COA LUNCHEON - BINGO
Tuesday, January 12th, 12:00 Noon $4.00
Caryl Community Center, Cafeteria RSVP by Jan. 7th
Join us for lunch and Bring your unwanted gifts!!!

MEET WITH REP DENISE GARLICK
Thursday, January 15th, 10:00 am
Caryl Community Center, Room 108
Join State Representative Denise Garlick, Chair of the Joint Committee on Elder Affairs, for a Community Conversation about senior issues. Come share your needs and concerns and learn about resources. All are invited. Please RSVP to COA.

COMMUNITY LUNCH PROGRAM
Tuesday, January 19th, 12 Noon - Most Precious Blood
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by January 10th.

CIRCLE OF FRIENDS LUNCH
Tuesday, January 26th, 12:00 Noon, Grace Church
Please join us for a homemade lunch and conversation with friends. RSVP by January 21st.

CHI GONG & BOOK CLUB MOVED
As the Library is under renovation, the Monday 5:30 PM Chi Gong class and the Thursday 1 pm Pageturners Book Club have moved to Caryl Community Center for January and February. Please check pages 2 and 6 for more information.

SPECIAL KNITTING CLASS IN JANUARY
See Page 2 for details.

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

Effective January 2, 2016, Town Hall will be closing at 1 PM on Fridays, including COA.

NO SENIOR BUS SERVICE IN JANUARY
Service is suspended until a new driver is hired. JFK Transportation Tickets are available.
Please see page 3 for more information.

TRAVELS WITH THE COA
More than 50 seniors from Dover and Sherborn started their holidays early as they travelled to New York City to see the holiday magic at the NY Botanical Gardens and Radio City Music Hall. The first overnight trip, which also included a stop at the 9-11 Memorial, included a combination of free time and planned City sights. The Friends of the Dover COA and the Friends of the Sherborn COA underwrote the cost of the luxury coach bus so the cost of the trip was affordable and the ride to the Big Apple was comfortable!
Thank you Friends!!
We are looking for ideas for 2016—both locally and day trips in New England—if you are a traveler, a former travel agent, or have good ideas on where to venture off this winter/spring/summer, please plan to attend the upcoming Travel Committee meeting on Wednesday, January 6th at 11 am in Room 204A in Sherborn Town Hall. For more information on the meeting or if you cannot make the meeting, but have ideas, please call the COA at 508-315-5734.

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.

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.
AFTERNOON TEA
“A NEW LEAF TEA” & LIGHT LUNCH
Friday, January 15th, 11:30am  New Time
Caryl Community Center, Room 108

BLOOD PRESSURE-With the Walpole VNA
Friday January 15th, 10:45am - New Time
Caryl Community Center, Room 108

BLUE MOON BAGELS AND BREADS
Thursdays, January 14th & 28th
Caryl Community Center, Room 116
Donated baked goods available for pick up after 10:00am

CRAFTS - Card Making with Beth
Theme - “Penguins”
Monday, January 11th, 10:00am
Caryl Community Center, Room 116

FOOT DOCTOR
Thursday, January 21st, 9:00am -11:00am
Caryl Community Center, Room 116
Cost is $30.00. Call the COA for appointments. Home visits available with Podiatrist Dr. John.

KNITTING - WARM UP YOUR WINTER
Mondays at 12:30PM
Caryl Community Center, Room 108
Warm Up Your Winter! Join us for a 3 week Instructional class and learn to make an infinity scarf to snuggle in during February. You will need a 16” circular needle, size 8, 9, or 10. Yarn and pattern and support will be provided. You are welcome to stop in and select yarn before class starts. Hope you can join us!

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

MOVIE MATINEES - “The Help”
Friday, January 8th, 1:00pm, Dover Church, Kraft Hall
Movie Matinees are held the second Friday of the month. Popcorn, coffee and dessert provided.

SENIOR COFFEE HOUR
Friday, January 29th, 8:00am
Caryl Community Center, Room 108
Please join us for coffee and conversation.

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

PAGETURNERS BOOK CLUB
Thursday, January 14, 1:00pm
Caryl Community Ctr., Room 108
Book “The Girl on the Train” by Paula Hawkins

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.

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.

UKULELE CLASS RETURNS
Wednesdays, 12:30 - 1:30PM
Caryl Community Center, Room 108
Due to popular demand, the Fun with Ukulele Lifetime 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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</thead>
<tbody>
<tr>
<td>Library CR - Community Room</td>
<td>Caryl - Caryl Community Ctr.</td>
<td>Room 116 - COA office at Caryl</td>
<td>Room 108 - Caryl Community Ctr.</td>
<td>LL = Lifetime Learning</td>
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<tr>
<td>9:30am - Yoga - Caryl, Room 215</td>
<td>9:00am Strength &amp; Stability - Caryl, Room 215</td>
<td>9:30am Yoga - Caryl, Room 215</td>
<td>1:00pm - Mah Jongg - Caryl, Room 108</td>
<td>10:00am - Zumba Gold - Caryl Gym</td>
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<td>12:30pm Knitting - Caryl, Room 108</td>
<td>11:00am - Travel Committee - Sherborn</td>
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<td>1:00pm - Mah Jongg - Caryl, Room 108</td>
<td>1:00pm - Movies, Dover Church, Kraft Hall</td>
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<tr>
<td>5:30pm Chi Gong - Caryl Cafeteria</td>
<td>-11:30am Chi Gong - Caryl, Room 215</td>
<td>5:30pm Chi Gong - Caryl Cafeteria</td>
<td>No Strength &amp; Stability</td>
<td>Town Offices close At 1:00pm</td>
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<td>10:00am - Zumba Gold - Caryl Gym</td>
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<td>10:00am - Crafts/Cards - Caryl, Room 116</td>
<td>11:00am - Travel Committee - Sherborn</td>
<td>11:30am Chi Gong - Caryl, Room 108</td>
<td>11:30am Strength &amp; Stability - Caryl, Rm 215</td>
<td>10:45am - B/P Clinic - Caryl Room 108</td>
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<td>12:00pm - COA Luncheon - BINGO - Caryl Cafeteria</td>
<td>12:30pm Chi Gong - Caryl, Room 108</td>
<td>1:00pm - Mah Jongg - Caryl, Room 116</td>
<td>11:30pm - Tea - Caryl, Rm 108</td>
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<tr>
<td>5:30pm Chi Gong - Caryl Cafeteria</td>
<td>1:00pm - Book Club - Caryl, Room 108</td>
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<td>Town Offices close At 1:00pm</td>
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<td>HOLIDAY</td>
<td>9:00am Strength &amp; Stability - Caryl, Room 215</td>
<td>11:30am Chi Gong - Caryl, Cafeteria</td>
<td>11:30am Strength &amp; Stability - Caryl, Rm 215</td>
<td>10:00am - Zumba Gold - Caryl Gym</td>
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<td>12:00pm - Community Luncheon - Most Precious Blood Church</td>
<td>12:30pm LL-Ukulele - Caryl, Room 108</td>
<td>1:00pm - Mah Jongg - Caryl, Room 108</td>
<td>Town Offices close At 1:00pm</td>
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<td>10:00am - Blue Moon Donations</td>
<td>8:00am - Senior Coffee - Caryl, Room 108</td>
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<td>12:30pm Knitting - Caryl, Room 108</td>
<td>12:00noon - Circle of Friends Luncheon - Grace Church</td>
<td>11:30pm Strength &amp; Stability - Caryl, Rm 215</td>
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BE FIT AND AGE WELL AT THE COA

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  (No Class on January 20th & 27th)
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.

STRENGTH & STABILITY  (No Class on January 7th)
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!!

SCAM ALERT!!
We have received notice that the MA Department of Public Utilities (DPU) is warning customers/consumers about a phony “solar developer” scam.

The caller will appear to be from the MA DPU main telephone number (617-305-3500) on caller ID systems. The caller may inform you that you owe money to the DPU (or other entity): this is also a phone scam. You are advised not to provide the caller with any personal information and immediately hang-up.
ON THE LIGHT SIDE

- If 2015 was a person, I'd sue him for pain and suffering and lost wages.
- Dear God, my prayer for 2015 is a FAT bank account and a THIN body. Please don't mix it up like you did this year.
- There have been many times in 2015, when I have annoyed you, disturbed you, irritated you, and bugged the hell out of you....today I just wanna tell you I plan to continue in 2016!
- Dear Luck, .....can we be friends in 2016 Please?

LONG RANGE PLANNING COMMITTEE NOTICE

Dover is moving toward certification as a Massachusetts Green Community. This will allow us to receive substantial grants from the state for energy-saving projects.
To read more, go to the town website and scroll down to the section “Dover is Considering Designation as a Green Community” and follow the link.
There will be upcoming meetings posted on the website. If you have questions, please plan on attending.

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

JANUARY 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
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.