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 - $4.00
Tuesday, February 14, 12:00 Noon
Caryl Community Center, Room 108
Be our Valentine! Join us to celebrate Valentine’s Day with friends, fun, and chocolate!
RSVP by February 9.

MOVEABLE FEAST
Tuesday, February 21, 12:00 Noon
Grace Church
Come share a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by February 15.

CIRCLE OF FRIENDS LUNCH
Tuesday, February 28, 12:00 Noon
Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by February 23.

COOKIE DECORATING with DSHS Students
Monday February 13 at 2:30PM
Caryl Community Center - Room 116
Come decorate treats for Valentine’s Day!

LUNCH & MOVIE WITH DOVER CHURCH
Friday, February 10, 12:00 Noon
See page 2 for details.

NEED A RIDE TO COA LUNCHES OR EVENTS?
If you need a ride to any COA programs or lunches, please call the COA and we will arrange a ride.

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.

COA OFFICE HAS MOVED BACK TO CARYL COMMUNITY CENTER IN ROOM 116

SPRING LIFETIME LEARNING RETURNS
Sponsored by Friends of Dover COA

FUN WITH UKULELE
WINTER - Wednesdays, February 8 - March 29
SPRING - Wednesdays, April 5 - May 24
Cost: $40 for each eight week session. To sign up, please pick up registration form at COA office and return with checks payable to Friends of the COA.

POETRY MEETS PSYCHOLOGY
Starts Monday, April 24 - 10:30am

INS & OUTS OF THE FEDERAL RESERVE
Starts Tuesday, April 3 - 10:30am

WATER CONSERVATION: A BROAD AND PERSONAL PERSPECTIVE
Starts Wednesday, April 26 - 10:30am

FORMER TRAITORS THROUGHOUT HISTORY
Starts Friday, May 6 - 10:30am

BEGINNING-INTERMEDIATE NEEDLEPOINT
Day/Time TBA
Check the March Newsletter for more info on classes!

SAVE THE DATES

TOWN CAUCUS
Monday, March 13, 7:30pm - Upper Town Hall

OPEN WARRANT HEARING
Monday, March 20, 7:30pm - Upper Town Hall
**PROGRAMS & SERVICES**

**AFTERNOON TEA—“Famous Pairings”**  
Friday, February 17, 11:30am  
Caryl Community Center, Room 108  
Come enjoy tea and light lunch with friends.

**BLOOD PRESSURE - With the Walpole VNA**  
Friday, February 17, 10:45am  
Caryl Community Center, Room 108  
Meet with VNA Nurse to check your blood pressure. She can also do blood sugar checks. Know your numbers!

**BLUE MOON BAGELS AND BREADS**  
Thursdays, February, 9 & 23  
Caryl Community Center, Room 116  
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**  
New Date!  
Theme - Elephants/Valentines  
Monday, February 6, 10:00am  
Caryl Community Center, Room 116

**FOOT DOCTOR**  
Thursday, TBA; 9:00am -11:00am  
Caryl Community Center, Room 116  
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  
Please join us!!  
**NOTE:** No class on Feb 2

**MOVIE MATINEE—“Shirley Valentine”**  
*Pauline Collins and Tom Conti*  
Friday, February 10, Lunch at 12 Noon  
Kraft Hall, The Dover Church, Lunch at noon and Movie, Popcorn, Coffee and Dessert to follow. RSVP by Feb 8 to Dover Church at 785-0957

**SENIOR COFFEE HOUR**  
Friday, February 24, 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, February 9, 2:00pm  
Dover Town Library  
**Book:** “My Name Is Lucy Barton”

**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.

**Mass Senior Circuit Breaker Tax Credit**  
**You may be eligible for a $1,070 Tax Credit**  
To be eligible for the credit for the 2016 tax year, a taxpayer must be 65 years of age or older before January 1, 2017 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older), must own or rent residential property in Massachusetts and occupy the property as his or her principal residence, and must not be the dependent of another taxpayer. The taxpayer’s total income cannot exceed $57,000 for a single filer who is not the head of a household, $71,000 for a head of household, or $86,000 for taxpayers filing jointly. No credit is allowed for a married taxpayer unless a joint return is filed. Moreover, the assessed valuation of the real estate cannot exceed $720,000.

**Note:** No credit is allowed if the taxpayer claims the “married filing separate” status, receives a federal or state rent subsidy, rents from a tax-exempt entity, or is the dependent of another taxpayer

For more information, talk to your tax preparer or you can go to the mass.gov website and type in Circuit Breaker Credit.
**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 a lunch trip on Friday, February 3rd to Salem Cross Inn in West Brookfield. Transportation is free and provided by Friends of COA. Join us for a delicious lunch with friends. Sign up early as we fill up fast!

**Bolshoi Ballet in HD** - Travel to the Shalin Liu Performance Center in Rockport on Saturday, February 11 and enjoy the Bolshoi Ballet in HD performing Swan Lake. Cost is $15 for ticket. Transportation is Free and provided by Friends of COA. Space Limited to 10 - Call Now and enjoy a day in Rockport!

**Worcester Art Museum** – Join us for a day trip on Wednesday, February 22nd. Come explore the museum’s collections: including arms and armor and art from many world cultures dating from antiquity to present. Cost is $12 for admission. Lunch at the Museum Café on your own. Transportation is free and provided by Friends of COA.

**Lunch Trip**—Put on your green and start March off celebrating at Dunn Gaherin’s Food and Spirits Irish Pub in Newton Upper Falls on Thursday, March 2nd. Call soon to sign up as spots go quickly.
## DOVER COA FEBRUARY 2017

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<td>10am-Blue Moon-Caryl - Room 116 11:30am Strength &amp; Stability-Caryl Rm 215 1:00pm - Mah Jongg Caryl Room 108 2:00pm-Book Club-Library</td>
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**Library CR - Community Room**
Caryl - Caryl Community Center
Room 116 - COA office at Caryl Room 108 - Caryl Community Center
BE FIT AND AGE WELL AT THE COA

CHI GONG
Mondays 5:30pm - Dover Library, Community Room
Wednesdays 11:30am - Caryl Community Center, Room 108 - $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 (No Yoga February 1)
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 Meditation February 1)
Wednesdays, 11:00am - Caryl Community Center, Room 215 - $3.00 per class
Instructor: Jessica Foster, RYT
Join us as Jessica leads you in guided meditation to deep levels of relaxation.

STRENGTH & STABILITY (No classes on February 21 & 23)
Tuesdays 9:00AM -9:50AM & Thursdays 11:30AM-12:20pm
Caryl Community Center. Room 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 (No class on February 24)
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!
Volunteer Opportunity

BayPath Elder Services’ Long Term Care Ombudsman Program needs volunteers to visit Long Term Care facilities to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a three day certification training, then up to two hours a week in the nursing home. Also, there is a monthly volunteer meeting to discuss issues and best practices. There will be certification training at BayPath Elder Services in March 2017. Call Mary Brooks, Ombudsman Program Director at 508-573-7200 ext 235 to arrange an interview and learn more about this great opportunity.

COA BOARD MEMBERS

Betty Hagan - Chairperson
Maureen Dilg - Secretary
Camille Johnston
Gilbert Thisse
Joanne Connolly
Robert Cocks
Geri Wise
Ruth Townsend

FEBRUARY BOARD MEETING

Tuesday, February 7, 10:00am
Caryl Community Center, Room 116

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.