DOVER POLICE ASSOCIATION’S HOLIDAY BRUNCH
Saturday, December 3, Dover Church, Kraft Hall
10:00am - 12:00pm - Brunch
Join us for this annual event hosted and prepared by our friendly Police Officers. Enjoy food, gift baskets, and friends. Then join us for ...

HOLIDAY COMMUNITY CONCERT
12:00-1:00pm - Held in the Dover Church
The concert will consist of a sing along of holiday songs and the Council on Aging Ukulele band will perform a series of holiday music. Please join us! Please RSVP by December 1.

DOVER LEGION’S HOLIDAY DINNER
Sunday, December 18, 1:00pm, Dover Legion
Join us at this annual dinner hosted by our Friends at the Dover Legion. Please RSVP by December 9th

COA HOLIDAY LUNCHEON
Tuesday, December 13, 12:00 Noon
Caryl Community Center, Cafeteria
Grab your jingle bells, put on your Santa hat, and bring a friend to celebrate the holidays at the COA! RSVP by December 8

MOVEABLE FEAST
No Moveable feast lunch in December

CIRCLE OF FRIENDS LUNCH
No Circle of Friends lunch in December

NEED A RIDE TO COA LUNCHES?
If you need a ride to any of the lunches listed above, please call the COA and we will arrange a ride.

TRAVEL WITH THE COA
Festival of Trees Exhibit and Lunch at the Wellesley College Club
Tuesday, December 6th  Time 10:30am
Get in the Holiday Spirit by viewing the creative ways folks decorate holiday trees. A recent addition is the Snow Village, an enchanting display of miniature houses and lights. Cost $5.00 for Festival of the Trees ticket; Lunch following at Wellesley College Club. Transportation and lunch on your own.

Travel Committee Needs Your Ideas!
The Dover/Sherborn Travel Committee will meet in January to plan our 2017 adventures. Share your ideas of where we should go next for local, overnight and lunch trips...a day in Nantucket, concert at Tanglewood, Theatre in Boston, overnight to Williamsburg or Hyde Park, or Cruise in Boston or RI? We need your input! Give us a call, send us an email, or join our Committee.

FITNESS CLASSES
No Yoga Classes on Mondays in December.
No Fitness classes December 23rd through December 30th. Take a break, enjoy your holidays, and join us in January to focus on your health!

THE DOVER FOUNDATION
The Dover Foundation will celebrate 70 years in 2017 and will be putting together a book to bring together all the memories since 1947. They would love to hear from you if you have any Dover Foundation memories, photos, old programs, newspaper clippings etc. Please contact them at info@thedoverfoundation.org or call 508-785-2890 if you have anything you wish to share. They look forward to hearing from you.

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.
PROGRAMS & SERVICES

AFTERNOON TEA - “Holiday Tea”
Friday, December 16, 11:30am
Fireside Room, Town Hall
Bring your favorite holiday cookie!

BLOOD PRESSURE- With the Walpole VNA
Friday, December 16, 10:45am
The VNA Nurse can also do blood sugar checks. Know your numbers!
Fireside Room, Town Hall

BLUE MOON BAGELS AND BREADS
Thursdays, December 8, 22 & 29
Town Hall, Fireside Room
Donated baked goods available for pick up after 10:00am

BOCCE
No Bocce - We will be back in the Spring!!

CRAFTS - Card Making with Beth
Theme - Holiday Critters
Monday, December 12, 10:00am
Lower Town Hall Conference Room

FOOT DOCTOR
Thursday, January 19; 9:00am -11:00am
Upper Town Hall - Great Hall
Cost is $30.00. Call for appointments. Home visits also available for $50 with Podiatrist Dr. John.

KNITTING
Mondays at 12:30pm   No Class Dec 26
Lower Conference Room - Town Hall
Beginners and experienced knitters are welcome! Bring a project of your own or you can join the knitters who make hats, booties and blankets for those in need with donated yarn. All are welcome.

MAH JONGG - All levels welcome!!
Thursdays at 1:00pm   No Class Dec 29
Caryl Community Center Room 108
Please join us!!

MOVIE MATINEE - “Elf” - Starring Will Ferrell
Friday, December 9, 1:00pm
Kraft Hall, Dover Church
Join us for this holiday movie. Popcorn, coffee and dessert provided.

SENIOR COFFEE HOUR
Friday, December 30, 8:00am
Fireside Room at Town Hall
Please join us for coffee and conversation.

SHINE
Questions about Medicare or health insurance? Call the COA for an appointment with SHINE Counselor Renee Rubin.

PAGETURNERS BOOK CLUB
Thursday, December 8, 2:00pm
Dover Town Library
Book: “The Nightingale” By: K. Hannah

FUEL ASSISTANCE
Please contact Energy Assistance Coordinator, Erika Lert for qualifications at (508) 651-1000 ext. 221 or (508) 785-2535 or via email at enlert@mrmbw.com.

Don’t Wait Until It’s Too Late!
Medicare’s Open Enrollment Period
October 15 – December 7
Medicare plans change every year! This is the time to decide on your coverage for 2017.
SHINE Can Help!
SHINE counselors provide free Medicare counseling.
Call your senior center now for a SHINE appointment between October 15 and December 7!
For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.
For SHINE related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.
PLACES YOU MAY LIKE TO VISIT OVER THE HOLIDAYS

- WELLESLEY SYMPHONY ORCHESTRA; DECEMBER 18 HOLIDAY POPS, $20 SENIORS, AT MASS BAY COMMUNITY COLLEGE

- REAGLE MUSIC THEATRE, WALTHAM; CHRISTMAS TIME DEC. 2-11 FRIDAY 7:30; SAT. & SUN. 12:00 AND 4:00

- NEW REP THEATRE, ARSENAL MALL, WATERTOWN; FIDDLER ON THE ROOF DEC. 2-24

- BOSTON BALLET NUTCRACKER NOV. 25-DEC. 31; BOSTON OPERA HOUSE

- STONEHAM THEATRE; MAME, WEDNESDAY SENIOR MATINEE NOV 30 2:00; DEC. 7-8 AT 2:00

- BOTH WELLESLEY COLLEGE AND REGIS COLLEGE HAVE MUSICAL EVENTS IN EARLY DECEMBER AS THEIR STUDENTS GO HOME. CHECK THEIR WEBSITES FOR MORE INFO.

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, Sherborn, Wellesley, Westwood - 2 ticket punches ($6.00) each way
- Framingham, Foxboro, 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>
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<th>THURSDAY</th>
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<tr>
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<td>Saturday, December 3 - 10:00-12:00 - Kraft Hall; Concert 12-1:00 in the Church</td>
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<td>12:30pm Knitting</td>
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BE FIT AND AGE WELL AT THE COA

CHI GONG
Mondays 5:30pm - Dover Library, Community Room
Wednesdays 11:30am - Great Hall/Upper Town Hall, - $3.00 per class
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.

CHAIR YOGA is now offered as part of YOGA FOR WELLNESS. Join our Wednesday class and participate in a chair rather than on a mat.

YOGA FOR WELLNESS
Wednesdays 10:00am - St Dunstan’s Church - $3.00 per class
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. Chairs available as well; Bring water.

MEDITATION
Wednesdays, 11:00am - St Dunstan’s Church - $3.00 per class
Instructor: Jessica Foster, RYT
Join us as Jessica leads you in guided meditation to deep levels of relaxation.

STRENGTH & STABILITY
Tuesdays 9:00AM-9:50AM & Thursdays 11:30AM-12:20pm - Caryl Community Ctr. Rm 215 - $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
Fridays, 10:00am-10:45am. Caryl Community Center in Gym - $3.00 per class
Instructor: Andria DeSimone
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. Other rhythms include belly dance, Brazilian, International music and hip hop. Zumba® Gold is geared towards first timers to the exercise world or the active older adult. It's a hip swingin’, body shaking total body workout!

NO FITNESS CLASSES WEEK OF DECEMBER 26 TO DECEMBER 30

HAPPY HOLIDAYS AND HAPPY NEW YEAR!
SNOW TRIVIA

- Each winter in the U.S., at least 1 septillion ice crystals fall from the sky. That’s $1,000,000,000,000,000,000,000,000$—24 zeros!

- Each year, about 105 snow-producing storms occur in the continental United States. Each storm typically brings two to five days of snowfall.

- A “snowflake” can be one ice crystal, several ice crystals stuck together, or even a “puffball” of crystals that fall from the clouds.

- Snow looks romantic in movies, but snow made from shaved ice is messy. That’s why filmmakers sometimes substitute materials such as instant mashed potato flakes, paper or cellulose.

- A blizzard is a heavy snowstorm that lasts for more than three hours, with winds exceeding 35 mph, creating low visibility.

COA BOARD MEMBERS

Betty Hagan - Chairperson                  Peter DiSanto
Maureen Dilg - Secretary                  Robert Cocks
Camille Johnston                          Geri Wise, Associate
Gilbert Thisse                           Member
Joanne Connolly

DECEMBER BOARD MEETING

Tuesday, December 6, 10:00am

COA STAFF MEMBERS

Janet Claypoole - Director
Nan Vaida - Outreach Worker
Sue Sheridan - Administrative Assistant/Editor
Andria DeSimone - Volunteer Coordinator

COA OFFICE

Caryl Community Center, Room 116,
4 Springdale Ave., Dover, MA 02030
508-315-5734
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.