

COA



DOVER COA
COUNCIL ON AGING

News

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

**OCTOBER
2017**

OCTOBER COA LUNCHEON -Elvis is Back!!

Tuesday, October 10, 12:00 Noon

Caryl Community Center, Cafeteria

Robert Black is New England's Premier Elvis Tribute Artist and his authentic portrayal of Elvis Presley has made him one of the country's most sought after tribute performers. Put on your blue suede shoes and join us! Entertainment and lunch sponsored by Mary Ann Morse Healthcare Center in Natick. RSVP by October 5.

MOVEABLE FEAST

Tuesday, October 17, 12Noon at St. Dunstan's Church

Come share a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by October 12.

CIRCLE OF FRIENDS LUNCH

Tuesday, October 24, 12Noon at Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by October 19.

HALLOWEEN PARTY LUNCHEON

Tuesday, October 31, 12noon at Caryl Community Ctr

Join us for a Spook-tacular event! There will be food, drink, and witches brew, now all we need is you! Costumes optional. Lunch sponsored by The Ellis Rehabilitation and Nursing Center in Norwood. RSVP by Oct 25

LIFETIME LEARNING

Stolen Art, Democracy & Tyranny, Profiles in Courage, Making of our Constitution, and Ukulele classes have begun. Pick up a Brochure at the COA and join us! Or view options on line at www.coafriends.org.

BOARD OF HEALTH CLINIC - By Appointment

Tuesday, October 24th Upper Town Hall

The BOH is holding a clinic for the Flu, Shingles, Pneumonia and DTAP shots by Appointment Only. Please call the BOH to make appointment, and bring your Health Insurance information.

Note: To receive the BOH newsletter, send your email address to boh@doverma.org.

HARVEST BRUNCH (Formerly Jazz Brunch)

Dover American Legion

Sunday, October 22nd; 11:30am to 2:00pm

Early Registration \$35/Day of Event \$45

The Friends of the Dover Council on Aging will be holding their annual Harvest Brunch at the Dover American Legion. This event raises funds for the Council on Aging to provide more diverse classes, day and overnight trips and even office furniture. Reserve a table for your friends, enjoy jazz music by Jack Quinlan, and have a memorable and fun time. Call the COA at 508-315-5734 to purchase tickets. Tickets must be purchased by October 17 to receive the reduced rate. For more information, please visit www.coafriends.org.

SAVE THE DATES:

MEDICARE HEALTH PLAN OPTIONS

Thursday, November 2 at 10:00AM

Caryl Community Center, Room 108

Presented by 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 advantage plans, discuss Part D prescription drug plans, and explain when enrollees can switch plans. This is a great presentation to attend during open enrollment so that you can understand your options. Light refreshments provided. Please call the COA to sign up.

SENIOR SCAMS

Thursday, November 16 at 10:00AM

Caryl Community Center, Room 108

Speakers from Norfolk Co. Sheriff Bellotti's office/ TRIAD program and District Attorney Morrissey's office will share info on scams and how to avoid them.

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 - Seven Dwarves

Friday, October 20, 11:30am

Caryl Community Center, Room 108

Come enjoy tea with friends



BLOOD PRESSURE - With the Walpole VNA

Friday, October 20, 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, October 12 & 26

Caryl Community Center, Room 116

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

BOCCE

Fridays, 10:00am

The Dover Legion

Please join us. All Are Welcome!!



CRAFTS - Card Making with Beth

Theme: Animals with a Halloween Touch!

Monday, October 2, 10:00am

Caryl Community Center, Room 116

FOOT DOCTOR

Thursday, November TBA, 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 help the knitters who make hats, scarves, and blankets for those in need with donated yarn.



MAH JONGG - All Levels Welcome

Thursdays at 1:00pm

Caryl Community Center, Room 108

Please join us!!

MOVIE MATINEE

Friday, October 13th

Kraft Hall, Dover Church

Movie: "Lion"

Enjoy popcorn, coffee & dessert



SENIOR COFFEE HOUR

Friday, October 27; 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, October 12, 1:00pm at Dover Library

September Book: "Lucky Us" by Amy Bloom

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.

MEN'S LUNCH CLUB

Sherborn COA invites Dover men to join their Men's Lunch group to enjoy lunch at The Heritage, 33 N. Main St in Sherborn (formerly The Sherborn Inn) on Monday, October 23rd at 12Noon. Owners Jen Ziskin and her husband Josh, who is also the chef, invite the Men's group to experience great food and conversation in a comfortable setting. The Men's group lunch is funded by a generous grant from MetroWest Health Foundation. Please contact Sherborn COA at 508-651-7858 if you are interested in attending this monthly program.

Senior Property Tax Work Off Program

Do you have free time? Looking for something to do? The Town could use your help!

Dover seniors who are property tax owners may qualify for this year's Senior Property Tax Work-off Program. There are a maximum of 10 slots eligible for tax abatement credit in 2018. All amounts earned are subject to Federal Income and FICA taxation. Maximum amount to earn is \$1000 minus taxes. For guidelines and/or an application, call the COA at 508 -315-5734.

Deadline is October 16th for applications

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 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

ARE YOU PREPARED?

by Nan Vaida, RN, Dover COA Outreach Worker

Following the harrowing storm and damage caused by Hurricanes Harvey, Irma and now Maria, it's time to check your emergency readiness. Rarely do hurricanes impact Dover but we are heading into our season of n'oreasters and snow storms and now is the time to plan.

MEMA, the Massachusetts Emergency Management Agency, recommends the following:

Be Informed! Know your risks-are you in a flood plain, are there trees close to your house, are outside areas clear of patio furniture, umbrellas, and other items that could come loose in high winds?

Make a Plan! Shelter in place or stay at someone's home or in a shelter. Know where your town's shelters are.

Build a Kit! Bottled water, batteries, gasoline, shelf stable food, flashlight, radio, first aid kit are all essential. Customize your kit to fit your personal needs including medications, hearing aid batteries, extra glasses or lenses, and insurance info. Here's your chance to fill out your Emergency Contact Info Sheet and File of Life Card. These are both available at the COA office.

Make a Family Communication Plan. MEMA recommends that an out of state relative or friend be the contact person as local phone lines may be disrupted by damage or high call volume. Determine an out of town and/or local place to meet within a specified time frame depending on the type of emergency. Make sure your cell phones/tablets are charged. Back up chargers are now on available and can be "pre-charged" and then used to power up electronics as needed. Finally, MASS 2-1-1 is a 24 hour call center. It can be reached 24/7 for information and assistance during an emergency.

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!

Travel Committee: We want your input on travel for 2018, both overnight and day trips in New England! The Dover Sherborn Travel Committee will meet on **Wednesday, October 4 at 10:30am at Sherborn Town Hall, Room 204A.** If you are planning to attend, please CALL the COA first in case we need to move our meeting space. If you cannot attend but have great suggestions, please call the COA at 508-315-5734 and share your travel ideas.

Tuesday, October 3 Ride the Essex Valley Steam Train, enjoy a Connecticut Riverboat Cruise and a stop for delicious lunch. Cost is \$95 per person payable to Westwood COA. **TRIP IS SOLD OUT!**

Wednesday, October 18 Lunch Trip to The 1761 Old Mill Restaurant in Westminster. Enjoy the fall setting and delicious food. Transportation funded by Friends of Dover COA. Space limited. Only a few spots left!

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.

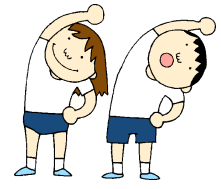
Thursday, December 14 Join us as we travel to Symphony Hall for a memorable Holiday Boston Pops performance. Enjoy lunch at Venezia Restaurant, overlooking the harbor, before the 4 pm matinee performance at Symphony Hall. Cost is reduced to \$114 per person with sponsorship from Friends of Dover COA. 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.

DOVER COA OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10am - Card Making- Caryl, Room 116 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR Pickleball Must sign up</p>	<p>3</p> <p>9:00am Strength & Stability-Caryl, Rm 215 11:00am -LL Stolen Art -Library CR Trip –Steam Train & CT Riverboat Cruise</p>	<p>4</p> <p>10am Yoga-Rm 215 10:30am Travel Com- mittee - Sherborn TH 11:00am - Meditation- Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm - Ukulele Caryl, Room 108</p>	<p>5</p> <p>11:30am Strength & Stability-Caryl, Room 215 1:00pm - Mah Jongg Caryl, Room 108 1:30pm -LL Philoso- phy - Library CR</p>	<p>6</p> <p>10am - Bocce at Dover Legion 10:30am- LL Profiles in Courage Caryl, Room 108</p>
<p>9</p> <p>HOLIDAY</p>	<p>10</p> <p>9:00am Strength & Stability-Caryl, Rm 215 11:00am -LL Stolen Art Library CR 12Noon COA Luncheon - Caryl, Cafeteria</p>	<p>11</p> <p>10am Yoga-Rm 215 10:30am-LL Decision Library CR 11:00am - Meditation- Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm - Ukulele Caryl, Room 108</p>	<p>12</p> <p>10am-Blue Moon- Caryl - Room 116 11:30am Strength & Stability-Caryl, Room 215 1:00pm - Mah Jongg Caryl, Room 108 1:00pm-Book Club- Library</p>	<p>13</p> <p>10am - Bocce at Dover Legion 10:30am- LL Profiles in Courage Caryl, Room 108 1:00pm - Movie at the Dover Church</p>
<p>16</p> <p>11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR Pickleball Must sign up</p>	<p>17</p> <p>9:00am Strength & Stability-Caryl, Room 215 12Noon - Moveable Feast - St. Dunstan's 1:00pm -LL Stolen Art - Library CR</p>	<p>18</p> <p>10am Yoga-Rm 215 11:00am - Meditation- Caryl, Room 215 11:30am Chi Gong Caryl, Room 108 1:00pm - Ukulele Caryl, Room 108 Lunch Trip</p>	<p>19</p> <p>11:30am Strength & Stability-Caryl, Room 215 1:00pm - Mah Jongg Caryl, Room 108 1:30pm -LL Philoso- phy - Library CR</p>	<p>20</p> <p>10am - Bocce at Dover Legion 10:45am - Blood Pressure Clinic Caryl, Room 108 11:30am - Tea - Caryl, Room 108</p>
<p>23</p> <p>11:30am Knitting - Caryl, Room 116 5:30pm Chi Gong - Library CR Pickleball Must sign up</p>	<p>24</p> <p>9:00am Strength & Stability-Caryl, Rm 215 12Noon - Circle of Friends Lunch - Grace Church</p>	<p>25</p> <p>10am Yoga-Rm 215 10:30am-LL Decision Library CR 11:00am - Meditation 11:30am Chi Gong Caryl, Room 108 1:00pm Ukulele - Caryl, Room 108</p>	<p>26</p> <p>10am-Blue Moon- Caryl, Room 116 11:30am Strength & Stability-Caryl, Room 215 1:00pm - Mah Jongg Caryl, Room 108</p>	<p>27</p> <p>8:30am Senior Coffee- Caryl, Room 108 10am - Bocce at Dover Legion</p>
<p>30</p> <p>11:30am Knitting - Caryl, Room 116 5:30pm Chi Gong - Library CR Pickleball Must sign up</p>	<p>31</p> <p>9:00am Strength & Stability-Caryl, Rm. 215 12:00Noon –Halloween Party Lunch - Caryl, 108</p>	<p><u>ZUMBA GOLD</u> <u>CARYL GYM</u></p> <p><u>SATURDAYS</u> <u>10:45am</u> October 14 & 21</p>		<p>Library CR - Community Room Caryl -Caryl Community Center Room 116 - COA office at Caryl Room 108- Caryl Community Ctr.</p> <p>LL = Lifetime Learning Classes</p>

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

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

Saturdays, 10:45am-11:30am; October 14 & 21

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

ACTUAL NEWSPAPER HEADLINES

- “Old school pillars are replaced by alumni”
- “Complaints about NHL referees growing ugly”
- “Caribbean islands drift to left”
- “Two convicts evade noose: jury hung”
- “Police discover crack in Australia”
- “Survivor of Siamese twins joins parents”
- “Hospitals are sued by 7 foot doctors”
- “Stolen painting found by tree”
- “Man struck by lightning faces battery charge”
- “Farmer bill dies in house”
- “Kids make nutritious snacks”
- “Arson suspect is held in Massachusetts fire”

HIGH TECH COMPUTER DEFINITIONS - FROM SENIORS!

- Backup** – what you do when you run across a skunk in the woods!
- Bug** – The reason you give for calling in sick
- Byte** – What your Pitbull did to cousin Jed.
- Terminal** – Time to call the undertaker
- Crash** - when you go to Junior’s party uninvited.
- Digital** – the art of counting on your fingers!
- Diskette** – Female disco dancer.
- Hacker** – Uncle Leroy after 32 years of smoking
- Internet** – Where cafeteria workers put their hair!
- Keyboard** – Where you hang the keys to the John Deere.
- Megahertz** – How your head feels after 17 beers!
- Modem** – What you do when the grass gets too high.
- Mouse Pad** – Where Mickey & Minnie live.
- ROM** — Where the pope lives.
- Serial Port** – A red wine you drink with breakfast

Fall entrepreneur...



“All our summer shade is falling down!”



Medicare plans change every year!

This is the time to decide on your coverage for 2018.

SHINE Can Help!

SHINE counselors provide free Medicare counseling to help you compare options.

Call the COA now for a SHINE appointment between October 15 and 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

October TBA
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 LUNCH with Elvis!** - Tuesday, October 10
At Caryl Community Center
- **HARVEST BRUNCH FUNDRAISER**
Sunday, October 22 at Dover Legion
- **COA HALLOWEEN PARTY!**
Tuesday, October 31 at Caryl Community Ctr.
- **FALL LIFETIME LEARNING BEGINS!**
See Brochure at www.coafriends.org
- **MEDICARE OPTIONS** - Thursday, Nov 2
- **TRAVEL ADVENTURES** - Wayside Inn Lunch,
deCordova Museum, Concord Inn, Holiday Pops

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

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



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Dover Council on Aging
Box 250
Dover MA 02030
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