



DOVER COA

COUNCIL ON AGING

News

508.315.5734

SEPTEMBER - OCTOBER 2024

HIGHLIGHTS

SCULPT & STRETCH - New!

Fridays at 9:30am

MEDICARE 101

Monday, September 16

MARTHA WASHINGTON

Wednesday, September 18

AI AND CHAT GPT

Monday, October 7

ON SAFARI IN TANZANIA

Monday, October 28

LIFETIME LEARNING

Sept - Fun with Ukulele

Sept/Oct - History & Politics

Oct - Life Transitions Binders

SPECIAL THANKS

Blue Moon Bagel Cafe

Dover Legion

Friends of Dover COA

Most Precious Blood Church

Powisset Farm

Rehabilitation Associates

St. Dunstan's Church

The Dover Church

The Joys of Nature

The Kingsbury Club, Medfield

LETTER FROM THE DIRECTOR

"Life starts all over again when it gets crisp in the Fall."

– F. Scott Fitzgerald

I am ready for Fall to arrive with its crisp, cool days and to leave the hot, humid days of summer behind. Fall gives off that back to school energy to learn and create, connect with friends, and start a new adventure. Dover COA has lots of opportunities to do all of these.

Join us to learn about Martha Washington in an interactive first person history with Sandy Spector sponsored by Rehabilitation Associates. Learn about Chat GPT as Senior U defines these artificial intelligence terms and what it means to you. Lifetime Learning returns (see page 6) with Sandra Batra's Life Transitions Binder series to organize your important details so family can assist in an emergency. This filled quickly last Spring, so sign up soon or to learn more attend an info session in September. Fun with Ukulele welcomes a new instructor, Cindy Miller, and class shifts to Thursday mornings. As this is an election year, Professor Jon Huibregtse is offering a History and Politics series, featuring a discussion of the Electoral College and more. Thanks to Friends of Dover COA for sponsoring Lifetime Learning.

Connect with friends at our annual Halloween party or create Halloween cards with Beth McGaw and the Third Grade Girl Scouts. Explore the Panama Canal with photojournalist Barry Pell or experience the nature and wildlife of Tanzania with The Joys of Nature. Trips are planned to Fuller Craft Museum, plays in Boston and at DSHS, a BSO Performance, and the musical Hamilton! As these are popular trips, Dover seniors will have first access to sign up.

Sign up for these Fall events and more at coa@doverma.gov or call the COA office. Also sign up for the COA weekly e-newsletter, which highlights upcoming programs and offers easy online sign up. Enjoy the crisp Fall days, and we look forward to seeing you soon.

Janet Claypoole



LUNCH AND LEARN



COA LUNCHEONS

Tuesday, September 10 at 12:15pm

Tuesday, October 8 at 12:15pm

The Dover Church, Kraft Hall, 17 Springdale Ave

Cost: \$5.00

Celebrate the Fall season with good friends and good food!

RSVP by Sept 4 and Oct 2.

WICKED FUN HALLOWEEN PARTY

Tuesday, October 29 at 12:15pm

Kraft Hall, The Dover Church

Trick or treat! Join us at a Halloween luncheon for spooktacular treats and wicked fun! Costumes are highly encouraged. Please RSVP by October 22.

GRAB & GO MEALS

Tuesdays, Sept 17 & Oct 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

POWISSET FARM FRESH PRODUCE

Thursdays, September 12, 26

Thursdays, October 10, 24

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. Also, enjoy the 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.

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, Sept 12 at 11:00am - Vietnamese Soup In this hands-on class with Chef Thi, we'll make flavorful, satisfying Pho, a Vietnamese culinary favorite. Create classic Chicken Pho with broth, noodles and herbs, as well as vegetable fresh rolls with a peanut dipping sauce.

Thursday, October 10 at 11:00am - Wings! Join Chef Thi for a crash course in all things wings. Learn how to make deboned pork stuffed turkey wings with a Thai glaze, flavorful tandoori wings with a cool cucumber yogurt sauce, and spicy jerk mustard wings.

COFFEE & CONVERSATION

Friday, Sept 27 & Oct 25 at 9:00am

Dover Legion, 32 Dedham Street

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


TALK WITH THE TOWN:

ASSISTANT TOWN ADMINISTRATOR

Wednesday, October 30 at 11:00am

Dover Town Library, Community Room

Meet Chris Costello, Dover's Assistant Town Administrator, and hear updates on the Town's ongoing communication study and further communication strategies.



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CREATE AND CONNECT

LIFE TRANSITIONS BINDER INFO

Thursday, September 12 at 1:30pm

Dover Town Library, Community Room, 56 Dedham St

Are all your important details in one place in case of an emergency? Sandra Batra of LifeLink Consulting is offering a 4-week series to create a customized binder (see page 4). Attend this free session to learn more!

MEDICARE 101

Monday, September 16 at 11:00am

Hybrid (Zoom and In Person)

Dover Town Library, Community Room, 56 Dedham St

Join us as MetroWest SHINE presents an overview of Medicare for people turning 65 or those just signing up. Bring your questions! The MetroWest SHINE program provides free, unbiased health insurance counseling for Medicare beneficiaries of all ages and their caregivers. MetroWest SHINE is funded and administered by the MA Executive Office of Elder Affairs.

MARTHA WASHINGTON

Wednesday, September 18 at 10:30am

Dover Town Library, Community Room,
56 Dedham St

Sponsored by Rehab Associates

Sandy Spector IS Martha Washington, as if it were 1784. Mrs. Washington will share news of her family, and how the current events that her husband is so deeply involved in impacts her family and her developing nation.



PAGETURNERS BOOK CLUB

Dover Town Library

Tuesday, September 10 at 2:00pm

Book: *AI Needs You: How We Can Change AI's Future and Save Our Own* by Verity Harding

Tuesday, October 8 at 2:00pm

Book (2 Titles): *The Adventures of Huckleberry Finn* by Mark Twain and *James* by Percival Everett

Led by Librarian Liz Fogarty. Books available at the Library. For info, call 508-785-8113

KNITTING

Monday, October 7 at 1:00pm

Dover Town House, Fireside Room

Beginners welcome. Bring your latest project!

ARTIFICIAL INTELLIGENCE & CHAT GPT

Presented by Senior U

Monday, October 7, 11:00am

Dover Town Library, Community Room

Virtual Reality. Chatbots. Deep Fakes. Is the technology world moving too fast? Do you know what these terms mean? Enjoy an in-person, real presentation on artificial intelligence. Bring your questions.

HALLOWEEN CARDMAKING WITH BETH



Wednesday, October 16 at 12:30pm

St. Dunstan's Church, 18 Springdale Ave

Sponsored by Friends of Dover COA

Create unique Halloween cards from fabric with Beth. The Girl Scouts will join us for this intergenerational event.

TRAVEL TALK: PANAMA CANAL

with Photojournalist Barry Pell

Monday, October 21 at 11:00am

Dover Town Library, Community Room & Zoom

The Panama Canal is more than an engineering achievement, the Canal united the world, fostering global trade and prosperity, as well as a fusion of races, history and cultures. The completion relied on the United States to open in 1914. Learn about the history, controversies, and design of this strategic waterway.

MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this fascinating tile game. For experienced players.

ON SAFARI IN TANZANIA

with The Joys of Nature

Monday, October 28; 10:30am

Dover Town Library, Community Room & Zoom

Discover the amazing wildlife of the plains of Ngorongoro Crater and the Serengeti with Joy Marzolf. From lions, impala, gazelle, and zebras to ostrich, hippos, flamingos and elephants! Come learn about these National parks that enable visitors to see African wildlife and more.

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

LIFETIME LEARNING

Join us for these classes sponsored by Friends of Dover COA. If space is limited, Dover residents will have first access. Sign up at coa@doverma.gov

LIFE TRANSITION BINDER

Thursdays, October 10, 17, 24, 31 at 1:30pm

Dover Town Library, Community Room

Instructor Sandra Batra, Cost: \$40.00

Are all your important details organized in one place so your family can easily access it if you need assistance? Join Sandra Batra of LifeLink Consulting LLC in this four-part



series to create a customized binder that incorporates all your life details, including personal data, property, financial, retirement and insurance details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an

emergency and you have peace of mind. Materials provided. This program filled to capacity last Spring, so sign up early!

FUN WITH UKULELE

Thursdays, Sept 19 to Nov 21 at 11:00am

Instructor Cindy Miller

Cost \$60 for 10-week session

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 has had a lifelong relationship with music. After many years of formal training on flute, guitar, and piano, the ukulele is her most recent instrumental adventure. She is currently one of a handful of New England ukulele instructors certified by the James Hill Ukulele Initiative in Toronto. Cindy is a member of the acclaimed Legacy Ukulele Ensemble, directed by Peter Luongo, which recently performed for the Hawai'i Ukulele Festival.



HISTORY AND POLITICS

Wednesdays, September 25, October 2 & 9 at 2:30pm

Instructor Jon Huibregtse

Dover Town Library, Community Room

Cost \$10 per class

Sept 25 - Non-Consecutive Presidents: Take Two?

Only once in United States history has a president, Grover Cleveland, served non-consecutive terms in 1884 and 1892. As this fall's election approaches, Americans may, for a second time, elect a candidate they voted out of office four years earlier. The nation has changed significantly since 1888, still there are striking parallels between then and now.

Oct 2 - The Founding Fathers & Electoral College

The Founding Fathers gave the power to elect the President of the United States, not directly to the citizens, but to the Electoral College. For much of American history, the Electoral College has elected the candidate who won the popular vote. However, six times in US history, and twice in the last 24 years, the candidate with fewer votes was declared the winner. Explore the historical debate that surrounded the Electoral College and how those concerns still resonate in and affect modern society.

Oct 9 - How the Changing Media has Re-shaped US Politics since 1980

In the 20th century, the growth of cable television and the rise of the internet have dramatically affected every aspect of life in the United States, perhaps none more so than politics. The rise of the 24-hour news cycle and social media have reconfigured the nation's political landscape. Between the insatiable appetite for breaking news, the advent of "fake news", and access to millions of phones linked to social media, the nation's political process has evolved in ways that few could have imagined in 1980.

Dr. Huibregtse received his BA and MA from the University of Wisconsin at Eau Claire and his doctorate from the University of Akron. He teaches American and East Asian history at Framingham State University.



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

SUPPORT AND ASSISTANCE

OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

You Can Never be Too Prepared

It's that time again...hurricanes, snowstorms and this writer's personal favorite, the unpredictable Nor'easter! In fact, NOAA, the National Oceanic and Atmospheric Agency, has predicted an 85% higher probability of these weather events this year nationwide. The Wireless Emergency Alert (WEA) system is a free service from the National Weather Service. All announcements are preceded by a vibration/tone. Most newer cell phones have this capability, but it is best to check with your cell phone provider.

Why is this significant to Dover? As we are all aware, our continent has been dealing with an inordinate amount of intense weather events. This includes firestorms, flooding (even in Dover), tornados, and land erosion. Vermont suffered floods last year and again this summer. If you choose to weather out one of these storms, preparation is essential.

Consider these steps to be prepared:

- Secure objects that might be blown about your yard.
- Gas up your cars; have a full tank of propane for your grill for cooking.
- Secure a battery powered radio with extra batteries.
- Stock up on a 3-4 day supply of non-perishable foods.
- Have a one week supply of all family medications.
- If you are diabetic, stock up on food that you need for diabetic management.
- If power goes out, store your diabetic meds in a small cooler. Don't forget to keep them sealed in plastic to prevent water contamination.
- If you have a Life Alert System, speak with your company.
- Don't forget your pets. They have the same needs as you: shelter, food, and reassurance.

If a family member requires oxygen or other medical support such as power wheelchairs, you may wish to purchase a home generator. If so, educate yourself on the proper usage and maintenance. Speak with the Dover Fire Department regarding safe use. Prepackaged emergency kits are available at Amazon, Walmart, REI, Costco and online sites. All of this information may be overwhelming, but even Girl Scouts and Boy Scouts know to be prepared. Take the time to prepare now and call the COA with any questions.

MEDICARE OPEN ENROLLMENT

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), look for a mailed packet from your plan by the end of September. Save this information because it explains the changes in your plan for 2025. Premiums, deductibles, co-pays and drugs covered by your plan can change significantly! Open Enrollment is from October 15 through December 7. Sign up to meet with a SHINE volunteer for confidential counseling on Medicare options by contacting Dover COA at coa@doverma.gov.

SENIOR TAX RELIEF PROGRAMS

For a listing of tax relief programs, contact the Assessor's office at 508-785-0032 ext 241. For senior circuit breaker tax credit info, contact Mass Department of Revenue at 617-887-6367 or search for senior circuit breaker tax credit at www.mass.gov website. For info on senior property tax work off program, contact the COA at 508-315-5734.



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SEPTEMBER 2024

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY	3 4:30pm S&S - CS/Zoom STATE PRIMARY	4 9:30am Core & Balance - St. D/Zoom	5 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 4:30pm S&S - CS/Zoom	6 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
9 4:30pm Stretch - CS/Zoom	10 7:15am Movement - Zoom 9:30am COA Board Mtg - TH 12:15 Luncheon - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom	11 9:30am Core & Balance - St. D/Zoom	12 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 12:30pm Bread/Farmstand - MPB 1:30pm Life Binder - Library 4:30pm S&S - CS/Zoom	13 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
16 11am Medicare - Library/Zoom 4:30pm Stretch - CS/Zoom	17 7:15am Movement - Zoom 12:30 Grab & Go - MPB 4:30pm S&S - CS/Zoom	18 9:30am Core & Balance - St. D/Zoom 10:30am Mrs. Washington - Library	19 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Ukulele - Dover Church 4:30pm S&S - CS/Zoom	20 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
23 4:30pm Stretch - CS/Zoom	24 7:15am Movement - Zoom 4:30pm S&S - CS/Zoom Fuller Craft Museum Trip	25 9:30am Core & Balance - St. D/Zoom 2:30pm Presidents - Library	26 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Ukulele - Dover Church 12:30pm Bread/Farmstand MPB 4:30pm S&S - CS/Zoom Simon Pearce Trip	27 9am Coffee - Legion 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
30 4:30pm Stretch - CS/Zoom		Contact COA at coa@doverma.gov or call 508-315-5734 to register for programs.		

SATURDAY EVENTS

September 14

Dover Days on Town Common

October 5

Trip: Tom Stoppard's Leopoldstadt

MPB - Most Precious Blood Church

FS - Fireside Room Town House

ST D - St. Dunstan's Church

CS - Chickering School

TH - Dover Town House

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>7:15am Movement - Zoom</p> <p>9:30am COA Board Mtg - TH</p> <p>4:30pm S&S - CS/Zoom</p> <p>Lunch Trip</p>	<p>2</p> <p>9:30am Core & Balance - St. D/Zoom</p> <p>2:30pm Electoral College - Library</p>	<p>3</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>I I am Ukulele - Dover Church</p> <p>4:30pm S&S - CS/Zoom</p>	<p>4</p> <p>9:30am Sculpt & Stretch - St. D/Zoom</p> <p>Ipm Mah Jongg - Library</p>
<p>7</p> <p>I I am AI & Chat GPT - Library</p> <p>Ipm Knitting - TH</p> <p>4:30pm Stretch - CS/Zoom</p>	<p>8</p> <p>7:15am Movement - Zoom</p> <p>12:15 Lunch - Dover Church</p> <p>2pm Book Club - Library</p> <p>4:30pm S&S - CS/Zoom</p>	<p>9</p> <p>9:30am Core & Balance - St. D/Zoom</p> <p>2:30pm Media & Politics - Library</p>	<p>10</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>I I am Cooking at Farm</p> <p>I I am Ukulele - Dover Church</p> <p>12:30pm Bread/Farmstand MPB</p> <p>1:30pm Life Binder - Library</p> <p>4:30pm S&S - CS/Zoom</p>	<p>11</p> <p>9:30am Sculpt & Stretch - St. D/Zoom</p> <p>Ipm Mah Jongg - Library</p>
<p>14</p> <p>HOLIDAY</p>	<p>15</p> <p>7:15am Movement - Zoom</p> <p>12:30pm Grab & Go - MPB</p> <p>4:30pm S&S - CS/Zoom</p>	<p>16</p> <p>9:30am Core & Balance - St. D/Zoom</p> <p>12:30pm Cardmaking - St. D</p>	<p>17</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>I I am Ukulele - Dover Church</p> <p>1:30pm Life Binder - Library</p> <p>4:30pm S&S - CS/Zoom</p>	<p>18</p> <p>9:30am Sculpt & Stretch - St. D/Zoom</p> <p>Ipm Mah Jongg - Library</p>
<p>21</p> <p>I I am Panama Canal - Library/Zoom</p> <p>4:30pm Stretch - CS/Zoom</p>	<p>22</p> <p>7:15am Movement - Zoom</p> <p>4:30pm S&S - CS/Zoom</p>	<p>23</p> <p>9:30am Core & Balance - St. D/Zoom</p>	<p>24</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>I I am Ukulele - Dover Church</p> <p>12:30pm Bread/Farmstand MPB</p> <p>1:30pm Life Binder - Library</p>	<p>25</p> <p>9am Coffee - Legion</p> <p>Ipm Mah Jongg - Library</p>
<p>28</p> <p>10:30am Tanzania Safari - Library/Zoom</p>	<p>29</p> <p>7:15am Movement - Zoom</p> <p>12:15pm Halloween Lunch - Dover Church</p> <p>4:30pm S&S - CS/Zoom</p>	<p>30</p> <p>I I am Talk with Town - Library</p>	<p>31</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>I I am Ukulele - Dover Church</p> <p>1:30pm Life Binder - Library</p>	

TRAVEL AND EXPLORE

FULLER CRAFT MUSEUM

Tuesday, September 24

Cost: \$10.00, bring money for lunch

Transportation provided

Gain new insights on contemporary craft from Fuller Craft Museum's skilled museum educators. This guided group tour will feature the permanent collection and special exhibitions, including Beau McCall: Buttons On! Following the tour, enjoy lunch at La Scala Ristorante, serving authentic European, Italian cuisine. Space limited.

TRIP WITH DOVER AND WESTWOOD COAS

Simon Pearce Glassblowing &

King Arthur Fall Foliage Trip

Thursday, September 26; Cost \$199

Head north to Vermont and view the fall foliage with Best of Times Travel. Visit The Vermont Country Store run by well known purveyors of the practical and hard to find. After lunch, visit Simon Pearce to see master glass blowers and potters at work. Finally, tour King Arthur Factory and view tasty pastries being made, with time to browse the gift shop. Sign up with Westwood COA at 781-329-8799

LUNCH TRIP

Tuesday, October 1

Enjoy authentic Greek cuisine at Taso's Euro Cafe located next to Norwood Airport.

Bring money for lunch.

Transportation provided. Space limited.



TOM STOPPARD'S LEOPOLDSTADT

Saturday, Oct 5 at 2:00pm; Cost \$100

Huntington Theatre, Boston

Winner! Four Tony Awards, including Best Play. The latest masterpiece and most personal play from Tom Stoppard, Leopoldstadt is a stirring and epic story of love, family, and enduring bravery. In Vienna, the heart of European culture at the rise of the 20th century, two brothers have conflicting visions of prosperity, both for their family and the Jewish people, a tension that will echo through the generations that follow. Transportation provided. Space limited.

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

WILLIAM SHAKESPEARE'S

MACBETH

SHAKESPEARE'S MACBETH

Saturday, November 2 at 4:00pm

Mudge Auditorium, Dover Sherborn High School

DSHS presents William Shakespeare's MacBeth. An unexpected prophecy sends Scottish general MacBeth on a feverish and murderous quest to become king. Shakespeare's revered tragedy reveals the underbelly of ambition in a world steeped with power mongering, war, and magic. Thanks to the generosity of Dover Sherborn Drama, the COA will receive complimentary tickets to this show.

Sign up by Oct 25.

BOSTON SYMPHONY ORCHESTRA

Friday, November 15

Performance at 1:30pm; Cost is \$65.00

Transportation funded by Friends of Dover COA

Phillipe Jordan, Conductor. Canadian pianist Jan Lisiecki is the soloist in Mozart's mysterious and stormy Piano Concerto No. 20 in D Minor, K.466. Performance also features Tchaikovsky's Symphony No. 6, Pathetique, which was his last completed work. Space limited; Dover seniors first access through Sept 15.

HAMILTON

Thursday December 12

Performance at 1:30pm; Cost: \$80.00

at Providence Performing Art Center

Transportation funded by Friends of Dover COA

A revolutionary story of passion, unstoppable ambition and the dawn of a new nation. Hamilton is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score by Lin-Manuel Miranda that blends hip-hop, jazz, R&B and Broadway, Hamilton has had a profound impact on culture, politics and education. In addition to its 11 Tony Awards, it has won Grammy®, Olivier Awards, the Pulitzer Prize for Drama and unprecedented special citation from the Kennedy Center Honors. Space limited; Dover seniors first access; sign up by Sept 15.

BE FIT AND AGE WELL

Fitness classes are in person, virtual or both (hybrid) with a new class on Fridays! 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!



SCULPT & STRETCH – New Class!

Instructor: Sophia Mellen

Fridays, 9:30-10:30am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

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.

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.

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—Starts Sept 10

Instructor: Laura Villalobos

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

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. Pool closed Sept 3-10.



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COMPASS



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

compass.com

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.



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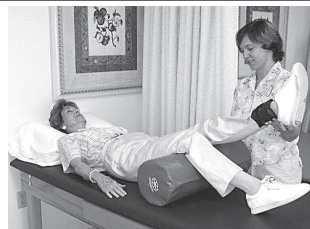
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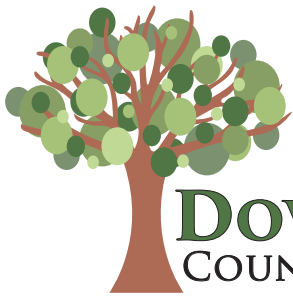
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DOVER COA COUNCIL ON AGING

COA OFFICE

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

508.315.5734

COA OFFICE HOURS

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

COA BOARD MEETING

Tuesday, September 10 at 9:30am
Tuesday, October 1 at 9:30am

Website: www.doverma.gov

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Amea Tejani, Program Coordinator
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