

# COA

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



# News

## NOVEMBER 2017

*Happy  
Thanksgiving*

### THANKSGIVING LUNCH

*Tuesday, November 14, 12:00 Noon \$5.00  
Kraft Hall, Dover Church  
Come and enjoy turkey with all the fixins'!!  
RSVP by November 8.*

### MOVEABLE FEAST

*No Moveable Feast in November or December*

### CIRCLE OF FRIENDS LUNCH

*Tuesday, November 28, 12:00 Noon at Grace Church  
Please join us for a homemade lunch and conversation  
with friends. RSVP by November 21*

### MEDICARE HEALTH PLAN OPTIONS

*Thursday, November 2 at 10:00AM; FREE  
Caryl Community Center, Room 108  
Susan Flanagan, Blue Cross Blue Shield Representative  
Are you already enrolled in Medicare but wondering if  
you chose the right coverage? Or are you approaching  
Medicare but not sure what options are right for you?  
Medicare can be confusing. This seminar will focus on  
the differences between MediGap and Medicare ad-  
vantage plans, discuss Part D prescription drug plans,  
and explain when enrollees can switch plans. This is a  
great presentation to attend during open enrollment to  
understand your options. Please call COA to sign up.*

### SENIOR SCAMS & SENIOR SAFETY

*Thursday, November 16 at 10:00AM  
Caryl Community Center, Room 108  
Representatives from Norfolk Sheriff Bellotti's Office,  
District Attorney Morrisey's Office, TRIAD, and Dover  
Police will discuss most common scams, what to watch  
out for, and how to protect your identity. Information  
will also be shared on being prepared for storms/ local  
emergencies and identifying local resources.*

### SAVE THE DATES:

#### ALL ABOUT WEATHER

**With Special Guest HARVEY LEONARD  
METEOROLOGIST ON CHANNEL 5 NEWS**

*Tuesday, December 12, 12:00 Noon  
Caryl Community Center Cafeteria*

Join us for lunch and meet Harvey Leonard, Chief Meteorologist for WCVB-TV Channel 5 News in Boston. For 40 years, Leonard has forecast Boston weather and guided us through hurricanes, nor'easters, and more! Come meet this legendary weatherman and learn about how weather technology has changed over his career, how he tracks the impact and intensity of storms, and hear his favorite weather stories. Bring your weather questions, join us for lunch and meet Harvey Leonard!



#### TECH SUPPORT

**with Dover Sherborn High School Students**

*Wednesday, November 8, 2:30pm  
Caryl Community Center, Room 108*

Do you need help figuring out your electronic device? DSHS students will be here to help you with any devices such as cell phones, tablets/iPads or laptops. Bring your device and questions for the experts to help!



#### SAND FOR SENIORS

The Dover COA in partnership with the Men's Breakfast Group from The Dover Church will once again prepare and deliver buckets of sand/salt to Dover's seniors. The Friends of the COA have generously offered to fund this program. If you would like a bucket of sand/salt (complete with a lid and scoop) for sanding your steps and walkway, please call the COA or sign up at the COA Office.



**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 TIME - "Left-over Turkey"**

Friday, November 17, 11:30am

Caryl Community Center, Room 108

Bring your left-over turkey recipes, good or bad and get in the Thanksgiving spirit. Lunch provided; No Turkey!!!

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

Friday, November 17, 10:45am

Caryl Community Center, Room 108

Meet with VNA Nurse to check your blood pressure.

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

Thursdays, November 9 & 30

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: Chipmunks !!

Monday, November 13, 10:00am

Caryl Community Center, Room 116

### **FOOT DOCTOR**

Thursday, November 16, 9:00am -10:45am

Caryl Community Center, Room 116

Cost is \$30.00. Call for appointments. Home visits also available for \$50

### **KNITTING**

Mondays at 11:30am

Caryl Community Ctr, 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, November 11th

Kraft Hall, Dover Church

Movie: "A Man called Ove"

Enjoy popcorn, coffee & dessert



### **SENIOR COFFEE HOUR**

Friday, November 24; 8:30am

Caryl Community Center, Room 108

Please join us for coffee and conversation.



### **SHINE**

Questions about Medicare? Call the COA for an appointment with SHINE Counselor Renee Rubin.

### **PAGETURNERS BOOK CLUB**

**NOTE: Time change**

Thursday, November 10, 1:00pm at Dover Library

Book: "A Piece of the World" by Christina B Kline

### **LIFETIME LEARNING - UKULELE II**

Ukulele, Session II starts Wednesday November 1st.

1:00-2:00pm, Cost \$40. Call the COA to sign up.

### **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.

### **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.



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### **The Dover Foundation**

As you clean out your closets, keep The Dover Foundation in mind. They are always looking for vintage type clothing such as gloves, hats, purses, blouses, skirts, dresses...even vintage luggage pieces! Dover Foundation is celebrating 70 years on stage and is selling for \$40 a hardcover book filled with photos and memories of their shows. Contact [info@thedoverfoundation.org](mailto:info@thedoverfoundation.org) for more details.

## DOVER SENIOR TRANSPORTATION SERVICE

Do you need a ride to medical appointment or other errands? 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 COA 508-315-5734

*\*Please remember to tip your driver\**

## YOU ARE GETTING A NEW MEDICARE CARD!

New cards will be mailed between April 2018 and April 2019 and the Social Security number will be removed from the card. This will help keep your information more secure. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. More information will come when your card is mailed.

**To get Ready:** Make sure your mailing address is up to date. If it needs to be corrected, contact Social Security at 1-800-772-1213.

Beware of anyone who contacts you about your new card. Social Security will never ask you to give any personal information to get your new Number and card. Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friends. There is no charge for the new card.



## TRAVEL WITH THE COA

There are lots of choices for travelling with the COA. Trips fill up quickly, so please call soon to sign up!

Wednesday, November 8 Join us for a Lunch Trip to Longfellow's Wayside Inn in Sudbury, a Massachusetts Historic Landmark. Enjoy a classic New England meal or try something new and seasonal. Space limited to 10; come and enjoy a fall day out with friends.

Friday, November 17 Matinee performance of Boston Symphony Orchestra with Conductor Christoph von Dohnanyi and Martin Helchem, Pianist. Cost is \$58 for first balcony seating. **TRIP IS SOLD OUT!**

Wednesday, November 29 Join us as we explore the deCordova Sculpture Park and Museum in Lincoln. Admission is \$12; café open for lunch. Transportation provided by Friends of Dover COA. Space is limited.

Thursday, December 14 Join us as we travel to Symphony Hall for a memorable Holiday Boston Pops performance. Enjoy lunch at Venezia Restaurant, overlooking the harbor, before the 4 pm matinee performance at Symphony Hall. Cost is reduced to \$114 per person with sponsorship from Friends of Dover COA. Come enjoy a holiday treat! Only a few spots left, please call soon!

Tuesday, December 19. Celebrate the Season with a lovely holiday lunch at the historic Concord Inn. Space is limited to 10. Transportation provided by Friends of Dover COA. Come celebrate the season with your friends at the COA. **TRIP IS SOLD OUT**

## POWISSET FARM COOKING CLASS

*Sponsored by the Friends of the Dover COA*

*Thursday, November 30; 11:00am-1:00pm*

*Cost: \$15 per class*

Join us and learn new techniques and recipes from a master chef. Dover and Westwood COAs are offering this cooking class at Powisset Farm in the kitchen in the barn. After you learn how to make these tasty dishes, enjoy the pleasure of eating them!

**November 30 - Italian: Pasta Making and Ravioli**  
This is a hands on pasta making class where you will learn basic dough techniques, cutting pasta and quick ravioli making by a master chef.

Space is limited to 4 Dover seniors. You must sign up in advance! Call the COA office to sign up.

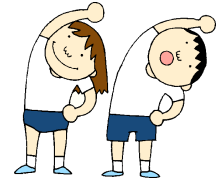
# DOVER COA NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Library CR - Community Room</b> <b>Caryl -Caryl Community Center</b> <b>Room 116 - COA office at Caryl</b> <b>Room 108- Caryl Community Ctr</b>  <b>LL = Lifetime Learning Classes</b>		<b>1</b>  10am Yoga-Rm 215 11:00am - Meditation-Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm - Ukulele Caryl, Room 108	<b>2</b>  10:00am - Medicare Options -Caryl, 108 11:30am Strength & Stability—Caryl 215 1:00pm - Mah Jongg 1:30pm -LL Philoso-phy - Library CR	<b>3</b>
<b>6</b>  11:30am Knitting - Caryl, Room 108  5:30pm Chi Gong - Library CR  <b>Pickleball Must sign up</b>	<b>7</b>  9:00am Strength & Stability-Caryl, Rm 215  10am COA Board Meeting-Caryl, Room 116	<b>8</b>  10am Yoga-Rm 215 10:30am-LL Decision Library CR 11:00am - Meditation 11:30am Chi Gong 1:00pm - Ukulele-108 2:30pm - Tech Sup-port, Caryl Rm 108  <b>Lunch Trip</b>	<b>9</b>  10am-Blue Moon-Caryl - Room 116 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108 1:00pm-Book Club-Library	<b>10</b>  1pm - Movie at the Dover Church  <b>HOLIDAY - COA Office Closed</b>
<b>13</b>  10:00am Card Making - Caryl, 116 11:30am Knitting - Caryl, Room 108  <b>NO Chi Gong</b>  <b>Pickleball Must sign up</b>	<b>14</b>  9:00am Strength & Stability-Caryl, Room 215  12Noon Thanksgiving Luncheon - Kraft Hall Dover Church	<b>15</b>  10am Yoga-Rm 215 11:00am - Meditation-Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm - Ukulele Caryl, Room 108	<b>16</b>  9:00am - Foot Dr-Caryl, Room 116 10:00am - Senior Scams & Safety - Caryl, Rm 108 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108	<b>17</b>  10:45am - Blood Pressure Clinic Caryl, Room 108  11:30am - Tea - Caryl, Room 108  <b>BSO Trip</b>
<b>20</b>  11:30am Knitting - Caryl, Room 116  5:30pm Chi Gong - Library CR  <b>Pickleball Must sign up</b>	<b>21</b>  9:00am Strength & Stability-Caryl, Rm 215  <b>NO Moveable Feast</b>	<b>22</b>  10am Yoga-Rm 215 11:00am - Meditation 11:30am Chi Gong Caryl, Room 108 1:00pm Ukulele - Caryl, Room 108	<b>HAPPY</b>  <b>THANKSGIVING</b>  <b>COA CLOSED</b>	<b>24</b>  8:30am Senior Coffee- Caryl, Room 108
<b>27</b>  11:30am Knitting - Caryl, Room 116  5:30pm Chi Gong - Library CR  <b>Pickleball Must sign up</b>	<b>28</b>  9:00am Strength & Stability-Caryl, Rm. 215  12Noon - Circle of Friends Lunch - Grace Church	<b>29</b>  10am Yoga-Rm 215 11:00am - Meditation 11:30am Chi Gong Caryl, Room 108 1:00pm Ukulele - Caryl, Room 108  <b>Museum Trip</b>	<b>30</b>  10am-Blue Moon-Caryl, Room 116 11am - Cooking at Powisset Farm 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108	<b>NOTE</b> <b>ZUMBA GOLD &amp; STRENGTH &amp; STABILITY CLASSES SUSPENDED UNTIL FURTHER NOTICE</b>





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



### **CHI GONG**

*No Class Monday November 13*

*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**

*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 - Check with COA for schedule*

*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**

*Saturdays, 10:45am-11:30am; Classes are on hold for now; check with COA for schedule.*

*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 10:15am, 11:00am, or 11:45am

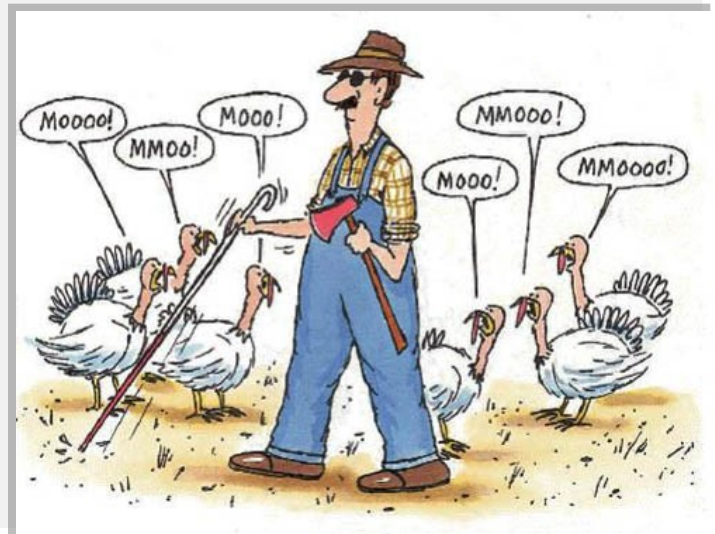
*Caryl Community Center, Gym (you must sign up for a session)*

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.

## ON THE LIGHT SIDE

### WORDS OF WISDOM!!

A clean desk is a sign of a cluttered desk drawer.  
A clear conscience is usually the sign of a bad memory.  
A closed mouth gathers no foot.  
A conclusion is the place where you got tired of thinking.  
A day without sunshine is like, night.  
A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.  
A flashlight is a case for holding dead batteries.  
Be nice to your kids. They'll choose your nursing home.  
Bills travel through the mail at twice the speed of checks  
Borrow money from a pessimist, they don't expect it back.  
Change is inevitable, except from a vending machine.  
Chocolate: the OTHER major food group.  
Consciousness: That annoying time between naps.  
Corduroy pillows: They're making headlines!  
Don't take life too seriously, you won't get out alive.  
Energizer Bunny arrested and charged with battery.  
Ever stop to think, and forget to start again?  
Experience is something you don't get until just after you need it.



### **Medicare Open Enrollment is Here— SHINE Can Help Make Sense Of It All**

Do NOT ignore your Medicare Mail.—it's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan.

Medicare plans change every year. This is the time to decide on your coverage for 2018. SHINE (Serving the Health Insurance Needs of Everyone) can help you understand your plan changes as well as other available options. Trained SHINE counselors provide free Medicare counseling to help you compare options.

***Call Dover COA now for a SHINE appointment  
Before Open Enrollment ends on December 7!***

**508-315-5734**

#### **COA BOARD MEMBERS**

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

#### **COA BOARD MEETING**

November 7, 2017; 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

- **COA THANKSGIVING LUNCH** - Tuesday, Nov 14 at 12Noon at Kraft Hall, Dover Church
- **MEDICARE OPTIONS** - Thursday, Nov 2
- **SCAMS & SAFETY** - Thursday, Nov 16
- **COOKING CLASS** - Thursday, Nov 30 at Powisset Farm
- **TRAVEL ADVENTURES** - Wayside Inn Lunch, deCordova Museum, Holiday Pops
- **HARVEY LEONARD**, Channel 5 Weatherman at Dec 12 COA Lunch! **SAVE THE DATE!!**

*See inside for details on all events!!*

***Happy Thanksgiving!***

## 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  
[coeditor@doverma.org](mailto:coeditor@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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