

# DOVER COA COUNCIL ON AGING

# News

508.315.5734

NOVEMBER - DECEMBER 2022

## HIGHLIGHTS

### TECH SUPPORT

Tuesday, November 2

### THANKSGIVING LUNCH

Tuesday, November 15

### TALK WITH THE TOWN: DPW

Friday, November 18

### POLICE HOLIDAY BRUNCH

Saturday, December 3

### HOLIDAY CONCERT & COOKIES

Tuesday, December 6

## SPECIAL THANKS

Blue Moon Bagel Cafe  
Board of Health  
Chickering Farm  
Dover American Legion  
Dover Girl Scouts  
Dover Mother's Association  
Dover Open Space Committee  
Dover Police Association  
DSHS Community Service Club  
Friends of Dover COA  
Most Precious Blood Church  
Natick Walpole VNA  
The Norwood Theatre  
Powisset Farm  
St. Dunstan's Church  
The Dover Church  
The Kingsbury Club, Medfield

## LETTER FROM THE DIRECTOR

Autumn is ending and winter is on its way and here come the holidays! Gather with the COA to celebrate and give thanks for family, friends, good health, and a good meal. I am so thankful for all that lend a hand to the Dover COA. Thanks to the staff, COA Board, Friends of COA, volunteers, and seniors reaching out to each other during this holiday season and throughout the year.

Join us for a delicious Thanksgiving feast at The Dover Church. The COA invites Veterans to be our guests at this traditional meal with turkey and all the trimmings. Make your reservation for Dover Police Association's Senior Holiday Brunch and enjoy an amazing meal prepared by the officers. Indoor and outdoor seating (with heat lamps) will be available at Chickering School. What's a holiday without special holiday treats? Pick up a box of holiday cookies and enjoy a concert by a cappella group, A Second Wind. Dress in holiday attire (festive and ugly sweaters welcome!) and join us for a holiday lunch. Please sign up for events early to help us plan.

Do you enjoy decorating for the holidays? Decorate holiday cards with artist Ivana Luttazi at her local studio. Or join the 4th Grade Girl Scout Troop to decorate gingerbread houses at the Dover Legion. Try a special holiday entertaining cooking class at Powisset Farm with Chef Thi to create holiday grazing boards and mini holiday wreaths. Travel with us for a holiday lunch at The Publick House in Sturbridge, tour Eustis Estate in Milton, or enjoy a lunch/theatre combo trip to The Norwood Theatre for a special performance for COAs.

When the holidays come, so do changes in weather. Join us to meet Kevin McCabe, Dover's first Director of Public Works as he shares plans to keep Dover's roadways safe and updates on projects. Keep yourself safe and sign up for the COA's Sand For Seniors program, sponsored by Friends of Dover COA, for a home delivered bucket of sand/salt for your walkway.

There's no place like home or the COA for the holidays. Wishing you all a memorable and safe holiday season.

Janet Claypoole



# LUNCH AND LEARN



## **COA THANKSGIVING LUNCHEON**

Tuesday, November 15 at 12:30pm

Kraft Hall, The Dover Church, 17 Springdale Ave

Cost: \$5.00, FREE for Veterans

Gather with the COA to enjoy a Thanksgiving feast and give thanks for good food, good friends, and a great community. Please park on the right and enter through the accessible entrance on the right. Volunteers will be there to guide you. RSVP by November 4.

## **COA HOLIDAY LUNCHEON**

Tuesday, December 13 at 12:00pm

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

Celebrate the Holidays with your COA friends. Come dressed in holiday attire. Both festive and ugly sweaters are welcome! Sign up at COA by December 1.

## **GRAB & GO MEALS**

Tuesday, December 20

Pickup at 12:30-1:00pm 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 and stop at the table for curbside pickup. Home delivery is available. RSVP is required to reserve a meal. RSVP by Dec 9.

## **CHIT CHAT TEA**

Wednesday, November 30 at 11:30am

Dover Legion, 32 Dedham Street

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

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

## **DOVER POLICE HOLIDAY BRUNCH**

Saturday, December 3, 10:00am-12:00pm

Chickering School

Meet your local police as they cook a delicious breakfast to celebrate the holidays! Seating options include inside as well as outside with heat lamps. RSVP by November 25.

## **BLUE MOON BAGELS & BREADS**

Thursdays, November 3 & 17

Thursdays, December 1 & 15

Fireside Room, Dover Town House

Pick up at 12:30-1:00pm NEW TIME!

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

## **TALK WITH THE TOWN: DEPT OF PUBLIC WORKS**

Friday, November 18 at 10:00am

at Dover Legion, 32 Dedham Street

Meet Dover's Director of Public Works Kevin McCabe and learn about the areas included in the DPW as well as updates on projects, including Claybrook Road and Centre Street. There will be plenty of opportunities for questions and comments. Coffee and light refreshments provided.

## **SENIOR COFFEE & CONVERSATION**

Friday, December 30 at 9:00am

Dover Legion, 32 Dedham St

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

## **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

# CREATE AND CONNECT

## LET'S PAINT HOLIDAY CARDS

Thursday, December 1; 10:00-11:30am

Ivana's Art Loft

Instructor: Ivana Luttazi; Cost: \$5.00

Share your creativity and paint cards for the holidays or other special occasions. All supplies provided. Holiday refreshments will be offered to celebrate the season.



## TECH HELP SESSION

with DSHS Community Service Club

Wednesday, November 2, 1:00-2:00pm

Great Hall, Dover Town House

Are you confused by your phone, iPad, or other device?

When you hit the wrong button, do you know how to get back? Do you know there's an easier way to do something, but you just don't know what it is? Bring your device and get individual help from the experts – high school students!

## MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this challenging and fun Chinese tile game.

Interested in learning how to play? Contact the COA as we are organizing an Intro to Mah Jongg program.

## KNITTING TOGETHER

Mondays, Nov 7 & Dec 5 at 1:00pm

Fireside Room, Town Hall

Beginners and experienced knitters are welcome.

## 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, Nov. 10 at 11:00am - Savory Pies

Fall is just around the corner which means it is time for cozy, hearty, comfort food; for us that means savory dinner pies! Join Chef Thi in the kitchen to create a classic beef shepherd's pie and move on to a belly-warming curry chicken pot pie. Finish it all off with a roasted vegetable and goat cheese galette. It's a pie line up that'll keep you full all autumn long.

Thursday, Dec. 8 at 11:00am - Holiday Entertaining

This special class with Chef Thi features both hands-on experiences and demonstrations, designed to elevate your holiday entertaining flair. We'll mix it up and make holiday mezze grazing boards with dips, roasted vegetables, meats and breads to share with friends at laid back holiday gatherings. The meze will be accompanied by wine pairings designed to showcase your enology chops without blowing the holiday budget. And we'll make miniature holiday wreaths to decorate your table and home.

## PAGETURNERS BOOK CLUB

at Dover Town Library

Tuesday, November 8 at 2:00pm

Book selection: *The Sentence* by Louise Erdrich

Tuesday, December 13 at 2:00pm

Book selection: *Travels with George* by Nathaniel Philbrick

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 508-785-8113 or [efogarty@minlib.net](mailto:efogarty@minlib.net).

## HOLIDAY COOKIES & A CAPPELLA CONCERT

Tuesday, December 6; 12:30-2:00pm

Kraft Hall, The Dover Church

Pick up a box of assorted holiday cookies made by our wonderful COA volunteers. And stay to enjoy music from the a cappella group, Second Wind! Their repertoire consists of golden oldies, Disney, romance, and holiday songs. This will be a treat to your taste buds and ears!



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



# COMMUNITY CONNECTIONS

## SECOND SATURDAY STROLLS

November 12 at Blake Reservation

10:30am to Noon; FREE

Join the Dover Open Space Committee (OSC) for a guided walk in the Dover Land Conservation Trust (DLCT) recently acquired Blake Reservation. It runs from Dedham Street at Strawberry Hill Street up into the Trustees' Noanet Woodlands. Come enjoy this new gem and discover its hidden treasure! Walks will not be too strenuous but will be over uneven and possibly wet grounds so wear appropriate footwear and bring walking sticks, binoculars and cameras. For meeting location and to sign up, email [amoot@doverma.gov](mailto:amoot@doverma.gov). Explore our community!

## GINGERBREAD HOUSE DECORATING

December date/time TBD

at Dover Legion

Join the 4th Grade Girl Scout Troop to assemble graham cracker houses at this fun holiday event! The girls are looking forward to conversations with seniors during this crafty and candy-filled activity. Supplies and hot cocoa will be provided. Let the COA know if you're interested, and look for date and location information in the weekly e-news.

## SAND FOR SENIORS

Dover COA in partnership with the Men's Breakfast Group at The Dover Church will once again prepare and deliver buckets of sand/salt to Dover seniors. If you would like a bucket of sand/salt (complete with lid and scoop) for your steps or walkway, email [coa@doverma.gov](mailto:coa@doverma.gov) or call the COA at 508.315.5734. Buckets will be delivered in early December. Funded by Friends of Dover COA.

## FOREVER YOUNG

By Jessica Lens

Ms. Lens shares her conversations with a Dover senior about a major life theme, such as friendship, career, health, spirituality, hobbies, etc., to capture valuable life wisdom and lessons learned. In this segment, she talks with Bill Herd.

What a pleasure to meet Bill Herd, 79 years old, and his wife Ellie Herd at their lovely home close to the center of Dover. Their house has a beautiful yard where they keep koi and grow their own vegetables. Bill shows us what it means to have an active, connected, and fulfilling life.



Bill grew up in Needham and graduated from high school in 1962. He went to the US Army and after that to New England school of Dentistry. For 40 years, Bill owned his own dental laboratory where he precision crafted crowns and bridges for dentists to install. He worked long days and would also work pro bono when people couldn't afford their dental work. This is typical for Bill. He genuinely cares and wants to help others. Whether it is sharing his skill in dentistry, giving away vegetables from his yard in a stand on the street, or offering a ride to bring friends to an event, Bill will help where he can.

Bill has also worked as constable in the Town of Dover for 12 years and after he retired, he joined the hard-working crew at the Dover Transfer Station for 3 days a week. Bill also helped with voting polls, was elected to the Cemetery Commission, and ran a yearly cook-out for the COA, and he was, and is still, involved in many other events and organizations.

Today still, Bill has many connections and activities that keep him active, connected, and happy. His number one love is his wife Ellie and their family. Then a long list of hobbies! There are the remote-controlled airplanes (they are huge!) and the model train set-up in the basement, his 1984 GMC truck and of course the yard that keeps Ellie and Bill busy to maintain. When Bill is not working in the yard, he's swimming three times a week in Dedham.

The life lesson we take away from Bill: The secrets to a long and fulfilling life are staying active, helping others, and being grateful for what we have.



# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

### To Fall or Not to Fall?

As many of my readers know, this writer experienced a difficult fall this year. The fall occurred while getting out of a car on black ice in the winter. It was unexpected and surprising. There are safety basics that include easy, common sense actions you can take and stay upright! We are all constantly and consistently concerned about safety, falls and balance. They may occur due to physical issues, obstacles in your home, pets, and finally, balance changes. Here is a review of some safety issues we all may have forgotten.

**Lighting:** Many hardware stores sell nightlights that are motion-sensitive. Simply plug them in along your path to the bathroom and kitchen and they will light up as you walk. They turn off afterwards so they will not disturb your sleep once back in bed.

**Scatter rugs:** Yes, they are pretty and they cover the cold floor in the winter, but these rugs are a hazard. Some people put plastic mesh or foam pads underneath to prevent slipping. Over time and usage this "padding" will flatten out and be ineffective.

**Sharp corners:** Check your home for sharp corners. The hearth, counters, or any other object that has sharp edges can be a hazard if you fall in that area. Hardware and children's stores carry clear plastic corner guards.

**Footwear:** Wear shoes that have a good tread. Sandals, most slippers, and flats are smooth and lend themselves to easily slipping on a hard floor. Sneakers and walking shoes have the best tread designs for day to day. Many sports and outdoors stores carry slip-on covers like "Yak-Trax" or other shoe/ boot covers which provide traction in snowy weather.

**Bathroom:** Install a non-skid bath mat in your shower or on the floor; install grab bars to hold onto and maintain balance. Purchasing a shower bench is not a bad idea. All of these items can be found on-line or at a medical supply store.

**Medical:** Have your primary care physician review ALL the meds you are on. Some interact with others and may cause dizziness or vertigo.

Make sure a flashlight with working batteries is in or on your bedside table. Have your cell phone with you at all times and charged! There are a few items to have with you in your car for safety as well. Keep a bag of kitty litter in your car. If your tires are stuck in snow/ice, the litter will act like sand and help you get out. This also weighs a lot less than sand. Other

things to keep in the car are a short shovel, a flashlight that works, hand warmers and a scraper/snow brush. Finally, remember to park where there is lighting in your garage or driveway. This writer has learned her lesson!

## 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, or want to review your current Medicare plan? Open enrollment ends December 7. Talk with a SHINE counselor to answer your questions. Email [coa@doverma.gov](mailto:coa@doverma.gov) or call the COA to schedule a consultation. Call soon as appointments fill up quickly.

## BLOOD PRESSURE

with the Natick Walpole VNA

Tuesday, November 15 at 11:30am

The Dover Church, 17 Springdale Ave

Tuesday, December 13 at 11:00am

Fireside Room, Dover Town House

Stop in for a monthly blood pressure check with the Public Health Nurse! VNA requests all wear a mask. Sponsored by Dover Board of Health.



## RMV SUPPORT

The Massachusetts Registry of Motor Vehicles has a dedicated phone number to serve anyone 65 years of age or older. The phone number is (857)368-8005. 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.



# NOVEMBER 2022

# CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>7:30am Mindful Move - Zoom</p> <p>9:30am COA Board Mtg - TH</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>2</p> <p>12:15pm - Ukulele - Dover Church</p> <p>1pm Tech Help - TH</p>	<p>3</p> <p>9:30am Mat Yoga - St. D/ Zoom</p> <p>10:30am Chair Yoga - St. D/ Zoom</p> <p>12:30pm Bread - FS</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>4</p> <p>1pm Mah Jongg - Library</p>
<p>7</p> <p>1pm Knitting - FS</p> <p>4:30pm Stretch - CS/ Zoom</p> <p>Publick House Lunch Trip</p>	<p>8</p> <p>7:30am Mindful Move - Zoom</p> <p>2pm Book Club - Library</p> <p>4:30pm S&amp;S - CS/Zoom</p> <p>ELECTION DAY</p>	<p>9</p> <p>12:15pm - Ukulele - Dover Church</p> <p>Lunch/Theatre Trip</p>	<p>10</p> <p>9:30am Mat Yoga - St. D/ Zoom</p> <p>10:30am Chair Yoga - St. D/ Zoom</p> <p>11am Cooking at Farm</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>11</p> <p>HOLIDAY</p> 
<p>14</p> <p>4:30pm Stretch - CS/ Zoom</p>	<p>15</p> <p>7:30am Mindful Move - Zoom</p> <p>11:30am Blood Pressure Clinic - Dover Church</p> <p>12:30pm Thanksgiving Dinner - Kraft Hall, Dover Church</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>16</p> <p>12:15pm Ukulele - Dover Church</p>	<p>17</p> <p>9:30am Mat Yoga - St. D/ Zoom</p> <p>10:30am Chair Yoga - St. D/ Zoom</p> <p>12:30pm Bread - FS</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>18</p> <p>10am Talk with DPW - Legion</p> <p>1pm Mah Jongg - Library</p>
<p>21</p> <p>4:30pm Stretch - CS/ Zoom</p>	<p>22</p> <p>7:30am Mindful Move - Zoom</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>23</p>	<p>24</p> <p>HOLIDAY</p> 	<p>25</p>
<p>28</p> <p>4:30pm Stretch - CS/ Zoom</p>	<p>29</p> <p>7:30am Mindful Move - Zoom</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>30</p> <p>11:30am Tea - Legion</p> <p>12:15pm Ukulele - Dover Church</p>		

**MPB - Most Precious Blood Church**

**FS - Fireside Room Town House**

**ST D - St. Dunstan's Church**

**CS - Chickering School**

**TH - Dover Town House**

# DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30am Mat Yoga - St. D/Zoom 10am Let's Paint - Art Loft 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread - FS 4:30pm S&S - CS/Zoom	2 1pm Mah Jongg - Library
5 1pm Knitting - FS 4:30pm Stretch - CS/Zoom	6 7:30am Mindful Move - Zoom 9:30am COA Board Mtg - TH 12:30pm Holiday Cookies/Concert, Dover Church 4:30pm S&S - CS/Zoom	7 12:15pm Ukulele - LL	8 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 4:30pm S&S - CS/Zoom	9 1pm Mah Jongg - Library Eustis Estate Lunch Trip
12 4:30pm Stretch - CS/Zoom	13 7:30am Mindful Move - Zoom 11am Blood Pressure - FS 12pm Holiday Lunch - Legion 2pm Book Club - Library 4:30pm S&S - CS/Zoom	14	15 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread - FS 4:30pm S&S - CS/Zoom	16 1pm Mah Jongg - Library
19 4:30pm Stretch - CS/Zoom	20 7:30am Mindful Move - Zoom 12:30 Grab & Go - MPB 4:30pm S&S - CS/Zoom	21	22 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 4:30pm S&S - CS/Zoom	23
26 HOLIDAY 	27 4:30pm S&S - Zoom	28	29 4:30pm S&S - Zoom	30 9am Sr. Coffee - Legion 1pm Mah Jongg - Library

## SATURDAY CLASSES AND EVENTS

**Zumba Gold on Saturdays, 10:45-11:30am**  
at St. Dunstan's Church  
November 5, 12, 19, 26; December 3, 10, 17, 31

**Police Holiday Brunch**  
10:00am at Chickering School



# TRAVEL

Lunches, Theater, Musicals and more! Sign up at [coa@doverma.gov](mailto:coa@doverma.gov).

## LUNCH/THEATRE COMBO

Disney's *Beauty and The Beast*  
at The Norwood Theatre

Wednesday, November 9; Cost: \$48.00

Dover COA invites you to a Lunch-Theatre combo package for a special performance of Disney's *Beauty and The Beast*. Enjoy lunch at a local Norwood restaurant, and then it's off to The Norwood Theatre for a performance just for seniors of this classic family-friendly story. Seats are limited so sign up soon! Transportation funded by Friends of Dover COA.

## PUBLIC HOUSE LUNCH TRIP

Monday, November 7, 12pm lunch reservation

Depart from Town Garage 10:45am

Travel to Sturbridge to enjoy a delicious meal at one of New England's great historic inns. Feast on generous meals and enjoy the comfort of Yankee hospitality. Savor a traditional roasted turkey dinner, making every day Thanksgiving at the Publick House, or try an old-fashioned Yankee pot roast, sure to make you feel right at home. Seats are limited. Transportation funded by Friends of Dover COA.

## EUSTIS ESTATE TRIP

Friday, December 9

Explore a rare surviving example of late nineteenth-century architecture and design. Designed by renowned Boston architect W. Ralph Emerson and built in 1878, the Eustis Estate sits on eighty acres of picturesque landscape at the base of the Blue Hills. Full of stunning, intact architectural and design details, the Eustis Estate is a historic site unlike any other in the Greater Boston area. The tour will be followed by lunch at Novara Restaurant in Milton. Cost is \$22 for the guided tour; lunch is pay on your own.

## COME FROM AWAY MUSICAL

Saturday, February 25, 2023; Cost TBD

Providence Center of Performing Arts

Broadway's *Come From Away* is a Best Musical winner all across North America! This New York Times Critics' Pick takes you into the heart of the remarkable true story on 9/11 of 7,000 stranded passengers and the small town in Newfoundland that welcomed them.

## TRAVEL ON YOUR OWN TO...

There are so many interesting places to explore nearby. Here are some suggestions from COA Travel Committee Member Camille Johnston:

**Wellesley College:** Enjoy the Wellesley College Concert Series or lunch at the Wellesley College Club.

Info at [wellesley.edu](http://wellesley.edu)

**Regis College in Weston:** Celebrate the magic of the season at The Nutcracker; performances in November and December. Info at [commonwealthballet.org](http://commonwealthballet.org)

**Festival of Trees at The Garden at Elm Bank:** annual seasonal event by Massachusetts Horticultural Society.

Info at [masshort.org](http://masshort.org)

**Concord Museum in Concord:** The Lincoln Memorial Illustrated exhibit through February. More info at [concordmuseum.org](http://concordmuseum.org)

**de Cordova Sculpture Park and Museum in Lincoln:** New Formations exhibit through March.

Info at [thetrustees.org/place/decordova](http://thetrustees.org/place/decordova)

**Larz Anderson Auto Museum in Brookline:** Home to America's oldest car collection. Info at [larzanderson.org](http://larzanderson.org)



# 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 holiday 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.

## **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 in for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Equipment provided; 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 5 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.

## **ZUMBA GOLD**

Saturdays, 10:45-11:30am IN PERSON

Instructor: Andria DeSimone

St. Dunstan's Church, 18 Springdale Ave

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 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](mailto: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](http://www.springwell.com)



(617) 926-4100 / 307 Waverley Oaks Road, Suite 205, Waltham, MA 02452  
(508) 573-7200 / 33 Boston Post Road (Rt. 20) West, Marlborough, MA 01752



Same great services  
Same great people  
Same great community

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.

compass.com

**BOHLIN GROUP**  
Country · Coast · City

The Bohlin Group  
Peter, Martha, & Anna  
[bohlingroup@compass.com](mailto:bohlingroup@compass.com)  
508.944.4580

The Bohlin Group is a team of real estate agents affiliated with Compass, a licensed real estate broker and abides by Equal Housing Opportunity laws.

## Providing a Continuum of Top-Rated Senior Living & Healthcare Services

Assisted Living, Memory Care & Mental Health, Adult Social Day Program

2022 CARING STAR AWARD  
508-665-5300



**MARY ANN MORSE**  
AT HERITAGE

Medicare Certified Skilled Nursing & Private Duty Home Care

SERVING METROWEST  
508-433-4479

**MARY ANN MORSE**  
HOME CARE

Long Term & Memory Care, Short Term Rehab, Outpatient Rehab

5-STAR CMS RATING  
508-433-4404

**MARY ANN MORSE**  
HEALTHCARE CENTER

[maryannmorse.org](http://maryannmorse.org)

Be a sponsor

in the next

Dover COA Newsletter!

Please contact Tom Reily

508-336-6633 x 337



## Rehabilitation Associates Exceptional Short Term Rehab



Professionally staffed & equipped to provide you with Exceptional Short Term Rehab & Skilled Nursing Care between Hospital & Home.

Short Term Rehab & Skilled Nursing Care

**Riverbend of South Natick**  
34 S. Lincoln St, S. Natick, MA  
(508)653-8330

**Thomas Upham House**  
519 Main St. Medfield, MA  
(508)359-6050

**Timothy Daniels House**  
84 Elm St. Holliston, MA  
(508)429-4566

**Victoria Haven**  
137 Nichols St, Norwood, MA  
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For more information  
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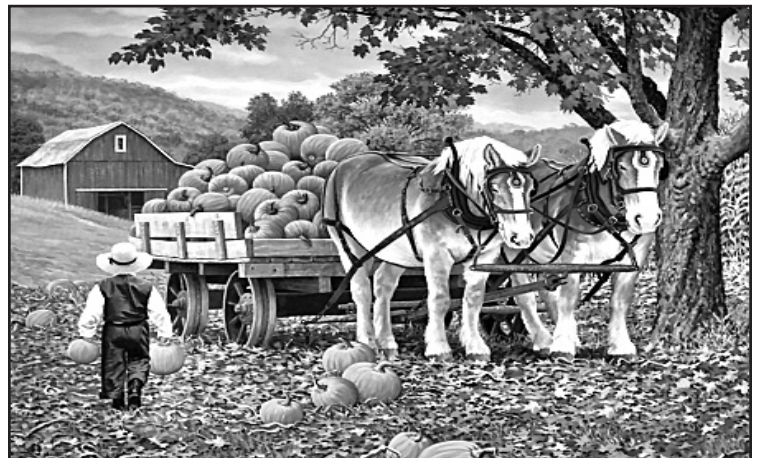
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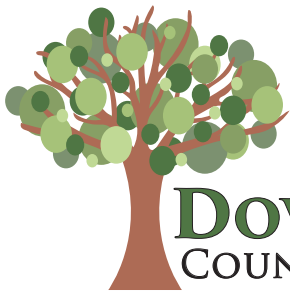
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Email: [coa@doverma.gov](mailto:coa@doverma.gov)

**508.315.5734**

**COA OFFICE HOURS**

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

**COA BOARD MEETING**

Tuesday, November 1 at 9:30am  
Tuesday, December 6 at 9:30am

**Website: [www.doverma.gov](http://www.doverma.gov)**

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Amee Tejani, Program Coordinator  
Sue Sheridan, Administrative Assistant

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