



DOVER COA COUNCIL ON AGING

News

508.315.5734

NOVEMBER - DECEMBER 2019

HIGHLIGHTS

THANKSGIVING LUNCHEON

Tuesday, November 19

DOVER POLICE HOLIDAY BRUNCH

Saturday, December 7

COA HOLIDAY LUNCH

Tuesday, December 10

HOLIDAY COOKIE SWAP

Friday, December 13

SAND FOR SENIORS

Call COA for delivery!

NEED A RIDE?

If you need a ride to any COA programs or lunches, please call the COA at 508.315.5734 and we will arrange a free ride.

SPECIAL THANKS

Blue Moon Bagel Café
Dover Police Department
DSHS Community Service Club
Friends of Dover COA
Powisset Farm
The Dover Church Men's Group
The Trustees of Reservations
Rehab Associates/Thisse Family

LETTER FROM THE DIRECTOR

It's Holiday Time! Come out to celebrate with us at the COA! Join us for the annual Thanksgiving Feast hosted at Kraft Hall at The Dover Church. Veterans are invited as our guests as a Thank You for your service. This event is a wonderful gathering of friends and volunteers as they carve turkeys, decorate the hall, and set a bountiful table of food to serve the seniors in our community. We hope you will also join us in December, as the Dover Police Association host their annual Holiday Brunch and the officers cook a delicious breakfast for seniors with a drawing for donated gifts.

We are grateful to the Friends of the COA for sponsoring many of the events in this issue. Attend a cooking class with the master chefs at Powisset Farm on Holiday Breads or Vietnamese cooking; create Winter Wonderland cards with fabric at Beth's Card Making class, or work on a new project at Knitting as we have plenty of donated yarn to share! Have you tried the Ukulele class? Special Ukulele Skills Workshops are offered by musician Lisa Cohen at the Dover Library for new and experienced students. Enjoy a day of music or theatre as we travel to the Boston Symphony Orchestra or the musical Oliver. Or travel to the local schools and enjoy A Midsummer Night's Dream at the Dover-Sherborn High School or International Cultural Night at the Chickering School. Look inside this newsletter for more details on these and other programs.

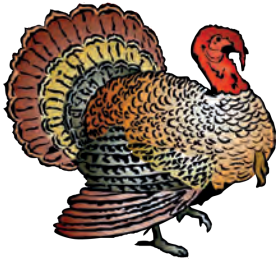
It's not the holiday season without a sweet treat! Join us for the Holiday Cookie Swap after the December holiday movie at The Dover Church. Students from the Dover Sherborn Community Service Club will decorate cookies and pack up a box of holiday cookies for you to take home and enjoy. We are looking for volunteer bakers to donate cookies, so please connect with the COA if you can make a homemade treat to share with our seniors.

Thank you to all the volunteers who reach out and support the COA and the Dover community during the holiday season and throughout the year. We are so grateful for your generosity and your kindness.

Happy Thanksgiving and Happy Holidays!

Janet Claypoole

LUNCH AND LEARN



COA THANKSGIVING LUNCHEON

Tuesday, November 19;
12Noon
Cost \$5.00; Free for Veterans
Kraft Hall at The Dover Church
Cosponsored with Rehab
Associates and the Thisse Family.

Come gather with friends for our annual feast and enjoy turkey with all the trimmings! Please RSVP by November 12.

COA HOLIDAY LUNCHEON

Tuesday, December 10; 12:00Noon; Cost \$4.00
Caryl Community Center, Room 108
Join us to celebrate the holidays at the COA!
RSVP by December 5.

MOVEABLE FEAST

No luncheons in November and December

CIRCLE OF FRIENDS LUNCH

Tuesday, November 26, 12Noon
Dover Grace Church (No December Lunch)
Please join us to celebrate a Thanksgiving dinner with friends.
RSVP by November 20.

MEN'S LUNCH CLUB GATHERING

Monday, November 25 at 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.
RSVP to Sherborn COA at 508-651-7858.

DOVER POLICE HOLIDAY BRUNCH

Saturday, December 7; 10:00am – 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 December 2.



COOKING AT POWISSET FARM

November: Holiday Breads

December: Vietnamese Cooking

Cost is \$15 per class; Classes at 11:00am – 1:00pm
Classes are taught by a Master Chef at the Kitchen in the
Barn at Powisset Farm. Space limited to 4 seniors per class.
Sponsored by Friends of Dover COA.

Thursday, November 7, Holiday Breads – 'Tis the season
to be jolly and to bake! Join Chef Meg Tallon and learn new
recipes to bake delicious breads for the holidays.

Thursday, December 12, Vietnamese Cooking – Come
cook with Chef Roberta Hing as she teaches us the
techniques of cooking the refreshing flavors and vibrant
colors of Vietnamese food.

“A MIDSUMMER NIGHTS DREAM”

Coffee and Conversation

Saturday November 9

Hosted by the Students of the Dover-Sherborn Community
Service Club. Come out and enjoy snacks and conversation
and an afternoon of Shakespeare. Pre-performance
gathering at 12:30 pm, DSHS student performance starts at
2:00 pm at Lindquist Commons at DSHS.

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 Library, Community 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 continue to confirm beneficial health-promoting results for older adults from the regular practice of a Mindfulness-Based Stress Reduction (MBSR) program such as Therapeutic Qi Gong. Come try this class, which can be done standing or seated. Comfortable clothing is suggested and bring water.

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)

NEW TIMES!!!

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.

ZUMBA® GOLD

Saturdays, 10:45am-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 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 at 8:45, 9:30, 10:15, 11, 11:45, 12:30

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 45 minute session. Call or stop by the COA to sign up for time slot. 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

UKULELE SKILLS WORKSHOPS

Thursday, November 14 and December 5
Dover Town Library, Community Room; 1:00-2:00pm
FREE! Sponsored by Friends of COA
Are you learning to play the ukulele or are you a member of the COA's weekly Ukulele class? All levels are welcome to join musician Lisa Cohen as she teaches ukulele playing skills. The November class features Fingerpick techniques and December will combine Strum and Fingerpick techniques to learn a new song.

We look forward to Lisa sharing her expertise with new and experienced players! Please call the COA at 508.315.5734 to register for this Free class.

Instructor Lisa Cohen is the co-founder of Unlikely Strummers in Plainville and currently teaches ukulele at Foxboro Senior Center and Tri County RVTHS in Franklin. She was one of the original members of the Zukes Ukulele Orchestra, has performed with the Wellington Ukulele Orchestra, and the Massapoag Uke Strummers in Sharon and participated at the Featherstone Uke Jam on Martha's Vineyard.

CARD MAKING WITH BETH

Mondays, November 4 (Fall Friends) and December 9 (Winter Wonderland)
Caryl Community Center, Room 108
Create cards with fabric! Easy to do and all templates and materials provided. Try something new and bring a friend.

KNITTING

Mondays at 11:30am
Caryl Community Center, Room 108
Beginners and all knitting levels welcome. Bring a project or use donated yarn to make hat, scarf, shawls for those in need.

MAH JONGG

Thursday, 1:00pm
Caryl Community Center, Room 108
Come play and/or learn this classic game. All levels welcome.

PAGETURNERS BOOK CLUB

Dover Town Library
Thursday, November 14, 1:00pm
Book: The Honey Bus by Meredith May
Thursday, December 12, 1:00pm
Book: TBD



TEA WITH FRIENDS

Friday, Nov. 15; 11:30am - Thanksgiving Around the World
Friday, Dec. 20; 11:30am - Jack Frost Tea
Caryl Community Center, Room 108.
Join us for a light lunch with friends. Sign up at the COA

FREE MOVIES AT THE DOVER CHURCH

The Biggest Little Farm - Friday November 8 at 1pm;
This film chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination.

The Man Who Invented Christmas – Friday, December 13 at 1pm; In 1832 London, author Charles Dickens finds himself in financial trouble after writing three unsuccessful novels in a row. Desperate for a hit, Dickens relies on real-life inspiration and his vivid imagination to bring Ebenezer Scrooge, Tiny Tim and other classic characters to life in "A Christmas Carol," forever changing the holiday season into the celebration known today.

Holiday Cookie Swap - After the December movie, join us for a Cookie Swap! The DSHS Community Service Club students will join us. Bring some holiday cookies to share or just pack up a box of treats to take home with you!

Sponsored by the Dover COA and The Dover Church. RSVP to beth@thedoverchurch.org or 508-785-0957. Please join us and enjoy popcorn and dessert and holiday cookies!

SENIOR COFFEE HOUR

Friday, November 29, 8:30am
Friday, December 27, 8:30am
Caryl Community Center, Room 108
Please join us for coffee and conversation.



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

Tis the “Flu Season”

The time has come again to arm yourself against the annual onslaught of infections that comes our way during the fall and winter. These nasty bugs are really with us all year but living in close quarters during the colder weather often puts us at more risk. In addition, there are other vaccinations that the CDC wants seniors to consider. Here’s the scoop!

Flu shot: Recommended once a year for anyone over 50. You cannot get the flu from the shot. However you can have mild flu symptoms afterward. These are short lived and certainly worth the trouble considering the serious illness influenza brings.

Shingles: Recommended twice over 2-6 months for anyone over 50. This is a nasty, painful disease that affects mostly older people and it can be contagious. There are two vaccines available: Zostavax with one dose, in use since 2006, can lose its effectiveness in 5 years. Shingrix, a newer vaccine that require two doses, is much more effective. It does, however, have more severe side effects than the other.

Pneumonia: Recommended once/life over 65
There are two vaccines available. Each works to prevent different kinds of pneumonia including the pneumococcal virus. Depending on your current health status, your doctor can recommend which vaccine is right for you.

MMR: Recommended for those born after 1957
The measles virus has been in recent news due to many parents not vaccinating their children. There is also a concern that some of the earlier vaccines were not effective. Folks that have grandchildren should consider checking their immunity. A simple blood test can determine your immune status.

Tetanus: Recommended for everyone every 10 years
Did you know that the Tdap vaccine, available since 2006, not only covers tetanus but also diphtheria and most importantly, whooping cough or “pertussis”? The number of cases of whooping cough has been on the rise. While these are “old” diseases they are still active and need to be prevented. The CDC recommends that you get Tdap with a tetanus booster every ten years.

Chicken Pox: Recommended for anyone who hasn’t had this disease. Most of us have memories of this uncomfortable

childhood disease. It is caused by the same herpes virus, varicella. A blood test can determine if you are immune.

For all of these vaccines, it is highly recommended that you consult your primary physician. Most towns offer Flu/Pneumonia shot clinics as do most large pharmacies. The CDC recommendations provide a guideline for safer immunity for you and the folks around you.

BLOOD PRESSURE

With the Natick Walpole VNA

Friday, November 15, 10:45-11:30am

Tuesday, December 10; 11:15am-12:00pm

Caryl Community Center, Room 108

Stop in and meet with Public Health Nurse Alyssa Kaiser for a monthly blood pressure check.

Sponsored by Dover 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. Open enrollment ends December 7.

BLUE MOON BAGELS & BREADS

Thursdays, November 14, 28, December 12, 26

Caryl Community Center, Room 116

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

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 2019

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SATURDAY CLASSES Zumba Gold on Saturdays at 10:45am Community Room at Caryl Community Center Dates are November 2, 9, 16, 23 and Dec 7, 14, 21 Caryl = Caryl Community Center Library CR = Library Community Room				1 8:45am, Pickleball, call for a slot
4 8:45 am, Pickleball, call for a slot 10am Card Making, Caryl 108 11:30am Knitting, Caryl 108 1:30pm Updike, Caryl 108 5:30pm Qi Gong, Library CR Wayside Inn Lunch Trip	5 9:30am COA Board Mtg, Caryl 205 2:30pm Qi Gong, Caryl 108 4:30pm S&S, Caryl 203	6 10am Yoga, Caryl 203 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108 North Shore Music Theatre Trip	7 7am S&S, Caryl 203 8:45am, Pickleball, call for a slot 11am Cooking at Powisset 1pm Mah Jongg, Caryl 108	8 8:45am, Pickleball, call for a slot 1pm Movie, The Dover Church
11 HAPPY VETERANS DAY!	12 2:30pm Qi Gong, Caryl 108 4:30pm S&S, Caryl 203	13 10am Yoga, Caryl 203 10:30am Ethics, Library CR 11am Meditation, Caryl 203 1pm Ukulele, Caryl, 108	14 7am S&S, Caryl 203 8:45am, Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116 1pm Mah Jongg, Caryl 108 1pm Book Club, Library 1pm Ukulele Skills, Library CR	15 8:45am, Pickleball, call for a slot 11:30am Tea with Friends, Caryl 108 BSO Trip
18 8:45 am, Pickleball, call for a slot 11:30am Knitting, Caryl 108 1:30pm Updike, Caryl 108 5:30pm Qi Gong, Library C	19 12n Thanksgiving Lunch at The Dover Church 2:30pm Qi Gong, Caryl 108 4:30pm S&S, Caryl 203	20 10am Yoga, Caryl 203 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108	21 7am S&S, Caryl 203 8:45am, Pickleball, call for a slot 1pm Mah Jongg, Caryl 108	22 8:45am, Pickleball, call for a slot
25 8:45 am, Pickleball, call for a slot 11:30am Knitting, Caryl 108 12n Men's Lunch Club The Heritage Sherborn 1:30pm Updike, Caryl 108 5:30pm Qi Gong, Library C	26 12n Circle of Friends Lunch at Grace Church 2:30pm Qi Gong, Caryl 108 4:30pm S&S, Caryl 203	27 10am Yoga, Caryl 203 11am Meditation, Caryl 203 1pm Ukulele, Caryl 108	28 HAPPY THANKSGIVING! 	29 8:30am Senior Coffee, Caryl 108 8:45am, Pickleball, call for a slot 10am Blue Moon Bread, Caryl 116

DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:45 am, Pickleball, call for a slot</p> <p>11:30am Knitting, Caryl 108</p> <p>5:30pm Qi Gong, Library CR</p>	<p>3</p> <p>9:30am COA Board Mtg, Caryl 205</p> <p>2:30pm Qi Gong, Caryl 108</p> <p>4:30pm S&S, Caryl 203</p>	<p>4</p> <p>10am Yoga, Caryl 203</p> <p>11am Meditation, Caryl 203</p> <p>1pm Ukulele, Caryl 108</p>	<p>5</p> <p>7am S&S, Caryl 203</p> <p>8:45am, Pickleball, call for a slot</p> <p>1pm Mah Jongg, Caryl 108</p> <p>1pm Ukulele Skills, Library CR</p>	<p>6</p> <p>8:45am, Pickleball, call for a slot</p>
<p>9</p> <p>8:45 am, Pickleball, call for a slot</p> <p>10am Card Making, Caryl 108</p> <p>11:30am Knitting, Caryl 108</p> <p>5:30pm Qi Gong, Library CR</p>	<p>10</p> <p>12n COA Lunch, Caryl 108</p> <p>2:30pm Qi Gong, Caryl 108</p> <p>4:30pm S&S, Caryl 203</p>	<p>11</p> <p>10am Yoga, Caryl 203</p> <p>11am Meditation, Caryl 203</p> <p>1pm Ukulele, Caryl 108</p> <p>Christmas at Newport Trip</p>	<p>12</p> <p>7am S&S, Caryl 203</p> <p>8:45am, Pickleball, call for a slot</p> <p>10am Blue Moon Bread, Caryl 116</p> <p>11am Cooking at Powisset</p> <p>1pm Mah Jongg, Caryl 108</p> <p>1pm Book Club, Library</p> <p>6:30pm Holiday Tree Lighting</p>	<p>13</p> <p>8:45am, Pickleball, call for a slot</p> <p>1pm Movie, The Dover Church followed by Holiday Cookie Swap</p>
<p>16</p> <p>8:45 am, Pickleball, call for a slot</p> <p>11:30am Knitting, Caryl 108</p> <p>5:30pm Qi Gong, Library CR</p>	<p>17</p> <p>2:30pm Qi Gong, Caryl 108</p> <p>4:30pm S&S, Caryl 203</p>	<p>18</p> <p>10am Yoga, Caryl 203</p> <p>11am Meditation, Caryl 203</p> <p>Colonial Inn Lunch Trip</p>	<p>19</p> <p>7am S&S, Caryl 203</p> <p>8:45am, Pickleball, call for a slot</p> <p>1pm Mah Jongg, Caryl 108</p>	<p>20</p> <p>8:45am, Pickleball, call for a slot</p> <p>11:30am Tea with Friends, Caryl 108</p>
<p>23</p> <p>8:45 am, Pickleball, call for a slot</p> <p>11:30am Knitting, Caryl 108</p> <p>5:30pm Qi Gong, Library CR</p>	<p>24</p> <p>NO PROGRAMS TODAY</p>	<p>25</p> <p><i>Happy Holidays!</i></p>	<p>26</p> <p>10am Blue Moon Bread, Caryl 116</p> <p>No S&S</p>	<p>27</p> <p>8:30am Senior Coffee, Caryl 108</p> <p>No Pickleball</p>
<p>30</p> <p>No Pickleball</p> <p>No Qi Gong,</p>	<p>31</p> <p>NEW YEAR'S EVE</p> 	<p>SATURDAY EVENTS</p> <p>“A Midsummer Nights Dream” Coffee and Conversation Saturday November 9, 12:30pm, Show at 2:00pm at Lindquist Commons, DSHS</p> <p>Dover Police Holiday Brunch, Saturday December 7, 10am-12:30pm at The Dover Church, Kraft Hall</p> <p>Oliver! Saturday, December 14</p>		

VOLUNTEER CORNER

COA Volunteer Coordinator Annemarie Thompson shares upcoming events and volunteer needs. Interested in volunteering? Email Annemarie at coavolunteer@doverma.org



VOLUNTEER OPPORTUNITIES

The COA is looking for someone to assist with photography at events and pre and post-event publicity for a few hours each month. If interested, please contact Annemarie Thompson, Volunteer Coordinator, at 508-315-5734.

CALLING ALL BAKERS!

We will be co-hosting a Cookie Swap with the Dover Church and the Dover-Sherborn Community Service Club following the regularly scheduled December movie on Friday, December 13th. We are looking for volunteers to bake cookies to share so that our Seniors can fill a box to take home. Please drop off all cookie donations no later than Thursday, December 12th to the Dover Church kitchen or the COA Office Room 116.

POLICE BRUNCH

and Holiday Sing-a-long to follow on Saturday, December 7th at the Dover Church. Join us for a lovely brunch at Kraft Hall followed by music and festivities in the Church Hall.

Please consider donating **Gift Baskets, Gift Cards** to local area restaurants and businesses, and lottery tickets for our generous and beloved Drawing at the Police Brunch. Please drop off wrapped or unwrapped donations to the COA in the Caryl Community Building, Room 116 no later than December 4th.

DONATIONS

During this season of giving, the Dover COA will have a basket for collecting **small toiletries** for Family Promise of MetroWest throughout the month of November. Personal items most in need are new full-size toothbrushes, toothpaste, mouthwash, deodorant (men's and women's) body lotion, body wash and chapstick. If you deliver to us, we will deliver to them!

INTERNATIONAL CULTURAL NIGHT

Friday, November 15th from 6-8 pm at the Chickering School sponsored by the Dover's Mothers Association. Please join the community for Chickering's Seventh Annual event! Experience presentations, costumes, food, traditional dances, pictures, crafts and activities and a special look at how countries celebrate holidays throughout the year. Come celebrate the holidays or volunteer at this special program. For more information, contact Ameer Tejjani at vp@doverpto.org or 404-210-5850

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, call the COA or sign up at the COA office. Buckets will be delivered in early December.



TRAVEL AND EXPLORE

Celebrate the season with lunch at New England Inns, enjoy the classical music of the Symphony or the classic musical *Oliver!*, experience Christmas in Newport at the mansions decorated for the holiday season or travel with us to Nashville, Memphis and New Orleans to explore these southern musical cities.

DAY TRIPS

Wayside Inn Lunch Trip

Monday, November 4

Join us for Lunch at 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!

North Shore Music Theatre

Wednesday, November 6

Enjoy a delicious lunch at Danversport Yacht Club and then it is off to North Shore Music Theatre for the new musical "The Bodyguard," based on the smash hit 1992 film. Cost is \$125. SOLD OUT

Boston Symphony Orchestra Matinee

Friday, November 15

Join us for a matinee performance of BSO with Conductor Andris Nelsons featuring with soprano Genia Kuhmeier and pianist Leif Ove Andsnes. Program includes Grieg Piano Concerto and Mahler Symphony No. 4. Cost is \$72 for tickets and BSO bus. Bus will depart from Wellesley Congregational Church at 11:45am. Call COA to sign up. Space limited.



Christmas at Newport

Wednesday, December 11

We are off to celebrate the Yuletide at Rosecliff Manor in Newport. Enjoy music, tours, and sparkling holiday decorations followed by lunch at a local restaurant. Cost is \$13; bring money for lunch. Bus is funded by Friends of COA.

Oliver!

Saturday, December 14

Experience the cherished family musical at the New Repertory Theatre in Watertown at a matinee performance. The musical is based on Charles Dickens' famous novel *Oliver Twist* about a young orphan who navigates Victorian London in search of a home, a family, and love. Space limited. Cost is \$55.



Holiday Lunch Trip

Wednesday, December 18

Discover gracious service and creative cuisine as we visit Concord's Colonial Inn for our annual holiday lunch with friends. Come celebrate the season with the COA. Space limited to 10.

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.



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

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MEDICARE OPEN ENROLLMENT

Medicare plans change every year! Don't miss your chance to change plans. It is important to review your options EVERY year to make sure you have the plan that works best for you. Open Enrollment ends December 7 and now is the time to decide on your coverage for 2020.



SHINE Can Help! SHINE stands for Serving Health Insurance Needs of Everyone. SHINE counselors provide free Medicare counseling to help you compare options. Call the Dover COA or your local senior center now for a SHINE appointment before December 7! Please bring your

Medicare card, any other insurance cards and information from your current plan, as well as a detailed list of all your prescriptions when you meet with the SHINE counselor. Don't wait; sign up soon as appointments are limited.

HOLIDAY TREE LIGHTING

Thursday, December 12; 6:30pm

Dover Town Common

Dover Parks and Recreation invite you to this fun, annual tradition to celebrate the holiday season in Dover! The Holiday Tree Lighting has been a tradition that stretches many years and all Dover Residents are invited to enjoy the lighting of the large tree on the Dover Town Common each year to welcome the winter holiday season! Enjoy refreshments (hot cocoa and seasonal cookies), while listening to festive seasonal music played by the Chickering School Band and caroling by The Dover Foundation!



<p>HERITAGE AT FRAMINGHAM <i>Independent Living, Assisted Living & Memory Care</i> 747 Water Street, Framingham, MA 01701 508-788-6050</p>	<p>MARY ANN MORSE HEALTHCARE CENTER <i>Short-Term Rehabilitation, Memory & Long-Term Care</i> 45 Union Street, Natick, MA 01760 508-433-4400</p>
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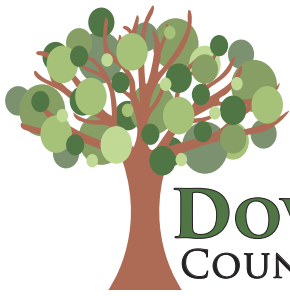
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DOVER COA
COUNCIL ON AGING

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, November 5, 2019 at 9:30am
Tuesday, December 3, 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

COA BOARD MEMBERS

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