



# DOVER COA COUNCIL ON AGING

# News

508.315.5734

JANUARY - FEBRUARY 2019

## HIGHLIGHTS

### LIVING WITH ALZHEIMER'S

Thursday, January 31 at 2:30pm

### TECH SUPPORT

Saturday, January 12 at 1pm

Wednesday, February 6 at 12:30pm

### WRITING YOUR MEMOIRS

Starts Monday, February 11 at 1:30pm

### INTRO TO YOGA CLASS

Starts Monday, February 25 at 10am

### FUN WITH UKULELE

Starts Wednesdays, February 27 at 1pm

### NEED A RIDE?

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

Phone: 508.315.5734

## SPECIAL THANKS

Alzheimer's Assoc. MA/NH Chapter

Avita of Needham

Blue Moon Bagel Café

Beth Israel Deaconess Hospital-  
Needham

Friends of Dover COA

Hebrew Senior Life

Jog Your Memory

MetroWest Health Foundation

The Dover Church Men's Group

## LETTER FROM THE DIRECTOR

January is here with winter coats and boots, not enough sunshine, and, of course, the frigid temps and snow. Though it is tempting to stay in the warmth of your home, we invite you to join us at one of our programs.

Are you a caregiver for a loved one with Alzheimer's disease or dementia? Join us in January for a seminar on Living with Alzheimer's and learn coping strategies and resources. Caring for yourself is as important as caring for others. Try one of the COA Fitness classes. A new Intro to Yoga 5 week class series will start in February with Instructor Jessica Foster. Come get fit and healthy in the new year with the COA.

Did you get a new device for a holiday gift? If you need help figuring it out, stop in for tech support from Boy Scout Jack Ringel on Saturday, January 12 at 1pm at Dover Library. The DSHS Community Service Club will also offer Tech Support in February; bring your questions to these local teenage experts.

There are always opportunities to learn and travel with the COA. Lifetime Learning returns with Lynne Viti leading Writing Your Memoirs and Fun with Ukulele returns in late February. Travel to the MFA, Shalin Liu Performance Center, or a local venue for lunch. Join us to learn about a trip to Prague, Vienna, and Budapest. Stop by the COA to learn more about these adventures.

So, put on your coat and hat and come join us at one of these programs! We are open all winter unless the schools close due to snowy weather conditions. A Healthy and Happy New Year to you all!

Janet Claypoole

Thank You to our generous sponsors who donated gifts for the Holiday Brunch:

2Sisters Senior Living Advisors

Griswold Home Care

Avita at Needham

J Crocker Tree Work

Blue Moon Bagel Café

Judith & John Kordash

Briarwood Rehab & Healthcare Center

Lovell's Nursery

Care Resolutions, Inc.

Nan Vaida, RN

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Not Your Average Joe's Restaurant

Connie Jo Dewyer

Rehab Associates/Thisse Family

Ellis Rehab & Nursing Center

Sol & Peter Steinberg

Encompass Fitness, Millis

The Dover Wine Company

Friends of Dover COA

The Residence at Valley Farm, Ashland

# LUNCH AND LEARN



## COA LUNCHEON: BINGO!

Tuesday, January 15; 12 Noon

Caryl Community Center, Room 108; Cost \$4.00

Bring your unwanted holiday gifts for prizes and join us for our annual Bingo Lunch! RSVP to COA by January 10.

## COA LUNCHEON: POTLUCK

Tuesday, January 29; 12:00 Noon

Caryl Community Center, Room 108

Come gather with friends and enjoy a delicious meal!

RSVP by January 23.

## COA HEART TO HEART LUNCHEON

Tuesday, February 12, 12:00 Noon; cost \$4.00

Join us as we celebrate friendship, love and chocolate for Valentine's Day! Enjoy a delicious meal and a sweet treat for dessert! RSVP to COA by February 7.

## MOVEABLE FEAST

Tuesday, January 22; 12 Noon

Most Precious Blood Church, RSVP by January 16.

Come share a delicious meal hosted by volunteers from the church!

Tuesday, February 19; 12 Noon

Caryl Community Center, Room 108.

The COA will host the Moveable Feast in February.

RSVP by February 14.

## CIRCLE OF FRIENDS LUNCH

No January Lunch

Tuesday, February 26, 12:00 Noon

At Dover Grace Church

Please join us for a homemade lunch and conversation with friends. RSVP by February 20.

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.

## LIVING WITH ALZHEIMER'S

Thursday, January 31 at 2:30PM

Kraft Hall, The Dover Church

Alzheimer's disease is the most common cause of dementia. Living with or caring for someone with Alzheimer's can be difficult, especially on the relationships in your life. This workshop will show a brief documentary about a couple living with Alzheimer's, followed by a panel discussion that will address signs and symptoms, strategies for living with the disease, strategies for caregivers, and resources where you can turn for help. The session will end with a guided meditation and instructions for at-home meditation, an excellent stress relieving tool for caregivers and for those living with Alzheimer's.

This workshop is free of charge and open to the public.

Please RSVP to COA at 508.315.5734.

Sponsored by Dover COA, The Dover Church, Beth Israel Deaconess Hospital-Needham, Hebrew Senior Life, Avita of Needham, Alzheimer's Association MA/NH Chapter, and Jog Your Memory.

## MEN'S LUNCH CLUB GATHERING

Monday, January 28 & Monday February 25 at 12 Noon at The Heritage, 33 North Main Street in Sherborn

Come join the guys for lunch! Metro West Health Foundation provides funding for Sherborn and Dover men to meet, have a delicious lunch, and reconnect. Please RSVP by phone to Sherborn COA at 508-651-7858 so that the best food and experience is provided while you enjoy catching up with friends. Funded by a generous grant from Metro West Health Foundation.



**HERITAGE**  
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508-788-6050

**MARY ANN MORSE**  
HEALTHCARE CENTER

Short-Term Rehabilitation, Memory & Long-Term Care  
45 Union Street, Natick, MA 01760

508-433-4400

# BE FIT AND AGE WELL

## INTRO TO YOGA SERIES – NEW!

Mondays, February 25, March 4, 11, 18, 25 at 10:00am

Caryl Community Center, Room 203

Cost for 5 class series is \$15.00

Are you new to Yoga or just want to go back to basics? This 5 week series of classes provides the perfect foundation for a safe and well-rounded yoga practice. Instructor Jessica Foster, RYT, introduces the principles of correct alignment, breathing, poses, and use of props. Students will learn the fundamentals of standing and seated poses and how the mind, body and breath work together. Mats and equipment provided. Please bring water.

## THERAPEUTIC QIGONG

Balance, Strength, & Flexibility

Monday 5:30pm at Dover Town Library, Community Room

Wednesdays 11:30am at Caryl Community Center,

Room 108; \$3.00 per class

Instructor: Linda Bellefeuille

Qigong practices involve a posture, (whether moving or stationary), breathing techniques, and mental focus. The gentle, rhythmic movements of Qigong are suitable for all age groups and accessibility and are known to reduce stress, build stamina, increase vitality, and enhance the immune system. Comfortable clothing is recommended.

## YOGA FOR WELLNESS

Wednesdays 10:00am

Caryl Community Center, Room 203, \$3.00 per class

Instructors: Jessica Foster, RYT and Tracy Buckley, RYT

Join our Yoga class and improve your health, strength, flexibility, and balance. Come reduce your stress, breathe, and move towards a healthier, happier you. Mats provided or bring your own. Chairs are available; please bring water.

## MEDITATION

Wednesdays, 11:00am

Caryl Community Center, Room 203, \$3.00 per class

Instructors: Jessica Foster, RYT and Tracy Buckley, RYT

Join us for guided meditation to deep levels of relaxation.

## STRENGTH & STABILITY (S&S)

Tuesdays 9:00AM-9:50AM

Thursdays 11:30AM-12:20pm

Caryl Community Center, Room 203

Cost: \$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 at the Caryl Community Center in Multipurpose room; \$3.00 per class,

Instructor: Andria DeSimone

Cosponsored with Parks & Recreation Department  
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 toward first timers to the exercise world or the active older adult. Come dance to the music for a total body workout!

## PICKLEBALL

Cosponsored with Parks & Recreation Department

Mondays 10:15am, 11am, 11:45am, 12:30pm

Thursdays at 9:30am, 10:15am; or 11:00am,

Caryl Community Center, Gym

The game is a combination of badminton, tennis and table tennis. There are up to four players per 45 minute session. Call or stop by the COA and sign up for a time slot. Equipment provided. Please bring water.

## SWIM TIME FOR THE COA

Dover COA seniors may use the Kingsbury Club in Medfield for the Senior Swim program on Mondays and Fridays from 10-11am. Just bring your valid Dover COA key card and \$5 for each visit. Don't have a key card to scan? Stop by the COA office at Caryl Community Center, Room 116, to complete forms to obtain one. Thank you to the Kingsbury Club for sharing swim time with Dover COA.



# CREATE AND CONNECT



## CARD MAKING WITH BETH

Monday, January 14, 10:00am Theme: Arctic Critters  
Monday, February 11, 10:00am Theme: Valentines  
Caryl Community Center, Room 108  
Sign up at the COA.

## KNITTING

Mondays at 11:30am  
Caryl Community Center, Room 108  
Beginners and experienced knitters are welcome! Bring a project of your own or grab some donated yarn and make hats, scarves, shawls or lap blankets for those in need.

## MAH JONGG

Thursdays, 1:00pm  
Caryl Community Center, Room 108  
Come play and/or learn this game developed in China played with tiles. All levels welcome.

## PAGETURNERS BOOK CLUB

Dover Town Library  
Thursday, January 10, 1:00pm Book: "The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce  
Thursday, February 14, 1:00pm Book: TBA

## TECH SUPPORT

With Dover Sherborn HS Community Service Club  
Wednesday, February 6 at 12:30PM  
Caryl Community Center, Room 116  
Do you need help figuring out your electronic device? The DSHS students will be here to answer all your questions. Bring your cell phone, tablet/iPad, laptop, or even your digital camera for these local experts to help. Light lunch provided. Please RSVP to COA.

## TEA WITH FRIENDS

Friday, January 18; 11:30am Baby, It's Cold Outside Tea  
Friday, February 15; 11:30am Presidential Tea  
Caryl Community Center, Room 108  
Sign up at the COA.

## FREE MOVIES AT THE DOVER CHURCH

**My Fair Lady** - Friday January 11 at 1pm; Pompous phonetics professor Henry Higgins is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle, who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond—one that is threatened by an aristocratic suitor.

**The Big Sick** – Friday, February 8 at 1pm; Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings.

Sponsored by the Dover COA and The Dover Church. RSVP to [beth@thedoverchurch.org](mailto:beth@thedoverchurch.org) or 508-785-0957. Please join us and enjoy popcorn and dessert!

## SENIOR COFFEE HOUR

Friday, January 25, 8:30am  
Friday, February 22, 8:30am  
Caryl Community Center, Room 108  
Please join us for coffee and conversation.



## REMEMBER

If Dover schools are closed due to the weather, COA activities are also canceled for that day. If schools open late, COA programs may be delayed as well.

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.

# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

We are often bothered by the TV ads and announcements in the printed press hawking a “special” program for medication coverage or a “new” way to “max” your Social Security.” We all want information but...ENOUGH!

Well...there are such programs! The National Council on Aging provides a program on line called the “Benefits Check-Up”. This site provides tools to find money saving programs, health care options, even Medicare and Medicaid information. There are also special sections within the site specifically addressing Veteran’s benefits. Each state also modifies the site to reflect their own state run programs.

Tax relief, energy assistance, long term care assistance, aid for the hearing, visually and physically impaired resources are included on this site. There are even drug programs provided by pharmaceutical companies to help pay for expensive medications depending on income. There is so much more than can be listed here.

The site is confidential. You will need to supply certain information such as income, medications you are on and more. This will enable the program to specifically determine what assistance and plans are available for your needs.

The site is easily accessible on line. However, if you need help navigating the site, please call the Dover COA office for support. What a find!

### BLOOD PRESSURE with the Walpole VNA

Friday January 18, 10:45am

Friday February 15, 10:45am

Caryl Community Center, Room 108

Meet with VNA Nurse to check your blood pressure.

### FOOT DOCTOR

Thursday, January 17, 9:00am - 11:00am

Caryl Community Center, Room 116

Cost is \$30.00. Call COA for appointments with podiatrist Dr. Douglas John. Home visits also available for \$50.

### SHINE

SHINE stands for Serving Health Insurance Needs for Everyone. If you have Medicare or health insurance questions, call the COA for a SHINE appointment with counselor Renee Rubin. Call soon, appointments fill quickly.



### BLUE MOON BAGELS & BREADS

Thursdays, January 10, 24 and February 7, 21

Caryl Community Center, Room 116

Donated baked goods from Blue Moon Café are available for pick up after 10:00am.

### FINANCIAL AND ENERGY ASSISTANCE

The Town of Dover offers support for those in need of financial or energy assistance, especially as the weather changes and heating bills increase. Coordinator Erika Nagy provides information on resources and can assist with applications for services. For more info and a confidential consultation, please contact Erika at 774-567-0034.

### SAND FOR SENIORS

Winter is here! The Dover COA in partnership with the Men’s Breakfast Group from The Dover Church will deliver buckets of sand/salt to Dover seniors. Thanks to the Friends of the COA for generously funding this program. If you would like a bucket of sand/salt (complete with lid and scoop) for sanding your steps and walkway, please call the COA or sign up at the COA office.

### DOVER SENIOR TRANSPORTATION SERVICE

Purchase tickets at COA to use JFK Transportation Service. Hours of service are Monday to Friday from 7:00am to 5:00pm.

Local Ride Vouchers (Medical and Non-Medical) cost \$30.00 and provides 10 tickets for Dover and nearby towns. Boston Rides (Medical Only): cost \$20 for a one way voucher.

JFK requires a 48 hour notice and tickets are purchased at the Dover COA. Please remember to tip your driver. For more information, including towns served, call the Dover COA at 508-315-5734

# CALENDAR

## JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9am S&S, Caryl 203	2 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108	3 9:30am Pickleball, Caryl Gym 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	4
7 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	8 9am S&S, Caryl 203 9:30am COA Board Meeting, Caryl 116	9 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 Lafayette House Trip	10 9:30am Pickleball, Caryl Gym 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 1pm Book Club, Library	11 1pm Movie, The Dover Church
14 10:00am Card Making, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	15 9am S&S, Caryl 203 12n BINGO Lunch, Caryl 108	16 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108	17 9am Foot Doctor, Caryl 116 9:30am Pickleball, Caryl Gym 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	18 10:45am Blood Pressure Clinic, Caryl 108 11:30am Tea with Friends, Caryl 108
21 HOLIDAY	22 9am S&S, Caryl 203 12n Moveable Feast, Most Precious Blood Church	23 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 MFA Trip	24 9:30am Pickleball, Caryl Gym 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	25 8:30am Senior Coffee, Caryl 108
28 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 12n Men's Lunch Club, The Heritage Sherborn 5:30pm Qigong, Library CR	29 9am S&S, Caryl 203 12n COA Potluck, Caryl 108	30 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108	31 9am S&S, Caryl 203 9:30am Pickleball, Caryl Gym 1pm Mah Jongg, Caryl 108 2:30pm Living with Alz. Kraft Hall, Dover Church	

### SATURDAY CLASSES

Zumba Gold on Saturdays at 10:45am in Multipurpose Room at Caryl Community Center -  
Dates are Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Tech Support on Saturday, Jan. 12 at 1pm at Dover Library

Caryl = Caryl Community Center  
Library CR = Library Community Room

# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	5 9am S&S, Caryl 203 9:30am COA Board Meeting, Caryl 116	6 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 12:30pm Tech Support, Caryl 116	7 9:30am Pickleball, Caryl Gym 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	8 1pm Movie, The Dover Church
11 10:00am Card Making, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 1:30 Memoirs, Caryl 108 5:30pm Qigong, Library CR	12 9am S&S, Caryl 203 12n COA Lunch, Caryl 108	13 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 Horse & Carriage Lunch Trip	14 9:30am Pickleball, Caryl Gym 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108 1pm Book Club, Library	15 10:45am Blood Pressure Clinic, Caryl 108 11:30am Tea with Friends, Caryl 108
18 HOLIDAY	19 9am S&S, Caryl 203 12n Moveable Feast, Caryl 108	20 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108	21 9:30am Pickleball, Caryl Gym 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	22 8:30am Senior Coffee, Caryl 108
25 10am Intro to Yoga, Caryl 203 10am International Trip Seminar, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 12n Men's Lunch Club, The Heritage Sherborn 1:30 Memoirs, Caryl 108 5:30pm Qigong, Library CR	26 9am S&S, Caryl 203 12n Circle of Friends Lunch, Dover Grace Church	27 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108	28 9:30am Pickleball, Caryl Gym 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	

# CALENDAR

## SUNDAY EVENTS

Feb 3 Metropolitan Opera Performance  
 Feb 10 Wellesley Symphony Orchestra

# VOLUNTEER SERVICES



## Volunteer Corner

By Annemarie Thompson, COA Volunteer Coordinator

We hope that you were able to join us for one of our many Fall events! Thank you to all of our volunteer partners:

- the Dover Nursery School children who listened and loved the COA Ukulele Players
- the Dover Sherborn High School Community Service Club students who decorated pumpkins and our room for a festive Halloween luncheon, as well as hosting a Holiday Pizza and Movie afternoon
- the Dover Sherborn Hockey Team players who provided fall yard clean ups to Seniors
- our volunteers who pick up Blue Moon Bread and the Community Powisset Farm Share to share with Seniors each week
- the student greeters at our Classical Concert and Dover Police Holiday Brunch
- the student helpers and Seniors who came early to decorate and set up at the Friends of the COA annual Harvest Brunch
- the tremendous community volunteers and bakers who helped to decorate and serve at the annual COA Thanksgiving Lunch
- and a special shout out to the members of the local clergy, Dover Police Department, and American Legion for carving our turkeys and hosting our Seniors for a festive Holiday Brunch and Holiday Dinner!

If you are interested in volunteering with the COA or need some support, the COA would love to hear from you. Making connections is easy; please visit the COA page on the Town website ([www.doverma.org](http://www.doverma.org)) and click on the Volunteer button for information on ways to help and to access the Volunteer Response form. If you prefer to speak to me in person, **please call the COA office at 508.315.5734**.

Whether you are a Senior, a community volunteer, a student, or a member or leader of an adult or youth organization, please reach out in person or by email at [athompson@doverma.org](mailto:athompson@doverma.org). Thank you for connecting with the COA and helping your community.

## Lifetime Learning Classes

### WRITING YOUR MEMOIRS

Mondays 1:30-3:00PM

February 11, 25, March 11, April 8

Classes meet at Caryl Community Center, Room 108

Everyone has a story to tell, whether from childhood adolescence, or from a more recent stage of life. In this workshop, we will read and discuss a few brief excerpts from published memoirs. We will explore key elements including how to come up with material and how to develop characters, details, structure, plot, conflict and dialogue. Students will work on a short autobiographical story over the four class meetings. We will read and discuss some of each participant's memoir writing in a supportive class environment.

Lynne Spigelmire Viti, JD, PhD, is a senior lecturer in the Writing Program at Wellesley College. She is the author of many scholarly publications and has also published poetry and fiction in many online and print literary journals.

Class sponsored by Friends of Dover COA. Cost is \$35.00; checks payable to Friends of Dover COA. Please contact COA Office at 508.315.5734 to register for this class.

### FUN WITH UKULELE

Wednesdays, 1:00 - 2:00pm

February 27 to June 5, 2019

Classes meet at Caryl Community Center, Room 108

Come learn basic chords and strumming on the ukulele to accompany traditional folk songs and more modern songs. Bring your own ukulele or rent one at Needham Music (781-453-8067). No experience is needed; join us to learn something new and have fun with music. New students are always welcome!

Instructor Daniel Metraux leads ukulele groups in local towns and now in Dover.

Class sponsored by Friends of Dover COA. Cost is \$75.00 for 15 classes; checks payable to Friends of Dover COA. Please contact COA Office at 508.315.5734 to register for this class.

# TRAVEL AND EXPLORE

View the Ansel Adams exhibit at Museum of Fine Arts, enjoy the music of the Symphony, a Broadway musical, or artists from the Metropolitan Opera at the Shalin Liu Performance Center in Rockport.

## DAY TRIPS

### Lafayette House Lunch Trip

Wednesday, January 9

Join us for lunch at the renowned Lafayette House restaurant in Foxboro. Space is limited to 10; come enjoy a winter day out with friends!

### Museum of Fine Arts

Wednesday, January 23

Travel with us to explore the Ansel Adams exhibit at the Museum of Fine Arts in Boston. Admission cost is \$23. Lunch is on your own at the Museum café. A docent tour of the MFA and transportation are funded by Friends of COA.

### Metropolitan Opera Performance

Sunday, February 3

We are off to Rockport to the beautiful Shalin Liu Performance Center to enjoy a matinée of Metropolitan Opera Artists with live performers. Cost is \$30 for program. Transportation funded by Friends of COA.

### Wellesley Symphony Orchestra

Sunday, February 10

Enjoy an afternoon of Classical Meets Contemporary music featuring pianist Victor Rosenbaum. Performance includes Mozart – Overture to The Magic Flute and Piano Concerto no. 22 in E flat, K.482 as well as premiere of commissioned work An Appalachian Trail Symphony; New England by composer Keane Southard. Tickets are \$20; concert at 3pm at MassBay Community College in Wellesley Hills. Travel on your own.

### Horse & Carriage Lunch Trip

Wednesday, February 13

Shake off those winter blues and join us for a delicious lunch with friends at this Norfolk restaurant. Transportation funded by Friends of COA.

### Phantom Of The Opera

Saturday, March 30, 2019

2pm Matinée

Join us for this award winning Andrew Lloyd Webber musical at Providence Performing Arts Center. Enjoy the beloved story and thrilling score of this Broadway Series show.



## INTERNATIONAL TRIP

### An 11 Day Adventure to Imperial Cities

October 7 to 17, 2019

Dover, Westwood and Sherborn COAs present an 11 day tour of the Imperial Cities of Prague, Vienna and Budapest through Collette Tours. Tour Prague, the “City of 100 Spires,” and explore the “Castle District,” including Lobkowicz Palace, home to the largest art collection in the Czech Republic. Travel from Prague to Vienna; visit Schoenbrunn Palace and embark on a scenic Danube River cruise. Visit Melk and Bratislava and Budapest, one of the world’s most beautiful cities. Rates range from \$4,314 (double) to \$5,164 (single) and include air fare, transfers, hotels, 15 meals, and travel insurance. For more information, stop by the COA for a flyer and plan to attend an information meeting with Vincent Brown of Collette Tours on Monday, February 25, 2019 at 10am at Caryl Community Center.



Call Dover COA to sign up for these trips.  
Flyers available at Dover COA office.

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**Thomas Upham House**  
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**Timothy Daniels House**  
84 Elm St. Holliston, MA  
(508)429-4566

**Victoria Haven**  
137 Nichols St, Norwood, MA  
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**Rehabilitation  
Associates**  
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# BEING FRIENDS

## **FRIENDS OF THE DOVER COUNCIL ON AGING**

### **Enhancing the Well Being of Dover Seniors**

The Friends of the Dover Council on Aging invite you to become a member of their organization. Being a “Friend” is being responsive to the needs of the Dover Council on Aging and the community it serves. Joining this organization offers all of us in the Dover community a chance to be part of this valuable effort. THE FRIENDS OF THE DOVER COUNCIL ON AGING is a 501(c)3 organization that exists to provide financial support to our Council on Aging. Our particular focus is to assist with “beyond-budget” expenses that expand and enhance the programs of the COA. To accomplish this focus over the past year

**NEW ENDEAVORS** by the “Friends” included:

- The Spring Fling in April to thank our members and include their participation in an annual meeting
- An appreciation trip for Dover Veterans to Battleship Cove in Fall River
- Postcards and fees related to the COA town wide community needs assessment survey
- Fresh produce through a CSA share at Powissett Farm
- The November Classical Concert held at St. Dunstan’s Episcopal Church
- Upgrade to a touch-screen version of the My Senior Center software

**ON-GOING COMMITMENTS** by the “Friends” included:

- Transportation for COA outings such as the Boston Pops, Cambridge Architecture Charles River Cruise, area restaurant luncheons, and the Worcester and Harvard Art Museums
- The annual “Up in Smoke” BBQ in June
- “Sand for Seniors” to prevent slipping during the winter
- Spring and fall Lifetime Learning for Dover residents
- Coffee and tea to those who visit the COA office
- COA classes such as Silk Scarf painting and Cooking at Powisset Farm
- Plaques “In Memory of” and “In Appreciation of” friends

To provide these benefits, “Friends” have raised funds through

- Recycling button-cell batteries throughout the year
- Selling a variety of crafted items made by senior volunteers (i.e. silk scarves, knitted hats, towels, etc.) at our Dover Days booth in September

- Hosting and obtaining sponsors for the Harvest Brunch at the Dover American Legion in October
- Offering **MEMBERSHIP** to people of all ages in this great organization

Dover residents, family, friends and neighbors, please consider becoming a member of the Friends of the Dover COA during our 2019 Membership Drive.

All contributions are tax deductible. Friends of Dover COA is a 501(c)3 nonprofit organization. Checks are payable to The Friends of the Dover COA. Mail to: Friends of the Dover COA, Box 130, Dover, MA 02030 OR visit our website to join: [www.coafriends.org](http://www.coafriends.org).

Name \_\_\_\_\_

Address \_\_\_\_\_

Town/State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

E-Mail \_\_\_\_\_

Level of Membership: Circle the one you wish to use.

Friend: \$20    Patron: \$50    Sweetheart: \$100

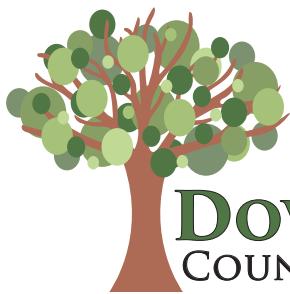
Exceptional Friend: \$ \_\_\_\_\_ (\$200 & above)

## **THANK YOU FOR YOUR SUPPORT!**

“Friends” Board Members:

Bob Cocks, Alexis Dandreta, Maureen Dilg, Cindy Holmes, Michele Keleher, Jean McDonnell, Beth McGaw, Linda Pettit, Tricia Terrell, Gerry Wise

**Thanks to the Friends of the Dover COA for funding the printing and mailing costs of this issue.**



# **DOVER COA**

## **COUNCIL ON AGING**

### **COA OFFICE**

Caryl Community Center, Room 116  
4 Springdale Avenue, Dover, MA 02030  
Email: [coa@doverma.org](mailto:coa@doverma.org)

**508.315.5734**

### **COA OFFICE HOURS**

Monday – Thursday: 9:00am to 5:00pm  
Friday: 9:00am to 1:00pm

### **COA BOARD MEETING**

Tuesday, January 8, 2019 at 9:30AM  
Tuesday, February 5, 2019 at 9:30AM  
Caryl Community Center, Room 116

### **COA STAFF MEMBERS**

Janet Claypoole, Director  
Nan Vaida, Outreach Worker  
Sue Sheridan, Administrative Assistant  
Annemarie Thompson, Volunteer Coordinator

### **COA BOARD MEMBERS**

Camille Johnston, Chair  
Joanne Connolly, Vice Chair  
Maureen Dilg, Secretary  
Robert Cocks  
Rev. Peter DiSanto  
Betty Hagan  
Gilbert Thisse  
Gerry Wise, Associate Member  
Ruth Townsend, Associate Member

**Website: [www.doverma.org](http://www.doverma.org)**

Click on Council On Aging in the “Dover’s Quick Links” section

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