COA VOLUNTEER LUNCHEON
Tuesday, May 10, 12:00 Noon
Caryl Community Center, Cafeteria
This luncheon is to honor our volunteers who give so much time and energy to the COA. RSVP to the Invitation by May 4th.

MOVEABLE FEAST (Formerly Community Lunch)
Tuesday, May 17, 12:00 Noon, Most Precious Blood
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by May 13.

CIRCLE OF FRIENDS LUNCH
Tuesday, May 24, 12:00 Noon, Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by May 20.

BROWN BAG LUNCH
Tuesday, May 31, 12:00 Noon, Caryl 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 May 25.

AUTHOR MICHAEL TOUGIAS
Sunday, May 15, 3:30–5:00 at DSHS Mudge Auditorium
Come hear Michael talk about his book (now a movie) “The Finest Hours,” a daring Coast Guard sea rescue in 1952 off Cape Cod. Program is FREE and open to public. Co-sponsored with Sherborn COA.

PAINTING CLASS with Artist Greg Maichack
Monday, May 9th, 10:30am, Caryl, Room 116
See Page 2 for all the information

“UP IN SMOKE BBQ” RETURNS IN JUNE
This is a Fundraiser for the COA
Music provided by the Centre Streeters!
Wednesday, June 15th 4:00-7:00 pm; Caryl Community Center. $5 Person pre-registration or $10 at door. Kids under 10 eat free! Sponsored by Friends of the COA.

SENIOR BUS INFORMATION WITH MWRTA
Thursday, May 19, 10:00am, Caryl Room 108
The COA Bus is back on the road! Come share your input on transportation needs and talk with MetroWest Regional Transit Authority staff on how the COA bus can connect you to surrounding towns (or Natick Mall) and be your link to getting out and about! Coffee and Treats will be served.

TRAVEL WITH THE COA
Wednesday, June 8 — 'Lunch & Theatre Combo'
"Hairspray: The Broadway Musical" at the Norwood Theater with lunch at Olde Colonial Café. Cost: $25. Transportation funded by Friends of 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 plus transportation.

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.

CONSTRUCTION NOTICE!!
At the end of June the COA office will be moving to the Town Hall Fireside Room as construction on the bathrooms at Caryl will be starting. This will go through the summer and well into fall. Caryl Center will remain open during renovation. Check the June newsletter for any changes in COA programs and/or COA program locations.
PROGRAMS & SERVICES

AFTERNOON TEA - “The Yellow Minions Tea”
Friday, May 20, 11:30am, New Time
Caryl Community Center, Room 108

BLOOD PRESSURE - With the Walpole VNA
Friday May 20, 10:45am - New Time
Caryl Community Center, Room 108

BLUE MOON BAGELS AND BREADS
Thursdays, May 5 & 19
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 - “Think Spring!!”
Monday, May 2, 10:00am
Caryl Community Center, Room 116

FOOT DOCTOR
Thursday, May 26, 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
Caryl Community Center, Room 108
All levels welcome!!

MOVIE MATINEES - Movie TBA
Friday, May 13, 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, May 27, 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, May 12, 1:00pm
Meeting returns to Dover Library
This month’s book is "Under the Wide and Starry Sky" by Nancy Horan.

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.

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 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**

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>
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<tr>
<td>10:00am - Crafts/Cards Caryl</td>
<td>9:00am Strength &amp; Stability - Caryl</td>
<td>9:30am Yoga-Caryl</td>
<td>10:00am-Blue Moon Donations</td>
<td>10:00am-Zumba Gold—Caryl Gym</td>
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<td>10:30-LL - Unstress Caryl 2nd Floor</td>
<td>10:00am-COA Board Meeting - Caryl</td>
<td>11:00am-LL-Let’s Do Lunch, Powisset Farm</td>
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<td>No Chi Gong Town Meeting</td>
<td>10:40am</td>
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<td>11:30am Strength &amp; Stability-Caryl</td>
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<td>1:00pm - Movies - Dover Church</td>
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<td>9:00am Strength &amp; Stability</td>
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BE FIT AND AGE WELL AT THE COA

CHI GONG  (No Class Monday, May 2nd)
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
Mondays, 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
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!
Honest Brand Slogans!!

Hallmark “When you care enough to give a card mass-produced by a corporation.”

Ritz crackers: “Tiny, edible plates.”

CliffsNotes: “They’re still going to know you didn’t read the book.”

Gillette: “We’re just going to keep adding blades.”

ChapStick: “You’ll misplace it before the tube’s empty.”

Hot Pockets: “Every bite is a different temperature.”

Source: honestslogans.com

THROUGH THE GARDEN DOOR

TREE CARE MYTHS

Myth: When removing a tree branch, the final cut should be flush with the stem to optimize healing.

Fact: Trees don’t “heal” in the same way we do. While humans heal by regenerating or replacing damaged tissue, trees compartmentalize a wound, generating “woundwood” over the damaged area. Since flush cutting removes the “branch collar,” a larger wound is created. It is also likely that some of the parent branch tissue will be removed in a flush cut, which increases the damage of spreading decay inside the tree.

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

MAY BOARD MEETING
Tuesday, May 3, 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
TOWN OF DOVER

TOWN MEETING - MAY 2ND

TOWN ELECTIONS - MAY 16TH

If you need a ride to either event, please call the COA at 508-315-5734.

COA OFFICE HOURS
MONDAY – THURSDAY 9:00AM – 5:00PM
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 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.