

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



**JUNE
2017**

COA LUNCHEON - "Cranberry Jammers"

Tuesday, June 13, 12:00 Noon

Caryl Community Center, Cafeteria

Join us for lunch and music from *Cranberry Jammers*, a four piece New Orleans's style band featuring Clarinet, Banjo, Trombone, Saxophone and Trumpet. There will be raffles and giveaways, too. Come and enjoy!!

*Entertainment sponsored by the Thisse family
(of Dover) and Rehabilitation Associates.*

Please RSVP by June 8th

MOVEABLE FEAST

Tuesday, June 20, 12:00 Noon

Grace Church

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

CIRCLE OF FRIENDS LUNCH

Tuesday, June 27, 12:00 Noon

Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by June 22.

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!

TEA TIME WITH FRIENDS

Trip to "Fancy That" for High Tea on Friday, June 16. Blood Pressure Clinic Moved to Thursday June 15 at 2pm. See page 2 for information.

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.

SAVE THE DATES:

SILK PAINTING CLASS

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

Caryl Community Center, Room 116

Join instructor Connie Dewyer and paint unique designs on silk scarves. No painting experience needed.

ANNUAL PICNIC AT POWISSET

Friday, August 18th; 12 Noon at Powisset Farm

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!

"UP IN SMOKE BBQ" AT THE CARYL

Fun Raiser for the COA

Sponsored by the Friends of the COA

The Friends of the Dover COA invite all Dover residents to join us outdoors at the Caryl Community Center for an "Up In Smoke BBQ" on **Wednesday, June 14, 2017 from 4:00pm to 7:00pm**. The cost is \$5.00 per person pre-registration or \$10.00 day of event and children under 10 eat free! The event was a huge success last year with over 100 attendees. The ever popular local band, the Centre Streeters, will provide entertainment once again. The band serves up a banquet of bluegrass, folk and country music and loves doing it. For reservations, please contact the COA office at the Caryl Community Center. Please visit www.coafriends.org to learn how the Friends organization provides services and programs that enhance the wellbeing of Dover seniors or to become a COA Friends member. All funds from this event help enrich the lives of our seniors. Call and sign up for this fun event!



PROGRAMS & SERVICES

TEA TIME WITH FRIENDS - Join Us!!

Friday, June 16, Depart 11:30am

Tea with Friends is wrapping up their year with High Tea at **Fancy That** in Walpole. The party will include scones, tea sandwiches and sweets. Cost is \$30.00 and includes tax and tip. Free Transportation provided.

Sign up early as space limited.



BLOOD PRESSURE - With the Walpole VNA

Thursday, June 15, 2:00pm (Note: Change in Day & Time!)

Caryl Community Center, Room 116

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, June 1, 15 & 29

Caryl Community Center, Room 116

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



BOCCE

Fridays, 10:00am

at the Dover Legion - Weather permitting



CRAFTS - Card Making with Beth

Theme - "Sea Horses"

Monday, June 5, 10:00am

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

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 1:00pm - June 1, 8, 15 (will return in the fall)

Caryl Community Center, Room 108

Please join us!!

MOVIE MATINEE—Two Movies this Month!

SENIOR COFFEE HOUR

Friday, June 30, 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, June 9, 2:00pm

Dover Town Library

Book: "Commonwealth" by Ann Patchett

MEDICARE - WHAT IS A MOON

For people with Medicare, MOON has a new meaning: "*Medicare Outpatient Observation Notice*." This newly required notice must be given to some patients who have been admitted to a hospital for "observation." Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an **inpatient hospital stay of at least three days** is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the Dover COA or call your local Senior Center.

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.

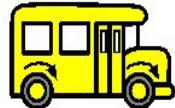
Local ride costs:

- 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.

Monday, June 19 we are off to Boston to see the **Tall Ships!** We will be on the water aboard the Provincetown II to see the ships and also have ample time to visit those that are docked. The cost is \$79 per person.

Monday, July 24 We head down to Rhode Island for lunch and a narrated tour of **Narragansett Bay**, which will include ten lighthouses, Newport Harbor, and historic sights. Cost is \$99 per person. ***TRIP IS SOLD OUT!***

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.

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.**

Spring 2018 Ready for more? Sign up for an **Ultimate African Safari with Overseas Adventure Travel**. March 14-31, 2018—17 days/\$6000 all inclusive (42 meals, transportation, game viewing drives, park fees, 15 nights accommodations, taxes, fees, and gratuities included). Limited to 14 people. Details at the COA office.

DOVER COA JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2			
Library CR - Community Room Caryl -Caryl Community Ctr Room 116 - COA office at Caryl Room 108- Caryl Community Center	ZUMBA GOLD - CARYL GYM SATURDAYS June 10th - 10:45am June 17 - 10:45am No longer on Fridays		1 10am-Blue Moon - Caryl Rm 116 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl Room 108	2 10am - Bocce at Dover Legion 10:30am-LL History Caryl 108 1pm - Movie at Dover Chuch
5 10am - Cardmaking - Caryl, Room 116 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR Pickleball-Must sign-up	6 9:00am Strength & Stability-Caryl Room 215 10:00 - COA Board Meeting -Caryl Room 116	7 10am Yoga-Rm 215 11:00am - Meditation-Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 Norwood Theatre Trip	8 11:00am Healthy Cooking-Powisset Farm 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl Room 108 2:00pm-Book Club-Library	9 10am - Bocce at Dover Legion 10:30am-LL History Caryl 108
12 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR Pickleball-Must sign-up Block Island Trip	13 9:00am Strength & Stability-Caryl Room 215 12Noon -COA Luncheon - Caryl, Cafeteria	14 No Yoga/ Meditation 11:30am Chi Gong Caryl, Room 108 4-7pm -Up in Smoke BBQ at Caryl	15 10am-Blue Moon-Caryl - Room 116 11:30am Strength & Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl, Room 108 2:00pm - Blood Pressure Clinic Caryl, Room 116	16 10am - Bocce at Dover Legion 11:30am- Tea at "Fancy That" 1pm- Movie at Dover Church
19 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR No Pickleball Tall Ships Trip	20 9:00am Strength & Stability-Caryl Room 215 12:00Noon - Moveable Feast - Grace Church	21 10:00am Yoga-Caryl Room 215 10:00am LL Ukulele - Caryl, Room 108 11:00am - Meditation-Caryl Room 215 11:30am Chi Gong Caryl, Room 108	22 11:30am Strength & Stability-Caryl Rm 215 No Mah Jongg (will return in the fall)	23 10am - Bocce at Dover Legion
26 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR Pickleball-Must sign-up	27 9:00am Strength & Stability-Caryl Room 215 12:00Noon - Circle of Friends - Grace Church	28 10:00am Yoga-Caryl Room 215 10:00am LL Ukulele - Caryl, Room 108 11:00am - Meditation-Caryl Room 215 11:30am Chi Gong Caryl, Room 108	29 10am-Blue Moon-Caryl - Room 116 11:30am Strength & Stability-Caryl Rm 215 No Mah Jongg	30 8:30amSenior Coffee Caryl, Room 108 10am - Bocce at Dover Legion

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.

YOGA FOR WELLNESS (No Class Wednesday, June 14)

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 Wednesday, June 14)

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 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 (Now on SATURDAYS!!)

Saturdays, 10:45am-11:30am; June 10th & 17th

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!

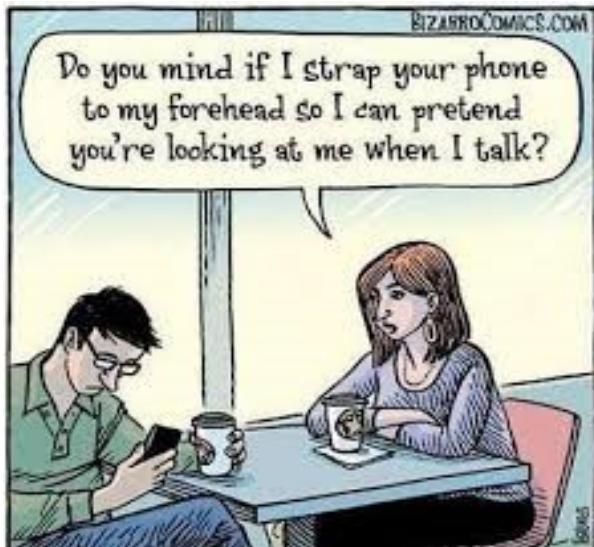
PICKLEBALL - Come Try Out this New Game!

Monday, June 5, 12 & 26; choose a session starting at 10:15am, 11:00am, or 11:45am

Caryl Community Center, Gym

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 the time you want. Equipment provided.

ON THE LIGHT SIDE



Reminders for Summer from Public Health Nurse

Submitted by Leandra McClean, PHN of Walpole VNA

Welcome to June! Lots of reminders for this month:

- ⇒ **Stay Hydrated!** As we age, our thirst decreases, leaving us dehydrated more quickly. Look for additional signs that you may not be drinking enough: dry mouth and lips, skin more dry than usual and very yellow or concentrated urine. Most concerning is being lightheaded or dizzy when you first sit up or stand up. BE CAREFUL!
- ⇒ **Wear your compression stockings.** This time of year is the start of when this is most important. Before even getting out of bed in the morning is the best time to put them on; your feet and ankles are at their best. A touch of corn starch or powder will help them slide on easier.
- ⇒ **Check for Ticks!** We are expecting a bumper crop of ticks this year with the mild winter. In our area this means Lyme Disease at best and Babesiosis or Anaplasmosis at worst. Please tick check yourself and others!! Watch for fever/chills, increased fatigue, muscle and joint pain, headaches and rash that come and don't leave within 24 hours—especially if you have been outside! These are all easily treated with oral antibiotics and early treatment can prevent more serious issues.
- ⇒ **Be safe in the sun** and wear sun screen and hats. Use products with DEET to help prevent mosquito bites. Have a great summer and get out and enjoy safely.

COA BOARD MEMBERS

Betty Hagan - Chairperson
 Maureen Dilg - Secretary
 Camille Johnston
 Gilbert Thisse
 Joanne Connolly

Peter DiSanto
 Robert Cocks
 Associate Members:
 Geri Wise
 Ruth Townsend

JUNE BOARD MEETING

Tuesday, June 6, 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

"UP IN SMOKE BBQ"

Wednesday, June 14, 2017 from 4 pm to 7 pm
Caryl Community Center

Cost is \$5.00/ person pre-registration
or \$10.00 day of event; children under 10 eat free!

Sponsored by the



Friends of the COA

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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