

DOVER COA COUNCIL ON AGING

News

508.315.5734

SEPTEMBER - OCTOBER 2022

HIGHLIGHTS

LIFETIME LEARNING

Starts Sept 7

COFFEE WITH REP GARLICK

Friday, September 23

MEDICARE PLANS

Tuesday, October 4

TRAVEL TALK: INDIA

Wednesday, October 12

CARYL HOUSE TOUR

Tuesday, October 18

HALLOWEEN PARTY

Tuesday, October 25

SPECIAL THANKS

Arcadian Farms
Blue Moon Bagel Cafe
Board of Health
Dover American Legion
Dover Fire Department
Dover Historical Society
Dover Open Space Committee
Friends of Dover COA
Most Precious Blood Church
Natick Walpole VNA
Powisset Farm
St. Dunstan's Church
The Dover Church
The Kingsbury Club, Medfield

LETTER FROM THE DIRECTOR

As we shift from the summer heat into September, that first day of Fall will be here soon! Dover COA is ready with Fall offerings to educate, entertain, keep you healthy, and socialize with friends. COA Programs are in person or virtual, as well as in a hybrid format (in person and virtual) to reach all of our community.

Keep updated on local and state issues and share your views. Town Administrator Chris Dwelley joins us in September to provide updates on Town projects, including Caryl Community Center and Hale Reservation. Join us for coffee as State Representative Denise Garlick will meet with seniors to share a legislative update. October is Fire Prevention Month and Dover Fire Department shares home safety and fire prevention tips at our Talk with the Town program.

October is also the start of open enrollment for Medicare plans. New to Medicare or have questions about your plan? Susan Flanagan from Blue Cross Blue Shield of MA returns to share her expertise on Understanding Medicare Plans. Also returning is the Lifetime Learning educational series, sponsored by Friends of Dover COA, featuring Fun with Ukulele, America's Poets, and MFA History of Collecting. Scholarships are available. See details inside the newsletter to sign up.

Sign up for a returning COA program, Mah Jongg, Knitting, or Pageturners Book Club, or a new event! DSHS Student and musician Sam Ma will offer a free concert for Seniors in October. Join Naturalist Joy Marzolf of The Joys of Nature as she leads a guided autumn walk, or learn about the Caryl family as Dover Historical Society hosts guided tours of Caryl House. Travel to Norwood Theatre for an Elvis tribute, attend a Travel Talk to India with Photojournalist Barry Pell, or enjoy a Diwali celebration, the Indian holiday known as the Festival of Lights, in October. And what's October without a Halloween gathering? Enjoy lunch with spooky treats and feel free to wear a costume!

See inside this issue for info on all COA events, including locations throughout Town. To receive weekly updates on upcoming events and be notified of any changes, sign up for the COA E-newsletter at coa@doverma.gov. Thank you to our community partners that provide ongoing support.

Janet Claypoole

LUNCH AND LEARN

COA LUNCHEONS

Tuesday, September 13 at 12:00pm

Dover Legion, 32 Dedham Street; Cost: \$3.00

Join us for lunch and an update from Town Administrator Chris Dwelley on town projects, including Caryl Community Center and Hale Reservation. RSVP by Sept 7.

Tuesday, October 11 at 12:00pm

Dover Legion, 32 Dedham Street; Cost: \$3.00

It's the annual Harvest Lunch with your COA friends! Enjoy a delicious meal and a slice of pie. RSVP by Oct 3.



FRIGHTFULLY FUN HALLOWEEN PARTY

Tuesday, October 25 at 12:00pm

Dover Legion, 32 Dedham Street

You're invited to a frightfully fun Halloween luncheon!

Join us—if you dare—for tricky games and spooky treats. Costumes are highly encouraged.

GRAB & GO MEALS

Tuesdays, September 20 & October 18

Pickup at 12:00-1:00pm

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

Reserve an individually packaged meal to enjoy at home.

Enter the parking lot and stop at the table for staff to assist with curbside pickup. Home delivery is available. RSVP is required to reserve a meal. RSVP by Sept 8 and Oct 6 to

BLUE MOON BAGELS & BREADS

Thursdays, September 8, 22

Thursdays, October 6, 20

Fireside Room, Dover Town House

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.



POWISSET FARM FRESH PRODUCE

Thursdays, September 8, 22

Thursdays, October 6, 20

Fireside Room, Dover Town House

Pick up at 1:00-1:30pm

Enjoy the harvest of fresh vegetables from Powisset Farm! Contact COA for home delivery.

COFFEE WITH REP. DENISE GARLICK

Friday, September 23 at 10:00am

Dover Legion, 32 Dedham Street

Meet with Dover's state legislator Representative Denise Garlick for a legislative update. Share your issues and concerns. Coffee & treats provided.

TALK WITH THE TOWN: FIRE & EMERGENCY MEDICAL SERVICES

Wednesday, October 5 at 10:00am

at Dover Legion, 32 Dedham Street

October is National Fire Prevention Month!

Fire Chief Paul Luttazi and Ambulance Supervisor Tim Surgenor will share home safety and fire prevention tips, and help us plan for emergency situations. Coffee and refreshments provided.

SENIOR COFFEE & CONVERSATION

Friday, September 30 at 9:00am

Friday, October 28 at 9:00am

Dover Legion, 32 Dedham St

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

CHIT CHAT TEA

Wednesday, September 28 at 11:30am

Dover Legion, 32 Dedham Street

Gather with friends and enjoy a light lunch. RSVP to COA.

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

CREATE AND CONNECT

MAH JONGG

Fridays at 1:00pm - Starts Sept 9

Dover Town Library

Come play this challenging and fun Chinese tile game.
All levels welcome.

KNITTING TOGETHER

Mondays , Sept 12 & Oct 3 at 1:00pm

Fireside Room, Town Hall

Beginners and experienced knitters are welcome.

COOKING AT POWISSET FARM

Dover and Westwood COAs offer cooking classes at the Farm. Space limited. Cost is \$20 per class, including lunch. Partially funded by Friends of Dover COA.

Thursday, September 15 at 11:00am - Homemade Pizza!

Learn step-by-step how to craft wood-fired pizza. Chef Thi will share tips on prepping the most delicious dough with a tasty sauce. Take a trip into the garden and pick fresh herbs and veggies to top your pizza.

Thursday, October 13 at 11:00am - Wild Wings!

In this hands-on class with Chef Thi, make Sweet Chili Thai wings, Grilled Tandoori Wings with a Cool Cucumber Yogurt Raita, and Spicy Caribbean Jerk wings.

AUTUMN NATURE EXPLORATION

with Naturalist Joy Marzolf of The Joys of Nature
at Chase Woodlands and Peters Reservation

Wednesday, September 14 at 10:00am

Enjoy a guided walk on Dover trails with naturalist Joy Marzolf. Look for a variety of woodland creatures as well as autumn colors in plants and flowers. The walk will not be too strenuous but will be over uneven and possibly wet ground so wear appropriate footwear and bring walking sticks, binoculars and cameras. Funded by Friends of Dover COA.



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

PAGETURNERS BOOK CLUB

at Dover Town Library

Tuesday, September 20 at 2:00pm

Book selection: *The Code Breaker: Jennifer Doudna, gene editing, and the future of the human race*, by Walter Isaacson

Tuesday, October 14 at 2:00pm

Book selection: *The Bluest Eye*, by Toni Morrison

Read and discuss fiction and nonfiction books led by Dover Librarian Liz Fogarty. These books are available at the Library.

TRAVEL TALK: INDIA—TRADITION AND MODERNITY COLLIDE

Wednesday, October 12 at 10:30am

Speaker: Barry Pell, Photojournalist

Dover Town Library, Community Room and ZOOM

With a population exceeding one billion people, India is experiencing dramatic growth and change. Based on the lecturer's recent travels, this program will provide a panorama of life across India, ranging from cultural traditions and religious observances and ceremonies to bustling markets and daily lifestyles.

Barry Pell is a world traveler and photojournalist. He has traveled to 170 countries on all continents. He currently lectures on international cultures at schools, universities, libraries, and community groups in the Boston area.

POTTERY PAINTING

Friday, October 14 at 10:30am

Pottery Place, First floor

at Park Street Books & Toys, 504 Main Street, Medfield

Choose from an assortment of pieces, such as mugs, plates, vases, ornaments and more! Whether you keep or gift your pieces, you're guaranteed to enjoy this activity!

DIWALI CELEBRATION

Friday, October 21; 10:00am

Dover Legion, 32 Dedham St

Diwali, also known as the Festival of Lights, symbolizes the victory of good over evil and is one of the most celebrated festivals in India. Come experience a taste of this holiday and learn about various Indian customs. As a special treat, COA volunteer Archana Venkataraman will perform a beautiful classical dance for us. And what's an Indian holiday without trying some delicious food!

COMMUNITY CONNECTIONS

DOVER DAYS FAIR

Saturday, September 10; 10:00am-3:00pm

Dover Town Common

Dover Parks & Recreation hosts this annual event to kick off the fall season. Enjoy food, games and fun!



SECOND SATURDAY STROLLS

September 17 (3rd Sat): Wylde Woods

October 8: Snow Hill & Snow Hill Reservation

10:30am to Noon; FREE

Join the Dover Open Space Committee (OSC) for a guided walk. Email amoot@doverma.gov. Explore our community!

DSHS STUDENT CONCERT

Musician Sam Ma on Clarinet

Saturday, October 1 at 12:00pm

Dover Town Library, Community Room

Enjoy a free concert by DS High School 11th grader Sam Ma. He is a member of the Boston Youth Symphony Orchestra Repertory Orchestra and participates in All-State Wind Ensembles, Pit Orchestra, and volunteers to play for veterans and retirement communities. Join us for a music filled afternoon by this local student.

CARYL HOUSE TOUR

Tuesday, October 18 at 10:00am

The Reverend Benjamin Caryl built his house at 107 Dedham Street around the year 1774. The Caryl House served as home to the Caryl family until 1928, when it was given to the town and placed under the care and maintenance of the Dover Historical Society. Take a tour with curator Kevin Shale and learn about the Caryl family and about this house, which remains in close to original form. RSVP to COA.

FOREVER YOUNG

By Jessica Lens

Ms. Lens shares her conversations with a Dover senior. In this segment, she talks with lifelong Dover resident Pete Sherman.

Pete Sherman takes us on a delightful trip down Dover's memory lane. We get a glimpse of the truly rural days back in the 1940s when life in Dover was very different. The days of milking the goat, taking care of the chickens, bringing the

pigs to the slaughter, hunting and fishing. The times when everyone in town knew each other as one big family and when there weren't a lot of buildings or cars around yet.

Born and raised in Dover, Pete Sherman, 94 years old, grew up as the middle child in his family with an older brother and younger sister. He went to Caryl School and graduated in a class with 13 children. Pete's parents were very present in his life, and he enjoyed the dances in the Town House that they would attend. That's how Pete learned to dance himself from a very young age. Besides hunting for ducks, partridges, and pheasants, Pete would hang out with a group of friends ready for action when there was a fire in town. Too young to drive anywhere themselves, they'd be picked up by a small truck and help put out fires.

Pete served in the Dover Fire Department for more than 70 years, first as a member, and eventually as its chief. He retired in 1993, but remained on the Board of Fire Engineers for another 20 years. He also served on many Town Committees and Boards throughout his career. Pete has been a hard worker all his life and also worked as an electrician for Wentworth Institute. Another thing Pete put a lot of effort into is his house. He built it with his own hands and still lives there with his wife Bessie. Their grown children and grandchildren are spread out over the country.

Pete has seen the town change over time, he'll say "not always in a good way" ...but really, it's not so much about what is bad about the growth, the bigger houses, the cars, and people today, it's just that Pete also so dearly remembers the town of Dover of the past. Times change, but Pete helps us keep the memory of the beautiful good old days alive.

SUPPORT AND ASSISTANCE

OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

The Ankle Bone is Connected to the Shin Bone...

There you are in your doctor's office. He says, "You are doing very well, but let's get a Bone Density." A Bone what? For many women, this is not a "new test." We have known for decades that women's bones become more porous after menopause. Can women improve their bone density? And do men have aging changes in their bones as well?

After menopause, there is no source of estrogen in a woman's body other than stored in adrenal glands and body fat. However, there are ways to slow your bone loss which are effective. Men, who generally have a higher bone mass will have denser bones until their seventies. Some men opt to have a bone density earlier in their sixties so that they have a baseline value to compare to later on. Bone density tests are painless. The test takes approximately 25-30 minutes. A low radiation beam examines your bones at the spine and hips. Your doctor will advise you when the results are available.

It is never too late to improve your bone health. Here's a quick list:

- Walk - can't say this enough! Bones work harder supporting your weight while walking.
- Strength training - Small weights and workouts at home are beneficial, too.
- Decrease alcohol intake - It lessens how Vitamin D works in your body and calcium uptake.
- Decrease soft drink intake - soda has phosphoric acid, this will cause an unbalance of calcium in your body.
- Decrease salt in diet - salt can increase the amount of calcium you excrete via urination.

As always, speak with your MD regarding your bone health and what you might do to decrease bone loss. It is also important to speak to your health care team about calcium and Vitamin D supplements. Too much of these nutrients can cause other physical issues. Calcium may be found in soybeans, dark leafy vegetables, figs, broccoli, egg yolks, oranges, flour tortillas, canned salmon, and baked beans.

Vitamin D rich foods include cod liver oil, salmon, swordfish, tuna, sardines, and dairy plant milks and fruit juices with added Vit D.

Take care of your bones as they take care of you!

UNDERSTANDING MEDICARE PLANS

Tuesday, October 4 at 10:00am

Susan Flanagan, Blue Cross Blue Shield of MA
Dover Legion, 32 Dedham Street

Medicare Supplement Plans or Medicare Advantage Plans? Which coverage is best? If you are new to Medicare this is the #1 question most people have when looking for additional insurance. However, once on a plan, it's always a good idea to re-look at your choices each year. During the open enrollment period from October 15 to December 7, you can change your Medicare plan for the following year. Join us and make sure you're still enrolled in the best plan for you. Sign up at coa@doverma.gov.

SHINE

Are you retiring soon, turning 65, or want to change your Medicare plan? Open enrollment is October 15 to December 7 with a SHINE counselor. Email coa@doverma.gov to schedule an appointment.

BLOOD PRESSURE

with the Natick Walpole VNA

Tuesdays, September 13 & October 11 at 11:00am
Fireside Room, Dover Town House

Stop in for a monthly blood pressure check with the Public Health Nurse! VNA requests all wear a mask. 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 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

CALENDAR

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 4:30pm S&S - CS/Zoom	2
5 HOLIDAY	6 4:30pm S&S - CS/Zoom ELECTION DAY - State Primary	7 12:15pm - Ukulele - Dover Church	8 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 1pm Bread/Farmstand - FS 4:30pm S&S - CS/Zoom	9 1pm Mah Jongg - Library
12 1pm Knitting - FS 4:30pm Stretch - CS/ Zoom	13 7:30am Mindful Move - Zoom 9:30am COA Board Mtg - TBD 10am Swim - Kingsbury Club 11am Blood Pressure - FS 12pm COA Lunch - Legion 4:30pm S&S - CS/Zoom	14 10am Nature Walk 12:15pm Ukulele - Dover Church	15 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Cooking at Farm 4:30pm S&S - CS/Zoom	16 10am Swim - Kingsbury Club 1pm Mah Jongg - Library
19	20 4:30pm S&S - CS/Zoom 7:30am Mindful Move - Zoom 10am Swim - Kingsbury Club 12n Grab & Go - MPB 2pm Book Club - Library 4:30pm S&S - CS/Zoom	21 12:15pm Ukulele - Dover Church	22 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 1pm Bread/Farmstand - FS 4:30pm S&S - CS/Zoom Lunch Theater Trip	23 10am Swim - Kingsbury Club 1pm Mah Jongg - Library
26	27 4:30pm S&S - CS/Zoom 7:30am Mindful Move - Zoom 10am Swim - Kingsbury Club 4:30pm S&S - CS/Zoom	28 11:30am Tea - Legion	29 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 1:30pm LL - Poets - Library 4:30pm S&S - CS/Zoom	30 9am Sr. Coffee - Legion 10am Swim - Kingsbury Club 1pm Mah Jongg - Library

MPB - Most Precious Blood Church

FS - Fireside Room Town Hall

ST D - St. Dunstan's Church

CS - Chickering School

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1pm Knitting - FS 4:30pm Stretch - CS/ Zoom	4 7:30am Mindful Move - Zoom 9:30am COA Board Mtg. - TH 10am Swim - Kingsbury Club 10:30am Medicare - Legion 12n Grab & Go - MPB 4:30pm S&S - CS/Zoom	5 10am - Fire/EMS Coffee - Legion 12:15pm Ukulele - Dover Church	6 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 1pm Bread/Farmstand - FS 1:30pm LL - Poets - Library 4:30pm S&S - CS/Zoom	7 10am Swim - Kingsbury Club 1pm Mah Jongg - Library
10 HOLIDAY	11 7:30am Mindful Move - Zoom 10am Swim - Kingsbury Club 11am Blood Pressure - FS 12n COA Lunch - Legion 2pm Book Club - Library 4:30pm S&S - CS/Zoom	12 10:30am India - Library/ Zoom 12:15pm Ukulele - Dover Church	13 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Cooking at Farm 1:30pm LL - Poets - Library 4:30pm S&S - CS/Zoom	14 10:30am Pottery Painting - Park Street Books 10am Swim - Kingsbury Club 1pm Mah Jongg - Library
17 4:30pm Stretch - CS/ Zoom	18 7:30am Mindful Move - Zoom 10am Swim - Kingsbury Club 10am Caryl House Tour 12pm Grab & Go - MPB 4:30pm S&S - CS/Zoom	19 12:15pm Ukulele - Dover Church	20 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 1pm Bread/Farmstand - FS 1:30pm LL - Poets - Library 4:30pm S&S - CS/Zoom	21 10am Diwali - Legion 10am Swim - Kingsbury Club 1pm Mah Jongg - Library
24 1:30pm LL-Fine Art -TBD 4:30pm Stretch - CS/ Zoom	25 7:30am Mindful Move - Zoom 10am Swim - Kingsbury Club 12n Halloween Party - Legion 4:30pm S&S - CS/Zoom	26 12:15pm Ukulele - Dover Church	27 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 1:30pm LL - Poets - Library 4:30pm S&S - CS/Zoom	28 9am Sr. Coffee - Legion 10am Swim - Kingsbury Club 1pm Mah Jongg - Library

SATURDAY CLASSES AND EVENTS

Zumba Gold on Saturdays, 10:45-11:30am
at St. Dunstan's Church
September 3, 10, 17, 24; October 1, 8, 22, 29

Dover Days Fair
September 10

Saturday Stroll at 10am
September 17 and October 8
Concert - 12noon
October 1 at the Library

CALENDAR

LIFETIME LEARNING AND TRAVEL

Expand your knowledge at a Lifetime Learning class sponsored by the Friends of Dover COA or travel with us to the Theatre. Sign up at coa@doverma.gov.

FUN WITH UKULELE

Wednesdays, Sept 5 to Dec 7; 12:15-1:30pm

Instructor: Lisa Cohen

The Dover Church, Kraft Hall;

Cost: \$75.00 for 12 week series

Grab your ukulele and play along with friends in this 12 week session. Learn ukulele basics on chords, strumming styles, proper hand placement and more concepts and tips. New and returning participants of all skill levels are welcome. No prior experience is required, just curiosity and the pursuit of enjoyment in singing and playing the uke with others. Bring a soprano, concert or tenor ukulele with GCEA tuning and an electric Ukulele tuner.



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

AMERICA'S POETS, 1985 - PRESENT

Thursdays, Sept 29, Oct 6, 13, 20, 27

at 1:30-3:00pm; Cost: \$50.00

Instructor: Lynne Viti, PhD

Dover Town Library, Community Room

No previous experience studying poetry is necessary to join this in-person reading and discussion-based class. We'll explore the writings of eight selected U.S. Poets Laureate, from Gwendolyn Brooks (term, 1985-1986) to our new Poet Laureate, Ada Limón. We will examine the technical aspects of poems and will explore how the poems affect us as readers. Additionally, we will consider the ways in which each of these poets present a unique vision of her or his America—and the society's aspirations, successes, challenges,

failures, disappointments and struggles. (Poets to be covered: Gwendolyn Brooks, Richard Wilbur, Louise Glück, Ted Kooser, Tracy K. Smith, Natasha Trethewey, Joy Harjo, Ada Limón.)

Dr. Lynne Viti, a lecturer emerita at Wellesley College, is the author of four poetry collections, most recently, *The Walk to Cefalù*, coming in September 2023 from Cornerstone Press of the University of Wisconsin Stevens Point.

THE MFA, BOSTON'S HISTORY OF COLLECTING: A WINDOW INTO THE FINE ARTS

Monday, October 31; 1:30-3:00pm

Instructor: Deborah H. Stein, PhD

Location TBD; Cost: \$10.00

In this one and a half hour session, explore the development of the fine arts in Boston by considering a series of paintings and sculptures selected as representative of the Museum of Fine Art's acquisitions between 1870 and 1970. Engage not only with the historical, aesthetic, and cultural context for these acquisitions, but also with the history of American and European art, of the discipline of art history, and of early public fine arts museums.

Deb Stein specializes in eighteenth and nineteenth-century 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. Professor Stein is a Visiting Lecturer at the College of the Holy Cross. She has also taught American art, Italian Renaissance art, and art and architecture at Boston College and Boston University and has been a long-time lecturer in the galleries at the Museum of Fine Arts, Boston.

TRAVEL WITH THE COA

LUNCH/THEATRE COMBO

Memories of Elvis at The Norwood Theatre

Thursday, September 22; Cost: \$45.00

Dover COA invites you to a Lunch-Theatre combo package. Enjoy lunch at a local restaurant, and then it's off to The Norwood Theatre for a special performance just for seniors. Chris MacDonald's "Memories of Elvis" is a heartfelt tribute to a legendary performer and music icon. Sign up at the COA by September 9. Sign up soon as seats are going fast!

BE FIT AND AGE WELL

COA Fitness Classes are shifting locations! Please review class details below as classes are in person, virtual or both (hybrid)! Contact the COA for Zoom meeting info. Class fees remain at \$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.

STRETCH AND FLOW

Mondays, 4:30-5:20pm HYBRID (Zoom and In Person)

Chickering School, Music Room, 29 Cross St

Instructor: Andria DeSimone

Stretch your body, focus on breathing and balance, and improve range of motion and flexibility.

STRENGTH & STABILITY (S&S)

Tuesdays & Thursdays, 4:30-5:20pm

HYBRID (Zoom and In Person)

Chickering School, Music Room, 29 Cross St

Instructor: Andria DeSimone

Join in for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Equipment provided; 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 5 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.

ZUMBA GOLD

Saturdays, 10:45-11:30am IN PERSON

Instructor: Andria DeSimone

St. Dunstan's Church, 18 Springdale Ave

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!

SENIOR SWIM FOR THE COA

Enjoy swimming at The Kingsbury Club in Medfield. Fall swim begins September 13 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



(617) 926-4100 / 307 Waverley Oaks Road, Suite 205, Waltham, MA 02452
(508) 573-7200 / 33 Boston Post Road (Rt. 20) West, Marlborough, MA 01752

MARY ANN MORSE
HEALTHCARE CORP.

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



**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.



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.

COMPASS.COM



Rehabilitation Associates Exceptional Short Term Rehab



Professionally staffed & equipped to provide you with Exceptional Short Term Rehab & Skilled Nursing Care between Hospital & Home.

Short Term Rehab & Skilled Nursing Care

Riverbend of South Natick
34 S. Lincoln St, S. Natick, MA
(508) 653-8330

Thomas Upham House
519 Main St. Medfield, MA
(508) 359-6050

Timothy Daniels House
84 Elm St. Holliston, MA
(508) 429-4566

Victoria Haven
137 Nichols St, Norwood, MA
(781) 762-0858



For more information
www.rehabassociates.com

Medicare/Medicaid
Certified





WINGATE RESIDENCES
AT NEEDHAM

**At One Wingate Way and Needham Residences,
we offer the finest in Independent Living,
Assisted Living and Memory Care in a warm,
sophisticated and inviting setting.**

*Luxury Apartments | Restaurant-Style
Dining | Complimentary Chauffeur | Cultural,
Educational & Social Events | State-of-the-Art Fitness
Center | Outdoor Gardens & Lounging Patio | Heated
Saltwater Pool*

**Call us today for more information
or to schedule a tour!**

**Wingate Residences
at Needham
(781) 455-9080**
WingateHealthcare.com

235 Gould Street, Needham MA 02494

**One Wingate Way
(781) 247-6638**
OneWingateWay.com



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QUALITY AT THE TOP



**Residential Specialists
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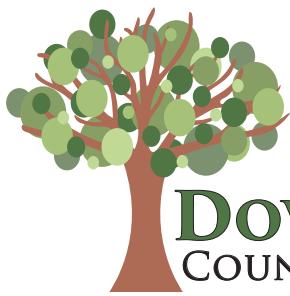
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508-336-6633 x 337**





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, September 13 at 9:30am
Tuesday, October 4 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
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Cindy Holmes, Associate
Annemarie Thompson, Associate

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