OCTOBER LUNCHEON  $4.00
Tuesday, October 13; 12Noon - Caryl Community Ctr
Do you love to travel? Join us as Dover resident Dana White shares her experience of traveling the world with her husband and their four children and visiting 31 countries! For a sneak preview, you can go to the website they created to document their extraordinary year: www.sixexplorers.com. RSVP by October 8th.

COMMUNITY LUNCH PROGRAM
Tuesday, October 20; 12:00Noon - Dover Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by October 15th.

CIRCLE OF FRIENDS LUNCH
Tuesday, October 27; 12:00Noon - Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by October 22nd.

COFFEE WITH SELECTMAN JAMES DAWLEY
Thursday, October 22, 9:30am - Caryl, Room 116
Join the COA and Jim Dawley to talk about Your Town issues. Coffee and treats served. RSVP by October 19th.

HALLOWEEN PARTY
Thursday, October 29, 12:00noon - Caryl Cafeteria
Halloween is coming soon, so grab your mask or your broom. The COA will be your host, so come dressed as yourself, a witch or a ghost! There will be food, drink, and witches brew, now all we need is you! Join us for a Spook-tacular event! RSVP by October 23rd.

FALL YARD CLEANUP!!
The DSHS Field Hockey and Football teams are joining forces to help tidy up seniors’ yards. They will be in Dover (and Sherborn) on Sunday, October 25 in the early afternoon. Please contact the COA to sign up!

LIFETIME LEARNING sponsored by Friends of Dover COA starts in September! See page 7 for schedule and join us for these interesting and fun courses. It’s not too late to sign up!!

JAZZ BRUNCH
Dover American Legion - $30.00
Sunday, October 25th – 11:30am -2:00pm
The Friends of the Dover Council on Aging will be presenting their Fifth Annual October Jazz Brunch. Jack Quinlan will be our featured pianist. Everyone who attended last year’s brunch raved about the music, the food and the terrific raffle items. This event is for all Dover residents no matter their age. Don’t miss it! Call the COA at 508-315-5734 to purchase tickets or purchase tickets at the Dover Market. The cost of a ticket is $30 and tickets must be purchased by October 20. Reserve a table for your friends and have a memorable fun time. For more information, please visit www.coafriends.org.

IN MEMORY AND IN APPRECIATION PLAQUES
The Friends of the Council on Aging are sponsoring two plaques to remember a loved one who has passed away and residents/organizations who have given their time and effort to provide for the well-being of Dover’s seniors. These two plaques will be on the wall outside the Council on Aging office in the Caryl Community Center. A donation would be appreciated if you wish to have a name placed on the “In Memory” plaque. Please fill out the form on the back of this newsletter and mail your form and donation to the Friends of the COA, P.O. Box 130, Dover MA 02030. If you are visiting the Caryl Center, please stop by to see the names that have been inscribed on these plaques.

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.
<table>
<thead>
<tr>
<th>PROGRAMS &amp; SERVICES</th>
</tr>
</thead>
</table>
| **AFTERNOON TEA**  
“SUPERSTITIONS TEA”  
Friday, October 23rd, 1:30pm - Caryl Room 108                                       |
| **BLOOD PRESSURE-**With the Walpole VNA  
Friday October 23rd, 12:30pm - Caryl Room 108                                      |
| **BLUE MOON BAGELS AND BREADS**  
October 1, 15 & 29th  
Caryl Community Center, Room 116  
Donated baked goods available for pick up after 10:00am                            |
| **BOCCE BALL!!**  
Fridays at 10:00am at the Dover Legion  
Join us as it is always a fun time!!                                                 |
| **CRAFTS - Card Making with Beth**  
Theme - “Halloween”  
Monday, October 5th; 10:00am  
Caryl Community Center, Room 116                                                    |
| **FOOT DOCTOR**  
Thursday, November 12th  
9:00am -11:00am by appointment  
Caryl Community Center, Room 116  
Meet our Podiatrist Dr. Douglas John. Cost is $30.00.  
Call the COA for appointments. Home visits available.                            |
| **KNITTING**  
Mondays at 12:30pm  
Caryl Community Center, Room 108  
Beginners and experienced knitters are welcome! Bring a project of your own or you can join the knitters who make hats, and blankets for those in need. |
| **MAH JONGG**  
Thursdays at 1:00pm; No meeting on October 29.  
Caryl Community Center, Room 108  
All levels welcome!!                                                               |
| **MOVIE MATINEES**  
Friday, October 9th, 1:00pm  
Dover Church, Kraft Hall  
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided. |
| **SENIOR COFFEE HOUR**  
Friday, October 30th, 8:00am  
Caryl Community Center, Room 108  
Please join us for coffee and conversation.                                          |
| **SHINE**  
Medicare open enrollment starts October 15 and ends December 7.  
Call the COA to schedule an appointment with Counselor Renee Rubin on Wednesdays (October 28, November 4 and November 18).  
We have **limited** times available so make sure to call soon to reserve a spot!    |
| **PAGETURNERS BOOK CLUB**  
Thursday, October 8th, 1:00pm  
Dover Library  
Selection is *The Immortal Life* by Rebecca Skloot.                                |
| **Come Travel with the COA to New York for the Holidays!**  
Thursday & Friday, December 3-4, 2015                                              |
| Dec 3: 7:00AM We leave for New York City!  
First to the NY Botanical Gardens to see the beautiful Conservatory and Train Show. We then head to Manhattan to visit Rockefeller Center, St. Patrick’s Cathedral, the Christmas Tree and famous Skating Rink. Free time before head to Homewood Suites for relaxing and dinner. |
| Dec 4: After breakfast, tour the 9/11 Memorial, a memorable and powerful experience. You will have time to sightsee or shop before heading to Radio City Music Hall’s Rockettes Christmas Spectacular Show (Orchestra/1st Mezz seats). You will arrive home to Dover in early evening. |
| **Cost Per Person:**  
$250/Double; $240/Triple; $330/Single.  
**Reservations:** Call the COA at 508-315-5734.  
Thank You to Friends of Dover and Sherborn COAs for subsidizing the bus!            |
| Checks are due at time of reservation. Deadline is October 29.  
Detailed flyer available at COA.  
Come join us for this wonderful holiday New York City Adventure!                  |
NEED A RIDE??
CHECK OUT THE DOVER COA TRANSPORTATION SERVICES

DOVER COUNCIL ON AGING BUS SERVICE

The Town of Dover offers FREE curb to curb transportation for three days a week. To schedule a ride, call 508-785-0058 ext 110.

- **TUESDAYS** - Dover COA Lunches (10:30-2pm) — These lunches are scheduled on the second, third, fourth & fifth Tuesdays of the month. (See calendar on page 4)

- **WEDNESDAYS** - Medical Appointments (8:30am-2:30pm) - Dedham, Framingham, Medfield, Natick, Needham, Newton, Norwood & Wellesley.

- **THURSDAYS** - Grocery Stores and Pharmacies (9:30am-12:30pm) - Do you shop at Shaw’s in Medfield? Roche Brothers in Millis? Call and let us know where YOU want to shop!

Reservations REQUIRED: 508-785-0058 ext 110 (2 business days in advance: First come, first served) Leave your name, address, phone, date needed, pick up time & destination address. Reservations will handled by MetroWest Regional Transit Authority Starting November 1st. Please complete application at COA to register with their system. We will notify you when this change occurs.

** If you need service on another day or are going to Boston, you can still use JFK Transportation**

JFK TRANSPORTATION SERVICE

JFK Transportation provides rides to local destinations and to Boston. Their hours of service are Norwood Monday through Friday from 7:00am to 5:00pm.

For Local medical and non-medical rides, purchase 10-punch ride tickets at the Dover COA. Each ticket is $30.00. The JFK phone number is on each ticket. They appreciate 48 hour notice.

Local ride costs:
- Needham, Dedham Medical, Natick, Norwood, Medfield, Wellesley & Sherborn- 2 ticket punches ($6.00) each way
- Framingham, Holliston, Newton-Wellesley Hospital, West Roxbury, Chestnut Hill - 3 ticket punches ($9.00) each way
- Sudbury, Waltham, Concord & Lexington - 4 ticket punches ($12.00) each way
- Within Dover -1 ticket punch ($3.00) each way

For Boston medical rides (Only medical rides into Boston), purchase one way tickets at the COA. Each ticket is $20.00. The JFK phone number is on each ticket. They require 48 hour notice.

Boston ride costs:
- One way trip to Boston - $20.00 (one ticket)
- Round trip to Boston - $40.00 (two tickets)

** Ticket prices do not include tips **

Please call the Dover COA at 508-315-5734 to purchase tickets or if you have questions.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Library CR = -Community Room</td>
<td></td>
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<td>10:00am - Blue Moon Donations</td>
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<tr>
<td>Caryl - Caryl Community Ctr.</td>
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<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:00am - Bocce - The Dover Legion</td>
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<td>Room 116-COA office at Caryl</td>
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<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
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<tr>
<td>Room 108 - Caryl Community Ctr.</td>
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<td>LL = Lifetime Learning</td>
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<tr>
<td>9:30am– Yoga –Caryl, Room 215</td>
<td>8:45am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>10:30am LL Philosophy-Library CR</td>
<td>10:00am - Bocce -The Dover Legion</td>
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<td></td>
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<td>11:30am Chi Gong - Caryl, Room 215</td>
<td>11:30am Strength &amp; Stability-Caryl, Room 215</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
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<tr>
<td>10:00am -Crafts/Cards</td>
<td>10:00am COA Board Meeting - Caryl, Room 116</td>
<td>11:30am Chi Gong - Caryl, Room 215</td>
<td>11:30am Strength &amp; Stability-Caryl, Rm 215</td>
<td>10:00am - Bocce - The Dover Legion</td>
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<tr>
<td>Caryl Room 108</td>
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<td>12:30pm LL-Ukulele - Caryl, Room 108</td>
<td>12:30pm -Book Club-Library</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
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<td>12:30pm Knitting - Caryl, Room 108</td>
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<td>HOLIDAY</td>
<td>8:45am Strength &amp; Stability—Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>10:00am - Blue Moon Donations</td>
<td>10:00am-Zumba Gold Caryl Gym</td>
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<td>12:00Noon-Luncheon Caryl</td>
<td>11:30am Chi Gong - Caryl, Room 215</td>
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<td>11:30am Strength &amp; Stability-Caryl, Rm 108</td>
<td>10:00am-B/P Clinic- Caryl Room 108</td>
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<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
<td>1:30pm - Afternoon Tea, Caryl -Room 108</td>
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<td>8:45am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga-Caryl, Room 215</td>
<td>9:30am –Coffee with Selectman—Caryl, Room 108</td>
<td>10:00am -Zumba Gold Caryl Gym</td>
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<td>10:30am -LL Poet - Caryl, Room 108</td>
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<tr>
<td>9:30am– Yoga –Caryl, Room 215</td>
<td>12:00noon - Circle of Friends Luncheon - Grace Church</td>
<td>9:30am Yoga-Caryl, Room 215</td>
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<td>8:00am - Senior Coffee Caryl, Room 108</td>
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<tr>
<td>12:30pm Knitting - Caryl, Room 108</td>
<td>No Strength &amp; Stability</td>
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<td>12:00noon - Halloween Party -Caryl, Cafeteria</td>
<td>10:00am - Bocce - The Dover Legion</td>
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<td></td>
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<td>30</td>
<td>No Strength &amp; Stability</td>
<td>10:30am LL —Pres. Elections Caryl - Room 108 No Zumba</td>
</tr>
</tbody>
</table>
BE FIT AND AGE WELL AT THE COA

CHI GONG (Room Change for October)
Mondays 5:30pm - Library Community Room
Wednesdays 11:30am - Caryl Community Center, Room 215, $3/session
Instructor: Linda Bellefeuille
Focus your energy on balance, strength and flexibility through Therapeutic Chi Gong practice, a system of breathing exercises, body postures and movements, and mental concentration, intended to maintain good health and control the flow of vital energy. Perfect for all levels.

YOGA FOR WELLNESS – For All Ages
Mondays & Wednesdays 9:30AM to 10:30AM
Caryl Community Center, Room 215 - $3 per class for ages 60+; $5 for all others
Instructor: Jessica Foster, RYT
Join our Yoga class and improve your health, strength, and balance. Come reduce your stress, breathe and move towards a healthier, happier you. Mats provided or bring your own.

STRENGTH & STABILITY (No classes on October 27 and October 29)
Tuesdays 8:45AM -9:35AM & Thursdays 11:30AM-12:20PM
Caryl Community Center, Room 215 - $3 per class.
Instructor: Andria DeSimone Lindberg
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 (No class October 30)
Fridays, 10:00am-10:45am. $3.00/session. Caryl Community Center in Gym.
Instructor: Andria DeSimone Lindberg
The COA in collaboration with Parks & Recreation sponsor this class
Zumba® is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Other rhythms include belly dance, Brazilian, International music and hip hop. Zumba® Gold is geared towards first time comers to the exercise world or the active older adult. It's a hip swingin', booty shaking, total body workout!!

SHINE INFORMATION: Don’t Ignore Your Medicare Mail!
It’s that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2016.
During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

DO NOT WAIT UNTIL IT’S TOO LATE!
Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. We have 9 slots open for 1-1 sessions so call early if you are going to need an appointment.
FALL 2015 LIFETIME LEARNING CLASSES
Sponsored by Friends of the Dover Council on Aging with support of Dover COA

♦ Poet Meets Psychologist
Continuing on Mondays October 5, 19, 10:30-12:00
Caryl Community Center Room 108
Speaker: John Kearns PhD, served as Professor of Psychology at Mount Ida College and is a published poet.

♦ “Fun with the Ukulele”
Continuing on Wednesdays October 7, 14, 21, 28, November 4th 10:30-12:00
Caryl Community Center, Room 108
Daniel Metraux, a retired Canadian Grain Dealer learned the ukulele in his native Switzerland.

♦ Power Plays: The Philosophy of Power
Continuing on Thursdays October 8, 22, November 5th 10:30-12:00
Dover Town Library, Community Room
Speaker: Maud Chaplin is a Professor Emeriti from Wellesley College, where she taught for 44 years.

♦ Presidential Elections
Fridays, October 30, November 13, 20, 27 10:30-12:00
Caryl Community Center, Room 108
Speaker: Gary L. Hylander PhD, is an independent scholar who specializes as a presidential historian.

All classes cost $35 per series. Stop by the COA, Library or Churches and pick up a brochure. Brochures may also be downloaded from the Friends website at www.coafriends.org. Payment and registration forms may be mailed to PO Box 250 or dropped off at the COA office at Caryl Community Center, Room 116.

Join us and expand your knowledge at one or more of these interesting classes!

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Senior Property Tax Work Off Program
Do you have free time? Looking for something to do? The Town could 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 2017. All amounts earned are subject to Federal Income and FICA taxation. Maximum amount to earn is $1000 minus taxes. For guidelines and/or an application, call the COA at 508-315-5734.

Deadline is October 15th for applications

---

COA BOARD MEMBERS
Betty Hagan - Chairperson
Lou Theodos - Vice Chair
Maureen Dilg - Secretary
Cara Groman
Camille Johnston
Gilbert Thisse
Joanne Connolly

OCTOBER BOARD MEETING
Tuesday, October 6th at 10:00am
Caryl Community Center, Room 116

COA STAFF MEMBERS
Janet Claypoole - Director
- Outreach Worker
Sue Sheridan - Administrative Assistant/Editor
Nancy Simms - Volunteer Coordinator

COA OFFICE
Caryl Community Center, Room 116,
4 Springdale Ave., Dover, MA 02030
508-315-5734
ANNUAL FLU CLINIC

Thursday, October 15th, 1:00pm
Upper Town Hall
Sponsored by the Board of Health
Please call the Board of Health if you have questions at 508-785-0032, Ext 232

COA OFFICE HOURS
MONDAY – FRIDAY  9:00AM – 4:30PM
508-315-5734 - COA@DOVERMA.ORG

www.doverma.org
Click on Council on Aging in the Quick Links Section
For Newsletter information, email coaeditor@doverma.org

FRIENDS OF THE DOVER COA
Remember a Loved One or Honor a Friend with a Memorial Gift & Inscription on a Memorial Plaque at the Caryl Community Center

Enclosed is my donation of $________ in memory/honor of _________________________

NAME________________________________ TELEPHONE________________________________

ADDRESS______________________________________EMAIL________________________________

Mail form and donation to Friends of the COA, P.O. Box 130, Dover, MA 02030
Visit us at www.coafriends.org to see how we serve the well-being of Dover’s seniors.