



DOVER COA

COUNCIL ON AGING

News

508.315.5734

SEPTEMBER - OCTOBER 2019

HIGHLIGHTS

DOVER DAYS FAIR

Saturday, September 14

BACKYARD BIRDS LUNCH

Tuesday, Sept 10

FREE CLASSICAL CONCERT

Sunday, Sept 15

LIFETIME LEARNING BEGINS

Monday, Sept 9

SPECIAL TOWN MEETING

October 7 at 7PM Mudge Auditorium

FLU CLINIC

Tuesday, October 15

SHREDDING DAY

Wednesday, October 23

NEED A RIDE?

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

SPECIAL THANKS

Blue Cross Blue Shield
Blue Moon Bagel Café
Franchi Healthcare
Friends of Dover COA
Mary Ann Morse Healthcare
Norfolk Co. District Attorney's Office
Powisset Farm
The Trustees of Reservations

LETTER FROM THE DIRECTOR

Welcome Autumn! It's time for cool breezes, apples, pumpkins, and gatherings to celebrate the harvest. The Dover COA invites you to gather with us as Moveable Feast and Circle of Friends lunches return to the local churches. Join us as Mass Audubon's Broadmoor Wildlife Sanctuary presents backyard birds or at our annual Halloween party sponsored by Franchi Healthcare. Is brunch more your style? Bring a friend and attend the annual Harvest Brunch fundraiser at the Dover Legion hosted by the Friends of the COA.

We are very grateful for the Friends of COA and the many programs their funds provide to our community. Lifetime Learning classes sponsored by the Friends return for their Fall session include Memoir Writing, John Updike, Hearing Loss, Ethics for Everyday Life, Opera, and Fun with Ukulele (See page 8). Come learn at other Friends of COA sponsored events from Japanese brush painting to cooking classes at Powisset Farm. Enjoy a free classical concert featuring violinist Daniel Kurganov and pianist Constantine Finehouse hosted at The Dover Church. Travel with us to Tower Hill or Cape Ann Museum with transportation and docent tours funded by our Friends. Sample the weekly harvest of fresh vegetables from Powisset Farm, another program funded by the Friends. We appreciate the funding and support for these many programs.

Other featured programs include Planning for Medicare, where expert Sue Flanagan will explain the complex and confusing options for those turning 65 or re-enrolling in a plan, and a Shredding Day, sponsored by Norfolk County District Attorney's office, to safely dispose of your personal documents.

There is something for everyone at the COA. Please stop in to see us at the Caryl Community Center, and we can celebrate Autumn together.

Janet Claypoole

SPECIAL TOWN MEETING ON OCTOBER 7 AT 7:00PM

At Mudge Auditorium, Dover-Sherborn High School

At this Special Town Meeting, Dover's voters will decide on the next phase for our Town's community center and the future of the Caryl building. For more information, attend a voter information session in September or go to www.carylproject.info. If you need a ride to Town Meeting, please call the COA!

LUNCH AND LEARN

COA LUNCHEON: Backyard Birds

Tuesday, September 10; 12Noon

Caryl Community Center, Room 108; Cost \$4.00

Guest Speaker: Joy Marzolf of Mass Audubon's Broadmoor Wildlife Sanctuary

A wide variety of birds may visit our backyards. Come learn what makes a good backyard habitat, how to attract birds, and who is coming back and leaving this time of year. Experience the sights and sounds of these beautiful neighbors and enjoy lunch with friends. RSVP to COA by September 5.

COA HARVEST LUNCHEON

Tuesday, October 8; 12:00Noon

Caryl Community Center, Room 108

Come celebrate Fall and all its flavors with the COA!

Lunch sponsored by Mary Ann Morse Healthcare. RSVP by October 3.

HALLOWEEN PARTY LUNCHEON

Tuesday, October 29, 12:00Noon

Caryl Community Center, Room 108

Join us for our annual Spook-tacular event!

Food, drink and Halloween treats (no tricks!) provided. Costumes optional. Lunch sponsored by Franchi Healthcare; RSVP by October 24.



MOVEABLE FEAST

Tuesday, September 17, 12:00Noon

The Dover Church, RSVP by September 12

Tuesday, October 15, 12Noon

St. Dunstan's Episcopal Church, RSVP by October 11

Come share a delicious meal hosted by volunteers from local churches. Bring a friend!

CIRCLE OF FRIENDS LUNCH

Tuesday, September 24, 12Noon; RSVP by Sept. 19

Tuesday, October 22, 12Noon; RSVP by October 17.

At Dover Grace Church. Please join us for grilled burgers and sides at Fall BBQ in Sept and a home cooked meal in October to enjoy with friends.

HARVEST BRUNCH

Sunday, October 27; 11:30am to 2pm

Dover American Legion

Cost: Early Registration is \$35; Day of Event is \$45

The Friends of the Dover Council on Aging will hold their annual Harvest Brunch at the Dover American Legion. This event raises funds for the Council on Aging to provide diverse classes, day and overnight trips, and even office furniture. Reserve a table for your friends and enjoy the music of Trevor Mitoma and have a memorable, fun time. Call the COA at 508.315.5734 to purchase tickets. Tickets must be purchased by October 23 to receive reduced rate. For more information, please visit www.coafriends.org.



TRAVELING & COOKING AT POWISSET FARM

September: Eva's Garden Tour and Cooking with Herbs

October: Chinatown Tour & Chinese Cooking

These classes were so popular we are offering them again!

Cost is \$40 for each program, includes transportation, tours, and cooking classes at Powisset Farm. Tours depart from Westwood COA. Space limited to 4 seniors per class. Sponsored by Friends of Dover COA.

September 5 & 26 Fresh Salads and Cooking with

Herbs - Join Chef Didi Emmons on Sept 5 as we explore Eva's Garden in Dartmouth (please bring a sandwich and drink) and enjoy a delicious, freshly made salad. On Sept 26 head to Powisset Farm (11am-1pm) to brush up on your knife skills and learn ways to cook and store herbs. RSVP to COA to reserve your spot!

Wednesday Oct 23 & Thursday Oct 31 Chinese Cooking

– Join Chef Roberta Hing on October 23 for a walking tour of Chinatown. We will experience Chinese culture and cuisine with a traditional dim sum lunch at Hei La Moon restaurant (bring money for lunch) and visit an authentic Chinese market to explore the exotic offerings. On October 31 head to Powisset Farm (11am-1pm) to make dumplings and learn Chinese cooking techniques.

MEN'S LUNCH CLUB GATHERING

Mondays, September 23 & October 28 at 12Noon

at The Heritage, 33 North Main Street in Sherborn

Come join the guys for lunch! Metro West 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.

BE FIT AND AGE WELL



THERAPEUTIC QI GONG

Mondays 5:30PM at Dover Town Library, Community Room
NEW! Starting September 17 Tuesdays 2:30PM

Caryl Community Center, Room 108; \$3.00 per class

Instructor: Linda Bellefeuille

Strength, Balance, Relaxation, Flexibility and Health-these are all benefits of QiGong. Recent studies continue to confirm the beneficial health-promoting results for older adults from the regular practice of Mindfulness-Based Stress Reduction (MBSR) such as Therapeutic Qi Gong. Come try this class, which can be done standing or seated. Wear comfortable clothing and bring water.

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.

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 Gym; \$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

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

The game is a combination of badminton, tennis and table tennis. There are up to four players per 45 minute session. Call or stop by the COA to sign up for time slot. Sign-up sheets will be available on the 22nd of the month for the next month's sign ups. Equipment provided. Bring water.



SWIM TIME FOR THE COA

Enjoy Senior Swim at the Kingsbury Club in Medfield on Mondays 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.

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.

CREATE AND CONNECT



FREE CLASSICAL CONCERT!

Sunday, September 15; 2:00PM

The Friends of the Dover COA invite the community to a FREE Classical Musical Concert at The Dover Church. The concert features Daniel Kurganov, violinist and Constantine Finehouse, pianist. The program will feature Brahms Sonata No. 3 for violin and piano in D minor, and other complementary Romantic works and even some Gershwin! Please RSVP to COA by September 12.

CARD MAKING WITH BETH

Monday, September 9, 10am; Theme: Birds

Monday, October 7, 10am; Theme: Halloween

Caryl Community Center, Room 108

Create cards with fabric! Easy to do and all templates and materials provided. Try something new and bring a friend!

LET'S PAINT

Thursdays, October 3, 10, 17, 24 10 - 11:30am

Ivana Luttazi, Instructor; Cost is \$30

Students will learn Sumi Japanese brush

painting. All levels of creativity are welcome!

Supplies included. Sponsored by Friends of Dover COA.

Classes meet at Ivana's Art Loft



KNITTING

Mondays at 11:30am

Caryl Community Center, Room 108

Beginners and all knitting levels welcome. Bring a project or use donated yarn to make hat, scarf, shawl or lap blankets for those in need.

MAH JONGG

Thursday, 1:00pm

Caryl Community Center, Room 108

Come play and/or learn this game played with tiles. All levels welcome. Sessions start Sept 19.

PAGETURNERS BOOK CLUB

Dover Town Library

Thursday, September 12, 1:00pm

Thursday, October 10, 1:00pm Books: TBD

TEA WITH FRIENDS

Friday, September 20; 11:30am Fall Fling Tea

Friday, October 18; 11:30am Johnny Appleseed Tea

Caryl Community Center, Room 108. Sign up at the COA

MUSIC CITIES TRAVEL TALK

Tuesday, October 15; 10:00am

Caryl Community Center, Room 108

The COA is partnering with Collette Travel to offer an 8 day trip in May 2020 to Nashville, Memphis, and New Orleans. Join us and learn what you will experience on this adventure.

FREE MOVIES AT THE DOVER CHURCH

Invictus - Friday September 13 at 1pm; Nelson Mandela, in his first term as the South African President, initiates a unique venture to unite the apartheid-torn land: enlist the national rugby team on a mission to win the 1995 Rugby World Cup.

Secondhand Lions – Friday, October 11 at 1pm; A coming of age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.

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, September 27, 8:30am

Friday, October 25, 8:30am

Caryl Community Center, Room 108

Please join us for coffee and conversation.

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



Savings, Savings, Savings!

The amount of material we receive via technology is daunting to get through. Television, your computer, and your mailbox bombard you with information on a daily basis.

Every now and then something worthwhile makes its way to our attention and a recent example of excellent and practical information comes in an article from the AARP Bulletin of July/August 2019. The write-up, compiled by Hopkins et al, has over 50 ways seniors can save in practical, easy to do ways. Here are some favorites:

1. Buy gas on Monday and avoid late week fill-ups. The gasoline industry releases a report on petroleum supplies Wednesday so Thursdays and Fridays are when the hike in price occurs. The GasBuddy app will list locally lowest prices.
2. Are you about to throw out a toaster or lamp that doesn't work? Check out a local "Repair Café." People gather to work together with technical volunteers to make what's wrong right. To find locations in our area, search "repair cafe" on line to see what is available close to you.
3. Raise your homeowner's insurance deductible even just \$500 and you may save up to 25% on your premium.
4. Stop avoiding buying store brands! For example, Tylenol, generically known as acetaminophen, is substantially less under a store brand name and the quality is good. This is true for grocery items as well.

There are so many more suggestions in this article! They are well thought out and applicable in our daily lives. For the full list, stop in at the COA!

FLU CLINIC

Tuesday, October 15; 1:00-4:00pm

Great Hall at Dover Town Hall

Dover Board of Health is sponsoring the annual Flu Clinic. Tdap and Pneumococcal vaccines will also be available if pre-registered. Residents requesting Tdap MUST call Walgreens at 781-769-5400, ext. 3 to check on cost. It is helpful to bring immunization records to ascertain which vaccinations should be administered. Please call Board of Health at 508-785-0032, ext. 232 to register and for any questions.

PLANNING FOR MEDICARE

Friday, September 27; 10:00am

Caryl Community Center, Room 108

Are you getting closer to 65 and find Medicare choices confusing? Join us as Susan Flanagan helps you understand your health insurance options when you leave employment or if you are enrolling in Medicare. Learn about Medicare, Medigap and Medicare Advantage plans, Part D prescription drug plans, programs available to early retirees, such as COBRA, and more. Sponsored by Blue Cross Blue Shield. RSVP by Sept 25.

BLOOD PRESSURE with the Natick Walpole VNA NEW DAY AND TIME!!

Tuesday, Sept. 10 and Oct. 8; 11:15am-12:00pm

Caryl Community Center, Room 108

Stop in before the COA Lunch and see Public Health Nurse Alyssa Kaiser for a monthly blood pressure check.

SHINE

SHINE stands for Serving Health Insurance Needs for Everyone. If you have Medicare or health insurance questions, call the COA for a SHINE appointment with counselor Renee Rubin. Open enrollment is from October 15 to December 7.

BLUE MOON BAGELS & BREADS

Thursdays, September 5, 19, October 3, 17, 31

Caryl Community Center, Room 116

Donations from Blue Moon Café are available after 10:00am.

FRESH VEGGIES AT DOVER COA

Stop by on Wednesdays and Thursdays after 10am to pick up fresh vegetables from Powisset Farm! Thank you to Friends of Dover COA and The Trustees of Reservations.

DOVER SENIOR TRANSPORTATION SERVICE

Purchase tickets at COA for JFK Transportation Service.

Hours: Monday to Friday from 7am to 5pm.

Local Ride Vouchers (Medical and Non-Medical) cost \$30.00.

Boston Rides (Medical Only): cost \$20 for a one way voucher.

JFK requires a 48 hour notice; tickets are purchased at the COA. Please remember to tip your driver. For more information call the COA at 508-315-5734

SEPTEMBER 2019

CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 2 HOLIDAY | 3 9am S&S, Caryl 203 9:30am COA Board Meeting, Caryl 205 | 4 10am Yoga, Caryl 203 10am Veggies at Caryl 116 11am Meditation, Caryl 203 | 5 8:45am Pickleball at Caryl Gym, call for a slot 10am Blue Moon Bread, Caryl 116 10am Veggies at Caryl 116 10:30am Eva's Garden 11:30am S&S, Caryl 203 | 6 9:00am Pickleball at Caryl Gym, call for a slot |
| 9 10am Card Making, Caryl 108 10:15am Pickleball at Caryl Gym, call for a slot 11:30am Knitting, Caryl 108 1:30pm Memoirs, Caryl 108 5:30pm Qi Gong, Library CR | 10 9am S&S, Caryl 203 11:15am Blood Pressure Clinic, Caryl 108 12n COA Lunch, Caryl 108 Niagara Falls Trip | 11 10am Yoga, Caryl 203 10am Veggies at Caryl 116 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 Niagara Falls Trip | 12 8:45am Pickleball at Caryl Gym, call for a slot 10am Veggies at Caryl 116 11:30am S&S, Caryl 203 1pm Book Club, Library Tower Hill Trip Niagara Falls Trip | 13 9:00am Pickleball at Caryl Gym, call for a slot 1pm Movie, The Dover Church |
| 16 10:15am Pickleball at Caryl Gym, call for a slot 11:30am Knitting, Caryl 108 5:30pm Qi Gong, Library CR | 17 9am S&S, Caryl 203 12n Moveable Feast, Dover Church 2:30pm Qi Gong, Caryl 108 | 18 10am Yoga, Caryl 203 10am Veggies at Caryl 116 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 | 19 8:45am Pickleball at Caryl Gym, call for a slot 10am Blue Moon Bread, Caryl 116 10am Veggies at Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 | 20 9:00am Pickleball at Caryl Gym, call for a slot 11:30am Tea with Friends, Caryl 108 |
| 23 10:15am Pickleball at Caryl Gym, call for a slot 11:30am Knitting, Caryl 108 12n Mens Lunch Club, The Heritage Sherborn 1:30pm Memoirs, Caryl 108 5:30pm Qi Gong, Library CR | 24 9am S&S, Caryl 203 12n Circle of Friends Lunch, Grace Church 2:30pm Qi Gong, Caryl 108 | 25 10am Yoga, Caryl 203 10am Veggies at Caryl 116 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 | 26 8:45am Pickleball at Caryl Gym, call for a slot 10am Veggies at Caryl 116 11am Cooking at Powisset 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 | 27 8:30am Senior Coffee, Caryl 108 9:00am Pickleball at Caryl Gym, call for a slot 10am Medicare, Caryl 108 Salem Inn Lunch Trip |
| 30 10:15am Pickleball at Caryl Gym, call for a slot 11:30am Knitting, Caryl 108 5:30pm Qi Gong, Library CR | SATURDAY CLASSES Zumba Gold 10:45am in Gym at Caryl Community Center September 7, 14, 21, 28 and October 5, 12, 19, 26 <hr/> WEEKEND EVENTS Dover Days Fair Saturday, September 14, Dover Town Green Classical Concert Sunday, September 15, 2pm at the Dover Church | | | |
| | | | Harvest Brunch Sunday, October 27, 11:30 at The Dover Legion The Crucible Saturday, October 5, 3pm, Central Square Theater in Cambridge | |

OCTOBER 2019

CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| | 1 9am S&S, Caryl 203 9:30am COA Board Meeting, Caryl 108 10am Blue Moon Bread 10am Hearing Loss, Caryl 205 2:30pm Qi Gong, Caryl 108 | 2 10am Yoga, Caryl 203 10am Veggies, Caryl 116 10am Ethics, Library CR 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 | 3 8:45am Pickleball at Caryl Gym 10am Blue Moon Bread, Caryl 116 10am Let's Paint, Ivana's Art Loft 10am Veggies at Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 | 4 9:00am Pickleball at Caryl Gym, call for a slot |
| 7 10am Card making, Caryl 108 10:15am Pickleball, Gym 11:30am Knitting, 108 1:30pm Memoirs, Caryl 108 5:30pm Qi Gong, Library CR 7pm Town Meeting | 8 9am S&S, Caryl 203 10am Hearing Loss, Caryl 205 11:15am BP Clinic, Caryl 108 12n COA Lunch, Caryl 108 2:30pm Qi Gong, Caryl 108 | 9 110am Yoga, Caryl 203 10am Veggies, Caryl 116 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 Chocolate & Wine Tour | 10 8:45am Pickleball at Caryl Gym 10am Let's Paint, Ivana's Art Loft 10am Opera, Caryl 108 10am Veggies at Caryl 116 11:30am S&S, Caryl 203 1pm Book Club, Library 1pm Mah Jongg, Caryl 108 | 11 9:00am Pickleball at Caryl Gym, call for a slot 1pm Movie, The Dover Church |
| 14 HOLIDAY | 15 9am S&S, Caryl 203 10am Hearing Loss, Caryl 205 10am Travel Talk, Caryl 108 12n Moveable Feast, St. Dunstan's Church 1pm Flu Clinic, Town Hall 2:30pm Qi Gong, Caryl 108 | 16 10am Yoga, Caryl 203 10am Veggies, Caryl 116 10am Ethics, Library CR 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 | 17 8:45am Pickleball at Caryl Gym 10am Blue Moon Bread, Caryl 116 10am Let's Paint, Ivana's Art Loft 10am Opera, Caryl 108 10am Veggies at Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 | 18 9:00am Pickleball at Caryl Gym, call for a slot 11:30am Tea With Friends, Caryl 108 Cape Ann Museum Trip |
| 21 10:15am Pickleball, Gym 11:30am Knitting, 108 1:30pm Memoirs, Caryl 108 5:30pm Qi Gong, Library CR | 22 9am S&S, Caryl 203 10am Hearing Loss, Caryl 205 12n Circle of Friends Lunch at Grace Church 2:30pm Qi Gong, Caryl 108 | 23 10am Yoga, Caryl 203 10am Veggies, Caryl 116 10am Shredding, Caryl 116 10:30am Chinatown Tour 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 | 24 8:45am Pickleball at Caryl Gym 10am Let's Paint, Ivana's Art Loft 10am Opera, Caryl 108 10am Veggies at Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 | 25 8:30am Senior Coffee, Caryl 108 9:00am Pickleball at Caryl Gym, call for a slot |
| 28 10:15am Pickleball, Gym 11:30am Knitting, 108 12n Mens Lunch Club, The Heritage Sherborn 1:30pm Updike, 108 5:30pm Qi Gong, Library CR | 29 9am S&S, Caryl 203 12n Halloween Lunch, Caryl 108 2:30pm Qi Gong, Caryl 108 | 30 10am Yoga, Caryl 203 10am Veggies, Caryl 116 10am Ethics, Library CR 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 | 31 8:45am Pickleball at Caryl Gym 10am Blue Moon Bread, Caryl 116 10am Opera, Caryl 108 10am Veggies at Caryl 116 11am Cooking at Powisset 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 | |

LIFETIME LEARNING

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

WRITING YOUR MEMOIRS

Mondays, 1:30 - 3:00pm

September 9, 23, October 7, 21; Cost \$35

Classes meet at Caryl Community Center, Room 108

Everyone has a story to tell, whether from childhood or adolescence or from a more recent stage of life. In this workshop, students will read and discuss brief excerpts from published memoirs and explore key elements including how to select material, develop characters, details, structure, plot, conflict, and dialogue. Students will work on a short autobiographical story. This class is open to new and returning students.

Lynne Spigelmire Viti, JD, PhD is a senior lecturer in the Writing Program at Wellesley College. She is the author of many scholarly publications and has also published poetry and fiction in online and print literary journals.

FUN WITH UKULELE

Wednesdays, 1:00 - 2:00pm

September 11 - December 11; Cost \$70

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.



HEARING LOSS: COMMUNICATING ACROSS THE LIFESPAN

Tuesdays, 10:00 - 11:30am

October 1, 8, 15, 22; Cost \$35

Classes meet at Caryl Community Center, Room 205

Hearing loss is very common across the age spectrum--from infants to seniors. Everyone knows people with hearing loss but few people know how to effectively communicate with them. In this course, learn how to talk to people with hearing loss of any age and learn what those with hearing loss need from their communication partners.

Richard Brown, PhD has a doctorate in General-Experimental Psychology from Tufts University. Mary Florentine, PhD is a Matthews Distinguished Professor Emeritus at Northeastern University, where she was Director of the Communication Research Laboratory and recipient of the Excellence in Teaching Award.

LET'S GO TO THE OPERA

Thursdays, 10:00am - 12:00pm

October 10, 17, 24, 31; Cost \$35

Classes meet at Caryl Community Center, Room 108

Revered opera performances will be presented. 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 and in the concert hall.

ETHICS FOR EVERYDAY LIFE

Wednesdays, 10:00 - 11:30am

October 2, 16, 30, November 13 Cost \$35

Classes meet at Dover Library, Community Room

Everyday we make ethical choices, usually without giving them much thought. But sometimes we wonder what to do. Is it okay ever to lie? Are we moral failures if we slip away from our New Year's Resolutions? Should we be able to choose the genes of our descendants? Genes for sale? And what do we owe each other? These questions have been addressed by philosophers, and we will discuss what they had to say. Short readings and ample time for discussion.

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

JOHN UPDIKE

Mondays, 1:30 - 3:00pm

October 28, November 4, 18, 25; Cost \$35

Classes meet at Caryl Community Center, Room 108

One of the most well-known and prolific American novelists of the twentieth century, Updike won the Pulitzer Prize, the National Book Award, and other writing accolades. The major themes of his Rabbit Angstrom novels -- sex, faith, and art -- play out in stories set firmly in middle class America. In this course we will read two short stories and one of his most well-regarded novels, *Rabbit, Run* (1960). Meetings will include a mini-lecture and a discussion of readings.

Lynne Spigelmire Viti, JD, PhD is a senior lecturer in the Writing Program at Wellesley College.

HOW TO REGISTER

Stop by the COA Office to pick up a brochure or download 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.

TRAVEL AND EXPLORE

Explore the gardens at Tower Hill in Boylston, enjoy lunch at the historic Salem Cross Inn, experience Arthur Miller's classic play, view art at Cape Ann Museum, or travel with us to New Hampshire for a chocolate and wine tour!

DAY TRIPS

Tower Hill Botanic Gardens

Thursday, September 12

Enjoy a docent led walking tour within the 13 gardens and lunch on site at Farmer and The Fork. Wear comfortable footwear as there is lots of walking!

Cost is \$10; tour and bus are funded by Friends of COA.



Salem Cross Inn Lunch Trip

Friday, September 27

We are off to West Brookfield to enjoy the historical setting of this 18th century farmhouse/tavern featuring colonial cuisine and fresh ingredients. Bring money for lunch. Space is limited. Bus funded by Friends of COA.

Arthur Miller's The Crucible at Central Square Theater

Saturday, October 5, 3pm Matinee

Experience this classic play set in 1692 Salem with the whispers of witchcraft running wild at the Cambridge theater. Ticket cost to be determined. Space limited. Call COA for more info.

Granite State Chocolate and Wine Tour

Wednesday, October 9

Travel to New Hampshire to visit a candy shop in Hampton Beach and then lunch at Warren's Lobster House. After lunch, tour Flag Hill Winery and enjoy winetasting.

Cost is \$95.

North Shore Music Theatre

Wednesday, November 6

Enjoy a delicious lunch at Danversport Yacht Club and then it is off to North Shore Music Theatre for the new musical "The Bodyguard," based on the smash hit 1992 film. Cost is \$125. **SOLD OUT**

Cape Ann Museum

Friday, October 18

Travel to Gloucester to view the exhibits of **Homer at the Beach: A Marine Painter's Journey** and enjoy a docent led tour of the Museum's collections. Bring money for

lunch as we dine on the waterfront at the Seaport Grille.

Cost is \$10 for Museum. Space limited.



OVERNIGHT TRIP

America's Music Cities

May 22-29

Travel to Nashville, Memphis and New Orleans on this journey of these southern musical cities. Visit Grand Ole Opry, Ryman Auditorium, Country Music Hall of Fame, Graceland, and the Jazz Capital of the World-New Orleans! To learn more, please attend the travel talk on October 15 at Dover COA with Vinnie Brown of Collette Tours. Stop by COA for travel brochure.



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

Eaton Funeral Homes

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SHREDDING DAY at the COA

Wednesday, October 23; 10:00am–1:00pm

Caryl Community Center, Room 116

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Stop by and quickly and safely dispose of sensitive and personal documents to protect yourself from identity theft and fraud. Shred tax, financial, legal and other confidential documents for free and on site. Please remove 3 ring binders and large binder clips. It is not necessary to remove paper clips, staples and/or elastics. Bring your materials in easy to lift (and not too heavy) paper bags. Limit 4 bags per car load.

SENIOR PROPERTY TAX WORK OFF PROGRAM

Do you have free time? The Town can use your help!

Dover seniors who are property tax owners may qualify for this year's Senior Property Tax Work Off Program. There are a maximum of 10 slots eligible for tax abatement credit in 2020. All amounts earned are subject to Federal income and FICA taxation. Maximum amount to earn is \$1,500 minus taxes. For guidelines and and/or an application, please call the COA at 508.315.5734. Deadline is October 15.

FRIENDS OF THE DOVER COA

Remember a Loved One with a Memorial Gift and Inscription on a Memorial Plaque at the Caryl Community Center

Enclosed is my donation of \$ _____

in memory of _____

NAME _____

ADDRESS _____

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.

DOVER DAYS FAIR

Saturday, September 14, Town Green

Stop by and visit the Friends of the COA booth and learn about the Lifetime Learning classes and annual Harvest Brunch at Dover Legion. The Friends will be selling hand painted silk scarves, knitted items and kitchen towels made by volunteers. Start your holiday shopping early!



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**COA OFFICE**

Caryl Community Center, Room 116
4 Springdale Avenue, Dover, MA 02030
Email: coa@doverma.org

508.315.5734

COA OFFICE HOURS

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

COA BOARD MEETING

Caryl Community Center, Room 205
Tuesday, September 3, 2019 at 9:30am
Tuesday, October 1, 2019 at 9:30am

Website: www.doverma.org

Click on Council On Aging in the “Dover’s Quick Links” section

COA STAFF MEMBERS

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

COA BOARD MEMBERS

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