



DOVER COA COUNCIL ON AGING

News

508.315.5734

JANUARY - FEBRUARY 2020

HIGHLIGHTS

SINGO BINGO LUNCH

Tuesday, January 14

ARE YOU PREPARED?

Thursday, January 23

TECH SUPPORT

Tuesday, January 28

BEAT THE WINTER BLUES

Wednesday, February 5

LEGION WINTER DINNER

Sunday, February 9

VALENTINE'S DAY LUNCH

Tuesday, February 11

THE FIRST FIRST LADY

Tuesday, February 18

NEED A RIDE?

Need a ride to any COA programs or lunches? Call the COA at 508.315.5734 and we will arrange a free ride.

SPECIAL THANKS

Blue Moon Bagel Café
Dover Board of Health
Dover Parks & Recreation Dept.
DSHS Community Service Club
Friends of Dover COA
Natick Walpole Visiting Nurses Assoc.
Norfolk County District Attorney's Office
Thisse Family and Rehab Associates
Wingate Healthcare

LETTER FROM THE DIRECTOR

The winter months are here and the cold weather may tempt you to stay home...or travel to a warmer climate! You don't have to travel far in the new year to warm your heart and connect with friends as the COA has lots happening right here in Dover.

Enjoy a meal with friends at the COA's lunch programs. January is the annual bingo lunch, this time with a musical twist as we play Singo Bingo! In February, celebrate Valentine's Day and President's Day with the first First Lady Martha Washington sponsored by the Thisse Family. Gather at a Winter Dinner at Dover American Legion as they invite all seniors and veterans to enjoy a warm meal, music, and friends.

Is one of your 2020 resolutions to focus on your health? Try a fitness class, such as Qi Gong, Yoga, Zumba, or the new Stretch and Flow to improve flexibility and balance. Learn to cook healthy with Wingate Healthcare's chef, meet with Public Health Nurse Alyssa Kaiser for blood pressure clinic, or join her in February and learn How to Beat the Winter Blues.

Keep those blues away by staying informed: attend Are You Prepared? and pick up an emergency backpack or meet with Assessor Amy Gow and discuss Senior Tax Relief programs that may benefit you. Join us at these or other programs noted inside this issue and stay warm with your friends at the COA.

Janet Claypoole

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

2Sisters Senior Living Advisors
Avenue Restaurant, Medfield
Blue Moon Bagel Café
Care Resolutions, Inc.
Catherine's Cakes/Christina Luttazi
Chiara Restaurant, Westwood
Davio's Steakhouse, Foxborough
Ellis Rehabilitation Center/Franchi Family
Encompass Fitness, Millis
Friends of Dover COA
Heritage Restaurant, Sherborn
J Crocker Tree Work

Leesa Mullin and Family
Lovell's Nursery
Not Your Average Joe's Restaurant
Powisset Garden Club
Rehab Associates/Thisse Family
Roche Brothers
Gloria & Larry Schwartz
Sol & Peter Steinberg
The Dover Wine Company
Barbara & Frank Ventola
Will's Hardware, Medfield
Wingate Healthcare

LUNCH AND LEARN

SINGO BINGO LUNCHEON

Tuesday, January 14 at
12Noon; Cost \$4.00
Caryl Community Center,
Room 108

*Cosponsored with Parks &
Recreation Department*

Join us for lunch and a fun afternoon as we play Singo Bingo with Jim the DJ Guy. Your favorite songs replace the numbers on the bingo card. Come enjoy music and friends! Please RSVP by January 9.



COA VALENTINE'S DAY LUNCHEON

Tuesday, February 11; 12Noon; Cost \$4.00
Caryl Community Center, Room 108

Sweets, Treats, and Friends! Please join us to celebrate Valentine's Day and enjoy a delicious meal and a sweet treat. Please RSVP by February 6.

MOVEABLE FEAST

Tuesday, January 21; 12Noon
Most Precious Blood Church

Come share a delicious meal hosted by volunteers from the church. Please RSVP by January 15 to the COA.

CIRCLE OF FRIENDS LUNCH

Tuesday, January 28, 12Noon; RSVP by January 22
Dover Grace Church

Please join us for a homemade lunch and conversation with friends.

COA LUNCHEON: THE FIRST FIRST LADY

Tuesday, February 18; 12Noon
Caryl Community Center, Room 108

Cosponsored with Thisse Family and Rehab Associates
Enjoy lunch and performer Anne Barrett as Martha Washington as she relates the joys and challenges of her 18th century life. She'll describe how she's defining a brand new role in American politics and reflect on her visits to Revolutionary War winter encampments.

LEGION WINTER DINNER

For Seniors and Veterans
Sunday, February 9 at 1:00pm

Dover American Legion

Come in out of the winter wonderland and warm your hearts with good food and good friends. The Legion invites all veterans and seniors to enjoy a delicious dinner with friends. Musical entertainment is cosponsored by Legion and Friends of COA. Please RSVP to COA by February 4.

MEN'S LUNCH CLUB GATHERING

Mondays, January 27 and February 24; 12Noon
at The Heritage, 33 North Main Street in Sherborn

Come join the guys for lunch! Metro West Health Foundation funds a grant for Sherborn and Dover men to meet, enjoy a delicious lunch, and reconnect. A voluntary donation of \$10 is suggested. Please RSVP to Sherborn COA at 508-651-7858.

HEALTHY COOKING

Tuesday, February 25; 12Noon
Dover Grace Church

Cosponsored with Wingate
Healthcare

Cooking healthy food can be quick, easy, and delicious! Join the Chef from Wingate Healthcare to learn new recipes and techniques, enjoy a tasty lunch, and focus on your health. Please RSVP by February 19.



ARE YOU PREPARED?

Thursday, January 23; 12Noon
Caryl Community Center, Room 108

From hurricanes to floods to blizzards and power outages, emergencies can strike at any time. Norfolk County District Attorney Michael W. Morrissey invites you to attend a presentation by the Massachusetts Emergency Preparedness Coordinator to learn about the necessary survival items for an emergency and the importance of being prepared. An emergency backpack can make a difference! Come pick up a backpack filled with necessary items suggested by Homeland Security and learn hear about the use of each item. One backpack per person. Space is limited! Light lunch provided. Please call Dover COA at 508.315.5734 by January 17 to register for this special event.

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.

BE FIT AND AGE WELL



THERAPEUTIC QI GONG

Mondays 5:30pm at Dover Town Library, Comm. Room
Tuesdays 2:30pm at Caryl Community Ctr, Room 108;
\$3.00 per class

Instructor: Linda Bellefeuille

Strength, Balance, Relaxation, Flexibility and Health-these are all benefits of Qi Gong. Recent studies confirm the beneficial health-promoting results for older adults from the regular practice of Mindfulness-Based Stress Reduction (MBSR) such as Therapeutic Qi Gong. Come try this class, which can be done standing or seated. Comfortable clothing is suggested; please bring water.

YOGA FOR WELLNESS

Wednesdays 10:00am

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

Instructor: Tracy Buckley, RYT

Try our Yoga class and improve your health, strength, flexibility and balance. 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

Instructor: Tracy Buckley, RYT

Join us for guided meditation to deep levels of relaxation.

STRENGTH & STABILITY (S&S)

Tuesdays 4:30-5:20pm

Thursdays, 7:00-7:50am

Caryl Community Center, Room 203

Cost: \$3.00 per class

Instructor: Andria DeSimone

Join us for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Bring water, equipment is provided.

NEW CLASS!! STRETCH AND FLOW

Wednesdays, 4:30-5:20pm

Caryl Community Center, Room 203; Cost \$3.00

Instructor: Andria DeSimone

Come stretch your body, focus on breathing and balance, and improve range of motion and flexibility. Chairs are available.

ZUMBA GOLD

Saturdays, 10:45-11:30am at Caryl Community Center, Community 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 towards active older adults. Come dance to the music for a total body workout!

PICKLEBALL

Cosponsored with Parks & Recreation Department

Mondays at 8:45am, 9:30am, 10:15am, 11:00am, 11:45am, 12:30pm

Thursdays at 8:45am, 9:30am, 10:15am, 11:00am

Fridays at 8:45am, 9:30am, 10:15am, 11:00am

The game is a combination of badminton, tennis and table tennis. There are up to four players per session. Call or stop by COA to sign up. Sign-up sheets will be available on the 22nd of the month for the next month's sign ups. Equipment provided. Bring water.

SWIM TIME FOR THE COA

Enjoy Senior Swim at the Kingsbury Club in Medfield on Mondays and Fridays from 10-11am. Bring your Dover COA key card to scan and \$5 swim fee. Need a key card? Stop by the COA office at Caryl Community Center to obtain one.

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.

CREATE AND CONNECT

CARD MAKING WITH BETH

Monday, February 10 at 10:00am; No class in January

Caryl Community Center, Room 108

Create cards with fabric! Easy to do and all templates and materials provided. February's class is your choice of what to create! Templates from previous classes will be available.

KNITTING

Mondays at 11:30am

Caryl Community Center, Room 108

Beginners and all knitting levels welcome! Bring your own project or knit items for veterans, warm hats and shawls for cancer units, or for the homeless. The COA has donated yarn and needles and experts to help you get started.

MAH JONGG

Thursdays, 1:00pm

Caryl Community Center, Room 108

Come play and/or learn this game played with tiles. All levels welcome.

PAGETURNERS BOOK CLUB

Dover Town Library

Thursday, January 9, 1:00pm

Book: *Hotel on the Corner of Bitter and Sweet* by Jamie Ford

Thursday, February 13, 1:00pm Book: TBD

OFFICE HOURS WITH TOWN ASSESSOR

Monday, January 13, 10:00am

Friday, February 7, 10:00am

Monday, March 16, 10:00am

Caryl Community Center, Room 108

Do you have questions about your property or excise taxes? Are you aware of the Senior Tax Relief programs available to Dover residents? Come meet with Assessor Amy Gow to answer questions and learn more about Town programs that may benefit you. Coffee and light refreshments provided.

TEA WITH FRIENDS

Friday, January 17; 11:30am

Tea for Two

Friday, February 21; 11:30am

Young at Heart Tea

Caryl Community Center, Room 108

Invite a friend to join us for a light lunch with friends. Sign up at the COA



TECH SUPPORT

With Dover Sherborn HS Community Service Club

Tuesday, January 28 at 2:30pm

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. Please RSVP to COA.

GAME DAY!

Thursday, February 6 at 2:30pm

Caryl Community Center, Room 108

Join us for an afternoon of board games with friends and students from DSHS. Play an old favorite such as Chess, Scrabble, Parchesi, Sorry, Dominoes or learn a new game such as Rummikub! Please RSVP to COA by February 5.

FREE MOVIES AT THE DOVER CHURCH

Yesterday – Friday, January 10 at 1pm;

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

Downton Abbey – Friday, February 14 at 1pm;

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century.

High Tea - Before the February movie at 11:30am, please join us for High Tea as we prepare to watch Downton Abbey. Tea, cakes, and a light lunch will be served. Please RSVP.

Sponsored by the Dover COA and The Dover Church.

RSVP to beth@thedoverchurch.org or 508-785-0957.

Please join us and enjoy popcorn, coffee, dessert and Tea and finger sandwiches!

SENIOR COFFEE HOUR

Friday, January 31, 8:30am

Friday, February 28, 8:30am

Caryl Community Center, Room 108

Please join us for coffee and conversation.

FUN WITH UKULELE WILL RETURN SOON!

Call COA for schedule.

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.

SUPPORT AND ASSISTANCE

OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

Food Safety: It's not exciting but it is essential! As consumers, we are regularly receiving warnings from government agencies regarding different food product recall. In November, a half million pounds of raw pork was recalled by the USDA. While we cannot personally control the production side of our food chain, we can develop habits at home to keep us safer from harmful pathogens. The CDC has many recommendations to help us all handle our food better and therefore help prevent the spread of food borne illnesses:

- *Make sure your prep areas and cutting boards are very clean. Do not cross contaminate by using the same board for chicken or meat that you use for other prep work.

- *Cook food to the right temperature. Most recipes list the temperatures to safely cook your food to. It is especially important to get the meat up to the right temperature. Everyone has a meat thermometer but "instant read" thermometers are more accurate. Do consult cookbook and internet sources for the correct temperature for safe enjoyment of meat, poultry and seafood.

- *Refrigerate food purchases and leftovers within two hours. A little warming goes a long way with bacteria!

- *Thaw correctly. All meat should be defrosted in the fridge or in cold water. Leaving it out invites microbes to enjoy your food before you do!

- *Do not eat raw or under cooked eggs. We have all heard of salmonella and its effect on your body when ingested. Pasteurized eggs and egg whites are available commercially for those recipes that call for raw eggs. Don't eat the cookie dough out of the bowl!

- *Check the restaurants you choose for cleanliness and make sure your food is properly cooked. None of us wants to be the annoying customer who sends food back to the kitchen. However, if your food is not prepared to the right temperature...save yourself and ask it to be recooked.

And most importantly, from childhood on we have this habit drilled into us over and over. We all should be doing this at restaurants, snack bars, friends' homes and especially in our own...**WASH YOUR HANDS!**



HOW TO BEAT THE WINTER BLUES

Wednesday, February 5, 10:00am

Caryl Community Center, Room 108

Cosponsored with Dover Board of Health

The weather is colder, the days are shorter, and do you want to hibernate until Spring? Are you feeling fatigued, having difficulty concentrating and feel less motivated? Attend this program with the Board of Health's Public Health Nurse Alyssa Kaiser to learn how to manage symptoms of seasonal affective disorder (SAD) and positive ways to battle the winter blues. RSVP by February 3.

BLOOD PRESSURE

with the Natick Walpole VNA

Tuesday, January 14, 11:15-12:00pm

Tuesday, February 11, 11:15am-12:00pm

Caryl Community Center, Room 108

Stop in and meet with Public Health Nurse Alyssa Kaiser for a blood pressure check. Sponsored by Board of Health.

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.

BLUE MOON BAGELS & BREADS

Thursdays, January 2, 16, 30; February 13, 20

Caryl Community Center, Room 116

Donated baked goods from Blue Moon Café are available after 10:00am

FINANCIAL AND ENERGY ASSISTANCE

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

JANUARY 2020

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 	2 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108	3 8:45 Pickleball, call for a slot
6 8:45 Pickleball, call for a slot 11:30am Knitting, Caryl 108 5:30pm Qigong, Library CR	7 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	8 10am Yoga, Caryl 203 11am Meditation, Caryl 203 4:30pm Stretch & Flow Caryl 203	9 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 1pm Mah Jongg, Caryl 108 1pm Book Club, Dover Town Library	10 8:45 Pickleball, call for a slot 1pm Free Movie at the Dover Church
13 8:45 Pickleball, call for a slot 10am Town Assessor, Caryl 108 11:30am Knitting, Caryl 108 5:30pm Qigong, Library CR	14 11:15am Blood Pressure, Caryl 108 12N Singo Bingo, Caryl 108 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	15 10am Yoga, Caryl 203 11am Meditation, Caryl 203 4:30pm Stretch & Flow Caryl 203 Isabella Stewart Gardner Museum Trip	16 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108	17 8:45 Pickleball, call for a slot 11:30am Tea with Friends, Caryl 108
20 MLK DAY	21 12n Moveable Feast, Most Precious Blood Church 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	22 10am Yoga, Caryl 203 11am Meditation, Caryl 203 4:30pm Stretch & Flow Caryl 203	23 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 12n Are You Prepared?, Caryl 108	24 8:45 Pickleball, call for a slot Papa Razzi Lunch Trip
27 8:45 Pickleball, call for a slot 11:30am Knitting, Caryl 108 12n Men's Lunch Club at The Heritage Sherborn 5:30pm Qigong, Library CR	28 12n Circle of Friends Lunch, Dover Grace Church 2:30pm Qigong, Caryl 108 2:30pm Tech Support, Caryl 116 4:30pm S&S, Caryl 203	29 10am Yoga, Caryl 203 11am Meditation, Caryl 203 4:30pm Stretch & Flow Caryl 203	30 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108	31 8:30am Senior Coffee, Caryl 108 8:45 Pickleball, call for a slot

FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:45 Pickleball, call for a slot 11:30am Knitting, Caryl 108 5:30pm Qigong, Library CR	4 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	5 10am Yoga, Caryl 203 10am Beat Winter Blues, Caryl 108 11am Meditation, Caryl 203 4:30pm Stretch & Flow Caryl 203 Dolphin Seafood Lunch Trip	6 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 1pm Mah Jongg, Caryl 108 2:30pm Game Day, Caryl 108	7 8:45 Pickleball, call for a slot 10am Town Assessor, Caryl 108
10 8:45 Pickleball, call for a slot 10am Card Making, Caryl 108 11:30am Knitting, Caryl 108 5:30pm Qigong, Library CR	11 11:15am Blood Pressure, Caryl 108 12n COA Valentine Lunch, Caryl 108 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	12 10am Yoga, Caryl 203 11am Meditation, Caryl 203 4:30pm Stretch & Flow Caryl 203	13 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108 1pm Book Club, Dover Town Library	14 8:45 Pickleball, call for a slot 11:30am High Tea before the Free Movie 1pm Free Movie at the Dover Church
17 PRESIDENTS DAY	18 12n First Lady Lunch, Caryl 108 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	19 10am Yoga, Caryl 203 11am Meditation, Caryl 203 4:30pm Stretch & Flow Caryl 203	20 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108	21 8:45 Pickleball, call for a slot 11:30am Tea with Friends, Caryl 108
24 8:45 Pickleball, call for a slot 11:30am Knitting, Caryl 108 12n Men's Lunch Club at The Heritage Sherborn 5:30pm Qigong, Library CR	25 12n Healthy Cooking, Dover Grace Church 2:30pm Qigong, Caryl 108 4:30pm S&S, Caryl 203	26 10am Yoga, Caryl 203 11am Meditation, Caryl 203 4:30pm Stretch & Flow Caryl 203	27 7am S&S, Caryl 203 8:45 Pickleball, call for a slot 1pm Mah Jongg, Caryl 108	28 8:30am Senior Coffee, Caryl 108 8:45 Pickleball, call for a slot

SATURDAY CLASSES

Zumba Gold on Saturdays at 10:45am - 11:30am
 Caryl Community Center Community Room
 Dates are Jan. 4, 11, 18, 25 Feb. 1, 8, 15, 22, 29

WEEKEND EVENTS

Dover Legion Winter Dinner
 Sunday, February 9 at 1pm

Fiddler on the Roof
 Saturday, February 15

Caryl = Caryl Community Center Library CR = Library Community Room

VOLUNTEER APPRECIATION



THANK YOU!

Thank you to all the volunteers from preschoolers who sang carols to police officers who cooked breakfast, from seniors who took photos, families who donated gifts, and students who helped with a holiday cookie swap. The COA is so grateful to all who shared a helping hand and a full heart and made the holidays special for your neighbors. We could not do all that we do without all of you... Thank You!



DONATIONS

Thank you to all who donated small toiletries to Family Promise of MetroWest. The COA delivered two big boxes of items to them to share with those in need. We appreciate your generosity!

Please consider donating Gift Cards to local area restaurants and businesses for prizes for our Bingo Lunch on January 14. Please drop off donations to the COA in the Caryl Community Building, Room 116 no later than January 6.

VOLUNTEER OPPORTUNITIES

During winter months, there are seniors in need of someone to help shovel a walkway or dig out a mailbox after a snowstorm. The COA is also looking for someone to assist with photography at events and pre and post-event publicity for a few hours each month. Bakers are always welcome to share their talents and treats at one of the COA's events. If interested in any of these options, please contact Annemarie Thompson, Volunteer Coordinator, at 508-315-5734.



The Dover Council on Aging
is now on Facebook!

Like our photos and Follow us!



SAND FOR SENIORS

The Dover COA and the Men's Breakfast Group from The Dover Church delivered sand buckets of sand/salt to Dover seniors in December. Are you still in need of a bucket? Please call the COA at 508.315.5734 and we will find a volunteer to deliver to you. Thank you to the Men's Group for delivery, and to The Friends of the COA who generously funded this program.



TRAVEL AND EXPLORE

Explore the exhibits of Raphael and other artists at Gardner Museum, lunch with friends at local restaurants, enjoy the music of Fiddler on the Roof or experience the beauty of dance at the ballet Carmen.

DAY TRIPS

Isabella Stewart Gardner Museum

Wednesday, January 15

Visit the Gardner Museum as we view *Raphael and the Pope's Librarian Exhibit* which commemorates the 500th anniversary of the painter's death in 1520; tour the exhibits of *In the Company of Artists: 25 Years of Artists in Residence*. Enjoy lunch in Museum café. Cost TBD. Space limited.

Papa Razzi Lunch Trip

Friday, January 24

Join us for Lunch at Papa Razzi Restaurant in Wellesely for classic Italian flavors and fresh, local ingredients. Space limited to 10; come enjoy a day out with friends.

Dolphin Seafood Restaurant Lunch Trip

Wednesday, February 5

We are off to nearby Natick to enjoy a delicious lunch at Dolphin Seafood. Space limited to 10.



Fiddler on the Roof

Saturday, February 15

Experience this new production filled with musical hits telling the story of fathers and daughters, husbands and wives, and life, love

and laughter. We will travel to Providence Performing Arts Center for a 2pm matinee. Space limited. Cost TBD.

Carmen Ballet

Saturday, March 21

Travel with us to Boston Opera House to attend 1:30pm matinee of Jorma Elo's *Carmen*, exploring the timeless dynamics of passion, jealousy and betrayal. Space limited. Cost TBD.

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

OVERNIGHT TRIP

America's Music Cities

May 22-29

Travel to Nashville, Memphis and New Orleans and explore these southern musical cities. Visit Grand Ole Opry, Ryman Auditorium, Country Music Hall of Fame, Graceland, and the Jazz Capital of the World-New Orleans! Stop by COA for travel brochure.



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

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EXTRA! EXTRA!



COPING WITH WINTER BLUES

By Alyssa Kaiser, RN, Public Health Nurse
Natick Walpole Visiting Nurses Association

The winter months bring long, cold nights and frigid temperatures. Many seniors experience feelings of depression due to lack of sunshine and a decrease in activities during the winter months. People may feel melancholy immediately following the holidays. Having a discussion with your provider is important if these feelings of sadness persist for more than two weeks.

According to the CDC, older adults are at a greater risk for developing depression but are often under-treated or misdiagnosed. Additionally, depression is more common in people that suffer from chronic illness and 80% of older adults have at least one chronic health condition. Social isolation whether due to chronic illness or health hazards, falling and hypothermia increase during the winter months.

Be mindful of these tips to help combat the winter blues:

Light: Enjoy natural light as much as possible; sit by a window to feel the sun on your face. The vitamin D from the sun can help to improve your mood.

Eating: Be mindful of what you eat and eat a balanced diet.

Exercise: Stay active. Exercise is important year round in lifting spirits and improving your mood.

Socialize: Get together with friends, attend a religious service, volunteer, stay connected to your community.

You are invited to join me at the **Dover COA on Wednesday, February 5 at 10am** as I will be discussing Seasonal Affective Disorder (SAD) and sharing more tips on how to move beyond the winter blues. Remember, these long winter nights are a gateway to spring!

CAREGIVER SUPPORT GROUP

1st and 3rd Tuesday of the month; 10:30am-12Noon
Unitarian Universalist Church, Sherborn

Sponsored by Sherborn Council on Aging

Are you a caregiver in need of support? This support group is a safe space to discuss the stresses, challenges and rewards of caregiving. Group is led by a skilled facilitator and FREE care is available for your loved one during the meeting. Call Sherborn COA at 508.651.7858 for more information. This support group is funded in part from Older American Act funds as granted by Bay Path Elder Services.

THE DOVER NEIGHBORS FUND

There is a new fund available in Dover to support those in need. The Dover Neighbors Fund was started by Dover residents Mary Crane, Eric Morse, Johnathan Fryer and Vin O'Brien to support residents that are facing challenging situations. Grant requests are confidential. To learn more about this fund, please go to DoverNeighborsFund.com or email Eric Morse at eric.morse.caberpartners@gmail.com.

FRIENDS OF THE DOVER COA

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

Enclosed is my donation of \$_____

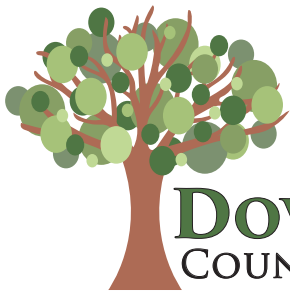
in memory of _____

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.



DOVER COA

COUNCIL ON AGING

COA OFFICE

Caryl Community Center, Room 116
4 Springdale Avenue, Dover, MA 02030
Email: 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

Caryl Community Center, Room 205
Tuesday, January 7, 2019 at 9:30am
Tuesday, February 4, 2019 at 9:30am

Website: www.doverma.org

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

COA STAFF MEMBERS

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

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Joanne Connolly, Vice Chair
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Dover Council On Aging
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