**COA VALENTINE’S LUNCHEON**
*Tuesday, February 9th, 12:00 Noon  $4.00*
Caryl Community Center, Cafeteria
Come celebrate Valentine’s Day with sweets and treats with your COA friends!!  RSVP by Feb 4.

**MOVEABLE FEAST** (Formerly Community Lunch)
*Tuesday, February 16th, 12:00 Noon, Dover Church*
Come have a delicious meal hosted by volunteers from local churches. Bring a friend!
RSVP by Feb 11.

**CIRCLE OF FRIENDS LUNCH**
*Tuesday, February 23, 12:00 Noon, Grace Church*
Please join us for a homemade lunch and conversation with friends.  RSVP by February 17.

**VETERANS BENEFITS & SERVICES**
*Tuesday, February 2, 10:00am*
Caryl Community Center, Room 108
Join the Department of Veterans Services to learn about benefits (including medical, financial, memorial, housing, transportation, tax and more) as well as other programs and services available to MA Veterans and their families.  Light refreshments served.  Please RSVP to COA.

**KNITTING WITH BEADS**
Learn how to knit with beads - hats, scarves and more!  See page 2 for details

**NEW MEDITATION CLASS!!**
*Mondays, 10:40am*
See Page 6 for more information

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See Page 6 for more information

**IMPORTANCE CHANGES!!**
Blood Pressure and Tea will move to 3rd Friday of the month at 10:45AM and 11:30AM.

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**LIFETIME LEARNING SPRING CLASSES:**

**METROPOLITAN OPERA HD SERIES**
*Tuesdays, March 1, 15, 29, April 12*
10-11:30am - Caryl Community Center, Room 108
"Welcome to Opera", is an opportunity to explore opera in depth before the live transmission from the Metropolitan Opera to select movie theaters. Our instructor will be Erika Reitshamer, a life-long opera lover, who has lectured and was active in the formation of the Boston Lyric Opera Company. To register, please call the COA or look on the Friends website at www.coafriends.org.

**PHILOSOPHY WITH MAUD CHAPLIN**
*Thursdays, starts March 31st, 10:30am*
Library Community Room
Description of this class and other Spring classes will be in the Lifetime Learning brochure. Pick one up at the COA, Library or online at www.coafriends.org

**SPECIAL TOWN MEETING—Monday Feb 8**
Mudge Auditorium, Dover Sherborn HS at 7:00pm
See page 8 for info or Town Website: doverma.org

**REPRESENTATIVE REPORT**
*Thursday, February 4th; 7:00-8:30pm*
Dover Town House
Join State Rep Denise Garlick as she presents the 2015 Year in Review and 2016 Year in Preview to the Dover community. Discussion of issues will follow.

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**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.

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**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
“IN THE RED TEA” & LIGHT LUNCH
Friday, February 19, 11:30am, New Time
Caryl Community Center, Room 108

BLOOD PRESSURE-
With the Walpole VNA
Friday February 19, 10:45am - New Time
Caryl Community Center, Room 108

BLUE MOON BAGELS AND BREADS
Thursdays, February 11 & 18
Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am

CRAFTS - Card Making with Beth
Theme - “Penguins”
Monday, February 8, 10:00am
Caryl Community Center, Room 116

FOOT DOCTOR
Thursday, March 24th, 9:00am -11:00am
Caryl Community Center, Room 116
Cost is $30.00. Call the COA for appointments. Home visits are also available with Podiatrist Dr. John.

FITNESS

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.

MAH JONGG
Thursdays at 1:00pm
Caryl Community Center, Room 108
All levels welcome!!

MOVIE MATINEES - “The Intern”
starring Robert DeNiro and Anne Hathaway
Friday, February 12, 1:00pm, Dover Church, Kraft Hall
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

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.

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

UKULELE CLASS RETURNS
Wednesdays, 12:30 - 1:30PM
Caryl Community Center, Room 108
Due to popular demand, the Fun with Ukulele Life-time Learning Class sponsored by the Friends of the Dover COA will start again on January 20. Classes will be held on Wednesdays through March 30 with instructor Daniel Metraux from 12:30 to 1:30PM. Daniel will teach basic chords and strumming to accompany all kinds of songs from old favorites to modern. You don’t have to be a musician to join; Daniel teaches everyone! Bring your Ukulele or rent one at Needham Music with option to buy at a later date. Cost is $35 payable to Friends of the COA for the series of classes. Call the COA to sign up!
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 THE COA TO BUY JFK TICKETS
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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1</td>
<td>9:30am Yoga – Caryl, Room 215</td>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>11:30am Chi Gong - Caryl, Cafeteria</td>
<td>10:00am Zumba Gold Caryl Gym</td>
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<td>10:40am Meditation Caryl Room 215</td>
<td>10:00am Veterans Benefits &amp; Services - Caryl, Room 108</td>
<td>12:30pm LL-Ukulele - Caryl, Room 108</td>
<td>1:00pm - Mah Jongg-Caryl, Room 108</td>
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<td>12:30pm Knitting - Caryl, Room 108</td>
<td>5:30pm Chi Gong-Caryl, Cafeteria</td>
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<td>2</td>
<td>9:00am Strength &amp; Stability-Caryl, Room 215</td>
<td>9:30am Yoga- Caryl, Room 215</td>
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<td>11</td>
<td>10:00am - Blue Moon Donations</td>
<td>11:30am Strength &amp; Stability-Caryl, Rm 215</td>
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<td>10:00am - Zumba Gold Caryl Gym</td>
<td>1:00pm - Movies - Dover Church, Kraft Hall</td>
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<td>15</td>
<td>HOLIDAY</td>
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Library CR - Community Room Caryl - Caryl Community Ctr. Room 116 - COA office at Caryl Room 108 - Caryl Community Ctr. LL = Lifetime Learning
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.

Meditation - New!!
Mondays, 10:40am, Caryl Community Center, Room 215 $2.00/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 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
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!!

Can I Still Change My Medicare Plan?
The Medicare Open Enrollment period ended on December 7, but you may still be able to change during 2016.

Newly Available: 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 Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. 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.

Questions? Call the COA and make an appointment with SHINE Counselor Renee Rubin.
ON THE LIGHT SIDE - HAPPY VALENTINES DAY!!

NEXT TIME YOU DECIDE TO SEND A VALENTINE'S E-MAIL...DON'T PRESS 'SEND ALL' BY MISTAKE!

“You always complain that I don't know how to show my emotions, so I made these signs.”

 Sometimes it's difficult to get their feelings to the surface.

© Randy Glasbergen / Glasbergen.com

COA BOARD MEMBERS
Betty Hagan - Chairperson
Maureen Dilg - Secretary
Cara Groman
Camille Johnston
Gilbert Thisse
Joanne Connolly

FEBRUARY BOARD MEETING
TBA
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
SPECIAL TOWN MEETING
Monday, February 8th at 7PM
Mudge Auditorium, Dover Sherborn HS
Please attend this Important Meeting to discuss and vote on whether or not to amend the Minuteman Regional Vocational High School agreement and to vote on whether or not Town of Dover should withdraw from the District. For more info, see Town Website—www.doverma.org.

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 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.