

DOVER COA COUNCIL ON AGING

News

508.315.5734

MAY - JUNE 2024

HIGHLIGHTS

LIFETIME LEARNING

May 2 - Cuban Missile Crisis

May 15 - Nautical Archaeology

May 16 - A Race to Build the Subway

PILGRIM BLUEGRASS GOSPEL BAND

Tuesday, May 21

TRAVEL TALK: SAUDI ARABIA with Barry Pell

Wednesday, May 29

DANCING THROUGH THE DECADES

Tuesday, June 4

QUEEN ELIZABETH II with Sheryl Faye

Wednesday, June 5

THE PHYSICS OF FOOD

Tuesday, June 25

SPECIAL THANKS

Blue Moon Bagel Cafe
Chickering School
Dover Cultural Council
Dover Historical Society
Friends of Dover COA
Most Precious Blood Church
Pilgrim Bluegrass Gospel Band
Powisset Farm
St. Dunstan's Church
The Dover Church
The Kingsbury Club, Medfield
Wingate Way East

LETTER FROM THE DIRECTOR

This newsletter arrives in your mailboxes in May, yet it is written in early April. This week we experienced the solar eclipse, opening day at Fenway, and a COA luncheon with meteorologist Harvey Leonard as our guest speaker. At each of these events, I was struck by how happy people were to be together and to share these moments. There was such a strong sense of community. Smiles were exchanged and connections were made. This community spirit is prevalent throughout Dover, as well as at the COA.

We invite you to participate in the Dover COA community and attend upcoming events. There is a lot to choose from! Attend a Lifetime Learning History Talk on the Cuban Missile Crisis or the Race to Build a Subway with Professor Jon Huibregtse. Nautical archeologist Laina Swiny of the Dover Historical Society shares the rediscovery of an ancient cargo ship near Cyprus. Sheryl Faye presents her one-woman show on Queen Elizabeth II and her reign of 70 years. Scientist Rama Bansil talks about the Physics of Food, and photojournalist Barry Pell introduces us to the many changes facing the people of Saudi Arabia in his Travel Talk. Enjoy Dancing Through The Decades, a special program by Dance Caliente funded by the Dover Cultural Council, or join us for an afternoon of amazing music with the Pilgrim Bluegrass Gospel Band.

The Talk with Town series continues in May with Board of Health Director Jason Belmonte and in June with Town Clerk Felicia Hoffman. Join us at the Dover Town Library to learn about the many ways these departments serve our community. Don't forget to attend the Annual Town Meeting on May 6 at 7pm to learn about issues facing the Town and vote on proposals that impact your community. Your involvement is the true meaning of community spirit.

Janet Claypoole



Upcoming Town Government Meetings/Elections:

Monday, May 6 - Annual Town Meeting

Monday, May 20 - Town Election

LUNCH AND LEARN

COA LUNCHEONS

Tuesday, May 14 at 12:15pm

Tuesday, June 11 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.

RSVP by May 7 and June 4.

GRAB & GO MEALS

Tuesday, May 21

Tuesday, June 18

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.

BLUE MOON BAGELS & BREADS

Thursdays, May 9 & 23 and June 6, 20

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.

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.

Tuesday, May 9 at 11:00am - Spring Pasta

Join Chef Thi for a celebration of the spring season to make lemony asparagus pasta rags and spring gnocchi primavera.

Thursday, June 6 at 11:00am - Mediterranean

In this hands-on class, cook a delicious, seasonal dinner focused on Morocco, a North African country known for its flavorful cuisine. Create spiced chicken tagine with olives and preserved lemon, saffron toasted almond couscous, roasted sumac carrots with feta and pistachios.

DANCING THROUGH THE DECADES

Tuesday, June 4 at 1:00pm

The Dover Church, Kraft Hall,

17 Springdale Ave

Enjoy the art of dance with

Eileen Herman-Haase and

Raul Nieves, owners of Dance

Caliente, as they engage, inspire,

and entertain with theatrical ballroom dancing, dazzling

period costumes, amusing stories, nostalgic music and

audience participation. Four uplifting dances are performed

during the one-hour show.

This program is funded by a grant from the Dover Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



TALK WITH THE TOWN: BOARD OF HEALTH

Tuesday, May 28 at 1:00pm

TOWN CLERK

Wednesday, June 12 at 11:00am

Dover Town Library, Community Room

The COA welcomes Health Director Jason Belmonte and Town Clerk Felicia Hoffman. Join us to learn how these departments support Dover residents.

MARY ANN MORSE
HEALTHCARE CORP.

A Continuum of Senior Living & Healthcare Services

| | | |
|--|---|---|
| Mary Ann Morse at Heritage Traditional, Memory Care, & Mental Health Assisted Living 508.665.5300 | Mary Ann Morse Healthcare Center Short-Term Inpatient & Outpatient Rehab & Long-Term Care 508.433.4400 maryannmorse.org | Mary Ann Morse Home Care Medicare-Certified Skilled Nursing & Personal In-Home Care 508.433-4479 |
|--|---|---|

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

CREATE AND CONNECT

TRAVEL TALK:

SAUDI ARABIA AT THE CROSSROADS

with Photojournalist Barry Pell

Wednesday, May 29 at 11:00am

Dover Town Library, Community Room & Zoom

Saudi Arabia, the largest nation on the Arabian Peninsula, has witnessed enormous changes during the last hundred years; notably, the rise in power of strict religious conservatives and untold wealth from the discovery of the world's largest source of petroleum. The Saudi royal family, who has ruled the country since the 1930s, is now embarked on a new course: reducing the nation's dependence on oil, in part by opening the country for tourism, eliminating the religious police and severely curtailing the influence of religious leaders. This is an exciting time to observe a country on the cusp of change and to meet its people.

PAGETURNERS BOOK CLUB

Dover Town Library

Tuesday, May 14 at 2:00pm

Book selection: *The Overstory* by Richard Powers.

Tuesday, June 11 at 2:00pm

Book selection: *Like, Literally, Dude: Arguing for the Good in Bad English* by Valerie Fridland.

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.

POTTERY CLASS

Wednesday, May 22; 10:30am-12:00pm

Dover Town Library, Community Room

Instructor: Simone Azevedo; Cost: \$5.00

Come play with clay! Learn to make pottery using basic hand building techniques such as pinch or slab. No experience needed. Your piece will be fired and glazed. RSVP by May 17.

COFFEE & CONVERSATION

Friday, May 31 at 9:00am

Friday, June 28 at 9:00am

The Dover Church, Kraft Hall, 17 Springdale Ave

Join us for coffee, breakfast, and conversation with friends.

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

CARDMAKING WITH BETH

Tuesday, June 18; 1:30-3:30pm

Dover Town Library, Community Room

Cost: \$5.00 for 2-3 cards

Create beach and summer themed cards with instructor Beth McGaw as she shares her unique and easy to do cardmaking with fabric. RSVP by June 14.

KNITTING

Monday, June 3 at 1:00pm

Dover Town House, Fireside Room

Beginners welcome. Bring your latest project!

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.

PILGRIM BLUEGRASS GOSPEL BAND

Tuesday, May 21 at 2:30pm

The Dover Church, Kraft Hall

The Pilgrim Bluegrass band returns for an afternoon of music! The group includes Geoff and Michele Sauter on vocals and mandolin, 5-string banjo, and resophonic guitar, Bob Cocks on guitar and vocals, Francesca Wier on vocals, and Greg Algieri on upright string bass and vocals. Come enjoy songs dating back to the 19th century, all in a bluegrass format with amazing vocal harmonies.



UP IN SMOKE BBQ

Thursday, June 13; 4:00-7:00pm

at Dover Legion, 32 Dedham St

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 \$10 per person and kids under 10 eat free! Entertainment provided by Backwards Hats. To sign up, please contact the Friends of Dover COA at contact@coafriends.org.



LIFETIME LEARNING

Join us for these Lifetime Learning classes sponsored by Friends of Dover COA. Sign up at coa@doverma.gov

LIFETIME LEARNING HISTORY TALKS

Instructor Jon Huibregtse

Dover Town Library, Community Room

Cost \$10 per class

CUBAN MISSILE CRISIS

Thursday, May 2; 1:30-3:00pm

In October 1962 the world's two Superpowers, the US and USSR, came perilously close to nuclear war over the installation of nuclear missiles in Cuba that could strike deep into the US. Explore the roots of this crisis and how reasonable men in both countries prevailed, avoiding war.

BOSTON VS. NYC: A RACE TO BUILD THE SUBWAY

Thursday, May 16; 1:30-3:00pm

Long before the Red Sox/Yankees rivalry, the Big Apple and the Hub competed to become the first American city to construct a subway. Both cities suffered from congestion, traffic jams, and too many horses. Subways offered a way to lessen those problems, and, just as important, whichever city built a subway first would claim bragging rights.

Dr. Huibregtse received his BA and MA from the University of Wisconsin at Eau Claire and his doctorate from the University of Akron. He teaches American and East Asian history at Framingham State. He is currently working on a biography of Massachusetts Senator David Walsh.

A GLIMPSE INTO ANCIENT SHIPS, SHIPPING AND THE FIELD OF NAUTICAL ARCHAEOLOGY

Cosponsored with Dover Historical Society

Wednesday, May 15 at 10:30am

Dover Town Library, Community Room & Zoom

The Mediterranean Sea contains hundreds of thousands of ancient shipwrecks from warships from naval battles to merchantmen that sank due to adverse weather conditions. The lecturer, underwater archaeologist Helena (Laina) Wylde Swiny, will tell the story of one of the ancient cargo ships, the late 4th-early 3rd century BC Kyrenia Ship that sank off the north coast of Cyprus ca. 295 BC. Learn about the rediscovery of the ship in 1967, from underwater excavation, lifting of the cargo and hull, to preservation treatment and reassembly. The ship and its contents are on display in Kyrenia Castle.

QUEEN ELIZABETH II "HER MAJESTY"

with Presenter Sheryl Faye

Wednesday, June 5; 11:00am

Dover Town Library, Community Room

She was a true icon, inspiring people around the world with her strength, courage, resilience, and dedication to a life of service. Her reign of 70 years and 214 days was the longest of any British monarch and the longest verified reign of any female head of state in history. Since 2003, Sheryl Faye has masterfully brought to life important historical women to both children and adults across the U.S. Join us for her one-woman show of this remarkable royal monarch.

THE PHYSICS OF FOOD:

What Science can teach us about making tastier ice cream

With Professor Rama Bansil

Tuesday, June 25 at 1:00pm

Dover Town Library, Community Room

It is not just about being an artful chef, it's about understanding the science of phase transitions: how one thing transforms into something else. Professor Bansil will demonstrate how exceptionally smooth ice cream can be made very rapidly using liquid nitrogen. Bansil developed a course on Physics of Food and Cooking for undergraduates at Boston University to explain the science behind conventional as well as novel gastronomic cooking techniques. She has presented these methods to audiences ranging from elementary school children to seniors.



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

SUPPORT AND ASSISTANCE



OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

Let's All Go to the Fair!

Do you remember the local town and country craft and food fairs of your youth? Games, crafts, music and fried dough...fond memories. During the pandemic, we were all looking for events with outside venues. Events were canceled and, thankfully, many have returned. The list below includes a small sampling of events for May and June, most with free admission. So...let's go!

May 4: Waltham Spring Craft Fair. Wide assortment of artists and crafters. Post 156 Legion on Beaver Street, Waltham, 11am-3pm.

May 5: Wrentham Spring Artisan Market. Products from local businesses and artists. American Legion, 592 South Street, Wrentham, 10am-2pm.

May 11: Sherborn Arts and Crafts Fair. Many local artists and community organizations participate, food, games, plants. Sherborn Library, Sanger Street, 10-4pm.

May 11: Upton Flea and Craft market. Excellent local crafts, farm products and family fun. Upton VFW, 15 Milford Street/ Rte 140, Upton, 7-11am.

June 8: Coolidge Corner Arts Festival. Vendors, food trucks, music. 345 Harvard Street, Brookline. 11am-6pm. Street and lot parking.

June 15: DADFEST! A fair all about "Dad" with lots of intergenerational family fun. The drive is worth it to 48 Smithville Road, Spencer. 12-5pm, \$5 entry, kids under 12 and parking are free.

Each one of these events has a website. There you will be provided with more activity details and directions. There are websites that include all registered fairs and events for the year and list performances and vendors. Try www.fairsandfestivals.net or www.visit-massachusetts.com which are both easy to navigate. There are many music, craft, and food festivals in Cape Cod and throughout New England. There is something out there for us all. Let's go to the fair!

SPRINGWELL NOW SERVES DOVER

Springwell is a non-profit organization that merged with BayPath Elder Services in 2022 and now provides services to seniors in Dover and 21 other communities in Massachusetts. Springwell is referred to as an ASAP or Aging Services Access Point and offers information and referrals regarding most senior issues. Importantly, they are also responsible for investigation of any type of elder abuse: physical, emotional, financial and self-neglect. Springwell also addresses caregiver concerns, LGBTQ support, nutritional referrals, money management, and offers limited homecare depending upon eligibility. Most of these programs offer services via sliding income scale. For more info, please call the COA or review their website at www.springwell.com.



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MAY 2024

CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | | 1 9:30am Core & Balance - St. D/Zoom | 2 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 1:30pm Cuban Missile - Library 4:30pm S&S - CS/Zoom | 3 1pm Mah Jongg - Library |
| 6 1pm Ukulele - Dover Church 4:30pm Stretch - CS/Zoom Town Meeting | 7 7:15am Movement - Zoom 9:30 COA Board Mtg - TH 4:30pm S&S - CS/Zoom | 8 9:30am Core & Balance - St. D/Zoom Jersey Boys Trip | 9 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 12:30pm Bread - MPB 4:30pm S&S - CS/Zoom | 10 1pm Mah Jongg - Library |
| 13 1pm Ukulele - Dover Church 4:30pm Stretch - CS/Zoom | 14 7:15am Movement - Zoom 12:15pm Luncheon - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom | 15 10:30am Ancient Ships - Library/Zoom | 16 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 1:30pm Subway - Library 4:30pm S&S - CS/Zoom | 17 1pm Mah Jongg - Library |
| 20 1pm Ukulele - Dover Church 4:30pm Stretch - CS/Zoom Dinner Trip Town Election | 21 7:15am Movement - Zoom 12:30 Grab & Go - MPB 2:30pm Blue Grass Band - Dover Church 4:30pm S&S - CS/Zoom | 22 10:30am Pottery - Library | 23 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread - MPB 4:30pm S&S - CS/Zoom | 24 1pm Mah Jongg - Library |
| 27 HOLIDAY  | 28 7:15am Movement - Zoom 1pm Talk with Town: Board of Health - Library 4:30pm S&S - CS/Zoom | 29 9:30am Core & Balance - St. D/Zoom 11am Travel Talk: Saudi Arabia - Library/Zoom | 30 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 4:30pm S&S - CS/Zoom | 31 9am Coffee - Dover Church 1pm Mah Jongg - Library |

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

JUNE 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 3 1pm Knitting - FS 4:30pm Stretch - CS/Zoom | 4 7:15am Movement - Zoom 9:30am COA Board Mtg - TH 1pm Dancing - Dover Church 4:30pm S&S - CS/Zoom | 5 9:30am Core & Balance - St. D/Zoom 11am Queen Elizabeth - Library | 6 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 12:30 Bread - MPB 4:30pm S&S - CS/Zoom | 7 1pm Mah Jongg - Library |
| 10 4:30pm Stretch - CS/Zoom | 11 7:15am Movement - Zoom 12:15pm Luncheon - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom | 12 9:30am Core & Balance - St. D/Zoom 1:00pm Talk with the Town: Town Clerk - Library | 13 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 4pm Up in Smoke BBQ - Legion 4:30pm S&S - CS/Zoom | 14 1pm Mah Jongg - Library |
| 17 4:30pm Stretch - Zoom | 18 7:15am Movement - Zoom 12:30pm Grab & Go - MPB 1:30pm Cardmaking - Library 4:30pm S&S - Zoom | 19 HOLIDAY Town Offices Closed | 20 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread - MPB Lake Winnepesaukee Trip | 21 1pm Mah Jongg - Library |
| 24 4:30pm Stretch - Zoom | 25 7:15am Movement - Zoom 1pm Physics of Food - Library 4:30pm S&S - Zoom | 26 9:30am Core & Balance - St. D/Zoom La Cage aux Folles Trip | 27 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 4:30pm S&S - Zoom | 28 9am Coffee - Dover Church 1pm Mah Jongg - Library |

SATURDAY EVENTS

A Cabaret

Presented by The Dover Foundation
 Saturday, June 15 at 6:00-8:00pm
 at Dover Legion, 32 Dedham St

MPB - Most Precious Blood Church

FS - Fireside Room Town House

ST D - St. Dunstan's Church

CS - Chickering School

TH - Dover Town House

JERSEY BOYS MUSICAL

Wednesday, May 8, 2:00pm Performance

North Shore Music Theatre, Beverly

Cost: \$68.00; Trip is FULL; Join the Waitlist

Transportation funded by Friends of Dover COA

They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story – a story that has made them an international sensation all over again.

EARLY DINNER TRIP

Monday, May 20 at 5:30pm

Coach Grill, Wayland

Dine at an upscale steakhouse offering the comforts of a traditional New England meal. Space is limited. Transportation provided.

A CABARET

Presented by The Dover Foundation

Saturday, June 15 at 6:00-8:00pm

at Dover Legion, 32 Dedham St

Sparkle! Sing! Celebrate! The Dover

Foundation presents a cabaret of musical performances. All are welcome.

Ticket information is available at

www.thedoverfoundation.org



LA CAGE AUX FOLLES

Wednesday, June 26 at 2:00pm

Trinity Repertory Theater, Providence

Cost: \$55

Transportation funded by Friends of Dover COA

This Best Musical Tony-winner follows Georges, the proprietor of a drag club, and his husband, Albin, the star attraction. When Georges' son announces his engagement to the daughter of a homophobic politician, Georges plans to closet himself for a family dinner. But Albin, knowing the importance of staying true to yourself, has other ideas... and hijinks ensue. La Cage aux Folles is funny, genuine, and full of show-stopping numbers.

TRIPS WITH DOVER AND WESTWOOD COAS with Best of Times Travel

Lake Winnepesaukee Cruise & Castle in the Clouds

Thursday, June 20; Cost \$210

Experience the majesty of Lake Winnepesaukee during a narrated scenic tour aboard the historic M/S Mount Washington with a buffet lunch. Experience breathtaking views from the Castle in the Clouds, a turn-of-the-century sixteen-room Arts & Crafts mansion perched high on a pristine 5500-acre mountain top estate overlooking the Lake.

Gloucester Harbor Cruise

Wednesday, July 24; Cost \$189

Board the Beauport Princess and cruise historic Gloucester harbor and witness extraordinary views only seen by water. To top this cruise off enjoy the lobster bake buffet menu. Spectacular views, live entertainment, sumptuous cuisine and great service, this is a great day out on the water!

On Golden Pond Tour

Thursday, August 15; Cost \$199

Tour Canterbury Shaker Village and learn the history, culture, and innovations of this community established in 1792. After lunch, enjoy a guided boat ride on Squam Lake (watch for loons and bald eagles!) and view locations where the movie On Golden Pond was filmed.

Simon Pearce Glassblowing & King Arthur

Fall Foliage Trip

Thursday, September 26; Cost \$199

Head north to Vermont and view the fall foliage. The day starts with a visit to The Vermont Country Store run by 4th & 5th generation storekeepers, and well known as purveyors of the practical and hard to find. After lunch, visit Simon Pearce to watch master glassblowers and potters at work. Finally, tour King Arthur Factory and view tasty pastries being made, with time to browse the gift shop.

For Best of Times trip, sign up with Westwood COA at 781-329-8799

Sign up at coa@doverma.gov or call 508-315-5734 to register for these trips.

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!



CORE & BALANCE - NEW!

Wednesday, 9:30-10:30am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Sophia Mellen

Improve your core strength. Start with a warm-up which can be done seated or standing, and move to advance your overall balance and core strength through a variety of exercises. Bring a mat and water.

GENTLE MAT YOGA

Thursdays, 9:30-10:20am HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Tracy Buckley, RYT

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

Thursdays, 10:30-11:20am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Tracy Buckley, RYT

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 7:15am via ZOOM - NEW TIME!

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 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

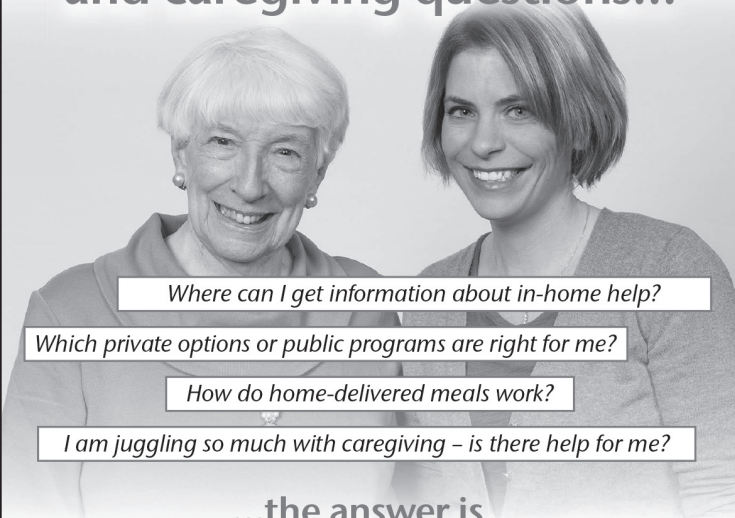
Instructor: Andria DeSimone

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 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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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

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 Peter, Martha, & Anna
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84 Elm St. Holliston, MA
(508)429-4566

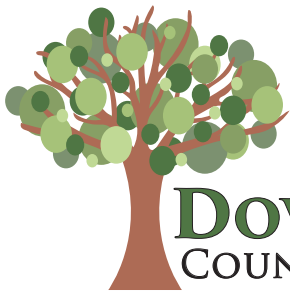
Victoria Haven
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For more information
www.rehabassociates.com

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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 7 at 9:30am
Tuesday, June 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
Jennifer James, Administrative Assistant

COA BOARD MEMBERS

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Maureen Dilg, Secretary
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