

# DOVER COA COUNCIL ON AGING

# News

508.315.5734

MARCH - APRIL 2021

## HIGHLIGHTS

### TRIVIA NIGHT

Friday, March 12

### VIRTUAL COOKING

Monday, March 8

Wednesday, April 14

### MINDFUL MEDITATION

Tuesdays, March 23 & April 6

### NATURE TRAVEL

The Netherlands - March 17

Australia - April 21

### HISTORY OF AMERICAN MUSIC

Lifetime Learning starts March 31

## SPECIAL THANKS

Beth Israel Deaconess Hospital-Needham

Blue Moon Bagel Cafe

Bj's Wholesale Club

Dover COA Volunteers

Dover American Legion Post 209

Dover PTO at Chickering

Dover Town Library Teens

DSHS Community Service Club

Friends of Dover COA

The Joys of Nature

## LETTER FROM THE DIRECTOR

This past year has been a year like no other at the Dover COA. A year ago we were finalizing the annual St. Patrick's Day luncheon, planning a celebration for COA volunteers in April, traveling to theatres, museums, and restaurants for lunch trips, and gathering inside for fitness, pickleball, cardmaking, mah jongg, lunches at churches, tea and coffee with friends, cooking at the farm, and educational programs. Shifting the approach from gather together to stay isolated at home was a challenge for COA staff, as well as for all of you.

We have navigated this COVID-19 path together. We have adapted to a new daily routine of wearing masks, keeping safe distances, wiping down door knobs and work stations, managing grab and go picks ups of meals, farm vegetables, bagels/bread, books and puzzles. Who knew how much fun we could have connecting with you in the COA parking lot? We found ways to stay healthy and connected with friends via Zoom, and now we are managing these final stages of assisting seniors with vaccines.

Through all of this, volunteers have stepped up to help the COA by checking on neighbors, delivering meals, food shopping, and most recently, scheduling and driving seniors to vaccine appointments. As we cannot gather in person to honor Volunteers at the annual Appreciation Lunch, we thank Volunteers of all ages for your kindness and service to seniors.

We will continue to connect virtually for programs (see page 3) and as spring arrives and weather warms, hold programs outside. Caryl Community Center and Town buildings remain closed to the public and open by scheduled appointment or program. The Community Center Building Committee continues to work on future plans for the community center and will hold public forums to share plans for the new and renovated options. Please attend and share your views on the future of the center. See survey results on page 4.

If COA staff may assist you with scheduling a vaccine appointment, transportation, or other resources, please call the office. Please continue to be vigilant to remain healthy: wear your mask, social distance and wash hands. I hope to see you all soon in person! Happy Spring.

Janet Claypoole

# EVENTS AT CARYL



## GRAB & GO MEALS

**Tuesday, March 16; pick up at 1:00-2:00pm**

**St. Patrick's Day dinner; Cost \$3.00**

Reserve a traditional Irish meal of corned beef and cabbage, potatoes, and Irish soda bread for curbside pick up behind Caryl Community Center, and celebrate St. Patrick's Day safely at home.

**Tuesday, March 30, April 13 & 27**

**Pick up at 1:00-2:00pm**

*Sponsored by Beth Israel Deaconess Hospital-Needham*

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. RSVP to COA is required to reserve a meal. RSVP to [coa@doverma.org](mailto:coa@doverma.org) or call 508-315-5734.

## BLUE MOON BAGELS & BREADS

**Thursday, March 4, 18**

**Thursday, April 1, 15, 29**

**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 enjoy on those rainy spring days!

RSVP for all events to [coa@doverma.org](mailto:coa@doverma.org) or call the COA at 508-315-5734.

## TRAVEL THOUGHTS

*from Camille Johnston, COA Board Chair*

During the long siege we have had to just hunker down and feel that relief will soon be in sight. And then maybe I can continue going to my favorite places and eat at my favorite restaurant without a mask and a distance away from other folks. We learned though, that relief will come, but not very soon. So we had to think outside the box and maybe away from our comfort zone. We might have decided to try a Zoom presentation from the COA, play virtual bingo with the library teen volunteers, or enjoy a musical performance by the Dover-Sherborn Middle School students.

There are other possibilities, and one of the best for those who love music is the Boston Symphony and the Boston Pops. Both of these orchestras have programs that can be accessed from your computer. They include concerts by the lead and visiting conductors and opportunities to hear from various members of the orchestra as they discuss the music and share insights about the instruments they play. James Sommerville, principal horn, plays some beautiful music along with Yo-Yo Ma, the cellist. It is a lovely brief concert and one available to all just by turning on your computer. The Shalin Liu Performance Center in Rockport has performances highlighting artists and orchestras at their Midday Music Series. A very pleasant experience.

If you prefer museums, the Boston Museum of Fine Arts offers lectures and virtual tours and is open, if you make an appointment. The Isabella Stewart Gardner museum goes to great lengths to offer lectures and tours, and there's always a look at their garden, as in April the nasturtiums will be raining down from the windows. The Cape Ann Museum in Gloucester is a beautiful place to visit and can be a great resource for folks to explore virtually. There are pictures to see, discussion to be heard, and the history of folks explored. If you do not want to go inside a museum, the deCordova Sculpture Park in Lincoln is open and passes may be reserved online. The folks there are very friendly and would enjoy having you visit.

Explore the many places to walk in Dover, including the trails on Pegan Hill with its beautiful views. Visit Belkin's Lookout Farm and enjoy a lunch or dinner in their outdoor tent, with reservations. I encourage you to use the computer to find many splendid diversions virtually or by appointment until we can travel together again.

# 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 exciting locations. Call the COA or email [coa@doverma.org](mailto:coa@doverma.org) to sign up for these programs sponsored by Friends of Dover COA.

### Wed, Mar 17 at 10:00am - The Netherlands: Land of Wind, Water and Wildlife

To many, windmills are the iconic symbol of the Netherlands. For many centuries, the Dutch controlled the flow of water with dikes and windmills to reclaim land from the sea. More recently, storm barriers were added to protect from storms and high seas. Travel with Joy for a view of the land and the wildlife. From year round and migratory birds to mammals, butterflies and flowers, signs of nature can be found in abundance across the grasslands, forests, wetlands and seashores. Join us for a tour of the history and amazing wildlife of the Netherlands.

### Wed Apr 21 at 10:00am - Australia: Above and Below

Flying, hopping, crawling, swimming...The wildlife of Australia is truly unique. Tour through the temperate rainforests of Southern Queensland and the tropical rainforests of the Northeast. Enjoy views from above and then below as we also visit the home of "Nemo" and other beautiful creatures found on the Great Barrier Reef.

## TRIVIA NIGHT

### Friday, March 12 at 4:00pm

Come join the teen volunteers from Dover Library for a fun virtual trivia night via Zoom. Email [coa@doverma.org](mailto:coa@doverma.org) to sign up and for Zoom info. Get ready to share all those fun facts in your head!

## VIRTUAL COOKING CLASSES

Learn new recipes and cooking techniques from Chef Roberta Hing from her kitchen to yours. To sign up, email [coa@doverma.org](mailto:coa@doverma.org) for recipes and Zoom meeting info. Sponsored by the Friends of Dover COA

### Monday, March 8 at 1:00pm; Provincial Chinese Cooking

Create Chinese Flower Scallion rolls—a savory, fluffy pillow of scallion delight. Next we'll prepare Scallion Beef and Crispy Sichuan String Beans from southwestern China.

### Wednesday, April 14 at 2:00pm; Paella

Join us to cook the national dish of Spain. Originating in the city of Valencia, paella is made in every region of the country with varying ingredients. Ours will be filled with shrimp, mussels, chicken and chorizo. Learn to perfect this dish by creating socarrat, the crispy rice on the bottom of the paella pan. We will create a simple yet delicious tapa to snack on, Pan Con Tomate, and finish off our culinary trip to Spain with crispy churros.

## SENIOR COFFEE AND CHAT via Zoom

### Fridays, March 12 & 26; April 9 & 23 at 11:15am

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

## COFFEE WITH TOWN ADMINISTRATOR

### April- Date TBA - via Zoom

Connect with Town Administrator Chris Dwelley for updates on Town projects, Warrant articles, and answers to your questions. Email [coa@doverma.org](mailto:coa@doverma.org) to sign up and for Zoom meeting info.

## KNITTING TOGETHER

### Mondays at 11:30am on Zoom

Grab your knitting needles, crochet hook, or sewing project and connect with COA friends virtually while remaining safe at home. Email [coa@doverma.org](mailto:coa@doverma.org) for Zoom meeting info.

Contact COA at [coa@doverma.org](mailto:coa@doverma.org) to register for virtual programs.

# COMMUNITY UPDATES

## VACCINE UPDATE

Effective February 18th, the Commonwealth moved to the next group of phase two for COVID-19 Vaccinations. Individuals ages 65 and older, individuals living with two or more medical conditions that puts them at increased risk for severe illness from COVID-19, and residents and staff of senior affordable housing are now eligible to receive the COVID-19 vaccine in Massachusetts.



Due to extremely high demand for appointments and limited vaccine supply, the Commonwealth advises that it may take several weeks for all eligible individuals to secure an available appointment, unless federal supply significantly increases. Residents are encouraged to routinely check the mass.gov website as appointments are added on a rolling basis. Please be patient during this process.

For additional assistance, contact the State's Vaccine Call Center via phone at 2-1-1. Dover COA staff are available to provide vaccine support or assist with transportation to vaccine sites. Reach out if you are in need of help to 508.315.5734.

## COMMUNITY CENTER BUILDING COMMITTEE SURVEY RESULTS

At their February 15, 2021 meeting the Dover Community Center Building Committee unanimously voted to move forward to the Schematic Design the "Save the 1910" (partial renovation, partial new construction plan), and the "Two Story" (entirely new build plan). These two options will be presented at a tentatively planned June special Town Meeting.

These decisions were supported by two recent community surveys completed by Dover citizens. At a February 8 community forum, after the Building Committee's presentation and discussion, an online survey was conducted, 86% of the attendees supported the "Save the 1910" Renovation plans and 82% supported the "Two Story" New Building plan. The Building Committee also sent out the same survey on social media and the Town of Dover website. This generated 147 respondents with 117 supporting the "Save the 1910" and 134 supporting the New "Two Story".

This completed a 5-month study where the Committee reviewed previous studies, with particular emphasis on the 2019 Project Committee research which looked at what 12 other neighboring communities do and have for their

communities. The Committee focused on programming options to be considered in future designs and developed a Feasibility study looking at space sizes to accommodate flexible rooms for different types of activities. They also developed conceptual designs which included rooms for fitness, recreation, community, social, activities, offices for Park & Recreation and the Council on Aging, storage and other considerations. The Committee demonstrated the daily lifecycle of demographic age use of a community center, to illustrate the flexibility of the designs. This was all done listening to the citizens ideas and concerns through three Citizen forums and surveys. Over 175 citizens participated with citizen and committee consensus driving the process.

The Building Committee now turns to the architect creating the schematic design for the two options and pricing. The Committee is planning for two more citizen forums prior to a planned June 2021 special Town Meeting to update the citizens on the developing designs and to provide opportunities for input and questions. At the special Town meeting voters will be asked to say YES to one of the two remaining options (with funding capped at \$13m), with a projected completion date in 2023.

For further information please visit the Dover Town Website. Comments and feedback can also be emailed to [carylfeedback@doverma.org](mailto:carylfeedback@doverma.org).

## THROUGH THE GARDEN DOOR

by Maureen Dilg

This series will focus on those plants that continue to defy age and every Spring begin unfurling their leaves to begin their season of life once more. In April, white flowers appear before the leaves. By June the leaves are a brilliant yellow. In late fall, the leaves turn orange. This plant grows 4' tall and can spread up to 6'. Every 2-3 years it needs to be pruned back hard to keep it in shape. Pruning also promotes more flowers. Neither deer or insects bother this plant.



SPIRAEA THUNBERGII OGON-MELLOW YELLOW

# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker



### March Isn't Only for Leprechauns!

Our community is living through a very challenging time. For one year we have all been held hostage by Covid-19, worrying about masks, social distancing and sanitizers. We don't shop as we used to nor do we worship as we used to. We rarely see our families unless they are in our "bubble" and even more rarely, our friends.

In the same mind, many of us have been fearful of visiting our doctors. Following well known guidelines for screening and tests we need to confirm we are indeed healthy may not have been priorities during this difficult year. Here at the COA, we've received numerous calls asking if it was safe in this pandemic to keep a previously scheduled appointment or test. Our answer has always been YES!

March is Colorectal Health Month. It's not easy to discuss bowel health but it's time to get back into this normal--the normal of taking care of our whole selves. According to the CDC's most recent data, colorectal cancer is the second leading cause of cancer deaths for men and women in the USA. It is amazing how preventable this disease is. Symptoms of colorectal cancer can range from stomach aches or cramps that don't go away, changes in bowel habits or even frank blood in the stool. Unexplained weight loss is significant, too.

Screening can locate precancerous polyps which can then be treated by removal at the time of the exam. Treatment is most effective when the disease is detected early. The NIH and CDC recommend that if you are 50 to 75 years old, you should have a colonoscopy every 5 years. After age 75, routine screening is not necessary unless your doctor recommends it.

Colonoscopy is not the only screening tool available. There are tests you can do at home, but do contact your doctor about this to see if this method is the one for you. Medicare and most medical plans cover the costs for these tests. Your doctor and their staff are trained to make this important procedure as easy as possible.

If you have been putting off this necessary health check now is the time to see to it. So put on your masks, sanitize, stay socially distant, but don't neglect the rest of you. Remember! March is Colorectal Health Awareness Month!

## 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, please call the COA 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 SMOC. For a confidential consultation, contact the COA.

## 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

## MARCH 2021

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| 1<br>10:15am Mat Yoga Zoom<br>11:30am Knitting<br>1:30pm LL Short Story<br>4:30pm Stretch                                       | 2<br>9:30am COA Board Meeting on Zoom<br>4:30pm Strength & Stability | 3<br>1pm Ukulele Zoom  | 4<br>1pm Blue Moon Bread at Caryl<br>4:30pm Strength & Stability  | 5<br>10:15am Chair Yoga   |
| 8<br>10:15am Mat Yoga Zoom<br>11:30am Knitting<br>1pm Cooking with Roberta - Chinese<br>1:30pm LL Short Story<br>4:30pm Stretch | 9<br>4:30pm Strength & Stability                                     | 10<br>1pm Ukulele Zoom                                       | 11<br>4:30pm Strength & Stability                                 | 12<br>10:15am Chair Yoga<br>11:15am Coffee & Chat<br>4:00pm Trivia Night with Library Teens |
| 15<br>10:15am Mat Yoga - Zoom<br>11:30am Knitting<br>1:30pm LL Short Story<br>4:30pm Stretch                                    | 16<br>1pm Grab & Go at Caryl<br>4:30pm Strength & Stability          | 17<br>10am Travel with Joy - Netherlands<br>1pm Ukulele Zoom | 18<br>1pm Blue Moon Bread at Caryl<br>4:30pm Strength & Stability | 19<br>10:15am Chair Yoga Zoom   |
| 22<br>10:15am Mat Yoga - Zoom<br>11:30am Knitting<br>1:30pm LL Short Story<br>4:30pm Stretch                                    | 23<br>2pm Meditation<br>4:30pm Strength & Stability                  | 24<br>1pm Ukulele Zoom                                       | 25<br>4:30pm Strength & Stability                                 | 26<br>10:15am Chair Yoga<br>11:15am Coffee & Chat   |
| 29<br>10:15am Mat Yoga - Zoom<br>11:30am Knitting<br>4:30pm Stretch   | 30<br>1pm Grab & Go at Caryl<br>4:30pm Strength & Stability          | 31<br>10am LL Music<br>1pm Ukulele Zoom                      |   |   |

### SATURDAY ZUMBA GOLD CLASSES:

March 6, 13, 20, 27  
April 3, 10, 17, 24



# APRIL 2021

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  |   | 1<br>1pm Blue Moon Bread at Caryl<br>4:30pm Strength & Stability  | 2<br>10:15am Chair Yoga Zoom                             |
| 5<br>10:15am Mat Yoga - Zoom<br>11:30am Knitting - Zoom<br>4:30pm Stretch - Zoom  | 6<br>9:30am COA Board Meeting on Zoom<br>2pm Meditation<br>4:30pm Strength & Stability | 7<br>10am LL Music<br>1pm Ukulele - Zoom                                      | 8<br>4:30pm Strength & Stability                                  | 9<br>10:15am Chair Yoga Zoom<br>11:15 Coffee Chat - Zoom |
| 12<br>10:15am Mat Yoga - Zoom<br>11:30am Knitting - Zoom<br>4:30pm Stretch - Zoom | 13<br>1pm Grab & Go at Caryl<br>4:30pm Strength & Stability                            | 14<br>1pm Ukulele - Zoom<br>2pm Cooking Paella                                | 15<br>1pm Blue Moon Bread at Caryl<br>4:30pm Strength & Stability | 16<br>10:15am Chair Yoga                                 |
| 19<br>PATRIOTS DAY  | 20<br>4:30pm Strength & Stability  | 21<br>10am LL Music<br>10am Travel with Joy - Australia<br>1pm Ukulele - Zoom | 22<br>4:30pm Strength & Stability                                 | 23<br>10:15am Chair Yoga<br>11:15 Coffee Chat - Zoom     |
| 26<br>10:15am Mat Yoga - Zoom<br>11:30am Knitting - Zoom<br>4:30pm Stretch - Zoom | 27<br>1pm Grab & Go at Caryl<br>4:30pm Strength & Stability                            | 28<br>10am LL Music<br>1pm Ukulele - Zoom                                     | 29<br>1pm Blue Moon Bread at Caryl<br>4:30pm Strength & Stability | 30<br>10:15am Chair Yoga - Zoom                          |

# CALENDAR



April 18 to 24 is  
National Volunteer Week  
Thank you to all COA Volunteers!

# LIFETIME LEARNING

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



## THE HISTORY OF AMERICAN MUSIC

Wednesdays, 10:00-11:30am  
March 31, April 7, 21, 28, May 5, 12  
Cost: \$45.00

What makes American music different from that of other countries? Come join us for this six-session course for an overview of many types of American music, focusing on a new mode each week. Included will be (1) Early Secular and Sacred Music (1600's-1700's), (2) Negro Spirituals, (3) Development of Jazz, (4) Classical Music of the 19th and 20th centuries, (5) Folk Music of the 19th and 20th centuries, and (6) The American Musical.

**Susan Cook Thanas**, retired Duxbury Middle and High School English teacher, loves music of all kinds. She has conducted four choral exchanges with the Soviet Union/Russia, directed the choir at Pilgrim Church (10 years) and at Duxbury High School (one year). She considers the eight years she sang with the Tanglewood Festival Chorus an excellent training ground for all styles of music, which she looks forward to sharing with you.

## FUN WITH UKULELE

Wednesdays, 1:00-2:00pm  
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. Participants will devote classes to discussing two stories at each session guided by the instructor.

**Lynne Spigelmyre Viti, PhD** is a Senior Lecturer Emerita in the Writing Program at Wellesley College. She is the author of three poetry chapbooks and many scholarly publications on literature, legal studies, and composition theory. She has published poetry and fiction in over 60 online and print literary journals.

## HOW TO REGISTER

Download a form from Friends website at [www.coafriends.org](http://www.coafriends.org) or email registration info to [coa@doverma.org](mailto: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](mailto: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](http://www.dsctv.com). To RSVP, email [coa@doverma.org](mailto: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**  
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

**Instructor:** Tracy Buckley, RYT  
**Mondays, 10:15-11:00am via Zoom**  
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**  
**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 via Zoom**  
**Instructor:** Andria DeSimone  
Stretch your body, focus on breathing and balance, and improve range of motion and flexibility.

## MINDFUL MEDITATION & STRETCH

**Tuesdays, March 23 & April 6 at 2:00pm via Zoom**  
**Instructor:** Laura Villalobos  
Join us for these special classes to reduce anxiety and stress during these challenging times. Mindful stretching paired with meditation may increase flexibility, increase energy flow, and quiet your mind.

## ZUMBA GOLD

**Saturdays, 10:45-11:30am via Zoom**  
**Instructor:** Andria DeSimone  
*Cosponsored with Parks & Recreation Department*  
Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance. Other rhythms include belly dance, Brazilian, international music and hip hop. Zumba Gold is geared towards active older adults. Come dance to the music for a total body workout!

## 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](mailto:beth@thedoverchurch.org)
- Sherborn COA meets on Thursdays at 10am for Walks. Contact Sue Kelliher at [coadirector@sherbornma.org](mailto:coadirector@sherbornma.org) for details.

Keep moving and stay healthy!



**Eaton Funeral Homes**  
Celebrating Over 200 Years of Dedicated Service

1351 Highland Avenue  
Needham  
781-444-0201

465 Centre Street  
Newton  
617-244-2034

**Serving All Religions**  
**Pre Planning & Funeral Trusts**  
**A Tradition of Caring Since 1818**  
**For Over Seven Generations**  
**www.eatonfuneralhomes.com**

Laurence R. Eaton • David E. Eaton • Kevin J. Greene

**Philip J. Sagan**  
Financial Consulting Inc.

Practice specializing in tax, investing, and retirement planning.

Appointments can be arranged at Dover Library or your home.

**Philip J. Sagan, CPA, CFP**  
1087 Beacon Street, Suite 203  
Newton, MA 02459  
(617) 244-9700  
psagancpa@gmail.com

**Time to RIGHTSIZE?**  
Let me help with all your real estate needs  
**Wendy Bornstein**  
MBA, SRES, AHWD  
**617-962-1975**  
Wendy.Bornstein@NEMoves.com  
www.WendyBCB.com  
@wendybcbb  
  
**COLDWELL BANKER**  
1498 Highland Ave  
Needham, MA 02492

**RP** ROBERT PAUL  
PROPERTIES

LOCAL KNOWLEDGE. LUXURY SERVICE.



**Anna Bohlin**  
603.475.1115  
anna@robertpaul.com

**Martha Bohlin**  
508.944.4580  
martha@robertpaul.com

*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!*

BOSTON | DOVER

WWW.ROBERTPAUL.COM

**B&E ROOFING Co. Inc.**  
QUALITY AT THE TOP



**Residential Specialists**  
Asphalt • Rubber • Cedar • Metal  
Free Estimates

Licensed & Insured  
Reg. #124000  
We Carry Worker's Compensation

We Do Not Subcontract any Aspect of Our Work

**508.785.1433**  
92 Dedham Street, Dover, MA 02030  
www.banderoofing.com

 **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  
(781)762-0858

Medicare/Medicaid Certified

Rehabilitation Associates INCORPORATED

For more information  
www.rehabassociates.com



# EXTRA! EXTRA!

## LEGION DINNER POSTPONED

As the focus since January is on COVID-19 vaccines, Dover American Legion Post 209 postponed their Winter Dinner. They invite seniors to safely gather at the Winter Dinner in 2022 to enjoy a meal together in the company of friends. Thank you to the Legion for all they do for Seniors, Veterans, and our community.

## UPDATE YOUR EMAIL WITH DOVER COA

Do you receive email updates from the COA? To receive info on public health notices, COA programs and schedule changes, or other important topics, please send an email to [coa@doverma.org](mailto:coa@doverma.org) to be added to the COA email list.



**MARY ANN MORSE**  
HEALTHCARE CORP.  
[maryannmorse.org](http://maryannmorse.org)

**MARY ANN MORSE**  
AT HERITAGE  
*Independent & Assisted Living, Memory Care,  
Mental Health Care, Adult Social Day Program*  
747 Water Street, Framingham , MA 01701  
**508-665-5300**

**MARY ANN MORSE**  
HEALTHCARE CENTER  
*Short-Term Rehabilitation,  
Memory & Long-Term Care*  
45 Union Street, Natick, MA 01760  
**508-433-4400**



Independent Living

This spring, discover the exceptional lifestyle at One Wingate Way.



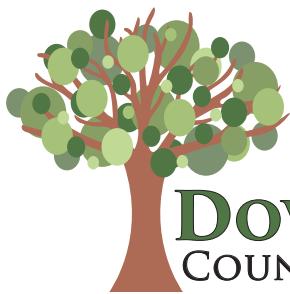
*Meet Stella*

Come join us for a Spring 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 — and safe — getaway. **One Wingate Way has completed both rounds of the COVID-19 vaccine!**

### *Stella's To-Do's*

- 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
- Fitness session with personal trainer
- Three course dinner or room service
- Deluxe movie theatre with popcorn & candy

*Call One Wingate Way 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](mailto: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

March 2 at 9:30am  
April 6 at 9:30am  
Meetings held via Zoom video conference

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

Sign up for alerts at [Notify Me](#)

### 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

**The Dover Council on Aging is merging our Facebook page with the Town of Dover Facebook. Follow us on Town of Dover FB and Like our photos!**



Dover Council On Aging  
PO Box 250  
Dover, MA 02030

PRSR STD  
ECR  
U.S. POSTAGE  
PAID  
PERMIT NO. 3

Postal Patron  
Dover, MA 02030