VOLUNTEER LUNCHEON
Tuesday, June 9th, 12Noon – Caryl Community Ctr.
This luncheon is to honor our volunteers who give so much time and energy to the COA. Please RSVP to the Invitation by June 5th.

COMMUNITY LUNCH PROGRAM
Tuesday, June 16, 12:00Noon at St. Dunstan’s Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by June 11th.

CIRCLE OF FRIENDS LUNCH
Tuesday, June 23rd, 12:00pm Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by June 18.

BROWN BAG LUNCH
Tuesday, June 30th 12:00Noon, Caryl Room 108
It’s the 5th Tuesday of the month, so come join us with your brown bag lunch! Drinks and dessert provided.

HIGH TEA FOR LADIES & GENTS
Friday, June 12th 11:00am, Caryl, Room 108
High tea provided by The Julia Ruth House, an Adult Day Social Center in Westwood. The menu includes tea, scones, fresh fruit, tea sandwiches, cakes & cookies. RSVP by June 3rd.

TRIAD YELLOW DOT PROGRAM
Thursday June 18th at 10:00am
Room 108, Caryl Community Center
See Page 2 for more info on this public safety program.

TRAVEL WITH THE COA
For information on upcoming trips to Tanglewood and Roseland Cottage, see page 2

CHICKERING MUSIC ENSEMBLES
Wednesday, June 3rd, 2:00pm Caryl, Room 108
Come hear aspiring musicians made up of 4th and 5th grade students who are not only learning to play their instruments, but also how to play together in a small group without a conductor. The performance will feature Chickering’s String Ensemble and Clarinet Ensemble. The concert will also feature some old pieces from a young cellist and clarinetist. Light refreshments provided. Please RSVP by June 1st.

“UP IN SMOKE BBQ” AT THE CARYL
Fun Raiser for the COA
Sponsored by the Friends of the COA
The Friends of the Dover COA invite all Dover residents to join us outdoors at the Caryl Community Center for an “Up In Smoke BBQ” on Wednesday, June 17, 2015 from 4:00 to 7:00 p.m. The cost is $5.00 per person pre-registration or $10.00 on day of event; children under ten eat free. The event was a huge success last year with over 150 attendees. The ever popular local band, the Centre Streeters, will provide entertainment once again. The band serves up a banquet of bluegrass, folk and country music and love doing it. For reservations, please contact the COA office at the Caryl Community Center.
Sponsored in part by a grant from the Dover Cultural Council and the Massachusetts Cultural Council
Please visit www.coafriends.org to learn how our organization provides services and programs that enhance the wellbeing of Dover seniors or to become a COA Friends member.

Need a Ride? Try the COA Senior Bus!
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.
HIGH TEA FOR LADIES & GENTS  
Friday, June 12th, 11:00am  
Caryl Community Center, Room 108  
(See page 1 for details)

BLOOD PRESSURE—With the Walpole VNA  
Friday June 26th, 12:00Noon (New Time!)  
Caryl Community Center, Room 108

BLUE MOON BAGELS AND BREADS  
June 4th & 18th  
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! Starting July 10th Bocce will move to The Center in Medfield July and August in the shade!

CRAFTS - Card Making Class with Beth  
Monday, June 8th, 10:00am  
Caryl Community Center, Room 116  
Create cards with Owls using fabrics & patterns

FOOT DOCTOR  
Future dates TBA  
Caryl Community Center, Room 116  
Meet our new podiatrist Dr. Douglas John. Cost is $30.00. Call the COA for an appointment.

KNITTING  
Mondays at 12:30pm  
Caryl Community Center, Room 108  
Beginners and experienced knitters are welcome! Bring a project of your own you can join the knitters who make hats, booties and blankets for those in need with donated yarn.

MOVIE MATINEES  
Friday, June 12th; 1:00pm, Dover Church, Kraft Hall  
June’s Movie TBA  
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

SENSOR COFFEE HOUR  
Friday, June 26th; 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 YELLOW DOT PROGRAM  
Thursday, June 18th, 10:00am  
Caryl Community Center, Room 108  
Representatives from the Norfolk County Sheriff's Office and Dover TRIAD will discuss the Yellow Dot program, a national public safety program that provides emergency info to first responders at automobile accidents.

MAH JONGG  
Thursdays, 1:00pm, Caryl, Room 108  
Please join us for Mah Jongg. All levels are welcome and new players, too! Note: No Mah Jongg in July and August.

Come Travel with the COA!  
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, fourth, and fifth 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. Do you have other favorite stores? Market Basket? Sudbury Farms? 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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<tr>
<th>MONDAY</th>
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<td>1</td>
<td>9:30am- Yoga –Caryl, Room 215</td>
<td>8:45am Strength &amp; Stability-Caryl, Room 108</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>10:00am - Zumba Gold Caryl Gym</td>
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<td>12:30pm Knitting - Caryl, Room 108</td>
<td>10:00am COA Board Meeting-Caryl, Room 116</td>
<td>No Chi Gong</td>
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<td>5:30pm Chi Gong-Library CR</td>
<td>2pm Chickering Music Ensemble—Caryl, Room 108</td>
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<td>8:30am</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>10:00am - Blue Moon Donations</td>
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<td>1:00pm - Book Club— Library</td>
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**GC—Grace Church**  
**Library CR = Community Room**  
**Caryl — Caryl Community Ctr. Room 116 — COA office at Caryl Room 108 - Caryl Community Ctr.**
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.
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; mats provided or bring your own.

ZUMBA® GOLD
Fridays, 10:00am-10:45am. $3.00/session. Caryl Community Center in Gym.
Instructor: Andria DeSimone Lindberg
The COA in collaboration with Parks & Recreation sponsor this class.
NOTE: Friday, June 26th is the last class before summer break
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!

STRENGTH & STABILITY — NEW CLASS!!
Tuesdays 8:45am-9:35am & Thursdays 11:30am-12:20pm, Caryl Room 108 - $3.00/class
Instructor: Andria DeSimone Lindberg
This is a six week program starting in May and ending June 25th. It is a total body muscle strengthening/conditioning class that incorporates functional fitness (movements that mimic everyday living) with stability and balance work. Equipment and mats provided.

THINGS TO DO & PLACES TO GO
by COA Travel Committee

ENJOY LUNCH AT...
Colonel Blackington Inn, 203 No. Main St., Attleboro, 508-222-6022, 10am to 3pm Daily & Sunday Brunch Lovely Garden Setting.

THEATRE
Thursday and Friday 7:00pm, Saturday 2:00pm - Tickets $20.00

MUSEUMS
- Fruitlands Museum, Harvard MA, Mon., Wed., Thurs. & Fri. 10am to 4pm; Sat. & Sun. 10am to 5pm. Café Available 978-456-3924
- Davis Museum, Wellesley College - Cafe Available
- Rose Museum at Brandeis, Waltham
- Boston College McMullen Museum, 140 Commonwealth Ave, Devlin Hall, First Floor in Chestnut Hill;
**Funny Questions and Answers from Springdale, Arkansas**

Questions and answers selected from tests in Springdale, Arkansas to 16 year old students! (Don't laugh too hard - one of these may be the President someday.)

Q: Name the four seasons.
A: Salt, pepper, mustard and vinegar.

Q: How is dew formed?
A: The sun shines down on the leaves and makes them perspire.

Q: What is a planet?
A: A body of earth surrounded by sky.

Q: What causes the tides in the oceans?
A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins in this fight.

Q: What are steroids?
A: Things for keeping carpets still on the stairs.

Q: How can you delay milk turning sour?
A: Keep it in the cow.

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**Through The Garden Door:**

**Deer and Rhododendron**

Many people have asked, “The deer are eating my rhododendrons. What plant should I use to replace them?” My response is, “Why replace them?” In the past, I have used either netting or sprayed the leaves with Liquid Fence. Neither solution was ideal as the deer go under the netting and my husband and I travel. One summer (after flowering) I was heavily pruning my rhododendrons as they had reached a height of 8’ and by accident, I pruned some of the lower branches. With the lower branches gone, I was able to see the architecturally beautiful trunks – twisting and turning at unusual angles. I then pruned all the low branches up to a height of 4’ to 5’. I planted low growing, spreading evergreen boxwood just in front of the rhododendrons. I chose Tide Hill Korean Boxwood which grows 2’ tall and spreads to 5’. This plant will grow in either sun or shade. The deer tend not to browse above 5’ and the boxwood discourages them from coming closer. Please be aware that if you prune this heavily, you will not have flowers the following year.

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**COA BOARD MEMBERS**

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

**June Board Meeting**

Tuesday, June 2nd 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  
Email: coa@doverma.org
“UP IN SMOKE BBQ” AT THE CARYL
Sponsored by the Friends of the COA

Join us on Wednesday, June 17, 2015
from 4:00 to 7:00 pm for a BBQ
and Music with the Centre Streeters

See Page 1 for more information

COA SUMMER OFFICE HOURS
MONDAY – THURSDAY  9:00AM – 4:30PM
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 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!