



# DOVER COA COUNCIL ON AGING

## News

508.315.5734

MARCH - APRIL 2020

### HIGHLIGHTS

#### ST. PATRICK'S LUNCH

Tuesday, March 10

#### CHAIR YOGA CLASS – NEW!

Wednesdays at 11:00am

#### SENIOR LIVING OPTIONS

Thursday, March 12

#### MEET WITH TOWN ADMIN

Friday, March 13

#### COFFEE WITH POLICE CHIEF

Tuesday, March 17

#### WELLNESS & WEIGHT LOSS

Monday, March 23

#### VOLUNTEER LUNCH

Tuesday, April 14

#### NEED A RIDE?

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

### SPECIAL THANKS

2Sisters Senior Living Advisors  
Blue Moon Bagel Café  
Dover American Legion Post 209  
Dover Board of Health  
Dover Cultural Council  
Dover Police Department  
DSHS Community Service Club  
Friends of Dover COA  
Natick Walpole Visiting Nurses Association  
Norfolk County Sheriff McDermott's Office  
Powisset Farm  
Tricia Silverman  
Trustees of Reservation



### LETTER FROM THE DIRECTOR

Stand up and be counted! The 2020 Federal Census is coming in April and it is important to complete your census form. Census data affects your community as it determines federal funding for Medicare and other health programs. Data collected determines your political representation for the next 10 years at the local, state, and federal levels. It also determines COA's annual grant from the Commonwealth of Massachusetts for services for seniors in Dover. Remember that census data is confidential and not released to any other agencies. Census forms can be completed on line, over the phone, or on a paper form delivered to you. For more information, go to [2020census.gov](https://2020census.gov). Your response matters!

Sharing your information with your community leaders is as important as completion of the census. In March, Police Chief McGowan will be here to talk about public safety, emergency management, scams and more. Town Administrator Chris Dwellley visits us in March and is setting up regular meetings at the COA to share updates on the Town's goals and future projects and to hear from you. In April, Selectmen John Jeffries and Bob Springett join us for coffee hour to review articles on the town warrant at Town Meeting. We greatly appreciate their commitment to making your town government accessible and allowing citizens to share their views. Join us this spring and meet with these dedicated leaders.

As winter transitions to spring, the COA has also been transforming our offices. We now have a seating area for you to stop in, connect with friends, and enjoy a cup of coffee or tea. The Friends of the COA have generously funded new furniture, carpeting, and work stations for the COA staff. Connecting with our community is important in all aspects of our work, and the COA is now highlighting local artists at our office. Stop in and view Welcome Spring paintings by local artist Ivana Luttazi and watch for local photographer's work to be displayed at Caryl Community Center. The COA is also partnering with the elementary, middle and high schools to share artwork created by students,

There are so many talented people in Dover! They volunteer with us, teach classes, and are always here to lend a helping hand. The COA will honor these Volunteers in April at our annual volunteer appreciation luncheon. We could not do all we do without their helping hands and generous spirits. Come create and connect with us at the COA and celebrate our volunteers.

Janet Claypoole

# LUNCH AND LEARN



## COA ST. PATRICK'S DAY LUNCHEON

Tuesday, March 10; 12 Noon

Caryl Community Center, Room 108; Cost \$4.00

Come enjoy a traditional Irish meal of corned beef, cabbage and Irish soda bread. The Happy Strummers Ukulele players will join us for an Irish Sing-Along. RSVP by March 5.

## COA VOLUNTEER LUNCHEON

Tuesday, April 14; 12 Noon

Caryl Community Center, Room 108

This luncheon honors the volunteers who support the COA throughout the year. We could not do all that we do without you! RSVP to COA by April 8.

## MOVEABLE FEAST

Tuesday, March 17, 12 Noon

The Dover Church, RSVP by March 11

Tuesday, April 21, 12 Noon

St. Dunstan's Episcopal Church, RSVP by April 15

Come share a delicious meal hosted by volunteers.

## CIRCLE OF FRIENDS LUNCH

Tuesday, March 24, 12 Noon; RSVP by March 18

Tuesday, April 28: 12 Noon; RSVP by April 22

Dover Grace Church

Please join us for a homemade lunch with friends.

## BROWN BAG LUNCH

Tuesday, March 31, 12 Noon

Caryl Community Center, Room 108

RSVP by March 26

Bring your sandwich and the COA will provide the rest!

 <p><b>MARY ANN MORSE</b> HEALTHCARE CORP. <i>Quality Care for Living</i></p>	
 <p><b>HERITAGE</b> AT FRAMINGHAM <i>Independent Living, Assisted Living &amp; Memory Care</i> 747 Water Street, Framingham, MA 01701 <b>508-788-6050</b></p>	 <p><b>MARY ANN MORSE</b> HEALTHCARE CENTER <i>Short-Term Rehabilitation, Memory &amp; Long-Term Care</i> 45 Union Street, Natick, MA 01760 <b>508-433-4400</b></p>

## COFFEE WITH POLICE CHIEF MCGOWAN

Tuesday, March 17; 9:30am

Caryl Community Center, Room 108

Join us for coffee and conversation with Chief Peter McGowan. What's on your mind? Public safety concerns? Scammers? Come celebrate St. Pat's Day with a true Irishman. RSVP by March 13.

## WELLNESS AND WEIGHT LOSS SECRETS FROM AROUND THE WORLD

Monday, March 23 at 10:30-11:30am

Caryl Community Center, Room 108

*Sponsored by Mass Cultural Council & the Dover Cultural Council*

Join registered dietician, fitness instructor, wellness coach and international speaker Tricia Silverman as she shares what other cultures are doing to enhance their wellness and manage their weight across the world. Learn about meal timing and a variety of foods that will enhance your wellness. Discover spices and teas that can impact your appetite and weight and hear about global lifestyle strategies that support optimal health. RSVP to COA by March 19.

## ROBOCALLS AND SCAM PREVENTION

Friday, April 3 at 10:00am

Caryl Community Center, Room 108

Representatives from Norfolk County Sheriff McDermott's Office will share the most common scams circulating, major Red Flags to watch out for, and how to protect yourself and your identity. Coffee and refreshments provided. RSVP by April 1.

## COOKING AT POWISSET FARM

The COA is back at the Farm! Space is limited to 4

Dover seniors per class. Cost is \$15 per class.

*Sponsored by Friends of Dover COA.*

**Thursday, March 26 at 11am Breakfast for Dinner!**

Join Chef Leigh Belanger in this hands-on class to learn new recipes. Create a frittata filled with veggies and a savory veg-filled pancake with a citrus salad.

**Thursday, April 23 at 11am Dumplings from Around the World** - Oh, those magical pockets of dough! Come explore dumpling favorites from around the globe with Chef Roberta Hing. Participants will create the Latin American and Spanish favorite Empanadas, Pierogis from Poland and end with crispy, cheese filled Pupusas, a Salvadoran street food. At the end, enjoy and savor everything that is made in class.

# BE FIT AND AGE WELL



## THERAPEUTIC QI GONG

Mondays 5:30pm at Dover Town Library, Comm. Room  
Tuesdays 2:30pm at Caryl Community Ctr, Room 108;  
\$3.00 per class

Instructor: Linda Bellefeuille

Strength, Balance, Relaxation, Flexibility and Health-these are all benefits of Qi Gong. Recent studies 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. Comfortable clothing is suggested; please bring water.

## YOGA FOR WELLNESS

Wednesdays 10:00-10:50am

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

Instructor: Tracy Buckley, RYT

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

## NEW CLASS!! CHAIR YOGA

Wednesdays 11:00-11:50am

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

Instructor: Tracy Buckley, RYT

Classic Yoga poses and postures to increase strength and flexibility and improve overall well-being. Start with seated stretching and warm-ups, and if able, move to standing and balancing poses, using the chair for support. Finish with a seated meditation.

RSVP for all COA events at [www.doverma.org](http://www.doverma.org)  
Click on Council on Aging in the "Dover's Quick Links" section or call 508-315-5734.

Remember: If Dover schools are closed due to the weather, COA activities are also canceled for that day.

## STRENGTH & STABILITY (S&S)

Tuesdays 4:30-5:20pm

Thursdays, 7:00-7:50am

Caryl Community Center, Room 203

Cost: \$3.00 per class

Instructor: Andria DeSimone

Join us for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Bring water, equipment is provided.

## NEW DAY!! STRETCH AND FLOW

Mondays, 4:30-5:20pm

Caryl Community Center, Room 215; Cost \$3.00

Instructor: Andria DeSimone

Come stretch your body, focus on breathing and balance, and improve range of motion and flexibility. Chairs are available.

## ZUMBA GOLD

Saturdays, 10:45-11:30am at Caryl Community Center, Community 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 towards active older adults. Come dance to the music for a total body workout!

## PICKLEBALL

*Cosponsored with Parks & Recreation Department*

Mondays at 8:45, 9:30, 10:15, 11:00, 11:45, 12:30

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

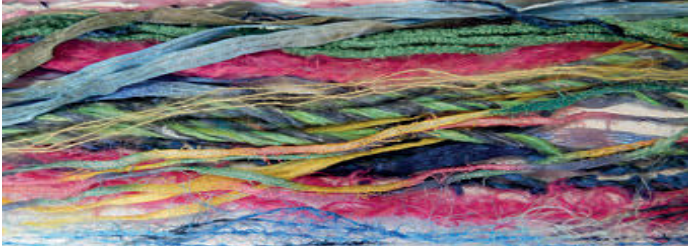
Fridays at 8:45am, 9:30am, 10:15am, 11:00am

The game is a combination of badminton, tennis and table tennis. There are up to four players per session. Call or stop by COA to sign up. 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.

# CREATE AND CONNECT



## EASY FIBER ART

Monday, April 6 at 10:00am

Caryl Community Center, Room 108

Curious about ways to use yarn, ribbon, roving and other fiber in a simple, fun and relaxing craft? Join local artisan Beth McGuire of Sprightly Sparks to create a wreath and more to welcome the Spring season. Materials will be provided. You may bring any yarn, ribbon, roving (carded but unspun fiber) you have in your stash as it may be the perfect touch to your pieces! Please RSVP by April 1 for this program.

## CARD MAKING WITH BETH

Monday, March 9 at 10:00am; Theme: Llamas

Monday, April 13 at 10:00am; Theme: Hippos

Caryl Community Center, Room 108

Create cards with fabric! Easy to do and all templates and materials provided.

## KNITTING

Mondays at 11:30am

Caryl Community Center, Room 108

Beginners and all knitting levels welcome! Bring your own project, or the COA has donated yarn to knit hats and scarves for veterans and the homeless and shawls for cancer units. New to knitting? The COA has yarn and needles and experts to help you get started.

## MAH JONGG

Thursdays, 1:00pm

Caryl Community Center, Room 108

Come play/learn this tile based game. All levels welcome.

## PAGETURNERS BOOK CLUB

Dover Town Library

Thursday, March 12, 1:00pm

Book: *Bad Blood: Secrets and Lies in a Silicon Valley Startup* by John Carreyrou

Thursday, April 9, 1:00pm

Book: *There Your Heart Lies* by Mary Gordon

## MEET WITH TOWN ADMINISTRATOR

Friday, March 13 at 10:00am

Caryl Community Center, Room 108

All Dover residents are invited to come and meet with Dover's Town Administrator Chris Dwelley. Talk with Chris about your town government, and learn about the Town's goals and future projects. Coffee and light breakfast provided. RSVP by March 11.

## COFFEE WITH SELECTMEN

Thursday, April 9 at 9:30am

Caryl Community Center, Room 108

Join us for this annual event to talk with your Selectmen about Town issues, upcoming Articles on the Town Warrant and the Caryl Community Center project. All are invited. Coffee and breakfast treats provided. Please RSVP to COA.

## FREE MOVIES AT THE DOVER CHURCH

Bringing Up Baby – Friday, March 13 at 1pm; Starring

Katharine Hepburn and Cary Grant. While trying to secure a \$1 million donation for his museum, a befuddled paleontologist is pursued by a flighty and often irritating heiress and her pet leopard, Baby.

Harriet – Friday, April 10 at 1pm; The tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage and tenacity freed hundreds of slaves and changed the course of history. Sponsored by the Dover COA and The Dover Church. RSVP to [beth@thedoverchurch.org](mailto:beth@thedoverchurch.org) or 508-785-0957. Please join us and enjoy popcorn, coffee, and dessert!

## TEA WITH FRIENDS

Fridays, March 20 and April 17 at 11:30am

RSVP by March 17 and April 14

Caryl Community Center, Room 108

Join us for a light lunch with friends. Please RSVP.

## SENIOR COFFEE HOUR

Friday, March 27, 8:30am

Friday, April 24, 8:30am

Caryl Community Center, Room 108

Please join us for coffee and conversation.

RSVP for all COA events at [www.doverma.org](http://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*

Outreach...What's in a Word? The Dover COA is often asked what exactly does an "Outreach Worker" do? More often than not, the next comment is "I didn't know you did that!" Here are some of the ways that COA Outreach supports seniors and families in your community.

### **Advocate in hospital, rehab or nursing home setting.**

This involves working with doctors, nurses, visiting nurses, case managers, families and clients on your behalf. Your Outreach Worker can provide this connection for you during the stressful period of inpatient and outpatient care. Often the transition from hospital to rehab/nursing home and finally home is a complicated process. The Dover COA Outreach Worker has created professional relationships with many entities that will enable you to get the information and care you need with less difficulty.

### **Advocate in the home setting.**

There are many people in our community who require assistance and services. Some may be home bound or have limited contact with others due to physical issues. The Outreach Worker provides home visits to assess for safety and wellness, offers resources and support, and acts as a connection to the outside world. For those in crisis, she communicates with their families and care providers to create a team approach. Your outreach worker will be with you as long as you need, whether your health improves or declines, and support you throughout the entire process.

### **Advocate through continuity.**

At almost every event, there is a COA staff presence. Actively being part of your COA experience is an essential part of outreach. Getting to know and enjoy each other opens up the door when someone needs help later on. The trust between us and the people we serve is our greatest asset. Throughout all our experiences with you, we always maintain your privacy.

### **Advocate through knowledge and experience.**

Need a house cleaner...ask us. Need a haircut at home while recuperating...ask us. Need to know rehabs that can cover what you need...ask us. Need information on home care agencies...ask us. Need transportation...ask us. Need a friendly and sincere ear for a chat...ask us. Have a medical concern that needs sorting out...ask us. Of course, we can't do everything, but we can find someone who does.



The COA has comprehensive knowledge of community services, public and private. Your Outreach Worker has worked with most hospitals, rehabs, and nursing homes in the Boston area and often visits your neighbors while inpatients. She works with home care agencies and VNA's who cover Dover. This experience is essential to help you navigate those organizations and how they can work for you.

In the years we have served Dover, your COA has worked hard to be the effective agency that citizens need. The comprehensive scope of our services includes fixing pesky hearing aid batteries to holding a hand with comfort at a difficult time. It is our privilege and pleasure to "reach out" to you. Just ask us.

## **UNDERSTANDING SENIOR LIVING OPTIONS AND COSTS**

**Thursday, March 12, 10:00am**

**Caryl Community Center, Room 108**

There are SO MANY living options for seniors. Do you understand the differences? Have you planned for your options when you might need care? Come learn the best way to be prepared and understand various senior living options and costs of each. This discussion will review the definitions, pricing, and care structures. Guest speaker Brenda Stewart is a certified senior advisor with 2Sisters Senior Living Advisors, a free referral and advisory service. Refreshments provided. Please RSVP by March 10.

## **BLOOD PRESSURE**

**with the Natick Walpole VNA**

**Tuesday, March 10, 11:15am-12:00pm**

**Tuesday, April 14, 11:15am-12:00pm**

**Caryl Community Center, Room 108**

Meet with Public Health Nurse Alyssa Kaiser for a blood pressure check. Sponsored by Dover Board of Health.

## **BLUE MOON BAGELS & BREADS**

**Thursdays, March 5, 19; April 2, 16, 30**

**Caryl Community Center, Room 116**

Donated baked goods from Blue Moon Café are available after 10:00am

# MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:45 Pickleball, call for a slot 11:30am Knitting, Caryl 108 4:30pm Stretch & Flow Caryl 215 5:30pm Qigong, Library CR	<b>3</b> 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	<b>4</b> 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108	<b>5</b> 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108	<b>6</b> 8:45 Pickleball, call for a slot Lunch Trip at Dunn Gaherin
<b>9</b> 8:45 Pickleball, call for a slot 10am Card Making, Caryl 108 11:30am Knitting, Caryl 108 4:30pm Stretch & Flow Caryl 215 5:30pm Qigong, Library CR	<b>10</b> 11:15am Blood Pressure, Caryl 108 12N St. Pat's Lunch, Caryl 108 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	<b>11</b> 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108	<b>12</b> 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Senior Living Options, Caryl 108 1pm Mah Jongg, Caryl 108 1pm Book Club, Dover Town Library	<b>13</b> 8:45 Pickleball, call for a slot 10am Meet Town Admin, Caryl 108 1pm Free Movie at the Dover Church
<b>16</b> 8:45 Pickleball, call for a slot 10am Town Assessor, Caryl 108 11:30am Knitting, Caryl 108 4:30pm Stretch & Flow Caryl 215 5:30pm Qigong, Library CR	<b>17</b> 9:30am Police Chief Coffee, Caryl 108 12N Moveable Feast at Dover Church 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	<b>18</b> 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108 Concord Trip	<b>19</b> 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108	<b>20</b> 8:45 Pickleball, call for a slot 11:30am Tea with Friends, Caryl 108
<b>23</b> 8:45 Pickleball, call for a slot 10:30 Wellness, Caryl 108 11:30am Knitting, Caryl 108 5:30pm Qigong, Library CR	<b>24</b> 12n Circles of Friends at Dover Grace Church 2:30pm Qigong, Caryl 108	<b>25</b> 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108	<b>26</b> 8:45 Pickleball, call for a slot 11am Cooking at Powisset 1pm Mah Jongg, Caryl 108 1:30pm Social Justice, Library CR	<b>27</b> 8:30am Senior Coffee, Caryl 108 8:45 Pickleball, call for a slot
<b>30</b> 8:45 Pickleball, call for a slot 11:30am Knitting, Caryl 108 1:30pm Toni Morrison, Caryl 108 5:30pm Qigong, Library CR	<b>31</b> 12n Brown Bag Lunch, Caryl 108 1:30pm Chinese History, Library CR 2:30pm Qigong, Caryl 108	<b>SATURDAY CLASSES</b> Zumba Gold on Saturdays at 10:45am in Community Room at Caryl Community Center Dates are March 7, 14 (no class Mar 21, 28) and April 4, 11, 18, 25  <b>SATURDAY EVENTS</b> March 21 Mamma Mia Cafe 11:45am and Performance 1:00pm  Caryl = Caryl Community Center Library CR = Library Community Room		

# APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108	2 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108 1:30pm Hearing Loss, Caryl 205	3 8:45 Pickleball, call for a slot 10am Scam Prevention, Caryl 108
6 8:45 Pickleball, call for a slot 10am Fiber Arts, Caryl 108 11:30am Knitting, Caryl 108 1:30pm Toni Morrison, Caryl 108 4:30pm Stretch & Flow Caryl 215 5:30pm Qigong, Library CR	7 1:30pm Chinese History, Library CR 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	8 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108 Nashoba Valley Lunch Trip	9 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 9:30 Selectmen Coffee, Caryl 108 1pm Mah Jongg, Caryl 108 1pm Book Club, Library 1:30pm Social Justice, Library CR	10 8:45 Pickleball, call for a slot 1pm Free Movie at the Dover Church
13 8:45 Pickleball, call for a slot 10am Card Making, Caryl 108 11:30am Knitting, Caryl 108 1:30pm Toni Morrison, Caryl 108 4:30pm Stretch & Flow Caryl 215 5:30pm Qigong, Library CR	14 11:15am Blood Pressure, Caryl 108 12n COA Volunteer Lunch, Caryl 108 1:30pm Chinese History, Library CR 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	15 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108	16 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108 1:30pm Social Justice, Library CR 1:30pm Hearing Loss, Caryl 205	17 8:45 Pickleball, call for a slot 11:30am Tea with Friends, Caryl 108
20 PATRIOT'S DAY	21 12n Healthy Cooking, Dover Grace Church 12N Moveable Feast, St. Dunstan's Church 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	22 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108	23 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 11am Cooking at Powisset 1pm Mah Jongg, Caryl 108 1:30pm Social Justice, Library CR 1:30pm Hearing Loss, Caryl 205	24 8:30am Senior Coffee, Caryl 108 8:45 Pickleball, call for a slot BSO Trip
27 8:45 Pickleball, call for a slot 11:30am Knitting, Caryl 108 1:30pm Toni Morrison, Caryl 108 4:30pm Stretch & Flow Caryl 215 5:30pm Qigong, Library CR	28 12n Circle of Friends, Dover Grace Church 1:30pm Chinese History, Library CR 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	29 10am Yoga, Caryl 203 11am Chair Yoga, Caryl 203 1pm Ukulele, Caryl 108	30 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108 1:30pm Social Justice, Library CR 1:30pm Hearing Loss, Caryl 205	

# LIFETIME LEARNING

## Fun with Ukulele

Wednesdays, 1:00-2:00pm

February 5 – May 20; 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.*

## Social Justice in America

Thursdays, 1:30-3:00pm

March 26, April 9, 16, 23, 30, May 7; Cost \$50

Classes meet at Dover Library Community Room

This series of six classes focuses on the tension that exists between our founding documents and the reality of life in many states today. Topics include **The Unfinished Revolution: The American Experiment; Civil Rights; Women; Love, Marriage and Sexual Preference; Labor; War and Peace.**

*James Arena-DeRosa is a Harvard graduate and taught graduate school at Brandeis. He is a lifelong advocate for social justice and his experience ranges from community activism to international campaigns. His professional career includes Regional Administrator of the USDA Food and Nutrition Service, New England Director of the Peace Corp, and CEO of Foodshare, part of the Feeding America network.*

## Toni Morrison

Mondays, 1:30-3:00pm

March 30, April 6, 13, 27; Cost \$35

Classes meet at Caryl Community Center, Room 108

Toni Morrison was a prolific novelist, editor and professor, among whose many accolades and awards were the Pulitzer Prize in 1988 for *Beloved* and the Nobel Prize in 1993. Her novels are known for epic themes, exquisite language and richly detailed African American characters. Participants will devote four classes to analyzing and discussing *Song of Solomon*, and excerpts from Morrison's essays on literature.

*Lynne Spigelmire Viti, PhD is a Senior Lecturer Emerita in the Writing Program at Wellesley College. She is the author of three poetry chapbooks and scholarly publications on literature, legal studies, and composition theory and published poetry and fiction.*



## Chinese History: An Overview from Earliest Times to the Present

Tuesdays, 1:30-3:00pm

March 31, April 7, 14, 28, May 5, 12; Cost \$50

Classes meet at Dover Library Community Room

Come take a fresh look at Chinese history starting with the earliest dynasties 3000+ years ago. We will continue by viewing the dynasties that provided some of the greatest achievements in the world and try to understand what China is doing today with its “newest dynasty” – that of Xi Jinping. At the final session, enjoy a classic Chinese film. Bring an inquisitive mind and any current issues of interest.

*Susan Cook Thanas is a retired English teacher from Duxbury who has studied and taught throughout China. As chairperson of the Sino-American Bridge for Education and Health, Inc., she led several groups of American teachers to Beijing, Chongqing, Nanjing, Fuzhou, Hangzhou and taught in Shanghai and Hefei.*

## Effective Communication with People with Hearing Loss

Thursdays, 1:30-3:00pm

April 2, 16, 23, 30; Cost \$35

Classes meet at Caryl Community Center, Room 205

Hearing loss is very common, affecting one third of seniors and ten percent of all people. Since hearing is essential for social communication, loss of this ability can impair social life, ability to work and even mental health (it is associated with depression and dementia). This course will dispel common myths about hearing loss and provide practical tips for communicating with people with hearing loss. A free book *How to Talk with People with Hearing Loss* will be provided. Class is limited to 10 participants.

*Richard Brown, PhD was a lecturer at Tufts University with interests in health psychology, gerontology, and motivation.*

*Mary Florentine, PhD is Matthews Distinguished Professor Emeritus at Northeastern University, where she was Director of the Communication Research Laboratory.*

## HOW TO REGISTER

Download a form from Friends website at [www.coafriends.org](http://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 history of Concord, enjoy classical music of the Boston Symphony Orchestra, lunch with friends, attend an award winning play in Cambridge, or join us to view historic ships or on a whale watching adventure!

## DAY TRIPS

### Dunn Gaherin's Lunch Trip

Friday, March 6

Join us for lunch at Dunn Gaherin's Food & Spirits in Newton and start celebrating St Patrick's day early in this family style Irish pub. Space limited to 10.



### Orchard House and Concord Museum Trip

Wednesday, March 18

Travel with us to Concord for a day of history. You will enjoy a guided tour of the Concord Museum's special exhibition *Beyond Midnight: Paul Revere and his Ride*, a tour of Louisa May Alcott's Orchard House and then a delicious lunch at Fiorella's Restaurant. Cost is \$25 plus bring money for lunch. Space limited. Van funded by Friends of COA.

### Nashoba Valley Lunch Trip

Wednesday, April 8

We are off to J's Restaurant at the Nashoba Valley Winery in Bolton to enjoy a delicious lunch with fresh ingredients in a farmhouse country setting. Space limited to 10; come enjoy a day out with friends.

### Boston Symphony Orchestra

Friday, April 24; 1:30pm Matinee

Conductor Constantinos Carydis conducts the BSO as they perform Kodaly, Prokofiev, Koukos and Beethoven featuring violinist Midori at Symphony Hall in Boston. Cost for ticket and bus is \$95. Space limited to 10. Sign up soon!

### August Wilson's Fences

Thursday, May 7

Experience this Pulitzer Prize and Tony award winning play at the New Repertory Theatre in Watertown at a matinee performance. Space limited. Cost is \$35 for ticket and bus. Bus subsidized by Friends of Dover COA. Space limited.

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

### Sail America 400

Monday, May 18

Come enjoy this popular Sail America event in Boston and view the newly restored Mayflower II and the USS Constitution together for a limited time. Enjoy a luncheon at Venezia Restaurant and then board the Provincetown II for a narrated cruise to the Charlestown Navy Yard to view these ships close up and other spectacular sights in Boston Harbor. Cost \$115. Call Westwood COA to sign up at 781.329.8799.

### Plymouth Whale Watch

Tuesday, June 16

Dover and Westwood COAs are off to Plymouth for an unforgettable excursion across Cape Cod Bay to Stellwagen Bank, a feeding ground of the world's largest mammals. Sightings include Humpback, Finback, Minke and Pilot whales as well as dolphins, porpoises and seals. An onboard naturalist and marine biologist will share info and answer your questions on this four hour cruise. Before you depart, enjoy a delicious luncheon at Hearth & Kettle Restaurant. Cost \$105. Please call Westwood COA at 781.329.8799 to sign up.



## 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

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## SENIOR CIRCUIT BREAKER TAX CREDIT

The Department of Revenue has planned a series of presentations to educate taxpayers 65 and older about the benefits of the Senior Circuit Breaker Tax Credit. As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2019 is \$1,130. DOR's Brian Lynch will conduct informational sessions on the credit at the following COAs. All seniors are welcome to attend.

**Medfield Council on Aging on March 2 at 11:30am**

**Norfolk Council on Aging on March 2 at 1:00pm**

**Wayland Council on Aging on March 4 at 10:00am**

**Wrentham Council on Aging on March 17 at 11:30am**

## 10 WARNING SIGNS OF ALZHEIMER'S

**Tuesday, March 31; 6:30-7:30pm**

**Dover Sherborn Regional High School**

*Presented by the Alzheimer's Association*

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. This one hour program covers typical age-related changes, warning signs of Alzheimer's, how to approach someone about memory concerns, the benefits of early detection and the diagnostic process, and Alzheimer's Association resources. RSVP required by March 26 to DS Community Education at 508-785-0480 ext. 2020.

## OFFICE HOURS WITH TOWN ASSESSOR

**Monday, March 16, 10:00am**

**Caryl Community Center, Room 108**

Do you have questions about your property or excise taxes or Senior Tax Relief programs available to residents? Come meet with Assessor Amy Gow and learn more about programs that may benefit you. Coffee and light refreshments provided.

## FINANCIAL AND ENERGY ASSISTANCE

The Town of Dover offers support for those in need of financial or energy assistance. The fuel assistance program runs through April 30 and help is available to assist with applications for services, including SMOC. For a confidential consultation, please call Dover COA at 508.315.5734.

## PITS, POSTS, AND PALISADES:

**The Archaeology of the Plymouth Colony Settlement on Burial Hill**

**Wednesday March 18 at 7:30pm**

**Dover Legion George B. Preston Post 209**

*Sponsored by Dover Historical Society*

Hard to believe, but exactly 400 years ago the Mayflower sailed into Cape Cod Bay, changing forever the destiny of this



region. Although much has been written about the event based on contemporary accounts and later histories, little tangible information on the original settlement is known. Come and learn about this crucial period in New England history from the very person who is attempting to disentangle myth from reality.

The Dover Historical Society is sponsoring a lecture by Dr. David Landon, Associate Director of the Andrew Fiske Memorial Center for Archaeological Research, University of Massachusetts Boston. Dr. Landon will discuss the excavation's most important discoveries on Burial Hill, where remains of the first settlement, dating from ca. 1620-1650, have been found at the edge of this historic cemetery. His presentation will showcase the results to date, highlighting the artifacts unearthed, the earliest building construction methods and the first evidence for the palisade. The archaeological finds shed new light on the structure of the initial Plymouth settlement and the connections between the Wampanoag Tribe and English colonists.

*Submitted by Stuart Swiny of Dover Historical Society*

## "MAMMA MIA" and COFFEE & CONVERSATION

**Saturday, March 21 at 11:45am;**

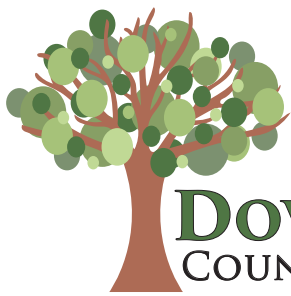
**Matinee at 1:00pm**

**Lindquist Commons at DSHS**

Please join the Dover Sherborn High School students for a gathering before the matinee performance of the musical "Mamma Mia." Enjoy light snacks and conversation with students before taking your reserved seat at the performance. Please RSVP to the COA







## DOVER COA COUNCIL ON AGING

### COA OFFICE

Caryl Community Center, Room 116  
4 Springdale Avenue, Dover, MA 02030  
Email: [coa@doverma.org](mailto: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, March 3, 2020 at 9:30am  
Tuesday, April 7, 2020 at 9:30am

**Website: [www.doverma.org](http://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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