MAY LUNCHEON
Tuesday, May 12th, 12:00pm; $4
Room 108, Caryl Community Center
U.S. Postal Inspector Bernadette Lundbohm from The Postal Inspection Service will share information about the latest frauds and scams targeting seniors through the U.S. Mail. Inspector Lundbohm will also provide seniors with the tools and steps necessary to avoid becoming victim of these scams. RSVP by May 4th
Co-sponsored by TRIAD, a program of Norfolk County Sheriff’s Office

COMMUNITY LUNCH PROGRAM
Tuesday, May 19th at 12:00pm at Dover Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by May 14th

CIRCLE OF FRIENDS LUNCH
Tuesday, May 26th at 12:00pm Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by May 23rd.

MONTHLY DRAWING
For the month of May there will be a drawing at each Luncheon, sponsored by the Friends of the COA. Be sure to join us for a chance to win!

TRAVEL WITH THE COA
For information on upcoming trips to Heritage Gardens and Tanglewood see page 2

FOOT DOCTOR
Podiatrist, Dr. Douglas John starts Monday May 11th. For more information see page 2

SAVE THE DATES

TRIAD Yellow Dot Program
Thursday June 18th at 10:00am
Room 108, Caryl Community Center
Representatives from the Norfolk County Sheriff’s Office and Dover TRIAD will discuss the Yellow Dot program, a national public safety program.

“UP IN SMOKE BBQ” Fundraiser for the COA
The Centre Streeters will be performing!!!
Wednesday, June 17th; 4:00-7:00pm – Backyard at Caryl Center; Sponsored by the Friends of the COA
$5 Person Pre-Registration/$10 Day of Event
Children under 10 Free
Sponsored in part by a grant from the Dover Cultural Council and the Massachusetts Cultural Council

TOWN MEETING - MONDAY MAY 5TH
TOWN ELECTION - MONDAY MAY 18TH

The COA Senior Bus is here!!
See page 3 to schedule a Free Ride

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 and SERVICES

AFTERNOON TEA “Buttons, Buttons, Buttons”
Friday, May 22nd, 1:30pm
Caryl Community Center, Room 108

BLOOD PRESSURE—With the Walpole
Friday, May 22nd, 12:30pm
Caryl Community Center, Room 108

BLUE MOON BAGELS AND BREADS
May 7th & 21st
Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am

BOCCE IS BACK!!
Fridays at 10:00am at the Dover Legion
Join us as it is always a fun time!!

CRAFTS - Card Making Class with Beth
Monday, May 11th, 10:00am
Caryl Community Center, Room 116
Create May Flower cards using fabrics & patterns

FOOT DOCTOR
Tuesday, May 11th, 9:00am
Caryl Community Center, Room 116
Meet our new podiatrist Dr. Douglas John. Cost is $30.00. Call the COA for an appointment.
Future dates TBA

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 the NICU units with donated yarn.

MOVIE MATINEES
Friday, May 8th; 1:00pm, Dover Church, Kraft Hall
May’s Movie is “Good Will Hunting”
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

SENIOR COFFEE HOUR
Friday, May 22nd, 8:00am
Caryl Community Center, Room 108
Please join us for coffee and conversation.

SHINE
Questions about health insurance? Call the COA for appointment with Counselor Renee Rubin.

TRIAD MEETING
Monday, May 4th, 10:00am
Caryl Community Center, Room 116

MAH JONGG
Thursday, 1:00pm, Caryl, Room 108
Please join us for Mah Jongg. All levels welcome

PAGETURNERS BOOK CLUB
Thursday, May 14th , 1:00pm- Town Library

Come Travel with the COA!

Friday June 5 Heritage Garden and Museum
Come see what is in bloom at Heritage. We’ll go on a guided tour of the landscaped gardens and the architectural features of the property. The new art exhibit of American artists The Wyeths: America Reflected will be open. Lunch is “on your own” at the Magnolia Café or you can brown bag it. Cost: $35

Sunday, August 9 Tanglewood – A Summer trip to the Berkshires! Join us for lunch at The Red Lion Inn and then take your seat (in the Shed) for a wonderful performance of Mussorgsky’s Night on Bald Mountain, Wieniawski’s Violin Concerto #4, and Berlioz’s Symphonie Fantastique, featuring guest violinist Joshua Bell. Cost: $115

Saturday, October 17 Fine Arts & Craft Festival at Roseland Cottage. Spend a beautiful fall day in Northeast CT. Start your holiday shopping with 175 artisans from New England area, enjoy live music and the fall foliage, and see a beautiful historic home, all in one trip! Cost: TBD
NEED A RIDE??
CHECK OUT THE DOVER COA TRANSPORTATION SERVICES

DOVER COUNCIL ON AGING BUS SERVICE

The Town of Dover offers FREE curb to curb transportation for three days a week. To schedule a ride, call 508-785-0058 ext 110.

- **TUESDAYS** - Dover COA Lunches (10:30-2pm) — These lunches are scheduled on the second, third and fourth Tuesdays of the month. (See calendar on page 4)

- **WEDNESDAYS** - Medical Appointments (8:30am-2:30pm) - Dedham, Framingham, Medfield, Natick, Needham, Newton, Norwood & Wellesley.

- **THURSDAYS** - Grocery Stores and Pharmacies (9:30am-12:30pm) - Medfield Shaws & Medfield CVS; Millis Roche Bros. & Millston Way stores. (If you have other favorite grocery stores, let us know)

**Reservations REQUIRED:** 508-785-0058 ext 110 (2 business days in advance: First come, first served) Leave your name, address, phone, date needed, pick up time & destination address.

**If you need service on another day or are going to Boston, you can still use JFK Transportation**

JFK TRANSPORTATION SERVICE

JFK Transportation provides rides to local destinations and to Boston. Their hours of service are Norwood 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 and Wellesley - 2 ticket punches ($6.00) each way
- Framingham, 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.
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<thead>
<tr>
<th>MONDAY</th>
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<td>GC—Grace Church</td>
<td>Library CR = —— Community Room</td>
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<td>Caryl —— Caryl Community Ctr.</td>
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<td>10:00am - TRIAD</td>
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<td>9:30am Yoga—Caryl, Room 215</td>
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<td>12:30pm Knitting - Caryl, Room 108</td>
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<td>10:00am - Crafts/Cards</td>
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BE FIT AND AGE WELL AT THE COA

CHI GONG
Mondays 5:30pm - Library Community Room
Wednesdays 11:30am - Caryl Community Center, Room 108; $3/session
Instructor: Linda Bellefeuille
Therapeutic Chi Gong combines deep breathing with whole body movements to harmonize mind and body and promote energy flow. Chi Gong helps you maintain and regain the balance that is so necessary to live the active life you desire.

YOGA FOR WELLNESS - For All Ages
Mondays & Wednesdays 9:30am to 10:30am
Caryl Community Center, Room 215; $3.00 contribution for aged 60+; $5.00 all others.
Instructor: Renate Kerr
Please join our inter-generational yoga group! Yoga has long been established as a viable way to improve health and vitality, strength and balance. De-stress, breathe, and move toward a healthier, happier you. Please wear comfortable clothing.

ZUMBA GOLD
Fridays, 10:00am-10:45am. $3.00/session. Caryl Community Center in Gym.
Instructor: Andria DeSimone Lindberg
The COA in collaboration with Park & Recreation are sponsoring a Zumba Gold Class. Please join us on Fridays for fun and exercise!!
(NOTE: Friday, June 12th is the last day of Zumba for the summer)

Coming Soon: Strength & Conditioning Classes! Call the COA for more information

♦ Can Philosophy Answer Today’s Problems?
Tuesdays, April 14, 28, and May 12; 10:30AM-12PM at Dover Town Library, Community Room.
Speaker: Maud Chaplin, Professor of Philosophy Emerita from Wellesley College

SPRING 2015 LIFETIME LEARNING CLASSES
Sponsored by Friends of Dover Council on Aging with support of Dover COA

♦ Old Testament Themes
Tuesdays, April 14, 21, 28 and May 5; 1:30-3:00PM at Dover Town Library, Community Room
Speaker: F. Dorie Mansen, PhD, teaches at Boston University School of Theology

♦ Music Through The Ages
Wednesdays, April 29, May 6, 13, 20; 10:30-11:30AM at The Dover Church, 17 Springdale Avenue
Speaker: Michael Kraft, Music Director of The Dover Church

♦ Becoming America (1776-1800)
Thursdays, April 30, May 7, 14, 28; 10:30-12PM at Caryl Community Ctr, Room 108, 4 Springdale Avenue
Speaker: Gary Hylander, PhD; independent scholar and historian who specializes as a presidential historian

All classes cost $35 per series. Stop by the COA, Town Library or Churches and pick up a brochure or download at www.coafriends.org. Join us and expand your knowledge at one or more of these interesting classes!
ON THE LIGHT SIDE

- "In an attempt to kill a fly, I drove into a telephone pole."
- "I didn't think the speed limit applied after midnight"
- "I started to slow down but the traffic was more stationary than I thought."
- "I pulled into lot with smoke coming from under the hood. I realized the car was on fire so took my dog and smothered it with a blanket."
- "On approach to the traffic lights the car in front suddenly broke."
- "I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment."
- "The other car collided with mine without giving warning of its intention."
- "I collided with a stationary truck coming the other way"
- "I was on my way to the doctor with rear end trouble when my universal joint gave way causing me to have an accident."
- "An invisible car came out of nowhere, struck my car and vanished."
- "I was thrown from the car as it left the road. I was later found in a ditch by some stray cows."
- "I thought my window was down, but I found it was up when I put my head through it."
- "The guy was all over the road. I had to swerve a number of times before I hit him."
- "I had been driving for forty years when I fell asleep at the wheel and had an accident."
- "As I approached an intersection a sign suddenly appeared in a place where no stop sign had ever appeared before."
- "The indirect cause of the accident was a little guy in a small car with a big mouth."

THROUGH THE GARDEN DOOR

THE LANGUAGE OF FLOWERS

Bluebells
"

"Constancy"

Bluebells are one of our hardiest wild flowers, faithfully returning year after year, and surely they mean Constancy because of their tenacity once established in a garden. They cover our woods with blue carpets each May but dislike being picked and once gathered, the nodding bells soon droop. The genus name is *Endymion* and was so loved by Keats that he named the hero of his poetic romance after it.

COA BOARD MEMBERS

Betty Hagan - Chairperson
Lou Theodos - Vice Chair
Maureen Dilg - Secretary
Cara Groman
Camille Johnston
Barbara Murphy
Gilbert Thisse
Joanne Connolly

MAY BOARD MEETING

Tuesday, May 5th at 10:00am
Caryl Community Center, Room 116

COA STAFF MEMBERS

Janet Claypoole - Director
Carl Sheridan - Outreach Worker
Sue Sheridan - Administrative Assistant/Editor
Nancy Simms - Volunteer Coordinator

COA OFFICE

Caryl Community Center, Room 116,
4 Springdale Ave., Dover, MA 02030
508-315-5734
HAPPY MEMORIAL DAY
JOIN IN HONORING OUR TROOPS AND VETERANS ON MEMORIAL DAY BY COMING TO THE PARADE ON MAY 30TH

FRIENDS OF THE DOVER COA
Remember a Loved One or Honor a Friend with a Memorial Gift

Enclosed is my donation of $_________ in memory/honor 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 find out what we do!

www.doverma.org
Click on Council on Aging in the Quick Links Section
For Newsletter information, email coaeditor@doverma.org

MONDAY – FRIDAY 9:00AM – 4:30PM
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

RETURN SERVICE REQUESTED
Dover MA 02030
Box 250
Council on Aging