

DOVER COA COUNCIL ON AGING

News

508.315.5734

MAY - JUNE 2022

HIGHLIGHTS

COA LUNCHEONS

Tuesday, May 10

Tuesday, June 14

TOWER HILL GARDENS TRIP

Wednesday, May 11

TRAVEL TALK: MOROCCO

Wednesday, May 18

LET'S PAINT

Thursdays, May 12, 19, 26

GUIDED WALK: BIRDS

Wednesday, May 25

UP IN SMOKE BBQ

Wednesday, June 8

EGYPTIAN TREASURES:

JEWELS OF THE NILE

Wednesday, June 22

SPECIAL THANKS

Blue Moon Bagel Cafe
Board of Health
Dover Legion
Friends of Dover COA
Most Precious Blood Church
Natick Walpole VNA
Powisset Farm
St. Dunstan's Church
The Dover Church
The Kingsbury Club, Medfield
The Trustees of Reservations

LETTER FROM THE DIRECTOR

It's Spring! The sun is out, flowers are starting to bloom, and there is new growth all around us. COA programs are blooming in new locations as renovations will start soon on the Caryl Community Center. Join us at the Churches, Dover Legion, Powisset Farm, and town buildings such as the Library, Chickering School or Town House. Some programs will remain virtual and others will be offered in a hybrid format (in person and virtual) to reach all of our community.

After a two year pandemic hiatus, the COA is thrilled to bring back in person monthly luncheons on the second Tuesday of the month. Enjoy conversation with friends at Senior Coffee or a light lunch at the Chit Chat Tea. All will be held at Dover Legion. Please sign up as meals must be ordered well in advance of the event.

Fitness programs are also shifting to in person and to new days and locations. (See page 9 for info). Chair and Mat Yoga will move to Thursday mornings, Andria's Stretch, Strength and Zumba Gold classes will be in person, while her Thursday Strength class remains on Zoom. The popular virtual Mindful Meditation and Stretch class is now offered weekly at 7:30am. Start your day in a positive and healthy way.

Join us for a private walking tour at New England Botanic Garden at Tower Hill or a guided bird watching walk at Powisset Farm. Take a day trip to Nantucket, enjoy a Lighthouse Cruise or travel overnight to New York City and see the 9/11 Museum and a Broadway show. Travel to the Worcester Art Museum and view Egyptian jewelry and treasures, or join us at the annual Up in Smoke BBQ at the Legion to enjoy music, fun, and friends!

There is so much to do at Dover COA! All events are highlighted in this issue and in the COA E-news which is sent weekly. Not receiving the E-news? Email coa@doverma.gov with contact information. COA staff look forward to seeing you at one of our events. Thanks to our local partners for housing COA events and to our seniors for your wonderful ideas for new speakers and programs. Keep them coming!

Janet Claypoole



LUNCH AND LEARN



COA LUNCHEONS

Tuesday, May 10 at 12:00pm

Tuesday, June 14 at 12:00pm

Dover Legion, 32 Dedham Street; Cost is \$3.00

Join us as we gather with friends to enjoy a catered meal and each other. It has been too long! Seating will be limited. Sign up at COA by May 2 or June 6. Blood Pressure Clinic will be held at COA Office before lunch. See page 5 for details.

GRAB & GO MEALS

Tuesday, May 17

Tuesday June 21

Pickup at 12:00-1:00pm (NEW TIME)

Most Precious Blood Church parking lot; Cost is \$3.00

Reserve an individually packaged meal to enjoy at home. Enter the parking lot for Curbside pickup and stop at the table while staff and volunteers assist you. Home delivery is available. RSVP is required to reserve a meal. RSVP by May 9 or June 13 to coa@doverma.gov or call 508-315-5734.

BLUE MOON BAGELS & BREADS

Thursdays, May 5, 19

Thursdays, June 2, 16, 30

Most Precious Blood Church parking lot

Pick up at 1:00-1:30pm

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

SENIOR COFFEE & CONVERSATION

Friday, May 20 at 9:00am

Friday, June 24 at 9:00am

Dover Legion, 32 Dedham St

Join us for a cup of coffee, breakfast treats, and conversation with friends.

RSVP for all COA events to coa@doverma.gov or call the office at 508.315.5734.

CHIT CHAT TEA

Wednesday, May 25 at 11:30am

Wednesday, June 29 at 11:30am

Dover Legion, 32 Dedham Street

Gather with friends to chat and enjoy a light lunch. RSVP by phone or email to 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. Partially funded by Friends of Dover COA.

Thursday, May 12 at 11:00am - Cinco de Mayo

Cinco de Mayo is an annual celebration which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. Commonly in the U.S. this holiday is celebrated with a feast of Mexican cuisine (and beverages). Join us in the Powisset Kitchen as Chef Thi teaches you how to craft delicious Tamales filled with roasted seasonal vegetables covered in a smokey rojo sauce. Accompanied by a Farm Green Salad topped with Roasted Pepitas and a Citrus Dressing and a Grilled Shrimp smothered in Mexican Cilantro Pesto and a Spiced Crema.

Thursday, June 2 at 11:00am - Seasonal Vegetables on the Grill

As the temperature starts to rise, there's nothing better than Zucchini and Summer Squash! Join Chef Thi and learn hands-on how to craft a delicious Pickled Squash Salad, Stuffed squash with Pork, and Squash Pasta.



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

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



CREATE AND CONNECT

LET'S PAINT! FLORA AND FAUNA

Thursdays, May 12, 19, 26; 10:00-11:30am

Ivana Luttazi, Instructor; Cost: \$15

Learn the art of painting animal portraits or plants. Bring a photo of a pet, animal, or plant. All levels of creativity are welcome! All supplies included. Funded by Friends of Dover COA. Classes meet at Ivana's Art Loft.



KNITTING TOGETHER

Monday, May 2 at 1:00pm

Monday, June 6 at 1:00pm

Fireside Room, Town Hall

Knitting meets monthly in the COA office. Bring your latest project and connect with friends. Beginners and experienced knitters are welcome.

MAH JONGG

Fridays at 1:00pm

Dover Town Library

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

GUIDED WALK: BIRD WATCHING

Wednesday, May 25 at 9:30am

Powisset Farm; Cost: \$5.00

Birds are everywhere, especially in the springtime. Join us for a guided walk led by a Trustee's naturalist for an introduction to birding basics, and embark on a hike to use your new skills. Bring binoculars if you have them, but no worries if you don't. Dress in clothing for the weather including appropriate footwear for potentially muddy conditions. Sign up is required for this event. This program is rain or shine!

PAGE TURNERS BOOK CLUB

at Dover Town Library

Tuesday, May 10 at 2:00pm

Book: *Paul Revere's Ride*, by David Hackett Fischer

Tuesday, June 14 at 2:00pm

Book: *The Book of Gutsy Women* by Hillary Rodham Clinton and Chelsea Clinton

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.

TRAVEL TALK: A YEAR IN MOROCCO

Wednesday, May 18 at 10:30am

Speaker: Barry Pell, Photojournalist

Community Room, Dover Town Library and ZOOM

Barry Pell lived one year teaching English in Casablanca. He will take you on a journey through the country's walled cities and their ancient markets, across the rugged Atlas Mountains with traditional Berber villages, and into the desolate and dune-covered Sahara Desert. The program, accompanied by Mr. Pell's photography, will highlight Morocco's historic architecture and the lives, traditions, and ceremonies of its Arab and Berber people. Sign up at coa@doverma.gov.

UP IN SMOKE BBQ

Wednesday, June 8; 4:00-7:00pm

at Dover Legion

The Friends of the Dover COA invite all Dover residents to join us outdoors at the Dover Legion for the annual Up in Smoke BBQ. Cost is \$5.00 per person pre-registration or \$10.00 day of the event and children under 10 eat free! To sign up, please contact the Friends of Dover COA at contact@coafriends.org.

CHICKERING GROWS KITS

Chickering GROWS is a PTO sponsored initiative at Chickering Elementary School that provides opportunities for ALL ages to learn about gardening at home while connecting with the school community. Spring kits are still available! Kit includes Everbearing strawberry plants and a Bag O'Bloom Grower Bag, along with growing instructions. To sign up for a kit, contact COA Program Coordinator Ameer Tejani at atejani@doverma.gov.



Contact COA at coa@doverma.gov or call 508-315-5734 to register for programs.

LIFETIME LEARNING



FOREVER YOUNG

By Jessica Lens

The COA introduces a new column: Forever Young. Ms. Lens, a COA volunteer, shares her conversations with a Dover senior about a major life theme—such as friendship, career, health, spirituality, etc.—to capture valuable life wisdom and lessons learned. We want to listen, learn, share, and keep their stories of wisdom forever young. In this segment, read about Adele Coughlin’s experience through her career.

It is with heartwarming stories and dear memories that Adele Coughlin looks back on her career as a teacher at a Boston elementary school. For over 30 years, Adele was devoted to teaching the children in the late 1950s through the 1980s. Each grade Adele taught brought her joy and insights in a unique way. It was rewarding for her to teach the children in first grade how to read and to share their excitement over every new word they mastered. In fourth grade she experienced their enthusiasm coming to school and observed how much they enjoyed learning. It was the fifth grade where Adele was truly impressed by their creativity and independence, whether it was at the reenactment of a president’s personality or the role play of a courtroom. Adele is still touched by the memories of very specific children in her classes and the funny, awkward, and heartwarming things they would say and do.

As for personal life lessons from her career, Adele realized she shouldn’t take her work home. Leaving her teacher personality and style at school worked best, so that her dear late husband Tom and her friends could interact with the real Adele, and not Mrs. Coughlin the teacher.

Adele doesn’t have children of her own, but she considered the hundreds of children in her classes hers, as she offered them a place outside their own families to grow and receive attention and warmth. Her career gave her the treasured opportunity to have children in her life, and she had a lasting impact on them. Some still reach out to her today with thank you notes and well wishes. Bring warm personal attention to your relationships, is the lesson Adele teaches us!

ART IN GARDENS, GARDENS AS ART, & GARDENS IN ART

Thursday, May 19; 1:30-3:00pm

Instructor: Deborah H. Stein, PhD

Cost: \$10.00; Virtual Session on Zoom

Sponsored by Friends of Dover COA

Gardens have been important to the human condition since ancient times. It is not surprising, then, that concern for aesthetics has played a vital role in their design, that artworks have actually been placed in gardens, and that artists have portrayed gardens in a multiplicity of ways. We will look at a sampling of those manifestations in European and American art, considering 17th and 18th-century garden/landscape design; ancient sculpture in gardens; and painted versions of theatrical Rococo gardens, Impressionist gardens exploding with light and color, moralistic gardens in landscape and folk art, and ethereal gardens of the “art for art’s sake” movement.

Deb Stein specializes in American and European fine arts and visual culture and in the history of collecting and museums. She holds the PhD from Boston University in the history of art and architecture. Professor Stein’s recent research focuses on the nineteenth-century reception of Byzantine and Early Renaissance art in New England. Deb is a Visiting Lecturer in the Visual Arts at the College of the Holy Cross and has taught art and architectural history at Boston College and Boston University.



SUPPORT AND ASSISTANCE



OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Coordinator

You ARE What You Eat

March was National Nutrition Month. Though it has passed us by, there is never a bad time to think about the food we choose to eat. However, where we shop and how we shop has definitely changed.

In the first month of our pandemic, people were “locked down.” People were warned continuously about staying six feet apart, using gloves, wearing a mask everywhere, and using hand sanitizer but before touching almost everything. The Covid-19 virus was not initially well understood, so we were encouraged to wipe down our grocery items and let our mail sit to “air out” before opening. Remember this? Another important part of our lives changed too. What we ate, dining out, and grocery shopping habits were statistically and literally altered perhaps for good.

The NIH published a systematic review of studies from 23 countries of eating and nutritional changes due to the pandemic sourced from all over the globe. This was published in October of 2021. They reported that studies could not confirm weight gains specifically related to the pandemic across the board due to global economic factors. However, they also reported that we, as a population, reflected increased appetite levels, frequency of eating and increased consumption of “fast” and takeout foods.

The “take out” industry has boomed in the last two years. Pizza was the most popular item, hands down, according to most sources, followed by burgers and Asian food. In fact, there are no less than seven delivery services in our Metrowest area delivering fast takeout or fine foodie dining at the click of your computer.

Grocery shopping has taken on a new look too. We have become hoarders. We load up on things that have a long shelf life and are full of protein much to the disappointment of the shopper in the aisle behind you. Again, delivery services assisted in making marketing more convenient and for many, a necessary convenience. There were also many articles, initially during the pandemic, that advised people to stock up on certain staples...and we did.

Kim Severson, New York Times reporter, said in her article of June 2020, that first we stocked up on frozen foods and oranges. This grab was followed by comfort foods that were mostly carbohydrate sources. Another new trend has been

that homecooks are attempting more difficult food recipes and preps. Severson then remarks on the development of “kitchen fatigue.” Yes to that! Severson goes on to say “gone are the days when we wander through the aisles surveying our choices. We have changed our shopping habits. We are more organized with our shopping lists, we tend to market less frequently, and we really like online delivery.”

Most that have used these services say the products they receive are occasionally incorrect, but this has improved lately. Stores are starting to pick and choose delivery services depending on their accuracy and approval by customers. They have also decreased their wait time. In some stores, choices fluctuate: one week is “pasta heaven” in the aisle and the next week there is only a whole wheat and gluten free selection available. Beans, cheese and meat and produce come and go as well.

This brings me to the point. Now that we are not panicking about the Covid-19 virus, it is a good time to evaluate your diet choices, marketing habits and kitchen fatigue. Adding in fuel costs? Carpool for groceries, limit car trips or make meals that guarantee leftovers. Follow sales and plan your trips. You’re not just what you eat but also how you eat!

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 or call the COA to schedule an appointment.

FINANCIAL AND ENERGY ASSISTANCE

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

BLOOD PRESSURE

with the Natick Walpole VNA

Tuesday, May 10 at 11:00am

Tuesday, June 14 at 11:00am

Fireside Room, Dover Town House

Monthly blood pressure checks with the Public Health Nurse are back! VNA requests all wear a mask. Sponsored by Dover Board of Health.

MAY 2022

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1pm Knitting - FS 4:30pm Stretch - Chickering 7pm Town Meeting. - DSHS Mudge	3 7:30am Med & Stretch - Zoom 9:30am COA Board Mtg. - Town House 4:30pm S&S - Chickering	4 12:15pm Ukulele - Dover Church	5 9:30am Chair Yoga - St. D 10:30am Mat Yoga - St. D 1pm Blue Moon Bread -MPB 4:30pm S&S - Zoom	6 1pm Mah Jongg - Library
9 4:30pm Stretch - Chickering	10 7:30am Med & Stretch - Zoom 11am BP Clinic - FS 12n COA lunch - Legion 2pm Book Club - Library 4:30pm S&S - Chickering	11 12:15pm Ukulele - Dover Church Tower Hill Trip	12 9:30am Chair Yoga - St. D 10am Painting - Ivana's Art Loft 10:30am Mat Yoga - St. D 11am Cooking at Farm 4:30pm S&S - Zoom	13 1pm Mah Jongg - Library
16 4:30pm Stretch - Chickering 7am - 8pm Town Election	17 7:30am Med & Stretch - Zoom 1pm Grab & Go - MPB 4:30pm S&S - Chickering	18 10:30am Travel Talk: Morocco - Library/Zoom 12:15pm Ukulele - Dover Church	19 9:30am Chair Yoga - St. D 10am Painting - Ivana's Art Loft 10:30am Mat Yoga - St. D 1pm BM Bread - MPB 1:30pm LL- Art in Gardens - Zoom 4:30pm S&S - Zoom	20 9am Sr. Coffee - Legion 1pm Mah Jongg - Library
23 4:30pm Stretch - Chickering	24 7:30am Med & Stretch - Zoom 4:30pm S&S - Chickering	25 9:30am Bird Walk - Powisset 11:30am Tea - Legion 12:15pm Ukulele - Dover Church	26 9:30am Chair Yoga - St. D 10am Painting - Ivana's Art Loft 10:30am Mat Yoga - St. D 1pm BM Bread - MPB 4:30pm S&S - Zoom	27 1pm Mah Jongg - Library
30 HOLIDAY	31 7:30am Med & Stretch - Zoom 4:30pm S&S - Chickering			

SATURDAY CLASSES

Zumba Gold on Saturdays, 10:45-11:30am
at St. Dunstan's Church

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 9:30am Chair Yoga - St. D 10:30am Mat Yoga - St. D 11am Cooking at Farm 1pm Blue Moon Bread - MPB 4:30pm S&S - Zoom	3 1pm Mah Jongg - Library
6 1pm Knitting - FS 4:30pm Stretch - Chickering	7 7:30am Meditation/Stretch - Zoom 9:30am COA Board Mtg.- Town House 4:30pm S&S - Chickering	8 4pm Up in Smoke BBQ - Legion	9 9:30am Chair Yoga - St. D 10:30am Mat Yoga - St. D 4:30pm S&S - Zoom	10 1pm Mah Jongg - Library
13 4:30pm Stretch - Chickering	14 7:30am Med & Stretch - Zoom 11am BP Clinic - FS 12n COA Lunch - Legion 2pm Book Club - Library 4:30pm S&S - Chickering	15	16 9:30am Chair Yoga - St. D 10:30am Mat Yoga - St. D 1pm BM Bread - MPB 4:30pm S&S - Zoom	17 1pm Mah Jongg - Library
20 HOLIDAY	21 7:30am Med & Stretch - Zoom 12n Grab & Go - MPB 4:30pm S&S - Chickering Trip - Maine Cruise	22 Trip - Worcester Art Museum	23 9:30am Chair Yoga - St. D 10:30am Mat Yoga - St. D 4:30pm S&S - Zoom	24 9am Sr. Coffee - Legion 1pm Mah Jongg - Library
27 4:30pm Stretch - TBD	28 7:30am Med & Stretch - Zoom 4:30pm S&S - TBD	29 11:30am Tea - Legion	30 9:30am Chair Yoga - St. D 10:30am Mat Yoga - St. D 1pm BM Bread - MPB 4:30pm S&S - Zoom	

MPB - Most Precious Blood Church
FS - Fireside Room Town Hall
ST D - St. Dunstan's Church

TRAVEL AND EXPLORE

Visit the New England Botanic Garden at Tower Hill, view Egyptian jewelry and treasures or join us on an overnight trip to New York City or one of our day trips to enjoy a summery day on Nantucket. Contact COA for details.



NEW ENGLAND BOTANIC GARDEN AT TOWER HILL

Wednesday, May 11; Cost \$35.00

New England Botanic Garden at Tower Hill, located in Boylston, MA, is 171 acres open to the public for garden viewing, trail walking, and more! Join the COA and a knowledgeable garden guide on an informative 45-minute private walking tour. Enjoy warm weather and thousands of beautiful blooming bulbs including tender perennials, daffodils, tulips, and more. Boxed lunch provided by Farmer and the Fork Café. \$35 includes admission and lunch. Thank you to Friends of Dover COA for funding the tour and transportation. Sign up at coa@doverma.gov. Space is limited.

WORCESTER ART MUSEUM

Egyptian Treasures: Jewels of the Nile Exhibit

Wednesday, June 22; Cost \$15.00

View this extensive collection of ancient Egyptian jewelry and treasures for the first time in nearly a century. The exhibit will showcase rare jewels, much of it donated by Laura Norcross Marrs, and includes nearly 300 objects ranging from tiny beads to massive tomb walls. Enjoy a guided tour followed by lunch at a local restaurant. Be prepared for lots of walking! Transportation funded by COA. Sign up at coa@doverma.gov. Space is limited.

FOX TOUR TRIPS WITH DOVER AND WESTWOOD COAS

For Reservations, please contact Westwood COA at 781.329.8799. A \$15 non-refundable deposit per trip is

required within 10 days of signing up. Fox Tours requires all guests to present a valid vaccine card to the driver to board the bus in Westwood. Masks must be worn while traveling on the coach. Trip flyers with details are available at Dover COA. Contact the office at 508.315.5734 for more information.

Tuesday, June 21 - Casablanca by the Sea Cruise-Maine - **SOLD OUT**

Travel to scenic Maine and enjoy lunch and a narrated Portland harbor cruise to view the lighthouses, Civil War forts, fishing boats, and the seals basking on the rocks in Casco Bay.

Thursday, July 21 - Nantucket Day Trip

Join us for a refreshing summer day on beautiful Nantucket Island. Travel from Hyannis on the high speed fast ferry for a delightful one hour cruise to Nantucket. Explore art galleries and shops and experience Nantucket's colonial architecture, great restaurants, as well as The Old Historic Town, whaling museums, and more! Please note that this trip involves a lot of walking. Tour cost is \$125.

Tuesday, August 16 - Narragansett Lighthouse Cruise

We're off to Rhode Island! Start by enjoying a delicious luncheon at the Quonset Point Officers Club and then board the Ferry for a narrated Narragansett Bay Lighthouse tour. View ten beautiful lighthouses and a Newport Harbor tour. Cruise under the Jamestown and Newport Bridges, past mansions, historic Fort Adams and other sights. Cost is \$119.

Sept 20-21 - NYC 9/11 Museum and Broadway Show

Enjoy an overnight trip to New York City; arrive at Rockefeller Center and view the sights on Day One. On Day Two, travel to Ground Zero and tour the 9/11 Memorial and Museum. Then it's off to Times Square and Broadway for one of Broadway's best new musicals! Come From Away is an inspiring musical that shares the remarkable true story of a Newfoundland town that welcomed 7,000 stranded travelers on 9/11. Tour cost: \$399 per person/double; \$389 per person/triple or \$469 per person/single.

BE FIT AND AGE WELL

COA Fitness Classes are shifting locations! Please review class details below as some classes will return to in person and some will remain virtual. We are working to offer Yoga in a virtual and in person (hybrid) format. Class fees remain at \$3.00 per session. Thank you for your patience as we work out our new schedules. Stay Healthy and Keep Moving!

CHAIR YOGA

Instructor: Tracy Buckley, RYT

Thursday, 9:30-10:20am IN PERSON

St. Dunstan's Church, 18 Springdale Ave

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. Bring water.

GENTLE MAT YOGA

Instructor: Tracy Buckley, RYT

Thursday, 10:30-11:10am IN PERSON

St. Dunstan's Church, 18 Springdale Ave

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



STRETCH AND FLOW

Mondays, 4:30-5:20pm IN PERSON

Music Room, Chickering School, 29 Cross St

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 IN PERSON

Music Room, Chickering School, 29 Cross St

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. Equipment provided; bring water.

MINDFUL MEDITATION & STRETCH

Tuesdays at 7:30am (NEW TIME!) via ZOOM

6 Week Series: April 26, May 3, 10, 17, 24, 31

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 IN PERSON

Instructor: Andria DeSimone

St. Dunstan's Church, 18 Springdale Ave

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!

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 or call 508.359.7800.

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 provide 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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Timothy Daniels House
 84 Elm St. Holliston, MA
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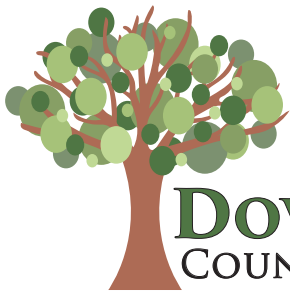
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DOVER COA
COUNCIL ON AGING

COA OFFICE

Town Hall, Fireside Room
5 Springdale Avenue, Dover, MA 02030
Email: coa@doverma.gov

508.315.5734

COA OFFICE HOURS

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

COA BOARD MEETING

Tuesday, May 3 at 9:30am
Tuesday, June 7 at 9:30am

Website: www.doverma.gov

Sign up for alerts at [Notify Me](#)

COA STAFF MEMBERS

Janet Claypoole, Director
Nan Vaida, Outreach Coordinator
Amee Tejani, Program Coordinator
Sue Sheridan, Administrative Assistant

COA BOARD MEMBERS

Camille Johnston, Chair
Maureen Dilg, Secretary
Robert Cocks
Rev. Peter DiSanto
Betty Hagan
Gilbert Thisse
Gerry Wise

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