FEBRUARY LUNCHEON – BINGO
(Bring an unwanted gift!!!!) $4.00
Tuesday, Feb. 12th - 12:00 Noon – Caryl
Come join us for a Valentines Game of Bingo.
RSVP by Feb. 7th—508-785-0032 Ext. 246

NEW!!! JEWELRY MAKING WORKSHOP
Tuesday, February 19th at 10:30 A.M. – Caryl
Community Ctr. (no cost)
Please join us as we create a pearl necklace on an elastic string. Each necklace will have a unique center piece. All supplies provided.
Class size is limited to 10.
RSVP by Feb. 11th to the COA

CIRCLE OF FRIENDS LUNCHEON
Tuesday, February 26th - 1:00PM—Grace Church
RSVP by Feb. 21st 508-785-0032 Ext. 246

SAVE THE DATE
MARCH ST. PATRICK’S LUNCHEON
CORNED BEEF & ALL THE FIXINS
(Tuesday, March 12th– 12:00 Noon-Caryl)

DOVER LIFETIME LEARNING
The Russians Are Coming!
The Russians Are Coming!
Dover Lifetime Learning is planning a Spring 2013 series of classes, following up on the overwhelming success of the Fall program. New this Spring, a history class: "A Panoply of Russian History: From Its Inception To The Present." This class will meet on Tuesday mornings in April. Returning this Spring, Maud Chaplin will facilitate the continued study of philosophy and ethics. Lili Mugnier will be sharing her vast knowledge of Italian Art History, and a yet-to-be-announced fourth class will be added to meet demand for more subjects. Most classes will meet during the day, once per week for four weeks, beginning in April. (note: Maud Chaplin's class meets every other week) Stay tuned for more information on schedules and sign up information!

SAVE THE DATES - March 19th
MARCH SPIRITUALITY
REV. EMILIA HALSTEAD—DOVER CHURCH
Labyrinth Exploration --
Looking at the history and practice of this meditation tool. Please join us as Rev. Halstead shares a brief history of the labyrinth and its uses. We will end by practicing together with a finger labyrinth. You are then cordially invited to come to The Dover Church to walk the 40ft. indoor labyrinth in Kraft Hall. Dates to be announced.

MARCH 1st 2013 IS DEADLINE FOR SOCIAL SECURITY TO GO TO DIRECT DEPOSIT
If you apply for Social Security or are already receiving Social Security, you must switch to electronic payments by March 1, 2013. If you don’t, the US Dept. of the Treasury may send your benefits via the Direct Express card program to avoid an interruption in payment. If you have questions please call Social Security at 800-772-1213.
COUNCIL ON AGING BOARD MEETING  
Tuesday, Feb. 5th  10:00AM    Fireside Room

PAGETURNERS BOOK CLUB  
Thursday, Feb 14th  1:00PM – Dover Library

FOOT DOCTOR CLINIC   (By Appointment - $30.00)  
Date:  Wednesday ,March 6th  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: April 24th  2013

SHINE COUNSELOR If you need to speak with a SHINE counselor, please contact the COA at 508-785-0032 ext 246 to schedule an appointment.

BLOOD PRESSURE CLINIC - WALPOLE VNA  
Friday, Feb. 22nd  Caryl Blue Room 1:00PM

AFTERNOON TEA - “HAPPY BIRTHDAY GEORGE”  
Friday, Feb. 22nd  1:30PM – Caryl -Blue Room

SENIOR COFFEE HOUR  
Friday, Feb. 22nd  8:00AM    Fireside Room  
Please come and enjoy coffee and conversation.

U.F.O. (UNFINISHED OBJECTS)  
Monday, Feb. 4th  10:00AM - Fireside Room.  
Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.

CRAFTS CLASS  
Monday, Feb. 11 & 25th  10:00AM –FS $2.00  
Come and learn something new! The cost is minimal and there are tasty treats and great conversation.

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  
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 LAYONNE  (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 Feb. 4th  & 25th 1:00PM-Caryl-Blue Room  
Bring your knitting, questions & ideas for new projects. Beginners or Experienced welcome.

CHI GONG  
Wednesdays 11:30-12:30 Caryl Community Ctr. Blue Room  
(Donations accepted)

THE MASSACHUSETTS HOME LOAN MODIFICATION PROGRAM

Massachusetts has a program available that specializes in home improvements that help individuals age in place or manage a physical disability. Some of the home improvements are modifications such as ramping, shower or bath accommodations, wider doorways and counter adjustments. The Massachusetts Home Loan Modifications Program is available to seniors and people with physical disabilities to help them finance home modifications. The program is specifically for safety and accessibility modifications. The program provides low- and no-interest loans of up to $30,000. The loans are secured against the property and are repaid when ownership of the property passes to another individual. The income threshold is high and there is also a disabled veteran program available. For further information go to www.mass.gov/eohhs/consumer/disability-services/housing-disability/home-mod-loan/index.

For information on fuel assistance eligibility qualification, please contact Erika Lert, Energy Coordinator at 508-654-7778.
YOGA FOR WELLNESS - (For All Ages)  
CARYL COMMUNITY CENTER - 2ND FLOOR  
Mondays & Wednesdays 9:30AM – 10:30AM  
$3.00 Each Class  
Please wear comfortable clothing.

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 each way)  
NOTE: THESE RATES DO NOT INCLUDE TIPS  
COST OF MEDICAL RIDES TO BOSTON:  
ONLY 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 508-785-8113.

GARDEN TIP CORNER  
GOLDEN JAPANESE FOREST GRASS  
As you can probably tell by now, I have several shade gardens. Many of these gardens include ornamental grasses. They are long-lived and low-maintenance perennials that have varied colors and textures. One of my favorites is Hakonechola macra “Aureola”. This grass thrives in shade and spreads. It is a mounding grass growing no taller than 18”. The leaves grow long and tapering, are gold in color and wave in the slightest breeze. In the winter, the leaves turn a bright bronze which lights up my winter garden. The only care this plant requires is to be cut to the ground in March.

DOVER COUNCIL ON AGING PROGRAM SPACE NEEDS  
By: The Senior Needs Assessment Committee  
The COA is finding it difficult to expand its program offerings due to a lack of adequate space. Both the Dover Church and Grace Church have offered us the use of their halls for our luncheons. In the Caryl Community Center we use the COA’s Blue Room as well as the former upstairs library for yoga. We have the use of the Great Room in the Town Hall but must share the use of the COA’s Fireside room with town employees for their use as a lunchroom between Noon and 2:00 p.m. We are fortunate to have the use of the Library’s Community Room for our Lifetime Learning Classes. Seniors need their programs in one location that has contiguous and flexible space. The Dover Council on Aging is strongly advocating for a standalone Senior Center to be built in Dover. Our senior population in town is growing and is estimated to be 1,433 in 2013. We have approximately 200 seniors over the age of 80 and close to 750 under the age of 70. Time goes by fast as you age. The senior who is 65 quickly turns 70. In a blink, the senior who is 80 becomes 85. Can our seniors wait another 5, 10, 15 years for a senior center? If you are a senior, would you wait?

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 an application. 508-785-8113.
<table>
<thead>
<tr>
<th>Monday</th>
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<tr>
<td>9:30AM- Yoga Caryl 2nd floor</td>
<td>10:00AM COA Board Meeting -FS Room</td>
<td>9:30AM Yoga-Caryl 2nd floor</td>
<td>9:30AM - Exercise UTH</td>
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<td>10:00AM UFO-FS</td>
<td>11:30AM Chi Gong Caryl-Blue Room</td>
<td>12:30PM-Painting-Holliston</td>
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<td>1:00PM—Knitting with Sandi-Caryl Blue Rm</td>
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<tr>
<td>10:00AM CRAFTS FS</td>
<td>12:00Noon -Luncheon Bingo—Caryl Blue Rm.</td>
<td>11:30AM Chi Gong Caryl - Blue Room</td>
<td>12:00Noon -Luncheon Bingo—Caryl Blue Rm.</td>
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<td>HOLIDAY</td>
<td>9:30AM-Exercise UTH</td>
<td>9:30AM - Exercise UTH</td>
<td>8:00AM- Sr. Coffee -FS</td>
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<tr>
<td>10:30AM Jewelry Making– Caryl Blue Rm.</td>
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<td>11:30AM Chi Gong Caryl—Blue Room</td>
<td>1:00PM - Pageturners Book Club—Library</td>
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St Valentine's Day was supposedly started in the time of the Roman Empire. In Ancient Rome, the date of February 14 was a holiday to honor the Queen of Roman Goddesses and Gods, Juno. Juno was known as the Goddess of women and marriage. The next day February 15 was the first day of the Festival known as the Feast of Lupercia.

On February 14 it was said that the young boys and girls of the villages would write down the names of every girl and place these names in a jar of which each young man would have to draw a name of a girl and this particular maiden would be their partner for the duration of the festival. Sometimes these parings would last a year and end up in marriage.

These rituals under the laws of Claudius were banned as the Emperor believed that the reasons why men would not go to war were because they did not want to leave their lovers or families. As a result all marriages and engagements were canceled as a result Saint Valentine, a Roman priest, was said to have married these couples in secret and for this he was executed on the 14th day of February.

While St Valentine was in jail it is said that he fell in love with the jailer’s blind daughter. By a miracle, or some say by the prayers of Valentine she gained her sight and as a last farewell in a note he wrote "From Your Valentine".

Another story as to the origins of St. Valentine's Day was that he was a priest who was also a physician and would cure the sick. He was also said to have tried to cure the jailers blind daughter, but, was arrested and on the day of his execution he wrote a note as a final farewell saying "From your Valentine" which some say is what caused her to gain her sight.

It is also said whilst he was in jail awaiting execution that he was sent little notes and flowers from the children whom he had helped when they were sick. This also may have been one of the reasons why he sent a farewell note to the jailers’ daughter and why we send valentines.

St Valentine's Day is celebrated on February 14 of each year; the reason why it is celebrated on this day is because this was the day that the Patron Saint of Lovers, "St Valentine", was supposedly executed on. On this day lovers all around the world mark this occasion as a day for sending poems, cards, flowers or candy, etc. Theremight also be a social gathering or ball to mark the occasion.

Another interesting origin is that St Valentine was the patron Saint of Epilepsy and that he was supposedly a sufferer and took a keen interest in those who suffered from this affliction and also that those who suffered this disease were suffering from Valentine's sickness.
ON THE LITE SIDE

EVER WONDER WHAT ALL THOSE ADVERTISING TERMS MEAN?????

- NEW - Different color from previous design.
- ALL NEW - Parts are not interchangeable with previous design.
- EXCLUSIVE - Imported product.
- UNMATCHED - Almost as good as the competition.
- FOOLPROOF OPERATION - No provision for adjustments.
- ADVANCED DESIGN - The advertising agency doesn't understand it.
- IT'S HERE AT LAST - Rush job. Nobody knew it was coming.
- FIELD TESTED - Manufacturer lacks test equipment.
- HIGH ACCURACY - Unit on which all parts fit.
- FUTURISTIC - No other reason why it looks the way it does.
- REDESIGNED - Previous flaws fixed - we hope.
- DIRECT SALES ONLY - Factory had a big argument with distributor.
- YEARS OF DEVELOPMENT - We finally got one to work.
- BREAKTHROUGH - We finally figured out a use for it.
- MAINTENANCE FREE - Impossible to fix.
- MEETS ALL STANDARDS - Ours, not yours.
- SOLID-STATE - Heavy as hell.
- HIGH RELIABILITY - We made it work long enough to ship it.
- "A number of different approaches are being tried." (We are still grasping at straws.)
- "Customer satisfaction upon delivery is assured." (We are so far behind schedule the customer should be happy just to get it delivered.)
- "Test results were extremely gratifying." (We were so surprised that the stupid thing worked.)
- "The entire concept will have to be abandoned." (The only person who understood the thing, quit.)
- "We'll look into it." (Forget it! We have enough problems for now.)
- "Please read and initial." (Let's spread the responsibility around for the mistakes.)
- "Rugged." (Too heavy to lift!)
- "Lightweight." (Lighter than rugged.)
- "Energy saving." (When the power switch is off.)
**OFFICE HOURS**
Monday – Friday 9:00AM – 4:30PM
coa@doverma.org
508-785-0032 Ext. 246

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**COA BOARD MEMBERS**

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<tr>
<th>Name</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>
<td></td>
<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>
<td></td>
<td>785-2895</td>
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<tr>
<td>Lou Theodos</td>
<td>Vice Chair</td>
<td>785-1715</td>
</tr>
<tr>
<td>Maureen Dilg</td>
<td></td>
<td>785-2107</td>
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<tr>
<td>Cara Groman</td>
<td></td>
<td>508-328-9660</td>
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<td>Gilbert Thisse</td>
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<tr>
<th>Role</th>
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<tbody>
<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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<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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