COA LUNCHEON - “JOHNNY CASH!!”
Tuesday, June 14, 12:00 Noon
Caryl Community Center, Cafeteria
Join us for lunch and good old country music. Remember Elvis? Well, he is coming back as Johnny Cash! Lunch and entertainment generously sponsored by Mary Ann Morse Health Center. RSVP by June 2nd.

MOVEABLE FEAST
Tuesday, June 21, 12:00 Noon, St. Dunstan’s Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by June 15.

CIRCLE OF FRIENDS LUNCH
Tuesday, June 28, 12:00 Noon, Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by June 22.

TRAVEL WITH THE COA
Saturday, June 18 — American Elegance Tour in Stowe including Classic Cars from 1800-1940 and sprint cars; antique aircrafts including 1911 Bleriot. Cost is $15. Bus subsidized by Friends of COA.

Friday, June 24 — Newport Flower Show Visit Rosecliff Mansion and see colorful floral designs, horticultural exhibits, garden displays and more! Tickets and bus are $25. Bus subsidized by Friends of COA.

Tuesday, August 2 — Majestic Maine Cruise with Lunch at Cook’s Lobster House; shop in Freeport. Cost: $95/person with Westwood COA. Filling up fast!

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 with more info available at the COA.

“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, family & friends to join us outdoors at the Caryl Community Center for an “Up In Smoke BBQ” on Wednesday, June 15, 2016 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 100 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 and prepayment please contact the COA at 508-315-5734 or stop by the office at the Caryl Community Center, Room 116. 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.

HIGH TEA
Friday, June 17th at 2:00pm; Cost is $45.00
The Langham Hotel, Boston, in the Reserve Room
Includes Transportation and High Tea. Limit 20
Transportation generously provided by the Friends of the COA.

SILK PAINTING CLASS
Morning class Monday, June 6 & Wed June 8 at 10am
Afternoon class Monday, June 6 & Wed June 8 at 1pm
Join instructor Connie Dewyer as she teaches how to tap into your inner artist and paint unique designs on silk scarves. No painting experience is necessary. On Monday, the silks will be painted and left to dry, then on Wednesday, the process is completed to bring out the design. All materials are provided. Please RSVP to the COA as space is limited. Cost is $5.00.
Thank you to Friends of Dover COA for generously funding this class.

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** - “High Tea at the Langham Hotel”
Friday, June 17th 2:00pm
See Page 1 for High Tea information

**BLOOD PRESSURE** - With the Walpole VNA
Friday June 17, 10:45am - **New Time**
Caryl Community Center, Room 108

**BLUE MOON BAGELS AND BREADS**
Thursdays, June 2, 16 & 30
Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am

**BOCCE IS BACK!!**
Fridays - 10:00am - Dover Legion
Please join us - All Are Welcome

**CRAFTS** - Card Making with Beth
Theme - “Giraffes!!”
Monday, June 13, 10:00am
Caryl Community Center, Room 116

**FOOT DOCTOR**
Thursday, 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 **(Ends June 16th, Will resume in the Fall)**
Caryl Community Center, Room 108
All levels welcome!!

**MOVIE MATINEE** -
Movie “The Lady in the Van”
Friday, June 10, 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, June 24, 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, June 9, 1:00pm
Dover Town Library
This month’s book is "The Little Paris Bookshop" by N. George.

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

**CONSTRUCTION NOTICE!!**
As of June 20th the COA office will be moving to the Town Hall Fireside Room on Lower Level as construction will begin on the bathrooms at Caryl Community Center. Construction will continue through the summer and well into fall. Caryl Community Center will remain open during renovation. Many COA Programs are relocating at end of June and some are on hiatus for the summer.
Please check the June and July/August newsletters for any changes in COA programs and/or COA program locations. Our phone number 508-315-5734 will remain the same.
Thank you for your patience!
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**

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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.
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<thead>
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<th>MONDAY</th>
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<td>1:00pm - Movies - Dover Church</td>
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<td>1:00pm -Book Club-Dover Library</td>
<td>Zumba Gold to return in late Fall</td>
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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
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 (NOTE: CHANGED TO WEDNESDAYS)
Wednesdays, 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 (NOTE: LAST CLASS WILL BE JUNE 10. WILL RETURN LATE FALL)
Fridays, 10:00am-10:45am. $3.00 per class Caryl Community Center in Gym.
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!
THROUGH THE GARDEN DOOR

TREE CARE MYTHS

**Myth:**
Trees require “deep” fertilization to reach the root system.

**Fact:**
In most U.S. soils, fibrous, absorbing tree roots grow in the top eight inches of soil, where they find water and oxygen available. Fertilizers placed 12” to 18” underground are too deep.

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

JUNE BOARD MEETING
Tuesday, June 7, 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
“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, family & friends to join us outdoors at the Caryl Community Center for an “Up In Smoke BBQ” on Wednesday, June 15, 2016 from 4:00 to 7:00 p.m.
See front page for more information

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.