

# Bright

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



**DOVER COA**  
COUNCIL ON AGING

# Horizons

**MARCH  
2017**

## COA ST. PATRICKS DAY LUNCHEON

*Tuesday, March 14, 12:00 Noon \$4.00*



*Caryl Community Center, Cafeteria*

Wear your Green and come celebrate St. Patrick's Day with traditional corned beef and cabbage and your COA friends! RSVP by March 9.

## MOVEABLE FEAST

*Tuesday, March 21, 12:00 Noon*

*Kraft Hall, The Dover Church*

Come share a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by March 16.

## CIRCLE OF FRIENDS LUNCH

*Tuesday, March 28, 12:00 Noon*

*Grace Church*

Please join us for a homemade lunch and conversation with friends. RSVP by March 23.

## MEET WITH REP. DENISE GARLICK

*Thursday, March 16, 10:00am*

*Caryl Community Center, Room 108*

Join State Representative Denise Garlick, Chair of the Joint Committee on Elder Affairs, for a Community Conversation about senior issues. Come share your needs and concerns and learn about resources. All are invited. Please RSVP to COA.

## COOKIE DECORATING with DSHS Students

*Monday, March 13<sup>th</sup> 2:30-3:30*

*Caryl Community Center, Room 108*

Come have some fun and decorate St. Patrick's Day cookies with the Dover-Sherborn High School students. Please sign up in COA office if you are interested.



## NEED A RIDE TO COA LUNCHEES OR EVENTS?

If you need a ride to any COA programs or lunches, please call the COA and we will arrange a ride.

## GLOBAL LONGEVITY FACTORS AND RAINBOW EATING

Speaker: Tricia Silverman, Registered Dietician

*Monday, March 20, 10:30-11:45am*

*Caryl Community Center, Room 108*

Come learn which dietary and lifestyle practices lead to longevity across the world. See how eating a rainbow-bright diet can enhance energy and vitality while decreasing the risk for cancer and heart disease. Learn how certain foods can lessen pain and help healing. RSVP to COA by March 17.

*This program is sponsored in part by a grant from the Dover Cultural Council which is supported by the Massachusetts Cultural Council, a state agency.*

## COME TRAVEL WITH THE COA

**-Lunch Trip—**Put on your green and start March off celebrating at Dunn Gaherin's Food and Spirits Irish Pub in Newton Upper Falls on **Wednesday, March 1st (note date change)** Transportation funded by Friends of Dover COA. Call soon to sign up as spots go quickly.

## **-Trip to JFK Presidential Library and Museum**

Join us on Wednesday March 22 to visit the JFK Library, which is celebrating the centennial anniversary of President Kennedy's birth. Cost is \$10 for admission; lunch is on your own. Contact COA to sign up.

## **-Special Overnight Trip to Hudson Valley, NY with Culinary Institute and West Point in May**

*See page 3 for details and info on MORE 2017 trips!*

## PICKLEBALL - Come Try Out this New Game!

*Monday, March 27; 10:00-11:00am*

*Caryl Community Center, Gym*

Parks and Recreation and Council on Aging are partnering to offer a FREE introduction to Pickle ball, a paddle sport for all ages and skill levels. The game is a combination of badminton, tennis and table tennis. Join us to learn the basics and have fun!



**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

### AFTERNOON TEA-

#### Tea for Two and One for You”

Friday, March 17, 11:30am

Caryl Community Center, Room 108

Come enjoy tea and light lunch with friends.



### BLOOD PRESSURE - With the Walpole VNA

Friday, March 17, 10:45am

Caryl Community Center, Room 108

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, March 9 & 23

Caryl Community Center, Room 116

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 - Fish**

Monday, March 13, 10:00am

Caryl Community Center, Room 116

### FOOT DOCTOR

Thursday, March 16 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 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

Please join us!!



### MOVIE MATINEE

Friday, March 10, 1pm

Kraft Hall, The Dover Church,

Join us for the Movie. Popcorn, drinks, and dessert provided.

### SENIOR COFFEE HOUR

Friday, March 31, 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, March 9, 2:00pm

Dover Town Library

**Book:** *Circling the Sun* by Paula McLain.

### 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](mailto:enlert@mrmbw.com).

### How Can SHINE Help You?

*Are you turning 65 in the next three months?*

*Are you over 65 and planning to retire soon?*

*Do you understand all your Medicare plan options?*

*Are you having trouble paying for medical expenses and prescription drugs?*

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program for assistance. SHINE is not just here during Medicare Open Enrollment. Trained volunteers are available **all year** to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Dover COA at 508.315.5734. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## **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.

### **Dover Sherborn Travel Committee Has Big Plans for 2017!**

If you like to travel, we have some great things in the planning stage for this year. Some trips will be for Dover and Sherborn residents; for others we will join with Westwood (our partner with the Montreal trip).

**Wednesday, March 22** our group will be off to the JFK museum. \$10 pays for admission; lunch is on your own. Transportation is paid for by the Friends of the COA.

**May 9-11** will be our Hudson Valley Adventure. A three-day, two-night trip which covers Hyde Park estates of FDR and Vanderbilt, dinner at the Culinary Institute of America, a tour of West Point and lunch at West Point Officer's Club plus a boat cruise of the Hudson River. Cost: \$399 double occupancy/ \$539 for single.

**Monday June 12** is a trip to Block Island with our Westwood friends. We will head to Point Judith, RI to board the ferry to Block Island to enjoy a tour of the Island with a guide, lunch at the National Hotel, and the local shops. Cost is \$115 per person. *Please make checks payable to Westwood COA.*

**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.

**Tuesday, July 18** We head down to Rhode Island and board a ferry for a narrated tour of Narragansett Bay, which will include ten lighthouses and Newport Harbor. You'll cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights. The cost is \$99; which includes lunch, ferry ride and transportation. *Please make checks payable to the Westwood COA.*

**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 YoYoMa. 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!

**Ready for more adventure?** Westwood COA is travelling on **June 14-16 to Niagara Falls and Erie Canal**. Trip includes Niagara Falls cruise and tour from Canada side as well as a visit to Lockport, NY with a narrated cruise of Erie Canal. For more info on this trip, contact Westwood COA at 781-329-8799.

# DOVER COA MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: auto;"> <b>Library CR - Community Room Caryl - Caryl Community Center Room 116 - COA office at Caryl Room 108- Caryl Community Center</b> </div>		<b>1</b> <b>10:00am</b> Yoga-Caryl, Room 215 <b>11:00am</b> - Meditation-Caryl, Room 215 <b>11:30am</b> Chi Gong Caryl, Room 108 <b>12:30pm</b> Ukulele - Caryl, 2nd Floor  <b>Lunch Trip</b>	<b>2</b> <b>11:30am</b> Strength & Stability-Caryl Rm 215  <b>1:00pm</b> - Mah Jongg Caryl Room 108	<b>3</b> <b>10am</b> -Zumba Gold Caryl Gym
<b>6</b>  <b>12:30pm</b> Knitting - Caryl, Room 108  <b>5:30pm</b> Chi Gong - Library	<b>7</b>  <b>9:00am</b> Strength & Stability-Caryl Room 215  <b>10am</b> COA Board Meeting-Caryl, Room 116	<b>8</b>  <b>10:00am</b> Yoga-Caryl, Room 215 <b>11:00am</b> - Meditation-Caryl, Room 215 <b>11:30am</b> Chi Gong Caryl, Room 108 <b>12:30pm</b> Ukulele - Caryl, 2nd Floor	<b>9</b>  <b>10am</b> -Blue Moon-Caryl - Room 116 <b>11:30am</b> Strength & Stability-Caryl Rm 215 <b>1:00pm</b> - Mah Jongg Caryl Room 108 <b>2:00pm</b> -Book Club-Library	<b>10</b>  <b>10am</b> -Zumba Gold Caryl Gym  <b>1pm</b> - Movie at Dover Church
<b>13</b>  <b>10:00am</b> - Crafts - Caryl, Room 116 <b>12:30pm</b> Knitting Caryl, Room 108 <b>2:30pm</b> Cookie Decorating with DSHS-Caryl, Room 116 <b>5:30pm</b> Chi Gong - Library	<b>14</b>  <b>9:00am</b> -Strength & Stability-Caryl Room 215  <b>12Noon</b> COA Luncheon Caryl, Cafeteria	<b>15</b>  <b>10:00am</b> Yoga-Caryl Room 215 <b>11:00am</b> - Meditation-Caryl Room 215 <b>11:30am</b> Chi Gong Caryl, Room 108 <b>12:30pm</b> Ukulele - Caryl, 2nd Floor	<b>16</b>  <b>9:00am</b> Foot Dr - Caryl, Room 116 <b>10am</b> - Coffee with Rep Garlick—Caryl, Room 108 <b>11:30am</b> Strength & Stability-Caryl Rm 215 <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>17</b>  <b>10am</b> -Zumba Gold Caryl Gym  <b>10:45am</b> - Blood Pressure Clinic Caryl, Room 108  <b>11:30am</b> - Tea Caryl, Room 108
<b>20</b>  <b>10:30am</b> - Longevity & Rainbow Eating - Caryl, Room 108 <b>12:30pm</b> Knitting - Caryl, Room 108 <b>5:30pm</b> Chi Gong - Library	<b>21</b>  <b>9:00am</b> Strength & Stability-Caryl Room  <b>12Noon</b> - Moveable Feast - Dover Church	<b>22</b>  <b>10:00am</b> Yoga-Caryl Room 215 <b>11:00am</b> - Meditation-Caryl Room 215 <b>11:30am</b> Chi Gong Caryl, Room 108 <b>12:30pm</b> Ukulele - Caryl, 2nd Floor  <b>Trip to JFK Library</b>	<b>23</b>  <b>10am</b> -Blue Moon-Caryl, Room 116  <b>11:30am</b> Strength & Stability-Caryl Rm 215  <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>24</b>  <b>10am</b> -Zumba Gold Caryl Gym
<b>27</b>  <b>10:00am</b> -Pickleball Caryl Gym  <b>12:30pm</b> Knitting Caryl, Room 108  <b>5:30pm</b> Chi Gong Library	<b>28</b>  <b>9:00am</b> Strength & Stability-Caryl Room 215  <b>12:00Noon</b> - Circle of Friends Lunch - Grace Church	<b>29</b>  <b>10:00am</b> Yoga-Caryl Room 215 <b>11:00am</b> - Meditation-Caryl Room 215 <b>11:30am</b> Chi Gong Caryl, Room 108 <b>12:30pm</b> Ukulele - Caryl, 2nd Floor	<b>30</b>  <b>11:30am</b> Strength & Stability-Caryl Rm 215  <b>1:00pm</b> - Mah Jongg Caryl, Room 108	<b>31</b>  <b>8am</b> -Senior Coffee Caryl, Room 108  <b>10am</b> -Zumba Gold Caryl Gym



## **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.

**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** *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**

*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**

*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!



## ON THE LIGHT SIDE

What do you get when you cross poison ivy with a four-leaf clover?  
A rash of good luck.

I went out drinking on St Patricks Day, so I took a bus home...That may not be a big deal to you, but I've never driven a bus before.

What's Irish and stays out all night?  
Paddy O'furniture!

How is a best friend like a 4-leaf clover?  
Because they are hard to find and lucky to have.

What do ghosts drink on St Patricks Day?  
BOOs

How did the Irish Jig get started?  
Too much to drink and not enough restrooms!

What do you call a Cubic Zirconia in Ireland?  
A sham rock

Why do frogs like St. Patrick's Day?  
Because they're always wearing green

What do you call a diseased Irish criminal?  
A leper con



## VOLUNTEER OPPORTUNITIES AT THE COA

The COA has a variety of opportunities for volunteers young and old. Below is a list of opportunities where we could use your help.

- Spring & Fall Yard Clean Up
- Winter Snow Shoveling
- Dessert Baking for the Monthly Luncheons
- Set up & Clean up for Monthly Luncheons
- Monthly Newsletter Folding
- Technology Assistance
- Decorating Assistance
- Trip Planning Assistance
- Blue Moon Bagel & Bread Donation Bagging
- Birthday cards

If you are interested in volunteering please contact Andria DeSimone, COA Volunteer Coordinator by calling 508-315-5734. Thank you!

## **COA BOARD MEMBERS**

Betty Hagan - Chairperson	Peter DiSanto
Maureen Dilg - Secretary	Robert Cocks
Camille Johnston	Associate Members:
Gilbert Thisse	Gerri Wise
Joanne Connolly	Ruth Townsend

## **MARCH BOARD MEETING**

Tuesday, March 7, 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

**TOWN EVENTS**

**TOWN CAUCUS**

*Monday, March 13, 7:30pm - Upper Town Hall*

**OPEN WARRANT HEARING**

*Monday, March 20, 7:30pm - Upper Town Hall*

**COA OFFICE HOURS**

**MONDAY – THURSDAY 9:00AM – 5:00PM**

**FRIDAY - 9:00AM - 1:00PM**

**508-315-5734 - [COA@DOVERMA.ORG](mailto:COA@DOVERMA.ORG)**

[www.doverma.org](http://www.doverma.org)

Click on **Council on Aging**

in the Quick Links Section

For Newsletter information, email

[coeditor@doverma.org](mailto: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](http://www.coafriends.org) to see how we serve the well-being of Dover's seniors.



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