**COA LUNCHEON**  
*Tuesday, April 12, 12:00 Noon  $4.00*

Caryl Community Center, Cafeteria  
Join us for lunch and come listen to the New Orleans Connection Jazz Band! Sponsored by Thomas Upham House and Rehab Associates. RSVP by April 4.

**MOVEABLE FEAST** (Formerly Community Lunch)  
*Tuesday, April 19, 12:00 Noon, Grace Church*

Come have a delicious meal hosted by volunteers from local churches. Bring a friend!  RSVP by April 13.

**CIRCLE OF FRIENDS LUNCH**  
*Tuesday, April 26, 12:00 Noon, Grace Church*

Please join us for a homemade lunch and conversation with friends.  RSVP by April 20.

**WALK WITH THE COA!**  
*Friday, April 8; 10AM, Upper Charles Trail, Holliston*

The Dover COA is offering an opportunity to walk off those winter doldrums. Join us for a conducted walk along the Upper Charles Trail in Holliston. Walk is 2 miles and will take about 1 ½ hours. Walkers meet at Dover Town Hall to carpool to Trail. A donation of $20 to the Upper Charles Conservation Land Trust is requested. Please pre-register at COA.

**THE PIRATES OF PENZANCE**  
*Saturday, May 7 at 2PM; DSHS-Mudge Auditorium*

The Dover Foundation invites COA friends to a Saturday matinee of Gilbert and Sullivan’s musical for a special price of $10/person. This is a reduced rate for COA members if ordered and paid by April 15. Event raises scholarship money for deserving high school seniors.

**SAVE THE DATE**  
*Sunday, May 15, 3:30-5:00 - DSHS Mudge Auditorium*

Author Michael Tougias will talk about “The Finest Hours,” a daring Coast Guard sea rescue which is now a movie. This program is free and open to the public.

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**ON THE ROAD AGAIN WITH THE SENIOR BUS**

The Dover COA Senior Bus is back in service starting Tuesday, April 12th with Driver Mike Mitchell. Service will be on Tuesdays and Thursdays. Schedule your rides by calling the MetroWest Regional Transit Authority (MWRTA) Call Center at least two business days in advance. See page 3 for more info.

**SPRINGTIME TRAVELS**

**NEW DATE!! Tuesday, April 19—Visit the World War II Museum in Natick and see the most extraordinary collection of World War II documents, pictures, and artifacts including uniforms, artillery, equipment, even Patton’s helmet and Churchill’s jumpsuit. Enemy paraphernalia is included providing a broad, visual view of the war and the era. Cost: $25/person.**

**Wednesday April 27—Travel to Foxwoods Casino for all that it offers, including Luncheon & Show—a Musical Tribute to Dolly and Kenny. Trip is in collaboration with the Westwood COA. Cost: $85/person.**

**Wednesday May 7—Travel with the COA on an extended day trip to West Point on the shores of the beautiful Hudson River in upstate NY. Tour the grounds, visit the museum and witness the West Point Parade Review of 2016 graduates. Lunch will be at the historic Thayer Hotel. Cost: $115/person.**

**Wednesday May 11—A treat even for those who have attended games at Fenway Park—a tour of the Green Monster, all its secret places and history revealed. Then lunch on your own on Lansdowne Street. Cost: $30.**

**Wednesday, June 8 – 'Lunch & Theatre Combo' "Hairspray: The Broadway Musical" at the Norwood Theater with lunch at Olde Colonial Café. Cost: $25. Transportation funded by Friends of COA.**

Call COA to sign up for trips and get info on other June, July, August adventures including overnight trip in September to Montreal!

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**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 - “Stagecoach Tea”
Friday, April 15, 11:30am, New Time
Caryl Community Center, Room 108

BLOOD PRESSURE- With the Walpole VNA
Friday April 15, 10:45am, New Time
Caryl Community Center, Room 108

BLUE MOON BAGELS AND BREADS
Thursdays, April 14 & 21
Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am

BOCCE IS BACK!!
Friday, April 22, 10:00am - Dover Legion
Please join us - All Are Welcome

CRAFTS - Card Making with Beth
Theme - “Think Spring!!”
Monday, April 11, 10:00am
Caryl Community Center, Room 116

FOOT DOCTOR
Thursday, May date TBA, 9:00am-11:00am
Caryl Community Center, Room 116
Cost is $30.00. Call the COA for appointments. Home visits available with Podiatrist Dr. John.

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 those in need with donated yarn. All are welcome.

MAH JONGG
Thursdays at 1:00pm
Caryl Community Center, Room 108
All levels welcome!!

MOVIE MATINEES - “Midnight in Paris”
A Woody Allen movie.
Friday, April 8, 1:00pm, Dover Church, Kraft Hall
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

SENIOR COFFEE HOUR
Friday, April 29, 8:00am
Caryl Community Center, Room 108
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, April 14, 1:00pm
Meeting returns to Dover Library
This month’s book is "Inside the O’Brien's" by Lisa Genova.

FUEL ASSISTANCE
If you need fuel assistance or to see if you qualify, call the Town of Dover Fuel Assistance Coordinator Erika Lert at 508-654-7778.

SAVE THE DATE

PAINTING CLASS - “The Art of Georgia O’Keeffe: How To Pastel Paint Flowers”
With Artist Gregory Maichack
Monday, May 9th, 10:30am-12:30pm
Caryl Community Center, Room 116

Gregory Maichack, a national award-winning artist will present a special workshop on pastel painting. Participants will learn O’Keeffe’s techniques and insights into her artistic life. Professional grade pastels and pastel paper will be provided. Artist demonstrates pastel handling, shows his original pastel paintings, and unveils the process for beginners and advanced artists together. All pastel paint O’Keeffe’s exciting flower images. Mr. Maichack is a Massachusetts Cultural Council Gold Star Program Award nominee, faculty member at Springfield Fine Arts Museum School, 2012 MFA pastel demonstrator at Museum of Fine Arts Boston, and exhibited in prominent galleries from San Francisco to Kennebunkport, ME.

This program is supported in part by a grant from the Dover Cultural Council supported by the Massachusetts Cultural Council, a state agency.
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 RIDE, CALL MWRTA CALL CENTER AT 508-820-4650 2 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.

GREAT NEWS!
Our new Senior Bus Driver, Mike Mitchell is ready to go. Service will be available starting April 12th.
### Sunday Lifetime Learning Class

**Fly Me to the Moon** 10:30-12:00 - Dover Library  
Saturday, April 9, 16, 23, 30th

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td><strong>4</strong></td>
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</tbody>
</table>
| 9:30am – Yoga – Caryl, Caryl, Room 116  
10:00am - Crafts/Cards Caryl, Room 116  
10:30am - Unstress Caryl 2nd Floor  
10:40am – Meditation  
12:30pm Knitting  
5:30pm Chi Gong Library  
9:00am Strength & Stability-Caryl,  
10:00am - COA Board Meeting - Caryl Rm 116  
12:00pm - COA Luncheon Caryl | 9:00am Strength & Stability-Caryl,  
10:00am - LL-Opera-Caryl, Room 108  
12:00pm LL-Ukulele - Caryl, Room 108  
11:30am Chi Gong - Caryl, Cafeteria | 9:30am Yoga-Caryl, Room 215  
11:30am Chi Gong - Caryl, Cafeteria  
12:30pm LL-Ukulele - Caryl, Room 108 | 11:30am Strength & Stability-Caryl,  
1:00pm - Mah Jongg-Caryl, Room 108 | 10:00am-Zumba Gold Caryl Gym  
10:00am - Zumba Gold Caryl Gym  
10:45am - B/P Clinic Caryl Room 108  
11:30am - Tea Caryl, Room 108 | **8**  
**12**  | **13**   | **14**    | **15**   | **2**  |
| **11** | **12**  | **13**    | **14**   | **15**  |
| 9:30am – Yoga – Caryl, Caryl Room 215  
10:30am - Unstress Caryl 2nd Floor  
10:40am – Meditation  
12:30pm Knitting  
5:30pm Chi Gong Library  
9:00am Strength & Stability-Caryl,  
10:00am - LL-Opera-Caryl, Room 108  
12:00pm - COA Luncheon Caryl | 9:00am Strength & Stability-Caryl,  
10:00am - LL-Opera-Caryl, Room 108  
12:00pm LL-Ukulele - Caryl, Room 108  
11:30am Chi Gong - Caryl, Cafeteria | 9:30am Yoga-Caryl, Room 215  
11:30am Chi Gong - Caryl, Cafeteria  
12:30pm LL-Ukulele - Caryl, Room 108  
10:00am - Blue Moon Donation  
10:30am - LL-Philosophy-Library  
11:30am Strength & Stability-Caryl  
1:00pm - Book Club Dover Library  
1:00pm - Mah Jongg | 10:00am-Zumba Gold Caryl Gym  
10:45am - B/P Clinic Caryl Room 108  
11:30am - Tea Caryl, Room 108 | **21**  
**20**  | **21**   | **22**    | **23**   | **3**  |
| **18** | **19**  | **20**    | **21**   | **22**  |
| **HOLIDAY** | 9:00am Strength & Stability  
12:00pm - Movable Feast - Grace Church | 9:30am Yoga-Caryl, Room 215  
11:30am Chi Gong - Caryl, Cafeteria  
12:30pm LL-Ukulele - Caryl, Room 108 | 10:00am-Blue Moon Donations  
11:30am Strength & Stability-Caryl  
1:00pm - Mah Jongg-Caryl, Room 108 | 10:00am-Zumba Gold Caryl Gym  
10:45am - B/P Clinic Caryl Room 108  
11:30am - Tea Caryl, Room 108 | **24**  
**25**  | **26**   | **27**    | **28**   | **2**  |
| **25** | **26**  | **27**    | **28**   | **2**  |
| 9:30am – Yoga – Caryl, Caryl Room 215  
10:30am - LL-Opera-Caryl, Room 108  
12:30pm Knitting  
5:30pm Chi Gong Library  
9:00am Strength & Stability  
12:00noon - Circle of Friends Luncheon - Grace Church | 9:00am Strength & Stability-Caryl,  
10:00am - LL-Opera-Caryl, Room 108  
12:00pm LL-Ukulele - Caryl, Room 108 | 9:30am Yoga-Caryl, Room 215  
11:30am Chi Gong - Caryl, Cafeteria  
12:30pm LL-Ukulele - Caryl, Room 108 | 10:30am - LL-Philosophy-Library  
11:30am Strength & Stability-Caryl  
1:00pm - Mah Jongg-Caryl, Room 108 | 8:00am-Senior Coffee Caryl Room 108  
10:00am-Zumba Gold Caryl Gym  
10:00am - Bocce Dover Legion  
10:30am - American Justice | **29**  
**28**  | **29**   | **30**    | **31**   | **4**  |
| **30** | **31**  | **32**    | **33**   | **4**  |
BE FIT AND AGE WELL AT THE COA

CHI GONG
Mondays 5:30pm - Dover Library, Community Room  
Wednesdays 11:30am - Caryl Community Center, Cafeteria  $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 – For All Ages
Mondays & Wednesdays 9:30AM to 10:30AM  
Caryl Community Center, Room 215 - $3 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 - NEW!!
Mondays, 10:40am, 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
Fridays, 10:00am-10:45am. $3.00 per class  Caryl Community Center in Gym.
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 and performed primarily to Latin American dance music. Other rhythms include belly dance, Brazilian, International music and hip hop. Zumba® Gold is geared towards first time comers to the exercise world or the active older adult. It's a hip swingin', booty shaking, total body workout!
ON THE LIGHT SIDE

I changed my password to "incorrect". So whenever I forget what it is, the computer will say "Your password is incorrect".
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.

THROUGH THE GARDEN DOOR

TREE CARE MYTHS

Myth: A tree’s root system is a mirror of its top.
Fact: Most root systems will be found within the first three feet of soil. They frequently spread to cover an area two to three times the spread of the tree’s crown. Taproots are very uncommon in mature trees.

COA BOARD MEMBERS
Betty Hagan - Chairperson
Maureen Dilg - Secretary
Camille Johnston
Gilbert Thisse
Joanne Connolly

APRIL BOARD MEETING
Tuesday, April 5, 10:00am
Caryl Community Center, Room 116

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
TOWN OF DOVER

TOWN MEETING - MAY 2ND

TOWN ELECTIONS - MAY 16TH

If you need a ride to either event, please call the COA at 508-315-5734.

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 coaeditor@doverma.org

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.