

DOVER COA COUNCIL ON AGING

News

508.315.5734

MAY - JUNE 2021

HIGHLIGHTS

PAINTERS OF MODERN LIFE: IMPRESSIONISM

Lifetime Learning starts May 13

COFFEE WITH REP. GARLICK

Tuesday, May 18

MEDITATION & STRETCH

New Time at 7:45AM!

Tuesdays, May 11 & 25

Tuesdays, June 8 & 22

NATURE TRAVEL

Tucson: Hummingbirds & more - May 19

Wales: Castles & Butterflies - June 16

SPECIAL THANKS

Beth Israel Deaconess Hospital-Needham
Blue Moon Bagel Cafe
BJ's Wholesale Club
Dover PTO at Chickering
DHS Community Service Club
Friends of Dover COA
One Wingate Way, Needham
The Joys of Nature

REMINDERS

Town Elections:
Tuesday, May 17; Vote at Town Hall

Town Meeting:
Saturday, May 1 at 10:00am

Special Town Meeting:
Saturday, June 12 at 10:00am

LETTER FROM THE DIRECTOR

Spring is here, and it fills me with hope as I see plants waking up from their winter sleep and the colorful blooms of tulips and daffodils. Winter coats are tucked away and the days are warmer. As we turn the corner into Spring, many seniors and younger residents are now vaccinated and reconnecting with friends and family to celebrate the things we missed: an in-person conversation, a family meal, a hug. These connections are important to our mental health and maintaining our hope.

Dover COA has worked this past year to maintain connections through virtual programs, phone calls and Grab & Go events. As many seniors have been vaccinated, the COA is now working to connect in person with seniors. There are 99% of Dover seniors ages 75 and older and 86% of Dover seniors ages 65-74 who are fully or partially vaccinated. With this positive news, the COA is excited to safely welcome back friends for small gatherings, some planned outside behind Caryl Community Center.

The COA staff is looking forward to seeing you! Check inside this issue for events and dates at Caryl. Call to sign up as space will be limited to meet state and local public health guidelines to safely gather. Grab & Go meals will continue in May and June, with the hope to convert them to Grab & STAY events as restrictions ease. Trips are being planned, with virtual trips to Art in Bloom at MFA in May and transitioning in late summer to in person trips with outside venues, such as cruises and a trip to Martha's Vineyard. Virtual programs will continue for fitness and Lifetime Learning for now.

Dover COA staff is in the office and available to support seniors and families. Reach out for help with vaccinations, caring for a loved one, or just to connect. If you need a ride for Town Meeting on Saturday, May 1, Town Election on Monday, May 17, or Special Town Meeting on Saturday, June 12 on the future community center, the COA can arrange this.

Enjoy the hope of Spring: take a walk, view the flowers, visit with friends, and continue to stay healthy and connected.

Janet Claypoole

EVENTS AT CARYL



GRAB & GO MEALS

Tuesday, May 25, June 15;

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. RSVP to COA is required to reserve a meal. RSVP to coa@doverma.gov or call 508-315-5734.

Tuesday, May 11

Sponsored by Beth Israel Deaconess Hospital-Needham

Pick up at 1:00-2:00pm

Thank you to Beth Israel Deaconess Hospital/Lahey Health for generous grant funding for Grab & Go meals. Please reserve a meal to pick up behind Caryl Community Center at coa@doverma.gov or call 508-315.5734.

BLUE MOON BAGELS & BREADS

Thursday, May 13, 20

Thursday, June 3, 17

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.



GRAB A PUZZLE OR BOOK, AND VOTE!

Monday, May 17; 10:00am-1:00pm

Caryl Community Center, Room 108

Cast your vote at Town Hall at Town Elections, and then stop by the COA and pick up a book or puzzle. The COA Library has plenty to share, and volunteers have organized books and puzzles for easy selection. Enter the side door into 108 at the front of Caryl building. Maximum of 8 visitors at same time. Masks are required and available if needed.

TEA WITH FRIENDS

Thursday, May 27 at 2:00pm

Behind Caryl Community Center

Gather with friends safely in a small group to connect and celebrate Spring! Size is limited so please contact the COA to reserve a spot at 508.315.5734 or coa@doverma.gov.

IT'S TIME FOR ICE CREAM!

June date TBA; 1:00pm

Behind Caryl Community Center

Sponsored by One Wingate Way, Needham

No need to run down the street to stop the ice cream truck! It will be waiting for the seniors behind the Caryl Community Center. Join the COA and our friends from Wingate to enjoy a sweet individually wrapped treat to celebrate the warmer days of summer!

SENIOR COFFEE AND CHAT

Thursdays in May via Zoom: May 6, 20 at 10:00am

Thursdays in June behind Caryl: June 3, 24 at 10:00am

We are shifting to Thursday mornings for coffee and with warm weather coming, will shift to outside coffee gatherings in June. Size will be limited to 10 people behind Caryl Community Center; please wear a mask. If it is raining on June dates, the coffee will switch to Zoom format. Email coa@doverma.gov or call 508.315.5734 to sign up.

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

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.gov to sign up for these programs on Zoom sponsored by Friends of Dover COA.



Wed, May 19 at 10:00am -

Magical Tucson: Hummingbirds and more

Southern Arizona, only 60 miles from the Mexican border, appears at first glance to be only a mix of rugged mountains and barren desert. However, life teems in this area when you look closer. Tiny hummingbirds can be found calling for mates and nesting in shrubbery, while giant saguaro cactus provide homes and food for a variety of bird life including cactus wrens. Animals including venomous gila monsters, road runners and even mountain lions have adapted to survive in this challenging environment. Just north of Tucson is the unique experimental site Biosphere 2. Here a closed environment allows scientists and students to study biological systems including rainforests, oceans, savannahs, grasslands in an effort to better understand the workings of these ecosystems.

Wed June 16 at 10:00am -

Wales: Castles, Butterflies, and more

Although part of the present day United Kingdom, Wales is a country of ancient origins and wild lands. Stone monuments from its pre-historic past still can be found across parts of the country, along with ancient castles, remains of magnificent abbeys and even Roman ruins. The wild nature of this land can also be found in abundance, from the beautiful and colorful moors and butterflies of the Isle of Anglesea to the numerous birds and other wildlife of the coastal wetlands. Travel with Joy across this fascinating country.

KNITTING TOGETHER

Mondays, May 10, June 7

at 11:30am on Zoom

Knitting is shifting to a monthly virtual meeting for spring. Grab your knitting needles, crochet hook, or sewing project and connect with COA friends virtually from home. Email coa@doverma.gov for Zoom meeting info.

COFFEE WITH REP. DENISE GARLICK

Tuesday, May 18 at 9:30am via Zoom

Connect with Dover's Representative Denise Garlick for a virtual update on State House issues including legislation, budgets, COVID-19, with time for questions. Email coa@doverma.gov to sign up and for Zoom meeting info.

LIFETIME LEARNING

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

PAINTERS OF MODERN LIFE: TRANSATLANTIC IMPRESSIONISM

Thursdays, 1:30-3:00pm

May 13, 20, 27; Cost: \$30.00

Throughout the history of art, artists have painted modern life. So, why, when we use the term "painters of modern life" do we usually think of the Impressionism movement? This three-session course aims to examine that question, working from the presumption that when the nineteenth-century impressionists focused on modern life they did so as part of a concerted effort to not only reject traditional subject matter but also traditional artistic goals, techniques, and approaches to the marketplace. We will lay the groundwork by looking at elements of modernity that came to the fore in Europe in the centuries that preceded the Impressionists. We will then zero in on the birthplace of Impressionism (France) and will consider French Impressionism and Post-Impressionism. Finally, we will look at the ways in which these European movements traveled across the Atlantic to become American Impressionism.

Deborah H. Stein 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 Ph.D. 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's current research focuses on nineteenth and early twentieth-century collecting and display practices. She 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 1986.

COMMUNITY UPDATES

COVID-19 UPDATE

Effective April 19, the Commonwealth opened eligibility to individuals ages 16 and older for phase three for COVID-19 vaccinations. Due to high demand for appointments and limited vaccine supply, it may take several weeks to secure an available appointment. Residents are encouraged to pre-register at the mass.gov website and routinely check vaxfinder.com for available appointments.

Dover Board of Health notes the seven-day average of daily cases in MA had decreased by 12% over the past 14 days. (NY Times). This is good news. Hopefully rates will continue to fall as most people continue to wear masks, follow other public health guidance, and more people are vaccinated.

Important Reminders:

- Please remain vigilant. Don't assume that you and others around you are COVID negative!
- Wear a mask when you are out in public
- Stay 6 feet away from individuals who aren't part of your household
- Clean your hands frequently
- Avoid social gatherings
- If you must be with others outside your household, wear a mask, stay at least 6 feet apart, and remain outdoors
- Get your flu shot!
- If you have symptoms that could be consistent with COVID, even if mild, seek testing and avoid contact with others while symptomatic and while awaiting your test result (<https://www.mass.gov/covid-19-testing>).

If you are contacted by the Public Health Nurse as part of a contact trace, please answer the call and participate fully. It helps our community stay healthy, and it is also required by law. The Public Health Nurse keeps all records confidential.

SPECIAL TOWN MEETING TO VOTE FOR COMMUNITY CENTER

The Community Center Building Committee requests all residents to Save the Date of Saturday June 12th at 10am to attend a Special Town Meeting. Please attend and vote for the design you want for a new or renovated community center.

To make sure you have all the information you need to vote, please join us for two Community Citizen Forums on May 12th and June 2nd (evenings on Zoom). To catch up on the progress of the project before then, please go to

the Town of Dover website at www.doverma.gov to find recordings of Committee and Community Meetings, as well as presentations and images from the architects.

If you have questions, please contact Caryl Community Center Building Committee at carylfeedback@doverma.gov.

FURNITURE DONATION TRAILER COMING TO DOVER TRANSFER STATION

This is for Dover Residents Only. (Red transfer station stickers are required.) The Dover Recycling Committee, in partnership with New Life Furniture Bank of Walpole, a non-profit organization, will be on-site the 2nd and 4th Saturdays of May to accept furniture and household goods for families transitioning out of homelessness. Please check their website for acceptable items. (www.newlifefb.org). If an item's condition is not suitable for a family member or friend, it is not suitable for donation.

THROUGH THE GARDEN DOOR

KOLKWITZIA "DREAM CATCHER"

Grows best in sun-filtered part shade. Will grow to 8' high and 10' across in an arching vase shape. Covered with masses of white/pink flowers in May. Noted for its attractive and ever-changing foliage. Prune only in late winter as the plant blooms on old wood. This shrub can be pruned to the ground if it becomes overgrown.



SUPPORT AND ASSISTANCE

OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

Walking is Underrated!

How many times does one go up and down the stairs in a day? How many times do you walk out to the mailbox? Imagine how much ground you cover walking the dog and trodding up and down the aisles at markets and stores. Thanks to the pandemic, are you one who now walks daily for exercise, company or stress relief?

One of our Dover residents recently mentioned that her regular walks with community residents have been more than exercise, it's her sanity.

There are endless scientific sources that verify walking as an excellent form of exercise. The phrase "sitting is the new smoking" has been in our culture for quite a while and with good reason. "If you don't use it, you lose it" is another phrase that comes to mind. Longevity, maintenance of bone density, cardiopulmonary exercise are just a few of the benefits of walking.

To get yourself started, check out the free website All Trails at www.alltrails.com. At the site, type in "Dover" and off you go. You will find the long list of trails in our area. You must create an account with your email address and password to access all the information available. Just an overview of our Dover area trails nets a walker more than ten trails that are established as "easy." Most of these trails are in a loop configuration with the average full length of 2-4 miles. One could easily start on these trails going for a short distance and then return.

Each trail listing describes natural sites such as ponds or rock formations that you will see on your walk. The description goes on to say how heavily these paths are trafficked and indicates which trails are used by dog walkers and trail horses. There are PDF maps that you can download and parking information. Even the next few days' weather is included on each trail description.

Most people know about Elm Bank and Noanet and Hale Reservations as we drive by these beautiful natural gems on a regular basis. Now that the weather improves, why not explore? Pack a lunch and water; find a good walking stick and don't forget a good pair of walking shoes or sneakers.

If you don't go, you won't know, so get out of that chair and start moving. See you on the trail!

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.

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.

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!

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

MAY 2021

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am MFA Art in Bloom - Zoom 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	4 9:30am COA Board Meeting 1pm Cooking with Roberta - Zoom 4:30pm S&S - Zoom	5 10am LL Music - Zoom 1pm Ukulele - Zoom	6 10am Senior Coffee & Chat, Via Zoom 4:30pm S&S - Zoom	7 10:15am Chair Yoga - Zoom
10 10:15am Mat Yoga - Zoom 11:30am Knitting - Zoom 4:30pm Stretch - Zoom	11 7:45am Meditation - Zoom 1pm Grab & Go at Caryl 4:30pm S&S - Zoom	12 10am LL Music - Zoom 1pm Ukulele - Zoom	13 1pm Blue Moon Bread at Caryl 1:30pm LL Painters of Modern Life - Zoom 4:30pm S&S - Zoom	14 10:15am Chair Yoga - Zoom
17 10am Puzzles & Book Grab, Caryl 108 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom Town Elections	18 9:30am Coffee with Rep. Garlick via Zoom 4:30pm S&S - Zoom	19 10am Travel with Joy - Tucson 1pm Ukulele - Zoom	20 10am Senior Coffee & Chat, Via Zoom 1pm Blue Moon Bread at Caryl 1:30pm LL Painters of Modern Life - Zoom 4:30pm S&S - Zoom	21 10:15am Chair Yoga - Zoom
24 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	25 7:45am Meditation - Zoom 1pm Grab & Go at Caryl 4:30pm S&S - Zoom	26 1pm Ukulele - Zoom	27 1:30pm LL Painters of Modern Life - Zoom 2pm Tea with Friends, Behind Caryl 4:30pm S&S - Zoom	28 10:15am Chair Yoga - Zoom
31 MEMORIAL DAY No classes		<p style="text-align: center;">SATURDAY CLASSES</p> <p style="text-align: center;">Zumba Gold on Saturdays, 10:45-11:30am via Zoom</p> <hr/> <p>REMINDERS:</p> <p>Town Meeting: Saturday, May 1 at 10:00am</p> <p>Special Town Meeting: Saturday, June 12 at 10:00am At Nora Searle Field, Dover Sherborn Regional Schools</p>		

JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30am COA Board Meeting 4:30pm S&S - Zoom	2	3 10am Senior Coffee & Chat, Behind Caryl 1pm Blue Moon Bread at Caryl 4:30pm S&S - Zoom	4 10:15am Chair Yoga - Zoom
7 10:15am Mat Yoga - Zoom 11:30am Knitting - Zoom 4:30pm Stretch - Zoom	8 7:45am Meditation - Zoom 4:30pm S&S - Zoom	9	10 4:30pm S&S - Zoom	11 10:15am Chair Yoga - Zoom
14 10:15am Mat Yoga - Zoom 1pm Cooking with Roberta - Zoom 4:30pm Stretch - Zoom	15 1pm Grab & Go at Caryl 4:30pm S&S - Zoom	16 10am Travel with Joy - Wales	17 1pm Blue Moon Bread at Caryl 4:30pm S&S - Zoom	18 10:15am Chair Yoga - Zoom
21 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	22 7:45am Meditation - Zoom 4:30pm S&S - Zoom	23	24 10am Senior Coffee & Chat, Behind Caryl 4:30pm S&S - Zoom	25 10:15am Chair Yoga - Zoom
28 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	29 4:30pm S&S - Zoom	30		

CALENDAR

TRAVEL AND EXPLORE

Enjoy a virtual trip to the MFA in May and mark your calendars for travelling safely together starting in summer with Fox Tours. Cruise away a summer day on Lake Winnipesaukee, spend a day at Martha's Vineyard, or climb aboard the Turkey Train for lunch and views of the fall foliage.

MFA ART IN BLOOM

VIRTUAL TOUR

Monday, May 3 at 10:00am

Cost: \$10.00

Sponsored by Friends of Dover COA

Join the Museum of Fine Arts for a live, interactive one-hour presentation full of fun facts about art and flowers. The tour will focus on Women Artists, from Cassatt to contemporary, in the MFA's collection. Presented by a team of art and floral guides, each tour features 9 works

from the MFA collection with a floral design inspired by the art. These delightful sessions bring the Art in Bloom you know and love right to you.



FOX TOUR TRIPS WITH DOVER AND WESTWOOD COAS

For Reservations, please contact Westwood COA at 781.329.8799. A \$15 non-refundable deposit per trip is required within 10 days of signing up. Fox Tours requires all guests to present a valid vaccine card to the driver to board the bus. Flyers with details for each trip are available at Dover COA. Call the office at 508.315.5734.

Tuesday, August 17

Lake Winnipesaukee Cruise

Enjoy a summer day and sail away for a narrated cruise on the M/S Mount Washington on this famous lake. Relax on deck for a scenic tour and views of the White Mountains. Trip includes a full course buffet luncheon, and a stop at Moulton Farm Market to shop for farm-fresh vegetables, cakes, pies, and more. Depart at 9:00am and arrive home at 6:30pm after a wonderful day in New Hampshire.

Tour cost is \$105/person.



Thursday, September 9

Martha's Vineyard

Travel to Cape Cod and board the Island Queen ferry in Falmouth to cross Nantucket Sound and enjoy a day away at Martha's Vineyard. Upon arrival, take a narrated bus tour and see Oak Bluffs, famous for its brightly painted

Victorian gingerbread cottages, and travel to Edgartown. Enjoy Edgartown sights, restaurants, and shops in this quaint and interesting village. After a day of adventure, return to Oak Bluffs for a ferry trip to Falmouth and enjoy a delicious dinner at Bertucci's before returning home. Depart at 8:00am and return home at 7:00pm after a delightful trip to Martha's Vineyard.

Tour cost is \$125/person.

Thursday, October 7

New Hampshire Turkey Train

Travel north to New Hampshire and enjoy the changing colors of sugar maples signaling nature's change of seasons. All aboard the Turkey Train! Travel in a scenic railroad dining car and enjoy a roasted turkey luncheon from Hart's Turkey Farm. Enjoy local sightseeing and foliage viewing. Depart at 8:30am and return home at 6:00pm after a beautiful day in The Granite State.

Tour cost is \$105/person.

Questions on any of these trips? Call the COA at 508.315.5734 or email coa@doverma.gov. Flyers available at Dover COA office.

BE FIT AND AGE WELL

COA Fitness Classes are offered in a Virtual format via Zoom. To access classes with Zoom, please email the COA at coa@doverma.gov 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.gov 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, 4:30-5:20pm via Zoom

Thursdays, 4:30-5:20pm via Zoom

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.

MINDFUL MEDITATION & STRETCH

Tuesdays at 7:45am via Zoom - **NEW TIME!!**

May 11 & 25; June 8 & 22

Instructor: Laura Villalobos

Classes are now offered twice a month and moved to morning hours. Join us to start your day in a positive way. Gentle stretching paired with mindful meditation may increase flexibility, improve balance and focus, reduce stress, and increase energy flow.

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 a local walking group 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.



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psagancpa@gmail.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.

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

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Timothy Daniels House

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(508)429-4566

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137 Nichols St, Norwood, MA
(781)762-0858



For more information

www.rehabassociates.com

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EXTRA! EXTRA!

CHICKERING GROWS

Spring is around the corner. Such a welcome change and time for the Chickering GROWS spring project. Chickering GROWS is a PTO-sponsored community initiative that encourages students, teachers, and seniors to learn about gardening while connecting with the Chickering community. This Spring, we will be growing an edible garden from seed to harvest, featuring tomato & basil SEED-BALLS! The kit includes a package of color-coded seed-balls, soil coir, a small pot, and plant labels. You will need access to a large pot, raised bed, or garden space to transplant the plants once they are ready to move outside. Together, we will learn the basics of planting, transplanting, and harvesting, as well as learn about seed-balls and companion planting! We connect through our website, an interactive web tool called Padlet, and GROWS newsletters.

Please visit the Chickering GROWS webpage for more information: www.doverpto.org/chickering-grows. Please contact Annemarie Thompson at coa@doverma.gov for more information. We can't wait to GROW with you!

NAVIGATING TOWN WEBSITE

Are you trying to stay up to date on the Community Center project? Did you find the architect's design plans to review for the renovated and new buildings? Can you find the agenda and access the COA Board or Board of Selectmen's meetings to watch on Zoom live? Yes, technology can be confusing, but you can do it and the COA can help! Staff and volunteers can guide you through the website to find meetings and forms and more. Reach out to the COA office at 508.315.5734 or email coa@doverma.gov if you would like a personal support session.



WINGATE RESIDENCES
AT NEEDHAM

Assisted Living | Memory Care

ONE
WINGATE WAY

Independent Living

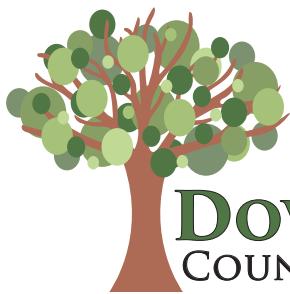
Enjoy a safe, comfortable spring at Wingate! Here, we are committed to bringing you the independence of home, without the responsibility of maintenance — all while keeping your safety at the forefront.

Luxury Apartments | Complimentary Town Car and Chauffeur | Restaurant-Style Dining | Cultural, Educational and Social Events | State-of-the-Art Fitness Center
Outdoor Gardens & Lounging Patio | Heated Saltwater Pool

Contact us to learn more:

Wingate Residences at Needham
781.394.9209
WingateHealthcare.com

One Wingate Way
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DOVER COA

COUNCIL ON AGING

COA OFFICE

Caryl Community Center, Room 116
4 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

May 4 at 9:30am
June 1 at 9:30am
Meetings held via Zoom video conference

Website: www.doverma.gov

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
has combined our Facebook
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