



# DOVER COA COUNCIL ON AGING

# News

508.315.5734

JULY - AUGUST 2024

## HIGHLIGHTS

### COA SUMMER LUNCH

Tuesday, July 9

### UNITY FARM SANCTUARY TOUR

Friday, July 12

### PADDLE AT FARM POND

Wednesdays, July 17, 31 & August 21

### LOCAL FOOD TRIVIA

Thursday, July 25

### SOUTHWICK ZOO TRIP

Wednesday, August 7

### POTTERY PAINTING

Wednesday, August 14

### ADVENTURES IN NOVA SCOTIA

Monday, August 26

## SPECIAL THANKS

Blue Moon Bagel Cafe  
Dover Legion  
Friends of Dover COA  
Most Precious Blood Church  
Powisset Farm  
Sherborn Yacht Club  
St. Dunstan's Church  
The Dover Church  
The Joys of Nature  
The Kingsbury Club, Medfield  
Unity Farm Sanctuary

## LETTER FROM THE DIRECTOR

Summer is here and Dover COA invites you to spend some time with us. There are events planned to keep you cool and to enjoy the sunshine. As the COA awaits the re-opening of the Community Center, programs continue to be held at many locations throughout Dover. Thank you to our community partners for generously sharing space for seniors to gather.

Enjoy a summer day on the water in a kayak or canoe at Farm Pond, tour Unity Farm Sanctuary and visit rescued farm animals, travel to Canterbury Shaker Village and take a boat ride where *On Golden Pond* was filmed, or explore Southwick's Zoo followed by lunch with friends. Prefer a cooler spot out of the sun? Gather with friends inside the Dover Legion for a July luncheon (please pre-order from choices on page 2). Join us at the Library to test your Local Food Trivia knowledge (remember hermit bars?) or take a virtual visit to Nova Scotia to explore history and nature with Joy Marzolf of *The Joys of Nature*. Connect with friends and enjoy live music on the Town Common at the Annual Summer Concert Series (Tuesday evenings in July), sponsored by Dover Parks & Rec and Dover Town Library.

Fitness classes continue in summer though there are schedule and location changes, with some moving to Zoom due to heat issues. Please check the calendar for updated info and review the fitness class descriptions. As you focus on your health, enjoy fresh summer produce from Powisset Farm. This will be paired with donated bread from Blue Moon and distributed at the curbside pickup at Most Precious Blood Church. Need a home delivery? Please call the office and talk with staff; we are happy to help.

All the details on these programs are in the Dover COA newsletter. Take a peek, sign up, and add us to your calendar. We would love to spend our summer days with you.

Janet Claypoole



# LUNCH AND LEARN

## COA LUNCHEON

Tuesday, July 9 at 12:00pm

Dover Legion, 32 Dedham St

Cost: \$5.00

Join the COA and friends for a summer lunch upstairs at the Legion's new lunch spot, The Post Dover. Pre-orders required when signing up. Choose from: 2 Hot Dogs, BLT with Mayo, Chicken Salad Sandwich, or Caprese Sandwich. All meals come with fries, fruit salad, dessert and drinks.

RSVP by July 3.

## GRAB & GO MEALS

Tuesdays, August 13 & 20

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. RSVP by August 7.

## BLUE MOON BAGELS & BREADS

Thursdays, July 18, August 1, 15, 29

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.

## 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, August 8 at 11:00am - Bao** Fragrant, delicious Bao (Steamed Buns) are popular street food in many countries in east and southeast Asia, especially in China. In this hands-on class with Chef Thi, learn to make dough from scratch to create two styles of buns: Char Siu Cauliflower Buns and BBQ Pork Buns. Fantastic!



## POWISSET FARM FRESH PRODUCE

Thursdays, July 18, August 1, 15, 29

Most Precious Blood Church parking lot

Pickup at 12:30-1:00pm

Enjoy the harvest of fresh vegetables from Powisset Farm!

Drive up for curbside service to select produce.

Contact COA for home delivery. Partially funded by Friends of Dover COA.

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

# CREATE AND CONNECT



## PADDLE AT FARM POND

Wednesdays, July 17 & 31, 4:30pm

Wednesday, August 21, 10:00am

Sherborn Yacht Club at Farm Pond

Get out on the water and have some fun! Enjoy a summer day on the pond in a kayak or canoe. Instruction and water safety guidance will be offered.

## LOCAL FOOD TRIVIA

Thursday, July 25; 11:00am

Community Room, Dover Town Library, 56 Dedham St

Presented by Therapy Gardens

Hermits. Johnnycakes. Moxie. We've compiled a list of some of your favorite regional foods, brands, and companies from yesteryear to today, including where they were created and sold. Join us as we present them Jeopardy-style and put your local knowledge to the test! Keep score (like Bingo) and enter for the chance to spin and win a prize on our famous Prize Wheel. Or just come hang out and have a great time.

## COFFEE & CONVERSATION

Friday, July 26 at 9:00am

Friday, August 30 at 9:00am

Dover Legion, 32 Dedham Street

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

## MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this fascinating tile game. For experienced players.

## POTTERY PAINTING

Wednesday, August 14; 11:00am

The Pottery Place, First Floor

at Park Street Books, 504 Main St, Medfield

Cost: \$5.00

Choose from a variety of pieces to paint: mugs, plates, vases, ornaments and more. Keep your pieces or gift them. Join us for a fun morning! (Inside or outside, weather permitting).

## ADVENTURES IN NOVA SCOTIA: EXPLORING HISTORY AND NATURE

with The Joys of Nature

Monday, August 26; 10:30am

Hybrid: Zoom and in Person

Community Room, Dover Town Library, 56 Dedham St

Learn about the history and nature of Nova Scotia, as well as its long ties to New England. See how farming has changed in the Annapolis Valley from the unique techniques of the earliest French settlers of Grand Pre, now a UNESCO World Heritage site, to the vineyards of today. Visit the historic port and homes of Yarmouth and learn about the "Age of Sail" and the role it played in the 18th and 19th century as people traveled back and forth to the US. Wildlife also migrates back and forth between our countries. See birds and butterflies in ancient fields and seals and seabirds along the rugged coast that is dotted with lighthouses. Enjoy a virtual visit to our neighbor to the North.



Presenter Joy Marzolf loves to share her knowledge about wildlife, wildlife photography and nature. In addition to a BA in Biology, for over 20 years she has been presenting a variety of animal-related education programs.

## Programs on Summer Break:

- Knitting
- Pageturners Book Club
- Lifetime Learning & Fun with Ukulele
- Talk with the Town

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

# COMMUNITY CONNECTIONS

## ANNUAL SUMMER CONCERT SERIES

Tuesday Evenings on July 9, 16, 23, 30

on Dover Town Common

Family Games/Activities at 6:45pm

Musical Performances at 7:00pm

Dover Parks & Recreation and Dover Town Library are once again sponsoring summer concerts on the Common. Bring your chair and gather with friends and family to enjoy FREE music by regional bands: Beantown Swing Orchestra (July 9); Group Therapy (July 16\*); Eddy's Shoe (July 23) and The Teardowns (July 30\*). Family play area with Knucklebones Games begins each week at 6:45pm with Live music playing from 7:00 - 8:00pm.

\* On the second and fourth Tuesdays, attendees may enjoy one free shaved ice treat from the Kona Ice Truck!!

## DOVER SHERBORN SUMMER DRAMA PRESENTS:

Who's Dying to Be a Millionaire?

Show dates: August 21-24

Sherborn Community Center

A comedic, interactive whodunit dinner theater catered by Zaftigs. Who's Dying to Be A Millionaire is set in the late 1990's. The popular new television game show has been airing live from various locations throughout America's heartland, as it travels to towns big and small giving average Americans a chance at the grand prize. Tonight, in the VERY remote town of New Old Plunketville, Reginald Smarmy and crew are treating our audience to the latest episode LIVE. However, as the timer goes off, the audience witnesses a murder. Was it the fashionista make-up lady? The rival TV host? The wise cracking assistant director? It will be up to Sheriff Jesse Marlowe, his bumbling deputy Barb, and the audience to get to the bottom of it all. Ticket info and show times will be announced in the COA e-newsletter.

## Who's Dying to Be A MILLIONAIRE?

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



## THURSDAY SUMMER SUNSETS

at Powisset Farm, 39 Powisset St

Kick back and relax at Powisset Farm every Thursday night this summer! Enjoy local singer songwriters as you dine on delicious farm-fresh food, witness spectacular sunsets and experience the simple joy of summer. Lawn chairs and blankets are encouraged. To purchase tickets, go to [www.thetrustees.org/events](http://www.thetrustees.org/events) and search Thursday sunsets. For discounts and Trustees membership info, contact [powissetfarm@thetrustees.org](mailto:powissetfarm@thetrustees.org).



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# SUPPORT AND ASSISTANCE



## OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

### There's Room for Everyone

Many years ago, this writer had an uncle who was full of the devil! Not married and thus having no children of his own, he became the pied piper of fun and adventure for all the kids in the extended family. Slowly, silently, he just disappeared. Without explanation, this gentle bear of a man took up residence in his room, rarely to be seen again. Years later, this writer learned he had developed dementia. His behaviors and speech apparently made the family feel uncomfortable to be with him in public. And so, he lived the rest of his life isolated in his room.

Today, through research and education, public attitudes have reversed the philosophy that forms the core of the care of these valuable individuals. Change has been slow but it's happening. Today, we often see folks with dementia at public events, be they gatherings of friends and family, church, concerts and other public activities. Research by the NIH and other medical entities have illustrated the benefits of such socialization. Additional studies have shown the benefits of this activity is also essential for caregivers. Often isolated, the client and caregiver both need human connections.

In our country, churches, libraries and COAs have created "Memory Cafes." There are several in our immediate area. These are scheduled designated dementia friendly events that encourage everyone to attend but especially folks living with dementia and their caretakers. Dementia appropriate activities, programs and food are offered. This provides great enrichment and joy for the dementia client, a type of respite for the caretaker and an opportunity for all to be in community equally.

The Dover COA doesn't have an established Memory Cafe per se. We have and do, however, encourage families with members who have dementia to participate in our programs.

People often are often fearful of what they do not understand. Let's be clear: people with dementia can act differently, may speak out of turn and may not stay in their seat. On the other hand, many show no outward signs of their condition. Thanks to our more open society, they are present in our everyday lives, living their version of an authentic life with value.

A final word to the caretakers in our community: The Dover COA understands the complicated mission you have been assigned to. It is hard work centered by love but EVERYONE needs a break. The Dover COA offers support, information and many programs that are suitable for ALL to attend. If you are aware of a Dover family who would benefit from COA assistance with dementia issues, please encourage them to contact the Dover COA. This writer doesn't want anyone's uncle left in their room just because they have a memory problem. At the COA, all are welcome!

### SHOULD YOU DELAY MEDICARE ENROLLMENT?

Most people first become eligible for Medicare when they turn 65. To avoid a lifetime penalty, it is important you sign up during your Initial Enrollment Period (IEP). Your IEP begins three months prior to your 65th birthday, and ends three months past your birthday month. To have Medicare start the month of your birthday, you will want to enroll 3 months before you turn 65, or else it will begin the first of the following month.

There is an exception for people still working past age 65. If you are covered through your employer group health plan and there are 20 or more employees, you may delay enrolling in Medicare without penalty. This also applies if you are covered through your spouse's current employment. However, once employment ends, other coverage, such as COBRA or a Health Connector plan, will not prevent the lifetime penalty.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call Dover COA at 508-315-5734.

# JULY 2024

## CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 4:30pm Stretch - Zoom	2 7:15am Movement - Zoom 4:30pm S&S - Zoom	3	4 HOLIDAY! 	5 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
8 4:30pm Stretch - Zoom	9 7:15am Movement - Zoom 12noon Luncheon - Legion 4:30pm S&S - Zoom 7pm Concert on Common	10 9:30am Core & Balance - St. D/Zoom	11 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom	12 9:30am Swim - Kingsbury Club 10am Unity Farm Tour 1pm Mah Jongg - Library
15 4:30pm Stretch - Zoom	16 7:15am Movement - Zoom 4:30pm S&S - Zoom 7pm Concert on Common	17 9:30am Core & Balance - St. D/Zoom 4:30pm Paddle - Farm Pond	18 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread/Farmstand - MPB	19 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
22 4:30pm Stretch - Zoom	23 7:15am Movement - Zoom 4:30pm S&S - Zoom 7pm Concert on Common	24 9:30am Core & Balance - St. D/Zoom Gloucester Harbor Cruise	25 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Food Trivia - Library	26 9am Coffee - Legion 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
29 4:30pm Stretch - Zoom	30 4:30pm S&S - Zoom 7pm Concert on Common	31 9:30am Core & Balance - St. D/Zoom 4:30pm Paddle - Farm Pond		

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

# AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread/Farmstand - MPB	2 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
5 4:30pm Stretch - Zoom	6 4:30pm S&S - Zoom	7 9:30am Core & Balance - St. D/Zoom Southwick Zoo Trip	8 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm	9 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
12 4:30pm Stretch - Zoom	13 12:30pm Grab & Go - MPB 4:30pm S&S - Zoom	14 9:30am Core & Balance - St. D/Zoom 11am Pottery Painting - Park St. Books	15 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread/Farmstand - MPB On Golden Pond Trip	16 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
19 4:30pm Stretch - Zoom	20 12:30pm Grab & Go - MPB 4:30pm S&S - Zoom	21 9:30am Core & Balance - St. D/Zoom 10am Paddle - Farm Pond	22 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom	23 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
26 10:30am Nova Scotia - Library/Zoom 4:30pm Stretch - Zoom	27 4:30pm S&S - Zoom	28 9:30am Core & Balance - St. D/Zoom	29 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread/Farmstand - MPB	30 9am Coffee - Dover Church 9:30am Swim - Kingsbury Club 1pm Mah Jongg - 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



## UNITY FARM SANCTUARY TOUR

Friday July 12, 10:00am

17 Unity Lane, Sherborn

followed by lunch at Morse Tavern

**Cost:** Farm Tour is FREE, bring money for lunch

Unity Farm Sanctuary is a farmed animal sanctuary in Sherborn MA, offering a forever home to over 250 residents of many domesticated species such as horses, goats, cows and more. Join the COA for an hour-long tour through the beautiful sanctuary grounds. Meet rescued farm animal residents and learn more about their stories, reflecting the diverse plights of farm animals worldwide. Get to know their unique personalities and see the power of love, compassion, and kindness firsthand! The walking tour is not a long distance and is flat on dirt and gravel. Benches offer spots to rest. This tour will happen in misty rain to shine. After the tour, enjoy lunch at Morse Tavern in Natick.

## EXPLORE SOUTHWICK'S ZOO

Wednesday, August 7

**Cost:** \$20; Bring money for lunch

Transportation funded by Friends of Dover COA

Travel with the COA to explore and discover something new at Southwick's Zoo in Mendon. They are home to over 850 exotic animals from around the world and offer an array of unique and exciting experiences. Feed a giraffe, see New England's largest collection of primates, enjoy their one-of-a-kind Bird Show, and so much more! Afterwards, enjoy lunch



at Galliford's Restaurant & Tavern, the full-service restaurant located next to the zoo. Galliford's offers a varied menu featuring classic comfort food as well as burgers, salads, seafood, pizza, and more.

## TRIPS WITH DOVER AND WESTWOOD COAS with Best of Times Travel

### Gloucester Harbor Cruise

**Wednesday, July 24; Cost \$189**

Board the Beauport Princess and cruise historic Gloucester harbor and witness extraordinary views only seen by water. To top this cruise off enjoy the Lobster Bake Buffet Menu. Spectacular views, live entertainment, sumptuous cuisine and great service, this is poised to be a great day out on the water! This Trip is full; sign up for Wait List.

### On Golden Pond Tour

**Thursday, August 15; Cost \$199**

Tour Canterbury Shaker Village and learn the history, culture, and innovations of this community established in 1792. After lunch, enjoy a guided boat ride on Squam Lake (watch for loons and bald eagles!) and view locations where the movie On Golden Pond was filmed.

### Simon Pearce Glassblowing & King Arthur

**Fall Foliage Trip**

**Thursday, September 26; Cost \$199**

Head north to Vermont and view the fall foliage. The day starts with a visit to The Vermont Country Store run by 4th & 5th generation storekeepers and well known as purveyors of the practical and hard to find. After lunch, visit Simon Pearce to watch master glassblowers and potters at work. Finally, tour King Arthur Factory and view tasty pastries being made, with time to browse the gift shop.

**For Best of Times trips, sign up with Westwood COA at 781-329-8799**

Sign up at [coa@doverma.gov](mailto: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 Summer schedule and contact the COA for Zoom meeting info. Class fees are \$3.00 per session. Stay Healthy and Keep Moving!



## CORE & BALANCE

**Instructor:** Sophia Mellen,  
**Wednesday, 9:30-10:30am**

**HYBRID (Zoom and In Person)**

St. Dunstan's Church, 18 Springdale Ave

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

**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 7:15am via ZOOM**

**NO Class July 30 or in August**

**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 water nearby and a chair for balance and stretches.

## STRETCH AND FLOW

**Mondays, 4:30-5:25pm via ZOOM**

**Instructor: Andria DeSimone**

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

## STRENGTH & STABILITY (S&S)

**Tuesdays, 4:30-5:25pm via ZOOM**

**Instructor: Andria DeSimone**

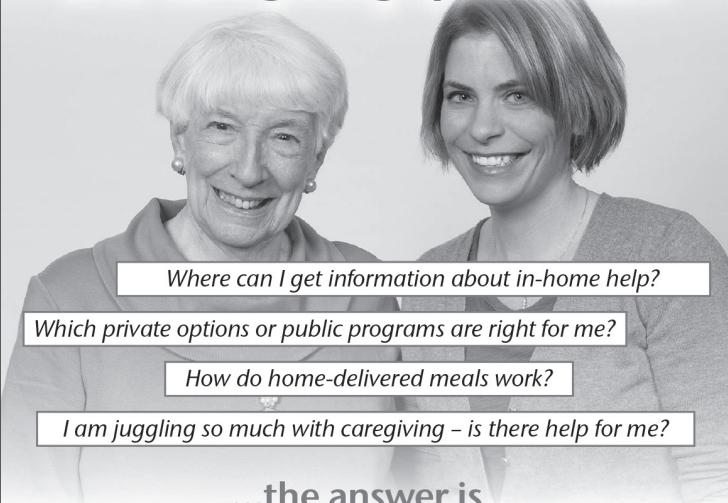
Join Andria for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Equipment provided; bring water.

## SENIOR SWIM FOR THE COA

The summer schedule for The Kingsbury Club in Medfield shifts to Water Aerobics only on Fridays from 9:30-10:30am and no lap lane swimming. 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.



# For all of your aging and caregiving questions...



Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?

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COMPASS



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# DOVER COA

## COUNCIL ON AGING

### COA OFFICE

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

**508.315.5734**

### COA OFFICE HOURS

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

### COA BOARD MEETING

No July or August Meetings

### COA STAFF MEMBERS

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

### COA BOARD MEMBERS

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

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

Sign up for alerts at [Notify Me](#)  
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[coa@doverma.gov](mailto:coa@doverma.gov)

See Photos of COA events on  
the Town of Dover Facebook.  
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