COA LUNCHEON-SUMMER SOCIAL
Tuesday, July 12, 12:00 Noon  Cost: $3.00
*Grace Church, 21 Centre St
Join us for a light lunch and make your own ice cream sundaes! Please note that location is at Grace Church* due to construction at Caryl. RSVP by July 7th.

MOVEABLE FEAST
No July or August Feast. Program returns in September

CIRCLE OF FRIENDS LUNCH
Tuesday, July 26 & August 23, 12:00 Noon
Dover Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by July 21 and August 18.

POWISSET PICNIC ON THE FARM
Friday, August 12 at 12:00 Noon
Powisset Farm, 37 Powisset Street, Dover
RSVP by August 8 to COA
Join us for the annual Dover COA & Sherborn COA summer picnic in the barn at Powisset Farm. Please bring your own sandwich and we will provide drinks, salads and desserts. A summer classic enjoyed by all!

CARDMAKING WITH BETH
Monday, July 11th at 10:30pm
Dover Town Library Community Room
Come join us for a creative card making class with Beth. You can create snails, turtles, owls, flowers, etc. from fabric. All materials provided.

MOVIE MATINEE—”Eddie the Eagle”
Friday, July 8th at 1pm
Dover Church, Kraft Hall
Get out of the heat and enjoy a movie with friends. Drinks and desserts provided.

COA MOVES TO TOWN HALL
As of July 1st the COA office will move to Town Hall Fireside Room on Lower Level as construction begins on the bathrooms at Caryl Community Center. Construction will continue through the summer and well into fall. Many COA Programs have adjusted schedules, have relocated, or are on hiatus for the summer. Please check the Calendar for any changes in COA programs and/or locations. Thank you to our friends at Dover Legion, Town Library, Town Hall, and Grace Church for sharing space. The COA phone number will remain the same. Thank you for your patience, and come visit us in our new spot at Town Hall!

TRAVEL WITH THE COA
Tuesday, July 19—Cape Cod Canal Tour
Join us for a day on Cape Cod. We’ll tour the Sandwich Glass Museum and view glass blowing artisans then onto Daniel Webster Inn for buffet luncheon. After lunch, enjoy a narrated two hour cruise of Cape Cod Canal. Cost: $50, subsidized by Friends of COA.

Wednesday, Sept 14—Newport or Norwood?
Come enjoy lunch and the entertaining comedy “Plaza Suite” at the Newport Playhouse. Cost is $95. Don’t want to travel so far? Sign up for trip to Norwood Theatre to hear the fabulous singing of North Shore A Cappella! Cost is Free with limited seating.

Sept 19-21—Montreal Overnight Spectacular!
Featuring Vermont and Montreal scenic sights. Tour Old Montreal, visit Mont Royal, Notre Dame Cathedral St, Joseph’s Oratory, and more. Cost is $364 per person for Double; $354 per person for Triple; $454 for Single. Flyer is available at the COA.

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

**AFTERNOON TEA**
Afternoon Tea will return in the Fall

**BLOOD PRESSURE - With the Walpole VNA**
Blood Pressure will return in the Fall

**BLUE MOON BAGELS AND BREADS**
Thursdays, July 7, 21, 28 August 11 & 18
Town Hall Fireside Room
Donated baked goods available for pick up after 10:00am

**BOCCE - Moving to Medfield for July and August**
Fridays - 10:00am
The Center at Medfield, 1 Ice House Rd in Medfield
Please join us. All Are Welcome

**CRAFTS - Card Making with Beth**
Monday, July 11, 10:30am - No August Class
Dover Town Library in Community Room

**FOOT DOCTOR**
Thursday, July 28, 9:00am - 11:00am
Upper Town Hall - Great Hall
Cost is $30.00. Call the COA for appointments. Home visits available with Podiatrist Dr. John.

**KNITTING**
Mondays at 12:30pm
Lower Conference Room - Town Hall
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 WILL RETURN IN THE FALL**
Thursdays at 1:00pm All levels welcome!!

**MOVIE MATINEE**
Friday, July 8, 1:00pm, “Eddie the Eagle”
Dover Church, Kraft Hall
No Movie in August
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

**CONCERTS ON THE DOVER COMMON - 7:00PM**
July 5th - Sojourner Jazz Quartet
July 12th - Sean Fullerton
July 19th - Centre Streeters
July 26th - Eddy’s Shoe

**SENIOR COFFEE HOUR**
Friday, July 29 & August 26, 8:00am
Fireside Room at Town Hall
Note: The coffee will be at this location through October.
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, July 14, 2:00pm (Note time change)
Dover Town Library
This month’s book is “The Hurricane Sisters”
No Book club in August

**FUEL ASSISTANCE**
Will be available again in the Fall.

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**MCOA Awards State Rep. Denise Garlick**

**Legislative Advocate of the Year**

At the Massachusetts Association of Councils on Aging (MCOA) Annual meeting in June, Dover’s State Representative Denise Garlick was honored as the Legislative Advocate of the Year for her tireless work on behalf of senior citizens. Rep. Garlick is House Chair of the Joint Committee on Elder Affairs. She visited Dover COA this year and hosted a Community Conversation to review the state’s aging programs. She shared that over the next 20 years the overall population is projected to grow 11.8% but the age 60+ population will grow at a rate of 64.8%. On December 31st of 2016, for the first time in Massachusetts history, the number of people in our Commonwealth age 60 and over will be greater than the population under 20 (MCOA Annual Report FY2016). Thank you to Rep. Garlick for her support of COAs and her assistance in addressing the needs of older adults in our community.
GREAT NEWS!
Our new Senior Bus Driver, Mike Mitchell is ready to go.
CALL MWRTA CALL CENTER TO SCHEDULE RIDES - 508-820-4650

DOVER COA TRANSPORTATION SERVICES

DOVER COUNCIL ON AGING BUS SERVICE
The Town of Dover offers FREE curb to curb transportation with an 8 passenger bus from the MetroWest Regional Transit Authority.

The new schedule will be as follows:

TUESDAYS & THURSDAYS 9:00AM-2:00PM
COA Lunches & Programs, Local Medical Appointments and Local Rides

NOTE: TO SET UP A RIDE
- YOU MUST FILL OUT AN MWRTA REGISTRATION FORM. FORMS AVAILABLE AT THE COA.
- TO SCHEDULE, CALL MWRTA CALL CENTER AT 508-820-4650 TWO BUSINESS DAYS PRIOR.
- THE CALL CENTER WILL HANDLE ALL SCHEDULING. (DO NOT CALL HIGHWAY DEPT)
If you have questions, please call the COA at 508-315-5734

** 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 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, Wellesley & Sherborn- 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.
## DOVER COA - JULY 2016

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| **NOTE:**
On Tuesday, Wednesday & Thursdays all fitness classes will be at the Dover Legion, 32 Dedham St. for July and August. You must enter from the rear parking lot - front door locked. Please check the calendar for changes in dates, times and place.

Monday Chi Gong will remain at the Library |
| **4** | **5** | **6** | **7** | **8** |
| **HOLIDAY** | No Strength & Stability | 9:30am Yoga 10:40am - Meditation 11:30am Chi Gong | 10:00am-Blue Moon Donations 11:30am Strength & Stability | |
| | 10:00am - COA Board Meeting - TBA | All Fitness at Dover Legion | All Fitness at Dover Legion | |
| | All Fitness at Dover Legion | All Fitness at Dover Legion | All Fitness at Dover Legion | |
| **11** | **12** | **13** | **14** | **15** |
| 10:30am - Card making Library, Community Room | 9:00am Strength & Stability 12:00Noon -COA Luncheon—Grace Church | 9:30am Yoga 10:40am - Meditation 11:30am Chi Gong | 10:00am - Blue Moon Donation - Town Hall Fireside Room 11:30am Strength & Stability 2:00pm -Book Club-Dover Library All Fitness at Dover Legion | |
| | No Chi Gong | All Fitness at Dover Legion | |
| | No Monday Yoga in July | No Monday Yoga in July | |
| **18** | **19** | **20** | **21** | **22** |
| 12:30pm Knitting - Lower Conference Rm Town Hall 5:30pm No Chi Gong | No Strength & Stability | 9:30am Yoga 10:40am - Meditation 11:30am Chi Gong | 10:00am-Blue Moon Donations-Town Hall 11:30am Strength & Stability | |
| | No Luncheon | All Fitness at Dover Legion | All Fitness at Dover Legion | |
| | No Monday Yoga in July | No Monday Yoga in July | |
| **25** | **26** | **27** | **28** | **29** |
| 12:30pm Knitting - Lower Conference Rm Town Hall 5:30pm Chi Gong Library | 9:00am Strength & Stability 2:00Noon - Circle of Friends Luncheon Grace Church | No Yoga or Meditation 11:30am Chi Gong | 9:00am -Foot Doctor Upper Town Hall-Great Hall 10:00am - Blue Moon Donation-Town Hall 11:30am Strength & Stability | |
| | All Fitness at Dover Legion | All Fitness at Dover Legion | All Fitness at Dover Legion | |
| | No Monday Yoga in July | No Yoga or Meditation | 8:00am-Senior Coffee Fireside Room, Town Hall 10:00am - Bocce - The Center at Medfield | |
| **1** | | No Zumba in July 10:00am - Bocce - The Center at Medfield | | |
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BE FIT AND AGE WELL AT THE COA

NOTE: TUESDAY, WEDNESDAY & THURSDAY FITNESS CLASSES WILL BE HELD AT THE DOVER LEGION IN JULY & AUGUST PARK IN BACK AND ENTER THROUGH THE REAR DOOR

CHI GONG  (Check the calendar for schedule changes)
Mondays 5:30pm - Dover Library, Community Room
Wednesdays 11:30am - Dover Legion $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 (Check the calendar for July schedule changes; No Classes in August)
Wednesdays 9:30AM to 10:30AM
Dover Legion - $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.

MEDITATION  (Check Calendar for July schedule changes; No August Classes)
Wednesdays, 10:40am at Dover Legion $3.00 per class
Instructor: Jessica Foster, RYT
Join us as Jessica leads you in guided meditation to deep levels of relaxation.

STRENGTH & STABILITY  (Check Calendar for schedule changes)
Tuesdays 9:00AM -9:50AM & Thursdays 11:30AM-12:20PM
Dover Legion $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  (NOTE: NO CLASSES JULY & AUGUST)
Fridays, 10:00am-10:45am. $3.00 per class
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.
ON THE LIGHT SIDE

1. A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.
2. A flashlight is a case for holding dead batteries.
3. Be nice to your kids. They'll choose your nursing home.
4. Bills travel through the mail at twice the speed of checks.
5. Borrow money from a pessimist, they don't expect it back.
6. Change is inevitable, except from a vending machine.
7. Chocolate: the OTHER major food group.
8. Consciousness: That annoying time between naps.
9. Corduroy pillows: They're making headlines!
10. Energizer Bunny arrested and charged with battery.
11. Ever stop to think, and forget to start again?
12. Experience is something you don't get until just after you need it.
13. I couldn't repair your brakes, so I made your horn louder.
14. I didn't say it was your fault. I said I was going to blame you.
15. I don't suffer from insanity. I enjoy every minute of it.
16. I feel like I'm diagonally parked in a parallel universe.

THROUGH THE GARDEN DOOR

EASY CARE HOUSE PLANTS

Potheos plants can go a long period without water and have the ability to bounce back if neglected.

Jade is one of the easiest succulents to grow indoors. It will do well in a sunny window location and can last for decades. Succulents require good drainage so use a light potting soil mixed with pearlite and coarser builders sand.

Philodendrons are hearty and tend to adapt to different environments without much stress.

Boston Fern tends to be very forgiving and grows well in filtered sun. Their leaves can be a tad messy.

COA BOARD MEMBERS

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

JULY BOARD MEETING

Tuesday, TBA 10:00am

COA STAFF MEMBERS

Janet Claypoole - Director
Nan Vaida - Outreach Worker
Sue Sheridan - Administrative Assistant/Editor
- Volunteer Coordinator

COA OFFICE
Caryl Community Center, Room 116,
4 Springdale Ave., Dover, MA 02030
508-315-5734
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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