

DOVER COA COUNCIL ON AGING

News

508.315.5734

NOVEMBER - DECEMBER 2021

HIGHLIGHTS

THANKSGIVING GRAB & GO

Tuesday, November 16

POLICE HOLIDAY BRUNCH

Saturday, December 4

COOKING AT POWISSET FARM

Holiday Sides - November 9

Edible Gifts - December 11

LET'S PAINT!

Wednesdays, December 1, 8,

HOLIDAY COOKIE EXCHANGE

Tuesday, December 7

SAND FOR SENIORS

Call COA for delivery!

SPECIAL THANKS

Blue Moon Bagel Cafe

Chickering PTO

Dover Police Association

Dover Planning Board

Friends of Dover COA

Powisset Farm

The Dover Church

The Trustees

The Kingsbury Club, Medfield

LETTER FROM THE DIRECTOR

How quickly the Holidays are upon us, seasons of gratitude, joy, and hope, and I am feeling more hopeful than a year ago. This year, holiday plans may include travel and gatherings to celebrate and connect with friends and family. Dover COA has an assortment of activities to connect with this season from old favorites, such as the Holiday Cookie Exchange and Grab & Go meals, to new formats of a virtual COA Coffee featuring Town projects and programs.

At November's COA Coffee, the Planning Board invites seniors and residents to share their views on the future look and function of Dover's Village Center. Springdale Avenue will experience significant change with the renovation of Caryl Community Center and future redevelopment projects at nearby Springdale sites. Join us at this virtual event to learn more and provide input on your community.

Collaborating with community organizations is essential to providing COA programs. Gather with friends at Page Turners book club at the Town Library, monthly cooking classes at Powisset Farm, or curbside pick up of baked goods from Blue Moon Bagel Cafe and fresh vegetables from Powisset Farm. Seasonal programs include Let's Paint holiday cards with local artist Ivana Luttazi, Holiday Cookie exchange at The Dover Church, and the annual Holiday Brunch with the Dover Police Association. Come and celebrate with us!

Sign up for a winter grow kit of tulips from Chickering GROWS and learn about bulbs with the students. See page 8 of this issue for photos from the Chickering GROWS bulb planting day where seniors and students planted 3,000 tulips, daffodils and hyacinth bulbs. Spring will burst with color! To volunteer with the COA, please reach out to COA Program Coordinator Amee Tejani at atejani@doverma.gov.

The COA is thankful for the opportunity to serve you and grateful for the many volunteers who assist us in doing so. Please reach out to the COA if you need assistance.

Dover COA wishes you and your families a Happy Thanksgiving and a peaceful and joyous holiday.

Janet Claypoole



EVENTS AT CARYL



GRAB & GO MEALS

Thanksgiving Feast - Tuesday, November 16

Holiday at Home Meal - Tuesday December 14

Pick up from 1:00-2:00pm

Behind Caryl Community Center; Cost is \$3.00

Reserve a traditional Thanksgiving dinner or a Holiday meal to enjoy at home. Enter from Whiting Road to the parking lot for Curbside pickup and STOP at the booth 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. Please bring a Canned Good donation to share with the local Food Pantry.

BLUE MOON BAGELS & BREADS

Thursday, November 4, 18

Thursday, December 2, 16, 30

Pick up at 1:00-1:30pm

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, November 4, 18 - Last Month!

Pick up at 1:00-1:30pm

Enjoy the final harvest of fresh vegetables from Powisset Farm. Drive up service to select fresh produce is behind Caryl Community Center. Enter from Whiting Road to the parking lot for Curbside pickup at the farm stand. Contact COA to request home delivery if needed.

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

DOVER POLICE HOLIDAY BRUNCH

Saturday, December 4; 9:30am

Dover Police Association invites seniors to enjoy the annual holiday brunch. Location to be determined. Enjoy a delicious breakfast and connect with friends and the Town's finest to celebrate the holidays. RSVP by November 30 to coa@doverma.gov.

KNITTING TOGETHER

Monday, November 1 at 1:00pm

Monday, December 6 at 1:00pm

Caryl Community Center, Room 116

Knitting is back and meets monthly (1st Monday of the month) in the COA office. 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

Caryl Community Center, Room 108

Come play and/or learn this challenging and fun game with tiles that was developed in China in the 19th century. All levels welcome.

SENIOR COFFEE

Friday, December 17 at 8:30am

Caryl Community Center, Room 108

Join us for coffee and conversation.



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Mary Ann Morse Healthcare Center, Natick
508-433-4400

Mary Ann Morse Home Care, Metrowest
508-433-4479



CREATE AND CONNECT



COA COFFEE: SHARE YOUR VILLAGE VISION

Thursday, November 18

at 10:30am on Zoom

Seniors and community members are invited to join the Planning Board and Civic Space Collaborative to discuss the

future of Dover's Village Center. Bring your own coffee and pull up a chair at your favorite ZOOM location for a fifteen minute presentation followed by a discussion about how Dover's village should look, feel, and function. Share your stories, local knowledge, and ideas to help create a cohesive vision for the future of our town. For Zoom meeting information, please email coa@doverma.gov.

COOKING AT POWISSET FARM

The COA is partnering with Westwood COA for cooking classes at the Farm. Space limited to 4 Dover seniors per class. Cost is \$20 per class, including lunch. Sponsored by Friends of Dover COA.

Tuesday, November 9 at 11:00am -

Essential Holiday Side Dishes

Turkey may be the star of the show but holiday sidekicks make the entire dinner performance worthwhile. Chef Thi will show you how to get creative with those holiday sides. Guests will craft Vegan Wild Rice Dressing, Roasted Brussel Sprouts with Cranberry and Shallots, and an Asian-inspired side. These sides are no sidekick, they might just be the star after all.

Thursday, December 9 at 11:00am -

Edible Gifts

Join Chef Thi in this hands-on class to make delicious gifts of Bacon Jam, Chocolate Covered Strawberries, and Antipasto Pail to share with friends or savor at home.

PAGE TURNERS BOOK CLUB

Tuesday, November 9 at 2:00pm

Tuesday, December 14 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.

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

Book selection for November is *The Secret History of Home Economics* by Danielle Dreilinger and for December is *Lillian Boxfish Takes a Walk* by Kathleen Rooney. Copies of each title are available at the Library. For more info, contact Liz at the Town Library at 508-785-8113 or efogarty@minlib.net.

CHICKERING GROWS

Chickering GROWS is a PTO sponsored initiative that offers different growing kits for all ages throughout the school year. Students, teachers and staff, and Dover COA members connect with one another through a web-interactive tool called Padlet, as well as school garden activities and events. Chickering GROWS welcomes Seniors to grow alongside our students. Our shared goal is for students and seniors to experience increased wellness from the therapeutic qualities of gardening as well as create lasting and meaningful connections with one another! Learn more at www.doverpto.org/chickering-grows. This winter we will be growing Tulips and learning about bulbs. To sign up for a kit or for more information, contact COA Program Coordinator Amee Tejani at atejani@doverma.gov.

LET'S PAINT!

Wednesdays, December 1, 8; 10-11:30am

Instructor: Ivana Luttazi Cost: \$10.00

Share your creativity this season and paint personal holiday cards. Join us at Ivana's Art Loft. Contact COA to sign up.

HOLIDAY COOKIE EXCHANGE

Tuesday, December 7; 2:30pm

Kraft Hall, The Dover Church

Order a box of festive holiday treats to enjoy at home. Stop by Kraft Hall to pick up your cookies and then join us outside at the fire pit to socialize and enjoy a cup of hot cider or coffee. Thank you to our volunteer bakers! RSVP to COA to reserve your cookies.



COMMUNITY UPDATES

INTERNATIONAL NIGHT AT CHICKERING

Tuesday, November 9; 5:30-7:00pm

at Chickering School, 29 Cross St

Chickering PTO invites COA members and the Dover community to International Night! Sample foods from around the world, watch student performances, listen to an assortment of global music, and learn about the many traditions and cultures represented at Chickering. This is a family favorite event that the PTO is excited to bring back and share with the community!

HAYBALE TREE LIGHTING

Saturday, December 4; 3:00-5:00pm

at Powisset Farm

Get into the holiday spirit at Powisset Farm and celebrate the season with the annual haybale tree lighting! At this family event, enjoy the Solstice StoryWalk, wish the beloved Powisset pigs happy holidays, make a craft, nosh on farm-fresh pizza from the outdoor oven, and sip on hot cider, hot toddys, hot chocolate or craft beer. This event is rain, snow, or shine, so please dress warmly. For more information, go to www.thetrustees.org.

SENIOR PROPERTY TAX WORK OFF PROGRAM

The Senior Property Tax Work Off Program allows eligible seniors to work in Town Departments and receive in exchange an abatement on their property taxes. Work is paid at minimum wage and the "wages" earned are applied to property taxes as an abatement. All amounts earned are subject to taxation. Maximum amount to earn is \$1,500 minus taxes. For guidelines and/or an application, please email coa@doverma.gov or call 508.315.5734.

THROUGH THE GARDEN DOOR

OXYDENDRUM ARBOREUM

(Lily-of-the-Valley Tree)

Native American tree used by pioneers for medicinal purposes. Delicious honey produced by bees from the fragrant white blossoms which bloom in July. Leaves turn a brilliant crimson in fall. Prefers full sun. Slow grower to 25'-30' with a 20' spread.



THE DOVER FOUNDATION

The Dover Foundation was founded over 70 years ago to support neighborliness in our community and to support the youth of Dover. They are best known for theatrical and musical productions which bring people of all ages together. Their mission to support the youth of Dover continues to this day through a student scholarship program. As with many community service and community theater groups, in person events were curtailed due to COVID. The Foundation is eagerly planning for 2022!

Stay tuned through their Facebook page and website www.thedoverfoundation.com.



SUPPORT AND ASSISTANCE

OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

"To Move or Not to Move"

...with apologies to W. Shakespeare

Shakespeare wrote five of the most memorable words many centuries ago. Today, transposing this phrase into our current concerns is easy, especially as we consider the dreaded word "downsizing." Aging in place while downsizing your belongings has been trending over the last several years in Senior Living. More and more seniors, especially baby boomers have been electing to stay in their homes and slowly decrease their "stuff" over time.

There are several reasons for this phenomenon. Seniors may feel they have to work longer to maintain their economic position. As a group, seniors are generally healthier and active, both mentally and physically and can do this. Another reason for this trend is due to lack of senior housing and the cost of the same. Locally, independent and assisted living units range from \$4000.00 to \$7000.00 per month. As an aside, many of these facilities are aware of this financial roadblock and will work with the client to make appropriate financial arrangements. Finally, the growth in the service industry including home care, transportation and delivery of groceries and other necessities is booming. This makes aging in place less stressful and easier. Despite physical, mental, and medical limitations, there are accommodations that can make remaining in the home work for challenged individuals.

Ryerson's National Institute on Ageing reports that in their most recent survey, 91% of all respondents would try to live safely and, most importantly, live independently in their own homes. There are other factors in this life decision, of course. Being close to family and community is a large factor in senior living decisions. Family often influences this major life decision as well.

In our community, many seniors do decide to stay put and continue to reside in their family homes. The Dover Council on Aging often assists in helping out senior residents remain in their residences. The COA can provide transportation at reduced cost and access to other services. Local grocery stores and pharmacies now deliver regularly within a reasonable amount of time. Home care agencies in our area can provide companions, home health aides and other services to smooth out personal care issues. Of course, there are situations in which remaining in one's home is an unreasonable prospect. But for many, aging in place is a reasonable prospect.

So...what to do with all your "stuff?" Many sources recommend giving away items to their intended recipients before they inherit them. This can be hard but very rewarding. There are also many charities that welcome donations of furniture and household goods. New Life in Walpole, Salvation Army, and Project Just Because out of Hopkinton are a few local agencies that will accept gently used items of furniture and daily living. This process of decreasing your household possessions can certainly be done over time.

At the Dover COA, we are able to assist you, no matter your choice. To move or not to move? Call us, we can help!

MEDICARE OPEN ENROLLMENT

Open Enrollment ends on December 7! It is important to understand your Medicare plans and changes for 2022. 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.

SAND FOR SENIORS

Dover COA in partnership with the Men's Breakfast Group at The Dover Church will once again prepare and deliver buckets of sand/salt to Dover seniors. If you would like a bucket of sand/salt (complete with lid and scoop) for your steps or walkway, email coa@doverma.gov or call the COA office at **508.315.5734**. Buckets will be delivered in early December. Funded by Friends of Dover 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

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1pm Knitting - 116 1:30pm LL -Strout - Zoom 4:30pm Stretch - Zoom	2 7:45am Meditation/Stretch - Zoom 9:30am COA Board Mtg. 10:30am Swim 4:30pm S&S - Zoom	3 1pm Ukulele - Zoom	4 8:30am Pickleball - Gym 1pm Blue Moon Bread/ Farm Stand at Caryl 1pm Mah Jongg - Caryl 108 1:30 LL Portraiture #2 - Zoom 4:30pm S&S - Zoom	5 8:30am Pickleball - Gym 10am Swim 10:15am Chair Yoga - Zoom
8 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm LL -Strout - Zoom 4:30pm Stretch - Zoom	9 10:30am Swim 11am Cooking at Farm 2pm Book Club - Library 4:30pm S&S - Zoom	10 1pm Ukulele - Zoom	11 HOLIDAY (Town Closed)	12 8:30am Pickleball - Gym 10am Swim 10:15am Chair Yoga - Zoom
15 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm LL - Strout - Zoom 4:30pm Stretch - Zoom	16 7:45am Meditation/Stretch - Zoom 10:30am Swim 1pm Thanksgiving Feast Grab & Go at Caryl 4:30pm S&S - Zoom	17 1pm Ukulele - Zoom	18 8:30am Pickleball - Gym 10:30am Village Vision - Zoom 1pm Mah Jongg - Caryl 108 1pm Blue Moon Bread/ Farm Stand at Caryl 4:30pm S&S - Zoom	19 8:30am Pickleball - Gym 10am Swim 10:15am Chair Yoga - Zoom
22 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm LL - Strout - Zoom 4:30pm Stretch - Zoom	23 10:30am Swim 4:30pm S&S - Zoom	24 1pm Ukulele - Zoom	25 HOLIDAY (Town Closed) 	26
29 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	30 7:45am Meditation/Stretch - Zoom 10:30am Swim 4:30pm S&S - Zoom	SATURDAY CLASSES Zumba Gold on Saturdays, 10:45-11:30am via Zoom SATURDAY EVENTS Police Holiday Brunch - December 4 at 9:30am		

DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10am Let's Paint! Holiday Cards with Ivana	2 8:30am Pickleball - Gym 1pm Blue Moon Bread at Caryl 1pm Mah Jongg - Caryl 108 4:30pm S&S - Zoom	3 8:30am Pickleball - Gym 10am Swim 10:15am Chair Yoga - Zoom
6 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1pm Knitting - 116 4:30pm Stretch - Zoom	7 7:45am Meditation/Stretch - Zoom 9:30am COA Board Mtg 10:30am Swim 2:30 Holiday Cookies - Kraft Hall 4:30pm S&S - Zoom	8 10am Let's Paint! Holiday Cards with Ivana	9 8:30am Pickleball - Gym 11am Cooking at Farm 1pm Mah Jongg - Caryl 108 4:30pm S&S - Zoom	10 8:30am Pickleball - Gym 10am Swim 10:15am Chair Yoga - Zoom
13 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	14 10:30am Swim 1pm Holiday Grab & Go at Caryl 2pm Book Club - Library 4:30pm S&S - Zoom	15	16 8:30am Pickleball - Gym 1pm Blue Moon Bread at Caryl 1pm Mah Jongg - Caryl 108 4:30pm S&S - Zoom	17 8:30am Pickleball - Gym 8:30 Senior Coffee 10am Swim 10:15am Chair Yoga - Zoom
20 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom	21 7:45am Meditation/Stretch - Zoom 10:30am Swim	22	23 8:30am Pickleball - Gym 1pm Mah Jongg - Caryl 108	24
27 8:30am Pickleball - Gym	28	29	30 8:30am Pickleball - Gym 1pm Blue Moon Bread at Caryl	31

CALENDAR

VOLUNTEER AT THE COA

COA Program/Volunteer Coordinator Amee Tejani shares highlights, upcoming events, and volunteer needs. Interested in volunteering with the COA? Email Amee at atejani@doverma.gov.

BULB PLANTING DAY AT CHICKERING

The Dover COA is grateful to partner with Chickering GROWS, a PTO-sponsored initiative that provides opportunities to learn about gardening while connecting with the Chickering community. Our shared goal is for students and seniors to experience increased wellness from the therapeutic qualities of gardening while creating lasting and meaningful connections with one another.

On October 12, we had the opportunity to grow in-person at Chickering. Five COA members worked with students and parents to plant 3,000 red tulips, yellow daffodils and blue muscari bulbs!

Thank you Ellie Herd, Nicole Goodman, Corinne Spinale, and Savita and Vishnu Shukla for your hard work. We can't wait to see the pop of color around the school in the spring!



INTERGENERATIONAL PROGRAMS

In addition to Chickering GROWS, Chickering is planning other ways to partner with seniors in town. Whether through pen pals, student ambassadors pairing up with seniors at events, games, music programs, and more, please be on the lookout in the coming months for ways to engage with eager elementary students!

VOLUNTEER OPPORTUNITIES

Would you or your kids like to help your neighbors with leaf raking this fall and snow shoveling this winter? This would be a great opportunity for sports teams, youth groups, and other teens to lend a helping hand. Please email Amee Tejani at atejani@doverma.gov or call the COA office at 508-315-5734 to sign up!

Lend a hand at the COA Grab & Go Meals! Dover Council on Aging shared 75 meals with seniors on October 12 at our Grab & Go Lunch. It was wonderful to see so many out on a beautiful day! Thank you to Liz Devine and Marion Dunn for your help in packing and delivering meals. Thank you Leesa Mullin, Jane Hauser and their kids for adding a personal touch by decorating bags. And thank you to Erin Rodat-Savla, Leesa Mullin, Maggie Danielski and Miranda Ullrich for baking delicious cookies to add to the meals!



BE FIT AND AGE WELL

COA Fitness Classes are currently offered in a Virtual format via Zoom. 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. 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

November 2, 16, 30; December 7, 21

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, and international music. Zumba Gold is geared towards active older adults. Come dance to the music for a total body workout!

PICKLEBALL

Cosponsored with Parks & Recreation Department

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 available; bring water. Register online for time slots at <https://doverrec.activityreg.com>. For assistance with registration for Pickleball, contact Parks & Rec Dept at ndicicco@doverma.gov or 508.785.0476.

SENIOR SWIM FOR THE COA

Enjoy Senior Swim or Water Aerobics at The Kingsbury Club in Medfield on Tuesdays at 10:30am or Fridays at 10:00am. Bring your Dover COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the COA office or call 508.315.5734. For info on Senior Swim, contact chriscarpinokcm@gmail.com or call 508.359.7800.

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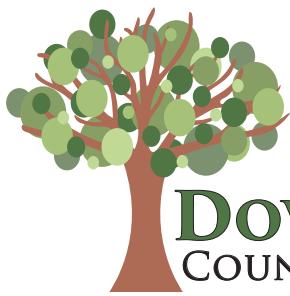
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DOVER COA

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, Nov 2 at 9:30am
Tuesday, Dec 7 at 9:30am

Website: www.doverma.gov

Sign up for alerts at **Notify Me**

COA STAFF MEMBERS

Janet Claypoole, Director
Nan Vaida, Outreach Worker
Amee Tejani, Program Coordinator
Sue Sheridan, Administrative Assistant

COA BOARD MEMBERS

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

**See photos of COA events on
the Town of Dover Facebook.
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Dover Council On Aging
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Dover, MA 02030

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