summer Break Ukulele** - Grab your ukulele and play your summer favorites on Wednesday mornings. No cost for this fun gathering.
- **Travel Adventures** - Charles River Architecture Cruise, Tour Stonehurst/Robert Treat Paine estate, Lake Winnipesaukee Cruise, and Fall trip to Vermont to see the Friesians of Majesty Horses!

*See inside for details on all events*



## 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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