



DOVER COA COUNCIL ON AGING

News

508.315.5734

JANUARY - FEBRUARY 2026

HIGHLIGHTS

TRAVEL TALK: FRENCH RIVIERA

Tuesday, January 6

TALKS WITH THE TOWN

January 7 - Police Chief

February 5 - Town Planner

OPEN ART STUDIO

Wednesdays, January 21 & February 25

INTERGENERATIONAL LADIES LUNCH

Wednesday, January 21

UKULELE JAM SESSIONS

Thursdays, Jan 15, 29 & Feb 12, 26

VALENTINE'S DAY SOCIAL

Friday, February 13

COOKING WITH ROBERTA

Wednesday, February 18

SPECIAL THANKS

Blue Moon Bagel Cafe

Dover Board of Health

Dover Mothers Association

Dover Police Department

Friends of Dover COA

Girl Scouts

The Kingsbury Club, Medfield

Noanet Nursery School

Vanguarden CSA

LETTER FROM THE DIRECTOR

Winter is here but don't let the cold keep you at home. Dover Council on Aging invites you to bundle up and join us at your warm and welcoming Community Center. The COA is busy and bustling with people in our new space and there is something for everyone!



Join us to create, learn, and connect with friends. Create cards with fabric with Beth, try out your drawing skills at the open art studio with Ivana, or cook Chinese dumplings with Roberta. Enjoy a Ukulele Jam session or learn about the Black Heroes of the American Revolution with John Kinsman. Celebrate Valentine's day with the COA at a Valentine's day social, a luncheon, or a class to make a succulent heart arrangement.

Be inspired by local residents as the Estes share their cross-country cycling adventures and the Zenzies share their underwater adventures of marine wildlife in Indonesia. Join us for a Travel Talk to the French Riviera with photojournalist Barry Pell or travel with us on lunch trips, to a musical performance, a museum, or the ballet. Keep moving and stay healthy at a wide variety of fitness classes such as Mindful Movement, Strength & Stability, Sculpt & Stretch, Yoga, Line Dancing, and new Indoor Walking! (see page 9). Remember, your first class is free.

Come in out of the cold, enjoy a hot cup of coffee or tea in the Cafe, and join us at one or more of these events. See details inside this issue on all these programs and more. Happy New Year!

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 phone and email.

LUNCH AND LEARN

COA LUNCHEON & BINGO!

Tuesday, January 13 at 12:00pm

Community Room; Cost \$5.00

Enjoy a delicious meal followed by lively rounds of BINGO. Dover Police Officers will join us, generously providing an assortment of prizes. Come for the good food and great company, and stay for the fun! RSVP by Jan 6.



COA VALENTINES LUNCHEON

Tuesday, February 10 at 12:00pm

Community Room; Cost \$5.00

Beat the winter chill with a heartwarming Valentine-themed lunch. Good food, great conversation, and a love-ly afternoon together. RSVP by Feb 3.

GRAB & GO MEALS

Tuesday, January 20 & February 17

Pickup at 12:30-1:00pm; Cost: \$5.00

Community Center 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 by Jan 13 and Feb 10 to reserve a meal.

BLUE MOON BREADS & FARM STAND

Thursdays, Jan 15 & 29, Feb 12 & 26

Community Room

Pick up 12:00-12:30pm NEW TIME!

Bread, bagels and other baked goods donated from Blue Moon Cafe are available for pickup. Vanguarden CSA of Dover is donating fresh, locally grown vegetables. Pickup is inside the Community Center. Please bring a tote bag. Contact COA for curbside pick up or home delivery.

COFFEE & CONVERSATION - NEW DAY!

Wednesdays, January 7 & February 4, 9:30am

Community Room

Join us for coffee with the men, a breakfast treat, and a relaxed morning of conversation and camaraderie.

COOKING AT POWISSET FARM

Sponsored by Dover and Westwood COAs. Space limited. Cost is \$25 including lunch. Partially funded by Friends of Dover COA. We cannot accommodate food allergies.

Thursday, January 8 at 11:00am - Mediterranean Brunch
Join Chef Thi to create a decadent Mediterranean brunch of Traditional Shakshuka (eggs with spiced tomato), Homemade Hummus and Charred Broccoli Baba Ganoush, Easy Zaatar Flatbread, Cinnamon Citrus Salad, and Maple Knafeh Pastry.

INTERGENERATIONAL LADIES LUNCH

Wednesday, January 21, 11:30am

Community Room

Join us for a special lunch bringing together members of Dover Council on Aging and Dover Mothers Association for an intergenerational gathering! Enjoy a delicious meal, lively conversation, and the chance to share stories, experiences, and laughter across generations. Sign up by January 15.

MEN'S LUNCH

Monday, January 26 at 12:00pm

Community Room

Enjoy lunch with friends. RSVP by Jan 19.

Monday, February 23 at 12:00pm

Location TBD

Join the guys for lunch at a nearby restaurant and connect with friends. RSVP by Feb 20.

VALENTINE'S DAY SOCIAL

Friday, February 13, 11:00am

Community Room

Celebrate love, friendship, and community at a Valentine's Social! Join us for delicious treats, festive activities, and cheerful company.

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

CREATE AND CONNECT

OPEN ART STUDIO

Wednesdays, January 21 and February 25

Activity Room 1:00-3:00pm

Join local art teacher Ivana Luttazi for a relaxed, creative drawing session. Each meeting will offer something different—a still life setup, a new technique or project to explore. All sessions will focus on building your drawing skills in a supportive, open-studio environment. All levels welcome!

CARDMAKING WITH FABRIC

Tuesday, January 27, 1:00pm

Activity Room

Cost: \$2.50 per card

Learn from instructor Beth McGaw in this fun and creative card-making session! Escape the winter blues with vibrant floral designs with an option to create heartfelt Valentine's cards. Learn Beth's unique, easy-to-follow techniques using fabric.



SUCCULENT HEARTS

Monday, February 9, 1:00-2:30pm

Community Room; Cost: \$15

Create a charming Valentine's succulent arrangement with Deborah Trickett from The Captured Garden. Start with a 7 inch heart-shaped planter and design a beautiful, living gift, perfect for the season. A fun and creative experience for all skill levels. Materials provided.

TALK WITH THE TOWN

POLICE CHIEF - Wednesday, Jan 7, 11:00am

Community Room

Join Police Chief Vinci to hear updates, ask questions, and engage in an open conversation about safety, community issues, and local initiatives.

TOWN PLANNER - Thursday, Feb 5, 1:00pm

Community Room

Meet Town Planner Melissa SantucciRozzi and hear an overview of the Planning Board articles slated for Town Meeting and general updates on ongoing Planning Board initiatives. Come learn what's underway and what's ahead for Dover, and bring your questions!

PAGETURNERS BOOK CLUB

Dover Town Library, 56 Dedham Street

Tuesday, January 13 at 2:00pm

Birding under the influence: cycling across America in search of birds and recovery by Dorian Anderson

Tuesday, February 10 at 2:00pm

Book: *Foster* by Claire Keegan and watch film adaptation *The Quiet Girl* followed by discussion in the Library Community Room.

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

DROP IN GAMES

Mondays, 10:30am

Community Room

Stop by each week for Drop-In Games! We'll have a variety of favorites such as Backgammon, Rummikub, Scrabble, cards, and Cribbage. Please sign up in advance.

KNITTING TOGETHER

Mondays, January 5 & February 2 at 1:00pm

Community Center, Study

Bring your latest knitting project, share tips, and enjoy good company with fellow enthusiasts. All levels are welcome.

COOKING WITH ROBERTA:

The Art of the Dumpling

Wednesday, February 18, 11:00am

Community Room Kitchen

Cost: \$25; Limited to 12 students

In this fun, hands-on class, Chef Roberta Hing teaches you to create dumplings using traditional pork filling and homemade dumpling wrappers. Make both Crispy Pan-fried Pot Stickers and Savory Wontons along with different dipping sauces. A crispy dessert dumpling will finish off the feast.

MAH JONGG

Fridays, 1:00-3:00pm

Community Room

Come play this classic tile game. For experienced players.

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

LIFETIME LEARNING

Classes are sponsored by Friends of Dover COA. Sign up at coa@doverma.gov

TRAVEL TALK: NICE & THE FRENCH RIVIERA

Tuesday, January 6, 1:00pm

Community Room

With Barry Pell, Photojournalist

The Riviera stretches along France's southeast coast and into the mountainous Alps. This sunny sliver of land has been occupied for over three thousand years by different rulers, who left their mark on the landscape, architecture, lifestyle and food. Learn about the fascinating history of the region, including palaces, seafront, and cliff-hanging villages.

UKULELE JAM SESSIONS

Thursdays, January 15, 29 & February 12, 26

11:00am-12:00pm in Activity Room

Whether you're preparing for the Spring Fun with Ukulele session or just want to keep your fingers nimble, join these bi-weekly jam sessions! Please note this is a social gathering for those with ukulele experience.

TECH CLASSES WITH KEVTECH SERVICES

Back to Basics: An Intro to Smartphones and Tablets

Monday, January 12, 1:00pm

Activity Room

This introductory class introduces new users to the basics of using the iPhone and iPad. We cover the hardware of the iPhone and iPad, important areas of the devices, and accessing common tools like the flashlight, alarm, and camera. Even seasoned users will learn something new!

Staying in Touch Using Phone, Messages, and FaceTime

Thursday, February 19, 11:00am

Activity Room

This class focuses on using the iPhone and iPad to stay in touch with friends and loved ones. Learn about sending texts in Messages, managing contacts in Phone, and setting up video calls in FaceTime. We also learn to use Siri to make calls and send messages.

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

FROM VIRGINIA TO OREGON: A CROSS-COUNTRY CYCLING ADVENTURE

Thursday, January 22,

1:00pm

Community Room



Come hear local residents George and Nelly Estes as they share their 2025 cycling adventure. Since retirement in 2014 they have crossed the United States twice by bicycle and have travelled more than 10,000 miles on multi-day tours. Learn about the obstacles, hazards and joys of travelling by bicycle on their unique trips.

BLACK HEROES OF THE AMERICAN REVOLUTION

Tuesday, February 3, 11:00am

Community Room

While some Americans protested British rule, many Black men and women, enslaved or born into bondage, fought for freedom in the Revolutionary War. Some were promised emancipation, others defended the land they called home. Through cannons and spies, these brave individuals played central roles in America's fight for independence. Join orator Johnny Kinsman as he highlights their remarkable stories.

MARINE WILDLIFE IN INDONESIA

Wednesday, February 11, 11:00am

Community Room

The Raja Ampat archipelago, at the heart of Indonesia's Coral Triangle, is one of the most biodiverse marine regions on Earth. Within it lies the Misool Marine Reserve, famed for some of the world's most vibrant reefs. Join Dover residents Kathleen and Henry Zenzie for an underwater adventure as they share their stunning photos of tropical fish, moray eels, manta rays, seahorses, and more.

WHAT TO READ NEXT:

An Afternoon with the Dover Town Library

Tuesday, February 24, 1:30pm

Dover Town Library, 56 Dedham St

Celebrate National Book Lovers Month this February! Join Librarians as they share top picks for new book releases and highlight exciting upcoming programs. Discover your next great read and get inspired by all the library has to offer.

SUPPORT AND ASSISTANCE

OUTREACH CORNER

by Nan Vaida, RN, COA Outreach Coordinator

You Are Here....X

“You Are Here” is the phrase everyone looks for on a map, on GPS in cars and phones and colored floor lines to help us navigate in hospitals, museums and other cavernous large buildings to get to our destination. The need to Know where you are and where you plan to Be as you age is essential. Planning needs to start before you actually retire because there is no GPS to direct you through this. Due to outside and unexpected influences, your plan may spiral in many directions over time, requiring changes and regrouping. Finances, health issues and family dynamics all have a part.

Financial planning is key to this process. What is your home worth? What is your savings position? What is your retirement income? Do you have help nearby that you can count on? Can you care for this home, and is it safe for your changing needs of age? If not, WHERE WILL YOU GO?

It should be noted that the Social Security retirement age for full benefits is 67 for individuals born in 1960 and upwards—important to consider. They will not be eligible for full benefits till 2027. There is a bill in Congress to raise this age to 69, though this process will be a long one. YOU HAVE WHAT MONEY?

Living arrangements are often difficult to discuss in advance. If a person experiences a fall, where will they rehab? Will it be a facility, your own home or a relative’s home? Additionally, your medical coverage will dictate what care you can afford. Then this person realizes that their home is not safely accessible and starts to research assisted living facilities. However, each place has at least a year-long waiting list. YOU ARE WHERE?

Your health is key. Play games, solve puzzles, and stay involved. Exercise doesn’t always require a few hours at the gym. Yoga and other strengthening and stretching activities will help keep your body strong enough for daily activities. See your medical caregivers and take your meds! PLEASE WORK ON STAYING HEALTHY!

Family dynamics are never easy and discussion of a parent’s future is often awkward and uncomfortable for everyone. In many instances the COA gets last minute calls from clients and families who need to move now. Not only is this

impossible but due to no prior conversation, this process can cause great anxiety and hurt feelings. START TALKING!

Your COA can assist you with this on every level. YOU ARE HERE NOW! Make a plan.

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 PLAN?

Even though Medicare’s Open Enrollment Period has ended, you may still be able to change plans during 2026. If you are in a Medicare Advantage (HMO or PPO) plan, a change can be made from January 1-March 31. Prescription Advantage members or those on a Medicare Savings Program may be able to change your Medicare Advantage plan or drug plan during the year. Talk with a SHINE (Serving Health Insurance Needs of Everyone on Medicare) volunteer for a free, confidential consult on Medicare options. To request an appointment, email coa@doverma.gov.

BLOOD PRESSURE CLINIC

Thursdays, January 15 & February 12

Conference Room at 12:00-1:00pm

With Gael Varsa, RN, BSN, Dover Board of Health

Check your blood pressure and get tips from Public Health Nurse Gael Varsa at the monthly clinics. Quick, easy, and important for your health!

SAND FOR SENIORS

If you missed the December delivery and are in need of delivery of 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.



CALENDAR

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 	2 9:30am Sculpt & Stretch - Studio/Zoom 1:00pm Mah Jongg - Comm Room
5 10:30am Drop In Games - Comm Room 1pm Knitting Together - Study 4:30pm S&S - Studio/Zoom	6 9am Line Dancing - Studio 9:30am COA Board Mtg - Activity Room 1pm Travel Talk - Community Room	7 9:30am Sculpt & Stretch - Studio 9:30am Coffee & Conversation - Community Room 11am Talk with Town - Police Chief - Community Room	8 9:30am Mat Yoga - Studio/Zoom 10:30am Chair Yoga - Studio/Zoom 11am Cooking at Farm	9 9:30am Sculpt & Stretch - Studio/Zoom 1:00pm Mah Jongg - Comm Room
12 10:30am Drop In Games - Comm Room 1pm Tech Class - Activity Room 4:30pm S&S - Studio/Zoom	13 7:15am Movement - Zoom 12pm COA Lunch - Community Room 2pm Book Club - Library	14 9:30am Sculpt & Stretch - Studio	15 9:30am Mat Yoga - Studio/Zoom 10:30am Chair Yoga - Studio/Zoom 11am Ukulele - Activity Room 12pm BP Clinic - Conference Room 12pm Bread/Farmstand - Community Room	16 9:30am Sculpt & Stretch - Studio/Zoom 1:00pm Mah Jongg - Comm Room
19 HOLIDAY	20 7:15am Movement - Zoom 9am Line Dancing - Studio 12:30pm Grab & Go	21 11:30am Intergenerational Lunch - Community Room 1pm Open Art Studio - Activity Room	22 9:30am Mat Yoga - Studio/Zoom 10:30am Chair Yoga - Studio/Zoom 1pm Cross Country Cycling - Community Room	23 1:00pm Mah Jongg - Comm Room BSO Trip
26 10:30am Drop In Games - Community Room 12pm Men's Lunch - Community Room 4:30pm S&S - Studio/Zoom	27 7:15am Movement - Zoom 9am Line Dancing - Studio 1pm Card Making - Activity Room	28 9:30am Sculpt & Stretch - Studio	29 11am Ukulele - Activity Room 12pm Bread/Farmstand - Community Room	30 9:30am Sculpt & Stretch - Studio/Zoom 1pm Mah Jongg - Community Room

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30am Drop In Games - Community Room 1pm Knitting - Study 4:30pm S&S - Studio/Zoom PEM Trip	3 7:15am Movement - Zoom 9am Line Dancing - Studio 9:30am COA Board Mtg - Activity Room 11am Heroes of Revolution - Community Room	4 9:30am Sculpt & Stretch - Studio 9:30am Coffee & Conversation - Community Room	5 9:30am Mat Yoga - Studio/Zoom 10:30am Chair Yoga - Studio/Zoom 1pm Talk with Town: Planner - Community Room	6 9:30am Sculpt & Stretch - Studio/Zoom 1pm Mah Jongg - Comm Room
9 10:30am Drop In Games - Comm Room 1pm Succulent Hearts - Community Room 4:30pm S&S - Studio/Zoom	10 7:15am Movement - Zoom 9am Line Dancing - Studio 12pm Lunch - Community Room 2pm Book Club - Library	11 9:30am Sculpt & Stretch - Studio 11am Indonesia - Community Room	12 9:30am Mat Yoga - Studio/Zoom 10:30am Chair Yoga - Studio/Zoom 11am Ukulele - Activity Room 12pm BP Clinic - Conference Room 12pm Breads/Farmstand - Community Room	13 9:30am Sculpt & Stretch - Studio/Zoom 11am Valentine's Day Social - Community Room 1pm Mah Jongg - Comm Room
16 HOLIDAY	17 7:15am Movement - Zoom 9am Line Dancing - Studio 12:30pm Grab & Go	18 9:30am Sculpt & Stretch - Studio 11am Cooking with Roberta - Community Room	19 11am Tech Class - Activity Room	20 9:30am Sculpt & Stretch - Studio/Zoom 1pm Mah Jongg - Comm Room
23 10:30am Drop In Games - Comm Room 12pm Men's Lunch Trip 4:30pm S&S - Studio/Zoom	24 7:15am Movement - Zoom 9am Line Dancing - Studio 1:30pm What to Read Next - Library	25 9:30am Sculpt & Stretch - Studio 12pm Ladies Lunch Trip 1pm Open Art Studio - Activity Room	26 9:30am Mat Yoga - Studio/Zoom 10:30am Chair Yoga - Studio/Zoom 11am Ukulele - Activity Room 12pm Breads/Farmstand - Community Room	27 9:30am Sculpt & Stretch - Studio/Zoom 1pm Mah Jongg - Comm Room

CALENDAR

MAH JONGG

Fridays at 1:00pm
Community Room

DROP IN GAMES

Mondays at 10:30am
Community Room

INDOOR WALKING

Mondays & Wednesdays at 8 - 10am
Gym

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

TRAVEL AND EXPLORE

Join us for a trip to the BSO, a museum, a Broadway musical or classical Ballet, or enjoy lunch with the ladies. Sign up at coa@doverma.gov

BOSTON SYMPHONY ORCHESTRA

Friday, January 23, 2026 at 1:30pm; Cost: \$70

An All John Williams Program

with Emanuel Ax and Gil Shaham

E Pluribus Unum: From Many, One

Enjoy a musical performance by the Boston Symphony

Orchestra at Symphony Hall. Transportation funded by

Friends of Dover COA. Trip is FULL; Sign up for WAIT LIST.

PEABODY ESSEX MUSEUM

Monday, February 2; Cost: \$25

Transportation funded by Friends of COA

Join us for a guided tour of the Peabody Essex Museum!

Explore its diverse art and cultural exhibits, from

contemporary works to historic treasures, and enjoy a day of

discovery with friends. Lunch at a nearby restaurant.

LADIES LUNCH TRIP

Wednesday, February 25

Join us for a fun ladies' lunch at The Raven's Nest in Walpole!

Enjoy a delicious meal in a charming setting while catching up

with friends and making new ones. Transportation provided.

Seats are limited. Reserve yours soon!

WICKED

Thursday, March 5, Performance at 1:00pm

At Providence Performing Arts Center

Cost \$85.00

From the first electrifying note

to the final breathtaking moment,

this Broadway musical transfixes

audiences with its story of the

witches of Oz. Transportation

funded by Friends of Dover COA.



DISNEY THE LION KING

Thursday, May 21, Performance at 1:00pm

At Providence Performing Arts Center

Cost \$60.00

Winner of six Tony awards, this Broadway musical event follows the powerful story of Simba as he journeys from wide-eyed cub to his destined role as King of the Pridelands. Transportation funded by Friends of Dover COA.

BOSTON BALLET: THE SLEEPING BEAUTY

Saturday, June 6; Performance at 1:30pm

Cost: \$70

Deep in a century-long slumber, a beautiful princess and her kingdom await the power of true love's kiss.

The Sleeping Beauty enchants with a host of magical characters, classical choreography and Tchaikovsky's iconic composition. Transportation funded by Friends of Dover COA.



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



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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!



INDOOR WALKING - NEW!

Don't let the weather keep you from walking. Adult open indoor walking in the Community Center Gym. Wednesdays & Fridays throughout the winter. Drop in anytime between 8:00-10:00am. FREE!

STRENGTH & STABILITY (S&S)

Mondays, 4:30-5:20pm

HYBRID (Zoom and In Person)

Community Center, Studio

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.

MINDFUL MOVEMENT & STRETCH

Tuesdays at 7:15am via ZOOM

Instructor: Laura Villalobos

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

LINE DANCING

Tuesdays, 9:00-10:00am

Community Center, Studio

Instructor: Paul Hughes

Line dancing is a fun way to boost fitness, balance, coordination, and memory and no partner or experience needed! Each dance is broken down, demonstrated, and set to music you'll enjoy, from old favorites to today's hits. Classes open to all levels and offer a blend of exercise, social connection, and mental stimulation.

SCULPT & STRETCH

Wednesday, 9:30-10:30am (In Person)

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

Community Center, Studio

Instructor: Sophia Mellen

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

GENTLE MAT YOGA

Thursdays, 9:30-10:20am

HYBRID (Zoom and In Person)

Community Center, Studio

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)

Community Center, Studio

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.

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 and a \$5 class fee. Need a key tag? Stop by the COA office or call 508.315.5734. For info on the swim program, call 508.359.7800.



WINGATE WAY EAST

INDEPENDENT LIVING

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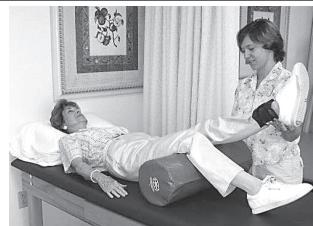
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DOVER COA

COUNCIL ON AGING

COA OFFICE

Caryl Community Center
4 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, January 6 at 9:30am
Tuesday, February 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

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Gerry Wise
Annemarie Thompson, Associate
Carol Pilch, Associate

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