

DOVER COA COUNCIL ON AGING

News

508.315.5734

MARCH - APRIL 2019

HIGHLIGHTS

INTRO TO YOGA CLASS

Mondays in March at 10am

TECH TIPS WITH BOY SCOUTS

Saturday, March 2, 30, April 6 at 1pm

COFFEE WITH REP. GARLICK

Monday, March 18 at 9:30am

SPRING LIFETIME LEARNING

Opera, Lincoln, Germany and More!

LUNCH WITH POLICE CHIEF

Tuesday, April 9 at 12Noon

COFFEE WITH SELECTMAN

Thursday, April 18 at 9:30am

NEED A RIDE?

If you need a ride to any COA programs or lunches, please call the COA at 508.315.5734 and we will arrange a free ride.

SPECIAL THANKS

Boy Scout Troop 1 of Dover
Blue Moon Bagel Café
DSHS Community Service Club
Friends of Dover COA
MetroWest Health Foundation
Rehabilitation Associates

LETTER FROM THE DIRECTOR

It's that time of year where winter relents and spring awakens. The light is longer, the birds are singing and the change in season pulls us out of our homes. We invite you to visit us at the COA to get moving and be fit, enjoy a meal with friends, learn something new, and connect with your community.

Come out and move with us! QiGong, Zumba, Yoga, and Strength & Stability are great ways to get in shape. Just starting out with a fitness program? Are you unsure about getting down on a mat...and maybe not getting back up? Not to worry. COA fitness instructors modify the class for all levels of abilities. You can sit in a chair and still get fit! In March, the COA is offering a special Intro to Yoga class on Mondays for those new to Yoga or that want to get back to basics. Looking for a more active program? Try Zumba Gold on Saturday mornings or Pickleball. Equipment is provided and your first class is free.

Looking for an educational activity? Lifetime Learning classes return with Fun with Ukulele and Professor Maud Chaplin's *Has Democracy Had Its Day?* New offerings this Spring include Let's Go to the Opera, A Taste of Germany, and Zen Meditation. Presidential historian Gary Hylander explores the Presidency of Abraham Lincoln in *Lincoln's America*. More info on these classes sponsored by the Friends of the COA is inside this issue.

Come connect with your community at the COA. Do you have questions about senior tax relief, the Caryl Community Center Project, public safety, or other issues? State Representative Denise Garlick will be here in March to meet with seniors and town residents and hear their concerns. Dover's Police Chief Peter McGowan joins us at our April luncheon and Selectman Bob Springett will attend a Coffee Hour in April to talk with residents. Please take advantage of these meetings to share your views with Dover's public officials as they want to hear from you.

In March, COA cooking classes return to Powisset Farm, DSHS students invite seniors to their spring musical and there are so many places to travel with the COA! Check out all the amazing opportunities inside this issue. I hope to see you soon at the Dover COA. Welcome spring!

Janet Claypoole

LUNCH AND LEARN

COA ST. PATRICK'S DAY LUNCHEON

Tuesday, March 12; 12 Noon

Caryl Community Center,

Room 108; Cost \$4.00

Come enjoy a traditional Irish meal of corned beef and cabbage.

The Happy Strummers Ukulele players will entertain with Irish tunes. RSVP to COA by March 7.



COA LUNCHEON WITH POLICE CHIEF

Tuesday, April 9; 12:00 Noon

Caryl Community Center, Room 108; Cost \$4.00

Join us for lunch and meet with Chief Peter McGowan.

What's on your mind? Public safety concerns? Scams? Bring your questions and enjoy lunch. RSVP by April 4.

MOVEABLE FEAST

Tuesday, March 19; 12 Noon

The Dover Church, RSVP by March 13.

Tuesday, April 16; 12 Noon

St. Dunstan's Episcopal Church; RSVP by April 10.

Come share a delicious meal hosted by volunteers from the church. Please RSVP to the COA.

CIRCLE OF FRIENDS LUNCH

Tuesday, March 26; 12:00 Noon; RSVP by March 20.

Tuesday, April 23, 12:00 Noon; RSVP by April 17.

At Dover Grace Church

Join us for a homemade lunch and conversation with friends.

BROWN BAG LUNCH

Tuesday, April 30; 12:00 Noon

Caryl Community Center, Room 108; RSVP by April 24.

Bring your sandwich and the COA will provide the rest!

MEN'S LUNCH CLUB GATHERING

Monday, March 25 & Monday April 22 at 12 Noon
at The Heritage, 33 North Main Street in Sherborn.

Come join the guys for lunch! MetroWest Health

Foundation funds a grant for Sherborn and Dover men to meet, enjoy a delicious lunch and reconnect. A voluntary donation of \$10 is suggested. Please RSVP to Sherborn COA at 508-651-7858.

COOKING AT POWISSET FARM

Space is limited to 4 Dover seniors per class. Cost is \$15 per class. Sponsored by Friends of Dover COA.

Thursday, March 14 at 11am Flatbread Pizzas – Join chef and cookbook author Didi Emmons in this hands-on class where you'll learn to put pizazz in your pizza! The perfect homemade crust, the right amount of oil and flavorful toppings are all part of making a great pizza.

Thursday, April 11 at 11am Dinner Salads and Sides - Join chef Leigh Belanger for a different take on dinner salads and sides. In this hands-on class, you'll make fresh tossed and composed salads using vegetables and herbs, and experiment with sauces to enhance side dishes and delight the senses.

COFFEE, COOKIES & "CHICAGO!"

Saturday, March 16 at 11:30AM

Matinee at 1:00PM

Please join the Dover Sherborn High School students for a gathering before the matinee performance of the musical "Chicago" in Lindquist Commons at DSHS. Enjoy light snacks and conversation with students before taking your reserved seats at the performance. Please RSVP to the COA.

COFFEE WITH REPRESENTATIVE GARLICK

Monday, March 18, 9:30am

Caryl Community Center, Room 108

Join State Representative Denise Garlick for a community conversation about town, state, and senior issues. All are invited. Coffee and light breakfast provided. Please RSVP to Dover COA.

COFFEE WITH SELECTMAN SPRINGETT

Thursday, April 18, 9:30am

Caryl Community Center, Room 108

Join the COA and Selectman Bob Springett to talk about Your Town issues, upcoming Articles on the Town Warrant, and the Caryl Community Center Project. All are invited. Coffee and light breakfast provided. Please RSVP to COA.

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.

BE FIT AND AGE WELL



INTRO TO YOGA SERIES – NEW!

Mondays, February 25, March 4, 11, 18, 25 at 10:00am

Caryl Community Center, Room 203

Cost for 5 class series is \$15.00

Are you new to Yoga or just want to go back to basics? Learn the foundation for a safe and well-rounded yoga practice. Instructor Jessica Foster, RYT, introduces the principles of correct alignment, breathing, poses, and use of props. Students will learn the fundamentals of standing and seated poses and how the mind, body and breath work together. Mats and equipment provided. Please bring water.

THERAPEUTIC QIGONG

Balance, Strength, & Flexibility

Monday 5:30pm at Dover Town Library, Community Room

Wednesdays 11:30am at Caryl Community Center,

Room 108; \$3.00 per class

Instructor: Linda Bellefeuille

Qigong practices involve a posture, breathing techniques, and mental focus. The gentle, rhythmic movements of Qigong are suitable for all age groups and ability and are known to reduce stress, build stamina, increase vitality, and enhance the immune system. Comfortable clothing is recommended.

YOGA FOR WELLNESS

Wednesdays 10:00am

Caryl Community Center, Room 203, \$3.00 per class

Instructors: Jessica Foster, RYT and Tracy Buckley, RYT

Join our Yoga class and improve your health, strength, flexibility, and balance. Come reduce your stress, breathe, and move towards a healthier, happier you. Mats provided or bring your own. Chairs are available; please bring water.

REMEMBER

If Dover schools are closed due to the weather, COA activities are also canceled for that day. If schools open late, COA programs may be delayed as well.

MEDITATION

Wednesdays, 11:00am

Caryl Community Center, Room 203, \$3.00 per class

Instructors: Jessica Foster, RYT and Tracy Buckley, RYT

Join us for guided meditation to deep levels of relaxation.

STRENGTH & STABILITY (S&S)

Tuesdays 9:00AM-9:50AM

Thursdays 11:30AM-12:20pm

Caryl Community Center, Room 203

Cost: \$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

Saturdays, 10:45am-11:30am at the Caryl Community Center in Multipurpose room; \$3.00 per class,

Instructor: Andria DeSimone

Cosponsored with Parks & Recreation Department

Zumba® is an aerobic fitness program featuring movements inspired by various styles of Latin American dance. Other rhythms include belly dance, Brazilian, International music and hip hop. Zumba® Gold is geared toward first timers to the exercise world or the active older adult. Come dance to the music for a total body workout!

PICKLEBALL - Fridays added!

Cosponsored with Parks & Recreation Department

Mondays at 10:15am, 11am, 1:45am, 12:30pm

Thursdays at 8:45am, 9:30am, 10:15am, 11:00am

Fridays at 9:00am, 9:45am, 10:30am, 11:15am

Caryl Community Center Gym

Due to popularity 5 additional sessions have been added!

There are up to four players per 45 minute session. Sign up at the COA for time slot. Sign-up sheets will be available on the 22nd of the month for the next month. Equipment provided. Please bring water.

SWIM TIME FOR THE COA

Enjoy Senior Swim at the Kingsbury Club in Medfield on Monday and Fridays from 10-11am. Bring your Dover COA key card to scan and \$5 swim fee. Need a key card? Stop by the COA office at Caryl Community Center to obtain one.

CREATE AND CONNECT



CARD MAKING WITH BETH

Monday, March 11, 10:00am Theme: Dogs
Monday, April 8, 10:00am Theme: Horses
Caryl Community Center, Room 108
Create cards with fabric. Sign up at the COA.

KNITTING

Mondays at 11:30am
Caryl Community Center, Room 108
Beginners and experienced knitters are welcome! Bring a project of your own or grab some donated yarn and make hats, scarves, shawls or lap blankets for those in need.

MAH JONGG

Thursdays, 1:00pm
Caryl Community Center, Room 108
Come play and/or learn this game developed in China played with tiles. All levels welcome.

PAGETURNERS BOOK CLUB

Dover Town Library
Thursday, March 14, 1:00pm Book: "Eleanor Oliphant is Completely Fine" by Gail Honeyman
Thursday, April 11, 1:00pm Book: TBA

TECH TIPS CLASSES

Eagle Scout Project with Dover Boy Scouts
Saturday, March 2, 30 at 1:00-2:00pm
Saturday, April 6 at 1:00-2:00pm
Dover Town Library, Community Room
The Dover Boy Scouts will be continuing their Tech Tips classes for 3 more sessions! Whether you are experienced with technology or still learning your way around a keyboard, this class is a great way to become more technology literate.

The March 2nd session will focus on the Internet, email, and protecting against scams. The March 30th session will focus on non-computer related technology, from iPhones

to Kindles. Both sessions will have time to focus on your specific questions. All are welcome. A final session will be offered April 6th to answer any lingering questions.

Sign up at the COA for this Eagle Scout project coordinated by Boy Scout Jack Ringel.

TEA WITH FRIENDS

Friday, March 15; 11:30am "Whether the Weather"

Friday, April 19; 11:30am Easter Bunny Lore

Caryl Community Center, Room 108

Light lunch provided. Sign up at the COA

FREE MOVIES AT THE DOVER CHURCH

Crazy, Rich Asians - Friday March 8 at 1pm; Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. Rachel must now contend with jealous socialites, quirky relatives and something far worse -- Nick's disapproving mother.

Murder on the Orient Express – Friday, April 12 at 1pm; A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective, Hercule Poirot, arrives to search for clues before the killer can strike again.

Sponsored by the Dover COA and The Dover Church. RSVP to beth@thedoverchurch.org or 508-785-0957. Please join us and enjoy popcorn and dessert!

SENIOR COFFEE HOUR

Friday, March 29, 8:30am

Friday, April 26, 8:30am

Caryl Community Center, Room 108

Please join us for coffee and conversation.

THE DROWSY CHAPERONE

A Musical Within a Comedy

Presented by The Dover Foundation.

May 2, 3, 4 at 7:30pm and Sunday May 5 at 2pm. Discounted tickets will be available for the Sunday matinée at a price of \$15, exclusively for the COA.



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.

SUPPORT AND ASSISTANCE

OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

“Oh, no Yoga for me, the positions turn you into a pretzel. “

“My balance is fine. I haven’t fallen yet.”

“Zumba, Pickle ball, Qi Gong?” What are they?”

Winter is almost over. We have had lots of time to curl up on the couch and read a book or watch a movie. Don’t forget the snacks...Right? Not right! As we age, our bodies don’t deal well with inactivity. Muscle mass and tone, strength and especially balance are quickly challenged. A sedentary lifestyle depletes our energy level as well. Help your body and mind out. Check out our **Be Fit and Age Well** section! Remember, decreased balance is the most significant cause of falls.

Qi Gong, Zumba, Strength & Stability, as well as Pickle ball all develop and maintain balance, coordination and strength. Each activity can be started at a “beginners” level so you can progress at your own pace. Engagement of your mind as you exercise and learn new skills will help keep you sharp and alert. You may even notice you are sleeping better as well. Another benefit is being with friends and making new ones! Each activity can be started at a “beginners” level so you can progress at your own pace. Our instructors are happy to help you get started at a level that is comfortable for you.

Yoga provides exercise as well as relaxation. If you are worried about your ability, you are in luck! The Dover COA is now offering an “Introduction to Yoga” Class. Here’s your chance to try it at a slower pace with professional explanation of the movements, position and the philosophy behind this ancient mind-body exercise. Did you know Yoga is 5,000-10,000 years old?

Finally, we offer a Meditation Class. This is a mental exercise activity that can help to de-stress and calm the mind. The COA Meditation class is conveniently scheduled immediately after Yoga to continue your feeling of wellness.

Engagement of our minds as we exercise and learn new skills will help keep us sharp and alert. We may even notice we are sleeping better as well. Another benefit is being with and making new friends!

So time to get off the couch! And Happy Spring!

BLOOD PRESSURE with the Walpole VNA

Friday, March 15, 10:45am

Friday, April 19, 10:45am

Caryl Community Center, Room 108

Meet with VNA Nurse for a monthly blood pressure check.



FOOT DOCTOR

Thursday, March 21, 9:00 – 11:00am

Caryl Community Center, Room 116

Cost is \$30.00. Call for appointments with podiatrist.

SHINE

SHINE is Serving Health Insurance Needs for Everyone.

If you have Medicare or health insurance questions, call the COA for an appointment with counselor Renee Rubin.

BLUE MOON BAGELS & BREADS

Thursdays, March 7, 21, April 4, 18, after 10am

Caryl Community Center, Room 116

Stop in for donated baked goods from Blue Moon Café.

FINANCIAL AND ENERGY ASSISTANCE

The Town of Dover offers support for those in need of financial or energy assistance, especially as heating bills increase. Coordinator Erika Nagy provides information on resources and can assist with applications for services. For a confidential consultation, please call Erika at 774-567-0034.

DOVER SENIOR TRANSPORTATION SERVICE

Purchase tickets at COA to use JFK Transportation Service. Hours of service are Monday to Friday from 7:00am to 5:00pm.

Local Ride Vouchers (Medical and Non-Medical) cost \$30.00 and provides 10 tickets for Dover and nearby towns. Boston Rides (Medical Only): cost \$20 for a one way voucher.

JFK requires a 48 hour notice and tickets are purchased at the Dover COA. Please remember to tip your driver. For more information, including towns served, call the Dover COA at 508-315-5734

CALENDAR

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9am Pickleball, Caryl Gym
4 10am Intro Yoga, Caryl 203 10:15am Pickleball, Caryl Gym 11:30am Knitting, Caryl 108 5:30pm Qigong, Library CR	5 9am S&S, Caryl 203 9:30am COA Board Meeting, Caryl 108	6 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele, Caryl, 108	7 8:45am Pickleball, Caryl Gym 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	8 9am Pickleball, Caryl Gym 1pm Movie, The Dover Church
11 10am Card Making, Caryl 108 10am Intro Yoga, Caryl 203 10:15am Pickleball, Caryl Gym 11:30am Knitting, Caryl 108 1:30pm Memoirs Caryl 108 5:30pm Qigong, Library CR	12 9am S&S, Caryl 203 12n St. Pat's Lunch, Caryl 108	13 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele, Caryl, 108 The Local Lunch Trip	14 8:45am Pickleball, Caryl Gym 11am Cooking at Powisset 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 1pm Book Club, Library	15 9am Pickleball, Caryl Gym 10:45am Blood Pressure Clinic, Caryl 108 11:30am Tea with Friends, Caryl 108
18 9:30am Coffee with Rep. Garlick, Caryl 108 10am Intro Yoga, Caryl 203 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	19 9am S&S, Caryl 203 12n Moveable Feast, The Dover Church MGM Trip	20 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele, Caryl, 108	21 8:45am Pickleball, Caryl Gym 9am Foot Doctor, Caryl 116 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	22 9am Pickleball, Caryl Gym
25 10am Intro Yoga, Caryl 203 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 12n Men's Lunch Club, The Heritage Sherborn 5:30pm Qigong, Library CR	26 9am S&S, Caryl 203 12n Circle of Friends Lunch, Grace Church	27 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele, Caryl, 108	28 8:45am Pickleball, Caryl Gym 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	29 8:30am Senior Coffee, Caryl 108 9am Pickleball, Caryl Gym

SATURDAY CLASSES

Zumba Gold on Saturdays at 10:45am in Multipurpose Room at Caryl Community Center
Dates are March 9, 16, 23, 30 and April 6, 13, 20, 27

Tech Tips on Saturdays at 1pm at Dover Library
Dates are March. 2, 30 and April 6

Caryl = Caryl Community Center Library CR = Library Community Room

SATURDAY EVENTS

Coffee, Cookies & "Chicago!"
March 16, 11:30am

Phantom of the Opera Trip
March 30

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	2 9am S&S, Caryl 203 9:30am COA Board Meeting, Caryl 108	3 10am Yoga, Caryl 203 10:30am Opera, Library CR 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele, Caryl, 108	4 8:45am Pickleball, Caryl Gym 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 Grafton Inn Lunch Trip	5 9am Pickleball, Caryl Gym 10:30am Lincoln Caryl 108
8 10am Card Making, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 1:30pm Memoirs Caryl 108 5:30pm Qigong, Library CR	9 9am S&S, Caryl 203 10am Zen, Caryl 108 12n COA Lunch, Caryl Cafeteria	10 10am Yoga, Caryl 203 10:30am Opera, Library CR 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele, Caryl, 108	11 8:45am Pickleball, Caryl Gym 11am Cooking at Powisset 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 1pm Book Club, Library 1:30pm Democracy Libary CR	12 9am Pickleball, Caryl Gym 10:30am Lincoln, Caryl 108 1pm Movie, The Dover Church
15 PATRIOT'S DAY	16 9am S&S, Caryl 203 10am Zen, Caryl 108 12n Moveable Feast, St. Dunstan's Church	17 10am Yoga, Caryl 203 10:30am Opera, Library CR 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele, Caryl, 108	18 9:30am Coffee with Selectman Caryl 108 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	19 10:45am Blood Pressure Clinic, Caryl 108 11:30am Tea with Friends, Caryl 108
22 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 12n Men's Lunch Club, The Heritage Sherborn 5:30pm Qigong, Library CR	23 9am S&S, Caryl 203 10am Zen, Caryl 108 12n Circle of Friends Lunch, Dover Grace Church	24 10am Yoga, Caryl 203 10:30am Opera, Library CR 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele, Caryl, 108	25 8:45am Pickleball, Caryl Gym 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 1:30pm Democracy Libary CR	26 8:30am Senior Coffee, Caryl 108 9am Pickleball, Caryl Gym 10:30am Lincoln, Caryl 108 BSO Trip
29 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR MFA Trip	30 9am S&S, Caryl 203 10am Zen, Caryl 108 12n Brown Bag Lunch Caryl 108			

CALENDAR

LIFETIME LEARNING

Sponsored by Friends of the Dover Council on Aging with support of Dover COA

FUN WITH UKULELE

Wednesdays, 1:00 - 2:00pm

February 27 - June 5; cost \$75

Classes meet at Caryl Community Center, Room 108

Come learn basic chords and strumming on the ukulele to accompany traditional folk songs and more modern songs. Bring your own ukulele or rent one at Needham Music (781-453-8067). No experience is needed and new students are always welcome. Join us to have fun with music.

Daniel Metraux has led ukulele groups in New England for many years and has taught in Dover since 2015.

LET'S GO TO THE OPERA

Wednesdays 10:30 AM – 12:30 PM

April 3, 10, 17, 24, May 1, 8; Cost \$40

Classes meet at Dover Library Community Room

Beginning with "Instrumental Petting Zoo--Meet the Orchestra," some of the more revered opera performances will be presented and discussed including Carmen, Don Giovanni, and La Traviata. Discussion is facilitated by baritone Ron Williams who has performed in many of these operas. **Ron Williams** is recognized nationwide for his artistry in the field of opera and oratorio, and his work onstage.

LINCOLN'S AMERICA

Fridays, 10:30AM – 12:00PM

April 5, 12, 26, May 3; Cost \$35

Classes meet at Caryl Community Center, Room 108

Dr. Gary Hylander, Presidential Historian, presents a four-part series on the Presidency of Abraham Lincoln. Topics will include Lincoln's election, the crisis of Fort Sumter, and relationships with his generals. 1863 was a pivotal year for Lincoln. He issued the Emancipation Proclamation, delivered the Gettysburg Address and offered the nation his early views on Reconstruction. We will close the series with Lincoln's re-election in 1864, Lee's surrender at Appomattox and Booth's assassination of the President at Ford's Theatre. *Sponsored by Rehabilitation Associates, a small family business owned and operated by the Thisse Family of Dover.*

HOW TO REGISTER

Download a form from Friends website at www.coafriends.org. Registration forms and payment to Friends of Dover COA may be mailed to PO Box 250 or drop off at COA office in Caryl Community Center.

HAS DEMOCRACY HAD ITS DAY?

Thursdays 1:30 PM - 3:00 PM

April 11, 18, May 9, 16, 23; Cost \$35

Classes meet at Dover Library Community Room

Most of us have grown up in a democracy and rather take it for granted. We will look at the practices and writings that shaped our thinking about democracy, going back to the Greeks and looking at Locke and Rousseau and their influence on the writers of the American Constitution. There will be short readings and plenty of time for discussion.

Maud Chaplin received her Professor of Philosophy Emerita from Wellesley College where she taught for 44 years.

SILENCE: SITTING IN ZEN MEDITATION

Tuesdays 10:00 AM - 11:30 AM

April 9, 16, 23, 30; Cost \$35

Classes meet at Caryl Community Center, Room 108

Senior Dharma teacher Carolyn Morley is offering an introduction to Japanese-style Zen Buddhist meditation. This class offers an opportunity to pause and consider our place in the universe. Each class will consist of a short talk with time for questions and discussion, and then meditation practice. Bring your own cushions for the floor; chairs will be available. Wear comfortable, dark clothing.

Carolyn Morley PhD is a professor of Japanese literature and theater at Wellesley College.

A TASTE OF GERMANY

Thursdays 10:00 - 11:30 AM

May 9, 16, 23; Cost \$35

Classes meet at Caryl Community Center, Room 108

This class will give an overview of Germany's scenery, traditions, and German Romanticism movement. In class one, German native Ulrike Bankman will provide a scenic tour through Germany. In class two, she will discuss German holiday traditions and will provide a sampling of home-baked German pastries. In class three, Deb Stein will introduce three mid-19th century Boston intellectuals (including Henry Wadsworth Longfellow), and explore how German Romantic literature, particularly the works of Johann Wolfgang Goethe, came to be revered in the city.

Ulrike Bankman is a lecturer and well-known pastry chef.

Deb Stein holds a PhD from Boston University in the history of art and architecture.



TRAVEL AND EXPLORE

Visit the newly opened MGM casino, view Art in Bloom and Toulouse-Lautrec Stars in Paris exhibit at MFA Boston, or travel to 9/11 Memorial in NYC, Martha's Vineyard, Maine, Niagara Falls, or Prague, Vienna & Budapest!

DAY TRIPS

The Local Lunch Trip

Wednesday, March 13

Join us for lunch at The Local in Wellesley. Space is limited.

MGM Springfield

Tuesday, March 19

Travel to the new MGM casino in Springfield. Cost of \$35 includes bus, lunch voucher (\$10) and \$20 of slot play.

The Grafton Inn Lunch Trip

Thursday, April 4

We are off to The Grafton Inn for a delicious lunch in a historic location. Come join us! Space limited to 10.

Museum of Fine Arts, Art in Bloom Exhibit

Monday, April 29

Travel to the MFA in Boston for a docent tour of Art in Bloom. View the Toulouse-Lautrec and the Stars of Paris exhibit. Admission cost is \$25. Lunch is on your own at the Museum café. Tour and bus are funded by Friends of COA.

Boston Symphony Orchestra

Friday, April 26; 1:30pm Matinee

Conductor Andris Nelsons and the BSO perform Shostakovich Symphony No. 15 and Rachmaninoff's Piano Concerto No. 3 with Russian pianist Danill Trifonov. Reduced ticket cost is \$40 due to a generous grant from Dover Cultural Council. Space limited to 16. Sign up soon! Sponsored in part by a grant from the Dover Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

NYC 9/11 Memorial and Museum

Saturday May 4

Visit Rockefeller Center and travel to Ground Zero to visit the 9/11 Memorial and Museum. Cost is \$105.

Call Dover COA to sign up for these trips.
Flyers available at Dover COA office.

Plymouth Getaway Tour

Tuesday, June 25

See the sights of Plymouth, enjoy lunch and take a narrated tour of Plymouth Harbor on paddle wheeler. Cost is \$95.

Martha's Vineyard

Wednesday, July 31

Spend a summer day at the Vineyard. Shop, lunch, and walk the historic village of Edgartown. Cost is \$95.

Majestic Maine Cruise

Thursday, August 22

Enjoy a narrated tour of Casco Bay, its many islands, and the beautiful Maine coast. Lunch is at Cook's Lobster House with a stop in Freeport for outlet shopping. Cost is \$105.



OVERNIGHT TRIP

Niagara Falls & Erie Canal Spectacular Trip

September 10-12

Travel to Niagara Falls and visit Lockport, NY for a cruise on the Erie Canal. Passport required for entry to Canada. Cost: \$485/double; \$475/triple; \$585/single.

INTERNATIONAL TRIP

An 11 Day Adventure to Imperial Cities

October 7 to 17, 2019

There is still time to sign up for this 11 day tour of the Imperial Cities of Prague, Vienna and Budapest through Collette Tours. Stop by the COA office for a flyer describing each day's adventures. Rates range from \$4,314 (double) to \$5,164 (single) and include air fare, transfers, hotels, 15 meals, and travel insurance.



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465 Centre Street
Newton
617-244-2034



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KNOW THE 10 SIGNS OF ALZHEIMER'S DISEASE AND DEMENTIA

Tuesday, March 19, 1:00pm

Dover Town Library, Community Room

If you or someone you know is experiencing changes in memory, it's time to learn the facts. Knowing the warning signs can help determine if you should speak to a doctor. Early detection matters! Join Doug Peck from the Alzheimer's Association at this informative program. RSVP to Alzheimer's Association at 1-800-272-3900.

SOCIAL SECURITY SCAM

The Federal Trade Commission (FTC) issued a new warning of a growing ID Theft scam. People pretend to be from the Social Security Administration (SSA) and try to get your Social Security number or your money. That scam is now growing exponentially. To compare: in 2017, we heard from 3,200 people about SSA imposter scams, and those people reported losing nearly \$210,000. In 2018, more than 35,000 people have reported the scam, and they've lost more than \$10 million.

Scammers are saying your Social Security number (SSN) has been suspended because of suspicious activity, or because it's been involved in a crime. Sometimes, the scammer wants you to confirm your SSN to reactivate it. Sometimes, he'll say your bank account is about to be seized – but he'll tell you what to do to keep it safe. (Often, that involves putting your money on gift cards and giving him the codes – which, of course, means that your money is gone.)

Oh, and your caller ID often shows the real SSA phone number (1-800-772-1213) when these scammers call – but they are “spoofing” that number. It's not the real SSA calling.

Here's what to know:

- Your Social Security number is not about to be suspended. You don't have to verify your number to anyone who calls. And your bank accounts are not about to be seized.
- SSA will never call to threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time.
- The real SSA number is 1-800-772-1213, but scammers are putting that number in the caller ID. If you're worried about what the caller says, hang up and call 1-800-772-1213 to speak to the real SSA. Even if the wait time is long, confirm with the real SSA before

responding to one of these calls.

- Never give any part of your Social Security number to anyone who contacts you. Or your bank account or credit card number.

If you get one of these calls, tell the FTC at ftc.gov/complaint.
Source: Gayle Bellotti of Norfolk County District Attorney's Office.

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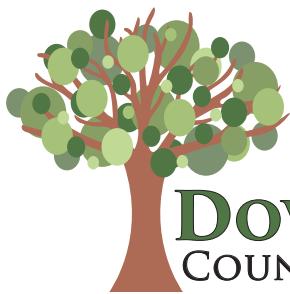
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Email: coa@doverma.org

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COA OFFICE HOURS

Monday – Thursday: 9:00am to 5:00pm
Friday: 9:00am to 1:00pm

COA BOARD MEETING

Tuesday, March 5, 2019 at 9:30AM
Tuesday, April 9, 2019 at 9:30AM

COA STAFF MEMBERS

Janet Claypoole, Director
Nan Vaida, Outreach Worker
Sue Sheridan, Administrative Assistant
Annemarie Thompson, Volunteer Coordinator

COA BOARD MEMBERS

Camille Johnston, Chair
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Click on Council On Aging in the “Dover’s Quick Links” section

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