

# DOVER COA COUNCIL ON AGING

# News

508.315.5734

JANUARY - FEBRUARY 2024

## HIGHLIGHTS

### TALK WITH THE TOWN: SCHOOL SUPERINTENDENT

Wednesday, January 17

### PLANNING FOR MEDICARE

Wednesday, January 24

### TRAVEL TALK: BHUTAN with Photojournalist Barry Pell

Monday, February 5

### TALK WITH THE TOWN: TOWN PLANNER

Wednesday, February 7

### BEFORE BROOKLYN: The Unsung Heroes Who Helped Break Baseball's Color Barrier

with WCVB's Ted Reinstein

Monday, February 26

## SPECIAL THANKS

Blue Moon Bagel Cafe  
Dover Boy Scouts Troop 1  
Chickering School  
DSHS Community Service Club  
Friends of Dover COA  
Dover Girl Scouts  
Dover Mothers Association  
Most Precious Blood Church  
Powisset Farm  
St. Dunstan's Church  
The Dover Church  
The Kingsbury Club, Medfield

## LETTER FROM THE DIRECTOR

Happy New Year! It's January, the month of new beginnings, new attitudes, fresh starts, and resolutions. It's a perfect time to reconnect with a favorite activity or try something new. Dover Council on Aging has lots of activities for you to experience, and we invite you to learn, connect, create, and try something new at the Dover COA.



Join us at an Intergenerational Tea with Dover Mothers Association members, celebrate Mardi Gras at the COA February luncheon, create fun Valentine cards with Beth, or enjoy a Valentine's Day Social gathering offered by the COA and Dover Town Library. Learn about town issues as Dover-Sherborn School Superintendent Beth McCoy and Town Planner Jasmin Farinacci provide updates in our Talk with the Town series. Experience Bhutan with photojournalist Barry Pell and learn about the history and culture of this small country where Gross National Happiness was identified as more important than Gross National Product. There's a positive perspective in the new year!

For those focusing on future plans in the new year, read Nan Vaida's Outreach Corner with tips on navigating this process. Or join Sandra Batra to learn how to create a Life Transitions Binder for important information so your family is aware of your choices. In honor of Black History month, WCVB journalist and author Ted Reinstein returns to share the story of the unsung heroes who battled the color barrier to make it possible for Jackie Robinson to break the longtime baseball ban on Black players. Please plan to join us for this special evening program.

Start your new year by joining us at Dover COA. We hope to see you soon and wish you a Happy and Healthy New Year.

Janet Claypoole

WINTER WEATHER REMINDER: If the Dover Public Schools are closed, the Dover COA programs will also be canceled. If the school has a delay, the COA will also have a delay in programs. If programs may be held virtually on Zoom, Dover COA will notify participants via robocall and email.

# LUNCH AND LEARN

## COA LUNCHEON

Tuesday, January 9 at 12:15pm

The Dover Church, Kraft Hall

17 Springdale Ave; Cost: \$5.00

Gather with the COA to enjoy a delicious lunch with friends. Accessible entrance available through church offices. Please park on the right side. RSVP by January 2.



## MARDI GRAS LUNCHEON

Tuesday, February 13 at 12:15pm

The Dover Church, Kraft Hall

17 Springdale Ave., Cost: \$5.00

Celebrate Fat Tuesday with your COA friends! Learn about this traditional event and sample some traditional foods (will not be spicy).

Sign up by February 6.

## GRAB & GO MEALS

Tuesday, January 16

Tuesday, February 20

Pickup at 12:30-1:00pm; Cost: \$5.00

Most Precious Blood Church parking lot

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.

## BLUE MOON BAGELS & BREADS

Thursdays, Jan 4 & 11 and Feb 1, 15 & 29

Most Precious Blood Church parking lot

Pick up 12:30-1:00pm

Bread, bagels and other baked goods donated from Blue Moon Café are available for curbside pickup. Drive up and stop at the table while staff and volunteers assist you.

## INTERGENERATIONAL TEA

Wednesday, January 31 at 11:30am

The Dover Church, Kraft Hall, 17 Springdale Ave

The COA welcomes members of the DMA (Dover Mothers Association). This tea brings together seniors and "juniors" to connect over a light lunch and build relationships across generations. RSVP by January 25.

## CHIT CHAT TEA

Wednesday, February 28 at 11:30am

The Dover Church, Kraft Hall

Gather with friends to chat and enjoy a light lunch. RSVP by February 22.



## SENIOR COFFEE & CONVERSATION

Friday, January 26 at 9:00am

Friday, February 23 at 9:00am

The Dover Church, Kraft Hall, 17 Springdale Ave

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



## 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, January 4 at 11:00am - Cooking for Your Heart Learn to make heart

healthy meals at home. Join Chef Thi for a hands-on class focused on foods that impact heart health in the right way. We will make roasted salmon with avocado oil, beet puree, spiced yogurt, an arugula crunch salad with crispy chickpeas, popped quinoa, toasted pumpkin seeds and ginger turmeric dressing and spiced dark chocolate and oat no bake cookies.

Thursday, February 8 at 11:00am - Comforting Chinese Soups Chef Thi will warm your winter with seasonal soups, including chicken laksa soup, congee with caramelized pork belly and vegetable tom kha gai (Thai coconut soup).

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

# CREATE AND CONNECT

## TALK WITH THE TOWN: DS SCHOOLS SUPERINTENDENT

Wednesday, January 17 at 10:30am  
Dover Town Library, Community Room  
The COA hosts Dover-Sherborn Public Schools Superintendent Elizabeth McCoy to share an update on the district's strategic plan, including community engagement.



## CARDMAKING WITH BETH

Tuesday, February 6; 1:00-3:00pm  
Dover Town Library,  
Community Room  
Cost: \$5.00 for 2-3 cards  
Create fun Valentine and Winter cards

with instructor Beth McGaw as she shares her unique and easy to do cardmaking with fabric. RSVP by January 31.

## TALK WITH THE TOWN: PLANNING BOARD

Wednesday, February 7 at 10:30am  
Dover Town Library, Community Room  
The COA welcomes Town Planner Jasmin Farinacci to discuss the ongoing work of the Planning Board. Learn about the work on the construction hours bylaw to address noise complaints, a small-scale solar bylaw, village center design guidelines, and more.

## VALENTINE'S DAY SOCIAL

Wednesday, February 14 at 1:00pm  
Dover Town Library, Upstairs  
Enjoy a sweet treat and celebrate Valentine's Day with the COA and the Dover Town Library.



## KNITTING will return in March

## PAGETURNERS BOOK CLUB at Dover Town Library

Tuesday, January 9 at 2:00pm  
Book selection: *Anxious People* by Fredrik Backman  
Tuesday, February 13 at 2:00pm  
Book selection: *Benjamin Franklin: an American life* by Walter Isaacson

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](mailto:efogarty@minlib.net).

## MAH JONGG

Fridays at 1:00pm  
Dover Town Library, Community Room  
Come play this challenging and fun Chinese tile game. For experienced players or those who need a refresher course.

## SAND FOR SENIORS

Are you in need of a bucket of sand/salt for your steps or walkway? If so, email [coa@doverma.gov](mailto:coa@doverma.gov) or call 508-315-5734 and a delivery will be arranged. Funded by Friends of Dover COA.

**FIRESIDE CHEER**  
Friday, January 26  
at 4:00-6:00pm  
Dover Legion,  
32 Dedham St



The Friends of Dover COA invite the community to enjoy a cocktail party at the Legion. RSVP to [contact@coafriends.org](mailto:contact@coafriends.org)

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

# LIFETIME LEARNING

## LIFE TRANSITION BINDER

Wednesday, January 10 at 2:30pm

Friday, January 19 at 10:30am

Dover Town House, Selectmen's Meeting Room

Are all your important details organized in one place so your family can easily access it if you were incapacitated? Could your family step-in and help you manage your affairs if you needed assistance? Join Sandra Batra at one of these free sessions to learn how to create a customized binder that incorporates all your life details, including personal data, property, financial, retirement and insurance details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency and you have peace of mind..

## PLANNING FOR MEDICARE

Wednesday, January 24 at 10:30am

Dover Town Library, Community Room

Susan Flanagan, Blue Cross Blue Shield of Massachusetts

Are you turning 65 or thinking about retirement soon? Join us for a free seminar to help you navigate the complexities of Medicare and answer questions about plans and benefits. Topics covered include an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, and programs available to early retirees.

## TRAVEL TALK: BHUTAN

Monday, February 5 at 10:30am

Dover Town Library, Community Room

with Photojournalist Barry Pell

The small and predominantly Buddhist kingdom of Bhutan, squeezed between China and India, is tucked within the rugged Himalaya mountains. Monasteries abound with crimson-robed monks performing centuries-old rituals. The country has no traffic lights, smoking is illegal, and employees must wear traditional clothing during work hours. Years ago, Gross National Happiness was identified by the nation as being more important than Gross National Product. Join Barry Pell to learn about the history and culture and the fascinating way of life that has only just begun to change after centuries of isolation. RSVP to [coa@doverma.gov](mailto:coa@doverma.gov)



## BEFORE BROOKLYN: THE UNSUNG HEROES WHO HELPED BREAK BASEBALL'S COLOR BARRIER

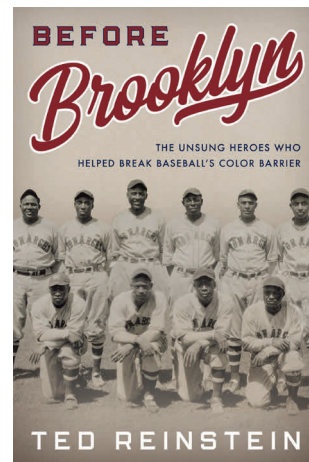
with Ted Reinstein,  
WCVB Journalist and  
Author

Monday, February 26 at  
6:00pm

Dover Town Library,  
Community Room

Sponsored by Friends of  
Dover COA

When Jackie Robinson took the field for the Brooklyn Dodgers in April 1947, he made history by breaking Major League Baseball's longtime ban on Black players. What's less known—and largely lost to history—is that a small army of men, women and institutions of many types fought for many long and bitter years prior to Robinson's triumphant debut in Brooklyn. This story includes the founders of the Negro Leagues, the Black press, and even the Pullman Porters on America's railroads, who risked their jobs to distribute African-American newspapers promoting integration in professional sports. Join WCVB-TV Chronicle's Ted Reinstein to learn about the unsung heroes who were true pioneers, battling the color barrier for sixty years before Brooklyn, to make a path possible for Jackie Robinson.



## Fun with Ukulele returns in March Keep practicing!



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



# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

### What's YOUR Plan?

Many comedies both in printed and film forms, have used the phrase "back-up plan." The phrase is repeated frequently in our day to day thoughts and conversations. Occasionally, also amusingly referred to as Plan B, this imaginary scheme hovers in the back of our brains. But what scenario are we planning for?

These situations may be familiar:

Pete and Maggie age into their late eighties, fiercely independent and determined to stay in their home. Illness strikes. Pete is in rehab and Maggie is on her own caring for the house and all their other issues of daily life as well as herself. What's the plan?

Frankie, widowed and living far away from family, falls and has surgery. He needs care when he returns home and can't afford the services he needs. What's the plan?

Peggy and Mary have helped their aging parents as much as they could while raising families and building careers. Mom has now developed dementia and Dad is struggling with her management and care. His health has suffered due to this strain. What's the plan?

Martha has been single all her life. She's had a decent career, owns a small home and is contemplating retirement. She's concerned that she may not be able to afford her lifestyle after retirement. What's the plan?

The take home message for all the people in these situations is communication. First, and perhaps hardest, is talking to your loved one about your needs, desires and concerns about the future. Your concerns about health care, living situations and financial concerns are often uncomfortable. Let's be clear, it is uncomfortable for both the senior and the family to have this discussion. For some, writing a letter to the family outlining these issues prior to a discussion has been helpful. Often, a family meeting is more successful with a "guide" to direct the conversation as emotions will certainly have their play. Guides can be a religious leader, nurse, social worker or care navigator.

Another form of planning that we are all aware of is the financial planner. Do not underestimate how well versed

these people are in senior care and planning for unexpected needs. They are trained to steer you in directions you may not have thought of.

Your Council on Aging is prepared to help you with these difficult discussions. Our goal is to make sure that you have a plan BEFORE you need one. Our staff offers supportive counseling as well as many resources including information regarding insurance, independent and assisted living, legal concerns and home care options. We often suggest and attend family meetings to provide direction and calm in discussing family issues and concerns. While we want you to have a plan, we recognize that these are difficult subjects, and we are eager to help you navigate decisions for you or for your family. So, what's your plan?

## 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, eligibility, and assist with applications for services, including SMOC. For a confidential consultation, contact the COA.

## CAN I CHANGE MY MEDICARE PLAN?

Even though Medicare's Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2024.

**Exceptional Circumstances:** If you believe you made the wrong plan choice because of inaccurate or misleading information, call 1-800-MEDICARE to request enrollment in a different plan.

**Medicare Advantage Open Enrollment:** If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March.

**For Prescription Advantage members or if getting "Extra Help" paying for prescription drugs:** You can change your Medicare Advantage plan or drug plan during the year.

**MediGap Plan:** You can enroll in a Medigap plan or switch to a different plan throughout the year. Trained SHINE volunteers offer free, confidential counseling on Medicare options. Email [coa@doverma.gov](mailto:coa@doverma.gov) or call the COA to schedule an appointment.

# JANUARY 2024

# CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HOLIDAY	2 9:30am COA Board Mtg - TH 4:30pm S&S - CS/Zoom	3	4 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Cooking at Farm 12:30pm Breads - MPB 4:30pm S&S - CS/Zoom	5 1pm Mah Jongg - Library
8 4:30pm Stretch - CS/ Zoom	9 7:30am Movement - Zoom 12:15pm Luncheon - Dover Church 2:30pm Book Club - Library 4:30pm S&S - CS/Zoom	10 2:30pm Life Transitions - TH	11 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 4:30pm S&S - CS/Zoom	12 1pm Mah Jongg - Library
15 HOLIDAY	16 7:30am Movement - Zoom 12:30pm Grab & Go - MPB 4:30pm S&S - CS/Zoom	17 10:30am Talk with Town: DS Superintendent - Library	18 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Breads - MPB 4:30pm S&S - CS/Zoom	19 10:30am Life Transitions - TH 1pm Mah Jongg - Library
22 4:30pm Stretch - CS/ Zoom	23 7:30am Movement - Zoom Lunch Trip 4:30pm S&S - CS/Zoom	24 10:30am Medicare - Library	25 4:30pm S&S - CS/Zoom	26 9am Sr. Coffee - Dover Church 1pm Mah Jongg - Library 4pm Fireside Cheer - Legion
29 4:30pm Stretch - CS/ Zoom	30 7:30am Movement - Zoom 4:30pm S&S - CS/Zoom	31 11:30am Intergenerational Tea - Dover Church		

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

# FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Breads - MPB 4:30pm S&S - CS/Zoom	2 1pm Mah Jongg - Library
5 10:30am Travel Talk - Library 4:30pm Stretch - CS/Zoom	6 7:30 Movement - Zoom 9:30am COA Board Mtg - TH 1pm Cardmaking - Library 4:30pm S&S - CS/Zoom	7 10:30am Talk with Town: Planning Board - Library	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
12 10am Italy Trip Info - Westwood COA 4:30pm Stretch - CS/Zoom	13 7:30am Movement - Zoom 12:15pm Luncheon - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom	14 1pm Valentine Social - Library	15 9:30am Mat Yoga - St D/Zoom 10:30am Chair Yoga - St D/Zoom 12:30pm Breads - MPB 4:30pm S&S - CS/Zoom	16 1pm Mah Jongg - Library
19 HOLIDAY	20 12:30pm 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 9am Sr. Coffee - Dover Church 1pm Mah Jongg - Library
26 6pm Before Brooklyn - Library	27 7:30am Movement - Zoom	28 11:30am ChitChat Tea - Dover Church	29 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Breads - MPB	

## SUNDAY EVENTS

**To Kill a Mockingbird in Providence**  
Sunday, February 11

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

# TRAVEL

## LUNCH TRIP

Tuesday, January 23

Novara Restaurant, Milton

Enjoy lunch with friends at Novara—once a historic movie theater, now a modern Italian restaurant and bar. Transportation provided. Space limited.

## TO KILL A MOCKINGBIRD

Sunday, February 11 at 1:30pm

Providence Performing Arts Center

Transportation funded by Friends of Dover COA

Starring Emmy Award winner Richard Thomas as Atticus Finch. Oscar winner Aaron Sorkin brings his Broadway smash hit out on tour!

Sign up at [coa@doverma.gov](mailto:coa@doverma.gov) or call 508-315-5734 to register for these trips.

## AUGUST WILSON'S FENCES

Saturday, April 13 at 2:00pm

## LA CAGE AUX FOLLES

Saturday, June 26 at 2:00pm

The COA is considering trips to these matinee performances at Trinity Rep Theatre in Providence, RI. We need your feedback to see if there is enough interest in reserving seats. Email [coa@doverma.gov](mailto:coa@doverma.gov) with your input.

## ITALY WITH WESTWOOD COA

October 3-14

Monday, February 12 Info Session at 10am  
at Westwood Senior Center

Travel to Italy and explore Rome, Siena, Florence and Venice with Hart Travel Partners. For trip details and costs, sign up with Westwood COA at 781-329-8799 and attend the Feb 12 Info session.



## WINGATE WAY EAST

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**781-328-6699 | [OneWingateWayEast.com](http://OneWingateWayEast.com)**

589 Highland Avenue, Needham, MA





# 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 stretches, then friendly cardio moves, and finish with a five minute meditation. Your body will feel energized and less stiff, and your mind more focused and clear. Have a water nearby and a chair 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

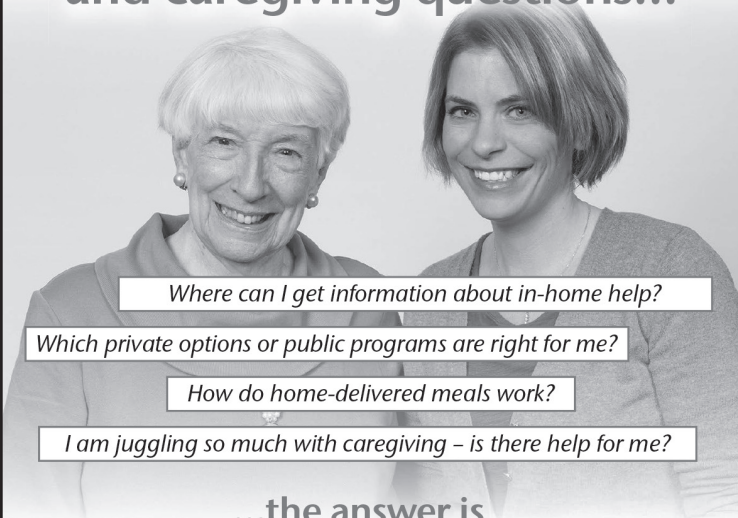
Join Andria for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Equipment provided; bring water.

## **SENIOR SWIM FOR THE COA**

Enjoy swimming at The Kingsbury Club in Medfield on Mondays, 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.



For all of your aging  
and caregiving questions...



Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?

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(617) 926-4100 / Waltham (508) 573-7200 / Marlborough

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

COMPASS



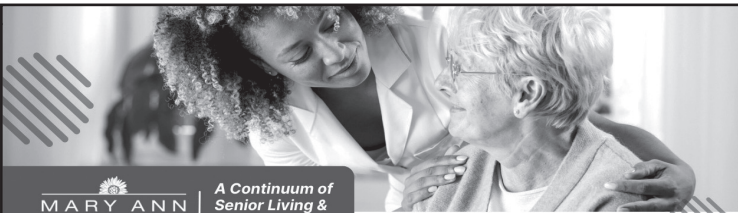
As long-time residents of Dover, we have had the pleasure of helping our neighbors with their real estate decisions. We look forward to continuing to support our community in this sometimes overwhelming process. Please let our family help your family.

compass.com

 **BOHLIN GROUP**  
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The Bohlin Group  
Peter, Martha, & Anna  
[bohlingroup@compass.com](mailto:bohlingroup@compass.com)  
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**Thomas Upham House**  
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(508)359-6050

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

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**THANK YOU!**

for being a sponsor in the

Dover COA Newsletter!

Please contact Tom Reily

**508-336-6633 x 337**



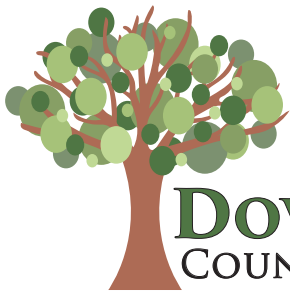
Be a sponsor  
in the next  
Dover COA  
Newsletter!

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](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, January 2 at 9:30am  
Tuesday, February 6 at 9:30am

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

Sign up for alerts at Notify Me  
Sign up for weekly COA E-Newsletter at  
[coa@doverma.gov](mailto:coa@doverma.gov)

### COA STAFF MEMBERS

Janet Claypoole, Director  
Nan Vaida, Outreach Coordinator  
Amee Tejani, Program Coordinator  
Jennifer James, Administrative Assistant

### COA BOARD MEMBERS

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

**See Photos of COA events on  
the Town of Dover Facebook.  
Follow us and Like our photos!**



Dover Council On Aging  
PO Box 250  
Dover, MA 02030

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