COA THANKSGIVING LUNCHEON  
**Tuesday, November 15, 12:00 Noon   $5.00**  
**Dover Church, Kraft Hall**  
Please join us for turkey and all the fixins!  
RSVP by November 9

MOVEABLE FEAST  
No Moveable feast lunch in November

CIRCLE OF FRIENDS LUNCH  
**Tuesday, November 22, 12:00 Noon, Grace Church**  
Please join us for a homemade lunch and conversation with friends.  
RSVP November 17.

BROWN BAG LUNCH  
**Tuesday, November 29th, 12:00 Noon**  
**Caryl Community Center, Room 108**  
It’s the 5th Tuesday of the month, so come join us with your brown bag lunch! Drinks and dessert provided.  
RSVP by November 23.

MOVIE & LUNCH AT THE DOVER CHURCH  
**Friday, November 4th**  
See page 2 for information

NEED A RIDE TO ABOVE LUNCHES?  
If you need a ride to any of the lunches listed above, please call the COA and we will arrange a ride.

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**NATIONAL & TOWN ELECTION**  
**Tuesday, November 8th, Upper Town Hall, 6am-8pm**  
In addition to the National Election there is a special Town election for the Selectman’s office.  
*If you need a ride to vote, please contact us ahead so we can make arrangements.*

**TRAVEL WITH THE COA**  
**Glass Flowers Exhibit at Harvard Museum of Natural History** - **Monday, November 14th; Cost: $15**  
Travel to Boston to view the newly renovated exhibit of the Ware Collection of The Blaschka Glass Models of Plants, known as the Glass Flowers. The life-size models were made from 1887-1936 by father and son glass artists and comprise over 4,000 individual glass models.  
Join us to see this unique collection! Cost includes ticket and transportation. Lunch on your own.  
*Transportation subsidized by Friends of the COA*

**Festival of Trees - And Lunch at the Wellesley Club**  
**Tuesday, December 6th  Time 10:30am**  
Get in the Holiday Spirit by viewing the creative ways folks decorate holiday trees. A recent addition is the Snow Village, an enchanting display of miniature houses and lights. Cost $5.00 for Festival of the Trees. Buffet lunch at the Wellesley Club follows tour.  
Transportation and lunch on your own.

**Lunch trips on November 9 & December 12**  
See Page 3 for details

**CHAIR YOGA - NEW CLASS!!**  
The new Chair Yoga Class meets on Mondays at St. Dunstan’s Church. Come join us!  
See Page 6 for more information

**SILK PAINTING CLASS**  
**Caryl Community Center Room 108**  
**Morning class Monday, November 28 at 10:00am and November 30**  
**Afternoon class Monday, November 28 at 1:00pm and November 30**  
See page 3 for more information

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**RSVP**  
for all COA events at [www.doverma.org](http://www.doverma.org)  
Click on Council on Aging in the “Dover’s Quick Links” section or call 508-315-5734.
PROGRAMS & SERVICES

**AFTERNOON TEA** - “Best Turkey Ever Tea”  
Friday, November 18, 11:30am  
Fireside Room, Town Hall

**BLOOD PRESSURE** - With the Walpole VNA  
Friday, November 18, 10:45am  
Starting this month the VNA will also do a blood sugar check. Know your numbers!  
Fireside Room, Town Hall

**BLUE MOON BAGELS AND BREADS**  
Thursdays, November 10  
Town Hall, Fireside Room  
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  
Theme - Celebrating Fowl  
Monday, November 7, 10:00am  
Lower Town Hall Conference Room

**FOOT DOCTOR**  
Thursday, November 17, 9:00am -11:00am  
Upper Town Hall - Great Hall  
Cost is $30.00. Call for appointments. Home visits also available for $50 with Podiatrist Dr. John.

**KNITTING**  
Mondays at 12:30pm  
Lower Conference Room - Town Hall  
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 IS BACK** - All levels welcome!!  
Thursdays at 1:00pm  
Caryl Community Center Room 108  
Please join us!!

**MOVIE MATINEE** - “Mr. Smith Goes to Washington”  
Friday, November 4, Kraft Hall, Dover Church  
Join us for lunch at 12:00noon then the movie. Popcorn, Coffee and dessert at 1:00.  
RSVP Beth@thedoverchurch - 508-785-0957

**SENIOR COFFEE HOUR**  
Friday, November 25, 8:00am  
Fireside Room at Town Hall  
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, November 10, 2:00pm  
Dover Town Library  
Book: “Life After Life” By Kate Atkinson

**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.

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**Medicare**

*Don’t Wait Until It’s Too Late!*  
Medicare’s Open Enrollment Period  
October 15 – December 7  
Medicare plans change every year!  
This is the time to decide on your coverage for 2017.  
**SHINE Can Help!**  
SHINE counselors provide free Medicare counseling.  
**Call your senior center now for a SHINE appointment between October 15 and December 7!**  
For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.  
For SHINE related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.
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.

COME TO LUNCH WITH THE COA!!

Travel to Sturbridge on Wednesday, November 9 for a delicious luncheon at the Publick House founded in 1771. Explore the Old Fashioned Bake Shoppe and Gifts and enjoy the Yankee hospitality. Bring money for your lunch. Transportation funded by the Friends of the Dover COA.

Travel to Attleboro Join us for a delicious holiday luncheon at Colonel Blackinton Inn in Attleboro on Monday, December 12. Enjoy the historic colonial charm of this circa 1850 Inn situated on the bank of the Bungay River. Transportation funded by the Friends of the Dover COA.

To sign up for the lunches, please call the COA at 508-315-5734 and reserve your spot. Space is limited, so call soon!

SILK PAINTING CLASS
Caryl Community Center, Room 108

Morning class at 10:00am Monday, November 28 and Wednesday November 30
Afternoon class at 1:00pm Monday, November 28 and Wednesday November 30

Cost: $5.00/scarf

Call soon as space is limited.

Join instructor Connie Dewyer as she teaches how to tap into your inner artist and paint unique designs on silk scarves. No painting experience is necessary. On Monday, the silks will be painted and left to dry, then on Wednesday, the process is completed to bring out the design. All materials are provided. Come create something special!

Please RSVP to the COA as space is limited.

Thank you to Friends of Dover COA for generously funding this class.
### DOVER COA NOVEMBER 2016

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| 9:00am Strength & Stability- Caryl Rm 215  
10:00am COA Board Meeting - TBA | 10:00am Yoga-St. Dunstan’s Church  
11:00am - Meditation-St. Dunstan’s Church  
11:30am Chi Gong Upper Town Hall  
12:30pm-LL Ukulele Caryl Room-2nd floor | 10:00am-LL Pastel Painting -Studio  
10:30am -LL- History Caryl Room, 2nd Floor  
10:30AM-LL-Tales - Library Comm. Room  
11:30am Strength & Stability-Caryl Rm 215  
1:00pm - Mah Jongg Caryl, Room 108 | 10:00am - Zumba Gold  
Caryl Gym  
12pm-Lunch & Movie at Dover Church |
| 5:30pm Chi Gong - Library | 9:00am Strength & Stability-Caryl Rm 215  
12:00pm - COA Board Meeting - TBA | 10:00am Yoga-St. Dunstan’s Church  
11:00am - Meditation-St. Dunstan’s Church  
11:30am Chi Gong Upper Town Hall  
12:30pm-LL Ukulele Caryl Room-2nd floor Lunch Trip-Sturbridge | 9:00am Foot Doctor - Upper Town Hall  
11:30am Strength & Stability-Caryl Rm 215  
1:00pm - Mah Jongg Caryl Room 108  
2:00pm-Book Club-Library |
| 7      | 8       | 9         | 10       | 11     |
| 10:00am -Crafts Lower Conference Rm  
10:30am Chair Yoga St. Dunstan’s Church  
12:30pm Knitting Lower Conference Rm Town Hall  
5:30pm Chi Gong - Library Trip to Glass Flowers | ELECTION DAY DON’T FORGET TO VOTE!!  
9:00am Strength & Stability-Caryl Rm 215 | 10:00am Yoga-St. Dunstan’s Church  
11:00am - Meditation-St. Dunstan’s Church  
11:30am Chi Gong Upper Town Hall  
12:30pm-LL Ukulele Caryl Room-2nd floor | 10am-Blue Moon-Town Hall  
11:30am Strength & Stability-Caryl Rm 215  
1:00pm - Mah Jongg Caryl Room 108  
2:00pm-Book Club-Library |
| 14     | 15      | 16        | 17       | 18     |
| 10:00am -Crafts Lower Conference Rm  
10:30am Chair Yoga St. Dunstan’s Church  
12:30pm Knitting Lower Conference Rm Town Hall  
5:30pm Chi Gong - Library Trip to Glass Flowers | 9:00am Strength & Stability-Caryl Rm 215  
12:00pm COA Thanksgiving Luncheon at The Dover Church | 10:00am Yoga-St. Dunstan’s Church  
11:00am - Meditation-St. Dunstan’s Church  
11:30am Chi Gong Upper Town Hall  
12:30pm-LL Ukulele Caryl Room-2nd floor | 9:00am Foot Doctor - Upper Town Hall  
11:30am Strength & Stability-Caryl Rm 215  
1:00pm - Mah Jongg Caryl Room 108  
2:00pm-Book Club-Library |
| 21     | 22      | 23        | 24       | 25     |
| 10:30am Chair Yoga St. Dunstan’s Church  
12:30pm Knitting Lower Conference Rm Town Hall  
5:30pm Chi Gong Library | 9:00am Strength & Stability-Caryl Rm 215  
12:00pm Circle of Friends Luncheon -Grace Church | 10:00am Yoga-St. Dunstan’s Church  
11:00am - Meditation-St. Dunstan’s Church  
11:30am Chi Gong Upper Town Hall  
12:30pm-LL Ukulele Caryl Room-2nd floor | HAPPY THANKSGIVING |
| 28     | 29      | 30        | 31       | 32     |
| 10:00am-Silk Painting  
10:30am-Chair Yoga-St. Dunstan’s Church  
12:30pm Knitting Lower Conference Rm Town Hall  
1:00pm-Silk Painting  
5:30pm Chi Gong Library | 9:00am Strength & Stability-Caryl Rm 215  
12:00pm Brown Bag Lunch -Caryl, Room 108 | 10:00am-Silk Painting  
10:00am Yoga-St. Dunstan’s Church  
11:00am - Meditation-St. Dunstan’s Church  
11:30am Chi Gong Upper Town Hall  
12:30pm-LL Ukulele Caryl Room-2nd floor  
1:00pm-Silk Painting | 8:00am -Senior Coffee Fireside Rm-Town Hall  
NO ZUMBA GOLD |

### NOTE:

Please check the calendar carefully as some of the COA fitness classes have changed locations for November.
BE FIT AND AGE WELL AT THE COA

CHI GONG
Mondays 5:30pm - Dover Library, Community Room
Wednesdays 11:30am - Great Hall/Upper Town Hall, - $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 - NEW CLASS!!
Mondays, 10:30am - St Dunstan’s Church - $3.00 per class
Instructor: Jessica Foster, RYT
Start your week with gentle stretching and moving and breathing with assistance of a chair. Enjoy the mind-body benefits of traditional yoga. All levels welcome.

YOGA FOR WELLNESS
Wednesdays 10:00am - St Dunstan’s Church - $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.

MEDITATION
Wednesdays, 11:00am - St Dunstan’s Church - $3.00 per 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 Ctr. Rm 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
Fridays, 10:00am-10:45am. $3.00 per class; Caryl Community Center in Gym.
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!
ON THE LIGHT SIDE

Q: What kind of music did the Pilgrims like?
   A: Plymouth Rock
Q: Why don't you let a turkey get near corn?
   A: Because they will gobble, gobble, gobble it.
Q: What did the turkey say to the turkey hunter?
   A: "Quack! Quack! Quack!"
Q: If you call a large turkey a gobbler, what do you call a small one?
   A: Goblet.
Q: What sound does a space turkey make?
   A: Hubble, Hubble, Hubble.
Q: Why did they let the turkey join the band?
   A: Because he had the drumsticks.
Q: Who is not hungry at Thanksgiving?
   A: The turkey because he's already stuffed!
Q: Why do Pilgrims’ pants keep falling down?
   A: Because their belt buckles are on their hats!
Q: What key has legs and can't open doors?
   A: Turkey.
Q: Why did the police arrest the turkey?
   A: They suspected it of fowl play.
Q: If April showers bring May flowers what do May flowers bring?
   A: Pilgrims!

“Being Mortal”

The Dover Church is partnering with Beth Israel Deaconess Needham to air a screening and panel discussion of the PBS Frontline Film “Being Mortal,” which is based on the book, by Atul Gawande, of the same name. This documentary explores what matters most to patients and families experiencing serious illness. Following the screening of the film, a panel discussion will be led by BID-Needham physicians. The physicians will discuss the film and the importance of having meaningful conversations with loved ones about end of life wishes.

We hope you will join us for one of two events, to be held at Kraft Hall at The Dover Church (17 Springdale Avenue, Dover, MA) on Monday, November 7 from 2:00-4:00 pm and Thursday, November 10 from 6:00-8:00 pm. Light snacks will be provided. The event is free and open to all local communities, but registration is required. Please register by phone at 508-785-0957 or email to admin@thedoverchurch.org.

COA BOARD MEMBERS
Betty Hagan - Chairperson
Maureen Dilg - Secretary
Camille Johnston
Gilbert Thisse
Joanne Connolly
Peter DiSanto
Robert Cocks
Geri Wise, Associate Member

NOVEMBER BOARD MEETING
Tuesday, November 1, 10:00am

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

COA OFFICE
Caryl Community Center, Room 116,
4 Springdale Ave., Dover, MA 02030
508-315-5734
CARYL RENOVATION UPDATE

Renovations are still ongoing at the Caryl Community Center. Please check the newsletter calendar for updates on programs to include venue changes and/or cancellations.

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.