NOTICE
If school is cancelled due to the weather, there are no COA activities. Also, if the roads are unsafe to drive, the COA may cancel programs for that day.

COA LUNCHEON - BINGO  $4.00
Tuesday, January 10, 12:00 Noon
Caryl Community Center, Room 108
Join us for lunch and bring an unwanted gift! RSVP by January 4.

MOVEABLE FEAST
Tuesday, January 17, 12:00Noon
Most Precious Blood Church
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by January 11.

CIRCLE OF FRIENDS LUNCH
Tuesday, January 24, 12:00Noon
Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by January 19.

BROWN BAG LUNCH
Tuesday, January 31, 12:00Noon
Caryl Community Center, Room 108
It’s the 5th Tuesday of the month, so come join us with your brown bag lunch! Drinks and dessert provided. RSVP by January 25.

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.

A BIG THANK YOU!!
The COA would like to thank all those who helped us celebrate the holidays in December. Thank you to:
- Dover Police Association for the Holiday Brunch
- All of the companies and families who donated gift baskets, plants, and gift cards for the Holiday Brunch drawing
- Church choir members of Dover and the COA Ukulele Band for the Holiday Community Concert at The Dover Church following the Brunch
- Dover Legion for their wonderful Holiday Dinner
- The Franchi Family from Ellis Rehab for the Holiday Luncheon and Jack Quinlan for the entertainment for the Holiday Luncheon
- The Chicatabot Garden Club for delivering holiday plants to those at home and in nearby care facilities
- Dover Girl Scouts for singing to our COA Ukulele Group and then driving to seniors’ homes in Dover to bring them some holiday cheer.

Your contributions made the holidays very special for many seniors. Thank you and Happy New Year!

TECH SUPPORT - With the High School Students
Thursday, January 26, 2:30-3:30pm
Caryl Community Center, Room 108
Do you need help figuring out your electronic device? DSHS students will be here to help you with any devices such as cell phones, tablets/iPads or laptops. Bring device and your questions for the experts to help!

SAVE THE DATES
UKULELE RETURNS IN FEBRUARY
The very popular Ukulele class will return in February. Dates will be announced in February News.

COOKIE DECORATING  with DSHS Students
Monday  February 13 at 2:30PM
Come decorate treats for Valentine’s Day!

LIFETIME LEARNING
Lifetime Learning to start soon. More information to come in February News.

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 -
“Remembering Snow Storms Tea”
Friday, January 20, 11:30am
Caryl Community Center Room 108
Come share a snowstorm story with friends.

BLOOD PRESSURE- With the Walpole VNA
Friday, January 20, 10:45am
Caryl Community Center Room 108
The VNA Nurse can also do blood sugar checks. Know your numbers!

BLUE MOON BAGELS AND BREADS
Thursdays, January 12, & 26
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 - Hedgehog “Heaven”
Monday, January 9, 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
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, booties and blankets for those in need with donated yarn. All are welcome.

MAH JONGG - All levels welcome!!
Thursdays at 1:00pm
Caryl Community Center, Room 108
NOTE: There is no Mah Jongg on Jan. 26 or Feb 2. Please join us!!

MOVIE MATINEE -“Florence Foster Jenkins”
Friday, January 13, 1:00pm
Kraft Hall, Dover Church
Join us for the movie. Popcorn, drinks, and desserts provided.

SENIOR COFFEE HOUR
Friday, January 27, 8:00am
Caryl Community Center, Room 108
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, January 12, 2:00pm
Dover Town Library

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.

WINTER WEATHER
If it is snowing or sleeting and the schools are NOT closed, for your safety we ask that you please delay coming to the center until it is safe for you to travel. Also, please call the COA before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. If you are not sure, you can call the COA. Remember if school is cancelled, there are no COA activities.
**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.

**SAND FOR SENIORS**

The Dover COA in partnership with the Men’s Breakfast Group from The Dover Church will once again prepare and deliver buckets of sand/salt to Dover’s seniors. The Friends of the COA have generously offered to fund this program. If you would like a bucket of sand/salt (complete with a lid and scoop) for sanding your steps and walkway, please call the COA or sign up at the COA Office. If you have a bucket from last year that needs refilling, please let us know, too!

**SNOW SHOVELING**

Do you need your walkway, mailbox, or a path for oil delivery dug out after a storm? The COA is recruiting volunteers to help. Please call if you need this service and we will try to find someone to help.

**TRAVEL NEWS**

**Lunch Trip**—The COA is planning another lunch adventure on **Wednesday, January 18th** to Lafayette House in Foxboro. Transportation is Free and provided by Friends of COA. Come join us for a delicious lunch with friends. Call the COA to sign up.

**Isabelle Stewart Gardner Museum** - Join us for a day trip to the Museum on **Thursday, January 26th** and explore the fine art collections and exhibits. Lunch at the Museum’s café. Cost is $12. Transportation is Free and provided by Friends of COA. Call the COA to sign up and bring a friend!

**Travel Committee Needs Your Ideas!**

The Dover/Sherborn Travel Committee will meet on January 23 at 10:30am in Sherborn to plan our 2017 adventures. Share your ideas of where we should go next for local, overnight and lunch trips. We need your input! Give us a call, send us an email or join us at the meeting.
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BE FIT AND AGE WELL AT THE COA

CHI GONG  (No Monday class Jan 2, 16, and 23)
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.

**NOTE**: Wed Chi Gong Class will move to Caryl Ctr once COA Offices Move in Mid-Jan

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  No Class Jan 25
Wednesdays 10:00am - Caryl Community Center, Room 215 - $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  No Class Jan 25
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!
COA BOARD MEMBERS
Betty Hagan - Chairperson
Maureen Dilg - Secretary
Camille Johnston
Gilbert Thisse
Joanne Connolly
Peter DiSanto
Robert Cocks
Geri Wise, Associate
Member

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

NOTICE
After January 1st if you do not have cable you will not be able to access the NBC channel as it will change stations from WHDH to NECN. If you don’t use cable and have an antennae, go to settings on your TV and scroll to and select channel 8.1.
The COA has tentative plans to move the office back to Caryl Community Center in mid-January. Our phone number remains the same.

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.

HAPPY NEW YEAR

COA OFFICE HOURS
Monday – Thursday 9:00am – 5:00pm
Friday - 9:00am - 1:00pm
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