



DOVER COA COUNCIL ON AGING

News

508.315.5734

NOVEMBER - DECEMBER 2023

HIGHLIGHTS

TECH SUPPORT

Wednesday, November 1

DIWALI CLASSICAL DANCE

Thursday, November 16

THANKSGIVING TRADITIONS

with Anthony Sammarco

Monday, November 20

13 MOONS, 12,000 YEARS:

Wampanoag History

Thursday, November 30

DOVER POLICE HOLIDAY BRUNCH

Saturday, December 2

HOLIDAY CONCERT & COOKIES

Tuesday, December 5

SPECIAL THANKS

Blue Moon Bagel Cafe
Chickering School
Dover Legion
Dover Police Department
DSHS Community Service Club
DSHS Music Department
Friends of Dover COA
Most Precious Blood Church
Powisset Farm
St. Dunstan's Church
The Dover Church
The Kingsbury Club, Medfield

LETTER FROM THE DIRECTOR

During this time of celebrations and holidays, I want to take time to thank all that make Dover COA a warm and inviting place to gather, learn, create, be fit, connect, and age well. Thank you to staff, Board members, Friends members, Town officials and staff, sponsors, churches and the Legion, volunteers, and you! We could not do all that we do without your help and are grateful for your support.

There are so many opportunities to learn and connect at the COA! Join us to learn about Diwali, India's Festival of Lights, through an Indian classical dance performance by a Dover resident. Explore 12,000 years of Wampanoag history with an Indigenous Museum Educator from Plimoth Patuxet Museum. We welcome back historian Anthony Sammarco to share Thanksgiving traditions in Boston, and invite you to join our tradition of a Thanksgiving feast with COA friends.

Celebrate the December holidays with the Dover Police as they once again cook a delicious breakfast for the seniors. You will not leave hungry! Create holiday cards with fabric with artist Beth McGaw. Join us for a holiday concert featuring the a cappella music groups from DS High School and pick up a box of holiday treats, baked with love by volunteers especially for you.

Beyond the holiday celebrations, the COA is here for you. As we prepare for winter weather, sign up for Sand for Seniors to receive a bucket of salt/sand (with scoop) delivered by The Dover Church volunteers. For support with heating bills, food resources, or other needs, contact the COA Outreach Coordinator for a confidential consultation. Need help figuring out your cell phone or iPad? Tech Support is here from the high school student experts! Try one of our fitness classes, in person or on Zoom, and stay healthy as you enjoy those holiday meals.

Thank you for your support of Dover COA. We wish you a joyful and peaceful holiday season.

Janet Claypoole



LUNCH AND LEARN



THANKSGIVING LUNCHEON

Tuesday, November 14 at 12:15pm

The Dover Church, Kraft Hall

Cost: \$5.00; FREE for Veterans

Gather with the COA to enjoy a Thanksgiving feast and give thanks for good food, good friends, and a great community. Please park on the right and enter through the accessible entrance on the right. RSVP by November 6.

HOLIDAY LUNCHEON

Tuesday, December 12 at 12:15pm

The Dover Church, Kraft Hall

17 Springdale Ave., Cost: \$5.00

Celebrate the Holidays with your COA friends! Dress in holiday attire; both festive and ugly sweaters are welcome! Sign up at COA by December 4.

GRAB & GO MEALS

None in November

Tuesday, December 19

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.

DOVER POLICE HOLIDAY BRUNCH

Saturday, December 2; 10:00am-12:00pm

Chickering School Cafeteria, 29 Cross St

Join us at this annual event. Meet your local police as they cook a delicious breakfast to celebrate the holidays!

RSVP by November 27.



BLUE MOON BAGELS & BREADS

Thursdays, Nov 9, Dec 7 & 21

POWISSET FARM FRESH PRODUCE

Thursday, November 9

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. Enjoy the final harvest of fresh vegetables from Powisset Farm, partially funded by Friends of Dover COA. Drive up and stop at the table while staff and volunteers assist you.

TALK WITH THE TOWN: DEPT OF PUBLIC WORKS

Wednesday, November 15 at 10:30am

Dover Town Library, Community Room

The COA hosts Dover's Director of Public Works Kevin McCabe to share an update on projects, including Claybrook Road and Centre Street. Do you have questions about streets, trees, or the transfer station? Here is an opportunity to ask them!

CHIT CHAT TEA

Wednesday, November 29 at 11:00am NEW TIME!

No December Tea

The Dover Church, Kraft Hall, 17 Springdale Ave

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

SENIOR COFFEE & CONVERSATION

No November Coffee

Friday, December 29 at 9:00am

Location TBD

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



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

CREATE AND CONNECT

TECH SUPPORT

Wednesday, November 1 at 1:00pm

DHS Community Service Club

Dover Town House, Selectmen's Meeting Room

Do you have questions about your phone, iPad, or laptop?

Bring your device and get individual help from the experts—high school students!



DIWALI DANCE PERFORMANCE

Thursday, November 16 at 10:30am

Dover Town Library, Community Room

Learn about Diwali, India's Festival of Lights, through an Indian Classical Dance performed by Dover's own Archana Venkataraman.

PAGETURNERS BOOK CLUB

at Dover Town Library

Tuesday, November 14 at 2:00pm

Book selection: *The Burgess Boys* by Elizabeth Strout

Tuesday, December 12 at 2:00pm

Book selection: *The Soul of an Octopus* by Sy Montgomery
Read and discuss fiction and nonfiction books with friends 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.

KNITTING TOGETHER

Monday, November 6 at 1:00pm

Monday, December 4 at 1:00pm

Dover Town House, Fireside Room

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

MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this challenging and fun Chinese tile game. For experienced players or those who need a refresher course.

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

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, November 9 at 11:00am

Puff Pastry in a Pinch

Stash a box of puff pastry in your freezer and you're halfway to creating a quick and easy dish. Join Chef Thi to make blue cheese, balsamic and onion tarte tatin, spiced beef empanadas, and a sweet Napolean dessert. You will be inspired by all the possibilities!

Thursday, December 14 at 11:00am

Holiday Appetizers

Elevate your holiday entertaining flair with Chef Thi. In this hands-on class, learn how to make innovative and delicious appetizers and how to artfully arrange them for maximum aesthetic appeal. Create a festive assorted cheeseball wreath and an easy mezze board display.

CARDMAKING WITH BETH

Tuesday, November 28 at 1:00pm

Dover Town Library, Community Room

Cost: \$5.00 for 2-3 cards

Grandchildren, friends and relatives all appreciate receiving a sign that you are thinking of them during the winter holidays. Join instructor Beth McGaw as she shares her unique and easy to do cardmaking with fabric craft with all. Bring your creativity to make a variety of winter cards, including snowmen, ornaments, reindeer, snowy or holiday trees and "even a mouse!"

HOLIDAY CONCERT & COOKIES

Tuesday, December 5; 3:00pm

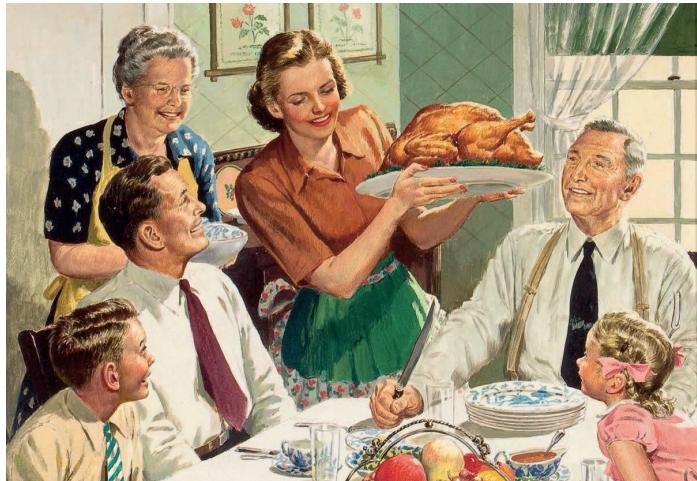
The Dover Church, Kraft Hall

Dover Sherborn High School's a cappella groups: DS al Coda, Noteworthy, and the Harmonic Imbalance quartet perform for seniors at this special event.

Pick up a box of assorted holiday cookies made by our amazing COA volunteers and stay to enjoy the music. Reserve a cookie box by Nov 30.



LIFETIME LEARNING



THANKSGIVING TRADITIONS IN BOSTON

Monday, November 20 at 10:30am

Dover Town Library, Community Room
with Historian Anthony Sammarco

Thanksgiving has been celebrated on and off since 1739 and became a federal holiday in 1863 under the presidency of Abraham Lincoln. In the late 19th century, Boston was a thriving nexus of ethnic, religious and racially diverse residents who adopted the holiday and brought different foods and traditions from their cultures to this festive day. Join Historian Anthony Sammarco as he shares past and present Boston traditions associated with Thanksgiving.

13 MOONS and 12,000 YEARS: WAMPANOAG HISTORY PAST & PRESENT

Thursday, November 30 at 10:30am

Dover Town Library, Community Room

Join an Indigenous Museum Educator from Plimoth Patuxet Museum for a unique conversation that explores 12,000 years of Wampanoag history. Discover how communities past and present have adapted and sustained their way of life amid changing natural, social, and political landscapes. Funded by Friends of Dover COA.



FUN WITH UKULELE

Wednesdays, Nov 1, 8, 15, 29, Dec 6 at 1:00pm
with Instructor Greg Luzitano

Cost: \$30, Sponsored by Friends of Dover COA

The Dover Church, Kraft Hall, 17 Springdale Ave

If you are not a member of this musical group, grab your ukulele and play along with friends for the remaining sessions. This class is open to all adults. Bring a soprano, concert or tenor ukulele with GCEA tuning.

Greg Luzitano has been delighting audiences with his creative and skillful interpretations of popular songs across genres since 2006. He teaches guitar, bass, piano, and ukulele with Jammin With You.

MUSIC APPRECIATION: MUSICAL THEATRE

Monday, November 6

10:30am-12:30pm

with Instructor Ron Williams

Community Room, Dover Town Library

Cost: \$10, Sponsored by Friends of Dover COA

Join Ron Williams, personable and knowledgeable music instructor, for the last class in his Music Appreciation series to explore the musical Phantom of the Opera by Andrew Lloyd Webber. Each class includes an overview and discussion of the work and composer, followed by viewing and listening to edited versions of a performance.



Ron Williams maintains a private voice studio in Natick and has performed in opera houses throughout the U.S. and Europe. He currently sings with the Boston Lyric Opera and was part of the groundbreaking new opera *Omar*, which garnered a Pulitzer Prize for the composer Rhionnan Giddens. He performed with several companies nationally including San Francisco Spring Opera and Detroit Opera.

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

SUPPORT AND ASSISTANCE

OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

A Lifeline for Safety

In 1972, Wilhelm Hormann developed the concept of a “home alert.” His idea was to create a system of reporting health information to health care professionals spanning the distance between home and hospital. “Housnotraf” or “Emergency Alarm” was born. In the United States, Andres Dibner of Boston University developed the first alert system. The American International Telephone Company marketed the “Lifeline,” including the archetypal pendant and phone system which is still the basic form in use today.

Who doesn’t recall the iconic phrase “I’ve fallen and I can’t get up”? In 1989, this marketing tool became so popular that it could be found on tee shirts, bumper stickers and the like. Saturday Night Live used this meme for one of their most successful skits. This ad brought national attention to the growing market for life alert systems.

Today, technology has reduced the size of the transponder units and pendant as well as adding a bracelet, which may be easier to wear for some. There are many companies that offer Life Alert services. While there are inexpensive systems available, the average price for a reliable system is approximately \$30/month for a home only system. A GPS system that covers you anywhere that the service is offered for approximately \$50/month. Please note some systems will charge extra for the “fall alert” service. You need this! Other additional services you can purchase are daily check-in calls, movement monitoring and home security monitoring.

The pendant/ bracelet system is activated when a person manually presses the device button to call for help. Also, the device has an accelerometer that can actually detect a person’s movement as they fall. This will prompt the system to ask if you are “all right.” Your answer will help determine what assistance you need. If you do not respond at all, EMTs will be sent to your home.

Medicare does not cover Life Alert as they do not consider it a durable good. However, some Medicare Advantage Plans. (Part C), do offer discounts. Some Veterans Administration coverage may offer the Life Alert system used by the VA for free. AARP will cover 15% of the Lifeline system as they recommend this service. The National Council on Aging recommends this system despite being on the higher side as

it includes fall detection, is available with discount, and has a 30 day trial.

Will this device make a difference for you? Ask yourself these questions: How’s my balance, honestly? Have I fallen before? Am I frequently alone at home? Does someone check on me regularly, and if I don’t answer the phone, will they come? You don’t want to be the person who says “I’ve fallen and there’s no one coming!”

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.

MEDICARE OPEN ENROLLMENT

Open enrollment ends December 7. If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), it is important to understand the changes in your plan for 2024. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Sign up now for a free, confidential consultation with a trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteer to review any changes and make sure you’re in the right plan. Contact the COA for more info. Call soon as appointments fill up quickly!

SENIOR TAX RELIEF PROGRAMS

Are you eligible for senior tax relief benefits? For a listing of tax relief programs, contact the Assessor’s office at 508-785-0032 ext 241. For information on the senior circuit breaker tax credit, contact the Mass Department of Revenue at 617-887-6367 or search for senior circuit breaker tax credit at www.mass.gov website.

SAND FOR SENIORS

Dover COA in partnership with the Men’s Breakfast Group at The Dover Church will once again prepare and deliver buckets of sand/salt to Dover seniors. If you would like a bucket of sand/salt (complete with lid and scoop) for your steps or walkway, email coa@doverma.gov or call the COA at 508.315.5734. Buckets will be delivered Saturday, December 9. Funded by Friends of Dover COA.

CALENDAR

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 1pm Tech Help - TH 1pm Ukulele - Dover Church	2 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom	3 1pm Mah Jongg - Library BSO Trip
6 10:30am Music: Musical Theater - Library 1pm Knitting - TH	7 7:30am Movement - Zoom 9:30am COA Board Mtg - TH 4:30pm S&S - CS/Zoom Lunch Trip	8 1pm Ukulele - Dover Church Norwood Lunch/Theater Trip	9 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 12:30 Bread/Farmstand -MPB 4:30pm S&S - CS/Zoom	10 HOLIDAY
13 4:30pm Stretch - CS/Zoom	14 7:30am Movement - Zoom 12:15pm Thanksgiving Luncheon - Dover Church 2pm Book Club - Library	15 10:30am Talk with Town DPW - Library 1pm Ukulele - Dover Church	16 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 10:30am Diwali Dance - Library	17 1pm Mah Jongg - Library
20 10:30am Thanksgiving Traditions - Library 4:30pm Stretch - CS/Zoom	21 7:30am Movement - Zoom 4:30pm S&S - CS/Zoom	22	23 HOLIDAY 	24
27 4:30pm Stretch - Zoom	28 7:30am Movement - Zoom 1pm Cardmaking - Library 4:30pm S&S - CS/Zoom	29 11am Chit Chat Tea - Dover Church 1pm Ukulele - Dover Church	30 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 10:30am Wampanoag History - Library 4:30pm S&S - CS/Zoom	

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

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1pm Mah Jongg - Library
4 1pm Knitting - FS 4:30pm Stretch - CS/Zoom	5 7:30 Movement - Zoom 9:30am COA Board Mtg - TH 3pm Holiday Concert & Cookies - Dover Church 4:30pm S&S - CS/Zoom	6 1pm Ukulele - Dover Church	7 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Breads - MPB 4:30pm S&S - CS/Zoom	8 Lunch Trip 1pm Mah Jongg - Library
11 4:30pm Stretch - CS/Zoom	12 7:30am Movement - Zoom 12:15pm Luncheon - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom	13	14 9:30am Mat Yoga - St D/Zoom 10:30am Chair Yoga - St D/Zoom 11am Cooking at Farm 4:30pm S&S - CS/Zoom	15 1pm Mah Jongg - Library
18 4:30pm Stretch - CS/Zoom	19 7:30am Movement - Zoom 12:30pm Grab & Go - MPB 4:30pm S&S - CS/Zoom	20	21 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Breads - MPB 4:30pm S&S - CS/Zoom	22
25 HOLIDAY 	26	27	28 4:30pm S&S - Zoom	29 9am Sr. Coffee - TBD 1pm Mah Jongg - Library

CALENDAR

SATURDAY EVENTS

Dover Police Holiday Brunch, Saturday, December 2
Sand for Seniors Deliveries, Saturday, December 9

MPB - Most Precious Blood Church
FS - Fireside Room Town House
ST D - St. Dunstan's Church
CS - Chickering School
TH - Dover Town House

TRAVEL

Enjoy local performances by students or join us on one of our featured trips!



SHERLOCK HOLMES

November 2, 3, 4 at 7:00pm

Dover Sherborn HS, Mudge Auditorium

Attend this play performed by DSHS students.

Tickets will be available at www.ticketstage.com

BOSTON SYMPHONY ORCHESTRA

Friday, November 3

Performance at 1:30pm; Cost: \$55.

Transportation funded by Friends of Dover COA

Join us at this special performance by German conductor Joana Mallwitz and Russian pianist Anna Vinnitskaya, both in their BSO debuts, as they perform Tchaikovsky's Piano Concerto No. 1, which originally premiered in Boston. Enjoy Hungarian Zoltan Kodály's Dances of Galanta, and Franz Schubert's towering Symphony in C.

SOLD OUT, Wait List only.

LUNCH TRIP

Tuesday, November 7

Horse and Carriage Restaurant, Norfolk

Depart at 11:30am for 12:00pm reservation

Enjoy delicious steaks, seafood, and more in a relaxed and casual setting in this family-owned restaurant. Bring money for lunch. Transportation provided. Space limited.

LUNCH/THEATRE COMBO

Jekyll and Hyde: The Musical

at The Norwood Theatre

Wednesday, November 8; Cost: \$50.00

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. Sign up soon as seats are limited. Transportation provided. SOLD OUT, Wait List only.

MARY POPPINS

December 7, 8, 9

Dover Sherborn HS, Mudge Auditorium

Enjoy this Broadway musical performed by DS Middle School students. A Matinee performance at 1pm will be on Sunday, Dec 9. Tickets will be available at www.ticketstage.com



LUNCH TRIP

Friday, December 8

The Cottage Restaurant, Wellesley

Enjoy the clean eating and fresh flavors of Southern California in this nearby restaurant. Bring money for lunch. Transportation provided. Space limited.

TO KILL A MOCKINGBIRD

Sunday, February 11, 2024

Providence Performing Arts Center

Performance at 1:30pm; Cost: \$45

Transportation funded by Friends of Dover COA

Starring Emmy Award winner Richard Thomas as Atticus Finch. Oscar winner Aaron Sorkin brings his Broadway smash hit out on tour! To Kill A Mockingbird tells the story of a black man accused of rape in pre-civil rights era Alabama and the noble lawyer who defends him. Witness the tale of an era come to life on stage. Only a few tickets left, so sign up soon!

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 rides for Dover and nearby towns. Boston Rides (Medical Only): cost \$20 for a one way voucher. JFK requires a 48 hour notice. Some medical procedures require a companion for the ride home with JFK; check with your medical provider if a companion is required. Please remember to tip your driver. For more information, including towns served, call the Dover COA at 508-315-5734

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). 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 stretches, then friendly cardio moves, and finish with a five minute meditation. Your body will feel energized and less stiff, and your mind more focused and clear. Have a water nearby and a chair for balance and stretches.

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

 **BOHLIN GROUP**
Country • Coast • City

The Bohlin Group
Peter, Martha, & Anna
bohlingroup@compass.com
508.944.4580

 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.



MARY ANN MORSE
HEALTHCARE CORP.

A Continuum of Senior Living & Healthcare Services



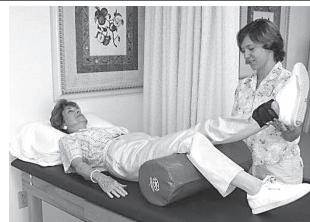
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Thomas Upham House
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(508)359-6050

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For more information
www.rehabassociates.com

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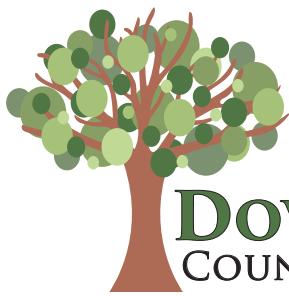
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508-336-6633 x 337



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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, November 7 at 9:30am
Tuesday, December 5 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
Ameen Tejani, Program Coordinator

COA BOARD MEMBERS

Bob Cocks, Chair
Maureen Dilg, Secretary
Rev. Peter DiSanto
Betty Hagan
Gilbert Thisse
Gerry Wise
Cindy Holmes
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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