Drawings Sponsored by Friends of COA at Lunches!

APRIL LUNCHEON - Lunch & Learn & Elvis!
Tuesday April 14, 11:30am at Caryl Community Center
What should you be prepared for when discharged from the hospital? Join us as Lisa Kubiak of Mary Ann Morse Health Ctr. and Michael Wilsker of Always Best Care Senior Services discuss options to be aware of in planning. Then join us for lunch and Shake, Rattle and Roll as Elvis enters the building and entertains us! Lunch generously provided by Mary Ann Morse Health Ctr. RSVP by April 9th.

COMMUNITY LUNCH PROGRAM
Tuesday, April 21; 12:00noon at Grace Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by April 16th.

CIRCLE OF FRIENDS LUNCH
Tuesday, April 28; 12:00noon at Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by April 23rd.

LIFETIME LEARNING CLASSES
Come learn about Philosophy, Music, Old Testament, History. See page 7 for more information.

Coffee with Selectman James Dawley
Thursday, April 16; 10:00AM
Caryl Community Center, Room 108
Please join the COA and Jim Dawley for coffee. Jim Dawley will be here to answer any of your questions on the upcoming warrant for Town Meeting and any other questions you may have. RSVP by April 13th.

THE DOVER COUNCIL ON AGING BUS SERVICE IS HERE!
Our FREE transportation bus is ready for service!! The Town of Dover offers 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.

Reservations REQUIRED: 508-785-0058 ext 110 (2 business days in advance: First come, first served) At least two passengers must have booked for van to run. Leave your name, address, phone, date needed, pick up time & destination address.

(As this program is just starting, there may be schedule changes along the way. If you are unable to make a reservation to fit your needs, please see page 3 for information on JFK Transportation Services)

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 “What Does the Fox Say?”
Friday, April 24th 1:30pm
Caryl Community Center, Room 108

BLOOD PRESSURE—With the Walpole VNA
Friday April 24th, 12:30,PM
Caryl Community Ctr, Room 108

BLUE MOON BAGELS AND BREADS
April 2, 16 & 23
Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am

BOCCE IS BACK!!
Fridays, 10:00am. Starts April 17th at the Dover Legion
Join us on Fridays as it’s always a fun time!!.

CRAFTS - CARD MAKING WITH BETH
Monday, April 13th; 10:00AM
Caryl Community Center, Room 116
Create Butterflies & Flowers cards with patterns and fabric. RSVP by April 8th

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 have been making hats, booties and blankets for the NICU units.

MOVIE MATINEE
Friday, April 10th; 1:00pm, Dover Church, Kraft Hall
“Enchanted April”
Movie Matinees are held the second Friday of the month.

SENIOR COFFEE HOUR
Friday, April 24th; 8:00am
Caryl Community Center, Room 108
Please come & join us for coffee and conversation.

SHINE
By Appointment Only. Call the COA 508-315-5734

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

PAGETURNERS BOOK CLUB
Thursday, April 9th, 1:00PM - Library

THROUGH THE GARDEN DOOR

“Six Hills Giant” Catmint - Nepeta

This perennial is covered with violet-blue flowers in late spring to early summer with attractive gray-green foliage. It is drought tolerant and grows 2’ to 3’ tall and wide in the sun. If you cut it back in July, it will produce more blossoms. The foliage should be left intact during the winter to help protect the roots. It is both deer and rabbit resistant. This perennial is grown in front of the Natick Mall in large masses and when in bloom the traffic slows on Route 9.

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

APRIL BOARD MEETING
Tuesday, April 7th 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
DOVER SENIOR 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, Medfield and Wellesley - 2 ticket punches ($6.00) each way
- Framingham, Holliston, Newton-Wellesley Hospital - 3 ticket punches ($9.00) each way
- Sudbury & Waltham - 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.

THINGS TO DO & PLACES TO GO

By COA Travel Committee

**SAVE THE DATES FOR FUTURE TRIPS**

- Heritage Gardens in June
- A trip to Tanglewood in August

Dates and information To Be Determined
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td><strong>GC—Grace Church</strong>&lt;br&gt;<strong>Library CR = ———Community Room</strong>&lt;br&gt;<strong>Caryl ——— Caryl Community Ctr.</strong>&lt;br&gt;<strong>Room 116——COA office at Caryl Room 108 - Caryl Community Ctr.</strong></td>
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<td><strong>9:30am— Yoga —Caryl Room 215</strong>&lt;br&gt;<strong>10:00am - A Matter of Balance - Room 108</strong>&lt;br&gt;<strong>11:30am Chi Gong - Caryl Room 215</strong></td>
<td><strong>10:00am - Blue Moon Donations, Caryl, Room 116</strong>&lt;br&gt;<strong>1:00pm - Mah Jongg Caryl Room 108</strong></td>
<td><strong>10:00am - Zumba Gold Caryl Gym</strong></td>
<td><strong>10:00am - Zumba Gold Caryl Gym</strong>&lt;br&gt;<strong>1:00pm - Movies, Dover Church, Kraft Hall “Enchanted April”</strong></td>
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<td><strong>9:30am— Yoga —Caryl Room 215</strong>&lt;br&gt;<strong>12:30pm Knitting - Caryl, Room 108</strong>&lt;br&gt;<strong>5:30pm Chi Gong-Library CR</strong></td>
<td><strong>10:00am - COA Board Meeting - Caryl Room 116</strong></td>
<td><strong>9:30am— Yoga —Caryl Room 215</strong>&lt;br&gt;<strong>11:30am Chi Gong - Caryl Room 108</strong></td>
<td><strong>10:00am - Book Club Dover Library</strong>&lt;br&gt;<strong>1:00pm - Mah Jongg Caryl Room 108</strong></td>
<td><strong>10:00am - Zumba Gold Caryl Gym</strong>&lt;br&gt;<strong>1:00pm - Movies, Dover Church, Kraft Hall “Enchanted April”</strong></td>
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<td><strong>9:30am— Yoga —Caryl, Room 215</strong>&lt;br&gt;<strong>10:00am - Crafts - Caryl Room 116</strong>&lt;br&gt;<strong>12:30pm Knitting - Caryl, Room 108</strong>&lt;br&gt;<strong>5:30pm Chi Gong-Library CR</strong></td>
<td><strong>10:30-12:00-Life Time Learning -Library CR</strong>&lt;br&gt;<strong>11:30am - Luncheon - Caryl</strong>&lt;br&gt;<strong>1:30-3:00pm-Life Time Learning -Library CR</strong></td>
<td><strong>9:30am Yoga -Caryl, Room 215</strong>&lt;br&gt;<strong>11:30am Chi Gong - Caryl, Room 108</strong></td>
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<td><strong>10:00am - Zumba Gold Caryl Gym</strong>&lt;br&gt;<strong>10:00am - Bocce -Dover Legion</strong></td>
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<tr>
<td><strong>12:00Noon - Community Lunch - Grace Church</strong>&lt;br&gt;<strong>1:30-3:00pm-Life Time Learning - Library CR</strong></td>
<td><strong>9:30am Yoga -Caryl, Room 215</strong>&lt;br&gt;<strong>11:30am Chi Gong - Caryl, Room 108</strong></td>
<td><strong>10:00am - Blue Moon Donations, Caryl, Room 116</strong>&lt;br&gt;<strong>1:00pm - Mah Jongg Caryl Room 108</strong></td>
<td><strong>8:00am Senior Coffee - Caryl, Room 108</strong>&lt;br&gt;<strong>10:00am -Zumba Gold Caryl Gym</strong>&lt;br&gt;<strong>10:00am -Bocce - Dover Legion</strong>&lt;br&gt;<strong>12:30pm - Blood Pressure Caryl, Room 108</strong>&lt;br&gt;<strong>1:30pm - Afternoon Tea Caryl, Room 108</strong></td>
<td><strong>12:00noon - Circle of Friends Luncheon - GC</strong>&lt;br&gt;<strong>1:30-3:00pm-Life Time Learning - Library CR</strong></td>
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**DOVER COA - APRIL 2015**

**GC—Grace Church**<br>**Library CR = ———Community Room**<br>**Caryl ——— Caryl Community Ctr. Room 116——COA office at Caryl Room 108 - Caryl Community Ctr.**
INTERESTING FACTS

(Sent from information on the internet - some might be fun to look up for accuracy)

- If you are right handed, you will tend to chew your food on your right side. If you are left handed, you will tend to chew your food on your left side.

- If you stop getting thirsty, you need to drink more water. For when a human body is dehydrated, its thirst mechanism shuts off.

- Chewing gum while peeling onions will keep you from crying.

- The pupil of the eye expands as much as 45 percent when a person looks at something pleasing.

- Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.

- The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

- Dalmatians are born without spots.

- The color blue has a calming effect. It causes the brain to release calming hormones.

- Every time you sneeze some of your brain cells die.

- Google is actually the common name for a number with a million zeros.

- It takes about 20 seconds for a red blood cell to circle the whole body.

- The only part of the body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.

- The only 2 animals that can see behind itself without turning its head are the rabbit and the parrot.

- Intelligent people have more zinc and copper in their hair.

- Women blink nearly twice as much as men.

- Large kangaroos cover more than 30 feet with each jump.

- If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.

- The human heart creates enough pressure while pumping to squirt blood 30 feet!!
ON THE LIGHT SIDE

What do you call that?
Q: What's the name of a Scottish dentist?    A: Phil McCavity
Q: What do you call a man with a government subsidy?  A: Grant
Q: What do you call a guy who is all feet?    A: Archie
Q: What do you call a guy in debt?            A: Owen
Q: What do you call a guy who hits a baseball over the fence? A: Homer
Q: What do you call a guy who is a lookout for the Coast Guard? A: Seymour
Q: What do you call a guy who can't light firecrackers? A: Dudley
Q: What do you call a guy who likes all kinds of cars? A: Otto
Q: What do you call a guy who likes to read road maps? A: Miles
Q: What do you call a guy who likes to wear all types of hats? A: Cap
Q: What do you call a guy who ties ribbons for a living? A: Beau
Q: What do you call a guy who repairs wheels?  A: Axel
Q: What do you call a guy who breaks dishes?   A: Chip
Q: What do you call a guy who cleans fireplaces for a living? A: Cole

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

- **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

- **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 who specializes as a presidential historian

All classes cost $35 per series. Stop by the COA, Library or Churches and pick up a brochure. Brochures may also be downloaded from the Friends website at www.coafriends.org. Payment and registration forms may be mailed to PO Box 250 or dropped off at the COA office at Caryl Community Center, Room 116.

Join us and expand your knowledge at one or more of these interesting classes!
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!