



DOVER COA COUNCIL ON AGING

News

508.315.5734

MAY - JUNE 2025

HIGHLIGHTS

TRIP TO LOWELL NATIONAL HISTORICAL PARK

Boott Cotton Mills Museum
New England Quilt Museum
Wednesday, May 14

TRAVEL TALKS

June 2 - Croatia
June 25 - Iceland in Winter

TALK WITH THE TOWN

May - Library
June - Board of Health

UP IN SMOKE BBQ

Wednesday, June 11

CHINATOWN FOOD TOUR

Tuesday, June 24

SPECIAL THANKS

Blue Moon Bagel Cafe
Chickering School Students
Dover Legion
Friends of Dover COA
Most Precious Blood Church
Powisset Farm
St. Dunstan's Church
The Dover Church
The Kingsbury Club, Medfield

LETTER FROM THE DIRECTOR

At COA events the past few months, the first question that I am asked is how is the work going at the Community Center and when does it open? We are getting close! Major work is completed in the building, furniture has been delivered, and final inspections are being done. Outside work is in progress and nearing completion. The COA and Parks and Recreation Teams are looking forward to moving in and welcoming the community. Until then, COA programs will continue to meet throughout Dover for May and June.

Join us at Talk With The Town to hear updates from the Library Director and Friends of Library representative in May or from the Board of Health's Public Health Nurse in June. Come meet with MA State Representative Joshua Tarsky for a legislative update and discuss community issues. KevTech Services returns to increase our iPhone/iPad knowledge of using apps to organize and manage our busy lives and how to personalize devices to suit our needs. Be prepared to respond to a first aid emergency and attend a CPR & First Aid Training for Grandparents offered by Dover Parks & Recreation.

Interested in exploring new places? Attend a Travel Talk on Croatia and Beyond or on Iceland in Winter or both! Sign up for a walking tour of Chinatown with chef and guide Roberta Hing. Learn about the traditions at local shops and enjoy great food at a local restaurant. Enjoy great food locally at the annual Up in Smoke BBQ on June 11 at the Legion, sponsored by Friends of Dover COA. There are lots of great events this Spring!

Finally, don't forget to attend the Annual Town Meeting on Monday, May 5 at 7:00pm at Mudge Auditorium to vote on the Town budget and issues that impact the community. Your involvement makes a difference.

Janet Claypoole



Upcoming Town Government Meetings/Elections:

Monday, May 5 - Annual Town Meeting
Monday, May 19 - Town Election

LUNCH AND LEARN



COA LUNCHEON

Tuesday, May 13 at 12:15pm

The Dover Church, Kraft Hall

17 Springdale Ave; Cost: \$5.00

Gather with friends and enjoy an authentic BBQ meal from PJ's Smoke N Grill. Sign up by May 6. No June Luncheon.

GRAB & GO MEALS

Tuesdays, May 20 & June 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.

BLUE MOON BAGELS & BREADS

Thursdays, May 1, 15, 29

Thursday, June 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.

MEN'S LUNCH

Wednesdays, May 21 & June 18 at 12:00pm

The Post at Dover Legion, 32 Dedham Street

Cost: \$5.00

Join us for an enjoyable afternoon and great discussions. RSVP by May 19 and June 16.

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. We cannot accommodate food allergies.

Thursday, May 8 at 11:00am - Mexico Celebrate Cinco de Mayo with a feast of Mexican cuisine! In this hands-on class, Chef Thi will teach you to craft Charred Seasonal Vegetables and Spiced Chicken Tostada with Rojo Sauce and Lime Crema, Mexican Spiced Rice with Farm Greens and Roasted Butter Radishes with cilantro and salsa macha.

Thursday, June 12 at 11:00am - Spain Tapas, Spain's famous small plates, have something for everyone to share. Explore Spanish flavors with vegetable focused tapas designed to delight. Make potato bravos, pan con tomate, Spanish Gilda Pintxo, and a beautiful vegetable and sausage paella. Simply sensational!

LADIES LUNCH

Wednesday, May 28 at 12:30pm

The Post at Dover Legion; Cost \$5.00

Monday, June 16, depart at 12:00pm

Il Massimo Restaurant, Dedham

Monthly ladies lunch will alternate eating in town and traveling to a nearby restaurant. RSVP by May 23 for local lunch. RSVP by June 11 for travel lunch. Transportation provided and space is limited.



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

CREATE AND CONNECT

TALK WITH THE TOWN

Dover Town Library, Community Room

Library

Tuesday, May 6 at 1:00pm

Join Library Director Bethany Klem and Friends of the Library representative Marie Nagod for an engaging discussion about the latest happenings at Dover Library. Discover new programs, resources, and ways to get involved with the Friends. Bring your questions and curiosity!



Board of Health

Wednesday, June 4 at 11:00am

Join us to welcome Board of Health's new Public Health Nurse Gael Varsa. Learn about the services available and current public health initiatives. Whether you're curious about wellness resources, vaccinations, or local health programs, this is a chance to connect and stay informed.

TRAVEL TALK: CROATIA AND BEYOND

Monday, June 2 at 2:00pm

HYBRID: Dover Town
Library, Community Room
& Zoom

A beautiful country by the

Adriatic Sea, Croatia is known for its gorgeous architecture, seaside cities, and rich history. Join Sophia Mellen (also our COA fitness instructor) on a photographic journey through her recent trip to Croatia, Montenegro, and Bosnia and Herzegovina. A trip complete with multiple walled cities, historic architecture, waterfalls, peacocks, crystal clear waters, and delicious food.



LEGISLATIVE TALK WITH REP. JOSHUA TARSKY



Monday, June 9, 11:00am

Dover Town Library,
Community Room

Join State Representative Joshua Tarsky for a legislative update and share your concerns about community issues.

PAGETURNERS BOOK CLUB

Dover Town Library, 56 Dedham Street

Tuesday, May 20 at 2:00pm

Book: *The Thursday Murder Club* by Richard Osman

Tuesday, June 10 at 2:00pm

Book: *Lab Girl* by Hope Jahren.

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

KNITTING

Monday, June 2 at 1:00pm

Dover Town House, Fireside Room

All levels of knitters are welcome. Bring your latest project!

MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this classic tile game. For experienced players.

COFFEE & CONVERSATION

Fridays, May 30 & June 27 at 9:00am

Dover Legion, 32 Dedham Street

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

UP IN SMOKE BBQ

Wednesday, June 11; 4:00-7:00pm

Dover Legion, 32 Dedham Street

The Friends of Dover COA invite all Dover residents to join us outdoors at the Dover Legion for the annual Up in Smoke BBQ.

Cost is \$10 per person and kids under 10

eat free! Entertainment provided by Backwards Hats. To sign up, please contact the Friends of the Dover COA at contact@coafriends.org.



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

LIFETIME LEARNING

Sign up for a class at coa@doverma.gov

PROBING THE CREATIVE UNIVERSE

Mondays, May 5, 12 and 19

11:30am on Zoom; Cost: Free

Instructor: Frank Villa

Science has compiled a comprehensive and detailed natural history of our universe though there remain some gaps in our knowledge. Yet the more we learn about the mechanisms of our creative universe, the bigger the philosophical and theological questions that result. In this program, we will examine the scientific creation story and explore some of the questions raised by theologians, philosophers, and scientific discoveries about our human place in this mechanical universe.



Frank Villa is an award-winning lecturer who finds great joy in bringing the latest discoveries of science to a general audience. In addition to his degrees in the sciences, Frank achieved a Master's Degree in Religion and Theology. He is a former teacher of high school physics and earth science, commercial pilot and flight instructor, and a retired small business owner.

CPR & FIRST AID TRAINING FOR GRANDPARENTS

Monday, May 19; 10:00-12:00pm

St. Dunstan's Church, 18 Springdale Ave

Cost: \$75; Sponsored by Dover Parks & Recreation

If you're a grandparent caring for kids, you want to know how to respond in case of a first-aid emergency. Much has changed since you may have used first aid with your own children. Learn to handle injuries and manage illness for the first few minutes until help arrives. Class will cover first aid basics: medical, injury, and environmental emergencies, CPR for all ages, and how to use an AED. Allergies and EpiPens will be covered too. Participants will receive an American Safety and Health Institute certification in Pediatric First Aid, CPR and AED use upon successful completion of this course. Sign up at doverrec.activityreg.com or call 508-785-0476.

STAYING ORGANIZED ON IPHONE & IPAD

Thursday, May 22 at 1:00pm

Dover Town Library, Community Room, 56 Dedham St
Join the experts from Kev Tech Services, to learn to use the Notes app to organize thoughts, separate notes into folders, and keep track of important information. Explore using the Calendar app to create and manage events.

PERSONALIZING YOUR IPHONE & IPAD

Thursday, June 12, 1:00-2:00pm

Dover Town Library, Community Room

Kev Tech Services will review different ways to customize the iPhone and iPad to suit your preferences. Learn to reorganize Home Screens, create folders, change the appearance of displays, and change the image used for the wallpapers and Lock Screens.

TRAVEL TALK: ICELAND IN WINTER – A JOURNEY AROUND THE COUNTRY'S RING ROAD

Wednesday, June 25 at 11:00am

HYBRID: Dover Town Library, Community Room & Zoom
with Barry Pell, Photojournalist

Iceland, an island nation in the North Atlantic, is about the size of Kentucky but with only 365,000 people. It was settled by the Vikings a thousand years ago and has over two million annual visitors today. While most tourists arrive in the warm months, the lecturer drove the entire circumference during the challenging winter weather season. At this time, Iceland's attractions, its volcanoes, steaming hot springs and geysers, towering glaciers, black lava fields, and remote farms and churches, are dusted and glazed in a winter wonderland of snow and ice. Add to this the wild reindeer herds, the hardy pony-sized Icelandic horses, and the surreal colors of the Northern Lights make winter a very special (and uncrowded) time to see the country.



SUPPORT AND ASSISTANCE



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. For a confidential consultation, contact the COA.

RMV SUPPORT

The Massachusetts Registry of Motor Vehicles has a dedicated phone number to schedule appointments for anyone with a disability or 65 years of age or older. Massachusetts law requires drivers who are 75 years of age or older to renew in person. The RMV has dedicated hours on Wednesdays at certain RMV service centers. For assistance, call 857-368-8005.

MEDICARE SAVINGS PROGRAMS

Are you aware of the Medicare Savings Program (MSP)? If eligible, there are benefits that will pay for Part A, B, and D premiums, as well as any late enrollment fees. It will also cap your medication costs making prescriptions more affordable. At the highest level, it will protect you from billing of Medicare copays and deductibles. MSP can work with your existing Medicare plan since it is not insurance. Eligibility is based on income: at or below \$2,935 per month for Single; at or below \$3,966 for Married. For more information, speak with a SHINE counselor. SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance and reviewing claims. To schedule a SHINE appointment, email coa@doverma.gov.

MAY 17 SPECIAL RECYCLING DAY

The Town's Recycling Committee invites Dover residents with green vehicle stickers to Reduce, Reuse, and Recycle at the Spring 2025 Special Recycling Day on Saturday, May 17 at the Dover Transfer Station. Collections will be made on behalf of non-profit organizations: bikes for The Bike Collector, wheeled suitcases, back packs, duffel bags for Generic Ministry, and furniture and household goods for New Life Furniture Bank. Onsite shredding of sensitive documents will be available from 9-12 by Highland Shredding. Textile Collection of bagged and dry textiles for recycling is available. There are also permanent collection bins in the swap shop for tennis ball recycling, clean reusable shopping bags for A Place to Turn, and string lights.

EYEGLASS RECYCLING

The Dover Recycling Committee is collecting eyeglass donations on behalf of the Lions Club. Bring your glasses to a collection box, which are located at the COA office, Town Clerk's office, the Library, or the swap shop. Donate ANY eyeglasses: prescription or reading, clear or sunglasses, adult and children's, and even clip-ons. The Lions Club collects used eyeglasses, determines the prescription, and dispenses recycled glasses to those in need, free of charge.

DOVER SENIOR TRANSPORTATION SERVICE

- Purchase tickets at Dover COA to use JFK Transportation Service.
- Hours of service are Monday to Friday from 7:00am to 5:00pm.
- Local Ride Vouchers (Medical and Non-Medical) cost \$30.00 and provide rides for Dover and nearby towns.
- Boston Rides (Medical Only) cost \$20 for a one way voucher. Tickets are purchased at the Dover COA.
- Please remember to tip your driver. For more information, including towns served, call the Dover COA at 508-315-5734

MAY 2025

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Ukulele - Dover Church 12:30pm Breads - MPB 4:30pm S&S - CS/Zoom	2 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
5 11:30am Universe - Zoom 4:30pm Stretch - CS/Zoom 7pm Town Meeting	6 9:30am COA Board Mtg - TH 1pm Talk with Town - Library 4:30pm S&S - CS/Zoom	7 9:30am Core & Balance - St. D/Zoom	8 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 4:30pm S&S - CS/Zoom	9 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
12 11:30am Universe - Zoom 4:30pm Stretch - CS/Zoom	13 12:15pm Lunch - Dover Church 4:30pm S&S - CS/Zoom	14 9:30am Core & Balance - St. D/Zoom Trip - Lowell Museums Trip - Penn Dutch Country (5/14 - 5/16)	15 12:30pm Bread - MPB 11am Ukulele - Dover Church 4:30pm S&S - CS/Zoom	16 9:30am Sculpt & Stretch - St. D/Zoom 12:30pm Mah Jongg - Library
19 10am CPR/First Aid - St. D 11:30am Universe - Zoom 4:30pm Stretch - CS/Zoom Town Election	20 12:30pm Grab & Go - MPB 2pm Book Club - Library 4:30pm S&S - CS/Zoom	21 9:30am Core & Balance - St. D/Zoom 12pm Mend Lunch	22 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 1pm Tech Class - Library 4:30pm S&S - CS/Zoom	23 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
26 HOLIDAY	27 4:30pm S&S - CS/Zoom	28 9:30am Core & Balance - St. D/Zoom 12:30pm Ladies Lunch - Legion	29 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30pm Bread - MPB 4:30pm S&S - CS/Zoom	30 9am Coffee - Legion 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library

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

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1pm Knitting - FS 2pm Travel Talk Croatia - Library 4:30pm Stretch - CS/Zoom	3 9:30am COA Board Mtg - TH 4:30pm S&S - CS/Zoom	4 9:30am Core & Balance - St. D/Zoom 11am Talk with Town - Library	5 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom	6 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
9 11am Rep Tarsky - Library 4:30pm Stretch - CS/Zoom	10 2pm Book Club - Library 4:30pm S&S - CS/Zoom	11 9:30am Core & Balance - St. D/Zoom 4pm Up in Smoke BBQ - Legion	12 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 1pm Tech Class - Library 4:30pm S&S - CS/Zoom	13 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
16 12:30pm Ladies Lunch Trip 4:30pm Stretch - Zoom	17 7:15am Movement - Zoom 12:30pm Grab & Go - MPB 4:30pm S&S - Zoom	18 9:30am Core & Balance - St. D/Zoom 12noon - Men's Lunch - Legion	19 12:30pm Bread - MPB HOLIDAY	20 9:30am Sculpt & Stretch - St. D/Zoom 1pm Mah Jongg - Library
23 4:30pm Stretch - Zoom	24 7:15am Movement - Zoom 10am Chinatown Food Tour 4:30pm S&S - Zoom	25 9:30am Core & Balance - St. D/Zoom 11am Travel Talk Iceland - Library	26 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 4:30pm S&S - Zoom	27 9am Coffee - Legion 1pm Mah Jongg - Library
30 4:30pm Stretch - Zoom Nova Scotia Trip (6/29 - 7/3)				

CALENDAR

Chicago The Musical

Saturday, May 3

Boston Ballet Romeo & Juliet

Saturday, June 7

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

Come travel with the COA! Sign up at coa@doverma.gov to explore the museums in Lowell or join us on a guided walking tour of Chinatown.

CHICAGO THE MUSICAL

Saturday, 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. **SOLD OUT**; sign up for the wait list.

LOWELL NATIONAL HISTORICAL PARK

Wednesday, May 14; Cost: \$15

Transportation funded by Friends of Dover COA

Explore the history of the Industrial Revolution at the Boott Cotton Mills Museum. View the power looms in the 1920's era weave room and the "mill girl" 1840s Boarding House exhibit. Tour the New England Quilt Museum and enjoy lunch at a local spot. Transportation provided. Space limited.

BOSTON BALLET: ROMEO AND JULIET

Saturday, June 7

Performance at 1:30pm; Cost: \$65

Transportation funded by Friends of Dover COA

Experience the timeless Shakespearean tale. Jean-Christophe Maillot's version shares the tragic love story of Romeo and Juliet through the eyes of the remorseful Friar Lawrence set to Prokofiev's score. **SOLD OUT**; sign up for the wait list.



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

CHINATOWN FOOD TOUR

Tuesday, June 24, 10:00am departure

Cost: \$35, includes lunch

Join us on a walking tour of Boston's Chinatown with guide and chef Roberta Hing. Chinatown is filled with so many little shops and restaurants—it's easy to get lost amid its colorful window displays and enticing aromas. Our journey begins in the heart of Chinatown, where we'll learn about its history while stopping at a few shops and bakeries for samples. Next, we'll visit a Chinese herbal shop to examine traditional Chinese medicinal remedies. We'll also enjoy a traditional dim sum lunch at a restaurant that's popular among locals. We finish the tour at a Chinese market to explore exotic produce and other unique offerings to use in your next culinary adventure.

The tour requires extensive walking; wear comfortable clothing and shoes. Travel is rain or shine. Dietary restrictions cannot be accommodated on tour.

Sign up soon as space is limited!



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!



MINDFUL MOVEMENT & STRETCH

with Instructor Laura Villalobos

This class is on break and will resume on Tuesday, June 17. Try one of our other classes!

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.

SCULPT & STRETCH

Fridays, 9:30-10:30am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

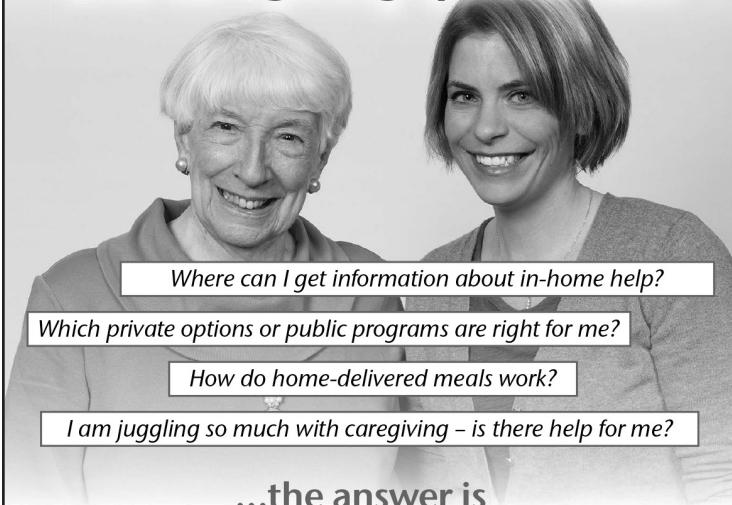
Instructor: Sophia Mellen

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.

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

CONSIDERING SELLING YOUR HOME?

The Bohlin Group of Dover is your residential specialist. Let our family help guide and advise your family through the process to success!



COMPASS

compass.com

 BOHLIN GROUP
COUNTRY | CITY | COAST

CALL

Martha, Anna, Peter
508.944.4580
Bohlingroup@compass.com
9 Partridge Hill Rd, Dover

 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.



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.

wingateliving.com | 781.455.9080

**WINGATE
RESIDENCES**
AT NEEDHAM
ASSISTED LIVING • MEMORY CARE





ANNIE BAUMAN



JULIE NEWMAN



PEGGY GEMELLI



KATHY D'ULLIO



Have you read **ON RECORD?** This hyper-local, thoughtfully curated, monthly email newsletter will keep you informed and inspired. Brought to you by The Bauman Group. Scan here to sign up for the next issue.
Annie.Bauman@GibsonSIR.com | 617.510.4994

Gibson | Sotheby's
INTERNATIONAL REALTY

The Bauman Group never sells/shares emails/contact info.
Each Office is Independently Owned and Operated.

B&E ROOFING Co. Inc.

QUALITY AT THE TOP



Residential Specialists
Asphalt • Rubber • Cedar • Metal
Free Estimates

Licensed & Insured
Reg. #124000

We Carry Worker's Compensation

We Do Not Subcontract any Aspect of Our Work

508.785.1433
92 Dedham Street, Dover, MA 02030
www.banderoofing.com



Rehabilitation Associates Exceptional Short Term Rehab



Professionally staffed & equipped to provide you with Exceptional Short Term Rehab & Skilled Nursing Care between Hospital & Home.

Short Term Rehab & Skilled Nursing Care

Riverbend of South Natick
34 S. Lincoln St, S. Natick, MA
(508)653-8330

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

Thomas Upham House
519 Main St. Medfield, MA
(508)359-6050

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


Rehabilitation
Associates
INCORPORATED

For more information
www.rehabassociates.com

Medicare/Medicaid
Certified





DOVER COA

COUNCIL ON AGING

COA OFFICE

Town House, 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, May 6 at 9:30am
Tuesday, June 3 at 9:30am

Website: www.doverma.gov

Town Website: www.doverma.gov
Click on Stay Connected for Town
alerts and updates
Sign up for weekly COA E-Newsletter
at coa@doverma.gov

COA STAFF MEMBERS

Janet Claypoole, Director
Nan Vaida, Outreach Coordinator
Amee 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

PRSR STD
ECR
U.S. POSTAGE
PAID
PERMIT NO. 3

Postal Patron
Dover, MA 02030