

DOVER COA COUNCIL ON AGING

News

508.315.5734

SEPTEMBER - OCTOBER 2021

HIGHLIGHTS

UP IN SMOKE BBQ

Wed, Sept 1

MAH JONGG

Returns Sept 16

LET'S PAINT!

Thursdays, Oct 7, 14, 21, 28

COOKING AT POWISSET FARM

Farm Fresh Pizza - Sept 15

Oodles of Noodles - Oct 20

LIFETIME LEARNING

Classes start in Sept. See page 8

SPECIAL THANKS

Beth Israel Deaconess Hospital-Needham

Blue Moon Bagel Cafe

Chickering Farms

Dover Fire Department

Friends of Dover COA

Ivana's Art Loft

Powisset Farm

Trustees of Reservation

DOVER DAYS FAIR

Saturday, Sept. 11

Town Common

LETTER FROM THE DIRECTOR

Fall is on its way and with it the shift to a new season of programs. Dover COA staff are working hard to increase the variety of smaller programs meeting safely inside Caryl, stay connected with virtual and outside events, and shift from in person luncheons back to a grab and go format to keep us all healthy. The COA Team's focus is on providing social and stimulating programs as well as supportive services in a safe setting.

Many COA programs are funded by Friends of Dover COA and this support is greatly appreciated. Come celebrate the end of summer at the Friends' annual Up in Smoke BBQ at Caryl Community Center! It's a fun event open to the entire community. This fall, Friends are also sponsoring Let's Paint classes, Cooking at Powisset Farm, and the ever popular Lifetime Learning educational series featuring music, literature, and art history. Enjoy Fun with Ukulele weekly classes with instructor Daniel Metraux, discuss literary works by authors Philip Roth and Elizabeth Strout with Wellesley College Senior Lecturer Lynne Viti, or explore a 150-year span of portraiture of Bostonians with American and European art historian Deborah Stein. Thank you to Friends of Dover COA for supporting COA programs!

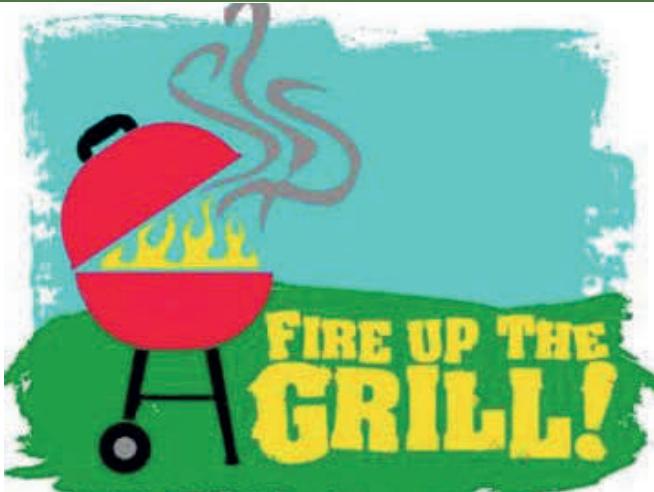
Fitness programs are now offered at five weekly classes (even on Saturdays!) in a virtual format and shifting some back to Caryl is in progress as the cooler weather arrives. Pickleball makes a comeback to the Caryl Gym this month with a new online registration/sign up for times managed by the Parks & Recreation Dept. Guided walks are being planned, with details to be shared soon.

There are seats still available on fall trips to Martha's Vineyard or to New Hampshire on the Turkey Train. Of course, you are welcome to travel to the Caryl Community Center to enjoy the harvest of fresh vegetables from Powisset Farm at the COA Farm Stand, funded by a healthy food grant from Beth Israel Deaconess Hospital-Needham. See Farm Stand dates on page 2.

It has been a pleasure to see smiling faces in person this summer! The COA office is open and staff is available for resources, support, family meetings, or home visits. Please reach out if you are in need. We are here for you. Continue to stay safe and healthy, and join us to celebrate the fall season together!

Janet Claypoole

EVENTS AT CARYL



“UP IN SMOKE BBQ” AT THE CARYL

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**. 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 at 508-315-5734.

GRAB & GO MEALS

Tuesdays, Sept 14 and Oct 12

Pick up from 1:00-2:00pm

Behind Caryl Community Center; Cost \$3.00

To keep everyone healthy, the COA is shifting back to curbside pick up of individually prepared meals from local caterers. Reserve a healthy meal to enjoy at home! Enter from Whiting Road to the parking lot for Curbside pickup. Please STOP at the booth while staff and volunteers assist you. Home delivery is available. RSVP to COA is required to reserve a meal.

TEA WITH FRIENDS

Thursday, September 23 at 12 Noon

Thursday, October 21 at 12 Noon

Caryl Community Center, Community Room

Gather with friends to connect and catch up! Light lunch provided. RSVP to COA by Sept 16 or October 14.

SENIOR COFFEE

Friday, September 24 at 8:30am

Friday, October 29 at 8:30am

Caryl Community Center, Room 108

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

BLUE MOON BAGELS & BREADS

Thursday, September 2, 16, 30

Thursday, October 14, 28

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

Donated bread, bagels and other 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, September 2, 16, 30

Thursdays, October 14, 28

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

Enjoy the harvest of fresh vegetables from Powisset Farm! Drive up service to select fresh produce is behind Caryl Community Center and funded by a generous grant from Beth Israel Deaconess Hospital-Needham. Enter from Whiting Road to the parking lot for Curbside pickup. Please STOP at the farm stand and put your car in PARK while staff and volunteers assist you. Contact COA to request home delivery if needed.

KNITTING TOGETHER

Monday, October 4 at 1:00pm

Caryl Community Center, Room 116

Knitting returns and will meet monthly (1st Monday of the month) in a new location. Bring your latest project and connect with friends. Beginners and experienced knitters are welcome. Yarn, needles/hooks, and patterns are available.

MAH JONGG

Thursdays at 1:00pm; Starts September 16

Caryl Community Center, Room 108

Mah Jongg returns for weekly gatherings at COA. Come play and/or learn this challenging and fun game played with tiles with symbols and pictures. All levels welcome.

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

CREATE AND CONNECT

LET'S PAINT!

Thursdays, October 7, 14, 21, 28;

10:00-11:30am

Ivana Luttazi, Instructor

Cost: \$20

Come to class and explore painting using tiny canvases to create quick works of art. We will use acrylic paint medium, paint brushes, and a pallet knife! From botanicals to landscapes, we will practice our skills. At the end, artwork will be displayed at the COA office at Caryl Community Center. All levels of creativity are welcome! All supplies included. Sponsored by Friends of Dover COA. Classes meet at Ivana's Art Loft.



COOKING AT POWISSET FARM (In Person)

The COA is partnering with Westwood COA to offer small cooking classes at the 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, Sept. 15 at 11:00am - Farm Fresh Pizza



Chef Thi demonstrates the process of making pizza from start to finish, including making her dough to cooking

it perfectly using the outdoor oven. Make dough, sauce, and prepare vegetables fresh from Powisset Farm to be incorporated as toppings. At the end of the class, participants will gather together to enjoy the pizza they created.

Wednesday, Oct. 20 at 11:00am - Oodles of Noodles

Who doesn't love noodles, particularly the many varieties from Asia? Hot, cold, as a base for more ingredients, or with a simple pungent sauce, Asian noodles are delicious and satisfying. In this class, you'll make cold udon noodle salad, stir-fried lo mein, and vermicelli bowls. After preparing these recipes, participants will enjoy the food they created.



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

PAGE TURNERS BOOK CLUB

Tuesday, September 14 at 2:00pm

Tuesday, October 12 at 2:00pm

at Dover Town Library

Read and discuss fiction and nonfiction books with friends led by Dover Librarian Liz Fogarty at this monthly gathering. September's book selection is *The African Queen* by C.S. Forester. For info on book selections and availability, contact Liz at the Library at 508-785-8113 or efogarty@minlib.net.

COFFEE AND CHAT via Zoom

Thursday, Sept 9 at 10:00am

Thursday, October 7 at 10:00am

Connect with Nan via Zoom for updates on COA services and chat with friends. Reach out to COA if you need support with Zoom. Email coa@doverma.gov or call 508.315.5734 to sign up.

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 available at Dover COA; call the COA at 508.315.5734 for more information.

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 and enjoy Edgartown restaurants and shops. After a day away, travel by ferry to Falmouth and enjoy a delicious dinner before returning home. Depart at 8:00am and return home at 7:00pm after a delightful day 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.

COMMUNITY UPDATES

DOVER DAYS FAIR

Saturday, Sept 11; 10:00am-3:00pm

on Dover Town Common

This annual Dover tradition is BACK for 2021 and will kick off the fall season with our wonderful community again! Meet the owners of many local businesses and members of various Town organizations and several state representatives. Cheer on participants in Dover Dash 5K and Fun Run. Bring the whole family along and enjoy food, games and fun all together--the Dover Days Fair is enjoyable for all ages! Rain date is Sunday, Sept 12 from 12:00-5:00pm.

DOVER TOWN LIBRARY PROGRAMS

Tuesday, Sept 14 at 6:30pm

Cooking with Your Instant Pot

Join online for this fun and informative cooking class where chef Liz Barbour will be demonstrating some best uses for the Instant Pot. Attendees must register prior to the class. See Library website at www.dovertownlibrary.org to register.

Thursday, Oct 7 at 6:30pm

Evaluating News & Information

Mass Media Literacy's Nolan Higdon, a Cal State-East Bay Professor and critical media literacy scholar, will build on the foundations of critical media literacy with a specific focus on evaluating and making sense of news. Nolan will share a series of practical and easily applicable strategies for a more thorough understanding of the news media. This event will be presented online, via Zoom, with a livestream presented in the Library Community Room. Register for this event at www.dovertownlibrary.org.

HOUSEHOLD HAZARDOUS WASTE DAY

Dover collaborates with nine other local communities to facilitate the safe and sustainable disposal of Household Hazardous Waste (HHW). Each town has certain days designated when residents can bring in household hazardous waste items for disposal. The 2021 Hazardous Waste Day is November 13th from 9 am - 1 pm at the Medfield Town Garage. Dover residents must get an authorization slip in advance from the Dover Town Garage (2 Dedham Street), Monday through Friday between 1 pm and 4 pm, to gain access to a particular town's facility for disposal of their household hazardous waste. For more information see the Transfer Station page at www.doverma.gov.

THROUGH THE GARDEN DOOR

FOTHERGILLA MAJOR

This shrub likes sun and can grow to ten feet with a spread of four feet. In early May the white bottle-brush blooms appear with a honey-like fragrance. Flowers typically last for 2 to 3 weeks and then are replaced with a blue-green foliage.



During November, the frost-tolerant foliage takes on golden-yellows, bright oranges or intense reds, or combinations of all.



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

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

Revisiting an Old Friend

When this writer had her forty-fourth birthday, many years ago, she received a surprise gift that she had not counted on. Amidst the cards and gifts in the mail there was an envelope saying "Welcome to AARP." What a shock and unwanted surprise. We all received these invitations in our earlier years and most of us ignored them -- "just not old enough yet." Finally, many years later, this writer became a member, received her monthly magazine and of course, a free AARP tote bag. Such joy! However, the magazine was thrown in the mail pile and never really explored. In fact, the membership was not really taken advantage of, until now.

This is not an advertisement for AARP. It is a statement of excellent discounts, information and good representation for seniors, young and old. Everyone looks for ways to cut costs wherever we can. AARP offers dining, pharmacy, and travel discounts and is connected to some of the most popular companies. In addition there are discounted policies for auto, dental and medical policies. Like anything else, one needs to compare these discounts to see if they are for you.

Food costs and food security are real issues. AARP's "Silver Cuisine Program" is an option for those who don't cook or are avoiding grocery shopping for any reason but want a healthy and tasty meal. This service is shipped to your door and is reasonably priced. These meals are developed under medical supervision, and can be made to fit your health and dietary needs. Some seniors in our area currently use Heart to Home, a private company, for meal delivery.

AARP offers an online Hearing Center to test your hearing, provide the 2021 recommendations for hearing aides and discounts. There are also vision health benefits that can help reduce the cost of exams, lenses and glasses.

For the drivers who want a little extra, AARP has special insurance programs that offer discounts depending on your average weekly mileage. In addition, AARP has held in-person courses and will start to offer them locally again as the pandemic slows down. Courses can also be taken online. AARP offers auto buying discounts and decreased rates for rental cars as well.

AARP has been a huge lobbying force for seniors with the federal government. They tackle insurance costs, medical and social concerns, and are especially active in keeping Social Security going and trying to improve the regulations

that affect our social Security and Medicare benefits. The organization monitors scams nationally and locally, has professionally directed information for caregivers and even offers employment assistance if you are up to it!

There are indeed other agencies that provide benefits for seniors. The American Senior Association, AMAC or the Association of Mature American Citizens, and the National Alliance for Caregiving are comparable organizations. Don't forget National Council on Aging offers the Benefits Check-up site. The COA staff will be glad to help you explore these services. Again, no advertisement here, just opportunities, pertinent information and savings. The AARP has been a strong advocate for seniors since 1958. This writer is old enough now!

MEDICARE OPEN ENROLLMENT

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/



PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2022. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE (Serving Health

Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, contact Dover COA at coa@doverma.gov. Schedule soon as open enrollment starts October 15 and ends December 7.

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 by trained, supervised volunteers with bill-paying, budgeting, reading mail, advocating with service providers and more. Certain income and asset guidelines may apply. To learn more, call Sue Burns at BayPath Elder Services at 508.573.7241.

SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 4pm Up in Smoke BBQ	2 1pm Blue Moon Bread/ Farm Stand at Caryl 4:30pm S&S - Zoom	3 10:15am Chair Yoga - Zoom
6 HOLIDAY (Town Closed)	7 7:45am Meditation/ Stretch - Zoom 9:30am COA Board Mtg. 4:30pm S&S - Zoom	8 1pm Ukulele, Comm. Rm.	9 8:30am Pickleball - Gym 10am Senior Coffee & Chat, Zoom 4:30pm S&S - Zoom TRIP - Martha's Vineyard	10 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom
13 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm LL - Roth 4:30pm Stretch - Zoom	14 1pm Grab & Go 2pm Book Club - Library 4:30pm S&S - Zoom	15 11am Cooking at Powisset Farm 1pm Ukulele, Comm. Rm.	16 8:30am Pickleball - Gym 1pm Mah Jongg - Caryl 108 1pm Blue Moon Bread/ Farm Stand at Caryl 4:30pm S&S - Zoom	17 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom
20 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm LL - Roth 4:30pm Stretch - Zoom	21 7:45am Meditation/ Stretch - Zoom 4:30pm S&S - Zoom	22 1pm Ukulele, Comm. Rm.	23 8:30am Pickleball - Gym 12pm Tea with Friends, Comm. Rm. 1pm Mah Jongg - Caryl 108 4:30pm S&S - Zoom	24 8:30am Pickleball - Gym 8:30am Senior Coffee - Caryl 108 10:15am Chair Yoga - Zoom
27 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm LL - Roth 4:30pm Stretch - Zoom	28 4:30pm S&S - Zoom	29 1pm Ukulele, Comm. Rm.	30 8:30am Pickleball - Gym 1pm Mah Jongg - Caryl 108 1pm Blue Moon Bread/ Farm Stand at Caryl 4:30pm S&S - Zoom	

SATURDAY CLASSES

Zumba Gold on Saturdays, 10:45-11:30am via Zoom

OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom
4 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1pm Knitting - 116 1:30pm LL - Roth 4:30pm Stretch - Zoom	5 7:45am Meditation/Stretch - Zoom 9:30am COA Board Mtg 4:30pm S&S - Zoom	6 1pm Ukulele, Comm. Rm.	7 8:30am Pickleball - Gym 10am Let's Paint 10am Coffee Chat - Zoom 1pm Mah Jongg - Caryl 108 4:30pm S&S - Zoom TRIP - NH Turkey Train	8 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom
11 HOLIDAY (Town is Closed)	12 1pm Grab & Go 2pm Book Club - Library 4:30pm S&S - Zoom	13 1pm Ukulele, Comm. Rm.	14 8:30am Pickleball - Gym 10am Let's Paint 1pm Blue Moon Bread/Farm Stand at Caryl 1pm Mah Jongg - Caryl 108 4:30pm S&S - Zoom	15 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom
18 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm LL - Roth 4:30pm Stretch - Zoom	19 7:45am Meditation/Stretch - Zoom 4:30pm S&S - Zoom	20 11am Cooking at Powisset Farm 1pm Ukulele, Comm. Rm.	21 8:30am Pickleball - Gym 10am Let's Paint 12pm Tea with Friends, Comm. Rm. 1pm Mah Jongg - Caryl 108 4:30pm S&S - Zoom	22 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom
25 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm LL - Strout 4:30pm Stretch - Zoom	26 4:30pm S&S - Zoom	27 1pm Ukulele, Comm. Rm.	28 8:30am Pickleball - Gym 10am Let's Paint 1pm Blue Moon Bread/Farm Stand at Caryl 1pm Mah Jongg - Library 1:30pm LL - Portraiture 4:30pm S&S - Zoom	29 8:30am Pickleball - Gym 8:30am Sr. Coffee - Caryl 108 10:15am Chair Yoga - Zoom

CALENDAR

LIFETIME LEARNING

Sponsored by Friends of the Dover COA with support of Dover COA. Classes are offered in person. If gathering protocols change, classes will shift to Zoom format

FUN WITH UKULELE

Wednesdays, 1:00-2:00pm

September 8 - November 24; Cost \$60

Classes meet at Caryl Community Center, Room 111

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

ROTH'S AMERICAN PASTORAL

Mondays, 1:30-3:00pm

September 13, 20, 27; October 4, 18; Cost \$35.00

Classes meet at Caryl Community Center, Room 108

One of the most acclaimed and prolific authors of the past 50 years, Phillip Roth (1933-2018) drew on his own life experience and on American and universal themes: identity, the search for meaning in one's life, familial conflict, sex and love, loss, and the American striving for material success. He has been severely criticized for being a self-hating Jew, for his frankly erotic texts, and for misogyny in his portrayal of women in his novels. He also won accolades galore for his writing. His blend of the fictional and the autobiographical, his incisive satires of American society, and his deconstruction of longstanding American myths and values are evident in all his work. In this course, we will focus on the most well-known of Roth's Zuckerman novels, *American Pastoral* (1997), considered by many to be his masterwork. Roth was awarded over 50 literary prizes during his lifetime, and among these was the Pulitzer.

ELIZABETH STROUT, OLIVE KITTERIDGE AND LUCY BARTON

Mondays, 1:30-3:00pm

October 25, Nov 1, 8, 15, 22; Cost: \$35.00

Classes meet at Caryl Community Center, Room 108

American novelist Elizabeth Strout (1956-) is the author of eight books, the most well-known of which is *Olive Kitteridge*, which won a Pulitzer Prize. Marriage, sibling relationships, and the lives of people in a small Maine town provide the basis for the linked tales in *Olive Kitteridge*. Critics consider Strout a standout writer of literary fiction and a master of the interlocking short stories-as-novel form. Our other

focus text for this course will be Strout's 2016 compact novel *My Name is Lucy Barton*, longlisted for the prestigious Man Booker Prize that year. The novel has been described as "a simple, yet deep depiction of the fierce love and intense pain of a mother-daughter relationship." (Pw.org) In this class, we will focus on selected chapters from *Olive Kitteridge*, the full text of *My Name is Lucy Barton*, and one of the stories in *Olive, Again*.

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.

PORTRAITURE OF PROMINENT BOSTONIANS

Thursdays, October 28, November 4

At 1:30-3:00pm; Cost \$15.00

Classes meet at Caryl Community Center, Room 108

As we explore a 150-year span of portraiture, we will learn about leading Bostonians and portraitists who painted them. In the process, catch a glimpse of Boston as economic, intellectual, and political center of the colonies in the 18th and early 19th centuries, as a vibrant hub of the new American nation during the effervescent federal period, and as home to the splendid lifestyle of the Boston Brahmins in the Gilded Age.

Deborah H. Stein, PhD specializes in 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 has taught American art, Italian Renaissance art, and the undergraduate survey of art and architecture at Boston University. She has also been a lecturer at the Museum of Fine Arts, Boston since 2006.

HOW TO REGISTER

Download a form from Friends website at www.coafriends.org or email registration info to coa@doverma.gov. 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 currently offered in a Virtual format via Zoom, as we work to transition safely back to in person classes at Caryl Community Center. As classes move back to Caryl, instructors and the COA will email students. To access classes with Zoom, please email coa@doverma.gov for the meeting link. Zoom Class Fees are \$3.00 per session. Stay Healthy and 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

Sept 7 & 21; October 5 & 19

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 RETURNS

Cosponsored with Parks & Recreation Department

Starting Sept 9; Caryl Community Center Gym

Grab your friends to play this fun and popular game for a 45-minute session on Monday, Thursday, or Friday mornings starting at 8:30am. Equipment provided; bring water. Register for times at <https://doverrec.activityreg.com>. For assistance with registration for Pickleball, please contact Parks & Rec Dept at ndicicco@doverma.gov or 508.785.0476.



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in the next

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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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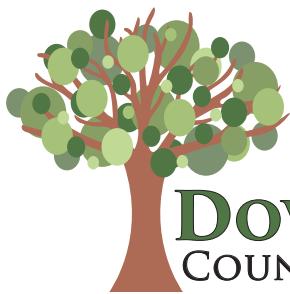
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DOVER COA

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

Tuesday, Sept 7 at 9:30am
Tuesday, Oct 5 at 9:30am

Website: www.doverma.gov

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