

# DOVER COA COUNCIL ON AGING

## News

508.315.5734

NOVEMBER - DECEMBER 2018

### HIGHLIGHTS

#### FREE CLASSICAL CONCERT

Sunday, November 4 at 2pm

#### MANAGING DIABETES

Wednesday, November 7 at 9:30am

#### COA THANKSGIVING LUNCHEON

Tuesday, November 13, 12:00Noon

#### DOVER POLICE HOLIDAY BRUNCH

Saturday, Dec 1; 10am-12:30pm

#### PIZZA & HOLIDAY MOVIE

Wednesday, Dec 5 at 12noon

#### LEGION HOLIDAY DINNER

Sunday, December 9 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

Blue Moon Cafe

Beth Israel Deaconess Hospital-Needham

Dover Police Department

Dover American Legion

Friends of Dover COA

DSHS Community Service Club

### LETTER FROM THE DIRECTOR

Fall is transitioning to Winter and yes, the Holidays are upon us! November and December are busy months as we prepare for the holidays and our celebrations with friends and family. The Council on Aging invites you to celebrate with us as well.

Join us for the COA Thanksgiving Luncheon at Kraft Hall. Veterans are invited to this bountiful feast as our guests in honor of their service. The Dover Police Association hosts the Senior Brunch where the Police prepare a delicious breakfast and donated gifts are shared with all. The Dover Legion invites seniors to the annual Holiday Dinner to celebrate with friends. Looking for some music with your lunch? The Happy Strummers will play Folk Songs from Around the World at Grace Church's Circle of Friends Lunch in November, and the Sherborn Music Makers will entertain with holiday songs at the COA Holiday Lunch in December. Come sing along and celebrate!

November and December are also filled with other special programs. Attend a Classical Concert featuring violinist Daniel Kurganov and pianist Constantine Finehouse and funded by Friends of Dover COA. Mary Paschal from Beth Israel Deaconess Hospital-Needham will discuss Managing Type 2 Diabetes and Connie Dewyer is back to paint silk table runners for the holidays. Sign up for a Holiday Lunch trip or travel to Harvard Art Museums with the COA! See inside for details on these programs.

As you come in and connect at COA programs, please stop in the office and meet our new Volunteer Coordinator Annemarie Thompson! We are so happy to have her join our team and welcome her assistance in connecting volunteers with those in need. See page 8 for information on how to reach Annemarie to offer or request volunteer help. Thank you to all the volunteers that reach out to support the COA and Dover community during this holiday season. We are filled with gratitude for your generosity and kindness.

Happy Thanksgiving and Happy Holidays!  
Janet Claypoole

# LUNCH AND LEARN

## COA THANKSGIVING LUNCHEON

Tuesday, November 13, 12:00Noon

Cost \$5.00; Free for Veterans

Kraft Hall at The Dover Church

Come gather with friends and enjoy turkey with all the trimmings! RSVP by November 7.



## COA HOLIDAY LUNCHEON

Tuesday, December 11, 12:00Noon; cost \$4.00

Caryl Community Center, Room 108

Join us to celebrate the holidays and be entertained by the voices of the Sherborn MusicMakers. RSVP by December 6.

## MOVEABLE FEAST

No luncheons in November & December

## CIRCLE OF FRIENDS LUNCH

Tuesday, November 27, 12:00Noon

Dover Grace Church (No December Lunch)

Please join us for a homemade lunch with friends and enjoy a special performance of **Folksongs From Around the World** by the Happy Strummers from the Dover COA Ukulele Class. Brush up on your Spanish, French, or German to sing along and have fun! RSVP by November 20.

## MEN'S LUNCH CLUB GATHERING

Monday, November 26 at 12Noon

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.

## WHAT'S NEW IN MANAGING TYPE 2 DIABETES?

Wednesday, November 7 at 9:30am

Caryl Community Center; Room 108

Join Mary Paschal from Beth Israel Deaconess Hospital–Needham, to discuss what's new in managing Type 2 Diabetes. Mary will talk through the new developments in preventing, living with and managing Type 2 Diabetes, including new medications (oral and injectable), as well as mindful eating. Coffee and light breakfast provided.

Mary Paschal, RN, MS, CDE - For the past 20 years, Mary has been a registered nurse and certified diabetes educator at the Joslin Center for Diabetes and Endocrinology. In addition, she is the Joslin Center program manager. She completed her undergraduate and graduate degrees at Boston College. RSVP by November 5.

## DOVER POLICE HOLIDAY BRUNCH

Saturday, December 1, 10:00am to 12:30pm; Free!

Kraft Hall at The Dover Church

Meet your local police as they cook a delicious breakfast! Guests will be entered in a drawing for donated gift baskets. RSVP by November 28.

## PIZZA & HOLIDAY MOVIE

Wednesday, Dec 5 at 12noon

Kraft Hall at The Dover Church

Come enjoy pizza and a movie with the DSHS Community Service Club. Decorate holiday treats with the students to celebrate the season.

## DOVER LEGION HOLIDAY DINNER

Sunday, December 9, 1:00pm

Dover American Legion

Enjoy a holiday meal from our Legion Friends. Dinner is served at 1:00pm but come any time after 12:00Noon to socialize with friends and neighbors and celebrate the holidays. RSVP by December 1.



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.

# BE FIT AND AGE WELL



**Note: No Fitness Classes on December 24, 25, 26 and 31.**

## **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 us for guided meditation to deep levels of relaxation.

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 a guided meditation to deep levels or 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

to swim. The Senior Swim program is on Mondays and

Fridays from 10-11am. Just bring your valid Dover COA key

card and \$5 swim fee for each visit to the Kingsbury Club.

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.

## **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

## FREE CLASSICAL CONCERT

Sunday, November 4, at 2:00 pm at Saint Dunstan's Church  
Join us for a concert featuring violinist Daniel Kurganov and pianist Constantine Finehouse. The one hour program will include:

### Beethoven's Sonata No. 4 – A

Sonata full of beauty, fire and passion.

**Ernest Chausson's Poeme** – An intimate, sensitive, yet, virtuosic work for the violin.



**Olivier Messiaen's Theme and Variations** – Inspired by his religious faith, this is a work of transcendence taking the listener and the performer on a journey together.

**Encores** – By Fritz Kreisler, Jascha Heifetz, Rachmaninoff and other favorites.

The musicians will meet with the audience after their performance. This concert is sponsored by the Dover COA and the Friends of the Dover COA.

## CARD MAKING WITH BETH

Monday, November 5, 10:00am; Theme: Fowl Season!  
Monday, December 10, 10:00am; Theme: "...not even a Mouse!" Caryl Community Center, Room 108  
Sign up at the COA.

## TABLE RUNNER PAINTING CLASS

Monday, December 3 and Wed December 5 at 10:00am  
Caryl Community Center, Room 116; Cost: \$20  
Join instructor Connie Dewyer and paint unique designs on silk table runners for the holidays! Silks will be painted on Monday and the process completed on Wednesday to bring out the design. All materials provided. 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.

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.

## 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, November 8, 1:00pm  
Book: "The Pieces We Keep" by Kristina McMorris  
Thursday December 13, 1:00pm  
Book: "The Art Forger" by Barbara A. Shapiro

## COOKING AT POWISSET FARM

Space is limited to 4 Dover seniors for class  
**Thursday, November 8 at 11:00AM; Cost: \$15**  
**Sweet & Savory Pies** – Join Chef Genevieve Forde Bremseth as we cook with pumpkin and create delicious pies for the holidays. Funded by Friends of Dover COA

## TEA WITH FRIENDS

Friday, November 16; 11:30am Turkey Tea  
Friday, December 21; 11:30am Holiday Tea  
Caryl Community Center, Room 108  
Sign up at the COA.

## FREE MOVIES AT THE DOVER CHURCH

**Won't You Be My Neighbor**; A documentary about Fred Rogers - Friday November 9 at 1pm; This emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe and into the heart of a creative genius who inspired generations of children with compassion and limitless imagination.

**RBG**; A documentary about Ruth Bader Ginsburg - Friday, December 14 at 1pm; An intimate portrait of an unlikely rock star: Justice Ruth Bader Ginsburg. With unprecedented access, the filmmakers explore how her early legal battles changed the world for women.

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, November 30, 8:30am  
Friday December 28, 8:30am  
Caryl Community Center, Room 108  
Please join us for coffee and conversation.



# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

The Holidays are coming! The Holidays are coming! Each year store displays for the winter holidays are put out sooner and sooner. It is so easy to get caught up in the whirlwind and pressure of the season before it even begins. Here are some suggestions for easing your way through the season:

**Simplify gift giving** Start early and make a list. Gift cards are available for almost every store and activity in our area. Our local supermarkets carry a wide variety. Since gift cards are available in specific amounts, you can easily keep track of your gift budget as well. Consider making a donation to a favorite charity in someone's name. Shop on line.

**Pace yourself** Parties, dinners, church gatherings, town events... Try not to "over book" your time. Choose the events that are the most meaningful for you. Remember to give yourself some quiet moments to catch your breath.

**Party time** It is very easy to over eat and over indulge with all the seasonal foods and beverages. Remember it's harder to take the pounds off after the New Year! Stay hydrated and carry a water bottle with you. Eat a healthy snack a half an hour before an event.

**Weather** New England weather is historically unpredictable. Be prepared. Keep boots, a small bag of sand and ice scraper in your car. Keep your cell phone with you and charged.

**Watch out for the "holiday blues"** Many of us live far away from family and friends so being apart at this time of year can leave you feeling sad and feeling alone. Reach out to friends, volunteer, and stay active.

Enjoy yourself. Celebrate the season with friends, family and/ or your community. Let go of the holiday stress!

## BLOOD PRESSURE with the Walpole VNA

Friday, November 16, 10:45am

Friday, December 21 10:45am

Caryl Community Center, Room 108

Meet with VNA Nurse to check your blood pressure.

## FOOT DOCTOR

Thursday, November 15, 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, please call the COA for a SHINE appointment with counselor Renee Rubin. Open enrollment is from October 15 to December 7. Call soon, appointments fill quickly.

## BLUE MOON BAGELS & BREADS

Thursdays, November 8, 29, and December 13, 27

Friday, November 23; 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.

## 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

# NOVEMBER 2018

# CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SATURDAY CLASSES</b></p> <p>Zumba Gold on Saturdays at 10:45am at Multipurpose Room at Caryl Community Center – Nov. 3, 10, 17 and Dec. 1, 8, 15, 22</p> <p>Caryl = Caryl Community Center Library CR = Library Community Room</p>			<p>1</p> <p>9:30am Pickleball, Caryl Gym</p> <p>10am Let's Paint, Art Loft</p> <p>11:30am S&amp;S, Caryl 203</p> <p>1:30pm 2nd Amendment, Library CR</p> <p>1pm Mah Jongg, Caryl 108</p>	<p>2</p>
<p>5</p> <p>10:00am Card Making, Caryl 108</p> <p>10:15am Pickleball, Caryl Gym</p> <p>11:30 Knitting, Caryl 108</p> <p>5:30pm Qigong, Library CR</p>	<p>6</p> <p>ELECTION DAY!</p> <p>9am S&amp;S, Caryl 203</p>	<p>7</p> <p>9:30am Managing Diabetes, Caryl 108</p> <p>10am Yoga, Caryl 203</p> <p>10:30 Art Masters, Library CR</p> <p>11am Meditation, Caryl 203</p> <p>11:30am Qigong, Caryl 108</p> <p>1pm Ukulele Caryl 108</p>	<p>8</p> <p>9:30am Pickleball, Caryl Gym</p> <p>10am Blue Moon Bread, Caryl 116</p> <p>11am Cooking at Powisset</p> <p>11:30am S&amp;S, Caryl 203</p> <p>1pm Mah Jongg, Caryl 108</p> <p>1pm Book Club, Library</p>	<p>9</p> <p>1pm Movie, The Dover Church</p> <p>DeCordova Musuem Trip</p>
<p>12</p> <p>HOLIDAY</p>	<p>13</p> <p>9am S&amp;S, Caryl 203</p> <p>12n Thanksgiving Lunch, The Dover Church</p>	<p>14</p> <p>10am Yoga, Caryl 203</p> <p>10:30 Art Masters, Library CR</p> <p>11am Meditation, Caryl 203</p> <p>11:30am Qigong, Caryl 108</p> <p>1pm Ukulele Caryl 108</p>	<p>15</p> <p>9am Foot Doctor, Caryl 116</p> <p>9:30am Pickleball, Caryl Gym</p> <p>9:30 COA Board Meeting, Caryl 108</p> <p>11:30am S&amp;S, Caryl 203</p> <p>1pm Mah Jongg, Caryl 108</p>	<p>16</p> <p>10:45am Blood Pressure Clinic, Caryl 108</p> <p>11:30am Tea with Friends, Caryl 108</p> <p>BSO Matinee Trip</p>
<p>19</p> <p>10:15am Pickleball, Caryl Gym</p> <p>11:30 Knitting, Caryl 108</p> <p>5:30pm Qigong, Library CR</p>	<p>20</p> <p>9am S&amp;S, Caryl 203</p>	<p>21</p> <p>No Yoga</p> <p>No Meditation</p> <p>No Qigong Today</p> <p>1pm Ukulele Caryl 108</p>	<p>22</p> <p>HOLIDAY</p>	<p>23</p> <p>10am Blue Moon Bread, Caryl 116</p>
<p>26</p> <p>10:15am Pickleball, Caryl Gym</p> <p>11:30 Knitting, Caryl 108</p> <p>12n Men's Lunch Club, The Heritage</p> <p>5:30pm Qigong, Library CR</p> <p>Wayside Inn Lunch Trip</p>	<p>27</p> <p>9am S&amp;S, Caryl 203</p> <p>12n Circle of Firends Lunch, Grace Church</p>	<p>28</p> <p>10am Yoga, Caryl 203</p> <p>11am Meditation, Caryl 203</p> <p>11:30am Qigong, Caryl 108</p> <p>1pm Ukulele Caryl 108</p>	<p>29</p> <p>9am S&amp;S, Caryl 203</p> <p>9:30am Pickleball, Caryl Gym</p> <p>10am Blue Moon Bread, Caryl 116</p> <p>1pm Mah Jongg, Caryl 108</p>	<p>30</p> <p>8:30am Senior Coffee, Caryl 108</p>

# DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10:00am Table Runner Painting, Caryl 116 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	<b>4</b> 9am S&S, Caryl 203 9:30 COA Board Meeting, Caryl 116	<b>5</b> 10:00am Table Runner Painting, Caryl 116 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 12n Pizza & Holiday Movie, The Dover Church 1pm Ukulele Caryl 108	<b>6</b> 9:30am Pickleball, Caryl Gym 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	<b>7</b> Harvard Art Museums Trip
<b>10</b> 10:00am Card Making, Caryl 108 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	<b>11</b> 9am S&S, Caryl 203 12n COA Holiday Lunch, Caryl 108	<b>12</b> 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 1pm Ukulele Caryl 108	<b>13</b> 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	<b>14</b> 1pm Movie, The Dover Church
<b>17</b> 10:15am Pickleball, Caryl Gym 11:30 Knitting, Caryl 108 5:30pm Qigong, Library CR	<b>18</b> 9am S&S, Caryl 203	<b>19</b> 10am Yoga, Caryl 203 11am Meditation, Caryl 203 11:30am Qigong, Caryl 108 Holiday Lunch Trip	<b>20</b> 9:30am Pickleball, Caryl Gym 11:30am S&S, Caryl 203 1pm Mah Jongg, Caryl 108	<b>21</b> 10:45am Blood Pressure Clinic, Caryl 108 11:30am Tea with Friends, Caryl 108
<b>24</b> NO CLASSES	<b>25</b> HOLIDAY	<b>26</b> NO CLASSES	<b>27</b> 10am Blue Moon Bread, Caryl 116 11:30am S&S, Caryl 203 No Mah Jongg	<b>28</b> 8:30am Senior Coffee, Caryl 108
<b>31</b> NO CLASSES	<b>SATURDAY AND SUNDAY EVENTS</b> Nov 4 Classical Concert, 2pm at St. Dunstan's Church in Dover Dec 1 Dover Police Holiday Brunch 10am-12:30pm at Kraft Hall, Dover Church Dec 9 Dover Legion Holiday Dinner; 1pm at Dover American Legion			

# VOLUNTEER SERVICES



## VOLUNTEER OPPORTUNITIES

Dover COA has a new member of our team! Welcome to Dover COA Volunteer Coordinator, **Annemarie Thompson**. Many of you may already know Annemarie through her volunteer work in Dover at Most Precious Blood Church, Dover Sherborn Middle and High Schools, or DS Youth Lacrosse. In her new role with the COA, Annemarie is connecting with current volunteers and recruiting new faces to support seniors and COA programs. She is also working closely with the schools and other groups to be a link between volunteers and seniors.

In order to better provide assistance and programming to the community, we would love to hear more about what you need and what talents you have to share! 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 Annemarie in person, please call the COA office at **508-315-5734** to make an appointment. Whether you are a Senior, a community volunteer, a student, or a member or leader of an adult or youth organization, she will be delighted to speak with you either in person or by email at [athompson@doverma.org](mailto:athompson@doverma.org).

### Do you or a loved one need help?

- Fall Yard Clean Up
- Winter Snow Shoveling
- Technology Assistance for computer, tablet, or cell phone
- Meal preparation

### Do you have time or talent to share?

- Baking or Cooking
- Lunch Event Set-Up or Decorating
- Administrative Office Help
- Publicity
- Craft or Hobby
- Technology Assistance

Please take a moment to consider what help you may need or how you would like to help and connect with the COA. Thank you! We look forward to your participation!

## SAND FOR SENIORS

The Dover COA in partnership with the Men's Breakfast Group from The Dover Church will once again prepare and deliver buckets of sand/salt to Dover seniors. The Friends of the COA have generously funded 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 UNPLUGGED**  
The community at large is invited to these free events.

Designed for the entire community, not just members of St. Dunstan's Church, Dover Unplugged provides a chance for people to learn something new, volunteer for a service event, or just simply enjoy a night out with family and friends.

Dover Unplugged events are held at:  
St. Dunstan's Episcopal Church,  
18 Springdale Avenue in Dover

### Holiday Centerpieces and Flower Arrangements

Thursday, November 1, 6:30pm – 8:00pm  
Fellowship Hall, St. Dunstan's Episcopal Church  
Floral designer Thelma Shoneman will demonstrate how to make your home come to life with holiday arrangements and some lucky attendees will get to take home one of her arrangements.

### Hands-On Holiday Outreach Event

Friday, December 7, 7pm – 9pm  
Fellowship Hall, St. Dunstan's Episcopal Church  
In a season of excess, this is a chance to give to others by making care packages for those in need. For all ages.



# TRAVEL AND EXPLORE

Explore sculptures at DeCordova, see exhibits at Harvard Museums, and enjoy music and fabulous costumes at the Providence Performing Arts Center performance of CATS.

## DAY TRIPS

### DeCordova Museum and Sculpture Park

Friday, November 9

Come explore the exhibits at the Museum and tour the Sculpture Park in Lincoln. Admission is \$12; café open for lunch. Transportation funded by Friends of COA.

### Boston Symphony Orchestra

Friday, November 16

Matinée performance of Boston Symphony Orchestra with Conductor Andris Nelsons. Program is HK Gruber's Aerial: Concerto for Trumpet featuring trumpeter Hakan Hardenberger and Mahler's Symphony No.5. Cost \$58 for first balcony seating. **SOLD OUT**

### Wayside Inn Lunch Trip

Monday, November 26

Join us for a Lunch trip to Longfellow's Wayside Inn in Sudbury, a Massachusetts Historical Landmark. Enjoy a classic New England meal or try something new and seasonal. Space limited to 10; come enjoy a fall day out with friends!

### Harvard Art Museums

Friday, December 7



Travel with us to explore exhibits at the Fogg, Busch-Reisinger and Arthur M. Sackler Museums in Cambridge. Admission is \$15. Lunch is on your own at the Museum café. Transportation funded by Friends of COA. Space is limited.

### Holiday Lunch Trip

Wednesday, December 19

Celebrate the season with a holiday lunch at the Colonel Blackinton Inn in North Attleboro. Space is limited to 10.

### Phantom Of The Opera

Saturday, March 23, 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. Ticket cost TBD. Please call the COA to reserve a ticket!



## 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 Lobkowitz 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.



# EXTRA! EXTRA!

## DON'T WAIT UNTIL IT'S TOO LATE!

**Medicare Open Enrollment ends December 7th**

*Don't miss your chance to change plans*

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Dover COA has SHINE appointments available with Renee Rubin, SHINE counselor. Call 508.315.5734 to schedule. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. **Be sure to bring your Medicare card, any other drug/health insurance cards and benefit information, and a detailed list of your prescription drugs to your appointment.** For Medicare related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say "3" and leave your name and number. A volunteer will call you back, as soon as possible.

### 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](http://www.coafriends.org) to see how we serve the well-being of Dover's seniors.

## COMING IN NOVEMBER

### **MySeniorCenter Touchscreen at the COA!**

A Touchscreen upgrade to the automated check-in system called MySeniorCenter will soon be installed in the Dover COA office at Caryl Community Center. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services. Using your existing key tag, the Touchscreen will allow you to scan and select the COA programs you are participating in. This system tracks the services used at Dover COA and is important information to share with the Town and other funding sources. Today MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada—so it's a proven tool.

### **A Change for the Better**

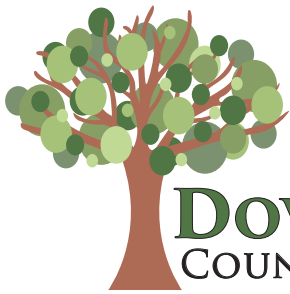
The new system is extremely easy to use. Here's how it works:

1. All visitors and volunteers will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you.)
2. You will swipe your keytag at the scanner, or you can enter your name on the touchscreen (see below).
3. Press the touchscreen to select the programs you'll be participating in that day.
4. Press FINISH.

### **A Smooth Transition**

Even though MySeniorCenter is designed to be user-friendly, Dover COA staff members and volunteers will be available to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone. The Touchscreen and scanner for MySeniorCenter will be installed and up and running in November. Stop in and try it out! Thank you to Friends of COA for funding the MySeniorCenter upgrade!

Friends of the Dover COA are conducting their 2019 Membership Drive! For more information, stop in the COA or visit their website at [www.coafriends.org](http://www.coafriends.org).



**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**

Thursday, November 15 at 9:30AM  
Tuesday, December 4, 2018 at 9:30AM  
Caryl Community Center, Room 116

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

**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

Dover Council On Aging  
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