



# DOVER COA COUNCIL ON AGING

# News

508.315.5734

JANUARY - FEBRUARY 2025

## HIGHLIGHTS

### CHRISTMAS TREE SHOPS

with Historian Anthony Sammarco  
Monday, January 13

### TRAVEL TALK: JAPAN

Monday, January 27

### FILM: THELMA

Tuesday, February 4

### UKULELE JAM SESSIONS

Thursdays, January 30, February 6, 20

### VALENTINE'S RECEPTION

Friday, February 14

### TALK WITH THE TOWN: PLANNING BOARD

Wednesday, February 26

## SPECIAL THANKS

Blue Moon Bagel Cafe  
Dover Legion  
Dover Mothers Association  
Friends of Dover COA  
Most Precious Blood Church  
Norfolk Co District Attorney's Office  
Norfolk Co Sheriff's Office  
Powisset Farm  
St. Dunstan's Church  
The Dover Church  
The Kingsbury Club, Medfield  
Wingate Living

## LETTER FROM THE DIRECTOR

Winter is here and for many the cold can keep people home and isolated. Dover Council on Aging invites you to bundle up and come on out! Join us and your neighbors at one (or more!) of our COA programs.



What programs bring you out in the cold? History, travel, delicious food, book club, cooking, or fitness programs?

Perhaps connecting with friends and making new ones. The COA offers all these opportunities for you. Join us to learn about the history of The Christmas Tree Shops, for a Travel Talk on Japan, or for a delicious meal at a luncheon. January offers an Intergenerational Ladies Lunch with Dover Mothers Association, and a new Men's Lunch at the Legion will start as well. The COA continues our partnership with Dover Town Library. February highlights include a Wii Bowling Tournament, exploring different cultures' use of chocolate in Chocolate Around the World, and a Valentine's Day Reception. Come play, learn, and socialize with the COA.

Keep moving and try a fitness class such as Core & Balance, Strength & Stability, Yoga, and more (see page 9). All fitness classes are offered in person and virtually on Zoom; join us from home or wherever your travels may take you. The COA invites you to travel with us on lunch trips, to the Fogg Museum, or to attend a play, musical or the Boston Ballet. Overnight trips are planned with Westwood COA to Penn Dutch Country and Nova Scotia. See page 8 for travel details.

Start your new year by joining us at Dover COA. We will get through the winter together!

Janet Claypoole

### WINTER WEATHER REMINDER:

If the Dover Public Schools are closed, the Dover COA programs will also be canceled. If the school has a delay, the COA will also have a delay in programs. If programs may be held virtually on Zoom, Dover COA will notify participants via robocall and email.

# LUNCH AND LEARN



## COA LUNCHEON

Tuesday, January 14 at 12:15pm

The Dover Church, Kraft Hall, 17 Springdale Ave

Cost: \$5.00; Cosponsored by Wingate Living

Kick off the New Year with Lunch and BINGO Fun! Bring an unwanted holiday gift to add to our prize table—it's a fun way to regift and make someone else's day! Sign up by Jan 7.

## COA LUNCHEON

Tuesday, February 11 at 12:15pm

The Dover Church, Kraft Hall

17 Springdale Ave; Cost: \$5.00

Gather with friends for a delicious meal. Norfolk County Sheriff Patrick McDermott will join us to share info on programs for seniors. Sign up by Feb 4.

## GRAB & GO MEALS

Tuesdays, January 21 & February 18

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 Jan 14 and Feb 11.

## BLUE MOON BAGELS & BREADS

Thursdays, January 16, 30

Thursdays, February 6, 20

Most Precious Blood Church parking lot

Pick up 12:30-1:00pm

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

RSVP for all COA events to [coa@doverma.gov](mailto: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, January 9 at 11:00am - Asian Stir Fry

Robust flavors, subtle spices, and a medley of fresh ingredients are essential to great stir fry. Join Chef Thi in this hands-on class using home pantry staples and easy to find fresh ingredients. Review knife skills and importance of the right cut. Use these skills to make cashew chicken, vegetable lo mein, and stir-fried seasonal vegetables.



Thursday, February 13 at 11:00am - German cooking

Take a culinary journey to Germany, courtesy of Chef Thi. Learn to make German classics: pork schnitzel, German potato salad, and sweet and sour red cabbage.

## MEN'S LUNCH

Wednesdays, Jan 22 & Feb 19 at 12:00pm

The Post at Dover Legion, 32 Dedham Street

Cost: \$5.00

Join us for an afternoon of good food and great discussions. RSVP by January 16 and February 12.

## INTERGENERATIONAL LADIES LUNCH

Wednesday, January 29 at 11:30am

Location: Most Precious Blood Church

Dover Mothers Association will join the COA for a special luncheon. Enjoy a delightful meal and share stories, laughter, and insights with women of all ages. RSVP by Jan 22.

**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](http://maryannmorse.org)

**Mary Ann Morse Home Care**  
Medicare-Certified Skilled Home Health & Personal In-Home Care  
**508.433-4479**

# CREATE AND CONNECT

## KNITTING

Mondays, January 4 at 1:00pm

Dover Town House, Fireside Room

All levels knitters welcome. Bring your latest project!!

## PAGETURNERS BOOK CLUB

Dover Town Library, 56 Dedham Street

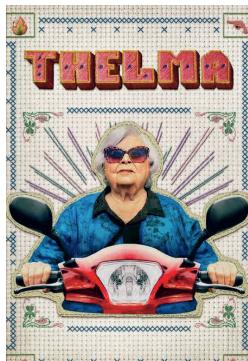
Tuesday, January 14 at 2:00pm

Book: *Killers of the Flower Moon* by David Grann

Tuesday, February 11 at 2:00pm

Book: *Horse* by Geraldine Brooks

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](mailto:efogarty@minlib.net)



## FEATURE FILM: THELMA

Tuesday, February 4, 1:00-3:00pm

Dover Town Library,  
Community Room

To bring awareness to scams, Norfolk County District Attorney Michael Morrissey is inviting seniors to watch the critically acclaimed film *Thelma*. In this fabulous and funny movie, 93 year old Thelma falls victim to a scam and with help from a friend and his motorized scooter, embarks on a journey to reclaim what is hers. This film is based on the real-life experience of director Josh Margolin's own grandmother. Popcorn and refreshments will be available.

## STRIKE UP SOME FUN: WII BOWLING TOURNAMENT

Wednesday, February 12 at 1:00pm

Dover Town Library, Community Room

Get ready to roll and enjoy an afternoon of friendly competition, laughter, and great company at our Wii Bowling Tournament! Whether you're a pro or a first-timer, everyone is welcome to join in the excitement!

Participants can bowl while seated or standing. Lace up (virtually!) and join us. We can't wait to see you knock down some pins! In partnership with Dover Town Library.



## VALENTINE'S DAY RECEPTION

Friday, February 14 at 12:00pm

Dover Town Library

Celebrate love and friendship with the COA. Gather with us for a heartwarming afternoon of fun, food, and festive activities as we embrace Valentine's Day together. Enjoy a spread of lovingly crafted bites with fun surprises. RSVP by Feb 10.



## TALK WITH THE TOWN: PLANNING BOARD

Wednesday, February 26 at 11:00am

Dover Town Library, Community Room

The Planning Board will present its warrant articles for the May Town Meeting and discuss the MBTA Communities Act, which the Town must implement by the end of 2025. Come share your feedback on these important topics.

## MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Play this fascinating tile game. For experienced players.

## COFFEE & CONVERSATION

Friday, January 31 at 9:00am

Friday, February 28 at 9:00am

Dover Legion, 32 Dedham Street

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

## FIRESIDE CHEER COCKTAIL PARTY

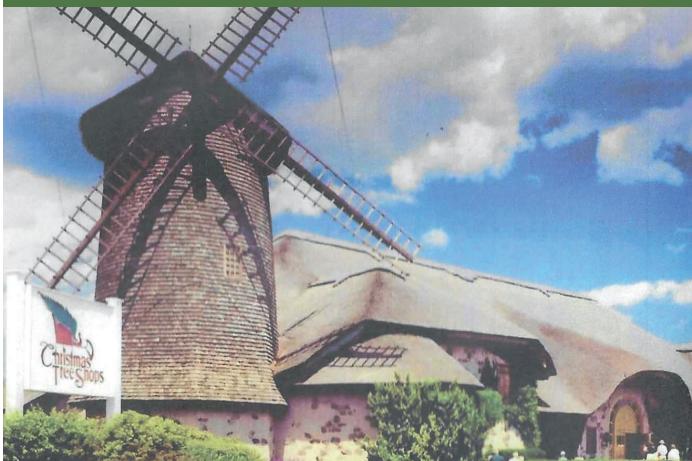
Friday, January 17 from 4:00-6:00pm

Upstairs at Dover Legion; Cost: \$5.00

The Friends of the Dover Council on Aging invite all residents to attend. Join your friends and lift your spirits to mitigate the winter doldrums. This is the Friends' way of showing appreciation to the many people who support our seniors. There will be music, hot cider and hors d'oeuvres at \$5.00 per person; a cash bar is available. RSVP by January 14 to [contact@coafriends.org](mailto:contact@coafriends.org).

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

# LIFETIME LEARNING



## CHRISTMAS TREE SHOPS

Monday, January 13, 11:00am

Dover Town Library, Community Room  
with Historian Anthony Sammarco

The Christmas Tree Shops was not just an icon of New England, it was a destination with stores that boasted a diverse assortment of merchandise from seasonal decorations, home decor, housewares, food and more. These were items you never thought you needed before stepping through the door, but who could resist a bargain? Founded in 1970 in Yarmouth port, the word-of-mouth advertising and unique merchandise made the shop popular and was to create a sensation on Cape Cod.

## TRAVEL TALK: JAPAN

Monday, January 27, 1:00pm

Dover Town Library, Community Room

Temples, Pagodas, Sushi and more! Join Travel Enthusiast and COA Fitness Instructor, Sophia Mellen, on a photographic journey of her recent trip to Tokyo and Kyoto, Japan.

## CHOCOLATE AROUND THE WORLD

Monday, February 10, 1:00pm

Dover Town Library, Community Room

Presented by Therapy Gardens

Discover the rich, diverse world of chocolate and explore the unique ways cultures around the globe use chocolate. From the spiced chocolate sauces of Mexico to the delicate chocolate-infused pastries of France, and the robust cocoa flavors in island cuisine, this session offers a culinary tour that showcases chocolate's versatility. Small samples available while they last!

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

## STRUM & SOCIALIZE: UKULELE JAM SESSION

Thursdays, January 30, February 6 & 20

1:00-3:00pm; Cost: Free!

**The Dover Church, Kraft Hall, 17 Springdale Ave**

Whether you're preparing for the spring Fun With Ukulele session or just want to keep your fingers nimble, join a jam session! Note that this is a social gathering for those with ukulele experience. There is no instructor for these sessions.

## FUN WITH UKULELE

10-week session: Thursdays, February 27-May 1

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

**The Dover Church, Kraft Hall**

**Sponsored by Friends of Dover COA**

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 performed for the Hawai'i Ukulele Festival.

## FRIENDS OF DOVER COA MEMBERSHIP DRIVE

Please support The Friends of the Dover Council on Aging with a tax-deductible donation/membership for 2025.

Contributions continue to support The Friends' efforts to expand and enhance programs for seniors. The Friends provide events such as the annual "Up in Smoke" BBQ, Harvest Spirits Cocktail Party, Fireside Cheer Cocktail Party and Lifetime Learning courses, which offer opportunities for communitywide participation. Other events supported are listed in the COA weekly eNewsletter. To become a member or donate, please go to [www.coafriends.org](http://www.coafriends.org) and click on the Join Us page.

# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

### Snap, Crackle and Pop!

These three words most likely bring a breakfast cereal or a bright and lively fireplace to mind. To this writer, it is a reminder to get up and “go” in the coming winter months. To others, it may be the sound of not regularly moving, stretching or exercising. As the cold weather gathers around us, it is often an easier choice to hunker down in our cozy homes than to even think of exercise. The National Park and Recreation Association estimates that as many as 57% of all adults decrease their physical activity over the colder months. Despite our medical, psychological and geriatric care providers telling their patients that exercise is essential for healthy aging in all aspects, it is hard to be motivated in our dark, cold months.

Seniors have a specific set of outdoor exercise concerns during the winter. Darker days, cold and inclement weather and fear of falls are all good reasons to not walk, hike or bike. Even going out of the home to exercise in a gym becomes more of a chore when it’s 20 degrees outside.

However, there is a price to be paid in slowing down or not exercising at all. The NIH estimates that only “30% of people ages 40-64 exercise somewhat regularly.” This percentage decreases to “15% of seniors 65-74.” Yes, we seniors are bombarded with information regarding our health, especially when it comes to the necessity of physical activity of any kind for healthy aging. It cannot be emphasized enough. One consideration needs to be added: always check with your primary care physician regarding starting an exercise plan or increasing the intensity of your plan’s exercises.

Motivation is often the roadblock. The NIH recommends the following: Fit exercise into your day and create a regular time for that activity; Do what you enjoy; Do it with others and make exercise a social activity; Get back on schedule as soon as you can if you need to take a break; Keep a record of your exercise to track your progress.

Some Dover seniors are on to something! Currently, Dover offers eight different programs. Most of these exercises are offered via zoom as well as in person. One could start with Chair Yoga. This session begins seated and moves on to standing if able. Are you looking to clear your mind as well

as stretch out your winter muscles? Mindful Movement and Stretch may be for you. If you are in the market for a more physical challenge, the COA offers Strength & Stability and Stretch and Flow.

There is also a new class on our roster: Sculpt & Stretch provides a safe way to challenge your body through strength building, cardio and more. The COA also offers a key tag to swim at The Kingsbury Club for a small class fee. Currently, we have more than 80 seniors who regularly exercise with the COA.

Snap, crackle and pop? This writer is getting out of her chair! Come move with the COA!



## 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.

## CAN I STILL CHANGE MY MEDICARE PLAN?

Even though Medicare’s Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2025. Please make a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans at this time of year:

**Medicare Advantage Open Enrollment:** If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March.

**For Prescription Advantage members or those on the Medicare Savings Program:** You may be able to change your Medicare Advantage plan or drug plan during the year. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. Email [coa@doverma.gov](mailto:coa@doverma.gov) or call the COA to schedule an appointment.

# JANUARY 2025

## CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HAPPY NEW YEAR!	2 4:30pm S&S - CS/Zoom	3 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
6 1pm Knitting - FS 4:30pm Stretch - CS/Zoom	7 7:15am Movement - Zoom 9:30am COA Board Mtg - TH 4:30pm S&S - CS/Zoom	8 9:30am Core & Balance - St. D/Zoom	9 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 1pm Beginner MJ - Library 4:30pm S&S - CS/Zoom	10 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
13 11am Christmas Tree Shops - Library 4:30pm Stretch - CS/Zoom	14 7:15am Movement - Zoom 12:15pm Lunch - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom	15 9:30am Core & Balance - St. D/Zoom Fogg Museum Trip	16 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	17 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library 4pm Fireside Cheer - Legion
20 HOLIDAY	21 7:15am Movement - Zoom 12:30pm Grab & Go - MPB 4:30pm S&S - CS/Zoom	22 9:30am Core & Balance - St. D/Zoom 12pm Men's Lunch - Legion	23 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 1pm Beginner MJ - Library 4:30pm S&S - CS/Zoom Lunch Trip	24 9:30am Sculpt & Stretch - St. D/Zoom 10am Best of Times Trips - Westwood COA 1pm Mah Jongg - Library
27 1pm Travel Talk - Library 4:30pm Stretch - CS/Zoom	28 7:15am Movement - Zoom 4:30pm S&S - CS/Zoom	29 9:30am Core & Balance - St. D/Zoom 11:30am Ladies Lunch - MPB	30 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	31 9am Coffee - Legion 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library

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

# FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 4:30pm Stretch - CS/Zoom	4 7:15am Movement - Zoom 9:30am COA Board Mtg - TH 1pm Thelma Movie - Library 4:30pm S&S - CS/Zoom	5 9:30am Core & Balance - St. D/Zoom	6 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	7 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
10 1pm Chocolate - Library 4:30pm Stretch - CS/Zoom	11 7:15am Movement - Zoom 12:15 Lunch - Dover Church 2pm Book Club - Library 4:30pm S&S - CS/Zoom	12 9:30am Core & Balance - St. D/Zoom 1pm Wii Bowling - Library	13 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 1pm Beginner MJ - Library 4:30pm S&S - CS/Zoom	14 9:30am Sculpt & Stretch - St. D/Zoom 12n Valentine Reception - Library 1pm Mah Jongg - Library
17 HOLIDAY	18 12:30pm Grab & Go - MPB 4:30pm S&S - Zoom	19 9:30am Men's Lunch - Legion	20 11am Ukulele - Dover Church 12:30pm Bread - MPB 4:30pm S&S - Zoom	21 1pm Mah Jongg - Library
24 4:30pm Stretch - Zoom	25 7:15am Movement - Zoom 4:30pm S&S - CS/Zoom Lunch Trip	26 9:30am Core & Balance - St. D/Zoom 11am Talk with Town - Library	27 11am Ukulele - Dover Church 4:30pm S&S - CS/Zoom	28 9am Coffee - Legion 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library

## CALENDAR

### SATURDAY EVENTS

February 15  
Life of Pi Trip

**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

Join us for lunch, explore a museum, enjoy a play, musical or the ballet, or travel overnight with the COA. Sign up at [coa@doverma.gov](mailto:coa@doverma.gov)

## LUNCH TRIPS

**Paddy's Public House, Newton**

**Thursday, January 23**

**Cafe Mangal, Wellesley**

**Tuesday, February 25**

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

Travel with friends and enjoy an Irish-themed tavern or Turkish-inspired Mediterranean cafe both featuring delicious food. Transportation provided. Space limited.

## FOGG MUSEUM

**Wednesday, January 15**

**Admission Free!**

Come explore the Fogg Museum, one of the Harvard Art Museums in Cambridge, featuring European and American Art from the Middle Ages to present day. Stop for lunch in the Cafe before returning home. Transportation provided. Space limited.

## LIFE OF PI

**Saturday, February 15**

**Providence Performing Arts Center**

**Performance at 2:00pm; Cost: \$70**



**Transportation funded by Friends of Dover COA**

Based on the novel that sold more than 15 million copies and became a worldwide phenomenon, 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, LIFE OF PI creates a breathtaking journey that will leave you filled with awe and joy.

## CHICAGO THE MUSICAL

**Sunday, May 3**

**Providence Performing Arts Center**

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

**Transportation funded by Friends of Dover COA**

Chicago is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one showstopping song after another

and the most astonishing dancing you've ever seen. 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.

## BOSTON BALLET: ROMEO AND JULIET

**Saturday, June 7; Performance at 1:30pm**

**Cost: \$65**

**Transportation funded by Friends of Dover COA**

Join us and experience this timeless Shakespearean tale. Jean-Christophe Maillot's contemporary choreography shares the tragic love story of Romeo and Juliet through the eyes of the remorseful Friar Lawrence. Space limited. Dover seniors first access through January 17.



## TRIPS WITH DOVER AND WESTWOOD

**with Best of Times Travel**

**Penn Dutch Country Trip**

**May 14-16; 3 Days/2 nights**

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

**Nova Scotia with Tattoo Fest**

**June 29-July 3; 5 days/4 nights**

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

Info Session Friday, January 24 at 10:00am at Westwood COA. Call Westwood COA to sign up 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 schedule and contact the COA for Zoom meeting info. Class fees are \$3.00 per session. Stay Healthy and Keep Moving!



## SCULPT & STRETCH

Fridays, 9:30-10:30am HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Sophia Mellen

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

## 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

Wednesday, 9:30-10:30am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Sophia Mellen

Improve your core strength. Start with a warm-up which

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

## GENTLE MAT YOGA

Thursdays, 9:30-10:20am HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Tracy Buckley, RYT

Join our Mat Yoga class and improve your strength, flexibility and balance. Reduce your stress, breathe, and move towards a healthier, happier you. Bring a mat and water.

## CHAIR YOGA

Thursdays, 10:30-11:20am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

Instructor: Tracy Buckley, RYT

Classic Yoga poses and postures to increase strength and flexibility and improve overall well-being. Start with seated stretching and warm-ups, and if able, move to standing and balancing poses, using the chair for support. Bring water.

## MINDFUL MOVEMENT & STRETCH

Tuesdays at 7:15am via ZOOM

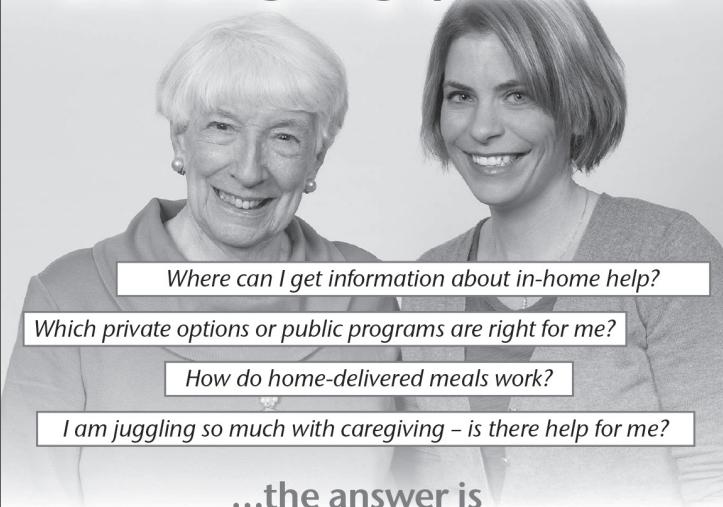
Instructor: Laura Villalobos

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, 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](http://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

 **BOHLIN GROUP**  
Country • Coast • City

The Bohlin Group  
Peter, Martha, & Anna  
[bohlingroup@compass.com](mailto: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.



 **WINGATE  
RESIDENCES**

AT NEEDHAM

ASSISTED LIVING • MEMORY CARE

## WHY WAIT? THE GOOD LIFE IS CLOSER THAN YOU THINK.

At Wingate Living, our world-class residences are built to elevate everyday life and make you feel right at home – without any of the stress of maintaining a home. And if your needs change, we're here for you every step of the way. See what the good life looks like. Schedule a visit and you'll discover all we have to offer.

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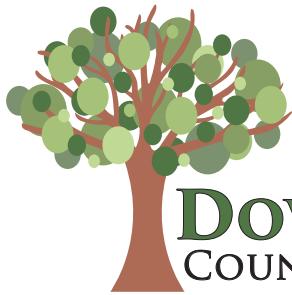
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# DOVER COA

## COUNCIL ON AGING

### COA OFFICE

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

Tuesday, January 7 at 9:30am  
Tuesday, February 4 at 9:30am

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

Click on Stay Connected for Town  
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at [coa@doverma.gov](mailto: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

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