



Caryl Community Center
Room 116
4 Springdale Avenue
Dover, MA 02030
www.doverma.org
508-315-5734

FEBRUARY
2018

COA VALENTINE'S LUNCHEON

Love Songs played by COA Ukulele Group
“The Happy Strummers”



Tuesday, February 13, 12:00noon Cost: \$4.00

Caryl Community Center, Room 108

Come celebrate Valentine's Day with lunch, music, and, of course, chocolate! RSVP by February 7.

MOVEABLE FEAST

Tuesday, February 20, 12:00Noon at
Dover Grace Church

Enjoy a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by February 15.

CIRCLE OF FRIENDS LUNCH

Tuesday, February 27, 12:00Noon at
Dover Grace Church

Join us for a homemade lunch and conversation with friends and neighbors. RSVP by February 21.

TRAVEL WITH THE COA

We have lots of trips planned for 2018! Join us to view the Winslow Homer exhibit at Worcester Art Museum, the Boston Flower Show, tour of Paul Revere House with lunch at Limoncello, explore the Georgia O'Keeffe exhibit at Peabody Essex Museum, Newport Rail Tour, Gloucester Lobster Cruise, an overnight trip to Saratoga or enjoy an 8 day adventure to the Grand Canyon! See page 3 for details on all these fabulous travel programs or stop by COA for a flyer.

REMEMBER

If Dover schools are cancelled due to the weather, COA activities will also be cancelled for that day. If schools open late, COA programs may be delayed, too.

FUN WITH THE UKULELE - \$40 Per Session

SESSION 1 February 14 - April 4, 2018

SESSION 2 April 11 - May 30, 2018

Wednesdays 1:00 - 2:00pm

Caryl Community Center, Room 108

Ukulele returns with instructor Daniel Metraux. Come learn basic chords and strumming techniques to accompany traditional folk songs and more. New students are always welcome; no experience is needed, just a willingness to learn something new and have fun with music. Bring your own Ukulele or rent one at Needham Music. Register for one session or both at COA office.

This Lifetime Learning class is sponsored by Friends of Dover COA and funded in part by a grant from the Dover Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

DO YOU NEED ENERGY ASSISTANCE?

If you need assistance with energy/fuel, the following resources may be able to help you:

- **Town of Dover** - assists residents who are facing energy emergencies including shut-offs
- **South Middlesex Opportunity Council (SMOC)** Offers fuel assistance and weatherization to eligible families and individuals
- **Good Neighbor Energy Program** - partners with Salvation Army to offer fuel assistance to those whose income exceeds SMOC guidelines.

For further information and assistance with these and other programs, please contact Erika Nagy, Financial and Energy Assistance Coordinator for the Town of Dover at 508-654-7778 or email enagy.financialenergydover@gmail.com

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.

PROGRAMS & SERVICES

TEA WITH FRIENDS

“Chinese New Year Tea”

Friday, February 16, 11:30am

Caryl Community Center, Room 108

Join us to celebrate the Chinese New Year and enjoy a light lunch with friends



BLOOD PRESSURE - With the Walpole VNA

Friday, February 16, 10:45am

Caryl Community Center, Room 108

Meet with VNA Nurse to check your blood pressure.

BLUE MOON BAGELS & BREADS

Thursdays, February 8 & 22

Caryl Community Center, Room 116

Donated baked goods available for pick up after 10:00am

BOCCE

Will be back in the spring

CRAFTS - Card Making with Beth

Theme: Teddy Bears/Valentines

Monday, February 12, 10:00am

Caryl Community Center, Room 108



FOOT DOCTOR

Thursday, March 15, 9:00am -10:45am

Caryl Community Center, Room 116

Cost is \$30.00. Call COA for appointments. Home visits also available for \$50. Future date: May 17.



KNITTING

Mondays at 11:30am

Caryl Community Center, Room 108

Beginners and experienced knitters are welcome! Bring a project of your own or help the knitters make hats, scarves, lap blankets and more with donated yarn.

MAH JONGG - All Levels Welcome

Thursdays at 1:00pm

Caryl Community Center, Room 108

MOVIE MATINEE

Friday, February 9th 1:00pm

Kraft Hall, Dover Church

Movie: TBD

Join us and enjoy popcorn, coffee and dessert!



SENIOR COFFEE HOUR

Friday, February 23, 8:30am

Caryl Community Center, Room 108

Please join us for coffee and conversation.



SHINE

Open Enrollment ended in December. If you have Medicare questions, please call the COA for an appointment with Renee Rubin, SHINE Counselor.

PAGETURNERS BOOK CLUB

Thursday, February 8, 1:00pm

Dover Town Library



Book: “The Guernsey Literary and Potato Peel Pie Society”

ARE YOU A DOVER SENIOR AND NEED A RIDE TO COA LUNCHES OR EVENTS?

If you need a ride to any COA programs or lunches, please call the COA and we will arrange a free ride.

WE WOULD LIKE YOUR INPUT ON IDEAS FOR NEW PROGRAMS

Some of our seniors have suggested new programs such as:

- Bridge
- Cribbage
- Poker
- Walking Groups
- Scrabble or other board games
- Cross Country Skiing
- Snowshoeing

If there is enough interest, we will add new programs. Send an email to coa@doverma.org or call the office at 508.315.5734 with your suggestions. We want to hear from you!

Thank you...The COA Staff

BUTTON CELL BATTERY RECYCLING PROGRAM

As part of the Friends of the Council On Aging's fundraising efforts, you can now recycle your button cell batteries at the COA office, Dover Church or Transfer Station. All funds received from this program will provide additional programs/events for the COA.



DOVER SENIOR TRANSPORTATION SERVICE

Do you need a ride to medical appointments or other local errands? Purchase tickets at COA and JFK Transportation Service will transport you. Hours of service are Monday through Friday from 7:00am to 5:00pm.

Local Rides (Medical and Non-Medical)

One voucher is \$30.00 and provides 10 tickets.

- Dover: 1 ticket each way
- Metro West surrounding towns: 2 tickets each way
- Outside Metro West: 3 tickets each way
- Sudbury, Waltham & Concord: 4 tickets each way

You must purchase a voucher at the COA prior to calling JFK. JFK appreciates a 48 hour notice.

Boston Rides - Medical Only

A one way ticket is \$20 - Round Trip \$40

JFK requires a 48 hour notice and tickets are purchased at the Dover COA. Tips are not included.

For more information, including towns served, call the Dover COA at 508-315-5734

Please remember to tip your driver

Overnight Trips

Saratoga Spectacular

Monday-Tuesday August 6-7

Join us as we travel to Saratoga Springs for an afternoon of thoroughbred horse racing. Then off to relax and enjoy dinner at the Queensbury Hotel. On Tuesday travel to Lake George's Steel Pier and enjoy a two hour narrated cruise of Lake George including luncheon and entertainment onboard your ship. Cost is \$375 single; \$325 double; \$300 triple. Flyers available at Dover COA. Call Westwood COA at 781-329-8799 to sign up.

An 8 Day Adventure to Canyon Country

October 2 to October 9, 2018

Dover, Westwood and Sherborn COAs present an 8 day adventure to Canyon Country offered by Collette Tours. Explore the most famous canyons of the American West on a journey featuring three national parks. Highlights of the trip include:

- ◆ Explore Scottsdale's Native American heritage
- ◆ Travel to Sedona, Oak Creek Canyon, Kaibab National Forest and the breathtaking Grand Canyon!
- ◆ View stunning vistas of Bryce Canyon National Park and Zion National Park

Rates range from \$3,219 to \$3,999 if book by April 2 and include air fare, transfers, hotel, 10 meals, and travel insurance. A detailed brochure is available at Dover COA office. To learn more, attend a special Travel Presentation on Monday, February 12 at 11:00AM at Westwood COA, 60 Nahatan Street in Westwood. Vincent Brown from Collette will share info, photos, and answer questions about this adventure.

TRAVEL WITH THE COA

Friday, February 2 Join us as we travel to the **Worcester Art Museum** to view the **Coming Away: Winslow Homer and England** exhibit. Exhibit explores Homer's time in England in 1881 and features group of oil paintings made during or emerging directly from his time abroad. Lunch at the Museum Café. Call Dover COA to sign up.

Thursday, February 15 Enjoy a **Lunch trip to Limoncello Ristorante and Tour of Paul Revere House** in Boston. Space limited; transportation provided by Friends of Dover COA.

Thursday, March 15 Travel with our Westwood friends to the **Boston Flower Show**. This year's theme is Savoring Spring. View the horticultural exhibits and then enjoy lunch at the Venezia Restaurant. Cost is \$90 payable to Westwood COA; call the Westwood COA at 781-329-8799 to sign up.

Saturday, March 17 Travel to the **Providence Performing Arts Center for matinee of An American in Paris**, the Tony award winning musical about an American soldier, a mysterious French girl and an indomitable city. Enjoy the magic of Paris with songs by George and Ira Gershwin on its first national tour! Tickets cost \$40. Seats are limited. Transportation funded by Friends of COA.

Friday, March 23 Come along as we join with our Sherborn friends to travel to **Peabody Essex Museum for a guided tour of George O'Keeffe: Art, Image, Style exhibit**. Explore O'Keeffe's personal style of designed garments along with photographs and paintings that show her modernist style. Cost \$45 and will include guided tour, lunch at café, and bus. Please call COA to sign up and more info.

Trips with Westwood COA

Tuesday, May 1 Travel with Westwood COA for **Lobster Clambake Lunch and Foxwoods Resort** gaming. Cost \$80 includes transportation, lunch and gaming. Call Westwood at 781-329-8799 to sign up.

Tuesday, June 19 **Newport Rail Tour** includes transportation, bus tour of Ocean Drive, rail tour and lunch along Narragansett Bay and shopping. Cost \$95. Call Westwood at 781-329-8799 to sign up.

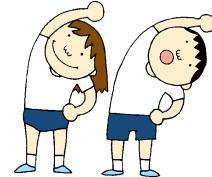
Thursday, July 12 **Nantucket Day Trip** includes transportation, ferry ride, and day to explore shops, art galleries, restaurants, sandy beaches and more. Cost \$105. Call Westwood COA at 781-329-8799 for info.

Tuesday, August 21 **Gloucester Lobster Cruise** includes cruise, lunch and walk around Salem. Cost \$95; call Westwood at 781-329-8799 to sign up.

DOVER COA FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Library CR - Community Room Caryl -Caryl Community Center Room 116 - COA office at Caryl Room 108- Caryl Community Ctr	<u>NOTE</u> - ZUMBA GOLD <u>EVERY</u> SATURDAY IN FEBRUARY- 10:45 - 11:30AM CARYL GYM		1 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108	2 Trip to Worcester Art Museum
5 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR Pickleball Must sign up	6 9:00am Strength & Stability-Caryl, Rm 215 9:30am COA Board Meeting-Caryl, Rm 116	7 10am Yoga-Rm 203 11:00am - Meditation 11:30am Chi Gong - Caryl, Room 108	8 10am-Blue Moon-Caryl - Room 116 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108 1:00pm-Book Club-Library	9 1pm - Movie at the Dover Church
12 10:00am Card Making - Caryl, Rm 108 11:30am Knitting - Caryl, Room 108 5:30pm Chi Gong - Library CR Pickleball Must sign up	13 9:00am Strength & Stability-Caryl, Room 215 12:00Noon- COA Luncheon- Caryl Rm 108	14 10am Yoga-Rm 203 11:00am - Meditation-Caryl, Room 203 11:30am Chi Gong Caryl, Room 108 1:00pm -Ukulele Caryl Room 108	15 No Strength & Stability 1:00pm - Mah Jongg Caryl, Room 108 Trip to Limoncello & Paul Revere House	16 10:45am - Blood Pressure Clinic Caryl, Room 108 11:30am - Tea - Caryl, Room 108
19 HOLIDAY	20 9:00am Strength & Stability-Caryl, Rm 215 12Noon - Moveable Feast - Grace Church	21 10am Yoga-Rm 203 11:00am - Meditation-Caryl, Room 203 11:30am Chi Gong Caryl, Room 108 1:00pm -Ukulele Caryl Room 108	22 10am-Blue Moon-Caryl - Room 116 11:30am Strength & Stability-Caryl, 215 1:00pm - Mah Jongg Caryl, Room 108	23 8:30am -Senior Coffee - Caryl, Room 108
26 11:30am Knitting - Caryl, Room 116 5:30pm Chi Gong - Library CR Pickleball Must sign up	27 9:00am Strength & Stability-Caryl, Rm 215 12Noon - Circle of Friends Lunch - Grace Church	28 10am Yoga-Rm 203 11:00am - Meditation-Caryl, Room 203 11:30am Chi Gong Caryl, Room 108 1:00pm -Ukulele Caryl Room 108		

BE FIT AND AGE WELL AT THE COA



CHI GONG - Perfect for all levels

Mondays 5:30pm - Dover Library, Community Room

Wednesdays 11:30am - Caryl Community Center, Room 108 - \$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, postures & movements, & mental concentration, to maintain health and flow of vital energy.

YOGA FOR WELLNESS

Wednesdays 10:00am - Caryl Community Center, Room 215 - \$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. Chairs available as well; Bring water.

MEDITATION

Wednesdays, 11:00am - Caryl Community Center, Room 215 - \$3.00 per class

Instructor: Jessica Foster, RYT

Join us as Jessica leads you in guided meditation to deep levels of relaxation.

STRENGTH & STABILITY (No Strength & Stability February 15th)

Tuesdays 9:00AM -9:50AM & Thursdays 11:30AM-12:20pm

Caryl Community Center, Room 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

Saturdays, 10:45am-11:30am; Every Saturday in February

Caryl Community Center in Gym; \$3.00 per class

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!

PICKLEBALL - Come Try Out this New Game!

Mondays ; choose one of the following sessions Feb 5, 12 & 26 - 10:15am, 11:00am, or 11:45am

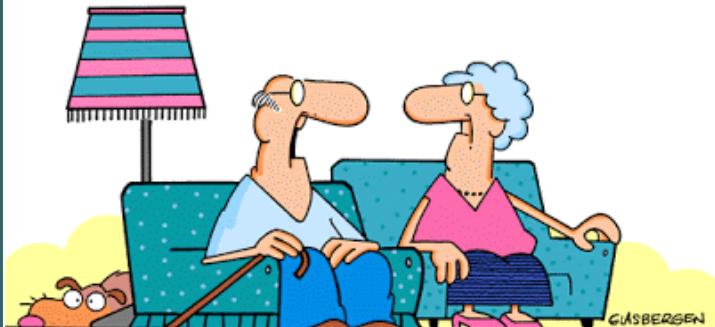
Caryl Community Center, Gym (you must sign up ahead for a session)

The game is a combination of badminton, tennis and table tennis. There are up to four players per 45 minute session. Call the COA and Sign up for a time slot. Equipment provided. Cosponsored with Parks & Recreation Dept.

ON THE LIGHT SIDE

A man went to his lawyer and told him, "My neighbor owes me \$500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the lawyer. "Nope," replied the man. "OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer. "But it's only \$500," replied the man. "Precisely. That's what he will reply and then you'll have your proof!"

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"You're more beautiful today than you were the day I met you. You had a really big pimple that day."

Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2018.

Medicare's 5-Star Special Enrollment Period

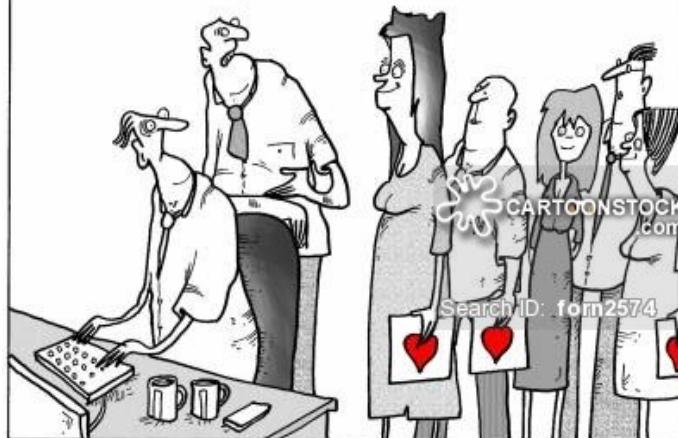
You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The two Blue Medicare Rx Part D drug plans, and the Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2018. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and drug coverage will begin the first day of the next month.



NEXT TIME YOU DECIDE TO SEND A VALENTINE'S E-MAIL...DON'T PRESS 'SEND ALL' BY MISTAKE!



COA BOARD MEMBERS

Camille Johnston - Chair
Betty Hagan
Robert Cocks
Maureen Dilg - Secretary
Joanne Connolly-Vice Chair
Gilbert Thisse

Peter DiSanto
Associate Members:
Geri Wise
Ruth Townsend

COA BOARD MEETING

February 6, 2018; 9:30AM
Caryl Community Center, Room 116

COA STAFF MEMBERS

Janet Claypoole - Director
Nan Vaida - Outreach Worker
Sue Sheridan - Administrative Assistant/Editor
Volunteer Coordinator

COA OFFICE

Caryl Community Center, Room 116,
4 Springdale Ave., Dover, MA 02030
508-315-5734

COA PROGRAM HIGHLIGHTS

- **STAY FIT AND BE HEALTHY!** Try one of the COA Fitness classes: Yoga, Strength & Stability, Chi Gong or Zumba Gold or Meditation
- **VALENTINE'S LUNCH** - Tuesday, Feb 13 at Noon at Caryl Community Center featuring the "Happy Strummers" playing Love Songs on the Ukulele. Join us for music, lunch and chocolate!
- **MOVEABLE FEAST** - Tuesday, Feb 20 at Dover Grace Church at 12Noon
- **TRAVEL ADVENTURES** - Winslow Homer Exhibit at Worcester Art Museum; Georgia O'Keeffe Exhibit at Peabody Essex Museum, Foxwoods Resorts, or travel overnight to Saratoga in August or 8 day trip to Canyon Country!

See inside for details on all events

COA OFFICE HOURS

MONDAY – THURSDAY 9:00AM – 5:00PM
FRIDAY - 9:00AM - 1:00PM
508-315-5734 - COA@DOVERMA.ORG
www.doverma.org

Click on Council on Aging in the Quick Links Section
For Newsletter information, email coaeditor@doverma.org

FRIENDS OF THE DOVER COA

Remember a Loved One with a Memorial Gift & Inscription on a Memorial Plaque at the Caryl Community Center

Enclosed is my donation of \$ _____ in memory of _____

NAME _____
ADDRESS _____

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.



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