

# DOVER COA

## COUNCIL ON AGING

# News

508.315.5734

JANUARY - FEBRUARY 2022

## HIGHLIGHTS

### NATURE TRAVEL

Belize - January 5  
New Zealand - February 9

### FALL PREVENTION

Friday, January 14

### TO MOVE OR NOT TO MOVE

Thursday, January 20  
Wednesday, February 16

### COOKING AT POWISSET FARM

Winter Soups - January 13  
Asian Dumplings - February 17

### MEDITATION & STRETCH

Six week series, starts January 11

### POTTERY PAINTING

Wednesday, February 2

## SPECIAL THANKS

Blue Moon Bagel Cafe  
Chickering PTO  
Dover Troop 1 Boy Scouts  
Friends of Dover COA  
MassBay EMS Paramedicine Program  
Park Street Books  
Powisset Farm  
The Dover Church  
The Kingsbury Club, Medfield  
The Pottery Place  
The Trustees of Reservations

## LETTER FROM THE DIRECTOR

As we count our way down into the New Year 2022, the COA is counting down to a new community center building. COA and Parks & Recreation Directors, members of the COA Board of Directors, as well as seniors and residents, have attended community meetings over the past year to provide input on building designs as well as landscape design. See page 8 for a project update from Building Committee member Ruth Townsend.

Programs will continue at Caryl Community Center through March 2022 and then transition to other locations. The COA offices will relocate to the lower level of Town Hall in the Fireside Room in early March. Some of you may recall that this is where the COA was housed before moving to Caryl in 2013. Please be patient with us these next months as we balance managing classes, organizing grab & go meals, and providing outreach services with packing up our offices and supplies and transitioning to a new space.

Many seniors also face transitions in their living situations. Connect virtually with local real estate experts to discuss whether to move or to stay and what to consider in this decision at To Move or Not to Move. Need help to create a safer home environment? Attend Stay Safe at Home, a falls prevention program offered by MassBay EMS Paramedicine students. Learn about senior property tax relief programs from Assessor Amy Gow in January. Town Administrator Chris Dwelley also offers a January program to provide an update on municipal projects and answer your questions.

If the winter weather keeps you at home, join us at a virtual program! Naturalist Joy Marzolf returns to take us on virtual Nature Travel tours to Turneffe Atoll in Belize and to New Zealand. Lifetime Learning instructors offer classes starting in February with Fun with Ukulele and Overcoming Fear of Poetry. Of course, there are many other programs to enjoy: Pottery Painting, Mah Jongg, Cooking, Fitness, or join us for an afternoon Movie.

We hope to see you at an upcoming event. Staff is available for resources, support, family meetings, or home visits. Please reach out if you are in need. We are here for you. Dover COA wishes you a Healthy and Happy New Year.

Janet Claypoole



# EVENTS AT CARYL



## GRAB & GO MEALS

Tuesday, January 11

Tuesday February 15

Pick up from 1:00-2:00pm

Behind Caryl Community Center; Cost is \$3.00

Reserve a delicious, individually packaged meal to enjoy at home. Enter from Whiting Road to the parking lot for Curbside pickup and STOP at the booth while staff and volunteers assist you. Home delivery is available. RSVP is required to reserve a meal.

## BLUE MOON BAGELS & BREADS

Thursday, January 13, 27

Thursday, February 10, 24

Pick up at 1:00-1:30pm behind Caryl Community Center

Donated bread, bagels and other baked goods from Blue Moon Café are available for curbside pickup behind Caryl or a home delivery if needed.

## KNITTING TOGETHER

Monday, January 3 at 1:00pm

Monday, February 7 at 1:00pm

Caryl Community Center, Room 116

Knitting meets monthly (1st Monday of the month) in the COA office. Bring your latest project and connect with friends. Beginners and experienced knitters are welcome. Yarn, needles, hooks, and patterns are available.

## MAH JONGG

Thursdays at 1:00pm

Caryl Community Center, Room 108

Come play and/or learn this challenging and fun game with tiles that was developed in China in the 19th century. All levels welcome.

## TALK WITH TOWN ADMINISTRATOR

Tuesday, January 25 at 10:00am

Caryl Community Center, Room 108

Connect with Town Administrator Chris Dwelley for updates on Town projects. Share your views and get your questions answered. Email [coa@doverma.gov](mailto:coa@doverma.gov) to sign up.

## POTTERY PAINTING

Wednesday, February 2; 10:00am; Cost: \$5.00

Caryl Community Center, Community Room

Join us to paint your own pottery with pieces provided by The Pottery Place at Park Street Books & Toys in Medfield. Choose from mugs to figurines to lanterns to vases and much more! Completed items will be glazed and fired and ready for you to give to your favorite Valentine by Feb 14. Or keep it for yourself! RSVP to [coa@doverma.gov](mailto:coa@doverma.gov) or call 508.315.5734.

## SAFE AT HOME:

### FALL PREVENTION PROGRAM

Friday, January 14 at 10:00am on Zoom

Dover COA is partnering with students from MassBay EMS Paramedicine Program to offer a fall prevention program. As a final project, students Alex Howe and Matt Coakley will educate seniors and the community on home safety and fall prevention. Join this virtual program to learn about slip and fall hazards and how to create a safer environment at home.



**MARY ANN MORSE** [maryannmorse.org](http://maryannmorse.org)  
HEALTHCARE CORP.

*A non-profit continuum of exceptional quality senior living, healthcare, and home care services in Metrowest for more than 25 years.*

**Mary Ann Morse at Heritage Senior Living, Framingham**  
508-665-5300

**Mary Ann Morse Healthcare Center, Natick**  
508-433-4400

**Mary Ann Morse Home Care, Metrowest**  
508-433-4479



RSVP for all COA events to [coa@doverma.gov](mailto:coa@doverma.gov) or call the office at 508.315.5734.

# CREATE AND CONNECT

## TO MOVE OR NOT TO MOVE

Thursday, January 20 at 10:00am

Wednesday, February 16 at 10:00am

Classes meet on Zoom

Are you considering a move or want to downsize to a smaller home? Not sure where to go or whether to stay? What is the best option for you and your family? Join local real estate expert Amy Caffrey and Joanne Connolly, longtime Dover resident and former realtor, to explore these questions and discuss what's next. Email [coa@doverma.gov](mailto:coa@doverma.gov) to sign up and receive Zoom info or to share your questions to discuss.

## OFFICE HOURS WITH TOWN ASSESSOR

Thursday, January 27 at 10:30am on Zoom

Do you have questions about your property or excise taxes? Are you aware of the Senior Tax Relief programs available to Dover residents? Join us to meet virtually with Assessor Amy Gow to answer questions and learn more about Town programs that may benefit you. For Zoom meeting information, please email [coa@doverma.gov](mailto:coa@doverma.gov).

## COOKING AT POWISSET FARM

The COA is partnering with Westwood COA for cooking classes at the Farm. Space limited. Cost is \$20 per class, including lunch. Sponsored by Friends of Dover COA.

Thursday, Jan 13 at 11:00am - Winter Soups

A great soup pleases the palate, warms the soul and brings together an array of flavors and textures. Join Chef Thi to make delicious winter soups to warm you up on those cold winter nights.

Thursday, Feb 17  
at 11:00am - Asian  
Dumplings

Warm, plump, light and tender; dumplings are treasured staples in many regional cuisines. In this hands-on cooking class, Chef Thi will share the secrets of how to create a variety of East Asian dumplings including savory vegetable potstickers, pork sui mai dumplings and BBQ Bao.



## PAGE TURNERS BOOK CLUB at Dover Town Library

Tuesday, January 11 at 2:00pm

Book selection: *Postville: A Clash of Cultures in Heartland America* by Stephen G. Bloom

Tuesday, February 8 at 2:00pm

Book selection: *The Exiles: a novel* by Christina Baker Kline  
Read and discuss fiction and nonfiction books with friends led by Dover Librarian Liz Fogarty at this monthly gathering. Copies of each title are available at the Library. For more info, contact Liz at the Town Library at 508-785-8113 or [efogarty@minlib.net](mailto:efogarty@minlib.net).

## FREE MOVIE AT THE DOVER CHURCH

Friday, January 21 at 1:00pm in Kraft Hall

Friday movies are back! We will start off with a classic: *The African Queen*. In WWI East Africa, a gin-swilling riverboat captain is persuaded by a strait-laced missionary to undertake a trip up a treacherous river and use his boat to attack a German gunship. Come enjoy this 1951 drama starring Humphrey Bogart and Katharine Hepburn. RSVP to [beth@thedoverchurch.org](mailto:beth@thedoverchurch.org) or 508.785-0957. Sponsored by the Dover COA and The Dover Church.

## BIRD HOUSES AVAILABLE

Enjoy bird watching in your own backyard! Chickering GROWS shared extra birdhouse kits with Dover COA. Thanks to the Dover Troop 1 Boy Scouts, the birdhouses are assembled and ready to be placed in yards to enjoy. To sign up for a birdhouse or for more information, contact COA Program Coordinator Ameer Tejani at [atejani@doverma.gov](mailto:atejani@doverma.gov).



Contact COA at [coa@doverma.gov](mailto:coa@doverma.gov) or call 508-315-5734 to register for programs.



# VIRTUAL PROGRAMS

Dover COA offers programs on Zoom to enjoy from your armchair at home. Don't worry about driving in the winter weather, sign up and connect to travel with Joy to Belize and New Zealand, or enjoy a Lifetime Learning class to play your ukulele and explore American poetry. To sign up for these events or for more information, email [coa@doverma.gov](mailto:coa@doverma.gov).



## **NATURE TRAVEL WITH JOY**

Join Joy Marzolf, Naturalist and Educator of The Joys of Nature as she takes us on virtual tours of warmer climates during these winter months. Call the COA or email [coa@doverma.gov](mailto:coa@doverma.gov) to sign up for these programs on Zoom, sponsored by Friends of Dover COA.

**Wednesday, January 5 at 10:00am**

### **Exotic Turneffe Atoll, Belize**

Escape to the exotic nature of this remote tropical island chain off the coast of Belize. Beyond the second largest barrier reef in the world lies Turneffe Atoll. Learn about frigate birds and red footed boobies, warblers and hummingbirds, and some of the locals, such as the golden fronted woodpecker and spiny iguana. View dolphins and manatees, colorful reef fish and corals, and the occasional turtle or spotted eagle ray. Join us to view images and learn more of this beautiful place.

**Wednesday, February 9 at 10:00am on Zoom**

### **New Zealand: Penguins, Parrots & Pods**

New Zealand is home to many rare birds and marine mammals. Learn about the yellow-eyed penguin and the talent of the Antipodes Island parrot. Rare New Zealand sea lions interact on isolated beaches, pods of rare Hector's dolphins frolic near coastal shores and dusky dolphins play with kayakers as they travel deep into the fiords of southern New Zealand. Join us for sights and sounds of animal personalities from this amazing country.

## **LIFETIME LEARNING**

*Sponsored by Friends of the Dover COA with support of Dover COA. Classes are virtual and offered on Zoom.*

### **FUN WITH UKULELE**

**Wednesdays, 1:00-2:00pm**

**February 9 - May 25; Cost \$40 per household**

**Classes meet on Zoom**

Come learn basic chords and strumming on the ukulele to accompany traditional folk songs and more modern songs. Bring a ukulele or rent one at Needham Music (781-453-8067). No experience is needed and new students are welcome. Join us from the comfort of your home to have fun with music.

**Daniel Metraux** has led Ukulele groups in New England for many years and has taught in Dover since 2015.

### **OVERCOMING FEAR OF POETRY: 10 AMERICAN POETS IN FIVE WEEKS**

**Mondays, 1:30-3:00PM**

**February 28, March, 7, 14, 21 and 28**

**Classes meet on Zoom; Cost is \$35.00**

We will focus on "public poetry," that is, poetry meant to be read and enjoyed by everyone, not only academics. No previous experience studying poetry is necessary to join this discussion-based class. Each class includes a mini-lecture giving the background, but we will not be focusing at length on meter, rhyme scheme, and the like. Rather, we'll delve into the metaphor, mood, tone and language--and how it affects each of us as readers. The course will encompass the work of Robert Frost, W.H. Auden, William Carlos Williams, Langston Hughes, Marianne Moore, Robert Lowell, Allen Ginsberg, Rita Dove, Billy Collins and Amanda Gorman. No book purchase is required--texts of the poems will be sent to registrants by email in advance of the course.

**Dr. Lynne Viti** is a lecturer emerita at Wellesley College. She is the author of three poetry collections, most recently, *Dancing at Lake Montebello* (Apprentice House Press, 2020).

# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

### Community is the “Word” for 2022

We, as a community and a nation, have been fighting the “good fight” since March of 2020. Knowing this community and the events of the last two years, there is a great deal of pride that our town should feel towards our seniors. They are determined and loving and can get things done.

Despite pandemic restrictions, COA Lifetime Learning and Exercise programs have thrived. The variety of classes offer literature, music and art studies. Different levels of exercise have provided a welcome range of activity and meditation. We even have folks tuning in from other states! Wow! Our community is making its mark.

As many in town know, the COA provides monthly “Grab and Go” meals, Farm Stand and Bread Pick ups, often with added goodies. This has created a mini-community of sorts. Many come through picking up for themselves, but more importantly, for others who can’t get to the pick-up. Ah, community!

Seniors have been volunteering for each other: Meals, rides, food shopping, helping each other during an emergency...just some of the kindness our seniors share with others. Even a quick visit or a phone call can be such a valuable gift. The Dover community is very caring in this way. These kindnesses happen every day.

As 2022 begins, the COA is preparing for the demolition and building of our new community center. Much work and planning has been involved in determining how the Council on Aging programs will continue with this huge project in front and the pandemic hopefully slowly fading behind.

There will be “hiccups” in the process, however, working together will bring us through.

Our community has grown stronger despite or even because of the pandemic and its effect on all of us. Yes, it hasn’t always been easy and some changes have tried to push us apart. Let’s continue to move forward together with kindness, and especially with patience, and always in community. Happy New Year!

## SHINE

Are you retiring soon or turning 65? Make an appointment with a SHINE counselor to review Medicare plans and answer questions about coverage. Email [coa@doverma.gov](mailto:coa@doverma.gov) or call the COA to schedule an appointment.

## FINANCIAL AND ENERGY ASSISTANCE

The Town of Dover offers support for those in need, especially as heating bills increase. Dover COA Outreach Coordinator Nan Vaida provides information on resources and can assist with applications for services, including SMOC. For a confidential consultation, contact the COA.

## BLOOD PRESSURE with the Natick Walpole VNA

Date TBD

Caryl Community Center, Room 116

Monthly blood pressure checks with Public Health Nurse Alyssa Kaiser will return in January. Contact the COA for the schedule. Sponsored by Board of Health.

## 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



# JANUARY 2022

# CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Mat Yoga - Zoom</p> <p>1pm Knitting - Caryl 116</p> <p>4:30pm Stretch - Zoom</p>	<p>4</p> <p>9:30am COA Board Mtg.</p> <p>4:30pm S&amp;S - Zoom</p>	<p>5</p> <p>10am Nature Travel in Belize - Zoom</p>	<p>6</p> <p>8:30am Pickleball - Gym</p> <p>1pm MahJongg - Caryl 108</p> <p>4:30pm S&amp;S - Zoom</p>	<p>7</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Chair Yoga - Zoom</p>
<p>10</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Mat Yoga - Zoom</p> <p>4:30pm Stretch - Zoom</p>	<p>11</p> <p>7:45am Meditation/Stretch - Zoom</p> <p>1pm Grab &amp; Go - Caryl</p> <p>2pm Book Club - Library</p> <p>4:30pm S&amp;S - Zoom</p>	<p>12</p>	<p>13</p> <p>8:30am Pickleball - Gym</p> <p>11am Cooking at Farm</p> <p>1pm MahJongg - Caryl 108</p> <p>1pm Blue Moon Bread - Caryl</p> <p>4:30pm S&amp;S - Zoom</p>	<p>14</p> <p>8:30am Pickleball - Gym</p> <p>10am Safe at Home - Zoom</p> <p>10:15am Chair Yoga - Zoom</p>
<p>17</p> <p>HOLIDAY</p>	<p>18</p> <p>7:45am Meditation/Stretch - Zoom</p> <p>4:30pm S&amp;S - Zoom</p>	<p>19</p>	<p>20</p> <p>8:30am Pickleball - Gym</p> <p>10am Move or Not to Move - Zoom</p> <p>1pm Mah Jongg - Caryl 108</p> <p>4:30pm S&amp;S - Zoom</p>	<p>21</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Chair Yoga - Zoom</p> <p>1pm Movie - Dover Church</p>
<p>24</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Mat Yoga - Zoom</p> <p>4:30pm Stretch - Zoom</p>	<p>25</p> <p>7:45am Meditation/Stretch - Zoom</p> <p>10am Town Administrator, - Caryl 108</p> <p>4:30pm S&amp;S - Zoom</p>	<p>26</p>	<p>27</p> <p>8:30am Pickleball - Gym</p> <p>10:30am Town Assessor - Zoom</p> <p>1pm Mah Jongg - Caryl 108</p> <p>1pm Blue Moon Bread - Caryl</p> <p>4:30pm S&amp;S - Zoom</p>	<p>28</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Chair Yoga - Zoom</p>
<p>31</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Mat Yoga - Zoom</p> <p>4:30pm Stretch - Zoom</p>				

## SATURDAY CLASSES

**Zumba Gold on Saturdays, 10:45-11:30am via Zoom**

# FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>7:45am Meditation/Stretch - Zoom</p> <p>9:30am COA Board Mtg</p> <p>4:30pm S&amp;S - Zoom</p>	<p>2</p> <p>10am Pottery Painting - Caryl Community Room</p>	<p>3</p> <p>8:30am Pickleball - Gym</p> <p>1pm Mah Jongg - Caryl 108</p> <p>4:30pm S&amp;S - Zoom</p>	<p>4</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Chair Yoga - Zoom</p>
<p>7</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Mat Yoga - Zoom</p> <p>1pm Knitting - 116</p> <p>4:30pm Stretch - Zoom</p> <p>7pm Rep. Garlick Report - Zoom</p>	<p>8</p> <p>7:45am Meditation/Stretch - Zoom</p> <p>2pm Book Club - Library</p> <p>4:30pm S&amp;S - Zoom</p>	<p>9</p> <p>10am Nature Travel New Zealand - Zoom</p> <p>1pm Ukulele - Zoom</p>	<p>10</p> <p>8:30am Pickleball - Gym</p> <p>1pm Mah Jongg - Caryl 108</p> <p>1pm Blue Moon Bread - Caryl</p> <p>4:30pm S&amp;S - Zoom</p>	<p>11</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Chair Yoga - Zoom</p>
<p>14</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Mat Yoga - Zoom</p> <p>4:30pm Stretch - Zoom</p>	<p>15</p> <p>7:45am Meditation/Stretch - Zoom</p> <p>1pm Grab &amp; Go - Caryl</p> <p>4:30pm S&amp;S - Zoom</p>	<p>16</p> <p>10am To Move or Not to Move - Zoom</p> <p>1pm Ukulele - Zoom.</p>	<p>17</p> <p>8:30am Pickleball - Gym</p> <p>11am Cooking at Farm</p> <p>1pm Mah Jongg - Caryl 108</p> <p>4:30pm S&amp;S - Zoom</p>	<p>18</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Chair Yoga - Zoom</p>
<p>21</p> <p>HOLIDAY</p>	<p>22</p> <p>4:30pm S&amp;S - Zoom</p>	<p>23</p> <p>1pm Ukulele - Zoom</p>	<p>24</p> <p>8:30am Pickleball - Gym</p> <p>1pm Mah Jongg - Caryl 108</p> <p>1pm Blue Moon Bread - Caryl</p> <p>4:30pm S&amp;S - Zoom</p>	<p>25</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Chair Yoga - Zoom</p>
<p>28</p> <p>8:30am Pickleball - Gym</p> <p>10:15am Mat Yoga - Zoom</p> <p>1:30pm LL Poetry - Zoom</p> <p>4:30pm Stretch - Zoom</p>				



# COMMUNITY UPDATES



## COMMUNITY CENTER BUILDING COMMITTEE UPDATE

The Committee has continued to move this project forward after the successful Town Vote in June this year. The Committee has met regularly with the Architects and Project Management Team and here are the key updates.

The Architect met with both COA and Parks & Rec departments to look at the designs for their spaces and ensure that everything they needed had been covered. A sub-committee has been set up to look at the finishes for the building, this team consists of the following members of the Community Center Building Committee: Dick Malcolm (General Construction Manager), Luciana Burdi (Director of Capital Programs and Environmental Affairs for Massachusetts Port Authority), Barry Goldman (Chair of Capital Budget Committee) and Architect Jon Richardson.

The initial draft of site and landscape design for the property has been developed and can be found on the Town website under the Community Center Building Committee. This plan will go through revisions in the future. Drought resistant materials are being implemented. Ruth Townsend, Luciana Burdi and Ford Spalding are involving Dover students in the project from an educational standpoint. As a start on Nov 23rd Ford Spalding presented the project to the Middle School 8th graders.

The full project schedule can also be found on the Town website: December 2021: 80% Construction Drawings and Updated Cost Estimates. January/February 2022 Dover Permitting & 100% Drawings. March General Contractor Bids & Procurement. Early April Town moves out of the existing building. April 2022 thru June 2023 Construction.

## COMMUNITY HEALTH LISTENING SESSIONS

February 2 at 9:30-11:00am

February 8 at 3:30-5:00pm

Help Improve the Health of Our Community! Beth Israel Lahey Health and its member hospitals are conducting a Community Health Needs Assessment to better understand the most pressing health-related issues impacting the people living and working in the communities they serve. Please join to hear key themes from the assessment, share your perspective, and discuss potential solutions. All attendees are entered to win a \$100 Visa gift card. For more information, please contact Alyssa Kence, Community Benefits Director of Beth Israel Deaconess Hospital-Needham, at [akence@bilh.org](mailto:akence@bilh.org) or call 781-453-5460.

## REP. GARLICK'S ANNUAL REPORT

Monday, February 7 at 7:00pm

Please save the date for Rep. Denise Garlick's Annual Report to the Dover Community where she will present an update on her legislative and community activities during 2021 as well as her priorities for 2022. Please join her at this virtual event, which will be held via Zoom and will also be shown live on Dover Sherborn Cable TV. Go to [RepGarlick.com](http://RepGarlick.com) for more information or to register for the meeting link.



## THANK YOU HOLIDAY BAKERS

The COA sends a heartfelt thank you to the 70 bakers who brightened the day for so many seniors with your delicious cookies! We had boxes filled to the brim for 62 seniors with more to share with our community partners. None of this is possible without you! Thank you.





# BE FIT AND AGE WELL

COA Fitness Classes are currently offered in a Virtual format via Zoom. To access classes with Zoom, please email the COA at [coa@doverma.gov](mailto:coa@doverma.gov) for the meeting link or call 508-315-5734. Zoom Class Fees are \$3.00 per session. Stay Healthy and Keep Moving!

## **CHAIR YOGA**

Instructor: Tracy Buckley, RYT

Fridays, 10:15-11:00am via Zoom

Classic Yoga poses and postures to increase strength and flexibility and improve overall well-being. Start with seated stretching and warm-ups, and if able, move to standing and balancing poses, using the chair for support.

## **GENTLE MAT YOGA**

Instructor: Tracy Buckley, RYT

Mondays, 10:15-11:00am via Zoom

Join our Mat Yoga class and improve your strength, flexibility and balance. Reduce your stress, breathe, and move towards a healthier, happier you.

## **STRETCH AND FLOW**

Mondays, 4:30-5:20pm via Zoom

Instructor: Andria DeSimone

Stretch your body, focus on breathing and balance, and improve range of motion and flexibility.

## **STRENGTH & STABILITY (S&S)**

Tuesdays, 4:30-5:20pm via Zoom

Thursdays, 4:30-5:20pm via Zoom

Instructor: Andria DeSimone

Join in for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Clear a space at home and bring your water.

## **MINDFUL MEDITATION & STRETCH**

Tuesdays at 7:45am via Zoom

6 Week Series: January 11, 18, 25, February 1, 8, 15

Instructor: Laura Villalobos

Join Laura to start your day in a positive way. Gentle stretching paired with mindful meditation may increase flexibility, improve balance and focus, reduce stress, and increase energy flow.

## **ZUMBA GOLD**

Saturdays, 10:45-11:30am via Zoom

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, and international music. Zumba Gold is geared towards active older adults. Come dance to the music for a total body workout!

## **PICKLEBALL**

Cosponsored with Parks & Recreation Department

Caryl Community Center Gym

Grab your friends to play this fun and popular game for a 45-minute session on Monday, Thursday, or Friday mornings starting at 8:30am. Equipment available; bring water. Register online for time slots at <https://doverrec.activityreg.com>. For assistance with registration for Pickleball, contact Parks & Rec Dept at [ndicicco@doverma.gov](mailto:ndicicco@doverma.gov) or 508.785.0476.

## **SENIOR SWIM FOR THE COA**

Enjoy Senior Swim or Water Aerobics at The Kingsbury Club in Medfield on Tuesdays at 10:30am or Fridays at 10:00am. Bring your Dover COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the COA office or call 508.315.5734. For info on Senior Swim, contact [chriscarpinokcm@gmail.com](mailto:chriscarpinokcm@gmail.com) or call 508.359.7800.



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 Laurence R. Eaton • David E. Eaton • Kevin J. Greene

**Be a sponsor  
 in the next  
 Dover COA Newsletter!**

**Please contact Tom Reily**

**508-336-6633 x 337**

**COMPASS**



**Anna Bohlin**  
 anna.bohlin@compass.com  
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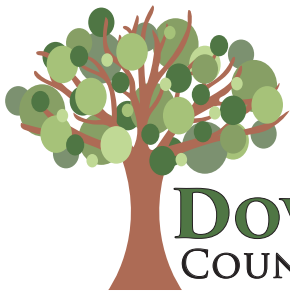
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**508.315.5734**

**COA OFFICE HOURS**

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