

DOVER COA COUNCIL ON AGING

News

508.315.5734

JANUARY - FEBRUARY 2023

HIGHLIGHTS

TALK WITH THE TOWN: POLICE CHIEF

Wednesday, January 18

VILLAGE CENTER VISIONING

Tuesday, January 24

CHINESE NEW YEAR LUNCHEON

Tuesday, January 31

TRAVEL TALK: CAMINO DE SANTIAGO

Monday, February 6

TALK WITH THE TOWN: ASSESSOR

Wednesday, February 15

BEGINNER UKULELE

Wednesday, February 22

SPECIAL THANKS

Blue Moon Bagel Cafe

Board of Health

Boy Scouts

Chickering Farm

Chickering School

Friends of Dover COA

Girl Scouts

Most Precious Blood Church

Natick Walpole VNA

Powisset Farm

St. Dunstan's Church

The Dover Church

The Kingsbury Club, Medfield

Natick Walpole VNA

LETTER FROM THE DIRECTOR

Happy New Year and Welcome 2023! This past year was filled with lots of changes at the COA, from restarting in person programs to moving out of Caryl Community Center, creating hybrid programs, and finding new locations for COA events as we await the renovation of the community center. Thank you to Dover Legion, Chickering School, Powisset Farm, and the Churches as they continue to share space with our seniors. This new year is filled with new events, and we welcome you to come in out of the cold and join us to lunch and learn, create and connect, travel, be fit, and age well in 2023.

Learn about Town government departments and issues that affect your community. In January, the Planning Board asks for your input on the Dover Village Center Visioning Project as their consultant translates citizens' preferences into bylaw changes to present at Town Meeting. The Talk with the Town series returns with Police Chief Peter McGowan joining us in January to discuss public safety and Assessor Amy Gow visits in February to answer questions on taxes and tax relief programs.

Ready to try something new? Connect with the Pageturners Book Club at Dover Town Library to read and discuss a good book. Learn to play Mah Jongg at a new beginner's class, or if you are an experienced player, try the Friday afternoon group. Interested in learning to play the ukulele? The COA is offering a six week beginner course with instructor Lisa Cohen to learn the fundamentals.

Enjoy a Travel Talk by two experienced travelers in person or virtually from your armchair at home. Travel with photojournalist Barry Pell to the Gullah Geechee community on the barrier islands in the American south. Join Medfield resident Kathy Powers as she shares her experience in walking the 500 mile Camino de Santiago route from France to Spain.

See details inside this issue on all these programs and more. Let's make this new year be as good or better than the past one. Stay healthy and well in mind and body with the COA. Wishing you all a Healthy and Happy New Year.

Janet Claypoole



LUNCH AND LEARN

COA HAPPY NEW YEAR LUNCHEON

Tuesday, January 10 at 12:15pm

Kraft Hall, The Dover Church, 17 Springdale Ave

Cost: \$4.00; NEW LOCATION!

Gather for a Happy New Year's luncheon with friends. Please park on the right and enter through the accessible entrance on the right. RSVP by January 4.

COA VALENTINE'S DAY LUNCHEON

Tuesday, February 14 at 12:15pm

Kraft Hall, The Dover Church, 17 Springdale Ave

Cost: \$4.00; NEW LOCATION!

Join us to celebrate love and friendship with the COA. Please park on the right and enter through the accessible entrance on the right. RSVP to COA by Feb 1.

CHINESE NEW YEAR LUNCHEON

Tuesday, January 31; 12:15pm

Kraft Hall, The Dover Church, 17 Springdale Ave

Chinese New Year has a history of over 3,000 years and is associated with several myths. This year the lunar new year falls on Sunday, January 22 and commences the Year of the Rabbit. Come enjoy a delicious Chinese meal with the COA and learn about the origin, history, and traditions of Chinese New Year. RSVP to COA by January 17.

* Due to rising food costs, lunch fees have increased

GRAB & GO MEALS

Tuesday, January 17

Tuesday, February 21

Pickup at 12:30-1:00pm; Cost is \$4.00

NEW LOCATION: Caryl Community Center parking lot

Reserve an individually packaged meal to enjoy at home.

Enter the parking lot from Whiting Rd and stop at the table for curbside pickup. Home delivery is available. RSVP is required to reserve a meal.

CHIT CHAT TEA

Wednesday, January 25 at 11:30am

Wednesday, February 22 at 11:30am

NEW LOCATION: St. Dunstan's Church,
18 Springdale Ave

Gather with friends to chat and enjoy a light lunch. RSVP by phone or email coa@doverma.gov

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



BLUE MOON BAGELS & BREADS

Thursdays, January 5 & 19

Thursdays, February 2 & 16

Caryl Community Center parking lot

Pick up at 12:30-1:00pm

Donated bread, bagels and other baked goods from Blue Moon Café and fresh eggs from Chickering Farm are available for curbside pickup. Enter from Whiting Road and stop at the table for volunteers to assist you. Please check the weekly e-newsletter for location updates due to changes in weather!

SENIOR COFFEE & CONVERSATION

Friday, January 27 at 9:00am

Friday, February 24 at 9:00am

NEW LOCATION:

St. Dunstan's Church, 18 Springdale Ave

Join us for a cup of coffee, breakfast treats, and conversation with friends.

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 provide 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

CREATE AND CONNECT

TALK WITH THE TOWN: POLICE CHIEF

Wednesday, January 18 at 10:00am

Great Hall in Dover Town House

Join us to talk with Dover's Police Chief Peter McGowan. Share public safety concerns and learn how to avoid scams. Coffee and light refreshments provided. RSVP to COA.

TALK WITH THE TOWN: ASSESSOR

Wednesday, February 15 at 10:00am

Great Hall in Dover Town House

Do you have questions about property or excise taxes? Come meet with Amy Gow, Assessor, to answer questions and learn about senior tax relief programs that may benefit you. Coffee and light refreshments provided. RSVP to COA.

KNITTING TOGETHER

Mondays, Jan 9 & Feb 6 at 1:00pm

Fireside Room, Town Hall

Beginners and experienced knitters are welcome. Bring your latest project!



BEGINNER MAH JONGG

Thursdays, starting January 12; 1:00-3:00pm

Community Room, Dover Town Library

Have you wanted to learn this popular yet challenging game? Inez Trigg will lead a 12-week Mah Jongg session for beginners. Space is limited to four players, so sign up now!

MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this challenging and fun Chinese tile game. Experienced players only please.

COOKING AT POWISSET FARM

Dover and Westwood COAs offer cooking classes at the Farm. Space limited. Cost is \$25 per class, including lunch. Partially funded by Friends of Dover COA.

Thursday, January 12 at 11:00am - Wings

Join Chef Thi for a hands-on experience and learn how to make pork stuffed Thai wings with a chili glaze, grilled tandoori wings with a cool cucumber yogurt raita, and spicy Caribbean jerk wings.

Thursday, February 9 at 11:00am

- Hearty Soups

Nothing says winter like a beautiful soup simmering on the stove. Chef Thi will share her recipes for hearty seasonal roasted vegetable stew, combining farm ingredients and fall favorites as well as a classic Italian Pasta e Fagioli, chock full of herbs and flavor. Create a quick focaccia bread to accompany the soups. So delicious and comforting!



PAGETURNERS BOOK CLUB

at Dover Town Library

Tuesday, January 10 at 2:00pm

Book selection: *The Book Woman's Daughter* by Kim Michele Richardson

Tuesday, February 14 at 2:00pm

Book selection: *The Flag, the Cross and the Station Wagon* by Bill McKibben

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 508-785-8113 or efogarty@minlib.net.

DOVER VILLAGE CENTER VISIONING PROJECT UPDATE

Tuesday, January 24; 10:00am

Great Hall, Dover Town House

The Planning Board wants your input!

A year ago, the Planning Board conducted a survey on residents' thoughts on the preferred use and architectural style of the Town Center. The Planning Board is working with a consultant to translate these preferences into bylaw changes to be presented at the May 1 Town Meeting and wants to hear from you again. Join us for the update and share your views. Questions or comments may be directed to Carol Lisbon at clisbon@doverma.gov or Bill Motley at wmotley@doverma.gov

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

COMMUNITY CONNECTIONS

BEGINNER UKULELE

Wednesdays, starting Feb 22 (6 week session)

Instructor Lisa Cohen

The Dover Church, Kraft Hall, 17 Springdale Ave

11:00am-12:00pm; Cost: \$45

Have you wanted to learn to play the ukulele? Join us for a 6 week course just for beginners. Bring a soprano, concert or tenor ukulele with GCEA tuning and learn the fundamentals of basic chords, rhythms, and strum patterns. Sponsored by Friends of Dover COA. Sign up at coa@doverma.gov

FUN WITH UKULELE

Wednesdays, starting Feb 22 (6 week session)

Instructor: Lisa Cohen

The Dover Church, Kraft Hall, 17 Springdale Ave

12:15-1:30pm; Cost: \$45

Grab your ukulele and play along with friends for a 6 week session. Returning and new participants welcome from Dover and beyond. This class is open to all adults. Join us for good music and good fun! Sponsored by Friends of Dover COA. Sign up at coa@doverma.gov

Ukulele Instructor Lisa Cohen brings her enthusiasm and engaging instruction style to Dover. She has taught ukulele in Foxboro, Sharon, Medfield, Milton, and Plainville and performed with ukulele groups across New England.

FOREVER YOUNG

By Jessica Lens

Ms. Lens shares her conversations with a Dover senior to capture valuable life wisdom and lessons learned. In this segment, she talks with Liz Devine.

“That’s life...” is what Liz and I concluded after we met in her home in the center of Dover. We say it not in the dismissive ‘oh well... that’s life, get over it’ kind of way, but in a deeply humbled and acknowledging way of “This is what living is about.” We discussed both the beautiful experiences life can bring, as well as very challenging and emotional ones. Liz’s take is: “We deal with what comes down our path and we do what needs to be done. We’re here to help each other, so ask and offer help when needed.” Thank you, Liz, for sharing your story and wisdom.



Liz was born in Dover in 1949 and has lived here ever since. Her late husband Joe was also from Dover, and they raised their son here. Growing up Liz had two younger brothers. There was lots of time to play outside, jump over stone walls and play war in the fields. They would watch TV on a small black and white screen once a week with family. Back then, Liz mentions, there was a strong sense of community, and everyone knew each other.

After graduating from Framingham State University, and working at a private school first, Liz taught at Chickering Elementary school for 36 years. It is this same sense of community that she brought to her classes where she made sure students understood that everyone in the class was a piece of the puzzle. It doesn’t work if you are the one shining star; to succeed, you work together. Liz also made sure the children understood the value of having a good work ethic.

Working hard, doing your best, committing, and following through are values that have kept Liz going strong over the years. Years in which she worked hard and took care of her husband Joe when he was sick, until he passed away about a year ago. There are good friends and family around Liz who share her sense of community and friendship. I think we can summarize Liz’s life lesson as: ‘Life is beautiful and challenging; we have to show up for it completely and we are not doing that alone.’ Thank you again, Liz!

SUPPORT AND ASSISTANCE

OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

Giving Thanks

Congratulations! You've made it to the end of another challenging year. It has been another long year for the world community. The Covid-19 pandemic has continued to drag on, however, it is no longer the #1 topic of the day. Two well known viruses, the "flu" and RSV, a childhood illness normally, have rolled in to create what is being labeled as a "tridemic." We all can be overwhelmed by our day to day lives as well as the world news. This year, however, the hits just kept coming: political unrest, soaring grocery and fuel prices, and wars are constantly in our awareness. You should all be running for the hills! But YOU didn't!

This writer is reminded of the famous line from the classic movie Apollo 13 by actor Ed Harris, whose character is Gene Krantz, long time Chief Flight Director at NASA. His question after going through a huge check list of all the systems that went down after an explosion occurred on the Apollo 13 ship was classic, "Okay, people, just tell me what we have on the ship that is good." So let's look at what's good on our ship...after more than two years, more and more folks decided that it was safe to venture out. People started attending live events last March as the COA began to offer them. Thanks to all for putting a toe out the door!

More and more of our classes became "in-person" and "hybrid" to accommodate people who wanted in-person and those still wishing to remain at home. Ukulele is back in full force and some strummers have played for audiences in the area. Lifetime learning continues with interesting topics such as literature and art history. Other programs such as Farm Pond paddling, tie dye shirt making and pottery painting brought people out. Exercise classes are well attended with yoga classes drawing the largest crowd. Cultural events such as travel lectures and nature talks are still popular. A bluegrass gospel concert and an Indian Diwali celebration had attendees who greatly enjoyed these cultural events.

And the food! Yes, our Chit Chat Tea, Senior Coffee and our COA monthly luncheons are back. At one lunch, so many people came out that the staff had to phone in an extra order for more grub! In addition, our Blue Moon Bread Farm Stand and Grab and Go meal programs are

still in demand and well attended. Cooking at Powissett is very popular as well. We have had theater/lunch day trips, excursions to museums and nature walks that were well attended. And wait till you see what is coming this year!

From this writer's vantage point, there is a lot that is "good" on this ship with lots more to come--thanks to you!

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 can share resources and assist with applications for services, including SMOC. For a confidential consultation, contact the COA.

SHINE

Are you retiring, turning 65 soon, or want to review your current Medicare plan? Talk with a SHINE counselor to answer your health insurance questions. Email coa@doverma.gov or call the COA to schedule a consultation.

BLOOD PRESSURE

with the Natick Walpole VNA
Dates & Locations TBD

The Dover Board of Health sponsors a monthly blood pressure check with the Public Health Nurse. VNA requests all wear a mask.

RMV SUPPORT

The Massachusetts Registry of Motor Vehicles has a dedicated phone number to serve anyone 65 years of age or older. The phone number is (857)368-8005. Massachusetts law requires drivers who are 75 years of age or older to renew in person. The RMV has dedicated hours on Wednesdays at certain RMV service centers for assistance. If you are a AAA member, some RMV services are offered at AAA locations, including replacing or renewing driver's licenses, renewing or replacing vehicle registrations, and transfer or replacement of vehicle titles.

SAND FOR SENIORS

Are you still in need of a bucket of sand/salt for your steps or walkway? If so, please email coa@doverma.gov or call 508-315-5734 to request and specify bucket location and a delivery will be arranged. Funded by Friends of Dover COA.

CALENDAR

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY 	3 7:30am Mindful Move - Zoom 9:30am COA Board Mtg - TH	4	5 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread - Caryl	6 1pm Mah Jongg - Library
9 1pm Knitting - TH	10 7:30am Mindful Move - Zoom 12:15pm COA Lunch - Dover Church 2pm Book Club - Library	11	12 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Cooking at Farm 1pm Beginner Mah Jongg - Library	13 1pm Mah Jongg - Library
16 HOLIDAY	17 7:30am Mindful Move - Zoom 12:30pm Grab & Go - Caryl	18 10am Police Chief - TH	19 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread - Caryl 1pm Beginner Mah Jongg - Library	20 1pm Mah Jongg - Library
23 10:30am Travel Talk - Library/Zoom	24 7:30am Mindful Move - Zoom 10am Village Center Vision - TH	25 11:30 Tea - St. D	26 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 1pm Beginner Mah Jongg - Library Bowling/Lunch Trip	27 9am Senior Coffee - St. D 1pm Mah Jongg - Library
30	31 7:30am Mindful Move - Zoom 12:15 Chinese New Year Lunch - Dover Church			

MPB - Most Precious Blood Church

FS - Fireside Room Town House

ST D - St. Dunstan's Church

CS - Chickering School

TH - Dover Town House

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

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread - Caryl 1pm Beginner Mah Jongg - Library	3 1pm Mah Jongg - Library
6 10:30am Travel Talk - Library 1pm Knitting - FS	7 7:30am Mindful Move - Zoom	8	9 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 1pm Beginner Mah Jongg - Library	10 1pm Mah Jongg - Library
13	14 7:30am Mindful Move - Zoom 12:15pm Valentine Lunch - Dover Church 2pm Book Club - Library	15 10am - Assessor - TH	16 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread - Caryl 1pm Beginner Mah Jongg - Library	17 1pm Mah Jongg - Library
20 HOLIDAY	21 12:30 Grab & Go - Caryl	22 11am Beginner Ukulele - Dover Church 11:30am Tea - St. D 12:15 Ukulele - Dover Church	23 1pm Beginner Mah Jongg - Library	24 9am Sr. Coffee - St. D 1pm Mah Jongg - Library
27	28 7:30am Mindful Move - Zoom			

CALENDAR

SATURDAY CLASSES AND EVENTS

Come From Away Musical Trip

Saturday, February 25, 2023

Zumba Gold

Classes with Andria are suspended for January and February.

TRAVEL

Join us for Candlepin Bowling and Lunch at an Irish pub, and enjoy Travel Talks in person or virtually on Zoom. Sign up at coa@doverma.gov.

TRAVEL TALK WITH BARRY PELL

Gullah Geechee - African Communities on the Barrier Islands of the American South

Monday, January 23, 10:30am

HYBRID (Zoom and In Person)

Community Room, Dover Town Library

The Gullah Geechee are descendants of people from Sierra Leone and other neighboring countries of the West African rice coast. They were kidnapped, enslaved, and taken to the barrier islands and coastal Low Country of North Carolina, South Carolina, Georgia, and Florida. Over the centuries, the Gullah Geechee communities have retained a deep connection to Africa in their skills, language, arts and traditions. Photojournalist Barry Pell recently traveled to the barrier islands and adjacent coast where the Gullah Geechee people have lived for centuries, first as rice plantation slaves and then as freed men. In this program, accompanied by his photography, he will discuss how they have preserved their African roots, heritage, and culture, while resisting pressures by developers for their valuable and pristine lands.

BOWLING/LUNCH TRIP

Thursday, January 26

Cost: \$10.00 plus money for lunch

Take an outing with friends to Ryan Amusement in Millis for candlepin bowling. Lunch will follow at Napper Tandy's, a family friendly Irish pub in Millis. Space is limited to 10 people. Transportation provided by COA.

COME FROM AWAY MUSICAL - SOLD OUT!

Saturday, February 25, 2023; Cost \$65.00

Providence Center of Performing Arts

Broadway's Come From Away is a Best Musical winner all across North America! This New York Times Critics' Pick takes you into the heart of the remarkable true story on 9/11 of 7,000 stranded passengers and the small town in Newfoundland that welcomed them.



TRAVEL TALK: WALKING THE CAMINO DE SANTIAGO

Monday, February 6, 10:30-11:30am

HYBRID (Zoom and In Person)

Dover Town Library, 56 Dedham St

The Camino de Santiago is a pilgrimage through Spain that has roots dating back almost 1000 years. Have you ever wondered what it would be like to walk the 500 mile route, carrying your belongings on your back? What do you wear on your feet? Where do you sleep at night? What do you eat while on the journey? Medfield resident Kathy Powers will recap her walk from St Jean Pied de Port, France to Santiago de Compostela, Spain. She'll share stories, amazing photos and answer your questions about this once in a lifetime adventure! RSVP to coa@doverma.gov.

BE FIT AND AGE WELL

Fitness classes are in person, virtual or both (hybrid). Contact the COA for Zoom meeting info and check the calendar for the schedule. Class fees are \$3.00 per session. Stay Healthy and Keep Moving!



GENTLE MAT YOGA

Instructor: Tracy Buckley, RYT

Thursdays, 9:30-10:20am HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Join our Mat Yoga class and improve your strength, flexibility and balance. Reduce your stress, breathe, and move towards a healthier, happier you. Bring a mat and water.

CHAIR YOGA

Instructor: Tracy Buckley, RYT

Thursdays, 10:30-11:20am HYBRID

(Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

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. Bring water.

MINDFUL MOVEMENT & STRETCH

Tuesdays at 7:30am via ZOOM

Instructor: Laura Villalobos

Start your day with a mindful workout. Begin with some friendly cardio moves, then effective stretches, and finish with a five minute meditation. Your body will feel energized and less stiff, and your mind more focused and clear. Have a chair nearby for balance and stretches.

BALANCE & STRENGTH TRAINING

New classes are coming! Email coa@doverma.gov to receive updates.

STRETCH AND FLOW

STRENGTH & STABILITY (S&S)

ZUMBA GOLD

Classes with Andria are suspended for January and February. Try one of the other fitness classes and join Andria in March.

SENIOR SWIM FOR THE COA

Enjoy swimming at The Kingsbury Club in Medfield on Tuesdays and Fridays from 10:00-11:00am with Water Aerobics or lap lane options. 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.





BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. *Now, proudly serving 22 communities.*

Learn more at
www.springwell.com



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COMPASS



As long-time residents of Dover, we have had the pleasure of helping our neighbors with their real estate decisions. We look forward to continuing to support our community in this sometimes overwhelming process. Please let our family help your family.

compass.com

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The Bohlin Group
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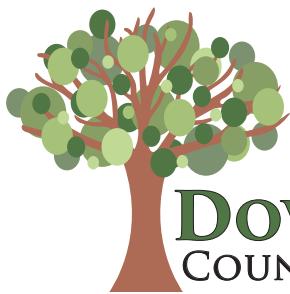
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DOVER COA

COUNCIL ON AGING

COA OFFICE

Town Hall, Fireside Room
5 Springdale Avenue, Dover, MA 02030
Email: coa@doverma.gov

508.315.5734

COA OFFICE HOURS

Monday – Thursday: 9:00am to 5:00pm
Friday: 9:00am to 1:00pm

COA BOARD MEETING

Tuesday, January 3 at 9:30am
Tuesday, February 7 at 9:30am

Website: www.doverma.gov

Sign up for alerts at [Notify Me](#)
Sign up for weekly COA E-Newsletter at
coa@doverma.gov

COA STAFF MEMBERS

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

COA BOARD MEMBERS

Bob Cocks, Chair
Maureen Dilg, Secretary
Rev. Peter DiSanto
Betty Hagan
Camille Johnston
Gilbert Thisse
Gerry Wise
Cindy Holmes, Associate
Annemarie Thompson, Associate

**See Photos of COA events on
the Town of Dover Facebook.
Follow us and Like our photos!**



Dover Council On Aging
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Dover, MA 02030

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