



DOVER COA COUNCIL ON AGING

News

508.315.5734

MARCH - APRIL 2025

HIGHLIGHTS

MA APPEALS COURT

Wednesday, March 5

AMELIA PEABODY

Monday, March 10

RED SOX OPENING DAYS

Tuesday, March 25

TRAVEL TALK: GREENLAND

Wednesday, March 26

TALK WITH THE TOWN

March 12 - Police Chief & HSI

April 29 - Town Administrator

RUTH BADER GINSBERG

Wednesday, April 30

SPECIAL THANKS

Blue Moon Bagel Cafe

Chickering School students

Dover Historical Society

Dover Legion

Friends of Dover COA

Massachusetts Trial Courts

Most Precious Blood Church

Powisset Farm

St. Dunstan's Church

The Dover Church

The Kingsbury Club, Medfield

LETTER FROM THE DIRECTOR

Spring is on its way! We welcome the transition to warmer days, the bloom of new growth in our gardens, and the anticipation of new beginnings. The COA is anticipating the completion of the Community Center this Spring. Stay tuned as we finalize a move in date. For now, COA programs will continue to meet throughout Dover.



And there are a variety of programs to choose from! Justice Joseph Ditkoff joins us for Judicial Outreach Month to talk about the Massachusetts Appeals Court, photojournalist Barry Pell provides a Travel Talk on Greenland, and Dover Historical Society member Judy Schulz shares stories of Dover from the diaries and scrapbooks of Amelia Peabody. Music will be featured at monthly luncheons with local Irish Tenor Nevin Shanabrook in March and Dover Sherborn High School musicians in April. Lifetime Learning returns with Spring sessions. Learn new skills with Fun with Ukulele instructor Cindy Miller, explore the Portraiture of Prominent Bostonians with art historian Deborah Stein, and examine questions on The Creative Universe with scientist and theologian Frank Villa. Join us for the inspiring story of Ruth Bader Ginsburg "I Dissent" by performer Sheryl Faye.

Learn about Town issues and share your input at a Talk with the Town program. In March, Dover's Police Chief will partner with Homeland Security Investigations to review common scams targeting seniors. April's program will feature Town Administrator Michael Blanchard to share information on Town Meeting warrant articles. Finally, it is a sure sign of Spring when we talk about baseball. Boston baseball historian Herb Crehan presents Memorable Red Sox Opening Days. Come share your memories as well.

For details on all these programs, see inside this newsletter. Thank you for signing up by deadlines as this helps us plan for set up and food orders. We look forward to seeing you soon and celebrating Spring.

Janet Claypoole

Upcoming Town Government Meetings/Elections:

Monday, March 10 - Town Caucus

Monday, March 17 - Open Hearing

Monday, May 5 - Annual Town Meeting

Monday, May 19 - Town Election

LUNCH AND LEARN



COA LUNCHEON

Tuesday, March 11 at 12:15pm

The Dover Church, Kraft Hall

17 Springdale Ave; Cost: \$5.00

Celebrate St. Patrick's Day with a traditional Irish meal and music from local Irish Tenor Nevin Shanabrook.

Sign up by March 4.

COA LUNCHEON

Tuesday, April 8 at 12:15pm

The Dover Church, Kraft Hall

17 Springdale Ave; Cost: \$5.00

Gather with friends for a delicious meal and a performance by DS High School musicians. Sign up by April 2.

GRAB & GO MEALS

Tuesdays, March 18 & April 15

Pickup at 12:30-1:00pm; Cost: \$5.00

Most Precious Blood Church parking lot

Reserve an individually packaged meal to enjoy at home. Enter the parking lot and stop at the table for curbside pickup. Home delivery is available. RSVP is required to reserve a meal.

BLUE MOON BAGELS & BREADS

Thursdays, March 6, 20

Thursdays, April 3, 17

Most Precious Blood Church parking lot

Pick up 12:30-1:00pm

Bread, bagels and other baked goods donated from Blue Moon Café are available for curbside pickup. Drive up and stop at the table while staff and volunteers assist you.

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

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, March 13 at 11:00am - Ireland

Celebrate Irish country cuisine. In this hands-on class with Chef Thi, create an Irish feast of Shortcut Guinness Lamb Meatball Stew, Colcannon and Irish Soda Bread. Slainte!

Thursday, April 10 at 11:00am - France

Chef Thi will transport you to a classic French bistro, known for its simple, inexpensive menu and homestyle dishes. On the menu: Coq au Vin, Pommes Fondant, Winter chicory Salad with French vinaigrette and goat cheese.

MEN'S LUNCH

Wednesdays, March 19 & April 16 at 12:00pm

The Post at Dover Legion, 32 Dedham Street

Cost: \$5.00

Join us for an enjoyable afternoon and great discussions.

RSVP by March 17 and April 14.

LADIES LUNCH

Thursday, March 27 at 12:30pm

The Post at Dover Legion; Cost \$5.00

Thursday, April 24, depart at 12:15pm

Papa Razzi Restaurant, Wellesley

Monthly ladies lunch will alternate eating in town and traveling to a nearby restaurant. RSVP by March 25 for local lunch. RSVP by April 17 for travel lunch. Transportation provided and space is limited.



MARY ANN MORSE
HEALTHCARE CORP.

A Continuum of Senior Living & Healthcare Services

Mary Ann Morse at Heritage Traditional, Memory Care, & Mental Health Assisted Living 508.665.5300	Mary Ann Morse Healthcare Center Short-Term Inpatient & Outpatient Rehab & Long-Term Care 508.433.4400 maryannmorse.org	Mary Ann Morse Home Care Medicare-Certified Skilled Home Health & Personal In-Home Care 508.433-4479
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CREATE AND CONNECT

KNITTING

Mondays, March 3, April 7 at 1:00pm

Dover Town House, Fireside Room

All levels of knitters are welcome. Bring your latest project!

MA APPEALS COURT

with Justice Joseph M. Ditkoff

Wednesday, March 5 at 11:00am

Dover Town Library, Community Room

March is Judicial Outreach Month, where judges engage with communities across Massachusetts. Join us to meet Justice Joseph Ditkoff, a judge on the MA Appeals Court for nearly eight years and before that has served as a criminal prosecutor in Boston and General Counsel of the MA District Courts. Justice Ditkoff will speak on the Massachusetts state court system generally and the Appeals Court specifically. Bring your questions about the courts, the legal system or the law.

TALK WITH THE TOWN

POLICE CHIEF & HOMELAND SECURITY

Wednesday, March 12 at 11:00am

Dover Town Library, Community Room

Police Chief Joe Vinci and Agent Sean Garvey of Homeland Security Investigations will review scams targeting older individuals and what to do if you become a victim.

TOWN ADMINISTRATOR

Tuesday, April 29 at 1:00pm

Dover Town Library, Community Room

Join Dover Town Administrator Michael Blanchard to review articles on the Town Warrant for the May 5 Town Meeting and hear updates on Town projects.

MEMORABLE RED SOX OPENING DAYS

Tuesday, March 25 at 1:00pm

Dover Town Library, Community Room

The 125th Opening Day for the Red Sox is on April 4!

Come hear Boston baseball historian Herb Crehan, who will begin with the first Red Sox opener in May 1901 at the Huntington Grounds and take us up to 2025. Mr. Crehan speaks and writes extensively on Boston baseball history and is a committee member for The Red Sox Hall of Fame. Let's Go Sox!



TRAVEL TALK: GREENLAND – A JOURNEY INTO THE LAND OF ICE



Wednesday, March 26 at 11:00am

Dover Town Library, Community Room

with Barry Pell, Photojournalist

Greenland is the world's largest island and least densely populated place on earth. With over three-quarters of the land covered by ice, the population is limited to a few places along the coast. Traveling by boat, plane and helicopter (there are no roads) in this Danish colony, the lecturer photographed the stunning beauty of the ice floes, glaciers and icebergs. We will discuss the island's history and culture, as well as how global warming is changing the landscape and impacting its people.

PAGETURNERS BOOK CLUB

Dover Town Library

Tuesday, March 11 at 2:00pm

Book: *Chasing Beauty: the life of Isabella Stewart Gardner* by Natalie Dykstra

Tuesday, April 8 at 2:00pm

Book: *The Tragedy of Richard III* by William Shakespeare. We will view the 1995 film adaptation of Richard III and discuss the works afterwards.

Pageturners is led by Dover Librarian Liz Fogarty. Copies of books are available at the Library. For more info, contact Liz at 508-785-8113 or efogarty@minlib.net

MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this classic tile game. For experienced players.

COFFEE & CONVERSATION

Fridays, March 28 & April 25 at 9:00am

Dover Legion, 32 Dedham Street

Join us for a cup of coffee, home-cooked breakfast, and conversation with friends.

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

LIFETIME LEARNING

Join us for these Lifetime Learning classes sponsored by Friends of Dover COA. Sign up at coa@doverma.gov.

FUN WITH UKULELE

Thursdays, February 27-May 1

11:00am-12:00pm; Cost \$60

The Dover Church, Kraft Hall,
17 Springdale Ave



New songs! New skills! Old friends! And maybe new ones, too. It's time to take that ukulele out of its case and make music together again. Returning and new adult participants welcome from Dover and beyond. Bring a soprano, concert or tenor ukulele and a smile.

Cindy Miller is currently one of a handful of New England ukulele instructors certified by the James Hill Ukulele Initiative in Toronto. She has performed at the Cape Cod Ukulele Festival, the Ashokan Ukulele Festival and is director of The Unlikely Strummers.

DOVER THROUGH THE EYES OF AMELIA PEABODY

Monday, March 10 at 11:00am

Dover Town Library, Community Room

Speaker: Judy Schulz

Amelia Peabody (1890-1984) grew up in Marblehead and Boston, but was drawn to the open spaces of Dover when riding with the Norfolk Hunt Club. She purchased a home in 1925 and it soon became her favorite place. She gradually enlarged her holdings—at one point, she owned one third of Dover. Her diaries, scrapbooks and photo albums, (held at the Massachusetts Historical Society) reveal fascinating stories about Dover's history, as well as glimpses into the life of this extraordinary woman.

PORTRAITURE OF BOSTONIANS

Wednesdays, April 9 & 16, 11:00am-12:30pm

Dover Town Library, Community Room

Instructor: Deborah Stein, PhD

Cost: \$20.00

This course will cover portraiture of prominent Bostonians from the 17th through mid 20th century, with attention given to the stylistic development of the medium, the artists, the sitters, and the cultural context of Boston's fine arts climate. Artists such as John Singleton Copley, Gilbert Stuart, John Singer Sargent, and Cecilia Beaux will



be discussed. There will be a special segment covering the sculpted portraiture of Amelia Peabody, on display at the exhibition in Dover, entitled "Who was Amelia Peabody?" 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 is a Visiting Lecturer at the College of the Holy Cross. She has also taught 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.

PROBING THE CREATIVE UNIVERSE

Mondays, April 14 and 28, May 5, 12 and 19

11:30am on Zoom; Cost: Free

Instructor: Frank Villa

Science has compiled a comprehensive and detailed natural history of our universe though there remain some gaps in our knowledge. Yet the more we learn about the mechanisms of our creative universe, the bigger the philosophical and theological questions that result. In this 5-week program, we will examine the scientific creation story and explore some of the questions raised about our human place in this mechanical universe.

Frank Villa is an award-winning lecturer who finds great joy in bringing the latest discoveries of science to a general audience. In addition to his degrees in the sciences, Frank achieved a Master's Degree in Religion and Theology.

RUTH BADER GINSBERG - "I DISSENT"

Wednesday, April 30 at 11:00am

Dover Town Library, Community Room

Performed by Sheryl Faye

Ruth Bader Ginsburg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. Ruth Bader Ginsburg's life continues to be one of achievement: as a lawyer, professor of law, a judge, and then a Supreme Court justice, she stands out because she was not afraid to dissent, disapprove, and disagree with conditions of unfairness and inequality. This show is the inspiring story of how she changed her life—and ours.

SUPPORT AND ASSISTANCE

OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

Spring Forward

The month of March means brighter days hinting at the possible end of winter. With this seasonal change also comes the promise of Spring gardens in bloom. Dover is fortunate in that a good selection of beautiful public gardens are within reasonable driving distances. Even if gardening is not your particular hobby, these locations offer beautiful blooms, relaxing strolls, education opportunities and a bit of peace.



The Arnold Arboretum is located in the Jamaica Plain and Roslindale neighborhoods of Boston. This 281 acre botanical garden is part of Olmstead's Emerald Necklace of parks, gardens and walkways. There are over 400 lilacs alone. Part of Harvard University, this arboretum provides programs and boasts its own app for self-directed tours. It is accessible.

Elm Bank is literally located in Dover's backyard in Wellesley. The Massachusetts Horticultural Society, established in 1829, offers many different gardening themes. Totally accessible, the site opens in April. They offer refreshments and do charge modest fees and have scheduled educational programs.

Close by to Dover are the Botanical Gardens at Wellesley College. A must-see is the Durant Camellia tree donated by the founders of the college in 1879 and now housed in the Global Flora Greenhouse. The outdoor gardens are open and free year round. Check with the Gardens for the greenhouse schedule. Guided tours are available.

Have you heard of the Garden in the Woods? This botanical garden in Framingham is dedicated to conserving and propagating endangered plant species as well as other plants, vines, shrubs, and trees native to New England. Guided walking tours and cart tours are available by reservation to make your visit easier. Their schedule gears up in April. They also offer a virtual tour!

As a final suggestion with a bit more of a ride, this writer's favorite botanical garden is the New England Botanical

Garden at Tower Hill in Boylston. This wonderfully designed gardening oasis is open year round and even has winter garden exhibitions for the hardiest of gardeners. Open everyday, Tower Hill offers lunch, programming, classes and it is almost completely accessible. They offer A Garden within Reach for those who are mobility and visually challenged.

For further detailed information, please check the individual websites or call any of the gardens mentioned. After winter, surely we are all ready to "spring forward" into the beauty of the gardens all around us.

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

EYEGLASS RECYCLING

The Dover Recycling Committee is collecting eyeglass donations on behalf of the Lions Club. Bring your glasses to a collection box, which are located at the COA office, Town Clerk's office, the Library, or the swap shop. Donate ANY eyeglasses: prescription or reading, clear or sunglasses, adult and children's, and even clip-ons. The Lions Club collects used eyeglasses, determines the prescription, and dispenses recycled glasses to those in need, free of charge.

POLICE PHONE UPGRADE

Dover Police have upgraded their phone system. When you call the Police Department, you will be forwarded to an auto attendant. Follow the options to be directed to the Department you are looking for. Remember that the Fire Department is on call, and you must select the "speak with an Officer" prompt to receive an immediate response. If you have an emergency, hang up and dial 911.



CALENDAR

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1pm Knitting - FS 4:30pm Stretch - CS/ Zoom	4 7:15am Movement - Zoom 9:30am COA Board Mtg - TH 4:30pm S&S - CS/Zoom Lunch Trip	5 9:30am Core & Balance - St. D/Zoom 11am MA Appeals Court - Library	6 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Ukulele - Dover Church 12:30pm Breads - MPB 4:30pm S&S - CS/Zoom	7 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
10 11am Amelia Peabody - Library 4:30pm Stretch - CS/ Zoom	11 7:15am Movement - Zoom 12:15 Lunch - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom	12 9:30am Core & Balance - St. D/Zoom 11am Talk with Town - Library	13 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Cooking at Farm 11am Ukulele - Dover Church 4:30pm S&S - CS/Zoom	14 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
17 4:30pm Stretch - CS/ Zoom	18 7:15am Movement - Zoom 12:30pm Grab & Go - MPB 4:30pm S&S - CS/Zoom	19 9:30am Core & Balance - St. D/Zoom 12noon Men's Lunch - Legion	20 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Ukulele - Dover Church 12:30pm Bread - MPB 4:30pm S&S - CS/Zoom	21 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
24 4:30pm Stretch - CS/ Zoom	25 7:15am Movement - Zoom 1pm Red Sox - Library 4:30pm S&S - CS/Zoom	26 9:30am Core & Balance - St. D/Zoom 11am Travel Talk: Greenland - Library	27 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Ukulele - Dover Church 12:30pm Ladies Lunch - Legion 4:30pm S&S - CS/Zoom	28 9am Coffee - Legion 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
31 4:30pm Stretch - CS/ Zoom				

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

APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 7:15am Movement - Zoom 9:30am COA Board Mtg - TH 4:30pm S&S - CS/Zoom	2 9:30am Core & Balance - St. D/Zoom	3 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Ukulele - Dover Church 12:30pm Bread - MPB 4:30pm S&S - CS/Zoom	4 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
7 1pm Knitting - FS	8 7:15am Movement - Zoom 12:15 Lunch - Dover Church 2pm Book Club - Library	9 9:30am Core & Balance - St. D/Zoom 11am Portraiture - Library	10 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 11am Ukulele - Dover Church	11 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
14 11:30am Universe - Zoom 4:30pm Stretch - CS/Zoom	15 7:15am Movement - Zoom 12:30pm Grab & Go - MPB 4:30pm S&S - CS/Zoom	16 9:30am Core & Balance - St. D/Zoom 11am Portraiture - Library 12noon - Men's Lunch - Legion	17 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Ukulele - Dover Church 12:30pm Bread - MPB 4:30pm S&S - CS/Zoom	18 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
21 HOLIDAY	22 4:30pm S&S - Zoom	23 9:30am Core & Balance - St. D/Zoom Broadmoor Trip	24 11am Ukulele - Dover Church 12:30pm Ladies Lunch 4:30pm S&S - Zoom	25 9am Coffee - Legion 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
28 11:30am Universe - Zoom 4:30pm Stretch - CS/Zoom	29 1pm Talk with Town - Library 4:30pm S&S - CS/Zoom	30 9:30am Core & Balance - St. D/Zoom 11am RBG - Library		

CALENDAR

MPB - Most Precious Blood Church

FS - Fireside Room Town House

ST D - St. Dunstan's Church

CS - Chickering School

TH - Dover Town House

TRAVEL AND EXPLORE

Come travel with the COA! Sign up at coa@doverma.gov for lunch, a nature walk, the ballet or a musical, explore the museums in Lowell, or travel to Penn Dutch country or Nova Scotia.

LUNCH TRIP

Finnegan's Wake, Walpole

Monday, March 4; Depart at 11:30am

Enjoy lunch with traditional Irish pub fare at this casual bar and grill. Transportation provided. Space limited.

MY FAIR LADY

April 3-6; Cost TBA

DSHS Mudge Auditorium

The Dover Foundation is performing Lerner and Lowe's musical for their Spring production. Performances are Thursday, Friday, and Saturday at 7 PM with a Sunday matinee at 2 PM. For more information visit TheDoverFoundation.org.



BROADMOOR

Wildlife Sanctuary, Natick

Wednesday, April 23; Cost \$5.00

Take a seasonal nature walk with a Mass Audubon guide and learn about songbirds, ducks, geese as well as the lush plant life. The trails are easy to rugged through the shade of mature woodlands into open fields and along the edges of streams, ponds, and marshland. Space limited.

CHICAGO THE MUSICAL

Saturday, May 3

Providence Performing Arts Center

Performance at 2:00pm; Cost: \$65

Transportation funded by Friends of Dover COA

Chicago is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one showstopping song after another and the most astonishing dancing you've ever seen. SOLD OUT; sign up for wait list.

LOWELL NATIONAL HISTORICAL PARK

Wednesday, May 14; Cost: \$15

Explore the history of the Industrial Revolution at the Boott Cotton Mills Museum. View the power looms in the 1920's era weave room and the "mill girl" 1840s Boarding House exhibit. Tour the New England Quilt Museum and enjoy lunch at a local spot. Transportation provided. Space limited.

BOSTON BALLET: ROMEO AND JULIET

Saturday, June 7 at 1:30pm

Cost: \$65

Transportation funded by
Friends of Dover COA

Join us and experience the timeless Shakespearean tale. Jean-Christophe Maillot's version shares the tragic love story of Romeo and Juliet through the eyes of the remorseful Friar Lawrence set to Prokofiev's score. Space limited.



TRIPS WITH DOVER AND WESTWOOD COAS

with Best of Times Travel

Penn Dutch Country Trip

May 14-16; 3 Days/2 nights

Explore Lancaster County PA and the oldest Amish communities in the country. Ride The Strasburg Railroad with a narrated ride of the Amish farmlands. Visit the famous Longwood Gardens. Contact the COA for cost and details.

Nova Scotia with Tattoo Fest

June 29-July 3; 5 days/4 nights

Travel to Saint John, New Brunswick and explore the shores and countryside of Nova Scotia. Guided tours take you to Hopewell Rocks on Bay of Fundy, Annapolis Royal, and Peggy's Cove. Attend the Royal Nova Scotia International Tattoo featuring military bands, pipes and drums, choirs, and more!. Contact COA for details.

Sign up at coa@doverma.gov or call 508-315-5734 to register for these trips.

BE FIT AND AGE WELL

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



STRETCH AND FLOW

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

Music Room at Chickering School, 29 Cross St

Instructor: Andria DeSimone

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

MINDFUL MOVEMENT & STRETCH

Tuesdays at 7:15am via ZOOM

Instructor: Laura Villalobos

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

STRENGTH & STABILITY (S&S)

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

HYBRID (Zoom and In Person)

Music Room at Chickering School, 29 Cross St

Instructor: Andria DeSimone

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

CORE & BALANCE

Wednesday, 9:30-10:30am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Sophia Mellen

Improve your core strength. Start with a warm-up

which can be done seated or standing, and move to advance your overall balance and core strength through a variety of exercises. Bring a mat and water.

GENTLE MAT YOGA

Thursdays, 9:30-10:20am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Tracy Buckley, RYT

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

Thursdays, 10:30-11:20am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Tracy Buckley, RYT

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.

SCULPT & STRETCH

Fridays, 9:30-10:30am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

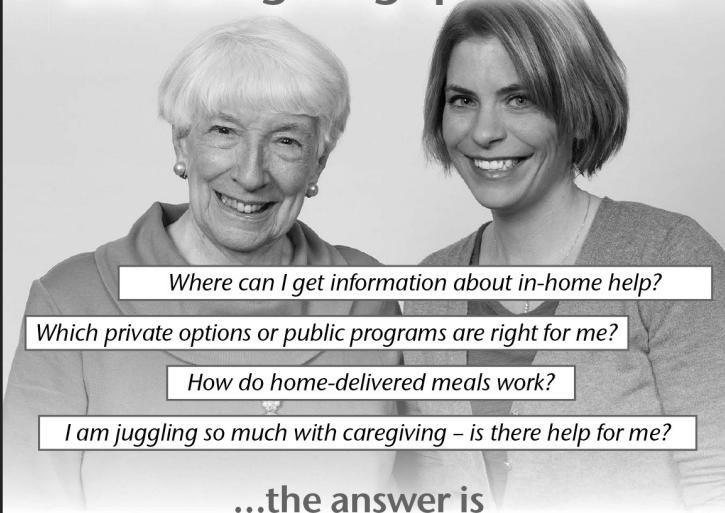
Instructor: Sophia Mellen

Sculpt your arms, legs and core! A combination of strengthening, cardio and stretching in a safe and effective way to reach your fitness goals. Bring a mat and water.

SENIOR SWIM FOR THE COA

Enjoy swimming at The Kingsbury Club in Medfield on Mondays, 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, call 508.359.7800.

For all of your aging and caregiving questions...



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JULIE NEWMAN



PEGGY GEMELLI



KATHY D'ULLIO



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

Victoria Haven
137 Nichols St, Norwood, MA
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DOVER COA

COUNCIL ON AGING

COA OFFICE

Town House, 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, March 4 at 9:30am
Tuesday, April 1 at 9:30am

Website: www.doverma.gov

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Janet Claypoole, Director
Nan Vaida, Outreach Coordinator
Amee Tejani, Program Coordinator
Jennifer James, Administrative Assistant

COA BOARD MEMBERS

Bob Cocks, Chair
Maureen Dilg, Secretary
Rev. Peter DiSanto
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Gilbert Thisse
Gerry Wise
Cindy Holmes
Annemarie Thompson, Associate
Carol Pilch, Associate

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