



DOVER COA COUNCIL ON AGING

News

508.315.5734

NOVEMBER - DECEMBER 2024

HIGHLIGHTS

TECH SUPPORT

Wednesdays, Nov 6, 13; Dec 11

BEGINNER MAH JONGG

Thursdays starting Nov 7

THANKSGIVING LUNCHEON

Tuesday, November 12

TALK WITH THE TOWN: DPW

Monday, November 18

HOLIDAY BALLET & COOKIES

Wednesday, December 4

DOVER POLICE

HOLIDAY BRUNCH

Saturday, December 7

WAMPANOAG LEADERS

Monday, December 16

SPECIAL THANKS

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

LETTER FROM THE DIRECTOR

Autumn is ending and winter is on its way and here come the holidays! Gather with the COA to celebrate and give thanks for family, friends, good health, and a good meal. I am so grateful for all that lend a hand to the Dover COA and appreciate the tremendous community support. Thanks to the staff, COA Board, Friends of COA, volunteers, and seniors reaching out to each other during this holiday season and throughout the year. We could not do all that we do without your help and are thankful for your support.

Join us for a delicious Thanksgiving feast at The Dover Church. The COA invites Veterans to be our guests at this traditional meal with turkey and all the trimmings. Make your reservation for Dover Police Association's Senior Holiday Brunch and enjoy an amazing meal prepared by the officers. What's a holiday without special holiday treats? Pick up a box of holiday cookies baked by volunteers and celebrate with Arrais Ballet of Needham as they perform excerpts from The Nutcracker. Dress in holiday attire (festive and ugly sweaters welcome!) and join us for a holiday lunch. Please sign up for events early to help us plan.

Not sure how to use the features on your cell phone or iPad? Tech Support is here from the high school student experts! Or sign up for classes with KevTech on using transportation apps and learning about taking and organizing photos with your iPhone. You will be ready to take and share amazing holiday photos. When the holidays come, so do changes in weather. Keep yourself safe, and sign up for the COA's Sand For Seniors program, sponsored by Friends of Dover COA, for a bucket of sand/salt for your walkway delivered by Dover Church volunteers to your home.

There's no place like home or the COA for the holidays.
Wishing you all a memorable and peaceful holiday season.

Janet Claypoole



LUNCH AND LEARN



COA THANKSGIVING LUNCHEON

Tuesday, November 12 at 12:15pm

The Dover Church, Kraft Hall, 17 Springdale Ave

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.

RSVP by November 4.

COA HOLIDAY LUNCHEON

Tuesday, December 10 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!

RSVP by December 2.

GRAB & GO MEALS

None in November

Tuesday, December 17

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 December 9.

BLUE MOON BAGELS & BREADS

Thursdays, November 7, 21

Thursdays, December 5, 19

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, Nov 14 at 11:00am - Sweet & Savory Pies

The pies the limit! Join Chef Thi to create apple pecan pie, chicken curry pot pie, and a vegetable galette. The perfect way to prepare for upcoming holiday gatherings.

Thursday, December 12 at 11:00am - Holiday Cookies

Tired of plain sugar cookies? Step up your holiday game with this hands-on class. Chef Thi will show us how to make neapolitan cookies and a perfect chocolate chip cookie with sea salt that are sure to bring cheer this holiday season.

COFFEE & CONVERSATION

Friday, November 22 at 9:00am

No December coffee

Dover Legion, 32 Dedham Street

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

DOVER POLICE HOLIDAY BRUNCH

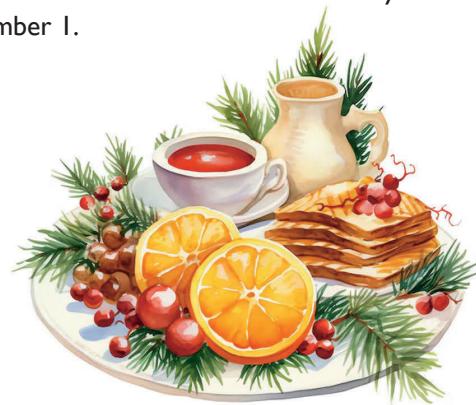
Saturday, December 7

10:00am-12:00pm

Chickering School, 29 Cross Street

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

RSVP by December 1.



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

CREATE AND CONNECT

TALK WITH THE TOWN: DEPT OF PUBLIC WORKS

Monday, November 18 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. Do you have questions about streets, trees, or the transfer station? Here is an opportunity to ask them!

BEGINNER MAH JONGG

Thursdays, Nov 7-Feb 13; 1:00-3:00pm

Dover Town Library, Upstairs, 56 Dedham St

Back by popular demand—a new session for those interested in learning to play Mah Jongg. Inez Trigg will lead a 12 week session for beginners. For the group to learn effectively, we

ask that students commit to attending weekly. Limited to 4 students. Priority to Dover residents.



MAH JONGG

Fridays at 1:00pm

Dover Town Library,
Community Room

Come play this fascinating and fun tile game. For experienced players.

KNITTING

Mondays, Nov 4 & Dec 2 at 1:00pm

Dover Town House, Fireside Room

Beginners and experienced knitters welcome. Bring your latest project!

PAGETURNERS BOOK CLUB

Dover Town Library

Tuesday, November 12 at 2:00pm

Book: *Leonardo Da Vinci* by Walter Isaacson

Tuesday, December 10 at 2:00pm

Book: *A Gentleman in Moscow* by Amor Towles

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

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

HOLIDAY BALLET AND COOKIES

Wednesday, December 4 at

3:00pm

The Dover Church, Kraft Hall, 17 Springdale Ave

Celebrate the holidays with the COA! Paulo Arrais, a former

Boston Ballet principal dancer,

and the students of Arrais Ballet in Needham will perform excerpts from The Nutcracker at this special event. Pick up a box of assorted holiday cookies made by our amazing COA volunteers and stay to enjoy the performance. Reserve a cookie box by December 2.



MUSIC SHEET SNOWMAN

Monday, December 9 at 1:00-2:30pm

Dover Town Library, Community Room

Join instructor Sue Hall to create a stand alone snowman in this unique craft using decoupage with music sheets and your creativity! All materials are provided. Sign up by Dec 2.

TECH HELP WITH DSHS STUDENTS

Wednesday, November 6 at 1:00pm

Dover Town House, Selectmen's Meeting Room

Are you confused by your phone, iPad, or other device?

When you hit the wrong button, do you know how to get back? Do you know there's an easier way to do something, but you just don't know what it is? What other issues do you have? Bring your device and questions and get individual help from the experts—high school students!



LIFETIME LEARNING



UPPER CHARLES TRAIL WALK

Friday, November 8 at 10:00am

Interested in learning more about Rail Trails? Dover resident Justine Kent-Uritam will lead a one hour walk (2 miles round trip) along the Upper Charles Trail in Holliston. The walk will be on a hard-packed surface and will take place misty rain to shine. For over two decades, Justine was the Executive Director of the Upper Charles Conservation Land Trust (www.uppercharles.org), which conceived of the 26 miles of the rail trail in 1996. The walk and parking are free, but bring money for lunch and join us at a local restaurant afterward. Limited to 10 walkers. Meet at Town Garage parking lot to carpool. Priority to Dover residents.

WAMPANOAG PEOPLE, PAST AND PRESENT

Monday, December 16 at 10:30am

Dover Town Library, Community Room, 56 Dedham St

Funded by Friends of Dover COA



Join us to learn about the important Wampanoag Leaders from the 1600's to 2024. Tim Turner, Associate Director for Indigenous Education for Plimoth Patuxet Museums, will speak on Massasoit, Tisquantum (Squanto) and Hobamock (a Wampanoag War Leader) and the current leaders in the Wampanoag Nation today.

TECH SUPPORT CLASSES

Dover Town Library, Community Room, 56 Dedham St

Presented by KevTech Services

Learn the basics of using apps on your iPhone. Sign up to enhance your tech skills! Limited to 15 participants.

Transportation Using Uber or LYFT

Wednesday, November 13 at 11:00am

For iPhone or iPad users only

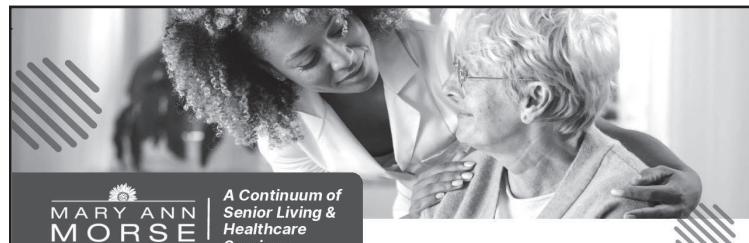
This class dives into two popular ride-share apps, Uber and Lyft, and teaches participants to use them to find rides, order groceries, and much more. We learn to book rides for ourselves and others, add payment methods, and stay safe while ordering rides.

Taking and Organizing Photos

Wednesday, December 11 at 11:00am

For iPhone or iPad users only

In this class, we dive into the Camera app on the iPhone, exploring different features of the camera and adjustments that can be made for taking pictures in different settings. We also go into Photos and discuss organizing photos into Favorites and Albums.



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

SUPPORT AND ASSISTANCE



MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment ends December 7. Don't miss your chance to change plans! It's extremely important to review your options to make sure you have the plan that works best for you in 2025. Medicare plans including premiums, doctor networks, and covered drugs can change significantly each year. Contact Dover COA and ask for a SHINE appointment to review your options. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call soon as appointments fill up quickly!

MY SOCIAL SECURITY CHANGES

Do you track benefits or request services through a personalized Social Security account? If so, you may need to change your login procedure. The Social Security Administration (SSA) is requiring users who set up My Social Security accounts more than three years ago to transition those accounts to Login.gov, a secure sign-in service administered by the federal government. SSA notes this change "will simplify the sign-in experience and align [My Social Security] with federal authentication standards while providing safe and secure access to online services." This change affects approximately 46 million of the 86 million people who have accounts. The account can be used to get estimates of future benefits, manage current benefits, replace a lost Social Security card and more. For more information, review the Social Security website at ssa.gov.

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. For info on senior property tax work off program, contact the COA at 508-315-5734.

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 in December.

Funded by Friends of Dover COA.

NEW STICKERS FOR TRANSFER STATION

As of January 1, 2025, Dover residents using the Transfer Station will need a new sticker. There is no fee for the new sticker. You can apply online or in person. If applying online, sticker(s) will be mailed to residence. To apply online, visit www.doverma.gov/184/Transfer-Station. In-person applications can be completed at the Town Garage at 2 Dedham St. The Recycling Committee will be at the Transfer Station on November 16 to assist with obtaining stickers. To obtain a new Transfer Station sticker, you will need your vehicle registration and proof of residency, such as a valid driver's license, property tax bill, lease, or utility bill. If you have questions, email towngarage@doverma.gov or call 508-785-0058.



NEED A HELPING HAND?

Are you in need of help with your fall raking or walkway snow shoveling? The COA has volunteers ready to lend a hand! Contact Program Coordinator Amee Tejani at atejani@doverma.gov with your request, and we will match you with an available volunteer.

CALENDAR

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1pm Mah Jongg - Library
4 1pm Knitting - TH 4:30pm Stretch - CS/Zoom	5 7:15am Movement - Zoom 4:30pm S&S - CS/Zoom	6 9:30am Core & Balance - St. D/Zoom 1pm Tech Help - TH	7 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Ukulele - Dover Church 12:30pm Bread - MPB 1pm Beginner MJ - Library 4:30pm S&S - CS/Zoom	8 9:30am Sculpt & Stretch - St. D/Zoom 10am Trail Walk 1pm Mah Jongg - Library
11 HOLIDAY 	12 7:15am Movement - Zoom 9:30am COA Board Mtg - TH 12:15pm Thanksgiving Lunch - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom	13 9:30am Core & Balance - St. D/Zoom 11am Tech Class - Library	14 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Ukulele - Dover Church 11am Cooking at Farm 1pm Beginner MJ - Library 4:30pm S&S - CS/Zoom	15 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library BSO Trip
18 10:30am Talk with Town: DPW - Library 4:30pm Stretch - CS/Zoom	19 7:15am Movement - Zoom Lunch Trip 4:30pm S&S - CS/Zoom	20 9:30am Core & Balance - St. D/Zoom	21 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Ukulele - Dover Church 12:30pm Bread - MPB 1pm Beginner MJ - Library 4:30pm S&S - CS/Zoom	22 9am Coffee - Legion 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
25 4:30pm Stretch - CS/Zoom	26 7:15am Movement - Zoom 4:30pm S&S - CS/Zoom	27 9:30am Core & Balance - Zoom	28 HOLIDAY 	29

SATURDAY EVENTS

November 2, 4pm

MacBeth - DSHS

December 7, 10am

Police Holiday Brunch - CS

MPB - Most Precious Blood Church

FS - Fireside Room Town House

ST D - St. Dunstan's Church

CS - Chickering School

TH - Dover Town House

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1pm Knitting - TH 4:30pm Stretch - CS/ Zoom	3 7:15am Movement - Zoom 9:30am COA Board Mtg - TH 4:30pm S&S - CS/Zoom	4 9:30am Core & Balance - St. D/Zoom 3pm Holiday Ballet & Cookies - Dover Church	5 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread - MPB 1pm Beginner MJ - Library 4:30pm S&S - CS/Zoom	6 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
9 1pm Snowman - Library	10 7:15am Movement - Zoom 12:15 Holiday Lunch - Dover Church 2pm Book Club - Library	11 9:30am Core & Balance - St. D/Zoom 11am Tech Class - Library	12 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 11am Cooking at Farm 1pm Beginner MJ - Library Hamilton Trip	13 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
16 10:30am Wampanoag People - Library 4:30pm Stretch - CS/ Zoom Dinner Trip	17 7:15am Movement - Zoom 12:30pm Grab & Go - MPB 4:30pm S&S - CS/Zoom	18 9:30am Core & Balance - St. D/Zoom	19 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread - MPB 1pm Beginner MJ - Library 4:30pm S&S - CS/Zoom	20 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
23 4:30pm Stretch - Zoom	24	25 HOLIDAY 	26 4:30pm S&S - Zoom	27
30 4:30pm Stretch - Zoom	31			

CALENDAR

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

TRAVEL AND EXPLORE

Come travel with the COA! Join us for lunch, the symphony, an award-winning musical or play, or a holiday classic. Sign up at coa@doverma.gov

LUNCH TRIP

Tuesday, November 19

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.

HOLIDAY DINNER

Monday, December 16

Colonel Blackinton Inn, Attleboro

Travel with friends for an early dinner and experience delicious food in a charming and historic setting decorated for the holidays. Transportation provided. Space limited.

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. Thanks to the generosity of Dover Sherborn Drama, the COA will receive complimentary tickets to this show for Dover residents.

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 Piano Concerto No. 20 in D Minor, K.466. Performance also features Tchaikovsky's Symphony No. 6, Pathetique. Trip is FULL. Sign up for Waitlist.

A CHRISTMAS CAROL

Sunday, December 1

Performance at 12:00pm; Cost is \$65.00

Providence Performing Art Center

Through a supernatural journey on Christmas Eve, Scrooge must confront the past, acknowledge the present, and define the future for the good of the community –and Scrooge's very soul. A timeless holiday tale of redemption and joy.



HAMILTON

Thursday December 12

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

at Providence Performing Art Center

Transportation provided by Friends of Dover COA

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. Trip is FULL. Sign up for Wait List.



LIFE OF PI

Saturday, February 15, 2025

Providence Performing Arts Center

Performance at 2:00pm; Cost: TBA

Transportation funded by Friends of Dover COA

LIFE OF PI is an epic story of perseverance and hope that speaks to every generation. After a shipwreck in the middle of the Pacific Ocean, a sixteen-year-old boy named Pi survives on a lifeboat with four companions—a hyena, a zebra, an orangutan and a Royal Bengal tiger. Told with jaw-dropping visuals and world-class puppetry.

CHICAGO THE MUSICAL

Sunday, May 3, 2025

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. In the whirlwind of Chicago's Jazz Age, two of the Cook County Jail's most notorious murderesses—vaudeville star Velma Kelly and chorus girl Roxie Hart—become fierce rivals as they compete for headlines amidst a media frenzy. Broadway's longest-running musical has been razzle dazzling audiences for 27 years.

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) 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!

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.

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.

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

Wednesdays, 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.

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 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.

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.

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?

...the answer is



springwell

We're a non-profit, community resource for all.

Call us for the answers to your questions.

(617) 926-4100 / Waltham (508) 573-7200 / Marlborough

www.springwell.com

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.

compass.com

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Peter, Martha, & Anna
bohlingroup@compass.com
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(508)359-6050

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

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


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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, November 12 at 9:30am
Tuesday, December 3 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
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
Carol Pilch, Associate

**See Photos of COA events on
the Town of Dover Facebook.
Follow us and Like our photos!**



Dover Council On Aging
PO Box 250
Dover, MA 02030

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