HAPPY HOLIDAYS

POLICE BRUNCH  Saturday - December 1st  
10:00AM – 12:30PM—Kraft Hall  
Once again please join the Dover Police Association’s annual brunch at Kraft Hall, Dover Church. They do all the “cookin”!! Call the COA by November 29th if you plan to attend.

LEGION HOLIDAY DINNER  
Sponsored by the Dover Legion  
Sunday, December 9th - 1:00 PM  
Please Join us for a fun afternoon at the Dover Legion  
RSVP By December 5th

THERE IS NO DECEMBER CIRCLE OF FRIENDS LUNCHEON

SPIRITUALITY LUNCHEON—TOPIC TBA  
Rev. Mark McKone-Sweet,  
St. Dunstan’s Episcopal Church  
Tuesday, December 18th -12:00 Noon—Caryl  
RSVP BY ; Dec. 13th

FESTIVAL OF THE TREES  
Put on by Mass. Hort. Society at Elm Bank,  
Friday, Dec 7th, 11:00AM—$25.00/person  
Followed by lunch at the Sherborn Inn  
(Transportation on your own)  
(RSVP by Nov. 30th)

CALLING ALL KNITTERS  
Help victims of Hurricane Sandy by knitting hats, scarves or afghans. The COA will collect warm items to drop off at the Jersey shore from Nov. 1st thru December. Thank you...

WHAT IS A SENIOR CENTER?” By the Senior Needs Assessment Sub-committee Committee  
As the Dover Council on Aging studies the issues of living an independent lifestyle while growing older, it has become apparent that seniors do not understand the new reality of senior centers. Do you picture older people (much older than you, of course) sitting around playing bingo and shuffleboard? Eating bland meals while a television is blaring? It is time to update your vision! Senior centers are not what they used to be. Today’s senior center is a vibrant, action-packed combination of fitness center, volunteering headquarters, transportation hub, dining locale and counseling center.  
(Cont. on Pg 6)  
(Cont. Pg. 4)
COUNCIL ON AGING BOARD MEETING
Tuesday, Dec. 4th 10:00AM Fireside Room

PAGETURNERS BOOK CLUB
Thursday Dec 13th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - $30.00)
Date: Wednesday Jan. 9th 9:00 – 11:00AM
Appointments are required and a check payable to Dr. William Cooper in the amount of $30 is due at the time of appointment. COA - 508 785 0032 Ext. 246
Future Dates: March 6th 2013

SHINE COUNSELOR (See note below)
If you need to speak with a SHINE counselor, please contact the COA at 508-785-0032 ext 246 to schedule an appointment. (Note: Dec. 5th is the last appointment day for Medicare changes)

BLOOD PRESSURE CLINIC - WALPOLE VNA
Friday, Dec., 21st Fireside Room 1:00PM

AFTERNOON TEA - “WINTER SOLSTICE TEA”
Friday, Dec., 21st 1:30PM – FS Room

SENIOR COFFEE HOUR
Friday, Dec., 28th 8:00AM
Fireside Room
Please come and enjoy coffee and conversation.

U.F.O. (UNFINISHED OBJECTS)
Monday, Dec. 3rd, 17th 10:00AM - Fireside Room.
Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.

CRAFTS CLASS
Monday, Dec., 10th 10:00AM – FS $2.00
Come and learn something new! The cost is minimal and there are tasty treats and great conversation after the projects are completed.

BOCCE BALL– OUTDOORS
Bocce will resume in the spring.

BRIDGE—DROP-IN BRIDGE
1st & 3rd Wednesday of the Month – 1:00 -3:30PM Fireside Room

EXERCISE CLASS - (No class on the 25th)
Tuesday & Thursday 9:30AM $3.00
Upper Town Hall
Come and join our exercise class! Men and women are welcome to attend. Bring water.

PAINTING WITH LAVONNE (Holliston Senior Ctr.) Thursdays at 12:30PM-2:30PM.
Classes are $3.00 and held in Holliston. Call the Dover COA for more information.
(Funded by a grant from Foundation of Metrowest)

KNITTING WITH SANDI
Monday Dec. 3rd & 17th -1:00PM-FS Rm
Bring your knitting, questions & ideas for new projects. Beginners or Experienced welcome.

WALKING GROUP
To resume in the spring

CHI GONG (No meeting on Dec. 26th)
Wednesdays 11:30-12:30 Library Meeting Rm.
Donations accepted)

Medicare Open Enrollment
ENDS – December 7
Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It’s important to review your options EVERY year to make sure you have the plan that works best for you.

Some Medicare Part D plans are leaving and some new ones are entering. If you are a member of a drug plan that is leaving, you need to make certain that you have a new drug plan for January 2013.

Call the COA to make an appointment.
508-785-0032 Ext. 246
YOGA FOR WELLNESS - (For All Ages)

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

(No Yoga Week of Christmas—Back Jan 2nd)

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.

TIPS FOR SHOPPING ONLINE

- Coupon and Promotion Codes. Search for coupon and promotion codes to be sure you get all discounts the e-tailer currently offers. To find current codes, perform a search for the e-tailer’s name along with the words ‘promotion code’ or ‘coupon’. After applying the coupon code double check your total price to ensure the discount was applied properly. Also check "Deal of the Day" websites, where retailers offer deep discounts on merchandise and services.
- Payment Methods. The way you pay matters! You get the most protection with a credit card; debit cards are more risky. Virtual wallets such as PayPal are convenient but have disadvantages, too. Single use credit card numbers are another option – ask your credit card provider if they offer this feature.
- Shipping and Handling. Shipping and handling can put a big dent in a shopping budget. Look for sites that offer free or discounted shipping rates. Make sure you understand all conditions placed on free shipping offers and that you’ll get your merchandise in time if you choose that option. The law affords you rights surrounding time-frames for shipping your purchase.
- Return Policies. Understand the e-tailer’s return policy. Do they offer a special, extended return policy for the holiday season? What documentation needs to accompany a return? If you purchase online, and the e-tailer also has a brick and mortar site can you return to the store? Do you need a return authorization number or an “RA” to return an item? Will the e-tailer pay for return shipping of the item or do you have to cover that cost? Will you have to pay a re-stocking fee?
- Problems with the purchase. One of the most common online purchasing problems is products that don’t arrive in time. Even if the company is unable to ship as promised, it must provide you adequate notice promptly and give you a revised delivery date. You must be allowed to agree to the delay or cancel the order and get a refund. If you're not happy about a transaction, you should complain to the retailer using the address or phone number you kept from your transaction receipts. If you don’t receive the merchandise you ordered file a dispute with your credit card company.

DOVER LIBRARY—BOOKS BY MAIL

A free service provided by the Dover Library for residents of all ages who are confined to home for short or long-term medical reasons and hold a valid library card in good standing. You can call the library for more information and get an application. 508-785-8113.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>3 9:30AM- Yoga</td>
<td>4 9:30AM-Exercise UTH</td>
<td>5 9:30AM Yoga-Caryl 2nd</td>
<td>6 9:30AM - Exercise UTH</td>
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<tr>
<td>Caryl 2nd floor</td>
<td>11:00AM- COA Board Meeting</td>
<td>11:30AM Chi Gong Library</td>
<td>12:30PM-Painting-Holliston</td>
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<td>10:00AM UFO-FS</td>
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<td>10 9:30AM- Yoga</td>
<td>11 9:30AM-Exercise UTH</td>
<td>19 9:30AM Yoga-Caryl 2nd</td>
<td>20 9:30AM - Exercise UTH</td>
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<td>Caryl 2nd floor</td>
<td>11:30AM- CRAFTS</td>
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<td>12:30PM-Painting-Holliston</td>
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<td>10:00AM CRAFTS</td>
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<td>17 9:30AM- Yoga</td>
<td>18 9:30AM-Exercise UTH</td>
<td>19 9:30AM Yoga-Caryl 2nd</td>
<td>20 9:30AM - Exercise UTH</td>
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<tr>
<td>Caryl 2nd floor</td>
<td>12:00 Noon Spirituality</td>
<td>12 floor</td>
<td>12:30PM-Painting-Holliston</td>
<td>1:00PM-B/P-FS</td>
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<td>10:00AM UFO-FS</td>
<td>Caryl</td>
<td>11:30AM Chi Gong Library</td>
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<td>1:00PM—Knitting with</td>
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<td>24 TOWN HALL CLOSED</td>
<td>25 CLOSED</td>
<td>26 No Yoga</td>
<td>27 9:30AM - Exercise UTH</td>
<td>28 8:00AM- Sr. Coffee -FS</td>
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<td>No Chi Gong</td>
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<td>31 No Yoga</td>
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<td>CLOSED JAN. 1ST</td>
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Saturday, December 1st, Police Brunch at Kraft Hall 10:00am—12:30pm
Sunday, December 9th, Legion Dinner 1:00pm Legion Hall
TODAYS LIVING

(SENIOR NEEDS ARTICLE CONTINUED FROM PG. 1)

Many senior centers are for anyone aged 50+. Today, nearly 11,000 senior centers serve 1 million older adults aged 50+ every day. Approximately 70% of senior center participants are women with many visiting up to 3 times a week. Research shows that compared with their peers, senior center participants have higher levels of health, social interaction and life satisfaction. Perhaps that is why over 40 Dover seniors have used the Medfield Senior Center this past year. In a survey conducted by the Dover Council on Aging of these residents, an exercise room and an area for coffee and juice, where they can socialize with friends and neighbors, was chosen by the majority of respondents as areas they would utilize within a Dover Senior Center.

Senior centers offer more than card games – everything from trips and special events to fine arts and crafts, music and dance, lifelong learning and fitness and health programs. They are also a great place to get healthy. Health and fitness are where senior centers have really expanded in recent years. In addition to traditional programs like aerobics, Zumba, yoga, Chi Gong and Tai Chi, many senior centers now offer evidence-based health programs that have been scientifically proven to make people healthier. One example is “A Matter of Balance”, a program that gives people practical tips to reduce the fear of falling. Another is the “Chronic Disease Self-Management Program” which helps people with conditions like diabetes, heart disease and arthritis learn how to reduce their symptoms, eat well and communicate with their doctors. Many senior centers also offer regularly scheduled blood pressure and glucose screenings that can replace tedious trips to medical clinics for those simple procedures. One of the vital services offered by senior centers is counseling which allows seniors to live in their homes longer.

If you would like to be added to the Dover Council on Aging’s email list to receive information and updates on “Senior Needs”, please contact us at coa@doverma.org or telephone 508-785-0032 x246.

AWKWARD SANTA QUESTIONS !!!

- Do you think Mrs Santa can come instead of you? I'm so scared of you. Sorry.  
  From Jonas
- Mum says you won't come if I swear. Are you allergic to swearing?  
  Regards, Victor
- When you're finished, could I perhaps become the new Santa?  
  Your friend, Callum
- Could you call me when you're close by so I can come and say hello to your reindeer? What's your phone number?  
  Love Rhiannon
- Could you tell me what you did in the last World War? You didn't fly around the world! Were there any presents then?  
  From Andy
- Santa Claus, how often do you change your clothes?  
  Regards, Tom
- How often do you take a bath?  
  From Elisabeth
- Did you come from the basement last year? Could you say a password when you come this time? You can say 'chocolate cake' - then I will know you're the real Santa, because I don't want Dad to be Santa.  
  Regards, Jane
- Do you say 'Ho! Ho! Ho! because you don't speak other languages?  
  from Pauline
ON THE LITE SIDE

FUNNY WORK PLACE SIGNS.

- In a Beauty Shop: "Dye now!"
- Inside a Bowling Alley: "Please be quiet. We need to hear a pin drop."
- In a Restaurant window: "Don't stand there and be hungry, come in and get fed up."
- On Maternity Room door: "Push, Push, Push."
- At an Optometrist's Office: "If you don't see what you're looking for, you've come to the right place."
- On a Scientist's door: "Gone Fission"
- On a Butcher's window: "Let me meat your needs."
- At a Used Car Lot: "Second Hand cars in first crash condition."
- On a fence: "Salesmen welcome. Dog food is expensive."
- At a Car Dealership: "The best way to get back on your feet - miss a car payment."
- Outside a Muffler Shop: "No appointment necessary. We'll hear you coming."
- Outside a Hotel: "Help! We need inn-experienced people."
- In a Counselor's office: "Growing old is mandatory. Growing wise is optional."
- Outside a country shop: We buy junk and sell antiques.
- On a travel agency: PLEASE GO AWAY
- On a plumbers truck: "We repair what your husband fixed."
- Pizza shop slogan: "7 days without pizza makes one weak."
- Sign on an electrician's truck: Let us remove your shorts.

Why so Serious!!

1. Why do we wash bath towels? Aren’t we clean when we use them?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
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<thead>
<tr>
<th>COA BOARD MEMBERS</th>
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<tbody>
<tr>
<td>Betty Hagan</td>
<td>Chair</td>
<td>785-2124</td>
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<tr>
<td>Jane Hemstreet</td>
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<td>785-0372</td>
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<tr>
<td>Alice Baranick</td>
<td>Treasurer</td>
<td>785-9829</td>
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<tr>
<td>Jeanne Gavrilles</td>
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<td>785-1814</td>
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<tr>
<td>Barbara Murphy</td>
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<td>785-2895</td>
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<tr>
<td>Lou Theodos</td>
<td>Vice Chair</td>
<td>785-1715</td>
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<tr>
<td>Maureen Dilg</td>
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<td>785-2107</td>
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<tr>
<td>Cara Groman</td>
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<td>508-328-9660</td>
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<tr>
<td>Jim Anderson</td>
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<td>508-785-0509</td>
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<tr>
<td>Gilbert Thisse</td>
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<td>COA BOARD MEMBERS</td>
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<tr>
<td>Director</td>
<td>Janet Claypoole</td>
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<tr>
<td>Outreach Worker</td>
<td>Carl Sheridan</td>
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<tr>
<td>Adm. Asst/Editor</td>
<td>Sue Sheridan</td>
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<tr>
<td>SHINE Counselor</td>
<td>Call the COA</td>
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<tr>
<td>Medical Equip., John McDonnell</td>
<td>785-1119</td>
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<tr>
<td>Meals On Wheels, Gail Lynch</td>
<td>785-0454</td>
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<tr>
<td>Bay Path Elder Services</td>
<td>508-573-7200</td>
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OFFICE HOURS –
Monday – Friday 9:00AM – 4:30PM
coa@doverma.org
508-785-0032 Ext. 246