



# DOVER COA

## COUNCIL ON AGING

# News

508.315.5734

MARCH - APRIL 2022

## HIGHLIGHTS

### TRAVEL TALK: A YEAR IN CHILE

Thursday, March 17

### TO MOVE OR NOT TO MOVE

Septic & Title 5 - March 23

Decluttering - April 8

### BSO CONCERT

Friday, April 1

### MFA ART IN BLOOM

Wednesday, April 6

### COOKING AT POWISSET FARM

Greek dishes - March 24

Risotto - April 14

### NATURE TALKS

Vernal Pools - March 31

Birds in Your Backyard - April 28

## SPECIAL THANKS

Blue Moon Bagel Cafe

Board of Health

Chickering PTO

Friends of Dover COA

Most Precious Blood Church

Powisset Farm

The Dover Church

The Kingsbury Club, Medfield

The Joys of Nature

The Trustees of Reservations

## LETTER FROM THE DIRECTOR

Moving day is here for the COA! As you read this newsletter, staff will be unpacking boxes and settling into our new space in the Fireside Room on the lower level of Town Hall. This will be our new office location during construction of the new community center building. Grab & Go meal pick up and Pickleball will continue at Caryl Community Center through the end of March. Please check inside this issue for program information and location as some programs have moved to new locations and days.

Virtual programs will continue to be offered with new options, such as Travel Talk on Chile, Museum of Fine Arts' Art in Bloom Tour, and Wellness Webinars with Blue Cross Blue Shield of Massachusetts. To Move or Not to Move offers two virtual sessions to educate homeowners on Septic/Title 5 requirements and Decluttering/organizing tips. Fitness remains virtual for now, and as Covid restrictions ease, information on in person programs will be communicated.

The COA is launching a new e-newsletter to communicate updates on programs, trips, and other events. To be added to the COA email list, send your contact information to [coa@doverma.gov](mailto:coa@doverma.gov) so you may receive these important updates.

April is Volunteer Appreciation Month, and we can't thank our volunteers enough for the ways you've supported the COA. This past year, volunteers spent over 500 hours delivering meals, baking sweets, organizing bingo and trivia games, decorating rooms and meal delivery bags, providing tech help, assembling and delivering holiday wreaths and bird houses, delivering salt and sand, grocery shopping, making cards, teaching classes, raking leaves, and shoveling snow. You've helped to keep our seniors connected and make our community stronger. Thank you! Please be on the lookout for a volunteer appreciation event coming later this spring.

Thanks for your patience and support as the COA relocates offices and programs, and thanks to our community partners for welcoming us into their buildings to share programs with all of you. Happy Spring!

Janet Claypoole



# EVENTS AT CARYL



## GRAB & GO MEALS

**Tuesday, March 15; pick up at 1:00-2:00pm**

**Behind Caryl Community Center; Cost is \$3.00**

**Tuesday April 12; pick up at 1:00-2:00pm**

**Most Precious Blood Church parking lot; Cost is \$3.00**

Reserve a delicious, individually packaged meal to enjoy at home. Enter the parking lot for Curbside pickup and STOP at the booth while staff and volunteers assist you. Home delivery is available. RSVP to COA to reserve a meal.

## BLUE MOON BAGELS & BREADS

**Thursdays, March 10 & 24**

**at Caryl Community Center parking lot**

**Thursdays, April 7 & 21**

**at Most Precious Blood Church parking lot**

**Pick up at 1:00-1:30pm**

Donated bread, bagels and other baked goods from Blue Moon Café are available for curbside pickup or a home delivery if needed.

## SENIOR COFFEE

**Friday, March 25 at 9:00am**

**Friday, April 29 at 9:00am**

**Location TBD**

Join us for a cup of coffee and conversation.

## TALK WITH TOWN ADMINISTRATOR

**April date & location TBD**

Connect with Town Administrator Chris Dwelley to review articles on the warrant for May's Town Meeting. Email [coa@doverma.gov](mailto:coa@doverma.gov) to sign up.

RSVP for all COA events to [coa@doverma.gov](mailto:coa@doverma.gov) or call the office at 508.315.5734.

## COOKING AT POWISSET FARM

The COA is partnering with Westwood COA for cooking classes at the Farm. Space limited. Cost is \$20 per class, including lunch. Sponsored by Friends of Dover COA. The Trustees COVID-19 Vaccine Policy for indoor programs requires all guests at indoor programs to show proof of full vaccination against COVID-19 OR a negative COVID-19 test from within 24 hours before the start of the program. Guests are also required to continue to wear a mask indoors while not eating or drinking.

**Thursday, March 24 at 11:00am - Greek Dishes**

Learn the history and basics behind some old and new Greek dishes in this hands-on cooking class, including the classics Roasted Lamb Gyro on Homemade Pita Bread and honey sweetened Baklava. Explore a new way to indulge in Greek flavors with a Mediterranean Napoleon—an elevated take on the Seven Layer Dip utilizing Greek flavors. It's old world meets new world!

**Thursday, April 14 at 11:00am - Risotto!**

Join Chef Thi for this hands-on class in the farm kitchen to learn step by step how to cook a delicious seasonal vegetable risotto that's as fun to make as it is to eat. Along the way, you'll also craft a riff on a risotto theme savory sausage arancini balls with a fresh herb filled tomato sauce for dipping. We will finish the class with a sweet risotto rice pudding with cherry compote and toasted almonds.



**[maryannmorse.org](http://maryannmorse.org)**

A **non-profit** continuum of exceptional quality senior living, healthcare, and home care services in Metrowest for more than 25 years.

**Mary Ann Morse at Heritage Senior Living, Framingham**  
**508-665-5300**

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

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



# CREATE AND CONNECT

## KNITTING TOGETHER

Monday, March 7 at 1:00pm

Monday, April 4 at 1:00pm

Fireside Room, Town Hall

Knitting 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.

## MAH JONGG

Fridays at 1:00pm

Dover Town Library

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

## TO MOVE OR NOT TO MOVE

Classes meet on Zoom

Are you considering whether to stay or to downsize? Local realtor Amy Caffrey and Joanne Connolly, longtime Dover resident and former realtor, host two virtual sessions of important information. Email [coa@doverma.gov](mailto:coa@doverma.gov) to sign up.

**Wednesday, March 23 at 11:00am: Septic & Title 5**  
Dover Board of Health shares steps required by the Town. Discuss what you need to know if you are selling your home.

**Friday, April 8 at 11:00am: Decluttering and Organizing**  
Kristi Perry of Art of the Space shares tips on home/office cleanouts, letting go of items, and organizing your space.

## PAGE TURNERS BOOK CLUB at Dover Town Library

Tuesday, March 8 at 2:00pm

Book selection: *Mary's Mosaic: the CIA Conspiracy to Murder JFK, Mary Pinchot Meyer, and Their Vision for World Peace* by Peter Janney

Tuesday, April 12 at 2:00pm

Book selection: *Typhoid Mary: an Urban Historical* by Anthony Bourdain

Read and discuss fiction and nonfiction books with friends led by Dover Librarian Liz Fogarty at this monthly gathering. 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](mailto:efogarty@minlib.net).



## CHICKERING GROWS KITS

Chickering GROWS is a PTO sponsored initiative at Chickering Elementary School that provides opportunities for ALL ages to learn about gardening at home while connecting with the school community. This spring participants will be GROWing strawberries and learning about pollination. Spring kit includes Everbearing strawberry plants and a Bag O'Bloom Grower Bag with handle, along with growing instructions. A strawberry planting day will also be hosted with classrooms. To sign up for a kit or for more information, contact COA Program Coordinator Amee Tejani at [atejani@doverma.gov](mailto:atejani@doverma.gov).

## FREE MOVIE AT THE DOVER CHURCH

Friday, March 18 at 1:00pm in Kraft Hall

Friday movies are back with a classic: *The African Queen*. In WWI East Africa, a gin-swilling riverboat captain is persuaded by a strait-laced missionary to undertake a trip up a treacherous river and use his boat to attack a German gunship. Come enjoy this 1951 drama starring Humphrey Bogart and Katharine Hepburn. Please RSVP to [beth@thedoverchurch.org](mailto:beth@thedoverchurch.org) or 508.785-0957. Sponsored by the Dover COA and The Dover Church.

## BEAUTY AND THE BEAST

Saturday, March 19 at DSHS Mudge Auditorium

12:00pm for Coffee; 1:00pm performance

Dover-Sherborn High School invites seniors to enjoy a matinee performance of this Disney musical. Community Service Club students will host Coffee & Conversation before the show so seniors may chat with students. RSVP to COA to reserve tickets.

## VILLAGE CENTER VISIONING

The Planning Board wants your input! Take the Visual Preference Survey today and tell them what you like about Dover's Village Center and what you hope to see and do there in the future! <https://www.surveymonkey.com/r/5BG8H3Z> or find link to survey on Planning Board page on Town website [www.doverma.gov](http://www.doverma.gov).

Contact COA at [coa@doverma.gov](mailto:coa@doverma.gov) or call 508-315-5734 to register for programs.

# VIRTUAL PROGRAMS

Dover COA offers programs on Zoom to enjoy from your armchair at home. Travel to Chile and learn about the culture and landscape; enjoy a floral art tour with MFA experts; explore vernal pools and backyard birds with naturalist Joy; or try a Wellness Webinar and learn nutrition and mental health strategies for a healthier lifestyle. Email [coa@doverma.gov](mailto:coa@doverma.gov) to sign up.

## TRAVEL TALK: A YEAR IN CHILE

Thursday, March 17 at 10:30am

Speaker: Barry Pell, Photojournalist

Travel to Chile on a journey from the parched dunes of the Atacama Desert in the north, through the fertile wine valleys, and into the south's stunning lake region, massive glaciers and fjords. The program will be accompanied by Mr. Pell's photography of a country he considers to be South America's most beautiful.

## MFA ART IN BLOOM TOUR

Wednesday, April 6 at 11:00am

Cost: \$10.00; sponsored by Friends of Dover COA

Join us for a live virtual tour of this year's Art in Bloom festival, a signature event of the Museum of Fine Arts. The Shining a Light tour explores hidden corners and art objects in the museum--things you might miss if you came for a visit. Two MFA Associates--an art guide and a floral guide--will introduce you to eight pairings of floral arrangements with works of art and share details about both. Join us on Zoom for this special event.

## NATURE TRAVEL WITH JOY

Join Joy Marzolf, Naturalist and Educator of The Joys of Nature as she takes us on spring explorations of nature. Sponsored by Friends of Dover COA

Thursday, March 31 at 10:00am

Vernal Pools and their Wildlife

What is a vernal pool? It is an essential seasonal habitat for many species from salamanders to wood frogs and many other species. Learn about these seasonal pools and the many creatures that might inhabit them during the year.

Thursday, April 28 at 10:00am

Birds in Your Backyard

A wide variety of birds may visit backyards in the Greater Boston area. Come find out more about our local birds, and what brings them to our neighborhoods.

## WELLNESS WEBINARS

Dover COA in partnership with Blue Cross Blue Shield of Massachusetts are offering no-cost health education webinars. Join a webinar to participate in educational activities, practice new hobbies, and learn how to stay healthy and safe during these challenging times. All are welcome--you do not have to be a Blue Cross member to participate. Email [coa@doverma.gov](mailto:coa@doverma.gov) for the Webinar link.

Thursday, March 17

10:00-10:30am

Active Aging Nutrition Insights

Presented by Tricia Silverman, RD

Discover nutrition and wellness tips that will help you live a longer, healthier, and happier life. Learn about specific nutrients and foods that impact your longevity.

Tuesday, March 29

10:00-10:30am

Calming Anxiety

Presented by Janet Fontana, RN, Certified Health Coach

Anxiety is a normal reaction to stress. When we are feeling stressed, our thoughts can take on a life of their own and amplify feelings of worry and anxiety. Join us to learn simple techniques to break the cycle of anxious thought.

Monday, April 11

2:00-2:30pm

Food and Its Healing Effects

Presented by Tricia Silverman, RD

Learn about food and nutrition strategies to prevent heart disease, cancer, diabetes, Alzheimer's, and other chronic health issues. See why food is truly medicine and how eating strategically may help keep the doctor and medicine away.

Wednesday, April 27

10:00am-10:30am

Eight Happiness Boosting Strategies

Presented by Janet Fontana, RN, Certified Health Coach

Explore the science behind what makes people happy. Eight simple happiness boosting strategies to apply in your life.



# SUPPORT AND ASSISTANCE



## OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Coordinator

### Caring for Yourself While Caring For Others

This is not an original title or subject. The internet is jam-packed with articles by the CDC, NIH and local medical groups that have covered this subject for years, all with excellent information and resources. Caregiving sites on the internet abound. Delving further, one can find personal accounts and recommendations in all the media. But...Do we pay attention to ourselves as we care for our family and friends? What happens to the person we are caring for if we are injured or not well ourselves? Do you have a plan?

Without exception, there are very specific reactions to caregiving: one may experience frustration, exhaustion, social withdrawal, irritability, sleeplessness, anxiety, health problems, anger, and lack of concentration. A caregiver does not necessarily feel all of these symptoms. One is enough. Whether you are caring for someone with post surgical issues, chronic illness, frailty or memory loss, the stress and its accompanying concerns listed above are real.

It has to be mentioned here that rewards of being a caregiver can fulfill you in healthy ways, too.

Asking for "help" or even acknowledging your need is often blocked by pride, fear of not being in control of your situation, not wanting "strangers" in your home, and financial concerns. All these issues are significant but can be workable, and your Council on Aging is here to help. Ask for what you need. Even a brief conversation can yield great benefit, support and relief for you.

There are additional resources available in our state:

**Family Caregiver Support Program:** [mass.gov/family-caregiver-support-program](http://mass.gov/family-caregiver-support-program) 800-243-4636. Search through topics that are specific to you.

**Caregiving MetroWest:** [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org) 508-573-7200 This site offers services specific to all metro west communities.

**Alzheimer's Association:** [www.alz.org.manh](http://www.alz.org.manh) 877-333-5885 This agency provides support for Alzheimers and other dementia conditions as well.

**Baypath Elder Services:** [www.baypath.org](http://www.baypath.org) 508-573-7200 Bay Path has developed support groups that are available online, via email, and blogs.

In all the information reviewed, there are 5 basic self-care principles that are universal: Keep in touch with family and friends; Exercise, even a short walk counts; Eat regularly; Speak with your MD about how you are; Ask for help!

Take Care of Yourself—you deserve it.

## SHINE

Are you retiring soon or turning 65? Make an appointment with a SHINE counselor to review Medicare plans and answer questions about coverage. Email [coa@doverma.gov](mailto:coa@doverma.gov) or call the COA to schedule an appointment.

## FINANCIAL AND ENERGY ASSISTANCE

The Town of Dover offers support for those in need with heating bills, food resources or other needs. Dover COA Outreach Coordinator Nan Vaida provides information and can assist with applications for services, including SMOC. For a confidential consultation, contact the COA

## BLOOD PRESSURE

### with the Natick Walpole VNA

Date & Location TBD

Monthly blood pressure checks with the Public Health Nurse are returning in spring. Contact the COA for the schedule. Sponsored by Dover Board of Health.

## 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

# MARCH 2022

## CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 COA Office moving day to Town Hall 4:30pm S&S - Zoom	2 1pm Ukulele - Zoom	3 4:30pm S&S - Zoom 8:30am Pickleball - Gym	4 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom 1pm Mah Jongg - Library
7 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1pm Knitting - Rm 116 1:30pm Poetry - Zoom 4:30pm Stretch - Zoom 7:30pm Town Caucus - Town Hall	8 7:45am Meditation/Stretch - Zoom 2pm Book Club - Library 4:30pm S&S - Zoom	9 9:30am COA Board Mtg. 1pm Ukulele - Zoom	10 8:30am Pickleball - Gym 1pm Blue Moon Bread - Caryl 4:30pm S&S - Zoom	11 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom 1pm Mah Jongg - Library
14 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm Poetry - Zoom 4:30pm Stretch - Zoom	15 7:45am Meditation/Stretch - Zoom 1pm Grab & Go - Caryl 4:30pm S&S - Zoom	16 1pm Ukulele - Zoom	17 8:30am Pickleball - Gym 10am Nutrition - Webinar 10:30am Travel Chile-Zoom 4:30pm S&S - Zoom	18 8:30am Pickleball - Gym 10:15am Chair Yoga - Zoom 1pm Movie - Dover Church 1pm Mah Jongg - Library
21 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm Poetry - Zoom 4:30pm Stretch - Zoom	22 7:45am Meditation/Stretch - Zoom 4:30pm S&S - Zoom	23 I I am To Move or Not to Move - Zoom 1pm Ukulele - Zoom	24 8:30am Pickleball - Gym 1 I am Cooking at Farm 1pm Blue Moon Bread - Caryl 4:30pm S&S - Zoom	25 8:30am Pickleball - Gym 9am Sr. Coffee - TBD 10:15am Chair Yoga - Zoom 1pm Mah Jongg - Library
28 8:30am Pickleball - Gym 10:15am Mat Yoga - Zoom 1:30pm Poetry - Zoom 4:30pm Stretch - Zoom	29 7:45am Meditation/Stretch - Zoom 10am Anxiety - Webinar 4:30pm S&S - Zoom	30 1pm Ukulele - Zoom	31 8:30am Pickleball - Gym 10am Nature Talk - Zoom 4:30pm S&S - Zoom	

### SATURDAY CLASSES

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

### SATURDAY EVENTS

March 19 - Beauty and the Beast  
DSHS Mudge Auditorium at 1:00pm

# APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:15am Chair Yoga - Zoom 1pm Mah Jongg - Library Trip - BSO
4 10:15am Mat Yoga - Zoom 1pm Knitting - FS 4:30pm Stretch - Zoom	5 7:45am Meditation/Stretch - Zoom 9:30am COA Board Mtg. 4:30pm S&S - Zoom	6 10am MFA Art in Bloom - Zoom 1pm Ukulele - Zoom	7 1pm Blue Moon Bread - MPB 4:30pm S&S - Zoom	8 10:15am Chair Yoga - Zoom 11am Decluttering - Zoom 1pm Mah Jongg - Library
11 10:15am Mat Yoga - Zoom 2pm Healing Foods - Webinar 4:30pm Stretch - Zoom	12 7:45am Meditation/Stretch - Zoom 1pm Grab & Go - MPB 2pm Book Club - Library 4:30pm S&S - Zoom	13 1pm Ukulele - Zoom.	14 11am Cooking at Farm 4:30pm S&S - Zoom	15 10:15am Chair Yoga - Zoom 1pm Mah Jongg - Library
18 HOLIDAY	19 4:30pm S&S - Zoom Trip - NYC	20 1pm Ukulele - Zoom Trip - NYC	21 1pm Blue Moon Bread - MPB 4:30pm S&S - Zoom	22 10:15am Chair Yoga - Zoom 1pm Mah Jongg - Library
25 10:15am Mat Yoga - Zoom 4:30pm Stretch - Zoom	26 7:45am Meditation/Stretch - Zoom 4:30pm S&S - Zoom	27 10am Happiness - Webinar 1pm Ukulele - Zoom	28 10am Nature Talk - TBD 4:30pm S&S - Zoom	29 9am Sr. Coffee - TBD 10:15am Chair Yoga - Zoom 1pm Mah Jongg - Library

**MPB - Most Precious Blood Church**  
**FS - Fireside Room Town Hall**

# TRAVEL AND EXPLORE

Attend a classical concert by the BSO, join us on an overnight trip to New York City or one of our day trips to enjoy a Maine harbor cruise, a summer day on Nantucket, a RI lighthouse tour, or a hit musical at North Shore Music Theatre. Contact the COA for details.

## **BOSTON SYMPHONY ORCHESTRA CONCERT**

**Friday, April 1 at 1:30pm; Cost: \$70.00**

Sir Antonio Pappano conducts Britten's War Requiem. 2022 marks the 60th anniversary of Benjamin Britten's War Requiem, which was commissioned to mark the consecration of the rebuilt Coventry Cathedral in London, destroyed during a bombing raid in World War II. The soloists in this performance represent the warring powers of Russia, England, and Germany. British-Italian conductor Antonio Pappano conducts this concert also featuring the Tanglewood Festival Chorus and Boston Symphony Children's Choir. BSO requires proof of full vaccination and face masks must be worn. Sign up at [coa@doverma.gov](mailto:coa@doverma.gov).

## **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 in Westwood. Masks must be worn while traveling on the coach. Trip flyers with details are available at Dover COA. Contact the office at 508.315.5734 for more information.

### **April 19-20 - NYC 9/11 Museum and Broadway Show**

Enjoy an overnight trip to New York City; view the sights and shops on Day One. On Day Two, travel to Ground Zero and tour the 9/11 Memorial and Museum. Then it's off to Times Square and Broadway for one of Broadway's best new musicals! Come From Away is an inspiring musical that shares the remarkable true story of a Newfoundland town that welcomed 7,000 stranded travelers on 9/11. Tour cost: \$399 per person/double; \$389 per person/triple or \$469 per person/single.

### **Tuesday, June 21 - Casablanca by the Sea-Portland, Maine**

Travel to scenic Maine and enjoy lunch at a restaurant by the coastal salt marsh in Wells. After lunch, enjoy a narrated Portland harbor cruise and view Portland's lighthouses, Civil War forts, boats, and the seals basking on the rocks in Casco

Bay. There will be time for shopping at Portland's newly renovated Old Port before returning home.

Tour cost is \$115.

### **Thursday, July 21 - Nantucket Day Trip**

Join us for a refreshing summer day on beautiful Nantucket Island. Travel from Hyannis on the high speed fast ferry for a delightful one hour cruise to Nantucket. Explore art galleries and shops and experience Nantucket's colonial architecture, great restaurants, as well as The Old Historic Town, whaling museums, and more! Please note that this trip involves a lot of walking. Tour cost is \$125.

### **Tuesday, August 16 - Narragansett Lighthouse Cruise**

We're off to Rhode Island! Start by enjoying a delicious luncheon at the Quonset Point Officers Club and then board the Ferry for a narrated Narragansett Bay Lighthouse tour. View ten beautiful lighthouses and a Newport Harbor tour. Cruise under the Jamestown and Newport Bridges, past mansions, historic Fort Adams and other sights.

Tour cost is \$119.

### **Wednesday, September 21 - North Shore Music Theatre**

Come enjoy an amazing performance of Little Shop of Horrors at North Shore Music Theatre in Beverly. This Broadway and Hollywood sci-fi smash musical follows floral assistant Seymour, who pines for his coworker Audrey, and stumbles upon a strange seedling that grows into a carnivorous plant with devilish intents. Tour includes a full course luncheon before performance. Tour cost is \$145.





# 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](mailto: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

6 Week Series: March 8,

15, 22, 29, April 5, 12

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 for March only!

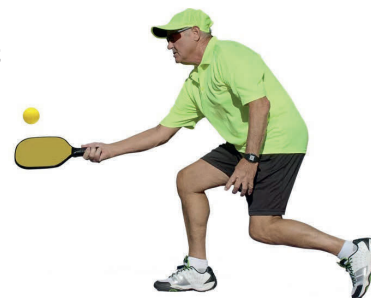
Grab your friends to play this fun and popular game

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, contact Parks & Rec Dept at [ndicicco@doverma.gov](mailto: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](mailto:chriscarpinokcm@gmail.com) or call 508.359.7800.

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**Be a sponsor  
 in the next  
 Dover COA Newsletter!**

**Please contact Tom Reily**

**508-336-6633 x 337**

**COMPASS**




**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.

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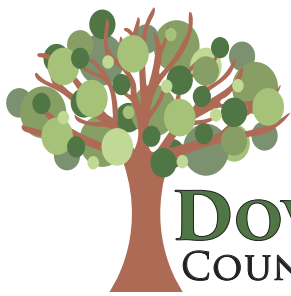
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## **DOVER COA** COUNCIL ON AGING

### **COA OFFICE**

Town Hall, Fireside Room  
5 Springdale Avenue, Dover, MA 02030  
Email: [coa@doverma.gov](mailto: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**

Wednesday, March 9 at 9:30am  
Tuesday, April 5 at 9:30am

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

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### **COA STAFF MEMBERS**

Janet Claypoole, Director  
Nan Vaida, Outreach Coordinator  
Amea 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

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