



DOVER COA COUNCIL ON AGING

News

508.315.5734

JULY - AUGUST 2021

HIGHLIGHTS

COA LUNCHEONS

Tuesday, July 13
Tuesday, August 10

LET'S PAINT!

Thursdays, July 15, 22, 29

SUMMER UKULELE

Wednesdays, July 7, 14, 21, 28

COOKING AT POWISSET FARM

Be a Wok Star - July 14
Tomatoes - August 11

UP IN SMOKE BBQ

Wed, Sept 1 - Save the Date!

SPECIAL THANKS

Beth Israel Deaconess Hospital-Needham
Blue Moon Bagel Cafe
BJ's Wholesale Club
Dover Fire Department
Friends of Dover COA
Ivana's Art Loft
Powisset Farm
Trustees of Reservation

SUMMER CONCERTS ON THE COMMON

Tuesdays at 6:30pm
July 13, 20, 27, August 3

LETTER FROM THE DIRECTOR

Welcome Back! All Town Buildings are now open to the public. After 15 months of Dover COA programs held virtually and outside Caryl Community Center, we are pleased to invite you back inside Caryl to participate in programs and connect with friends. We have missed seeing you in person and look forward to catching up at events and chatting with you at the COA office.

Dover COA is transitioning programs back to Caryl and other Town locations as noted inside this newsletter. Join us and connect with friends at COA luncheons, Tea with Friends, and Senior Coffee, all returning to meet inside Caryl. Summer sessions of Fun with Ukulele will meet in person at Caryl in July, Page Turners Book Club returns to meet outside at the Library, and Cooking at Powisset Farm returns to share hands-on cooking skills and a delicious lunch. Local artist Ivana Luttazi offers classes at her Art Loft with all levels of creativity welcome. There are a lot of programs to choose from! Those gathering in person who have not been fully vaccinated are encouraged to continue social distancing and wearing face masks. There may be individuals who wish to continue wearing face masks for various reasons, and we ask that their personal choices be respected.

Not ready to gather in person yet? The COA offers virtual and outside programs. Fitness programs, Coffee & Chat, and Cooking with Chef Roberta Hing will continue to be offered as virtual programs on Zoom. Blue Moon bagels/bread will be available behind Caryl Community Center for curbside pick up and partnered with fresh produce from Powisset Farm at the COA Farm Stand. Thank you to Beth Israel Deaconess Hospital-Needham for a generous grant to fund healthy food for Dover seniors.

Ready to get away after these many months at home? Join us on one or more of our Fox Tour trips for a Lake Winnepesaukee Cruise, a day exploring Martha's Vineyard, or a ride on the New Hampshire Turkey Train to view the fall foliage. Details are on page 8.

After these many months apart, it is exciting to gather and connect again! We can't wait to see you and your smile at Dover COA. Happy Summer and Welcome Back!

Janet Claypoole

EVENTS AT CARYL

COA SUMMER LUNCHEONS

Tuesday, July 13 at 12 Noon;

Tuesday, August 10 at 12 Noon

Caryl Community Center, Room 108; Cost \$3.00

Join us INSIDE Caryl to gather with friends for lunch and catch up in a cool setting. RSVP by July 7 for July lunch and August 4 for August lunch. RSVP to coa@doverma.gov or call 508-315-5734.

TEA WITH FRIENDS

Thursday, July 22 at 12 Noon

Thursday, August 26 at 12 Noon

Caryl Community Center, Room 108

Gather with friends to connect and celebrate Summer!

Light lunch and iced tea will be provided. RSVP by July 16 and August 20.

SENIOR COFFEE

Friday, July 30 at 8:30am

Friday, August 27 at 8:30am

Caryl Community Center, Room 108

Join us for coffee and conversation...and donuts!

BLUE MOON BAGELS & BREADS

Thursday, July 1, 15, 29

Thursday, August 12, 19

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.

POWISSET FARM FRESH PRODUCE

Thursdays, July 15, 29

Thursdays, August 12, 19

Pick up at 1:00-2:00pm

The garden is growing and the farm stand with fresh vegetables returns to the COA! Try our drive up service behind Caryl Community Center to select fresh produce funded by a generous grant from Beth Israel Deaconess Hospital-Needham. Enter from Whiting Road to the back parking lot for Curbside pickup. Please STOP at the farm stand and put your car in PARK while staff and volunteers assist you. Home delivery is available.

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



“UP IN SMOKE BBQ” IS BACK!

Wednesday, September 1; 4:00-7:00pm

Behind Caryl Community Center

The Friends of the Dover COA invite all Dover residents to join us outdoors at the Caryl Community Center for our Up in Smoke BBQ on September 1 from 4:00 pm to 7:00 pm. The cost is \$5.00 per person pre-registration or \$10.00 day of the event and children under 10 eat free! For reservations, please contact the COA office at the Caryl Community Center. RSVP by August 26 to coa@doverma.gov or call 508-315-5734.

COA LIBRARY IS OPEN

Stop by and pick up a book or jigsaw puzzle to enjoy at home or on vacation.

Knitting and Mah Jongg will return in the fall!

	
MARY ANN MORSE AT HERITAGE <i>Independent & Assisted Living, Memory Care, Mental Health Care, Adult Social Day Program</i> 747 Water Street, Framingham, MA 01701 508-665-5300	MARY ANN MORSE HEALTHCARE CENTER <i>Short-Term Rehabilitation, Memory & Long-Term Care</i> 45 Union Street, Natick, MA 01760 508-433-4400

CREATE AND CONNECT

LET'S PAINT!

Thursdays, July 15, 22, 29; 10:00-11:30am

Ivana Luttazi, Instructor; Cost: \$15

Students will create small canvas paintings with acrylics. All levels of creativity are welcome! All supplies included. Sponsored by Friends of Dover COA. Classes meet at Ivana's Art Loft.

FUN WITH UKULELE SUMMER SESSION

Wednesdays, July 7, 14, 21, 28 at 10:00am

Caryl Community Center, Room 108

Join us for a FREE summer session playing ukulele in person! Play and sing easy songs together. Trudy, Christa, and Carmen will email a playlist before each class. Sign up and bring your tuned ukulele to this fun summer program.

COOKING AT POWISSET FARM (In Person)

The COA is back at beautiful Powisset Farm! Space limited to 4 Dover seniors per class. Cost is \$20 per class which includes lunch. Note: No take home food will be allowed. Sponsored by Friends of Dover COA.

Wednesday, July 14 at 11:00am - Be a Wok Star!

Mastering fabulous stir-frys and wok cooking require a true combination of art and science. In this hands-on cooking class, Chef Thi will share preparation and cooking techniques to become a wok star in your own kitchen.

Wednesday, August 11 at 11:00am - Tomatoes!

Is your garden overflowing with tomatoes or do you just love eating them? Join Chef Thi for a class that is all tomatoes, all the time. Learn new ways to prepare simple, tasty dishes using fresh tomatoes from Powisset's farm.

PAGE TURNERS BOOK CLUB

Tuesday, July 13 at 2:00pm

Tuesday, August 10 at 2:00pm

Outside at Dover Town Library

Read and discuss fiction and nonfiction books with friends led by Dover Librarian Liz Fogarty at this monthly gathering. For info on book selections, contact Liz at the Town Library at 508-785-8113 or efogarty@minlib.net.

COFFEE AND CHAT via Zoom

Thursday, July 8 at 10:00am

Thursday, August 12 at 10:00am

Not ready to gather inside yet? Connect with Nan via Zoom for updates on COA services and enjoy chatting with friends about anything you want to share! Reach out to COA if you need support with Zoom. Email coa@doverma.gov or call 508.315.5734 to sign up.

COOKING WITH ROBERTA via Zoom

Learn new recipes from Chef Roberta Hing from her kitchen to yours. To sign up, email coa@doverma.gov for recipes and Zoom meeting info. Thank you to Friends of Dover COA for sponsoring these classes.

Monday, July 26 at 1:00pm

Summer Salads with an Asian Twist

These refreshing salads will keep you cool with very little time over a hot stove. We start with a Kale Slaw with Peanut Ginger Dressing. Next we will make a refreshing Thai Chicken Salad and an Asian Broccoli Salad. Finish this delicious menu with a bit of decadence--Chocolate Orange Chip Ice Cream.

Thursday, August 19 at 1:00pm

Roman Holiday Cooking Class

This menu is the perfect pairing with the classic movie. Our meal will begin with Mushroom and Gorgonzola Crostini; an appetizer that could also serve as a light lunch. For our secondo piatto, we will make Chicken Piccata--tender chicken with a lemon caper sauce. And our meal ends with a dolce--Ricotta Orange Pound Cake with Strawberries.

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



COMMUNITY UPDATES

PLANNING BOARD SURVEY

The Dover Planning Board is in the process of creating a Housing Production Plan (HPP), pursuant to Massachusetts General Laws Ch. 40B. The HPP process enables the Town to study local housing needs, market conditions, environmental constraints, and issues of affordability. This study informs policies and strategies to produce affordable and market rate housing that are locally desired. When a community approves an HPP and meets housing targets, the HPP is considered "Certified" by the Department of Housing and Community Development (DHCD), which allows the local Zoning Board of Appeals the ability to deny "unfriendly" 40B projects. This survey is being conducted by the Planning Board to better understand local housing needs.

Please contact the Planning Board at 508.785.0032 x 240 or email cstarling@doverma.gov to request a survey.

DOVER POLICE HOST BLOOD DRIVE

Monday, July 12 at 8:00am-2:30pm

Police Dept, 3 Walpole St

The Dover Police Department is pleased to host the Dana-Farber/Brigham and Women's Blood Mobile for the annual Kraft Family Blood Donor Center Blood Drive. Appointments are recommended and walk-ins taken as time allows. All blood collected benefits patients at Dana-Farber Cancer Institute and Brigham and Women's Hospital. Schedule an appointment time at <http://tinyurl.com/DoverPJ2I> Email blooddonors@partners.org for eligibility questions. A Photo ID is required for all donors. Drink extra water and eat before donating.

FURNITURE DONATION TRAILER AT DOVER TRANSFER STATION

The Dover Recycling Committee, in partnership with New Life Furniture Bank of Walpole, a non-profit organization, will be on-site on Saturday, July 17 and August 21 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. Dover residents are asked to volunteer at the Transfer Station to facilitate the drop-offs.

AGING AND MEMORY LOSS EDUCATION

Road Map to Prevention

Tuesday, July 20 at 11:00am-12:00pm

Are you or a loved one concerned about memory loss or dementia? Has someone you know recently been diagnosed with dementia? Do you know that you can participate in a clinical research trial? Learn more from Brigham Women's Hospital experts and have questions answered at this free webinar. RSVP to coadirector@sherbornma.org or call 508.651.7858..

THROUGH THE GARDEN DOOR

ACANTHOPANAX "VARIEGATED FIVE-LEAF ARALIA"

This is one of the finest and most durable of all variegated plants. Forms an upright arching habit with leaves that are boldly splashed with white and cream variegation. Small white flowers in June. They grow in full sun and



dark shade and will grow in nearly all soils. A perfect, deer resistant choice for that spot where everything else dies. Note: All photos are of shrubs currently growing in my yard.

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

SUPPORT AND ASSISTANCE

OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker



Sunshine + Heat = ?

At long last, summer is almost here. With the pandemic loosening its grip on our town, it's time to get out, garden, walk, go to the beach, and have barbecues with friends and family. We have a long "to do" list now that we can be out and about. This June, we have already reached temperatures of the high 90's with surely more to come. Our ozone layer is thinning so our natural protection from the sun is not what it was years ago.

Here are some ideas to help you maintain your active life while being "sun smart."

Exercise:

- Try to keep your outside walking, biking and other similar activities to morning hours before the world warms up.
- Find exercise programs that are in air conditioning. Gyms, the YMCA, sports clubs are examples of facilities with AC
- Always have water with you....Always!
- Be alert to how you are feeling. Overheating develops slowly: dizziness, heavy sweating, nausea, muscle cramps and headaches may be the beginning of heat exhaustion.

Medications:

- Check to see if medications you are on currently cause "sun sensitivity". There are antibiotics and antidepressants, to name a few, that can cause this.
- Check with your doctor or pharmacist to see if you are at risk.

Keeping your living area cool:

- The CDC recommends that your "inside" temperature reach no higher than 85 degrees. Try to have at least one air conditioner to provide one "cooling center" in the home.
- Keep your shades and blinds down, especially during the heat of the day.
- Cook early, reheat later.
- If you feel yourself heating up, take a cool shower or tub to reduce body temperature.
- Stay hydrated.

Skin protection:

- The NIH recommends using a sun block lotion of 15% that blocks both UVA and UVB rays. If you have lighter skin, use 30%-50%. The lotion must be applied every two hours to be effective.

- Some lotions are water resistant for use while swimming. Don't forget to apply to your scalp, (gentlemen), tops of feet, back of neck and ears.
- Always wear a hat!
- There are many brands of sun-reflective clothing. These are available in local stores and online.
- Have a yearly "skin check" with a dermatologist!

We all want to experience the joys of summer, especially after a 16 month pandemic. We are almost free from masks, social distancing, and many destinations being closed to us. Now it is up to us to "stay safe" in a different way. Enjoy the sun and warm weather carefully...stay Sun Safe!

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. Contact the COA at coa@doverma.gov for an 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 at 508-315-5734 for a consultation.

MONEY MANAGEMENT SERVICES

BayPath Elder Services offers a Money Management program to assist people ages 60 and over as well as persons with disabilities who have difficulty managing their day-to-day finances. Clients benefit from free assistance with bill-paying, budgeting, reading mail, advocating with service providers and more. With the support of BayPath's Money Management volunteers, elders receive the targeted help they need for improved stability and prolonged independence. Certain income and asset guidelines may apply. Volunteers are background checked, trained, and supervised by BayPath staff. To learn more, call Sue Burns at BayPath Elder Services at 508.573.7241.

JULY 2021

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 1pm Blue Moon Bread, at Caryl 4:30pm S&S - Zoom	2 NO Yoga
5 HOLIDAY (Town is closed in observance of Holiday)	6 7:45am Meditation - Zoom 4:30pm S&S - Zoom	7 10am Ukulele, Caryl 108	8 10am Senior Coffee & Chat, Zoom 4:30pm S&S - Zoom	9 10:15am Chair Yoga - Zoom
12 8am Blood Drive at Police Dept. 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	13 12pm COA Summer Lunch, Caryl 108 2pm Page Turners Book Club, Outside Town Library 4:30pm S&S - Zoom	14 10am Ukulele - Caryl 108 11am Cooking at Powisset - Wok Star	15 10am Let's Paint - Ivana's Art Loft 1pm Blue Moon Bread at Caryl 1pm Powisset Farm Produce at Caryl 4:30pm S&S - Zoom	16 10:15am Chair Yoga - Zoom
19 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	20 7:45am Meditation - Zoom 11am Aging & Memory Loss Webinar 4:30pm S&S - Zoom	21 10am Ukulele - Caryl 108	22 10am Let's Paint - Ivana's Art Loft 12pm Tea with Friends, Caryl 108 4:30pm S&S - Zoom	23 10:15am Chair Yoga - Zoom
26 10:15am Mat Yoga - Zoom 1pm Cooking with Roberta, Zoom 4:30pm Stretch - Zoom	27 4:30pm S&S - Zoom	28 10am Ukulele - Caryl 108	29 10am Let's Paint - Ivana's Art Loft 1pm Blue Moon Bread at Caryl 1pm Powisset Farm Produce at Caryl 4:30pm S&S - Zoom	30 8:30 am Senior Coffee, Caryl 108 10:15am Chair Yoga - Zoom

AUGUST 2021

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	3 4:30pm S&S - Zoom	4	5 4:30pm S&S - Zoom	6 10:15am Chair Yoga - Zoom
9 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	10 7:45am Meditation - Zoom 12pm COA Summer Lunch, Caryl 108 2pm Page Turners Book Club, Outside Town Library 4:30pm S&S - Zoom	11 I am Cooking at Powisset - Tomatoes	12 10am Senior Coffee & Chat, Zoom 1pm Blue Moon Bread at Caryl 1pm Powisset Farm Produce at Caryl 4:30pm S&S - Zoom	13 10:15am Chair Yoga - Zoom
16 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	17 4:30pm S&S - Zoom Lake Winnepesaukee Cruise	18	19 1pm Blue Moon Bread at Caryl 1pm Powisset Farm Produce at Caryl 1pm Cooking with Roberta, Zoom 4:30pm S&S - Zoom	20 10:15am Chair Yoga - Zoom
23 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	24 7:45am Meditation - Zoom 4:30pm S&S - Zoom	25	26 12pm Tea with Friends, Caryl 108 4:30pm S&S - Zoom	27 8:30 am Senior Coffee, Caryl 108 10:15am Chair Yoga - Zoom
30 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	31 4:30pm S&S - Zoom	SATURDAY CLASSES Zumba Gold on Saturdays, 10:45-11:30am via Zoom PICKLEBALL THIS SUMMER Call the COA at 508.315.5734 for more information		

TRAVEL AND EXPLORE

Cruise away a summer day on Lake Winnepesaukee, ride the ferry to spend a day at Martha's Vineyard exploring, or climb aboard the Turkey Train for lunch and views of the fall foliage.



FOX TOUR TRIPS WITH DOVER AND WESTWOOD COAS

For Reservations, please contact Westwood COA at 781.329.8799. Seats are filling up quickly; so call soon to reserve your spot. 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 or email coa@doverma.gov for a flyer or with questions.

Tuesday, August 17 - Lake Winnepesaukee 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.

WHERE DO YOU WANT TO TRAVEL?

As travel restrictions have lifted, the COA is planning lunch and day trips and we want to hear from you! Please email coa@doverma.gov with suggestions for COA future trips from your favorite lunch spot or historical place to explore, to museums, art galleries, performance halls or gardens. Thank you for sharing your ideas of where we should explore next.



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 will continue to be offered in a Virtual format via Zoom as in person classes can be very warm at Caryl Community Center with no air conditioning and summer heat. As classes transition from Zoom to outside or back inside Caryl, instructors and the COA will email students. To access classes with Zoom, please email the COA at coa@doverma.gov for the meeting link or call 508-315-5734. Zoom Class Fees are \$3.00 per session. Keep Moving!

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

July 6 & 20; August 10 & 24

Instructor: Laura Villalobos

Join Laura 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!

PICKLEBALL UPDATE

The COA is partnering with Parks & Recreation to bring the popular Pickleball back to the Caryl Community Center this summer. Please contact COA at coa@doverma.gov or 508.315.5734 for more information.

Keep moving and stay healthy!



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Anna Bohlin

anna.bohlin@compass.com
603.475.1115

Martha Bohlin

martha.bohlin@compass.com
508.944.4580

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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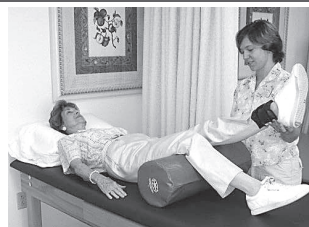
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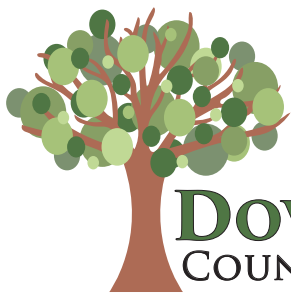
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OneWingateWay.com

235 Gould Street, Needham, MA 02494



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

No July/August meetings scheduled

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
page with the Town of Dover
Facebook. Follow us on Town of
Dover FB and Like our photos!**



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