

DOVER COA COUNCIL ON AGING

News

508.315.5734

SEPTEMBER - OCTOBER 2018

HIGHLIGHTS

DOVER DAYS FAIR

Saturday, September 8th

Dover Town Common

Please visit the booth of the Friends of the COA. Stop by to learn about our Lifetime Learning Classes and our Harvest Brunch at the Dover Legion. We will be selling silk scarves, kitchen towels and items knitted by the COA's knitting group. Start your holiday shopping early!

REAL ID: Why Do You Need it?

Tuesday, October 2 at 12:30PM

Lunch served at 12Noon

Speaker: Michele Ellicks from Mass RMV

COFFEE WITH SELECTMAN

Dover residents are invited to attend and meet with Selectman John Jeffries.

Monday, October 22 at 9:30am

Caryl Community Center, Room 108

NEED A RIDE?

If you need a ride to any COA programs or lunches, please call the COA and we will arrange a free ride.

Phone: 508.315.5734

SPECIAL THANKS

Blue Moon Cafe

Ellis Rehabilitation Center

Trustees of the Reservation

The Residence at Valley Farm

Friends of the Dover COA

LETTER FROM THE DIRECTOR

Welcome to the September/October edition of the Dover Council on Aging News! This is a new look for the Dover COA newsletter which will now be published every other month in this expanded format. The newsletter will be mailed to all households in Dover so that all residents are aware of services and programs offered at the Council on Aging. The COA offers programs and services for those 60 or older, support for their families and caregivers, as well as programs for pre-seniors and intergenerational opportunities for Dover's younger residents. There is something for everyone at the COA, whether you are an active senior, coping with a health issue, searching for educational programs or looking to volunteer. Take a look inside this newsletter and let us know what interests you. We hope you will join us to connect, create, learn, travel and age well with the COA.

Connect with friends at weekly Lunch programs, learn about Wildlife from Mass Audubon, enjoy music, or attend the annual Halloween party. Join us as Mass RMV shares important information on REAL ID options when renewing your driver's license.

Create new Fall recipes at cooking classes at Powisset Farm; try card making or jewelry making, or paint with local artist Ivana Luttazi in a series of classes. You don't have to be an expert, all levels of creativity are welcome. Learn about landscaping, writing, art history, philosophy and, of course, fun with ukulele! Fall Lifetime Learning classes sponsored by Friends of Dover COA start in September; see inside for details.

Travel with us...summer trips all sold out and Fall trips will fill up fast! Join us on day trips to New Bedford Whaling Museum, Vermont, Peabody Essex Museum, and more. Details are inside.

Age Well and attend a COA fitness class. Qigong, Yoga, Strength & Stability, Zumba Gold, and even Pickleball. There are evening, morning, afternoon and even Saturday classes! Come try one out and see which is right for you, and your first class is free!

We try to offer something for everyone at the COA. Please review the other programs listed in this newsletter and stop in and visit. Come connect, be healthy, and age well at the Dover Council on Aging.

Janet Claypoole

LUNCH AND LEARN

COA LUNCHEON: Wildlife in Your Backyard

Tuesday, September 11, 12:00Noon; cost \$4.00

Caryl Community Center, Room 108

Cosponsored with The Residence at Valley Farm

Guest Speaker: Joy Marzolf from Mass

Audubon, Broadmoor Wildlife Sanctuary

Join us for lunch and learn about wildlife.

From birds to mammals and beyond, a wide variety of animals may visit backyards in the

Dover area. What animals are you most likely to see in fall and winter? Come find out more about our local wildlife, as well as occasional visitors and what brings them to our neighborhoods, RSVP by September 6.



COA LUNCHEON: Movie Music with Musician David Polansky

Tuesday October 9, 12:00Noon; Cost \$4.00

Caryl Community Center, Room 108

Great movies also have great songs! Join us for lunch and then be entertained by David Polansky as he plays songs such as Singin' in the Rain, Somewhere over the Rainbow and more from our favorite movies. Cosponsored with Friends of Dover COA, RSVP by October 4.

HALLOWEEN PARTY LUNCHEON

Tuesday, October 30, 12:00Noon

Caryl Community Center, Room 108

Join us for a Spook-tacular event! Food, drink and Halloween treats (no tricks!) provided. Costumes optional. Lunch sponsored by The Ellis Rehabilitation and Nursing Center in Norwood, RSVP by October 25

MOVEABLE FEAST

Tuesday, September 18, 12:00Noon

The Dover Church, RSVP by September 13

Tuesday, October 16, 12Noon

St. Dunstan's Episcopal Church, RSVP by October 11

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

CIRCLE OF FRIENDS LUNCH

Tuesday, Sept. 25, 12:00Noon, RSVP by Sept. 20

Tuesday, October 23, 12:00Noon, RSVP by October 18.

At Dover Grace Church. Please join us for a homemade lunch and conversation with friends.

REAL ID: Why Do You Need it?

Tuesday, October 2 at 12:30PM

Lunch served at 12Noon

Guest Speaker: Michele Ellicks from Mass RMV

As of March 26, 2018 the Massachusetts Registry of Motor Vehicles has been officially offering the choice of regular driver's license renewal or obtain a Federal REAL ID. Why? As of October 2020 you will need a REAL ID or a valid passport to fly within the United States or enter Federal buildings as proof of citizenship or lawful presence. Join us as Michele Ellicks from the Community Outreach Office of the RMV shares information about this change and answers questions about how this affects the MA driver license renewal regulations. Join us for lunch first and this important topic to follow. RSVP by September 27 to this FREE program.

MEN'S LUNCH CLUB GATHERING

Monday, September 24 at 12Noon

The Heritage, 33 North Main Street in Sherborn

Come join the guys for lunch! Metro West Health Foundation provides funding for Sherborn and Dover men to meet, have a delicious lunch, and reconnect. Please RSVP by phone to Sherborn COA at 508-651-7858 so that we may provide you with the best food and experience while you enjoy catching up with friends. Funded by generous grant from Metro West Health Foundation.

HARVEST BRUNCH

Sunday, October 28; 11:30am to 2pm

Dover American Legion

Cost: Early Registration is \$35; Day of Event is \$45

The Friends of the Dover Council on Aging will hold 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 music while you dine, take a chance on multiple raffle items and have a memorable, fun time. Call the COA at 508.315.5734 to purchase tickets. Tickets must be purchased by October 23 to receive reduced rate. For more information, please visit www.coafriends.org.

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.

BE FIT AND AGE WELL

THERAPEUTIC QIGONG

Balance, Strength, & Flexibility

Monday 5:30pm at Dover Town Library, Community Room

Wednesdays 11:30am at Caryl Community Center,

Room 108; \$3.00 per class

Instructor: Linda Bellefeuille

Qigong practices involve a posture, (whether moving or stationary), breathing techniques, and mental focus. The gentle, rhythmic movements of Qigong are suitable for all age groups and accessibility and are known to reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. Comfortable clothing is recommended.

YOGA FOR WELLNESS

Wednesdays 10:00am

Caryl Community Center, Room 203, \$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 are available; please bring water.

MEDITATION

Wednesdays, 11:00am

Caryl Community Center, Room 203, \$3.00 per class

Instructor: Jessica Foster, RYT

Join us as Jessica leads you in guided meditation to deep levels of relaxation.

STRENGTH & STABILITY (S&S)

Tuesdays 9:00AM-9:50AM

Thursdays 11:30AM-12:20pm

Caryl Community Center, Room 203

Cost: \$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 at the Caryl Community Center in Gym; \$3.00 per class, starts Saturday, Sept. 15

Instructor: Andria DeSimone

Cosponsored with Parks & Recreation Department
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 toward first timers to the exercise world or the active older adult. It's a hip swingin', body shaking total body workout!

PICKLEBALL

Cosponsored with Parks & Recreation Department

Mondays 10:15am, 11am, 11:45am, 12:30pm

Thursdays at 9:30am, 10:15am; or 11:00am,

Caryl Community Center, Gym, starts Monday, Sept. 10

The game is a combination of badminton, tennis and table tennis. There are up to four players per 45 minute session.

Call or stop by the COA and sign up for a time slot.

Equipment provided.

SWIM TIME FOR THE COA

Dover COA seniors may use the Kingsbury Club in Medfield to swim. The Senior Swim program is on Mondays and Fridays from 10-11am. Just bring your valid Dover COA key card and \$5 swim fee for each visit to the Kingsbury Club. Don't have a key card to scan? Stop by the COA office at Caryl Community Center, Room 116, to complete forms to obtain one. Thank you to the Kingsbury Club for sharing swim time with Dover COA.

DID YOU KNOW?

Your first fitness class is free! Come and get healthy with us.

CREATE AND CONNECT

CARD MAKING WITH BETH

Monday, September 10, 10:00am; Theme: Monkeys
Monday October 1, 10:00am; Theme: Halloween Mice & Bats
Sign up at the COA. Caryl Community Center, Room 108

LET'S PAINT!

Thursdays 10:00 AM - 11:30 AM
October 11, 18, 25, November 1
Ivana Luttazi, Instructor; Cost is \$25



Students will learn foundations of painting with pastels, watercolors, and acrylics. All levels of creativity are welcome! All supplies included. Sponsored by Friends of Dover COA. Classes meet at Ivana's Art Loft

BEADING CLASS

Monday, October 15, 10:00am
Caryl Community Center, Room 116
Connie Jo Dewyer, Instructor; Cost is \$5.00
Join us to create beautiful jewelry: a necklace, bracelet or earrings using a large selection of beads in all colors. All beads, spacers, and fixings will be provided and all participants will leave with at least one piece of jewelry of their own design. Sign up for a creative and enjoyable morning of music, laughter, and fun with beads at the COA. Space limited.

KNITTING

Mondays at 11:30am
Caryl Community Center, Room 108
Beginners and experienced knitters are welcome! Bring a project of your own or grab some donated yarn and make hats, scarves, shawls or lap blankets for those in need.

BOCCE AT DOVER LEGION

Fridays, 10:00am, The Dover Legion.
Play a fun game of Bocce! All are welcome!

MAH JONGG

Thursdays, 1:00pm starts September 20
Caryl Community Center, Room 108
Come play and/or learn this game developed in China played with tiles. All levels welcome.

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.

COFFEE WITH SELECTMAN JEFFRIES

Monday, October 22 at 9:30am
Caryl Community Center, Room 108
All Dover residents are invited to attend and meet with Selectman John Jeffries, Chair of Dover's Board of Selectmen. Come talk about your Town issues and learn what is on the Fall agenda for the Selectmen. Coffee and light breakfast will be provided. RSVP by October 18.

PAGETURNERS BOOK CLUB

Dover Town Library
Thursday, Sept. 13 1:00pm Book: "A Storied Life of A.J. Fikry" by Gabrielle Charbonnet Zevin
Thursday October 11, 1:00pm Book: TBA

COOKING AT POWISSET FARM

Space is limited to 4 Dover seniors for each class.
Thursday, September 13 at 11am; Cost: \$15.
Paella -- Chef Meg Tallon will prepare this traditional Spanish recipe with rice, vegetables and more. Come learn the origins of this world famous dish.
Thursday, October 11 at 11am; Cost: \$15
Breads and Soups -- Join Chef Genevieve Forde Bremseth as we learn new bread making techniques and recipes for delicious fall soups. Funded by Friends of Dover COA.

TEA WITH FRIENDS

Caryl Community Center, Room 108
Friday, September 21, 11:30am *Check your Geography IQ*
October 19, 11:30am *Halloween around the World*

FREE MOVIES AT THE DOVER CHURCH

The Greatest Showman – Friday, September 14 at 1pm;
Hugh Jackman is P.T. Barnum in this all-star original musical which follows the visionary who rose from nothing to create a mesmerizing spectacle.
The Post - Friday October 12 at 1pm; A cover-up that pushed the country's first female newspaper publisher and editor to a battle between the press and the government.
RSVP to beth@thedoverchurch.org or 508-785-0957.

SENIOR COFFEE HOUR

Friday, September 28, 8:30am
Friday October 26, 8:30am
Caryl Community Center, Room 108
Please join us for coffee and conversation.

SUPPORT AND ASSISTANCE

OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

Are you planning to fix that creaky knee or hip? Perhaps it's time to see what you are missing and have that pesky cataract corrected. Both of these and other medical procedures can easily occur in our lives. But what happens after your hospital stay?

Will you go to rehab or recover at home with the VNA or outside services? How will you fill prescriptions? Will you need durable equipment like a shower chair or bed rails to assist you while you recover at home? How will you grocery shop or prepare meals? Will you need transportation to see your health care providers for follow-up? Will you need family and friends for care? Will you need a home health aide? If you do go to rehab, how will you transition to home?

These are all important questions we need to consider as we go through recovery from the necessary elective procedures to improve and continue the quality in our lives. The Dover COA is here to help you understand what to expect and plan for your needs during these events. Please call Nan Vaida, RN, COA Outreach Worker, for an appointment or visit to discuss your concerns and receive helpful information and referrals.

DOVER SENIOR TRANSPORTATION SERVICE

Do you need a ride to medical appointments or other local errands? Purchase tickets at COA and JFK Transportation Service will transport you. Hours of service are Monday to 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
- Boston Rides (Medical Only): one-way voucher \$20

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 Dover COA at 508-315-5734

Please remember to tip your driver



BLOOD PRESSURE with the Walpole VNA

Friday, September 21, 10:45am

Friday, October 19, 10:45am

Caryl Community Center, Room 108

Meet with VNA Nurse to check your blood pressure.

FOOT DOCTOR

Thursday, September 20, 9:00am - 11:00am

Caryl Community Center, Room 116

Cost is \$30.00. Call COA for appointments with podiatrist Dr. Douglas John. Home visits also available for \$50.

SHINE

SHINE stands for Serving Health Insurance Needs for Everyone. If you have Medicare or health insurance questions, please call the COA for a SHINE appointment with counselor Renee Rubin. Open enrollment is from October 15 to December 7. Please call early as appointments fill quickly.

FLU CLINIC

Sponsored by Dover Board of Health

Coming mid-September at Dover Town Hall

Call Board of Health for information at 508-785-0032.

FRESH VEGGIES AT DOVER COA

Stop by on Thursdays after 12noon to pick up fresh vegetables from CSA at Powisset Farm! Thank you to Trustees of Reservation and Friends of Dover COA for funding the CSA through October.

BLUE MOON BAGELS & BREADS

Thursday, September 13 & 27

Thursday, October 11 & 25

Caryl Community Center, Room 116

Donated baked goods from Blue Moon Café are available for pick up after 10:00am

SEPTEMBER 2018

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Holiday	4 9am S&S, Caryl 203 Election Day	5 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108	6 11:30am S&S, Caryl 203 12n CSA Veggies, Caryl 116	7 10am Bocce at Legion
10 10am Card Making, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	11 9am S&S, Caryl 203 9:30 COA Board Meeting, Caryl 116 12n COA Luncheon-Wildlife, Caryl 108	12 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1:00pm Ukulele Caryl 108 NH Cruise	13 10am Blue Moon Bread, Caryl 116 10am Memoirs, Caryl 108 11am Cooking at Powisset 11:30am S&S, Caryl 203 12n CSA Veggies, Caryl 116 1pm Book Club – Library	14 10am Bocce at Legion 1pm Movie, Dover Church
17 10am Landscaping, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR Whaling Museum Trip	18 9am S&S, Caryl 203 12n Moveable Feast at Kraft Hall, The Dover Church	19 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108	20 9:00am Foot Dr, Caryl 116 9:30am Pickleball, Caryl Gym 11:30am S&S, Caryl 203 12n CSA Veggies, Caryl 116 1pm Mah Jongg, Caryl 108 1:30pm 2nd Amendment, Library CR	21 10am Bocce at Legion 10:45am Blood Pressure Clinic, Caryl 108 11:30am Tea with Friends, Caryl 108p
24 10am Landscaping, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	25 9am S&S, Caryl 203 12n Circle of Friends Lunch at Grace Church	26 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108	27 9:30am Pickleball, Caryl Gym 10am Blue Moon Bread, Caryl 116 10am Memoirs, Caryl 108 11:30am S&S, Caryl 203 12n CSA Veggies, Caryl 116 1pm Mah Jongg, Caryl 108	28 8:30am Senior Coffee, Caryl 108 10am Bocce at Legion

September: Zumba Gold, Saturdays at 10:45AM, Caryl Gym – Sept. 15, 22, 29
 October: Zumba Gold, Saturdays at 10:45AM, Caryl Gym – Oct 6, 13, 20, 27

Caryl = Caryl Community Center
 Library CR = Library Community Room

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10am Card Making, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	2 9am S&S, Caryl 203 12n COA Lunch – REAL ID, Caryl 108 Canyon Trip	3 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108 Vermont Trip	4 11:30am S&S, Caryl 203 12n CSA Veggies, Caryl 116 1pm Mah Jongg, Caryl 108 1:30pm 2nd Amendment, Library CR	5 10am Bocce at Legion
8 Holiday	9 9am S&S, Caryl 203 12n COA Luncheon, Caryl 108	10 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108	11 10am Blue Moon Bread, Caryl 116 10am Memoirs, Caryl 108 10am Let's Paint, Art Loft 11am Cooking at Powisset 11:30am S&S, Caryl 203 12n CSA Veggies, Caryl 116 1pm Book Club, Library 1pm Mah Jongg, Caryl 108	12 10am Bocce at Legion 1pm Movie, The Dover Church
15 10am Beading Class, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	16 9am S&S, Caryl 203 9:30 COA Board Meeting, Caryl 116 12n Moveable Feast at St. Dunstan's Church	17 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108	18 9:30am Pickleball, Caryl Gym 10am Let's Paint, Art Loft 11:30am S&S, Caryl 203 12n CSA Veggies, Caryl 116 1pm Mah Jongg, Caryl 108 1:30pm 2nd Amendment, Library CR	19 10am Bocce at Legion 10:45am Blood Pressure Clinic, Caryl 108 11:30am Tea with Friends, Caryl 108 PEM Trip
22 9:30am Coffee with Selectman, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	23 9am S&S, Caryl 203 12n Circle of Friends Lunch at Grace Church	24 10am Yoga, Caryl 203 10:30am Art Masters, Library CR 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108 Fruitlands Museum Trip	25 9:30am Pickleball, Caryl Gym 10am Bread, Caryl 116 10am Memoirs, Caryl 108 10am Let's Paint, Art Loft 11:30am S&S, Caryl 203 12n CSA Veggies, Caryl 116 1pm Mah Jongg, Caryl 108	26 8:30am Senior Coffee, Caryl 108 10am Bocce at Legion
29 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	30 9am S&S, Caryl 203 12n Halloween Lunch, Caryl 108	31 10am Yoga, Caryl 203 10:30am Art Masters, Library CR 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108		

LIFETIME LEARNING

Sponsored by Friends of the Dover Council on Aging with support of Dover COA

Fun with the Ukulele

When: Wednesdays 1:00 PM - 2:00 PM

September 5 – December 12

Classes meet at Caryl Community Center, Room 108, cost \$75



Come learn basic chords and strumming on the ukulele to accompany traditional folk songs and more modern songs. Bring your own ukulele or rent one at Needham Music (781-453-8067). No experience is needed; join us to learn something new and have fun with music.

Daniel Metraux leads ukulele groups in local towns and is now in Dover. New students are always welcome!

Landscaping Experiences and Trends

When: Mondays 10:00 AM – 11:30 AM

September 17, 24, cost \$20

Classes meet at Caryl Community Center, Room 108

In this two-session discussion, well-known landscape designer Kevin Doyle will share many of his experiences during the 40 years he has worked in Dover and the surrounding area. In addition, he will discuss trends in the landscape world, some delightful and others unsustainable, while looking at an ethical approach to nurturing our environment.

Kevin Doyle, noted landscape designer, author and lecturer, is the owner of Cairn Croft, a 2½-acre private garden in Dover. In it, Kevin displays a dual passion for gardens and art.

Writing Your Memoirs

When: Thursdays 10:00 AM - 11:30 AM

September 13, 27, October 11, 25, cost \$35 per series

Classes meet at Caryl Community Center, Room 108

Everyone has a story to tell, whether from childhood or adolescence, or from a more recent stage of life. In this workshop, we will read and discuss a few brief excerpts from published memoirs. We will explore key elements including how to come up with material and how to develop characters, details, structure, plot, conflict and dialogue. Students will work on a short autobiographical story in class. We will read and discuss some of each participant's memoir writing in a supportive class environment.

Lynne Spigelmir Viti, JD PhD, is a senior lecturer in the Writing Program at Wellesley College. She is the author of many scholarly publications and has also published poetry and fiction in many online and print literary journals.

Masters of the Italian Renaissance

When: Wednesdays 10:30 AM - 12:00 PM

October 24, 31, November 7, 14, cost \$35 per series

Classes meet at Dover Library Community Room

Leonardo, Michelangelo, Raphael, Donatello—even today, these names are familiar across generations as some of the most well-known artists in history. In this course, we will look more closely at their lives and works, exploring the historical context of Renaissance Florence and the personal and professional events in their lives that shaped their best-known works of art. We will look at a different artist each week through the lens of art history and biography.

Lindsay Alberts holds a PhD in art history from Boston University, as well as degrees from University College London and Georgetown. She teaches art history at multiple Boston schools and at the MFA in Boston.

The Second Amendment: Not Just a Right but a Story

When: Thursdays 1:30 PM - 3:00 PM

September 20, October 4, 18, November 1

Cost \$35 per series

Classes meet at Dover Library Community Room

In the minds of many people, the Second Amendment is about the right to bear arms. But who has that right and why? It would be fun to look into the minds of those who drafted the Bill of Rights to see what they were thinking. But since we cannot do this, we will have our fun in discussing the origin, history, and current use of this amendment—and whether we need to amend it! Short readings will be provided.

Maud Chaplin received her Professor of Philosophy Emerita from Wellesley College where she taught for 44 years. She has an undergraduate degree from Wellesley College and her MA and PhD from Brandeis University.

HOW TO REGISTER

Stop by the COA Office or Town Library to pick up a brochure or download from Friends website at www.coafriends.org. Registration forms and payment may be mailed to PO Box 250 or drop off at COA office in Caryl Community Center

TRAVEL AND EXPLORE

We have lots of trips planned for 2018! Join us for a Lake Winnepesaukee Cruise, visit the Whaling Museum in New Bedford, tour Vermont, and explore exhibits at the Peabody Essex Museum and the Fruitland Museum!

DAY TRIPS

Lake Winnepesaukee Cruise

Wednesday, Sept 12

Travel to NH for Lake Winnepesaukee Cruise includes bus, narrated cruise, buffet lunch and stop at local Farm Market.

Cost \$95

SOLD OUT

New Bedford Whaling Museum

Monday, Sept 17

Explore maritime history at the New Bedford Whaling Museum and learn about whale science and conservation. Then enjoy lunch at local restaurant. Cost \$15 plus lunch. Van funded by Friends of Dover COA.

Vermont Experience

Wednesday, October 3

We are off to the Green Mountain state to visit a local cheese shop, enjoy lunch, and then experience the majestic **Friesians of Majesty Horses**. View these gentle giants (and foals) up close and learn about breeding and history. Cost \$95

Peabody Essex Museum

Friday, October 19

Explore the role of Empresses in shaping China's last dynasty. Nearly 200 spectacular objects from the Palace Museum tell the little-known stories of how imperial women influenced court politics, art and religion. Cost \$45 for docent tour, bus, and lunch. Trip subsidized by Friends of COA.



Fruitlands Museum

Wednesday, October 24

Join us as we explore Fruitlands Museum in Harvard. Learn about Transcendentalists and Shakers, explore art exhibits and outdoor sculptures, and enjoy lunch at the café. Cost is \$10 plus lunch.

DeCordova Museum and Sculpture Park

Friday, November 9

Come and explore DeCordova Museum and Sculpture Park in Lincoln. Admission is \$12; café open for lunch. Transportation funded by Friends of COA.

Boston Symphony Orchestra

Friday, November 16

Matinee performance of Boston Symphony Orchestra with Conductor Andris Nelsons. Program is HK Gruber's Aerial: Concerto for Trumpet featuring trumpeter Hakan Hardenberger and Mahler's Symphony No.5. Cost \$58 for first balcony seating. Space limited.



OVERNIGHT TRIPS

An 8 Day Adventure to Canyon Country

October 2 to 9

Canyon Country Trip with Collette Tours. Tour Sedona, Grand Canyon, Lake Powell, Bryce Canyon and Zion. \$4119 single; \$3369 double-includes air fare, transfers, overnight accommodations. **SOLD OUT**

Call Dover COA to sign up for these trips.
Flyers available at Dover COA office.

Eaton Funeral Homes
Celebrating 200 Years of Dedicated Service

1351 Highland Avenue
 Needham
 781-444-0201



465 Centre Street
 Newton
 617-244-2034

Serving All Religions

Pre Planning & Funeral Trusts

A Tradition of Caring Since 1818
For Over Seven Generations

www.eatonfuneralhomes.com

Laurence R. Eaton • David E. Eaton • Kevin J. Greene

**Good Times. Good Friends.
 Great Care!**



*Live a life of learning,
 culture, ease and fun at our
 luxurious new senior community!*



*Independent &
 Assisted Living
 Reflections Memory Care*

369 Pond St, Ashland, MA
 508-532-3197 | www.residencevalleyfarm.com

**To be a sponsor
 in the next
 Dover COA
 Newsletter!
 Please contact
 Tom Reily
 508-336-6633 x 337**

*Ready to downsize,
 sell, or relocate?*

Wendy Bornstein
 your local SRES, can help.
Wendy.Bornstein@NEMoves.com



617-962-1975
www.WendyBCB.com
 One Chapel Street
 Needham, MA 02492



CARLYLE HOUSE
 REHABILITATION & NURSING FACILITY

For All Your Short Term Rehab Needs

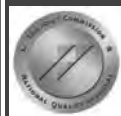
Discover all that Carlyle House has to offer:

- Physical Therapy • Occupational Therapy
- Speech Therapy • Skilled Nursing

We provide proven, safe and practical solutions created *only* for you -
because each person is unique.



Carlyle House
 342 Winter St.
 Framingham, MA
508-879-6100
www.CarlyleHouse.biz



Rehabilitation Associates
Exceptional Short Term Rehab



Professionally staffed & equipped to provide
 you with Exceptional Short Term Rehab
 & Skilled Nursing Care
 between Hospital & Home.

Short Term Rehab & Skilled Nursing Care
Riverbend of South Natick Thomas Upham House
 34 S.Lincoln St, S.Natick, MA (508)653-8330 519 Main St. Medfield, MA (508)359-6050

Timothy Daniels House
 84 Elm St. Holliston, MA
 (508)429-4566



For more information
www.rehabassociates.com

Medicare/Medicaid
 Certified



EXTRA! EXTRA!

SENIOR PROPERTY TAX WORK OFF PROGRAM

Do you have free time? The Town can 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 2019. All amounts earned are subject to Federal income and FICA taxation. Maximum amount to earn is \$1,500 minus taxes. For guidelines and and/or an application, please call the COA at 508.315.5734.

Deadline is October 19 for applications.

COA LENDING LIBRARY

Did you know that the COA has a lending library? Stop by and check out the new large print selection. Paperback and hardcover books are also available to borrow. Or, take a jigsaw puzzle for a rainy day!



CONFUSED OVER NEW MEDICARE CARDS?

As Medicare begins to mail new ID cards to its 60 million members, more than three-quarters of them know little or nothing about the initiative to use newly assigned ID numbers in place of their Social Security number (SSN) as their identification, a new AARP survey reveals.

In addition, 6 in 10 believe they might have to pay for the new card (they don't), according to the survey. That belief could make them vulnerable to scam artists.

In April, individuals new to Medicare began receiving the updated card, which displays a unique combination of 11 letters and numbers, rather than a beneficiary's SS. Replacing cards for current beneficiaries is a yearlong process that began in May. (To learn more about when your card will arrive, go to Medicare.gov/NewCard.)

Scammers posing as Medicare representatives are already calling beneficiaries demanding a processing fee. Other fraudsters are telling beneficiaries that they are owed a refund from transactions on their old card and then asking for bank account information to process the reimbursement. Medicare will never ask an enrollee for a bank account number, and no refunds are owed.

If you think you have been scammed, call the Dover COA or Dover Police. *Reprinted from AARP Bulletin/June 2018.*

NEW MEMBERS NEEDED

Sanctuary and Chapel Bell Choirs at The Dover Church Begin September 12

Both the Chapel Bell Choir and Sanctuary Choirs welcomes new members of all abilities to join our ensembles this Fall. No previous experience necessary. The season runs from September through May with weekly Wednesday evening rehearsals for Chapel Bell Choir from 7:00-7:30 and Sanctuary Choir immediately following from 7:30-9:00 beginning September 12. Come for either or both!

Please contact Music Director Christine Hogan for more information christine@thedoverchurch.org. If you are in need of transportation, please let Christine know so we may make arrangements. For more information please visit <http://thedoverchurch.org/music> for a listing of all rehearsals for the 2018-2019 season. Services Sunday mornings during the Music Ministry Ensemble Season are at 10 AM with rehearsals preceding the service.

FRIENDS OF THE DOVER COA

Remember a Loved One with a Memorial Gift and 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.



DOVER COA
COUNCIL ON AGING

COA OFFICE

Caryl Community Center, Room 116
4 Springdale Avenue, Dover, MA 02030
Email: coa@doverma.org

508.315.5734

COA OFFICE HOURS

Monday – Thursday: 9:00am to 5:00pm
Friday: 9:00am to 1:00pm

COA BOARD MEETING

Tuesday, September 11 at 9:30AM
Tuesday, October 16 at 9:30AM
Caryl Community Center, Room 116

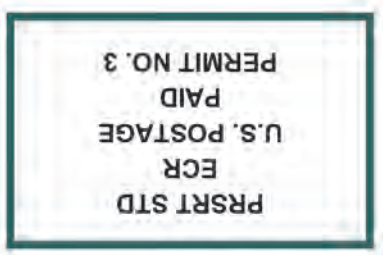
COA STAFF MEMBERS

Janet Claypoole, Director
Nan Vaida, Outreach Worker
Sue Sheridan, Administrative Assistant
Annemarie Thompson, Volunteer Coordinator

COA BOARD MEMBERS

Camille Johnston, Chair
Joanne Connolly, Vice Chair
Maureen Dilg, Secretary
Robert Cocks
Rev. Peter DiSanto
Betty Hagan
Gilbert Thisse
Gerry Wise, Associate Member
Ruth Townsend, Associate Member

Postal Patron
Dover, MA 02030



Dover Council On Aging
PO Box 250
Dover, MA 02030