DOVER POLICE ASSOCIATION’S HOLIDAY BRUNCH
Saturday, December 5th, Dover Church, Kraft Hall
10:00 am - 12:30pm
Please RSVP by December 1st.

DOVER LEGION’S HOLIDAY DINNER
Sunday, December 13th 1:00pm, Dover Legion
Please RSVP by December 7th.

BROWN BAG HOLIDAY LUNCH
Tuesday, December 8th, 12:00noon - Caryl Cafeteria
Come celebrate the holiday with us! Bring a sandwich and we will provide the rest. RSVP by December 4th.

COMMUNITY LUNCH PROGRAM
Tuesday, December 15th -12Noon - Grace Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by December 10th.

Note: No Circle of Friends lunch in December- will return in January

CHI GONG LOCATION CHANGE!!
Mondays, 5:30pm
As the Library will be under renovation, the Monday Chi Gong class will move to Caryl Community Center Cafeteria for November, December & January.

REMEMBER
If school is cancelled due to the weather, there are no COA activities for that day.

**IMPORTANT CHANGE TO DOVER COA **

SENIOR BUS SERVICE
NOTE: NO COA SENIOR BUS IN DECEMBER
The Senior Bus service is suspended as our driver has resigned. We wish Tom well in his future endeavors. As we await a new driver to be hired and trained, there is no Senior Bus service. If you need a ride, JFK Transportation tickets are available. See page 3 for more information. We will update you when the Senior Bus is back in service.

SILK PAINTING CLASS
Morning class Monday, December 7 & 9 at 10am
Afternoon class Monday, December 7 & 9 at 1:00pm

Morning class is filled, but we are offering an afternoon class. Call soon as space is limited.
Join instructor Connie Dewyer as she teaches how to tap into your inner artist and paint unique designs on silk scarves. No painting experience is necessary. On Monday, the silks will be painted and left to dry, then on Wednesday, the process is completed to bring out the design. All materials are provided. Please RSVP to the COA as space is limited.

Thank you to Friends of Dover COA for generously funding this class

SAVE THE DATE
COFFEE WITH YOUR LEGISLATORS
Thursday, January 14th, 9:30am, Caryl Community Center Room 116.

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.
**AFTERNOON TEA**
“**A CRANBERRY CHRISTMAS TREE TEA**”
Friday, December 18th, 1:30pm - Caryl, Room 108

**BLOOD PRESSURE**-With the Walpole VNA
Friday December 18th, 12:30pm - Caryl, Room 108

**BLUE MOON BAGELS AND BREADS**
December 10th, 24th & 31st
Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am

**BOCCE BALL!!**
Bocce will return in the Spring!!

**CRAFTS - Card Making with Beth**
Theme - The Holidays
Monday, December 14th, 10:00am
Caryl Community Center, Room 116

**FOOT DOCTOR**
Thursday, January 21st
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 (No Knitting 12/28)**
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 (No Mah Jongg 12/24 & 12/31)**
Thursdays at 1:00pm
Caryl Community Center, Room 108
All levels welcome!!

**MOVIE MATINEES**
Friday, December 11th, 1:00pm
Dover Church, Kraft Hall
“Miracle on 34th Street”
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

**SENIOR COFFEE HOUR**
Friday, December 18th, 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. As our schedule is filled, please call Needham Center at The Heights, 300 Hillside Ave., 781-455-7555 or Framingham Callahan Ctr. 535 Union Ave., 508-532-5980 then press 0 for an appointment.

**PAGETURNERS BOOK CLUB**
Thursday, December 10, 1:00pm Dover Library
Book “The Round House” by L. Erdrich

**FUEL ASSISTANCE**
If you need fuel assistance or to see if you qualify call the Town of Dover Fuel Assistance Coordinator Erika Lert at 508-654-7778

**PLACES TO GO & THINGS TO DO**

**Wellesley College**
- December 6th, 7:30 Houghton Chapel Christmas Vespers
- December 8th, 8:00 Houghton Chapel Collegium Musicum Fall Concert
- December 13th, 3:00pm Wellesley Symphony Orchestra Holiday Pops

If you have ideas for a trip you would like to see in the future, please contact us at 508-315-5734 and we will pass it on to our trip coordinator.

In the meantime Happy Holidays to all our readers and their families.
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.
• **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!

**NO COA SENIOR BUS SERVICE AVAILABLE - CALL JFK FOR A RIDE**
SEE BELOW FOR INSTRUCTIONS

** 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 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.
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<tr>
<th>MONDAY</th>
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<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
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<td>11:30am Chi Gong - Caryl, Cafeteria</td>
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<td>10:00am - COA Board Meeting - Caryl, Room 116</td>
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<td>9:30am– Yoga –Caryl, Room 215</td>
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<td>12:00noon - Holiday Lunch - Caryl Cafeteria</td>
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<td>1:00pm -Movies, Dover Church, Kraft Hall</td>
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**Merry Christmas**

**Happy New Year**
BE FIT AND AGE WELL AT THE COA

CHI GONG
Mondays 5:30pm - Caryl Community Center, Cafeteria
Wednesdays 11:30am - Caryl Community Center, Cafeteria $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 class December 29th & 31st)
Tuesdays 9:00AM -9:50AM & 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 December 25th & January 1st)
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). Annual Medicare Open Enrollment ends December 7. You must enroll prior to that if you want 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 Needham Senior Center At 781-455-7555 or Framingham Senior Center at 508-532-5980 then press 0.
ON THE LIGHT SIDE

All I Needed to Know About Life I Learned from Santa

- Encourage people to believe in you.
- Always remember who’s naughty and who’s nice.
- Don’t pout.
- It’s as much fun to give as it is to receive.
- Some days it’s ok to feel a little chubby.
- Make your presents known.
- Always ask for a little bit more than what you really want.
- Bright red can make anyone look good.
- If you only show up once a year, everyone will think you’re very important.
- Whenever you’re at a loss for words, say: “HO, HO, HO!”

-----------------------------------------------------------------------------------------------------------------------------

The ‘Clauses’

Saint Nicholas is the main Clause.
   His wife is a relative Clause.
   His children are dependent Clauses.
   Their Dutch uncle is a restrictive Clause.
   Santa’s elves are subordinate Clauses.

THROUGH THE GARDEN DOOR

ARALIA CORDATA “Sun King”

This gold form of Japanese Spikenard makes a bold statement. It emerges in spring with large, bright gold leaves and providing it gets a few hours of sun daily, the foliage will remain bright gold throughout the summer. In full shade, foliage will be chartreuse to lime green. White star-bursts of flowers appear in September followed by inedible, purple berries. This plant will reach a height of 3’ and is deer resistant.

COA BOARD MEMBERS

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

DECEMBER BOARD MEETING

Friday, December 4th, 10:00am
Caryl Community Center, Room 116

COA STAFF MEMBERS

Janet Claypoole - Director
Nan Vaida - 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
Memorial

A Memorial Donation was made to the Friends of the Council on Aging.

*In Memory of Elizabeth (Betsy) Jackson*
*From Anita & Joseph Loscalzo*

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

Enclosed is my donation of $_________ in memory 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.