



# DOVER COA COUNCIL ON AGING

## News

508.315.5734

MAY - JUNE 2023

### HIGHLIGHTS

#### LIFETIME LEARNING

##### Solar System Series

Mondays, May 1 & 8

##### Ukraine War

Thursday, May 4

#### HISTORICAL SOCIETY SERIES

Wednesdays, May 10, 17, 24

#### NEW ENGLAND'S GENERAL STORES with Ted Reinstein

Monday, June 5

#### UP IN SMOKE BBQ

Wednesday, June 7

#### PHOTOGRAPHY CLASS

Monday, June 26

### SPECIAL THANKS

Blue Moon Bagel Cafe  
Chickering Farm  
Chickering School  
Dover Historical Society  
Dover Legion  
Friends of Dover COA  
Ivana's Art Loft  
Most Precious Blood Church  
NASA Solar System Ambassadors  
Powisset Farm  
St. Dunstan's Church  
The Dover Church  
The Kingsbury Club, Medfield  
The Sherborn Lions Club

### LETTER FROM THE DIRECTOR

Spring is here and it is a busy one! Mark your calendar for the Town Meeting on May 1 and Special Town Meeting on June 3 to vote on the Community Center project. Your participation is needed! Please attend these important meetings to vote on Town budgets and projects that affect the entire community, including the COA and Parks & Recreation Departments. For more information, check out the Town website at [www.doverma.gov](http://www.doverma.gov). If you need a ride to Town Meeting or Town Election, call the COA.

The COA is also busy offering a variety of programs with popular speakers. WCVB-TV Chronicle's Ted Reinstein joins us for a special evening program on New England's General Stores. Joy Marzolf of The Joys of Nature returns with wildlife gardening and a photography class to enhance your camera skills, even on your cell phone. Negotiation strategist Eugene Kogan discusses the Ukraine War and NASA Solar System Ambassadors David Ball and Patricia Monteith share their knowledge of The James Webb Space Telescope and Women of NASA at Lifetime Learning programs.

The COA is partnering with local talent in the Dover community as well. Artist Ivana Luttazi hosts an Art Show featuring works created by Dover seniors and other local artists. The Dover Historical Society offers lectures with Dover residents Elisha Lee, former President of the Dover Historical Society, and Stuart Swiny, Archeologist and Curator at Dover's Sawin Museum. See inside this newsletter for details on these and other programs. Many programs fill up quickly, especially trips, so please sign up early.

Don't forget to sign up early for the Friends of Dover COA's 10th Annual Up in Smoke BBQ. It is a fun event with great music. Happy Spring Everyone!

Janet Claypoole



#### Upcoming Town Government Events:

Monday, May 1 at 7:00pm - Town Meeting

Monday, May 15, polls open at 7:00am - Town Election

Saturday, June 3 at 10:00am - Special Town Meeting

# LUNCH AND LEARN



## COA LUNCHEONS

Cost \$4.00 **New Location!**

Tuesday, May 9 at 12pm

Dover Legion, 5 Dedham Street

Join us for lunch and visit the Sherborn Lions Club Eyemobile for a free vision and hearing screening. The Lions Club will also collect old eyeglasses. RSVP by May 3.

Tuesday, June 13 at 12pm

Dover Legion, 5 Dedham Street

Celebrate Flag Day and lunch with friends. RSVP by June 2.

## GRAB & GO MEALS

Tuesday, May 16

Caryl Community Center parking lot

Tuesday, June 20

Most Precious Blood Church parking lot

Pickup at 12:30-1:00pm; Cost is \$4.00

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.

## UP IN SMOKE BBQ

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

Outdoors at Dover Legion

Cost: \$5.00 pre-register; \$10.00 at event

The Friends of Dover COA invite all Dover residents to join us for the 10th Annual BBQ. Cost is \$5.00/person if pre-register or \$10.00 at the event. Children under 10 eat free! Music provided by The Backwards Hats.



## BLUE MOON BAGELS & BREADS

Thursdays, May 11, 25

Caryl Community Center parking lot

Thursdays, June 8, 22

Most Precious Blood Church parking lot

Pick up at 12:30-1:00pm

Donated bread, bagels and other baked goods from Blue Moon Café are available for curbside pickup. Enter the lot and stop at the table for volunteers to assist you. Check the weekly e-newsletter for location changes due to weather.

## TALK WITH THE TOWN: PARKS & RECREATION

Friday, May 19 at 10:30am

Dover Legion, 5 Dedham Street

Dover Parks & Recreation Director Mark Ghiloni shares an update on the variety of Park & Rec programs offered for all ages, including art, summer concerts, STEM programs, and more! He will also discuss Parks & Rec's perspective on the June Special Town Meeting on the Community Center. Coffee and refreshments provided.

## NEW ENGLAND'S GENERAL STORES

Monday, June 5 at 6:00pm

with Ted Reinstein, WCVB Journalist and Author  
Great Hall, Dover Town House

The general store conjures a country-like place where kids come to buy penny candy and adults to buy everything from fresh vegetables to four-penny nails. The general store was the heart of the community, yet over the last 50 years, they began to disappear. But then a funny thing happened: people missed them, and many towns decided to hold onto them. Join WCVB-TV Chronicle's Ted Reinstein as he shares the rich and colorful history of this iconic institution and how they are being re-imagined for a new era. Sponsored by Friends of Dover COA.

## TALK WITH THE TOWN: TOWN LIBRARY

Wednesday, June 21 at 10:30am

Community Room, Dover Town Library

Meet with Library Director Bethany Klem to learn about the many programs and services available and share your ideas on future programs. Coffee and light refreshments provided.

## CHIT CHAT TEA

Wednesday, May 31 at 11:30am

Wednesday, June 28 at 11:30am

Dover Legion, 32 Dedham Street

Gather with friends to chat and enjoy a light lunch.

## SENIOR COFFEE & CONVERSATION

Friday, May 26 at 9:00am

Friday, June 30 at 9:00am

Dover Legion, 32 Dedham Street

Join us for coffee, donuts, and conversation with friends.

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

# CREATE AND CONNECT



## ART SHOW

Sunday, May 7 at 12:00-2:00pm

Ivana's Art Loft, 15 Wakeland Road, Dover

Join us for a special art show featuring works by Dover seniors and local artists. Light refreshments served.

## HISTORICAL SOCIETY TALKS

Co-sponsored with Dover Historical Society

Wednesdays, May 10, 17, 24 at 10:30am

Community Room, Dover Town Library

**May 10—The Dover Union Iron Works.** Learn about a short lived attempt to dam Noanet Brook (in what is now Noanet Woodlands) and power a mill for making nails and iron bars in the early 1800's. Presented by Elisha Lee, former President of the Dover Historical Society and longtime Board member of Hale Reservation.

**May 17—The Birth of Civilization: Life 15,000 years ago in the Mediterranean.** Civilization began to emerge in the lands bordering the east coast of the Mediterranean, such as Turkey, Syria, Jordan and Israel some fifteen millennia ago. Join archaeologist Stuart Swiny as he highlights the development known as the Neolithic Revolution and how the changes it wrought led to civilization as we know it today.

**May 24—Of Cows, Copper and Cult: The Early Bronze Age of Cyprus.** The island of Cyprus in the eastern Mediterranean had a wave of settlers that changed their traditional life. Around 2500 BC the introduction of cattle, copper mining, and new types of religious beliefs, correspond to the beginning of the Early Bronze Age. Archaeologist and Dover resident Stuart Swiny shares his work in excavating the first Cyprus village of this period, which has helped chronicle the development of complex society on Cyprus. Dr. Swiny is the former Director of the Cyprus American Archaeological Research Institute and is Curator at Dover's Sawin Museum.

## KNITTING TOGETHER

Mondays, May 1 & June 5 at 1:00pm

Fireside Room, Dover Town House

Beginners and experienced knitters are welcome.

## MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

Come play this challenging and fun tile game. Experienced players only please.

## 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, May 11 at 11:00am - Delightful Desserts

Sweet endings should be a part of every meal. Chef Thi will teach you to make her signature desserts of pear croissant bread pudding and carrot cake with cream cheese frosting.

Thursday, June 8 at 11:00am - Vegetarian and Gluten Free! We all need more veggies. This class will show you how satisfying and delicious they can be. Join Chef Thi to make smashed cucumber salad, eggplant steak with miso glaze, and vegetable rice paper dumplings.

## PAGETURNERS BOOK CLUB

at Dover Town Library

Tuesday, May 9 at 2:00pm

Book selection: *The Maid* by Nita Prose

Tuesday, June 13 at 2:00pm

Book selection: *Ten Tomatoes that Changed the World:*

*A History* by William Alexander

Read and discuss fiction and nonfiction books led by Dover Librarian Liz Fogarty. Contact Liz at 508-785-8113 or [efogarty@minilib.net](mailto:efogarty@minilib.net) for more info.



## NATIVE PLANT GARDENING FOR WILDLIFE with naturalist Joy Marzolf, The Joys of Nature

Monday, June 12 at 10:30am

Community Room, Dover Town Library

Are you a butterfly or bird lover? Animals need plants for shelter and food, and some have preferred food plants. Learn how gardening choices can help you turn your garden into your own wildlife sanctuary.



## PHOTOGRAPHY CLASS

Monday, June 26 at 10:30am

Selectmen's Conference Room, Dover Town House

Want to take better images of people, pets, nature or other subjects with your point and shoot camera or cell phone? Join nature photographer Joy Marzolf as she shares tips on composition, lighting and optional settings to improve your skills. Sponsored by Friends of Dover COA.

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

# LIFETIME LEARNING

## UKRAINE WAR AND PROSPECTS FOR GLOBAL ORDER

Thursday, May 4 at 10:30am

Community Room, Dover Town Library

What are the prospects for international order after the terrible conflict in Ukraine? What are the trajectories for the United States, Russia, China and the world? Come to an engaging deep dive into these and other issues presented by Eugene B. Kogan, PhD, a Harvard negotiation strategist and executive coach who has conferred with America's top diplomats from Henry Kissinger to Rex Tillerson.

## NASA SOLAR SYSTEM AMBASSADOR SERIES

Cost: \$10/session HYBRID (Zoom and In Person)

Community Room, Dover Town Library

A LOOK BACK IN TIME:

### THE JAMES WEBB SPACE TELESCOPE

Monday, May 1 at 10:30am

Launched in 2021, the James Webb Space Telescope will bring a quantum improvement in the study of the heavens. By looking deeper into the universe, it is actually seeing further into the past as it takes the light from these distant stars time to reach us. This makes JWST a time machine on a hunt for the origins of everything from the Big Bang onward.

David S. Ball is a volunteer educator with NASA. As a Solar System Ambassador with the Jet Propulsion Laboratory, he presents topics related to American activities in space. His passion is the intersection of space and postal history.

### HIDDEN FIGURES: WOMEN OF NASA

Monday, May 8 at 10:30am

Even before the space age began in 1957 when the USSR orbited Sputnik, women worked at NASA, though many were excluded from the early days of the astronaut corps. Explore the lives of the many women who made their dreams of careers in science, technology, engineering, and mathematics come true at NASA, and who have been an essential part of the space program since its inception.

Patricia Monteith is a volunteer educator with NASA. As a Solar System Ambassador, Pat conducts programs for children and adults about space science topics.

Join us for one or more Lifetime Learning classes.  
Sponsored by Friends of Dover COA. To sign up,  
email [coa@doverma.gov](mailto:coa@doverma.gov)

## FOREVER YOUNG

By Jessica Lens

Ms. Lens shares her conversation with Dover senior Betty Brady to share her wisdom and lessons learned.

Ever wondered who arranges and takes care of the beautiful planters with flowers that brighten Dover center in the late spring, summer, and early fall? Our very own flower lady is named Betty Brady and those are not the only flower arrangements she makes! Betty met her late husband Hugh shortly after attending Skidmore College, and they lived in New York City's Upper East Side. Betty and Hugh settled in Dover in 1959, in close range of his parents' family business. Betty started working for the business as well, and today, at age 86, she still does. Sharp of mind as ever, Betty is the bookkeeper. She's a team player and proud to see the fourth generation of the Brady family thriving at their pet supply wholesale business, Betty is surrounded by her family and the offspring of her 3 children, including 8 grandchildren and one great grandchild. Betty always has family close.

But let's talk flowers. Betty's mother loved flowers and Betty grew up enjoying that. She was one of the founders of Chicatabot garden club, which was active for 50 years. There are so many ways Betty is brightening people's lives with flowers. She arranges the altar piece for The Dover Church every week and the Dover Town flowers for the Parks and Recreation Department. Betty gives workshops and helps with events. It seems simple; flowers make people smile, flowers are beautiful, and they brighten a room, but there's actually a lot of planning and work that goes into each event. Betty does it all with love and great care.

Lastly, and then we'll get to Betty's life lesson, Betty volunteers at the Dover Historical Society and with Hugh's Dartmouth College class of 1955. Betty stays active, that's what we can learn here. She keeps doing what she does, she's optimistic, she's grateful and she's connected. And she's surrounded by flowers. Oh, and the rose, that's Betty's favorite flower, in case you were wondering.





# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

by Nan Vaida, RN,  
COA Outreach Coordinator



### Hold the Strawberries and the Spinach and Blueberries

The official lists are out! These lists are playfully referred to as the “Dirty Dozen” and the “Clean 15.” Yes, they sound like recent movie titles but there’s nothing playful about them. They are actually lists that are generated yearly, by non-partisan environmental and dietary researchers, of the food most likely to have pesticide residue and those that don’t. Sadly, pesticides are still used worldwide. Commercial growers depend on them to ward off algae growth, weeds, insects and plant diseases.

This writer will give you the punchline ahead of the bad news: Eat organically and/or eat locally grown! Here is the “Dirty Dozen” in order of exposure to pesticides: Strawberries, Spinach, Kale/Collards/Mustard Greens, Peaches, Pears, Nectarines, Apples, Grapes (all colors), Bell and Hot Peppers, Cherries, Blueberries, Green Beans.

EWG or “Environmental Working Group” is a non-partisan and also non-profit group and the author of these lists. Their first list was published in 1993. While the group has had its critics, records show that the EPA, among other agencies, have been in “sync” concerning these issues. EWG is a peer reviewed research group.

The “Clean 15” is the accompanying list also put out by EWG. These foods include avocados, sweet corn, pineapple, onions, papaya, asparagus, honeydew melon, kiwi, cabbage, mushrooms, mangoes, sweet potatoes, watermelon, and carrots. These produce items have the least pesticide residue. Knowing where and how your food is grown has become a significant topic of interest in the last few years. Farm to table restaurants and food services abound. The number of organic products sold in our markets has greatly increased and some markets’ focus is on their organic offerings.

Yes, you can eat your blueberries and spinach. Check with your local markets’ organic section. Choose markets that offer local produce or go to local farm stands. As we in Dover know, there are many farms in our area that offer organic produce. There are even local beef and pork farms in our area. Local farms are worth the ride. Expect to pay more for organic products. It takes a lot of time and effort to care for these crops without the use of pesticides.

For more information, check out EWG.org. Earthshare.com and Treehugger are two other sites to investigate as they cover many environmental concerns. Greenfacts.com reviews chemical use concerns around the world. Don’t forget the punchline and have some blueberries!

## 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 and assist with applications for services, including SMOC. For a confidential consultation, contact the COA.

## HIGH PRESCRIPTION DRUG COSTS?

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year. Eligibility is based on income only and there is no asset limit. For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are 65 or older with an annual income at or less than \$72,900 for a single person or \$98,600 for a married couple OR under 65 with a disability, with an annual income at or less than \$27,410 for a single person or \$37,074 for a married couple. Talk with a SHINE counselor to help you apply for this program and provide free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. Call the COA or email [coa@doverma.gov](mailto:coa@doverma.gov) to schedule a consultation.

### DOVER SENIOR TRANSPORTATION SERVICE

Purchase tickets at 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 10 tickets for Dover and nearby towns. Boston Rides (Medical Only): cost \$20 for a one way voucher. JFK requires a 48 hour notice and 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 2023

# CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:30am LL Webb Telescope - Library/Zoom</p> <p>1pm Knitting - FS</p> <p>4:30pm Stretch - CS/Zoom</p> <p>7pm Town Meeting - DSHS</p>	<p>2</p> <p>7:30am Mindful Move - Zoom</p> <p>9:30am COA Board Mtg - TH</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>3</p> <p>12:30pm Ukulele - Dover Church</p>	<p>4</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>10:30am LL Ukraine-Library</p> <p>1pm Beginner Mah Jongg - Library</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>5</p> <p>1pm Mah Jongg - Library</p>
<p>8</p> <p>10:30am LL Hidden Figures - Library/Zoom</p> <p>4:30pm Stretch - CS/Zoom</p>	<p>9</p> <p>7:30am Mindful Move - Zoom</p> <p>12n COA lunch - Legion</p> <p>2pm Book Club - Library</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>10</p> <p>10:30am Ironworks - Library</p> <p>12:30pm Ukulele - Dover Church</p>	<p>11</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>11am Cooking at Farm</p> <p>12:30pm Bread - Caryl</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>12</p> <p>1pm Mah Jongg - Library</p>
<p>15</p> <p>4:30pm Stretch - CS/Zoom</p> <p>Town Election</p>	<p>16</p> <p>7:30am Mindful Move - Zoom</p> <p>12:30pm Grab &amp; Go - Caryl</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>17</p> <p>10:30am Civilization - Library</p> <p>12:30pm Ukulele - Dover Church</p>	<p>18</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>4:30pm S&amp;S - CS/Zoom</p> <p>Trip to PEM</p>	<p>19</p> <p>10:30am Talk with Town: Parks &amp; Rec. - Legion</p> <p>1pm Mah Jongg - Library</p>
<p>22</p> <p>4:30pm Stretch - CS/Zoom</p>	<p>23</p> <p>7:30am Mindful Move - Zoom</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>24</p> <p>10:30am Cyprus - Library</p> <p>12:30pm Ukulele - Dover Church</p>	<p>25</p> <p>9:30am Mat Yoga - St. D/Zoom</p> <p>10:30am Chair Yoga - St. D/Zoom</p> <p>12:30pm Bread - Caryl</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>26</p> <p>9am Sr. Coffee - Legion</p> <p>1pm Mah Jongg - Library</p>
<p>29</p> <p>HOLIDAY</p>	<p>30</p> <p>4:30pm S&amp;S - CS/Zoom</p>	<p>31</p> <p>11:30 Chit Chat Tea - Legion</p> <p>12:30pm Ukulele - Dover Church</p>		

**Art Show**  
 Sunday, May 7  
 12 -2pm at Ivana's Art Loft

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

# JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 4:30pm S&S - CS/Zoom Boston Pops Trip	2 1pm Mah Jongg - Library
5 1pm Knitting - FS 4:30pm Stretch - CS/Zoom 6pm NE General Stores - TH	6 7:30am Mindful Move - Zoom 9:30am COA Board Mtg. - TH 4:30pm S&S - CS/Zoom	7 12:30pm Ukulele - Dover Church 4pm Up in Smoke BBQ - Legion	8 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 11am Cooking at Farm 12:30 Bread - MPB 4:30pm S&S - CS/Zoom Trip to Sedgwick Gardens	9 1pm Mah Jongg - Library
12 10:30am Joys of Nature - Library 4:30pm Stretch - CS/Zoom	13 7:30a Mindful Movement - Zoom 12pm COA Lunch - Legion 2pm Book Club - Library 4:30pm S&S - CS/Zoom	14	15 9:30am Mat Yoga - St D/Zoom 10:30am Chair Yoga - St D/Zoom 4:30pm S&S - Zoom	16 1pm Mah Jongg - Library
19 HOLIDAY	20 7:30am Mindful Move - Zoom 12:30pm Grab & Go - MPB 4:30pm S&S - Zoom	21 10:30am Talk with Town: Library Director - Library	22 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 12:30 Bread - MPB 4:30pm S&S - Zoom	23 1pm Mah Jongg - Library Trip - Architecture Cruise
26 10:30am Photography - TH 4:30pm Stretch - Zoom	27 7:30am Mindful Move - Zoom 4:30pm S&S - Zoom	28 11:30am Chit Chat Tea - Legion Lighthouse Cruise Trip	29 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/Zoom 4:30pm S&S - Zoom	30 9am Sr. Coffee - Legion

## SATURDAY CLASSES AND EVENTS

### Saturday Stroll

Saturday, May 13 at 10:30am

### Special Town Meeting

Saturday, June 3

10am at Mudge Auditorium

**MPB** - Most Precious Blood Church

**FS** - Fireside Room Town House

**ST D** - St. Dunstan's Church

**CS** - Chickering School

**TH** - Dover Town House

# TRAVEL

There are so many places to explore...museums, public gardens, and cranberry bogs; enjoy lighthouse and architecture cruises, attend a concert, or travel to Quebec.

## PEABODY ESSEX MUSEUM

Thursday, May 18; Cost \$16 plus lunch

View the works of Gu Wenda, among the most significant artists to emerge from China in the last 50 years. In 2000, he debuted his most expansive hair installation to date, which recreated the 188 flags of the member states of the United Nations from hair samples sourced from six continents. This dramatic installation makes a powerful statement about what unites us as human beings across borders, racial, and political divides.

## BOSTON POPS

Two Pianos: Who Could Ask For Anything More

Thursday, June 1; 8:00pm performance

Cost: \$65. Transportation provided

Two of today's most celebrated artists, Jean-Yves Thibaudet and Michael Feinstein, join forces for the first time in Two Pianos: Who Could Ask for Anything More? This innovative program celebrates the music of George Gershwin and his peers.



## SEDGWICK GARDENS AT LONG HILL

Thursday, June 8; Cost: \$10 plus lunch

The elegant plantings and cultivated grounds of this public garden bloom with vibrancy that's more

than a century in the making. Enjoy a guided tour followed by lunch at Weathervane Tavern. Transportation provided.

## CAMBRIDGE ARCHITECTURE CRUISE

Friday, June 23; Cost: \$55 includes lunch

This 2-hour tour, hosted by Charles Riverboat Company, offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River basin. Enjoy the best waterfront views of Boston and Cambridge followed by lunch at the Cheesecake Factory.

## TOURS OF DISTINCTION TRIPS WITH DOVER AND WESTWOOD COAS

For Reservations, contact Westwood COA at 781-329-8799. A nonrefundable deposit per trip of \$15 is required at sign up. Trip flyers with details are available at Dover COA.

### Wednesday, June 28 - Long Island Lighthouse Cruise

Join us for a narrated Lighthouse Cruise on Long Island Sound on a comfortable high-speed Sea Jet catamaran. Enjoy lunch at a restaurant in Mystic, Connecticut followed by time to explore Olde Mistick Village. Tour cost is \$141.

### Sunday, August 13 - A Day at Tanglewood

Enjoy a summer concert as Andris Nelsons conducts the Boston Symphony Orchestra, featuring American cellist Yo-Yo Ma. Tour includes motor coach, brunch, and concert. Tour cost is \$210.

### Thursday, September 7 - Cape Cod Cranberry Bog

Head off to Cape Cod for a fun-filled day! Take a guided tour of the largest organic cranberry bog on Cape Cod. Enjoy lunch at a restaurant in Hyannis and end your day with a scenic cruise of Cape Cod Canal. Tour cost is \$166.

### July 17-21 -The Real Quebec

Travel with us on a 5 day excursion to Quebec, Canada and visit the Quebec Citadel and Place Royal and head north to where the Saguenay and St Lawrence rivers meet in historic Baie-Sainte Catherine and La Malbaie. Contact Dover COA for a flyer with details on this special trip.





# BE FIT AND AGE WELL

Fitness classes are in person, virtual or both (hybrid). Contact the COA for Zoom meeting info and check the calendar for the schedule. Class fees are \$3.00 per session. Stay Healthy and Keep Moving!

## **GENTLE MAT YOGA**

Instructor: Tracy Buckley, RYT

Thursdays, 9:30-10:20am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

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**

Instructor: Tracy Buckley, RYT

Thursdays, 10:30-11:20am

HYBRID (Zoom and In Person)

St. Dunstan's Church, 18 Springdale Ave

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 7:30am via ZOOM

Instructor: Laura Villalobos

Start your day with a mindful workout. Begin with some friendly cardio moves, then effective stretches, and finish with a five minute meditation. Your body will feel energized and less stiff, and your mind more focused and clear. Have a chair nearby for balance and stretches.

## **STRETCH AND FLOW**

Mondays, 4:30-5:20pm HYBRID (Zoom and In Person)

Chickering School, Music Room, 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)

Chickering School, Music Room, 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.

## **SENIOR SWIM FOR THE COA**

Enjoy swimming at The Kingsbury Club in Medfield on 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](mailto:chriscarpinokcm@gmail.com) or call 508.359.7800.





## BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.

Learn more at [www.springwell.com](http://www.springwell.com)



(617) 926-4100 / 307 Waverley Oaks Road, Suite 205, Waltham, MA 02452  
(508) 573-7200 / 33 Boston Post Road (Rt. 20) West, Marlborough, MA 01752



Same great services  
Same great people  
Same great community

COMPASS



As long-time residents of Dover, we have had the pleasure of helping our neighbors with their real estate decisions. We look forward to continuing to support our community in this sometimes overwhelming process. Please let our family help your family.

compass.com

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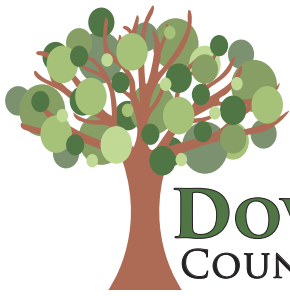
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**DOVER COA**  
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**COA OFFICE**

Town Hall, 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, May 2 at 9:30am  
Tuesday, June 6 at 9:30am

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

Sign up for alerts at Notify Me  
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Nan Vaida, Outreach Coordinator  
Amee Tejani, Program Coordinator  
Sue Sheridan, Administrative Assistant

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