**WE HAVE MOVED TO THE CARYL COMMUNITY CTR….PLEASE NOTE OUR NEW PHONE NUMBER 508-315-5734**
STOP BY AND SEE US!

SEPTEMBER LUNCHEON—
Tuesday September 10th, 12:00 Noon Caryl- $4.00
Carol DeRienzo, RN, BSN, will be presenting
"“Grow with me, the Best is yet to be."
A presentation to educate and enable individuals to live as safely and independently in their homes for as long as possible.
(Partially funded by Wingate Health Care of Needham)
RSVP BY: Sept. 6th

CIRCLE OF FRIENDS LUNCHEON
Tuesday, Sept. 24 -1:00PM- Grace Church
RSVP by Sept. 19th  508-315-5734

LIFETIME LEARNING CLASSES ARE BACK!
See page 6 for more information and the Fall schedule. There will be brochures at the Library, Town Hall and COA.

PEABODY ESSEX MUSEUM– FABERGE’ EXHIBIT
Friday, September 20th
Cost: $45/person
Join us for a docent led tour of these exquisite works of art on loan from the Virginia Museum of Fine Arts.
The cost includes tour, transportation and lunch. Limited space available ... Call 508-315-5734

PLEASE VISIT THE BOOTH OF THE FRIENDS OF THE COA AT THE DOVER DAYS FAIR
Saturday, September 21st.
The Friends of the Dover COA will have a booth at the Dover Days Fair, September 21. Please stop by to learn about our Life Time Learning Classes and our Jazz Brunch at the Sherborn Inn on Sunday, October 27. We will be giving out free LED flashlights to all who visit our booth.

SAVE THE DATES
JAZZ BRUNCH
Sunday, October 27th - 11:00—2:00
Sherborn Inn
Join us for the annual Jazz Brunch sponsored by the Friends of the COA, at the Sherborn Inn. Price TBA. Come and enjoy music from the 20’s & 30’s. Tickets available at Dover Days Fair and the COA. The Friends raise money to help support the COA.

DIABETIC SUPPLIES & MAIL ORDER PROGRAM
Starting July of this year, Medicare implemented a national Mail-order program for diabetic testing supplies. You will need to use a Medicare Mail-Order contract supplier for Medicare to pay for testing supplies that are delivered to your home. If you do not want them sent to your home, you can buy them at the same price at local pharmacy that has agreed to accept Medicare assignment. The program doesn’t require that you change your testing monitor, but to get the low price you should look for a national Mail-Order Contract Supplier that can provide the supplies you need at the Medicare approved amount. If you switch suppliers, you might need to get a new prescription.
COUNCIL ON AGING BOARD MEETING
Tuesday, September 3rd 10:00AM  Caryl

PAGETURNERS BOOK CLUB - Book for September -
Time Keeper by Mitch Albom
Thursday September 12th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - $30.00)
Date: Wed. October 23rd 9:00 – 11:00AM  Caryl Rm 116
appointments are required and a check payable to Dr.
William Cooper in the amount of $30 is due at the time of
appointment.  COA - 508-315-5734
Future Dates: December 18th

SHINE COUNSELOR
If you need to speak with a SHINE counselor, please
contact the COA .

BLOOD PRESSURE CLINIC - WALPOLE VNA
Friday, September 27th  Caryl Blue Room -1:00PM

AFTERNOON TEA - “Hello Again Tea”
Caryl Blue Rm Friday September 27th
1:30PM—Caryl Blue Rm

SENIOR COFFEE HOUR
Friday, September 27th  8:00AM
Caryl-Blue Room
Please come and enjoy coffee and
conversation.

U.F.O. (UNFINISHED OBJECTS)
September 16th & 30th  10:00AM-Caryl Blue Rm
Join us from 10am to Noon for an informal gathering to
complete any of your UnFinished Objects.

CRAFTS CLASS
September 9th & 23rd 10:00AM-Caryl Blue Rm
Come and learn something new!  The cost is minimal and
there are tasty treats and great conversation .

BOCCE BALL—JOIN US EVERY FRIDAY
Every Friday at 10:00AM –Dover Legion

BRIDGE—DROP-IN BRIDGE
If you are interested in getting together for a bridge
game, please give us a call - 508-315-5734

LEARN TO PLAY MAH JONGG –
September 12, 19 & 26th 1:00PM—Caryl Blue Rm
Please call the COA if you are interested

THROUGH THE GARDEN DOOR
European Wild Ginger (Asarum europaeum)
My yard has areas that require plants for dry
shade due to trees which absorb most of the
rain. European Wild Ginger is a first-rate
groundcover for these areas. It will slowly form
a solid patch of glossy, dark green rounded
leaves, which remain evergreen if our winter re-
mains mild. This plant will take a few years be-
fore it begins to spread significantly. My one
plant has now spread to eight feet wide and
three feet deep. I cut out sections and trans-
plant them to areas where other plants don’t
seem to grow. It combines well with Hosta, prim-
roses and low-growing ferns. The only care this
plant requires is to be cut back when it spreads
too far.

COA BOARD MEMBERS
Betty Hagan, Chair
Jane Hemstreet
Alice Baranick, Treasurer
Jeanne Gavrilles
Barbara Murphy
Lou Theodos, Vice Chair
Maureen Dilg
Cara Groman
Gilbert Thisse

COA STAFF MEMBERS
Janet, Claypoole, Director
Carl Sheridan, Outreach Worker
Sue Sheridan, Administrative Assistant/Editor
Nancy Simms, Volunteer Coordinator
DOVER SENIOR TRANSPORTATION SERVICE

If you need a medical or other local ride, give it a try. Better than a taxi at the fraction of the cost. COST OF LOCAL RIDES EACH WAY:

$30.00 for a 10 punch ticket provides trip to:
- Needham, Dedham Medical, Natick, Medfield & Wellesley 2 punches each way (equaling $6.00 each way).
- Framingham, Holliston, Newton-Wellesley Hospital 3 punches each way (equaling $9.00 each way).
- Sudbury & Waltham 4 punches each way (equaling $12.00 each way)
- Within Dover 1 punch each way ($3.00 each way)

NOTE: THESE RATES DO NOT INCLUDE TIPS

COST OF MEDICAL RIDES TO BOSTON:
- $20.00 one way (Does not include Tips)
- $40.00 round trip
- You can purchase the tickets at the COA.
- Once you have purchased your ticket, call JFK and give them the information. (you must give a 48 hr. notice for Boston)
- Hours of service: 7:00am to 5:00pm Monday through Friday
- If you have any questions, please call us at 508-315-5734

NOTE: THESE RATES DO NOT INCLUDE TIPS

YOGA FOR WELLNESS - (For All Ages)
CARYL COMMUNITY CENTER - 2ND FLOOR
Mondays & Wednesdays 9:30AM – 10:30AM
60+ - $3.00  Under 60 $5.00

Come join the Dover COA community as we move for wellness.
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.

EXERCISE CLASS
Tuesday & Thursday 9:30AM $3.00
Upper Town Hall

Come and join our exercise class! Men and women are welcome to attend. Wear comfortable clothing and bring water.

CHI GONG - ALL WELCOME...
(New) Mondays
5:30PM Library Community Rm.

Wednesdays 1:00PM- Caryl Community Ctr.
Blue Room
Come join us and bring a friend!!
(Donations accepted)

A thank you to Paul Campanis

The Dover COA would like to thank Paul Campanis for his many years of volunteer service to the Council on Aging. Paul is a wonderful kind man who would always lend a hand when needed and never ask for anything in return. He has moved south to be with his son and we wish him the very best. We will miss him.
<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>2 HOLIDAY</td>
<td>3 9:30AM - Exercise – UTH 10:00AM - COA Board Meeting –</td>
<td>4 9:30AM- Yoga Caryl 2nd floor</td>
<td>5 9:30AM - Exercise – UTH</td>
<td>6 10:00AM – Bocce Dover Legion</td>
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<td>9:30AM- Yoga – Caryl 2nd Floor 9:45AM– Crafts – Blue Rm 1:00PM — Knitting – Caryl Blue Rm 5:30PM Chi Gong – Library CR</td>
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<td>11 9:30AM- Yoga Caryl 2nd floor</td>
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<td>27 8:00AM — Sr. Coffee Caryl — Blue Rm. 10:00AM – Bocce Dover Legion 12:00 Noon B/P Caryl 12:30PM – Tea – Caryl</td>
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**FS = Fireside Rm —– Town Hall**  
**Library CR = —– Community Room**  
**Caryl —– Caryl Community Ctr.**  
**UTH —– Upper Town Hall**
The Friends of the Council on Aging are excited to announce a new slate of classes for Fall 2013. We will be off to a quick start in September, so mark your calendars now. Registration forms with more detailed course descriptions will be in the COA office and the Dover Town Library by mid-August. Once again, each series of classes is only $30. Classes to be held at the Library Community Rm.

Questions? Contact Anne Coster at cosgriffy@verizon.net or by phone: 508-785-9867

Modern Russian History (1800-present)
Thomas J. MacDonough
Tuesdays 10:00-11:30   September 10, 17, 24 and October 1

The success of the Spring 2013 “Panoply of Russian History” class opens the door for this seminar that will analyze in greater detail the fascinating recent history of Russia. We will examine the cultural (politics, religion, intellectual), military, economic, and social institutions as they have developed. Once again, Tom MacDonough promises to bring knowledge and insight to our understanding of this great country and its people.

French Impressionists
Lili Mugnier
Wednesdays 1:00-3:00   October 2, 9, and 16

What are the reasons behind the overwhelming popularity of impressionism? In this course we hope to explore what the term really means in terms of style, exposure, and innovation. In looking at the work of the great masters - Manet, Monet, Renoir, Degas, - how their interrelations and interaction with their friends; family, and other artists shaped the movement.

Ancient Philosophers - Socrates, Aristotle & Plato
Maud Chaplin
Thursdays 10:30-12:00   September 19, October 3, 17, 31

Maud Chaplin, Professor of Philosophy Emerita at Wellesley College, returns to guide us through readings and discussion to a more in-depth understanding of the greats of Ancient Philosophy. A future class will, in turn, focus on modern era (18th-19th century) philosophers.

Highlights of New England History and Culture
Lecture Series featuring Experts
Mondays October 21, 28, November 4 and 18 (TIME TBA)

Colonial Church Silver and its History, Boston’s Hidden Tiffany Windows, Transcendentalism in New England...are among the topics featured in this lecture series.
ON THE LIGHT SIDE

- I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.
- Laugh at your problems, everybody else does.
- I didn't say it was your fault, I said I was blaming you.
- If winning isn't everything why do they keep score?
- This girl rang me up one time, she says "come over, nobody is home", I went over, no one was home!
- Depression is just anger without enthusiasm.
- The shinbone is a device for finding furniture in a dark room.
- Before you insult a man, walk a mile in his shoes. That way, when you insult him, you'll be a mile away, and have his shoes.
- We never really grow up, we only learn how to act in public.
- Last night I lay in bed looking up at the stars in the sky and I thought to myself, where the heck is the ceiling.
- Do not argue with an idiot. He will drag you down to his level and beat you with experience.

LAWS OF DAILY LIFE

LAW OF MECHANICAL REPAIR: After your hands become coated with grease, your nose will begin to itch.

LAW OF THE WORKSHOP: Any tool, when dropped, will roll to the least accessible corner.

LAW OF ENCOUNTERS: The probability of meeting someone you know increases when you are with someone you don't want to be seen with.

LAW OF BIOMECHANICS: The severity of the itch is inversely proportional to the reach

Why seniors still need newspapers !!

While I was visiting my niece last night I asked if I could borrow a newspaper. "This is the 21st century," she said. "We don't waste money on newspapers. Here, use my iPad."
Well, I can tell you this much...that fly never knew what hit him!
## Friends of the Dover COA

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Enclosed is my donation of $__________________________

In memory of ________________________________________

In honor of _________________________________________

Mail form to Friends of the COA, PO Box 130, Dover MA 02030.
Visit us at www.coafriends.org