



# 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

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**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 Knafteh 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](mailto: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](mailto: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](mailto: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](mailto: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.

## **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.

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



# 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 SMOG. 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](mailto: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](mailto:coa@doverma.gov) or call the COA at 508.315.5734.



# JANUARY 2026

## CALENDAR

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

## 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](mailto: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](mailto: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](mailto: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

## INTRODUCING BOUTIQUE-STYLE LUXURY LIVING IN NEEDHAM.

One-bedroom units starting at **\$399,000**

**LIMITED AVAILABILITY**

Opening Early 2026 – One Wingate East will soon be a sophisticated boutique-style community, with bespoke amenities and services designed exclusively for those seeking an independent lifestyle.

- Concierge services
- Spacious fitness center
- Golf simulator
- Outdoor courtyard with firepit and grill



**VISIT OUR ON-SITE SALES GALLERY**

**781-328-6699 | [OneWingateWayEast.com](http://OneWingateWayEast.com)**

589 Highland Avenue, Needham, MA



## 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!



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compass.com



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**CALL**

Martha, Anna, Peter

508.944.4580

[Bohlingroup@compass.com](mailto: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.

## 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)





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**Short Term Rehab & Skilled Nursing Care**

**Riverbend of South Natick**

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

**Thomas Upham House**

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

**Timothy Daniels House**

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

**Victoria Haven**

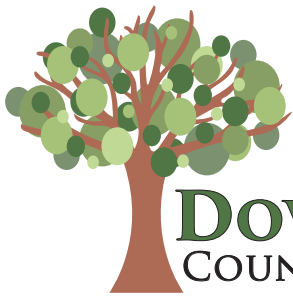
137 Nichols St, Norwood, MA  
(781)762-0858



For more information  
**www.rehabassociates.com**

Medicare/Medicaid  
Certified





## **DOVER COA**

COUNCIL ON AGING

### **COA OFFICE**

Caryl Community Center  
4 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 6 at 9:30am  
Tuesday, February 3 at 9:30am

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

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

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Sign up for weekly COA E-Newsletter  
at [coa@doverma.gov](mailto:coa@doverma.gov)

### **COA STAFF MEMBERS**

Janet Claypoole, Director  
Nan Vaida, Outreach Coordinator  
Amea Tejani, Program Coordinator  
Jennifer James, Administrative Assistant

### **COA BOARD MEMBERS**

Bob Cocks, Chair  
Maureen Dilg, Secretary  
Rev. Peter DiSanto  
Betty Hagan  
Cindy Holmes  
Gilbert Thisse  
Gerry Wise  
Annemarie Thompson, Associate  
Carol Pilch, Associate

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the Town of Dover Facebook.  
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Dover Council On Aging  
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