COA VALENTINE’S LUNCHEON
Love Songs played by COA Ukulele Group
“The Happy Strummers”
Tuesday, February 13, 12:00noon  Cost: $4.00
Caryl Community Center, Room 108
Come celebrate Valentine’s Day with lunch, music, and, of course, chocolate! RSVP by February 7.

MOVEABLE FEAST
Tuesday, February 20, 12:00Noon at Dover Grace Church
Enjoy a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by February 15.

CIRCLE OF FRIENDS LUNCH
Tuesday, February 27, 12:00Noon at Dover Grace Church
Join us for a homemade lunch and conversation with friends and neighbors. RSVP by February 21.

TRAVEL WITH THE COA
We have lots of trips planned for 2018! Join us to view the Winslow Homer exhibit at Worcester Art Museum, the Boston Flower Show, tour of Paul Revere House with lunch at Limoncello, explore the Georgia O’Keeffe exhibit at Peabody Essex Museum, Newport Rail Tour, Gloucester Lobster Cruise, an overnight trip to Saratoga or enjoy an 8 day adventure to the Grand Canyon! See page 3 for details on all these fabulous travel programs or stop by COA for a flyer.

REMEMBER
If Dover schools are cancelled due to the weather, COA activities will also be cancelled for that day. If schools open late, COA programs may be delayed, too.

FUN WITH THE UKULELE - $40 Per Session
SESSION 1    February 14 - April 4, 2018
SESSION 2    April 11 - May 30, 2018
Wednesdays 1:00 - 2:00pm
Caryl Community Center, Room 108
Ukulele returns with instructor Daniel Metraux. Come learn basic chords and strumming techniques to accompany traditional folk songs and more. New students are always welcome; no experience is needed, just a willingness to learn something new and have fun with music. Bring your own Ukulele or rent one at Needham Music. Register for one session or both at COA office.

This Lifetime Learning class is sponsored by Friends of Dover COA and funded in part by a grant from the Dover Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

DO YOU NEED ENERGY ASSISTANCE?
If you need assistance with energy/fuel, the following resources may be able to help you:

- **Town of Dover** - assists residents who are facing energy emergencies including shut-offs
- **South Middlesex Opportunity Council (SMOC)** Offers fuel assistance and weatherization to eligible families and individuals
- **Good Neighbor Energy Program** - partners with Salvation Army to offer fuel assistance to those whose income exceeds SMOC guidelines.

For further information and assistance with these and other programs, please contact Erika Nagy, Financial and Energy Assistance Coordinator for the Town of Dover at 508-654-7778 or email enagy.financialenergydover@gmail.com
TEA WITH FRIENDS
“Chinese New Year Tea”
Friday, February 16, 11:30am
Caryl Community Center, Room 108
Join us to celebrate the Chinese New Year and enjoy a light lunch with friends.

BLOOD PRESSURE - With the Walpole VNA
Friday, February 16, 10:45am
Caryl Community Center, Room 108
Meet with VNA Nurse to check your blood pressure.

BLUE MOON BAGELS & BREADS
Thursdays, February 8 & 22
Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am

BOCCE
Will be back in the spring

CRAFTS - Card Making with Beth
Theme: Teddy Bears/Valentines
Monday, February 12, 10:00am
Caryl Community Center, Room 108

FOOT DOCTOR
Thursday, March 15, 9:00am -10:45am
Caryl Community Center, Room 116
Cost is $30.00. Call COA for appointments. Home visits also available for $50. Future date: May 17.

KNITTING
Mondays at 11:30am
Caryl Community Center, Room 108
Beginners and experienced knitters are welcome! Bring a project of your own or help the knitters make hats, scarves, lap blankets and more with donated yarn.

MAH JONGG - All Levels Welcome
Thursdays at 1:00pm
Caryl Community Center, Room 108

MOVIE MATINEE
Friday, February 9th 1:00pm
Kraft Hall, Dover Church
Movie: TBD
Join us and enjoy popcorn, coffee and dessert!

SENIOR COFFEE HOUR
Friday, February 23, 8:30am
Caryl Community Center, Room 108
Please join us for coffee and conversation.

SHINE
Open Enrollment ended in December. If you have Medicare questions, please call the COA for an appointment with Renee Rubin, SHINE Counselor.

PAGETURNERS BOOK CLUB
Thursday, February 8, 1:00pm
Dover Town Library
Book: “The Guernsey Literary and Potato Peel Pie Society”

ARE YOU A DOVER SENIOR AND 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 free ride.

WE WOULD LIKE YOUR INPUT ON IDEAS FOR NEW PROGRAMS
Some of our seniors have suggested new programs such as:
- Bridge
- Cribbage
- Poker
- Walking Groups
- Scrabble or other board games
- Cross Country Skiing
- Snowshoeing

If there is enough interest, we will add new programs. Send an email to coa@doverma.org or call the office at 508.315.5734 with your suggestions. We want to hear from you!

Thank you...The COA Staff

BUTTON CELL BATTERY RECYCLING PROGRAM
As part of the Friends of the Council On Aging’s fundraising efforts, you can now recycle your button cell batteries at the COA office, Dover Church or Transfer Station. All funds received from this program will provide additional programs/events for the COA.
DOVER SENIOR TRANSPORTATION SERVICE
Do you need a ride to medical appointments or other local errands? Purchase tickets at COA and JFK Transportation Service will transport you. Hours of service are Monday through Friday from 7:00am to 5:00pm.

Local Rides (Medical and Non-Medical)
One voucher is $30.00 and provides 10 tickets.
- Dover: 1 ticket each way
- Metro West surrounding towns: 2 tickets each way
- Outside Metro West: 3 tickets each way
- Sudbury, Waltham & Concord: 4 tickets each way
You must purchase a voucher at the COA prior to calling JFK. JFK appreciates a 48 hour notice.

Boston Rides - Medical Only
A one way ticket is $20 - Round Trip $40
JFK requires a 48 hour notice and tickets are purchased at the Dover COA. Tips are not included.
For more information, including towns served, call the Dover COA at 508-315-5734
*Please remember to tip your driver*

OVERNIGHT TRIPS
Saratoga Spectacular
Monday-Tuesday August 6-7
Join us as we travel to Saratoga Springs for an afternoon of thoroughbred horse racing. Then off to relax and enjoy dinner at the Queensbury Hotel. On Tuesday travel to Lake George’s Steel Pier and enjoy a two hour narrated cruise of Lake George including lunch and entertainment onboard your ship. Cost is $375 single; $325 double; $300 triple. Flyers available at Dover COA.

An 8 Day Adventure to Canyon Country
October 2 to October 9, 2018
Dover, Westwood and Sherborn COAs present an 8 day adventure to Canyon Country offered by Collette Tours. Explore the most famous canyons of the American West on a journey featuring three national parks. Highlights of the trip include:
- Explore Scottsdale’s Native American heritage
- Travel to Sedona, Oak Creek Canyon, Kaibab National Forest and the breathtaking Grand Canyon!
- View stunning vistas of Bryce Canyon National Park and Zion National Park
Rates range from $3,219 to $3,999 if book by April 2 and include air fare, transfers, hotel, 10 meals, and travel insurance. A detailed brochure is available at Dover COA office. To learn more, attend a special Travel Presentation on Monday, February 12 at 11:00AM at Westwood COA, 60 Nahatan Street in Westwood. Vincent Brown from Collette will share info, photos, and answer questions about this adventure.

TRAVEL WITH THE COA
Friday, February 2 Join us as we travel to the Worcester Art Museum to view the Coming Away: Winslow Homer and England exhibit. Exhibit explores Homer’s time in England in 1881 and features group of oil paintings made during or emerging directly from his time abroad. Lunch at the Museum Café. Call Dover COA to sign up.

Thursday, February 15 Enjoy a Lunch trip to Limoncello Ristorante and Tour of Paul Revere House in Boston. Space limited; transportation provided by Friends of Dover COA.

Thursday, March 15 Travel with our Westwood friends to the Boston Flower Show. This year’s theme is Savoring Spring. View the horticultural exhibits and then enjoy lunch at the Venezia Restaurant. Cost is $90 payable to Westwood COA; call the Westwood COA at 781-329-8799 to sign up.

Saturday, March 17 Travel to the Providence Performing Arts Center for matinee of An American in Paris, the Tony award winning musical about an American soldier, a mysterious French girl and an indomitable city. Enjoy the magic of Paris with songs by George and Ira Gershwin on its first national tour! Tickets cost $40. Seats are limited. Transportation funded by Friends of COA.

Friday, March 23 Come along as we join with our Sherborn friends to travel to Peabody Essex Museum for a guided tour of George O’Keeffe: Art, Image, Style exhibit. Explore O’Keeffe’s personal style of designed garments along with photographs and paintings that show her modernist style. Cost $45 and will include guided tour, lunch at café, and bus. Please call COA to sign up and more info.

Trips with Westwood COA
Tuesday, May 1 Travel with Westwood COA for Lobster Clambake Lunch and Foxwoods Resort gaming. Cost $80 includes transportation, lunch and gaming. Call Westwood at 781-329-8799 to sign up.

Tuesday, June 19 Newport Rail Tour includes transportation, bus tour of Ocean Drive, rail tour and lunch along Narragansett Bay and shopping. Cost $95. Call Westwood at 781-329-8799 to sign up.

Thursday, July 12 Nantucket Day Trip includes transportation, ferry ride, and day to explore shops, art galleries, restaurants, sandy beaches and more. Cost $105. Call Westwood COA at 781-329-8799 for info.

Tuesday, August 21 Gloucester Lobster Cruise includes cruise, lunch and walk around Salem. Cost $95; call Westwood at 781-329-8799 to sign up.
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<tr>
<td>11:30am Knitting - Caryl, Room 108</td>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>10am Yoga-Rm 203</td>
<td>10am - Blue Moon - Caryl, Room 116</td>
<td>1pm - Movie at the Dover Church</td>
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<td>5:30pm Chi Gong - Library CR</td>
<td>9:30am COA Board Meeting-Caryl, Room 116</td>
<td>11:00am - Meditation</td>
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| 10       | 11        | 12       | 13       | 14        |
|          |           |          |          |           |
| 10:00am Card Making - Caryl, Rm 108 | 9:00am Strength & Stability-Caryl, Room 215 | 9:00am Strength & Stability-Caryl, Room 215 | 9:00am Strength & Stability-Caryl, Room 215 | 10:00am Yoga-Rm 203 |
| 11:30am Knitting - Caryl, Room 108 | 11:00am - Meditation | 10:00am - Meditation | 11:30am Chi Gong Caryl, Room 108 | 11:00am - Meditation |
| 5:30pm Chi Gong - Library CR | 11:30am Chi Gong Caryl, Room 108 | 11:30am Chi Gong Caryl, Room 108 | 1:00pm - Ukulele Caryl Room 108 | 1:00pm - Mah Jongg Caryl, Room 108 |
|       |           | 1:00pm - Ukulele Caryl Room 108 | Trip to Limoncello & Paul Revere House |       |
|       | Pickleball Must sign up |       |       |       |

| 15       | 16        | 17       | 18       | 19        |
|          |           |          |          |           |
| No Strength & Stability |         |          |          | HOLIDAY   |
| 10:45am Blood Pressure Clinic Caryl, Room 108 |       |          |          |         |
| 11:30am - Tea - Caryl, Room 108 |           |          |          |         |
|       |           |          |          |         |

| 20       | 21        | 22       | 23       | 24        |
|          |           |          |          |           |
| 9:00am Strength & Stability-Caryl, Rm 215 | 10am Yoga-Rm 203 | 10am - Blue Moon - Caryl, Room 116 | 8:30am - Senior Coffee - Caryl, Room 108 |       |
| 12Noon - Moveable Feast - Grace Church | 11:00am - Meditation-Caryl, Room 203 | 11:00am - Meditation-Caryl, Room 203 |          |       |
|       | 11:30am Chi Gong Caryl, Room 108 | 11:30am Chi Gong Caryl, Room 108 |          |       |
|       | 1:00pm - Ukulele Caryl Room 108 | 1:00pm - Mah Jongg Caryl, Room 108 |          |       |
|       |       |       |       |       |

| 25       | 26        | 27       | 28       | 29        |
|          |           |          |          |           |
| 11:30am Knitting - Caryl, Room 116 | 9:00am Strength & Stability-Caryl, Rm 215 | 10am Yoga-Rm 203 |       |       |
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|       |       |       |       |       |
BE FIT AND AGE WELL AT THE COA

CHI GONG  - Perfect for all levels
**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, postures & movements, & mental concentration, to maintain health and flow of vital energy.

YOGA FOR WELLNESS
**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
**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 Strength & Stability February 15th)
**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
**Saturdays, 10:45am-11:30am;  Every Saturday in February**  
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!

PICKLEBALL  - Come Try Out this New Game!
**Mondays ; choose one of the following sessions Feb 5, 12 & 26 - 10:15am, 11:00am, or 11:45am**  
Caryl Community Center, Gym (you must sign up ahead for a session)  
The game is a combination of badminton, tennis and table tennis. There are up to four players per 45 minute session. Call the COA and Sign up for a time slot. Equipment provided. Cosponsored with Parks & Recreation Dept.
ON THE LIGHT SIDE

A man went to his lawyer and told him, "My neighbor owes me $500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the lawyer. "Nope," replied the man. "OK, then write him a letter asking him for the $5,000 he owed you," said the lawyer. "But it's only $500," replied the man. "Precisely. That's what he will reply and then you'll have your proof!"

Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2018.

Medicare’s 5-Star Special Enrollment Period
You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The two Blue Medicare Rx Part D drug plans, and the Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2018. You can enroll in one of these plans, as long as you meet the plan’s eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

Medicare Advantage Plan (HMO or PPO):
Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and drug coverage will begin the first day of the next month.

COA BOARD MEMBERS
Camille Johnston - Chair
Betty Hagan
Robert Cocks
Maureen Dilg - Secretary
Joanne Connolly - Vice Chair
Gilbert Thisse

Peter DiSanto
Geri Wise
Ruth Townsend

COA BOARD MEETING
February 6, 2018; 9:30AM
Caryl Community Center, Room 116

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

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

• **STAY FIT AND BE HEALTHY!** Try one of the COA Fitness classes: Yoga, Strength & Stability, Chi Gong or Zumba Gold or Meditation

• **VALENTINE'S LUNCH** - Tuesday, Feb 13 at Noon at Caryl Community Center featuring the “Happy Strummers” playing Love Songs on the Ukulele. Join us for music, lunch and chocolate!

• **MOVEABLE FEAST** - Tuesday, Feb 20 at Dover Grace Church at 12Noon

• **TRAVEL ADVENTURES** - Winslow Homer Exhibit at Worcester Art Museum; Georgia O’Keeffe Exhibit at Peabody Essex Museum, Foxwoods Resorts, or travel overnight to Saratoga in August or 8 day trip to Canyon Country!

See inside for details on all events

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

FRIENDS OF THE DOVER COA

*Remember a Loved One with a Memorial Gift & Inscription on a Memorial Plaque at the Caryl Community Center*

Enclosed is my donation of $_______ in memory of ____________________

NAME______________________________  
ADDRESS_____________________________

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.