JANUARY LUNCHEON
Tuesday, January 14th—12:00 Noon—Caryl $4.00
Senior Housing Options and the VA Attendance Program.
Presenter: Michael Wilsker of Always Best Care Senior Services. There are many senior housing options near Dover. Do you understand the different types? Join us as he reviews housing levels and services. Info on VA benefits will also be discussed.
RSVP BY: Jan. 3rd

CIRCLE OF FRIENDS LUNCH
Tuesday, January 28th 1:00 PM—Grace Church
RSVP BY: January 22nd

Do you need help shoveling snow from walkways or digging out your mailbox? National Honor Society students at DSHS have volunteered to help seniors this Winter. Please call Nancy Simms at the COA at 508-315-5734 and sign up for assistance from these students.

A MATTER OF BALANCE
FALL PREVENTION AND AWARENESS
Wednesdays, January 29th—March 12 ~ 10-12 noon at Caryl Community Center

Are you concerned about your balance? Do you stay indoors because you have a fear of falling? Does this fear prevent you from doing what you enjoy most? If you answered yes to any of these questions or would like to learn how to cope with balance issues and the fear of falling, than this is a class for you! Underwritten by a grant from the MetroWest Health Foundation, Dover COA is proud to offer a Stanford University Evidence Based Program called A MATTER OF BALANCE. Taught by Physical Therapists, Patty Osten and Cheryl Abelow, this six week program is fun and informative and will teach techniques to cope with the aging process. During this course, there will be opportunities to learn fall prevention techniques, what to do when you fall, have your medications reviewed by student pharmacists (to see how they interact with each other) and healthy snacks will be available each week.

A suggested donation of $10 for this program includes booklet, six classes and snacks. Space is limited so you MUST sign up in advance.

Call the COA at 508 315-5734 to sign up

SWEETHEART: $100+

Friends of the Dover COA
Enhancing the Well Being of Dover Seniors
The Friends of the Dover COA invites you to renew your membership as we work toward securing additional programs and services for our community.
By JOINING THE FRIENDS, you can be part of an exciting group of people who work to augment the events, lectures, social gatherings, educational opportunities, and van service offered here in town. We will also support a new space for seniors, a place to gather, talk, eat, learn, exercise, create art, and meet new people.
Dover residents, family, friends and neighbors — join now. Make checks payable to The Friends of the Dover COA, and mail to: Friends of the Dover COA, Box 130, Dover, MA 02030. Or visit our website to join: www.coafriends.org.
Membership Levels: Basic: $20.00 Patron: $50.00 Sweetheart: $100.00 $100+

SAVE THE DATES
THE BIG BINGO BONANZA COMING IN FEBRUARY
LIFE TIME LEARNING WILL BE BACK IN THE SPRING
COUNCIL ON AGING BOARD MEETING  
Tuesday, January 7th, 10:00AM  Caryl, Room 116

PAGETURNERS BOOK CLUB -  
Thursday January 9th  1:00PM – Dover Library

FOOT DOCTOR CLINIC  (By Appointment - $35.00)  
Date: February Date TBA 9:00 – 11:00AM  
Appointments are required and a check payable to Dr. William Cooper in the amount of $35 is due at the time of appointment. COA - 508-315-5734  
Future Dates: TBA

SHINE COUNSELOR  
If you need to speak with a SHINE counselor, please contact the COA. SHINE can help you with Medicare/Insurance questions.

BLOOD PRESSURE CLINIC - WALPOLE VNA  
Friday, January 24th  Caryl Blue Room -1:00PM

AFTERNOON TEA - “Happiness is…….”  
Friday January 24th  
Caryl Blue Room-1:30PM

SENIOR COFFEE HOUR  
Friday, January 31st (FIFTH FRIDAY)  
8:00AM - Caryl Blue Room  
Please come and enjoy coffee and Conversation.

U.F.O. (UNFINISHED OBJECTS)  
January 6th  10:00AM-Caryl, COA Rm 116  
Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.

CRAFTS CLASS  
January 13th & 27th  10:00AM-Caryl, COA Rm 116  
Come and learn something new! The cost is minimal and there are tasty treats and great conversation.

BOCCE BALL—(WILL RETURN IN THE SPRING)

BRIDGE—DROP-IN BRIDGE  
If you are interested in getting together for a bridge game, please give us a call.

LEARN TO PLAY MAH JONGG –  
Please join us for Mah Jongg—any level welcome  
1:00PM Thursday afternoons—Caryl Blue Rm.

KNITTING -
**DOVER SENIOR TRANSPORTATION SERVICE**

If you need a medical or other local ride, give it a try. Better than a taxi at the fraction of the cost.

**COST OF LOCAL RIDES EACH WAY:**
- $30.00 for a 10 “punch” ticket provides trip to:
  - Needham, Dedham Medical, Natick, Medfield & Wellesley 2 punches each way (equaling $6.00 each way).
  - Framingham, Holliston, Newton-Wellesley Hospital 3 punches each way (equaling $9.00 each way).
  - Sudbury & Waltham 4 punches each way (equaling $12.00 each way).
  - Within Dover 1 punch each way ($3.00 ea way)

**COST OF MEDICAL RIDES TO BOSTON:**
- $20.00 one way  (Does not include Tips)
- $40.00 round trip
- You can purchase the tickets at the COA.
- Once you have purchased your ticket, call JFK and give them the information. (you must give a 48 hr. notice for Boston)
- Hours of service: 7:00am to 5:00pm Monday through Friday
- If you have any questions, please call us at (508) 785-0032 ext 246.

**NOTE:** THESE RATES DO NOT INCLUDE TIPS.

---

**FUN & FITNESS**

**YOGA FOR WELLNESS** - (For All Ages)

CARYL COMMUNITY CENTER - 2ND FLOOR
Mondays & Wednesdays 9:30AM – 10:30AM
60+ - $3.00  Under 60 $5.00

Come join the Dover COA community as we move for wellness. Yoga has long been established as a viable way to improve health and vitality, strength and balance. De-stress, breathe, and move toward a healthier, happier you.

Please wear comfortable clothing.

---

**EXERCISE CLASS**

**Tuesday & Thursday 9:30AM $3.00**

Upper Town Hall

Come and join our exercise class! Men and women are welcome to attend. Wear comfortable clothing and bring water.

---

**ZUMBA GOLD CLASS**

The COA in collaboration with Parks & Recreation are sponsoring a Zumba Gold Class. The Class will be held on Fridays from 10:00-10:45AM. Classes held in the Caryl Gym.

$3.00/session

---

**CHI GONG - ALL WELCOME…**

**Mondays 5:30PM– Caryl Blue Room**

**Wednesdays 1:00PM- Caryl Blue Room.**

Come join us and bring a friend!!

$3.00

---

**MWRTA SHUTTLE BUS TO BOSTON MEDICAL CENTERS**

The MetroWest Regional Transit Authority on Tuesdays and Thursdays provides a shuttle bus to the following Boston medical centers: VA West Roxbury, VA Boston, NE Baptist, Beth Israel, Joslin Clinic, Dana Farber, New England Deaconess and Brigham and Women’s. The cost of the bus is $2.00 each way. The Shuttle will stop to pick up registered riders both on inbound and outbound trips. The shuttle can be boarded at the MWRTA facilities on Route 135 in Framingham (just over the Natick line) or Park & Ride is available at Natick VFW Post 1274, 113 W. Central St. You must be pre-registered in order to use the shuttle. Please call the MWRTA at 508-820-4650 for further information or visit

www.mwrtacom
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DOVER COA-JANUARY 2014</strong></td>
<td><strong>REMEMBER IF SCHOOL IS CANCELLED ALL ACTIVITIES ARE CANCELLED</strong></td>
<td><strong>GC — Grace Church</strong></td>
<td><strong>UTH — Upper Town Hall</strong></td>
<td><strong>Caryl—— Caryl Community Ctr. Rm 108</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>1</strong></th>
<th><strong>2</strong></th>
<th><strong>3</strong></th>
<th><strong>6</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9:30AM- Yoga— Caryl 2nd floor</td>
<td>9:30AM - Exercise — UTH</td>
<td>9:30AM - Yoga- Caryl 2nd floor</td>
<td>9:30AM - Yoga — Caryl 2nd floor</td>
</tr>
<tr>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong- Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong- Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong- Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong- Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>7</strong></th>
<th><strong>8</strong></th>
<th><strong>9</strong></th>
<th><strong>10</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9:30AM - Exercise — UTH</td>
<td>9:30AM - Yoga— Caryl 2nd floor</td>
<td>9:30AM - Exercise — UTH</td>
<td>9:30AM - Yoga — Caryl 2nd floor</td>
</tr>
<tr>
<td></td>
<td>10:00— COA Board Meeting— Rm 116</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong — Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong — Caryl Blue Room</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>11</strong></th>
<th><strong>12</strong></th>
<th><strong>13</strong></th>
<th><strong>14</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:30AM - Yoga— Caryl 2nd floor</td>
<td>9:30AM - Exercise — UTH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10AM— Crafts— Caryl, Room 116</td>
<td>10:00— COA Board Meeting— Rm 116</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM— Knitting— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5:30PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong — Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5:30PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong — Caryl Blue Room</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>15</strong></th>
<th><strong>16</strong></th>
<th><strong>17</strong></th>
<th><strong>18</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:30AM - Yoga— Caryl 2nd floor</td>
<td>9:30AM - Yoga — Caryl 2nd floor</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10:00—— COA Board Meeting— Rm 116</td>
<td>9:30AM - Exercise — UTH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>19</strong></th>
<th><strong>20</strong></th>
<th><strong>21</strong></th>
<th><strong>22</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:30AM - Yoga — Caryl 2nd floor</td>
<td>9:30AM - Yoga — Caryl 2nd floor</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>23</strong></th>
<th><strong>24</strong></th>
<th><strong>25</strong></th>
<th><strong>26</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:30AM - Exercise — UTH</td>
<td>9:30AM - Yoga — Caryl 2nd floor</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>27</strong></th>
<th><strong>28</strong></th>
<th><strong>29</strong></th>
<th><strong>30</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:30AM- Yoga— Caryl 2nd floor</td>
<td>9:30AM - Yoga — Caryl 2nd floor</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Circle of Friends— Grace Church</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>31</strong></th>
<th><strong>32</strong></th>
<th><strong>33</strong></th>
<th><strong>34</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:30AM - Exercise — UTH</td>
<td>9:30AM - Yoga — Caryl 2nd floor</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
<td>1:00PM Chi Gong— Caryl Blue Room</td>
</tr>
</tbody>
</table>

**NOTE:** If school is cancelled all activities are cancelled.
Housework can't kill you, but why take a chance?

Cleaning your house while your kids are still growing up is like shoveling the walk before it stops snowing.

A smile is a curve that sets everything straight.

The reason women don't play football is because 11 of them would never wear the same outfit in public.

Best way to get rid of kitchen odors: Eat out.

A bachelor is a guy who never made the same mistake once.

Never go to bed mad. Stay up and fight.

I want my children to have all the things I couldn't afford. Then I want to move in with them.

Most children threaten at times to run away from home. This is the only thing that keeps some parents going.

My recipe for dealing with anger and frustration: set the kitchen timer for twenty minutes, cry, rant, and rave, and at the sound of the bell, simmer down and go about business as usual.

Aim high, and you won't shoot your foot off.

Any time three New Yorkers get into a cab without an argument, a bank has just been robbed.

We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve telling them to sit down and shut up.

Burt Reynolds once asked me out. I was in his room.

If it weren't for baseball, many kids wouldn't know what a millionaire looked like.

You know you're old if your walker has an airbag.

I'm eighteen years behind in my ironing.

What I don't like about office Christmas parties is looking for a job the next day.

The only time I ever enjoyed ironing was the day I accidentally got gin in the steam iron.

Whatever you may look like, marry a man your own age - as your beauty fades, so will his eyesight.

I've been asked to say a couple of words about my husband, Fang. How about
ON THE LIGHT SIDE

(PHYLLIS DILLER CONTINUED)

Old age is when the liver spots show through your gloves.

My photographs don't do me justice - they just look like me.

There's so little money in my bank account, my scenic checks show a ghetto.

I admit, I have a tremendous sex drive. My boyfriend lives forty miles away.

My cooking is so bad my kids thought Thanksgiving was to commemorate Pearl Harbor.

My mother-in-law had a pain beneath her left breast. Turned out to be a trick knee.

Tranquilizers work only if you follow the advice on the bottle - keep away from children.

I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'

The reason the pro tells you to keep your head down is so you can't see him laughing.

You know you're old if they have discontinued your blood type.

It's a good thing that beauty is only skin deep, or I'd be rotten to the core.

ONE LINERS!!!!

1. I have all the money I’ll ever need – if I die by 4:00 p.m. today.
2. Only in America… do banks leave both doors open and then chain the pens to the counters.
3. Light travels faster than sound. This is why some people appear bright until you hear them speak.
4. Why do Americans choose from just two people to run for president and 50 for Miss America?
5. Campers: Nature’s way of feeding mosquitoes
6. A bank is a place that will lend you money, if you can prove that you don’t need it.
7. If you think nobody cares if you’re alive, try missing a couple of payments.
8. He who smiles in a crisis has found someone to blame.
9. If your dog is barking at the back door and your wife is yelling at the front door, who do you let in first? The dog, of course. He’ll shut up once you let him in.
NOTICE
DSHS Headmaster John Smith would like senior volunteers to staff the greeter table at the High School during school hours.
To learn more about this inter-generational volunteer opportunity, please contact the COA Volunteer Coordinator Nancy Simms at coavolunteer@doverma.org or call our office 508-315-5734

OFFICE HOURS –
Monday – Friday 9:00AM – 4:30PM
Email: coa@doverma.org
508-315-5734
See the COA Town Website
www.doverma.org
Select Council on Aging

IF YOU ARE INTERESTED IN FINDING OUT WHAT THE FRIENDS OF THE COA DO, PLEASE VISIT US ON OUR WEBSITE www.coafriends.org

FRIENDS OF THE DOVER COA
Remember a Loved One or Honor a Friend with a Memorial Gift

Enclosed is my donation of $________ in memory/honor 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