

DOVER COA COUNCIL ON AGING

News

508.315.5734

MARCH - APRIL 2023

HIGHLIGHTS

HISTORY OF HOWARD JOHNSON'S

Friday, March 10

ST. PATRICK'S DAY LUNCH

Tuesday, March 14

ELEANOR ROOSEVELT

Monday, March 20

TECH HELP WITH DSHS STUDENTS

Wednesday, March 22

COOKING AT THE FARM

Thursdays, March 9 & April 13

RUSSIA AND UKRAINE

Thursday, April 6

SPECIAL THANKS

Blue Moon Bagel Cafe
Board of Health
Dover Legion
DSHS Community Service Club
Friends of Dover COA
Ivana's Art Loft
Most Precious Blood Church
Natick Walpole VNA
Powisset Farm
St. Dunstan's Church
The Dover Church
The Kingsbury Club, Medfield

LETTER FROM THE DIRECTOR

There is a lot happening this Spring at Dover COA, and this issue is packed with an assortment of choices. Come celebrate St. Patrick's Day in March with a traditional Irish meal or get the latest spring forecast with Boston 25 News Meteorologist Jason Brewer at our April lunch event. Hear updates from Chickering School Principal Dr. Deb Reinemann and Interim Town Administrator Carl Valente at Talk With The Town programs to be prepared for the May Town Meeting. Need help to access virtual programs? Meet with student experts from the DSHS Community Service Club for tech support.

The COA welcomes new instructors to Dover. Join us as historian Anthony Sammarco discusses The History of Howard Johnson's, and historian Carol Cohen shares an Evening with Eleanor Roosevelt. Lifetime Learning returns with new classes. Beginner Ukulele sessions start in March and Fun with Ukulele returns. Negotiation strategist Eugene Kogan presents Russia and Ukraine Explained and NASA Solar System Ambassadors present programs on Space exploration, James Webb Space Telescope, and Women of NASA. Thanks to Friends of Dover COA for sponsoring many of these programs.

Check out all the options and sign up! Please review the event locations as programs shift between the Churches, Dover Legion, Powisset Farm, and Town buildings. The COA office remains at Dover Town House as we await the renovation of Caryl Community Center. For updates on the Community Center project, please check the Town website at www.doverma.gov and sign up for the Our Town Digital Newsletter.

Janet Claypoole

Upcoming Town Government Meetings:

Monday, March 6 - Caucus

Monday, March 13 - Open Hearing

Monday, May 1 - Town Meeting

Monday, May 15 - Town Election

Saturday, June 3 - Special Town Meeting

LUNCH AND LEARN



COA ST. PATRICK'S DAY LUNCHEON

Tuesday, March 14 at 12:15pm

Kraft Hall, The Dover Church, 17 Springdale Ave

Cost: \$5.00

Celebrate St. Patrick's Day with the COA and enjoy a classic Irish meal of corned beef and cabbage. Please park on the right and enter through the accessible entrance on the right. RSVP by March 3.

COA LUNCHEON

Tuesday, April 11 at 12:15pm

Guest: Meteorologist Jason Brewer

Dover Legion, 5 Dedham Street

Cost \$4.00

April showers bring...a visit from Boston 25 News Meteorologist Jason Brewer! Join us to talk about the weather and celebrate spring. RSVP by April 1.

GRAB & GO MEALS

Tuesday, March 21

Tuesday, April 18

Pickup at 12:30-1:00pm; Cost is \$4.00

Caryl Community Center parking lot

Reserve an individually packaged meal to enjoy at home. Enter the parking lot from Whiting Rd and stop at the table for curbside pickup. Home delivery is available. RSVP is required to reserve a meal.

CHIT CHAT TEA

Wednesday, March 29 at 11:30am

St. Dunstan's Church, 18 Springdale Ave

Wednesday, April 26 at 11:30am

Dover Legion, 32 Dedham Street

Gather with friends to chat and enjoy a light lunch. RSVP by phone or email coa@doverma.gov

BLUE MOON BAGELS & BREADS

Thursdays, March 2, 16, 30

Thursdays, April 13, 27

Caryl Community Center parking lot

Pick up at 12:30-1:00pm

Donated bread, bagels and other baked goods from Blue Moon Café are available for curbside pickup. Enter from Whiting Road and stop at the table for volunteers to assist you. Please check the weekly e-newsletter for location updates due to changes in weather!

SENIOR COFFEE & CONVERSATION

Friday, March 31 at 9:00am

St. Dunstan's Church, 18 Springdale Ave

Friday, April 28 at 9:00am

Dover Legion, 32 Dedham Street

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

TALK WITH THE TOWN:

CHICKERING SCHOOL

Friday, March 17 at 10:30am

Great Hall in Dover Town House

Join us to talk with Chickering Principal Deb Reinemann for an update on innovative teaching and learning experiences for Dover students. Learn how the School partners with the COA to benefit both students and seniors. Coffee and light refreshments provided.

TALK WITH THE TOWN: TOWN ADMINISTRATOR

April date TBD

Great Hall in Dover Town House

Meet with Interim Town Administrator Carl Valente to review articles on the Town warrant for the May Town Meeting and hear updates on Town projects. Coffee and light refreshments provided.

TECH HELP WITH DSHS STUDENTS

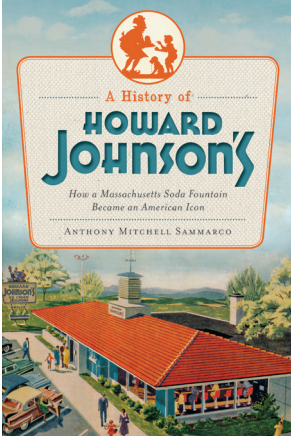
Wednesday, March 22 at 12:30pm

Selectmen's Meeting Room, Dover Town House

Do you have questions about your cell phone, iPad/tablet, or laptop? Bring your device and ask the experts—high school students!

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

CREATE AND CONNECT



THE HISTORY OF HOWARD JOHNSON'S

Friday, March 10 at 10:30am
with Historian Anthony Sammarco

Great Hall, Dover Town House

Howard Johnson created an orange-roofed empire of ice cream stands and restaurants that stretched from Maine to

Florida and all the way to the West Coast. Boston historian and author Anthony Sammarco recounts how Howard Johnson introduced twenty-eight flavors of ice cream, the "Tendersweet" clam strips, grilled frankforts and a menu of delicious and traditional foods that families eagerly enjoyed when they traveled.

AN EVENING WITH ELEANOR ROOSEVELT

Monday, March 20 at 10:30am

Community Room, Dover Town Library

Join author and historian Carol Cohen for a look into the life of Eleanor Roosevelt at her home in Hyde Park, New York and learn about her role as a human rights activist. Cohen's portrayal and presentation focuses on Eleanor after the death of Franklin, when living at Val-Kill. She has returned from Paris where the Declaration of Human Rights was passed at the United Nations. Sponsored by Friends of Dover COA.

KNITTING TOGETHER

Mondays, March 6 & April 3 at 1:00pm

Fireside Room, Dover Town House

Beginners and experienced knitters are welcome. Bring your latest project!

BEGINNER MAH JONGG

Thursdays, starting March 16; 1:00-3:00pm

Community Room, Dover Town Library

Back by popular demand—a new session to learn to play Mah Jongg. Inez Trigg will lead an 8-week session for beginners. Space is limited to four players, so sign up now!

MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this challenging and fun Chinese tile game. Experienced players only please.

ART SHOW

March 24 at 11:00am

Ivana's Art Loft

Art is for everyone! Join us for a special art show featuring works by local artists and students. Light refreshments served.

COOKING AT POWISSET FARM

Dover and Westwood COAs offer cooking classes at the Farm. Space limited. Cost is \$25 per class, including lunch. Partially funded by Friends of Dover COA.

Thursday, March 9 at 11:00am - Homage to Julia Child

Celebrate Women's History Month with Chef Thi. This hands-on class will focus on three key techniques Julia taught. Start with the perfect roast chicken, master scratch hollandaise sauce, bake a buttery classic tarte tatin. Join us to master the art and techniques of French cooking.

Thursday, April 13 at 11:00am - Phenominal Pho!

Join Chef Thi to make chicken Pho, a favorite Vietnamese soup of slow cooked savory Five Spice Broth, banh pho noodles, and chicken. Our Pho will be accompanied by Goi Cuon, vegetable fresh rolls with peanut sauce and Goi, a carrot and cabbage salad with chili lime vinaigrette.

PAGETURNERS BOOK CLUB

at Dover Town Library

Tuesday, March 14 at 2:00pm

Book selection: *The Good Left Undone* by Adriana Trigiani

Tuesday, April 11 at 2:00pm

Book selection: *H is for Hawk* by Helen MacDonald

Read and discuss fiction and nonfiction books with friends led by Dover Librarian Liz Fogarty. Copies of books are available at the Library. For more info, contact Liz at 508-785-8113 or efogarty@minlib.net.

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

LIFETIME LEARNING

BEGINNER UKULELE

Wednesdays, starting March 1 (6 week session)

Instructor Greg Luzitano

The Dover Church, Kraft Hall, 17 Springdale Ave

12:30pm-1:15pm; Cost: \$45.00

Join us for a 6 week course just for beginners. Bring a soprano, concert or tenor ukulele with GCEA tuning and learn the fundamentals of basic chords, rhythms, and strum patterns. Sponsored by Friends of Dover COA.

FUN WITH UKULELE

Wednesdays, starting March 1 (6 week session)

Instructor: Greg Luzitano

The Dover Church, Kraft Hall, 17 Springdale Ave

1:30-2:30pm; Cost: \$45.00

Grab your ukulele and play along with friends for a 6 week session. Returning and new participants welcome from Dover and beyond. This class is open to all adults. Sponsored by Friends of Dover COA.

RUSSIA AND UKRAINE EXPLAINED

Thursday, April 6 at 10:30am; Cost: \$10.00

Instructor: Eugene B. Kogan, PhD

Community Room, Dover Town Library

The Russia-Ukraine war is a constant topic in the news. What are the prospects for international order in the wake of this conflict? What will not only Russia and Ukraine look like; what about the rest of the world? Come to this informative and engaging deep dive into President Biden's handling of the Russia-Ukraine crisis, along with possible future outcomes. Presented by Eugene B. Kogan, PhD, a negotiation strategist and Harvard Business School executive coach who has conferred with America's top diplomats from Henry Kissinger to Rex Tillerson. Dr. Kogan is the author of the book *Mediation: Negotiation by Other Moves*.

NASA SOLAR SYSTEM AMBASSADOR SERIES

Mondays, April 24, May 1,
May 8 at 10:30am

Cost: \$10/session or \$25 for series



Join us for one or more Lifetime Learning classes. Sponsored by Friends of Dover COA. To sign up, email coa@doverma.gov

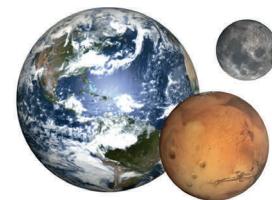
RETURN TO THE MOON, FORWARD TO MARS

Monday, April 24 at 10:30am

HYBRID (Zoom and In Person)

Community Room, Dover Town Library

More than fifty years ago NASA sent the first humans to set foot on another world. Join us as we welcome Solar System Ambassador David S. Ball. As a volunteer with NASA/JPL, he will take us back to the origin of America's space program and first steps on the Moon and share how returning shortens our path to inhabiting Mars and beyond.



A LOOK BACK IN TIME:

THE JAMES WEBB SPACE TELESCOPE

Monday, May 1 at 10:30am

HYBRID (Zoom and In Person)

Community Room, Dover Town Library

On Christmas Day, 2021, NASA launched its next-generation telescope. The James Webb Space Telescope, like the Hubble Space Telescope stargazing for the past 25 years, will bring a quantum improvement in the study of the heavens. By looking deeper into the universe, Webb is actually seeing further into the past as it takes the light from these distant stars time to reach us. This makes JWST a time machine on a hunt for the very origins of everything from the Big Bang onward to today.

David S. Ball is a volunteer educator with NASA. As a Solar System Ambassador with the Jet Propulsion Laboratory, he presents topics related to American activities in space. His passion is the intersection of space and postal history. His first book, *American Astrophilately: The First Fifty Years*, was nominated for a national book award.

HIDDEN FIGURES: WOMEN OF NASA

Monday, May 8 at 10:30am

Community Room, Dover Town Library

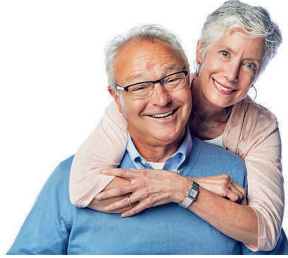
Learn about mathematician Katherine Johnson who the Hidden Figures movie was based upon, and the various women who have worked at NASA since 1939 including women astronauts training to go to the Moon and Mars.

Patricia Monteith is a volunteer educator with NASA. As a Solar System Ambassador, Pat conducts programs for *children, families and adults about space science and exploration*.

SUPPORT AND ASSISTANCE

OUTREACH CORNER

by Nan Vaida, RN, COA
Outreach Coordinator



Time For Your Check-Up!

By 2030, the National Council on Aging (NCOA) estimates that there will be greater than 40 million older adults in our country. This population total has been anticipated as the Baby Boomers (1946-1964) and Gen X'ers (1965-1980) birth rates have been well studied and documented. The needs of this aging population are overwhelming and continue to grow especially due to the recent Pandemic. Sorting through all the information "out there" can be daunting. What if there was a "one stop shopping" location for all the options available to you? Well, folks, there is!

In 2001, the NCOA created a well designed, central information site called Benefits CheckUp. It is open to all and covers the entire country by way of zip code to make the information you receive more specific to your needs. Often, we are too embarrassed to ask for help. This program may answer questions privately or encourage you to seek the assistance you need. As of 2022, the site has been reviewed and updated.

The Website is www.benefitscheckup.org or search for NCOA Benefits CheckUp to find the link. The opening page will request your zip code to get the process started. You will have to provide your birth date, address and income information. You will never be asked for your social security number or any other identifying information.

After your zip code entry, you are directed to a page of information choices:

- medical benefits
- income assistance
- food and nutrition information
- housing and utilities
- tax relief
- veterans information
- transportation
- senior discounts

Other options included are family caregiver support, education, dementia information and more. It's easy to make a priority list according to your needs. Please note that the food and nutrition information refers the applicant to SNAP. This is the Federal supplemental nutrition assistance program. Please check out this information as the cost of food is overwhelming us all.

To be clear, the NCOA site is not a universal application; you will have to follow links for applications or to contact any agency. If you find filling out information via a computer to be confusing, the COA staff is ready to help guide you

through the application. Please give us a call when you are ready. You won't know what benefits are waiting out there for you unless you give it a try.

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 can share resources and assist with applications for services, including SMOC. For a confidential consultation, contact the COA.

SHINE

Are you retiring, turning 65 soon, or want to review your current Medicare plan? Talk with a SHINE counselor to answer your health insurance questions. Email coa@doverma.gov or call the COA to schedule a consultation.

BLOOD PRESSURE

Friday, March 10 at 11:30am - Town House
April date TBD

The Dover Board of Health sponsors a monthly blood pressure check with the Public Health Nurse. VNA requests all wear a mask.

RMV SUPPORT

The Registry of Motor Vehicles has a dedicated phone number (857) 368-8005 to serve anyone 65 years of age or older. Massachusetts law requires drivers who are 75 years of age or older to renew in person. The RMV has dedicated hours on Wednesdays at certain RMV service centers; for assistance, call the number provided. Some RMV services are offered at AAA locations for members. Give them a call!

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

MARCH 2023

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:30pm Beginner Ukulele - Dover Church 1:30pm Ukulele - Dover Church	2 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread - Caryl 4:30pm S&S - CS/Zoom	3 1pm Mah Jongg - Library
6 1pm Knitting - FS 4:30pm Stretch - CS/ Zoom 7:30pm Caucus - TH	7 7:30am Mindful Move - Zoom 4:30pm S&S - CS/Zoom	8 12:30pm Beginner Ukulele - Dover Church 1:30pm Ukulele - Dover Church	9 11am Cooking at Farm 4:30pm S&S - CS/Zoom	10 10:30 Howard Johnson - TH 11:30am BP Clinic - TH 1pm Mah Jongg - Library
13 4:30pm Stretch - CS/ Zoom 7:30pm Open Hearing - TH	14 7:30am Mindful Move - Zoom 9:30am COA Board Mtg - TH 12:15 COA Lunch - Dover Church 2pm - Book Club - Library 4:30pm Stretch - CS/Zoom	15 12:30pm Beginner Ukulele - Dover Church 1:30pm Ukulele - Dover Church Lunch Trip	16 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread - Caryl 1pm Beginner Mah Jongg - Library 4:30pm Stretch - CS/Zoom	17 10:30am Talk with Town: Chickering School - TH 1pm Mah Jongg - Library
20 10:30am Eleanor Roosevelt - Library	21 7:30am Mindful Move - Zoom 12:30 Grab & Go - Caryl	22 12:30 Tech Help - TH 12:30pm Beginner Ukulele - Dover Church 1:30pm Ukulele - Dover Church	23 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 1pm Beginner Mah Jongg - Library	24 11am Art Show - Art Loft 1pm Mah Jongg - Library
27 4:30pm Stretch - CS/ Zoom	28 7:30am Mindful Move - Zoom 4:30pm S&S - CS/Zoom	29 11:30 Chit Chat Tea - St.D 12:30pm Beginner Ukulele - Dover Church 1:30pm Ukulele - Dover Church	30 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread - Caryl 1pm Beginner Mah Jongg - Library 4:30pm S&S - CS/Zoom	31 9am Sr. Coffee - St.D 1pm Mah Jongg - Library

MPB - Most Precious Blood Church
FS - Fireside Room Town House
ST D - St. Dunstan's Church
CS - Chickering School
TH - Dover Town House

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

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1pm Knitting - FS 4:30pm Stretch - CS/ Zoom	4 7:30am Mindful Move - Zoom 9:30am COA Board Mtg. - TH 4:30pm S&S - CS/Zoom	5 12:30pm Beginner Ukulele - Dover Church 1:30pm Ukulele - Dover Church	6 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 10:30am Russia-Ukraine - Library 1pm Beginner Mah Jongg - Library 4:30pm S&S - CS/Zoom	7 1pm Mah Jongg - Library
10 4:30pm Stretch - CS/ Zoom	11 7:30am Mindful Move - Zoom 12pm COA Lunch - Legion 2pm Book Club - Library 4:30pm Stretch - CS/ Zoom	12 Lunch Trip	13 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Cooking at Farm 12:30 Bread - Caryl 1pm Beginner Mah Jongg - Library 4:30pm S&S - CS/Zoom	14 1pm Mah Jongg - Library
17 PATRIOT'S DAY! Town Offices Closed	18 12:30pm Grab & Go - Caryl 4:30pm S&S - Zoom	19 12:30pm Ukulele - Dover Church	20 1pm Beginner Mah Jongg - Library 4:30pm S&S - Zoom	21 1pm Mah Jongg - Library
24 10:30am Moon/Mars - Library/Zoom 4:30pm Stretch - CS/ Zoom	25 7:30am Mindful Move - Zoom 4:30pm S&S - CS/Zoom	26 11:30am Chit Chat Tea - Legion 12:30 Ukulele - Dover Church	27 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - Zoom 12:30 Bread - Caryl 1pm Beginner Mah Jongg - Library 4:30pm S&S - CS/Zoom	28 9am Sr. Coffee - Legion 1pm Mah Jongg - Library

SATURDAY CLASSES AND EVENTS

Music Man

Reception - Saturday, March 18 at 11:45, DSHS
Performace at 1pm

Saturday Stroll

Saturday, April 8 at 10:30am

Hello Dolly

April 27, 28, 29 at 7pm and
Sunday, April 30 at 2pm
Mudge Auditorium, Dover-Sherborn HS

Enjoy a local performance of a Broadway musical, relax on a lighthouse cruise on Long Island Sound, visit a Cape Cod cranberry bog or travel with us to Quebec!

THE MUSIC MAN

Saturday, March 18

Reception with DSHS Students 11:45am-12:30pm

Performance at 1:00pm

Mudge Auditorium, Dover-Sherborn HS

DSHS Students invite seniors to chat with students and view student artwork at Lindquist Commons and then enjoy the Broadway musical The Music Man.



HELLO DOLLY!

April 27, 28, 29 at 7pm and

Sunday, April 30 at 2pm

Mudge Auditorium, Dover-Sherborn HS

The Dover Foundation presents Hello Dolly! It is an ebullient and irresistible story of the joy of living filled with humor, heart, and memorable songs. Tickets will be available March 15 at thedoverfoundation.com.

LOCAL TRIPS PLANNED

March 15 - Lunch Trip

April 12 - Lunch Trip

April - Museum of Fine Arts

June 8 - Sedgwick Gardens at Long Hill

June 23 - Architecture Cruise on the Charles River

Fall - Cape Ann Museum to view Edward Hopper Exhibit

Watch the COA E-news for details or contact coa@doverma.gov

TOURS OF DISTINCTION TRIPS WITH DOVER AND WESTWOOD COAS

For Reservations, contact Westwood COA at 781-329-8799.

A nonrefundable deposit per trip of \$15 is required at sign up. Trip flyers with details are available at Dover COA.

Wednesday, May 31 - Long Island Lighthouse Cruise

Join us for a day trip starting with a narrated Lighthouse Cruise on Long Island Sound on a comfortable high-speed Sea Jet catamaran. After our cruise, enjoy lunch at a restaurant in Mystic, Connecticut followed by time to explore Olde Mistick Village. Tour Cost is \$141.

Thursday, September 7 - Cape Cod Cranberry Bog

Head off to Cape Cod for a fun-filled day! Take a guided tour of the largest organic cranberry bog on Cape Cod. Enjoy lunch at a restaurant in Hyannis and end your day with a scenic cruise of Cape Cod Canal. Tour cost is \$166.



August date TBA - Tanglewood BSO Concert

Sit back and enjoy a summer concert with the Boston Symphony Orchestra at Tanglewood. Performance selection is not finalized as tickets are not on sale yet as we write this newsletter! Watch the weekly e-news from Dover COA for an update on date, performer, lunch venue, and cost.

July 17-21 -The Real Quebec

Travel with us on a 5 day excursion to Quebec, Canada and visit the Quebec Citadel and Place Royal and head north to where the Saguenay and St Lawrence rivers meet in historic Baie-Sainte Catherine and La Malbaie. Contact Dover COA for more info and to pick up a flyer with details of this special trip.



BE FIT AND AGE WELL

Fitness classes are in person, virtual or both (hybrid). Contact the COA for Zoom meeting info and check the calendar for the schedule. Class fees are \$3.00 per session. Stay Healthy and Keep Moving!



GENTLE MAT YOGA

Instructor: Tracy Buckley, RYT

Thursdays, 9:30-10:20am HYBRID (Zoom and 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.

CHAIR YOGA

Instructor: Tracy Buckley, RYT

Thursdays, 10:30-11:20am

HYBRID (Zoom and 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.

MINDFUL MOVEMENT & STRETCH

Tuesdays at 7:30am via ZOOM

Instructor: Laura Villalobos

Start your day with a mindful workout. Begin with some friendly cardio moves, then effective stretches, and finish with a five minute meditation. Your body will feel energized and less stiff, and your mind more focused and clear. Have a chair nearby for balance and stretches.

STRETCH AND FLOW

Mondays, 4:30-5:20pm HYBRID (Zoom and In Person)

Chickering School, Music Room, 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 & Thursdays, 4:30-5:20pm

HYBRID (Zoom and In Person)

Chickering School, Music Room, 29 Cross St

Instructor: Andria DeSimone

Join Andria for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Equipment provided; bring water.

SENIOR SWIM FOR THE COA

Enjoy swimming at The Kingsbury Club in Medfield on Tuesdays and Fridays from 10:00-11:00am with Water Aerobics or lap lane options. 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.



BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.

Learn more at www.springwell.com



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COMPASS



As long-time residents of Dover, we have had the pleasure of helping our neighbors with their real estate decisions. We look forward to continuing to support our community in this sometimes overwhelming process. Please let our family help your family.

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The Bohlin Group
Peter, Martha, & Anna
bohlingroup@compass.com
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Timothy Daniels House
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(508)429-4566

Victoria Haven
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For more information
www.rehabassociates.com

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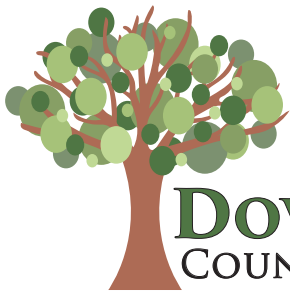
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**Be a sponsor
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 Please contact Tom Reily
 508-336-6633 x 337**





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, March 14 at 9:30am
Tuesday, April 4 at 9:30am

Website: www.doverma.gov

Sign up for alerts at Notify Me
Sign up for weekly COA E-Newsletter at
coa@doverma.gov

COA STAFF MEMBERS

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

COA BOARD MEMBERS

Bob Cocks, Chair
Maureen Dilg, Secretary
Rev. Peter DiSanto
Betty Hagan
Camille Johnston
Gilbert Thisse
Gerry Wise
Cindy Holmes, Associate
Annemarie Thompson, Associate

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the Town of Dover Facebook.
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Dover Council On Aging
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