

DOVER COA COUNCIL ON AGING

News

508.315.5734

JANUARY - FEBRUARY 2021

HIGHLIGHTS

VIRTUAL COOKING

Monday, January 11
Monday, February 8

NEW! MAT YOGA

Mondays at 10:15am
Starts January 11

COFFEE WITH POLICE CHIEF

Friday, January 22

NATURE TRAVEL

Southern Belize - January 20
Bahamas - February 17

HUDSON RIVER PAINTERS

Lifetime Learning starts Feb 11

SPECIAL THANKS

Beth Israel Deaconess Hospital-Needham
Blue Moon Bagel Cafe
BJ's Wholesale Club
Dover Cultural Council
Dover Parks & Recreation Dept
Dover Sherborn Cable TV
Dover PTO at Chickering
DSHS Community Service Club
Friends of Dover COA
Mass Cultural Council
The Dover Church
The Joys of Nature
The Dover Foundation

LETTER FROM THE DIRECTOR

Farewell 2020 and Welcome 2021. What a challenging year this has been, as we managed state restrictions due to COVID and adapted to new ways of staying safe and healthy. Dover COA has witnessed great resilience and kindness in our community during this pandemic. We are grateful to our community partners and all who volunteered to help the COA check on your senior neighbors, deliver meals, shop for food, pick up donations, write pen pal letters, bake holiday cookies, grow flowers together, and more. Your kindness makes a difference and is greatly appreciated.

During these winter months, resilience and patience are needed as we await the vaccine. The COA encourages you to stay focused on your physical and mental health and is expanding virtual programs to keep you active and connected. Sherborn COA invites Dover seniors to participate in a six week program on Cultivating Resilience and Wellness starting in January. Stay active and try a fitness class on Zoom: Chair Yoga, Mat Yoga, Strength, and a new Mindful Meditation and Stretch class. Connect with friends at Knitting Together, or join us at a virtual coffee. Police Chief McGowan will attend January's virtual coffee to discuss scams, emergency management and more. Assessor Amy Gow will join us virtually to share information on senior tax relief programs and answer questions on property or excise taxes. See inside for details.

This month we begin a series of Nature Travel talks with Naturalist Joy Marzolf. Travel to warmer climates and learn about native wildlife in The Wilds of Southern Belize and Beautiful Bahamas. Or attend a Lifetime Learning class featuring art historian Deborah Stein on The Hudson River School: America's First Landscape Painters. Play along with friends as Fun with Ukulele returns in February. There is no experience needed for any COA classes. Come move, learn, and play music with us! If you have not used Zoom, please reach out to the COA for support.

If COA staff may assist you in other ways such as financial or energy assistance, food insecurity, transportation, or other resources, please contact the office. We are here for you. Please continue to wear a mask, wash your hands, maintain social distance and be resilient in staying safe and healthy. Dover COA wishes you and your families a Healthy and Happy New Year.

Janet Claypoole

EVENTS AT CARYL



GRAB & GO MEALS

Tuesdays, January 12 & February 9

Pick up at 1:00-2:00pm; Cost: \$3.00

Reserve a delicious meal to pick up behind Caryl

Community Center. Drive up, curbside service is available featuring individually prepared meals from local caterers. Enter from Whiting Road to the parking lot behind Caryl Community Center, stop at the booth, and put your car in PARK while staff and volunteers assist you. Home delivery is available if needed. RSVP to COA is required to reserve a meal. RSVP to coa@doverma.org or call 508-315-5734.

BLUE MOON BAGELS & BREADS

Thursday, January 14, 21

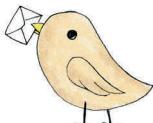
Thursday, February 4, 18

Pick up at 1:00-2:00pm

Donated baked goods from Blue Moon Café are available for curbside pickup behind Caryl Community Center or a home delivery if needed.

PUZZLES & BOOKS

Have you read that pile of books and done the puzzles on your shelf? The COA Library has plenty to share! Give us a call at Dover COA to arrange pick up or delivery of books puzzles to fill your winter days.



PEN PALS NEEDED

DSHS Community Service Club students are looking to connect with COA Seniors, and the COA has their letters to share with you! Contact the COA to receive a letter and correspond with a local high school student by handwritten note or by email.

RSVP for all events to coa@doverma.org or call the COA at 508-315-5734.

CULTIVATING RESILIENCE & WELLNESS

During the COVID Pandemic and Beyond

Starts January 20; 4:00-5:30pm on Zoom

Sponsored by Sherborn COA

The holidays are over, winter is around the corner, the pandemic hasn't gone away and its effects are ongoing as we wait for the vaccine. Register for this six week program to learn ways to deal with stress, anxiety and whatever else life throws at you! If you are feeling stressed, worried, sad, have had a life changing event, or want to improve your fitness and wellness, this program is for you. Learn strategies for cultivating resilience, key tips for successful and healthy aging, and connect with others with similar interests.

The program is based on preventative medicine physician Dr. Roger Landry's award-winning book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. Weekly topics will include improving brain fitness, lowering your health risks, moving more, staying connected, stressing less and finding your passion. Program cost is \$20.00* for the six weeks and includes all program materials, resistance bands, course binder and a free exercise class. This program is funded in part from the Older Americans Act as granted by Bay Path Services, Inc.

*No one will be turned away for inability to pay.

RSVP to coadirector@sherbornma.org to obtain the ZOOM link or call Sherborn COA at 508-651-7858 for more information.



VIRTUAL PROGRAMS



NATURE TRAVEL WITH JOY

Join Joy Marzolf, Naturalist and Educator of The Joys of Nature as she takes us on virtual tours of warmer climates during these cold winter months. Call the COA or email coa@doverma.org to sign up for these programs on Zoom sponsored by Friends of Dover COA.

Wed, Jan 16 at 10:00am - The Wilds of Southern Belize
Located in Eastern Central America, Belize is amazingly diverse from ocean waters to rivers, rainforests, and mountains. Travel with Joy as she shares native wildlife from tiger herons and the peregrine falcon to manatees and crocodiles, and even rainforest sightings of butterflies, birds and the elusive jaguar and coatiundi. Join us for a virtual trip to see some of the stunning wildlife of Southern Belize.

Wed Feb 17 at 10:00am - Beautiful Bahamas

The Bahamas are a group of 700 islands and many smaller islets made from the remnants of coral reefs in the northern Caribbean Sea and Atlantic Ocean. See images of the beautiful marine life found in the Bahamas from shipwrecks full of fish and turtles to sharks and playful spotted dolphins and calves that love to interact with divers and snorkelers. Join us for a fascinating virtual trip to the Bahamas with Joy.

VIRTUAL COOKING CLASSES

Chef Roberta Hing cooks delicious meals in her kitchen and shares her recipes and techniques so that you may prepare in your home. To sign up, email coa@doverma.org for recipes and Zoom meeting info. Thank you to Friends of Dover COA for sponsoring these classes.

Monday, January 11 at 1:00pm - Soups & Creative Sandwiches

Make winter soups to warm you up as the days get colder. Roberta will start with Broccoli Cheddar soup--a hearty soup that can be a meal in itself and also prepare Mushroom Bisque, a velvety soup that is sure to please. Alongside the soups, she will create warm, grilled panini sandwiches.

Monday, February 8 at 1:00pm - Comfort Foods

Start with a pasta dish that has it all: greens, beans and sausage pasta with a sauce that may surprise you. Next create a Tourtiere: a French Canadian Meat Pie; the perfect dinner for a cold winter night. Finish off this meal with a Caramel Walnut Tart. Walnuts have many health benefits, so this dessert is good for you, too!

COFFEE WITH POLICE CHIEF

Friday, January 22 at 11:15am via Zoom

Join us for coffee and conversation with Chief Peter McGowan. Discuss issues such as public safety, emergency management during storms or power loss, and scams/identity theft. Bring your questions and coffee, and chat with the Chief from your home. Email coa@doverma.org to sign up and for Zoom meeting info.

SENIOR COFFEE AND CHAT via Zoom

Fridays, January 8; February 5 & 19 at 11:15am

Grab your coffee, settle into your comfy chair, and connect with COA staff and friends on your laptop or tablet via Zoom video conference. Share ideas, program suggestions, or a favorite memory. We can still connect from a distance! Email coa@doverma.org for Zoom meeting info.

COFFEE WITH TOWN ASSESSOR

Tuesday, January 19 at 11:00am

Wednesday, Feb 10 at 11:00am

Meetings held on Zoom

Do you have questions about your property or excise taxes? Are you aware of the Senior Tax Relief programs available to Dover residents? Meet with Assessor Amy Gow to answer questions and learn more about Town programs that may benefit you. Email coa@doverma.org for Zoom meeting info.

KNITTING TOGETHER

Mondays, starts Jan 11 at 11:30am on Zoom

Grab your knitting needles, crochet hook, or craft project and connect with COA friends virtually while remaining safe at home. Email the COA at coa@doverma.org for Zoom meeting info.

Contact COA at coa@doverma.org to register for virtual programs.

COMMUNITY UPDATES

THE DOVER BOARD OF HEALTH

COVID-19 NEWS

COVID surge: Massachusetts is in the middle of another surge of COVID-19 cases. The numbers of new cases reported each day is much higher than it was earlier in the fall, and the number of people hospitalized with COVID-19 increases daily. Public health officials attribute the surge in cases to the fact that people are spending more time indoors than they were in the summer and to less strict adherence to social distancing guidelines by some people. Mask-wearing in Massachusetts is generally well-accepted.

Holiday update: After Thanksgiving, there was a significant increase in COVID-19 cases in Dover and in the rest of Massachusetts. Although many people stayed home within their immediate households, there was still more social mixing of households, and that caused the increase in cases. And each new case has the potential to spread the virus onward to others. We hope that even more people stayed home over the December holidays and that there won't be another spike in cases afterward.

COVID-19 prevention: It is safest to stay home as much as possible right now and to avoid being indoors with people other than members of your own immediate household. Mask-wearing in public is now mandatory in Massachusetts and will help protect you.

Vaccine update: COVID vaccines are coming, and seniors are in a relatively high priority group. It is encouraging to know that there is a light at the end of the tunnel. We will provide more information once we know when and where the vaccine will be available for seniors.

School update: The Dover Sherborn Schools reopened in hybrid format in mid-September for all grades with extensive safety protocols in place. Grades K-5 are now in school four days, and middle and high school students two days per week. There have been a few COVID cases among school-aged children and faculty/staff, but there has been no evidence of infection spread within the schools or in the high school sports program as of this writing.

COVID-19 symptoms and testing: If you are concerned that you may have symptoms of COVID, contact your primary care provider to arrange a testing appointment or go to <https://www.mass.gov/covid-19-testing> to find testing information, as well as a list of COVID-19 symptoms. Massachusetts has exceptional testing capabilities, and testing

is widely available by appointment at numerous locations. PCR is the preferred test at this time.

DOVER TOWN LIBRARY NEWS

Curbside service is available. Visit the library website at www.dovertownlibrary.org for instructions on how to place holds on your account and schedule a pick up day and time. Returns may be dropped off at the book drop. If you prefer to schedule a pick up over the phone, please call the Library at 508-785-8113, ext 2, Monday-Friday from 10am-5pm.



Upcoming Virtual Programs

Wednesday, January 13 at 7pm - How to Go on Ice & Snow. A presentation by AAA Northeast on preparing yourself and your vehicle to drive in inclement weather.

Thursday, January 14 at 6:30pm - Healthy Home Cooking: Soup for the Soul. Join in on Zoom for a monthly cooking class with Jennifer Marcks featuring minestrone soup.

Wednesday, January 27 at 7:00pm - Fire Cider Workshop presented by Grounded Goodwife. Create fire cider, an apple cider vinegar-based herbal tonic revered for its ability to prevent cold and flu symptoms and/or shorten duration if illnesses occur.

Thursday, February 11 at 6:30pm - Healthy Home Cooking: Sweets for your Sweetheart. This month Jennifer Marcks will be making chocolate pudding and chocolate bites. Yum!

Virtual BINGO - Dates TBA

Go to <https://dovertownlibrary.org> to register for a virtual program.

SAND FOR SENIORS

Thank you to the volunteers from the Men's Breakfast Group of The Dover Church for delivery of buckets of sand/salt to seniors in this annual COA program generously funded by Friends of Dover COA. Did you miss the delivery in December to keep your snowy/icy steps and walkway safe? Give us a call at the COA or email coa@doverma.org to arrange delivery.

SUPPORT AND ASSISTANCE

OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

Catching Up on “Old News”

For the last nine months the politicians, press and people have been on a steady diet of Covid- 19 concerns. In those months, it seemed that no one was discussing the day to day health issues we deal with, or “old news” like high blood pressure, arthritis and even diabetes...but wait! Did you know that there is excellent access to all things diabetes four miles away? The Joslin Clinic, named for its founder, Elliot Joslin, MD, who in 1893 became one of the first physicians to specialize in its study, can provide a wealth of care education and current technology. “Diabetes” was probably first recognized as a separate disease form in 250 BC by Apollonius of Memphis, and Dr. Elliot was one of the first physicians in our modern world to create a practice for children and adults who had this disease.

Dr. Elliot worked primarily at the Deaconess Hospital in Boston and in 1952, his group practice became known at the Joslin Clinic. For many years, the Joslin Clinic has had a separate center next to the Deaconess Hospital in Boston. Now, the satellite center in Needham, at 145 Rosemary Street, offers the same care without the Boston traffic and no parking issues. The Joslin Clinic has a geriatric program specifically geared to the “senior” patient. Foot care, eye health, kidney health, and nerve damage are just a few of the areas that providers can assist you with whether you have dealt with diabetes for years or are new to this disease.

They also can assist in management of your diabetes and keep you abreast of all the changing and new technologies that are now available. They will work with your Primary Care Physician to work out a plan of care in which you will be a partner and that allows for your particular lifestyle. As success in dealing with diabetes depends on the patient's self care, patient education is essential and the clinic offers educational programs virtually online.

Dealing with diabetes can be confusing, overwhelming, challenging and disruptive in a person's daily life and activities. As diabetic specialists, the providers at the Joslin Clinic understand the pressures and ups and downs in most people's lives and are trained to be sensitive to these issues when dealing with health care. Check out their website and speak with your Primary Care Physician to see if the Joslin Clinic could be “good news” to take care of your “old news.”

FOOD SECURITY RESOURCES

BayPath Elder Services / Meals on Wheels program offers meal delivery to eligible homebound seniors. Contact BayPath at 508-573-7200. SNAP is the Supplemental Nutrition Assistance Program. To apply for SNAP benefits, call Project Bread's Food Source Hotline at 1-800-645-8333 (Monday-Friday from 9am-7pm and Saturday from 10am-2pm.) If you need assistance with securing food, completing applications, or need a volunteer to help with food shopping, call the COA at 508-315-5734 for a confidential consultation.

SHINE

Are you retiring soon or turning 65? Make an appointment with a SHINE counselor to review your Medicare plan or answer questions about coverage. SHINE stands for Serving Health Insurance Needs for Everyone. Email or call the COA for a phone or virtual appointment.

FINANCIAL AND ENERGY ASSISTANCE

The Town of Dover offers support for those in need, especially as heating bills increase. Dover COA Outreach Worker Nan Vaida provides information on resources and can assist with applications for services, including fuel assistance. For a confidential consultation, contact the COA at 508-315-5734.

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 provides 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

CALENDAR

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NEW YEAR'S DAY
4	5 9:30am COA Board Meeting on Zoom	6	7	8 10:15am Chair Yoga - Zoom 11:15am Coffee & Chat - Zoom
11 10:15am Mat Yoga - Zoom 11:30am Knitting - Zoom 1pm Cooking - Zoom	12 1pm Grab & Go at Caryl	13	14 1pm Blue Moon Bread at Caryl	15 10:15am Chair Yoga Zoom
18 MARTIN LUTHER KING JR. DAY	19 11am Assessor Zoom 2pm Meditation & Stretch Zoom	20 10am Travel with Joy - Wilds of Southern Belize	21 1pm Blue Moon Bread at Caryl	22 10:15am Chair Yoga - Zoom 11:15am Coffee & Chat - Zoom
25 10:15am Mat Yoga - Zoom 11:30am Knitting - Zoom 4:30pm Stretch - Zoom	26	27	28 4:30pm Strength & Stability - Zoom	29 10:15am Chair Yoga Zoom

Thank you to friends of the Dover COA for sponsoring many COA events during this difficult year. We appreciate their willingness to continue supporting seniors by offering virtual programs for both learning and socialization.

FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Mat Yoga 11:30am Knitting - Zoom 4:30pm Stretch - Zoom	2 9:30am COA Board Meeting on Zoom	3	4 1pm Blue Moon Bread at Caryl 4:30pm Strength & Stability - Zoom	5 10:15am Chair Yoga Zoom 11:15 Coffee & Chat Zoom
8 10:15am Mat Yoga - Zoom 11:30am Knitting - Zoom 1pm Cooking - Zoom 4:30pm Stretch - Zoom	9 1pm Grab & Go at Caryl	10 11am Assessor - Zoom 1pm Ukulele - Zoom	11 1:30pm Hudson River Landscape Painters 4:30pm Strength & Stability - Zoom	12 10:15am Chair Yoga Zoom
15 PRESIDENTS' DAY	16	17 10am Travel with Joy - Bahamas 1pm Ukulele - Zoom	18 1pm Blue Moon Bread at Caryl 1:30pm Hudson River Landscape Painters 4:30pm Strength & Stability - Zoom	19 10:15am Chair Yoga - Zoom 11:15 Coffee Chat - Zoom
22 10:15am Mat Yoga - Zoom 11:30am Knitting - Zoom 4:30pm Stretch - Zoom	23 2pm Meditation & Stretch - Zoom	24 1pm Ukulele - Zoom	25 4:30pm Strength & Stability - Zoom	26

Contact COA at coa@doverma.org to register for virtual programs.

CALENDAR

LIFETIME LEARNING

*Sponsored by The Friends of COA with support from Dover COA.
Classes are offered via Zoom video conference.*



THE HUDSON RIVER SCHOOL: AMERICA'S FIRST LANDSCAPE PAINTERS

Thursdays, 1:30-3:00pm

February 11 & 18; Cost: \$20.00

This two-session course will explore the sources and motivations of the Hudson River School, their stylistic choices, and their artistic legacy. The first session will provide a brief review of the artistic climate in the young American nation at the outset of the 19th century and will then introduce the first phase of the Hudson River School led by Thomas Cole beginning in c. 1820. The second session will consider the work of the artists who followed Cole from 1848 through the last decades of the century, including Asher B. Durand, Albert Bierstadt, and Frederic Church. In this second phase, artists continued to work in a romantic vein, but shifted increasingly to a naturalistic rather than moralistic emphasis. We will conclude by looking ahead to the more atmospheric work of George Inness.

Deborah H. Stein, PhD specializes in eighteenth and nineteenth century American and European fine arts and visual culture and in the history of collecting and museums. She holds the PhD from Boston University in the history of art and architecture as well as graduate degrees in education and management from Harvard and Northeastern Universities respectively. Professor Stein has taught American art, Italian renaissance art, and the undergraduate survey of art and architecture. She has also been a lecturer at the Museum of Fine Arts, Boston since 2006.

Sponsored in part by a grant from the Dover Cultural Council, a local agency which is supported by the Mass. Cultural Council, a state agency.

FUN WITH UKULELE

Wednesdays, 1:00 to 2:00pm

February 10 - May 26

Cost: \$35.00 per household

Come learn basic chords and strumming on the ukulele to accompany traditional folk songs and more modern songs. Bring your own ukulele or rent one at Needham Music (781-453-8067). No experience is needed and new students are always welcome. Join us from the comfort of your home to have fun with music.

Daniel Metraux has led Ukulele groups in New England for many years and has taught in Dover since 2015.

THE AMERICAN SHORT STORY: 1960-PRESENT

Mondays, 1:30-3:00pm

March 1, 8, 15, 22; Cost \$35.00

This course will focus on reading and discussion of short stories by a selection of eight American authors including John Cheever, John Updike, Lorrie Moore, Jhumpa Lahiri, Mary Gordon, Elizabeth Strout, Junot Diaz and Chimamanda Ngozi Adichie. Guided by the instructor, participants will devote classes to discussing two stories at each session.

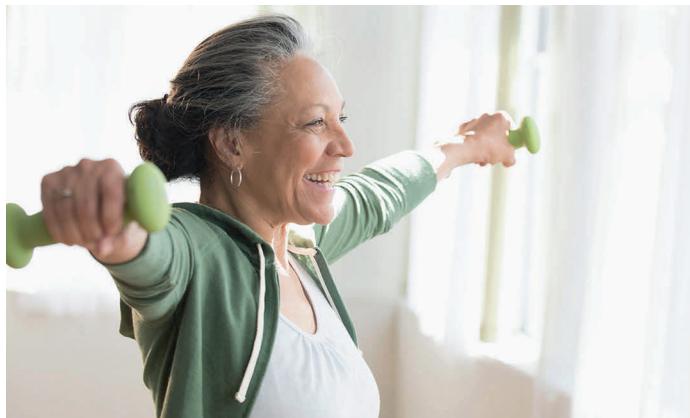
Lynne Spigelmyre Viti, PhD is a Senior Lecturer Emerita in the Writing Program at Wellesley College. She is the author of three published poetry collections, most recently *Dancing at Lake Montebello* (2020) and a short fiction collection, *Going Too Fast* (2020) as well as scholarly publications on literature, law, and pedagogy. She blogs at lynneviti.wordpress.com.

HOW TO REGISTER

Download a form from Friends website at [www.coafriends.org](http://coafriends.org) or email registration info to coa@doverma.org. Registration forms and payment to Friends of Dover COA may be mailed to PO Box 250, Dover MA 02030.

BE FIT AND AGE WELL

COA Fitness Classes are offered in a Virtual format via Zoom or on local cable TV channels Comcast 8 or Verizon 45. To access classes with Zoom, please email the COA at coa@doverma.org for the meeting link. Mat and Chair Yoga classes may be streamed online from Dover Sherborn Cable TV at www.dsctv.com. To RSVP, email coa@doverma.org or call 508-315-5734. Zoom Class Fees are \$3.00 per session. Keep Moving and Stay Safe!



CHAIR YOGA

Instructor: Tracy Buckley, RYT

Fridays, 10:15-11:00am via Zoom

Or View on Dover Sherborn Cable TV to stream video
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.

GENTLE MAT YOGA on Zoom!

Instructor: Tracy Buckley, RYT

Mondays, 10:15-11:00am via Zoom -Starts Jan 11

Or View on Dover Sherborn Cable TV to stream video
Join our Mat Yoga class and improve your strength, flexibility and balance. Reduce your stress, breathe, and move towards a healthier, happier you.

STRETCH AND FLOW

Mondays, 4:30-5:20pm via Zoom - Starts Jan 25

Instructor: Andria DeSimone

Stretch your body, focus on breathing and balance, and improve range of motion and flexibility.

STRENGTH & STABILITY (S&S)

Thursdays, 4:30-5:20pm via Zoom - Starts Jan 28

Instructor: Andria DeSimone

Join in for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Clear a space at home and bring your water.

MEDITATION & STRETCH

Tuesdays, Jan 19 & Feb 23 at 2:00pm via Zoom

Instructor: Laura Villalobos

Join us for these special classes to reduce anxiety and stress during these challenging times. Simple stretches paired with mindful meditation will increase flexibility, energize your body, and help clear your mind.

WALKING PROGRAMS

Try one of these local walking groups as a safe way to connect and stay fit:

- Dover Church holds a Walking Group on Fridays at 9:00am. Contact Beth Benjamin for more info at beth@thedoverchurch.org
- Sherborn COA meets on Thursdays at 10am for Walks. Contact Sue Kelliher at coadirector@sherbornma.org for details.
- Dover Open Space Committee holds guided walks on Dover's conservation lands for experienced walkers. Contact amoot@doverma.org for dates/locations and intensity level of walk.

Keep moving and stay healthy!

MASKS

The COA has surgical and cloth masks to share with all residents. If you need a new or replacement mask, please call the office. Local and state public health officials require wearing of a face covering to protect you and those around you. Mask Up MA!

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Anna Bohlin

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Martha Bohlin

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As a mother-daughter team, and long-time residents of Dover, we have been selling real estate for over 20 years and would love to help you with buying or selling. We will happily assist you navigate the real estate process!

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Thomas Upham House

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(508)359-6050

Timothy Daniels House

84 Elm St. Holliston, MA
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EXTRA! EXTRA!

UPDATE YOUR EMAIL WITH DOVER COA

Do you receive email updates from the COA? If not, please share your email address with the COA to receive information on public health announcements, new and upcoming COA programs, changes in event schedules, and other important topics. Send your email to coa@doverma.org to be added to the COA email list.



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MARY ANN MORSE
AT HERITAGE

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Mental Health Care, Adult Social Day Program*
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Independent Living

Calling all snow birds!

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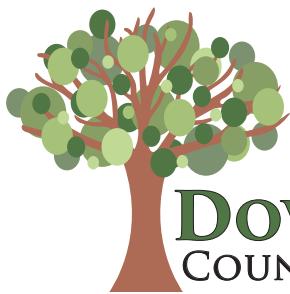
Meet Stella

Are you staying local this season? Come join us for a Winter Retreat! With spacious apartments and stunning common areas for dining, socializing and wellness activities, you'll find everything you need — and want — for a luxurious getaway.

Stella's Itinerary

- Wake up for a Sunday Morning Yoga Class Followed by Gourmet Brunch
- Take a Chauffeured Ride for Errands
- Aqua Class in the Heated Saltwater Pool
- Lifelong Learning Lecture
- Three Course Dinner or Wingate Gourmet Express Delivered to Your Apartment
- Evening Movie in the Deluxe Theatre

*Call Amy today at 781.423.3134
to schedule your private tour and
complimentary lunch.*



DOVER COA

COUNCIL ON AGING

COA OFFICE

Caryl Community Center, Room 116
4 Springdale Avenue, Dover, MA 02030
Email: coa@doverma.org

508.315.5734

COA OFFICE HOURS

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

COA BOARD MEETING

January 5 at 9:30am
February 2 at 9:30am
Meetings held via Zoom video conference

Website: www.doverma.org

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COA STAFF MEMBERS

Janet Claypoole, Director
Nan Vaida, Outreach Worker
Sue Sheridan, Administrative Assistant
Annemarie Thompson, Volunteer Coordinator

COA BOARD MEMBERS

Camille Johnston, Chair
Joanne Connolly, Vice Chair
Maureen Dilg, Secretary
Robert Cocks
Rev. Peter DiSanto
Betty Hagan
Gilbert Thisse
Gerry Wise, Associate Member
Ruth Townsend, Associate Member

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