COA ST. PATRICK’S DAY LUNCHEON
Tuesday, March 8, 12:00 Noon  $4.00
Caryl Community Center, Cafeteria
Wear your Green and come celebrate St. Patrick’s Day with traditional corned beef and cabbage and your COA friends! RSVP by March 3rd.

MOVEABLE FEAST (Formerly Community Lunch)
Tuesday, March 15, 12:00 Noon, St Dunstan’s Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by March 10th.

CIRCLE OF FRIENDS LUNCH
Tuesday, March 22, 12:00 Noon, Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by March 17th.

BROWN BAG LUNCH
Tuesday, March 29, 12:00 Noon
Caryl Community Center, Room 108
It’s the 5th Tuesday of the month, so come join us with your brown bag lunch! Drinks and dessert provided. RSVP by March 24th.

COFFEE WITH SENATOR MICHAEL RUSH
Thursday, March 17, 9:30AM
Caryl Community Center, Room 108
Bring a friend and enjoy a cup of coffee and conversation with Dover’s Senator. Do you have questions or concerns about local or state issues? Seniors, Veterans, and all residents are encouraged to attend and discuss any matter of importance to you. Light Breakfast provided. RSVP by March 14th.

IMPORTANT CHANGES!!
Blood Pressure and Tea have moved to 3rd Friday of the month at 10:45AM and 11:30AM.

Come Travel with the COA
With the ever positive attitude that Punxsutawney Phil is correct and we will have an early spring, the DS Travel Committee has met and looked at outings for the spring and summer. What we need is some input from our faithful travelers or folks who haven’t traveled with us before but see an outing of interest. Call the COA and provide us with some feedback on the trips we have planned. Talk to your friends! Save the date and come join us as we hit the open road!

April
Wednesday April 13 or 20th – World War II Museum in Natick; Cost $30/person
Wednesday April 27 – Foxwoods Casino Luncheon & Show (Musical Tribute to Dolly & Kenny). $85/person with Westwood COA.

May
Saturday May 7 – West Point Tour, Lunch at Thayer Hotel & West Point Parade Review. $115/person (extended day trip).
Wednesday, May 11 – Fenway Park Tour—learn the history of the ball-park, the Green Monster and then have lunch on your own on Lansdowne Street

June
TBA–Harvard Museum of Natural History--Glass Flowers
Friday June 24 -- Newport Flower Show

July
Charles River Cruise and lunch at Cheesecake Factory $50/person OR Cape Cod Canal Tour including Lunch at Daniel Webster Inn & Sandwich Glass Museum $80/person

August
Tuesday Aug 2 – Majestic Maine Cruise with Lunch at Cook’s Lobster House & Shop at Outlets in Freeport; $95/person with Westwood COA.

September
Overnight Trip to Montreal! Price TBD—This two night overnight is in the “formulation” stage. IF we have folks who are interested, we’ll move ahead. If not, we’ll explore another city.

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**  
“A Children’s Novel: Pinocchio” & Light Lunch  
*Friday, March 18, 11:30am, New Time*  
Caryl Community Center, Room 108

**BLOOD PRESSURE- With the Walpole VNA**  
*Friday, March 18, 10:45am - New Time*  
Caryl Community Center, Room 108

**BLUE MOON BAGELS AND BREADS**  
*Thursdays, March 3, 17 & 31*  
Caryl Community Center, Room 116  
Donated baked goods available for pick up after 10:00am

**CRAFTS - Card Making with Beth**  
*Theme - “Easter”*  
*Monday, March 14, 10:00am*  
Caryl Community Center, Room 116

**FOOT DOCTOR**  
*Thursday, March 24th, 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  
Beadling is an easy way to toyake your project to the next level. Join us and learn how to add beadling to a knitted necklace, bracelet, scarf or hat. Bring size 3 double pointed needles or use some from our supply. Beads provided. All are welcome.

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

**MOVIE MATINEES - “A Brilliant Mind”**  
starring Asa Butterfield & Jo Young. A teenage math prodigy with autism.  
*Friday, March 11, 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, March 25, 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, March 10, 1:00pm*  
*Meeting returns to Dover Library*  
This month’s book is The Boston Girl by Anita Diamant. Copies are available at the Library.

**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 a 8 passenger bus from the MetroWest Regional Transit Authority. The new schedule will be:

- **TUESDAYS** - COA Lunches and Programs (9:30am-2:30pm) — Lunches are scheduled on the second, third, fourth & fifth Tuesdays of the month. (See calendar on page 4)

- **THURSDAYS** - Medical Appointments & Local Rides (8:30am-3:00pm) - Dedham, Framingham, Medfield, Natick, Needham, Newton, Norwood & Wellesley.

** 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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>10:00am - Blue Moon Donations</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
<td></td>
</tr>
<tr>
<td>10:00am - LL-Opera-Caryl, Room 108</td>
<td>11:30am Chi Gong-Caryl, Cafeteria</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>11:00am - Movies - Dover Church, Kraft Hall</td>
<td></td>
</tr>
<tr>
<td>5:30pm Chi Gong-Caryl Cafeteria</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>9:30am Yoga - Caryl, Room 215</td>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
</tr>
<tr>
<td>10:00am - Crafts/Cards Caryl, Room 116</td>
<td>10:00am - LL-Opera-Caryl, Room 108</td>
<td>11:00am - COA St. Patrick’s Luncheon-Caryl Cafeteria</td>
<td>11:00am - Mah Jongg-Caryl, Room 108</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
</tr>
<tr>
<td>10:45am - Meditation Caryl Rm 215</td>
<td>12:00 Noon - COA St. Patrick’s Luncheon-Caryl Cafeteria</td>
<td>11:30am Chi Gong - Caryl, Cafeteria</td>
<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td>1:00pm - Movies - Dover Church, Kraft Hall</td>
</tr>
<tr>
<td>12:30pm Knitting - Caryl, Room 108</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>1:00pm - Book Club - Dover Library</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
</tr>
<tr>
<td>5:30pm Chi Gong-Caryl Cafeteria</td>
<td>11:30am Chi Gong-Caryl, Cafeteria</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>9:30am Yoga - Caryl, Room 215</td>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
</tr>
<tr>
<td>10:45am - Meditation Caryl Rm 215</td>
<td>10:00am - LL-Opera-Caryl, Room 108</td>
<td>11:00am - LL-Opera-Caryl, Room 108</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:45am - B/P Clinic Caryl Room 108</td>
</tr>
<tr>
<td>12:30pm Knitting - Caryl, Room 108</td>
<td>12:00 Noon - COA St. Patrick’s Luncheon-Caryl Cafeteria</td>
<td>11:30am Chi Gong - Caryl, Cafeteria</td>
<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td>11:00am - Tea Caryl, Room 108</td>
</tr>
<tr>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>12:00 Noon - Movable Feast - St Dunstan’s</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td></td>
</tr>
<tr>
<td>5:30pm Chi Gong-Caryl Cafeteria</td>
<td>12:00 Noon - Movable Feast - St Dunstan’s</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>9:30am Yoga - Caryl, Room 215</td>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
</tr>
<tr>
<td>10:45am - Meditation Caryl Rm 215</td>
<td>10:00am - LL-Opera-Caryl, Room 108</td>
<td>11:00am - LL-Opera-Caryl, Room 108</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:45am - B/P Clinic Caryl Room 108</td>
</tr>
<tr>
<td>12:30pm Knitting - Caryl, Room 108</td>
<td>12:00 Noon - Circle of Friends Luncheon - Grace Church</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>11:00am - Tea Caryl, Room 108</td>
</tr>
<tr>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>12:00 Noon - Circle of Friends Luncheon - Grace Church</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td></td>
</tr>
<tr>
<td>5:30pm Chi Gong-Caryl Cafeteria</td>
<td>12:00 Noon - Circle of Friends Luncheon - Grace Church</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>9:30am Yoga - Caryl, Room 215</td>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>8:00am - Senior Coffee Caryl Room 108</td>
<td></td>
</tr>
<tr>
<td>10:00am - LL-Opera-Caryl, Room 108</td>
<td>12:00 Noon - Circle of Friends Luncheon - Grace Church</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
<td></td>
</tr>
<tr>
<td>12:30pm Knitting - Caryl, Room 108</td>
<td>12:00 Noon - Brown Bag Lunch - Room 108</td>
<td>12:00 Noon - Brown Bag Lunch - Room 108</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
<td></td>
</tr>
<tr>
<td>5:30pm Chi Gong-Caryl Cafeteria</td>
<td>12:00 Noon - Brown Bag Lunch - Room 108</td>
<td>12:00 Noon - Brown Bag Lunch - Room 108</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30am Yoga - Caryl, Room 215</td>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>10:00am-Blue Moon Donations</td>
<td></td>
</tr>
<tr>
<td>10:00am - LL-Opera-Caryl, Room 108</td>
<td>10:00am - LL-Opera-Caryl, Room 108</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:30-12:00-LL-Philosophy-Library</td>
<td></td>
</tr>
<tr>
<td>12:00 Noon - Brown Bag Lunch - Room 108</td>
<td>11:30am Chi Gong - Caryl, Cafeteria</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td></td>
</tr>
<tr>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td></td>
</tr>
<tr>
<td>5:30pm Chi Gong-Caryl Cafeteria</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>12:30pm LL-Ukulele-Caryl, Room 108</td>
<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td></td>
</tr>
</tbody>
</table>
BE FIT AND AGE WELL AT THE COA

CHI GONG
Mondays 5:30pm - Caryl Community Center, Cafeteria
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 for ages 60+; $5 for all others
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, 10:45am, Caryl Community Center, Room 215  $2.00 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!
The Doctor was puzzled “I’m very sorry, Mr. O’Flaherty, but I can’t diagnose your trouble. I think it must be drink.”
“Don’t worry about it Dr. Cullen, I’ll come back when you’re sober.”

The walls in my flat, says Murphy, are so thin, that every time I ask my wife a question, I get three different answers…

‘What’s wrong with Murphy?’ asked Father Green. ‘I don’t know, Father. Yesterday he swallowed a spoon and he hasn’t stirred since,’ said Mrs. Murphy.

Q: What is out on the lawn all summer and is Irish?
A: Paddy O’Furniture

THROUGH THE GARDEN DOOR

TREE MYTHS (First in a series)

Myth: Early Spring pruning will cause certain tree species to bleed, stressing the tree.

Fact: Some trees, such as maples and birches, will lose sap from pruning cuts made early in the Spring. But this bleeding does not hurt the tree. With a few exceptions, pruning can be done at any time of year. The worst time to prune is as the tree is leafing out in the Spring. The best time to prune is when it is dormant.
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.