

Bright



Horizons

**Caryl Community Center Room 116
4 Springdale Avenue
Dover, MA 02030
www.doverma.org
508-315-5734**

**MARCH
2015**

DOVER COA
COUNCIL ON AGING

MARCH LUNCHEON

Thursday, March 10th at Caryl Community Center, Cafeteria. Music starts at 11:30am; lunch served at 12Noon.

Come celebrate St. Patrick's Day with us! Enjoy a traditional Irish meal of Corned Beef & Cabbage and enjoy music by Doolin. John Ebersold and Tim Loftus form Doolin and will play Irish toe-tapping jigs, reels and hornpipes as well as songs of the sea and heartfelt ballads. RSVP by March 4th

Sponsored in part by a grant from the Dover Cultural Council and the Massachusetts Cultural Council

COMMUNITY LUNCH PROGRAM

Tuesday, March 17th at 12:00pm at Dover Church

Celebrate the actual St. Patrick's Day at the community lunch program hosted by volunteers from Most Precious Blood Church. Bring a friend!

RSVP by March 11th

CIRCLE OF FRIENDS LUNCH

Tuesday, March 24th at 12:00pm Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by March 18th.

TRIAD MEETING - OPEN TO ALL

Thursday March 19th, 10:00am

Caryl, Room 116 - Please join us!

TRIAD is an agreement between senior citizens, law enforcement agencies and support and protective services for seniors to work together on crime prevention in the elderly community. Anyone interested in becoming a part of Dover's **TRIAD** is welcome .

TRAVEL TALK -- The Azores

*Friday, March 20th at 1pm,
Caryl Community Center, Room 108*

Are you ready to escape this wintry weather? Join us as Joan and Dave Stapleton show slides and talk about their trip last year to the beautiful island of San Miguel in the Azores. This volcanic island is part of Portugal, is easy to get to, has a temperate climate and breathtaking scenery. Light refreshments served.

RSVP by March 17.

SPRING LIFETIME LEARNING

Lifetime Learning starts March 31st with

"Can Philosophy Answer Today's Problems?"

See pages 6 & 7 for more details on all classes

TRANSPORTATION OPTIONS

Do you need a ride to an event in Town or an appointment in the MetroWest area? The COA can help! The Town of Dover has an 8 passenger van from the MetroWest Regional Transit Authority coming soon to help with local rides. The Highway Department will be scheduling rides with this van. Watch for more details. Also, you can purchase tickets from the COA to use JFK Transportation Services locally and to Boston. See page 3 for more info on JFK rides.

NOTICE

Due to the snowy weather this season, the COA has cancelled many programs. We will reschedule the *Lunch & Learn & Elvis* presentation in Spring (if it ever comes!) Remember, if the schools are closed, COA programs are cancelled. We also reserve the right to cancel programs due to inclement weather, walking, driving and parking conditions. Stay safe!

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 “St. Patrick’s Day Word Puzzle”

Friday, March 27th 1:30pm Caryl
Community Center, Room 108



BLOOD PRESSURE—With the Walpole VNA

Friday March 27th, 12:30, Caryl, Room 108

BLUE MOON BAGELS AND BREADS

March 5th & 19th, Caryl Community Center,
Room 116

Donated baked goods available for pick up after
10:00am

FUEL ASSISTANCE

Please contact Energy Assistance Coordinator,
Erika Lert for qualifications at 508-654-7778
enlert@lertlaw.com.



KNITTING

Mondays at 12:30pm

Caryl Community Center, Room 108

Beginners and experienced knitters are
come! Bring a project of your own or
can join the knitters who have been making hats, booties
and blankets for the NICU units.



wel-
you

MOVIE MATINEES-

March 13th -1:00pm, Dover Church, Kraft Hall
“Funny Face”

Movie Matinees are held the second Friday of the month.

SENIOR COFFEE HOUR

Friday, March 27th - 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

Thursdays, 1:00pm, Caryl - Room 108

Please join us for Mah Jongg-Any level welcome

PAGETURNERS BOOK CLUB

Thursday, March 12th , 1:00PM - Library

THROUGH THE GARDEN DOOR

JAPANESE PAINTED FERN

Athyrium niponicum variety

(After taking a winter break, the garden articles will
resume with this edition of the COA newsletter.
Plants described in past and future articles are grown
in Dover.)

This is one of the best of the variegated ferns. It is de-
ciduous with a weeping habit. The fronds are washed
with silver and have burgundy markings which are
very showy. Lacy leaves are wide and taper to a deli-
cate point. Height can be up to 2 to 3 feet with a
spread to 20". This fern requires well drained soil and
should be planted in part to full shade in a protected
location.



COA BOARD MEMBERS

Betty Hagan - Chairperson

Lou Theodos - Vice Chair

Maureen Dilg - Secretary

Cara Groman

Camille Johnston

Barbara Murphy

Gilbert Thisse

Joanne Connolly

MARCH BOARD MEETING

Tuesday, March 3rd 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

FUN and FITNESS



CHI GONG

Mondays 5:30pm - Library Community Room
Wednesdays 11:30am - Caryl Community Center,
Room 214 (Room change until April 1st)

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.



ZUMBA GOLD

Fridays, 10:00am-10:45am. \$3.00/session. Classes held in the Caryl Gym.

The COA in collaboration with Park & Recreation are sponsoring a Zumba Gold Class. Please join us on Fridays for fun and exercise!!



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

1. **PEABODY ESSEX MUSEUM**
Until March 29th Candice Breitz. The Woods
2. **WELLESLEY COLLEGE**
March 3, Hanging with the Old Masters at the Davis, 3:00pm
Rembrandt & the Landscape tradition - Free
3. **NEW BEDFORD WHALING MUSEUM** (508)997-0046
Around the World & Back Again Feb-Mar. Sailor Series
4. **CONCORD PLAYERS**
Concord MA "Kiss Me Kate" - \$22.00 2:00pm
April 24-26
5. **FRUITLANDS HARVARD MUSEUM, HARVARD, MA**
April 16 to November 2nd 10:00 – 4:00pm- Closed Tuesdays

If you are interested in attending, please call the COA 508-315-5734

DOVER COA - MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30am– Yoga –Caryl, Room 215</p> <p>12:30pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library CR</p>	<p>3 10:00am COA Board Meeting, Caryl Room 116</p>	<p>4 9:30am– Yoga –Caryl Room 215</p> <p>10:00am - A Matter of Balance - Room 108</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>5 10:00am - Blue Moon Donations</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p>6 10:00am -Zumba Gold Caryl Gym</p>
<p>9 9:30am– No Yoga</p> <p>12:30pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library CR</p>	<p>10 11:30am -Luncheon with Irish Music by Doolin Caryl Cafeteria</p>	<p>11 9:30am– No Yoga</p> <p>10:00am - A Matter of Balance - Room 108</p> <p>11:30am Chi Gong - Caryl, Room 214</p>	<p>12 1:00pm - Mah Jongg Caryl Room 108</p> <p>1:00pm - Book Club Dover Library</p>	<p>13 10:00am -Zumba Gold Caryl Gym</p> <p>1:00pm - Movies, Dover Church, Kraft Hall “Funny Face”</p>
<p>16 9:30am– Yoga –Caryl, Room 215</p> <p>12:30pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library CR</p>	<p>17 12:00Noon - Community Lunch - Dover Church, hosted by Most Precious Blood</p>	<p>18 9:30am Yoga- Caryl, Room 215</p> <p>10:00am - A Matter of Balance - Room 108</p> <p>11:30am Chi Gong - Caryl, Room 214</p>	<p>19 10:00am-TRIAD Room 116</p> <p>10:00am - Blue Moon Donations</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p>20 10:00am -Zumba Gold Caryl Gym</p> <p>1:00pm - Travel Talk Room 108</p>
<p>23 9:30am– Yoga –Caryl, Room 215</p> <p>12:30pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library CR</p>	<p>24 12:00noon - Circle of Friends Luncheon - GC</p>	<p>25 9:30am Yoga- Caryl, Room 215</p> <p>10:00am - A Matter of Balance - Room 108</p> <p>11:30am Chi Gong - Caryl, Room 214</p>	<p>26 1:00pm - Mah Jongg Caryl Room 108</p>	<p>27 8:00am Senior Coffee - Caryl, Room 108 10:00am -Zumba Gold Caryl Gym 12:30pm - Blood Pressure Caryl Room 108 1:30pm - Afternoon Tea Caryl Room 108</p>
<p>30 9:30am– Yoga –Caryl, Room 215</p> <p>12:30pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library CR</p>	<p>31 10:30-12:00Noon Lifetime Learning-Philosophy - Library CR</p>		<div style="border: 2px solid black; padding: 5px;"> <p>GC—Grace Church Library CR = —Community Room Caryl ——— Caryl Community Ctr. Room 116——COA office at Caryl Room 108 - Caryl Community Ctr. Room 108</p> </div>	

SPRING LIFETIME LEARNING CLASSES

Can Philosophy Answer Today's Problems?

When: Tuesdays, 10:30-12:00

Mar 31, Apr 14, 28 and May 12

Classes will meet in the Community Room of the Dover Library

We see and read in the news about significant problems in our society. Can three major philosophers of the past – Hobbs, Locke, and Rousseau – provide any answers? Short readings will illuminate our discussion of the issues in the first three classes; we will focus on possible remedies in the fourth class. Topics include racial and gender discrimination, income inequality, and climate change.

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.

Old Testament Themes

When: Tuesdays, 1:30-3:00

Apr 14, 21, 28, and May 5

Classes will meet in the Community Room of the Dover Library

This course will examine prominent themes found in Old Testament literature dating from the 9th-5th centuries BC. Looking particularly at the themes of Creation, Life and Death, Ancestors, Covenant, and Divine Retribution, the program will lead students through thoughtful and critical readings of ancient texts in modern translation. Throughout the course, students will learn the social and historical contexts behind the literary motifs. Open-minded conversations will provide opportunities to discuss the implications of Old Testament themes in other contexts. This course welcomes all who are curious, be they historical buffs, literary critics, committed biblical readers and those who have never read a word of the literature of ancient Israel.

F. Dorie Mansen PhD, Boston University; MTS, Boston University School of Theology; BA, Boston College, teaches at Boston University School of Theology.

Music Through the Ages

When: Wednesdays, 10:30-11:30

Apr 29, May 6, 13, 20

Classes will be held at The Dover Church, 17 Springdale Avenue

- The Pipe Organ/A Brief History of the Instrument in Early Musical Context
- 1600-1750/The Baroque Period
- Romanticism in Music (19th Century)
- What is Modern Music (20th and 21st Centuries)

Michael Kraft has been the music director of The Dover Church in Dover, Massachusetts since 1993 when Fisk Opus 107 was installed there. He earned his bachelor of music degree in Organ Performance from the Oberlin Conservatory of Music. His master of music degree is from the New England Conservatory of Music. He is executive vice president of CB Fisk Organ Builders, and also serves as director of maintenance and special projects.

Powisset Cooks

When: Wednesdays, 1:30-3:30

May 6, 13, 20, and 27

Classes will be held at the Powisset Farm, 37 Powisset Street

The Friends of the Council on Aging is pleased to offer an exciting collaboration between the COA and the Trustees of Reservations. Powisset Farm, an agricultural property of the Trustees of Reservations, has recently launched a new farm and food-based program – Powisset Cooks! This program offers a diverse selection of hands-on culinary workshops. Based out of Powisset’s newly renovated barn and state-of-the-art farmhouse kitchen, these classes are open to people who love food. If you’re excited to expand your palette and your cooking repertoire, we are offering 4 interactive classes, all centered around seasonal food, fresh from the farm’s fields and other local farms. All recipe ingredients are included.

This class is only open to **12** participants who **must be willing to stand**.

Rachel Kaplan, Culinary Educator at Powisset Farm

Becoming America (1776-1800)

When: Thursdays, 10:30-12:00

Apr 30, May 7, 14, 28

Classes will meet at the Caryl Community Center, Room 108, 4 Springdale Avenue

Join us as we discuss the events, personalities, and politics that led to the drafting of the Declaration of Independence and the outbreak of the American Revolution. “A standing miracle” is how Washington would forever describe the colonial victory over Britain in 1783. The Constitutional Convention, the presidencies and politics of the Washington and Adams administrations will also be discussed as America struggled to assert itself.

Gary L. Highlander PhD earned his doctorate at Boston College where his advisor and dissertation director was the noted Boston historian Thomas H. O’Connor. He is presently an independent scholar who specializes as a presidential historian and is well known in the Boston area.

You can also pick up brochures at the COA, Library and Churches.

Please check the course(s) that you wish to attend, fill out your name, address, phone and email and mail this form back to the address below.

Philosophy	\$35 <input type="checkbox"/>
Old Testament Themes	\$35 <input type="checkbox"/>
Music through the Ages	\$35 <input type="checkbox"/>
Powisset Cooks (Supplies included)	\$60 <input type="checkbox"/>
Becoming America	\$35 <input type="checkbox"/>

Name: _____ Phone: _____

Address: _____ Email: _____

SEND YOUR CHECK TO: Friends of the COA, PO Box 250, Dover, MA 02030

If you have any questions, please email Michele Keleher at makeleher@comcast.net

**SPRING LIFETIME LEARNING
STARTS IN MARCH. PLEASE SEE
PAGES 6 & 7 FOR LIST OF CLASSES
AND REGISTRATION FORM.**



COA OFFICE HOURS

**MONDAY – FRIDAY 9:00AM – 4:30PM
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!



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Council on Aging
Box 250
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