

DOVER COA COUNCIL ON AGING

News

508.315.5734

JULY - AUGUST 2023

HIGHLIGHTS

COA SUMMER LUNCHES

Tuesday, July 11
Tuesday, August 8

FARM FRESH PRODUCE

Thursdays, July 6, 20
Thursdays, August 3, 17, 31

POTTERY PAINTING

Wednesday, August 2

TANGLEWOOD TRIP

Sunday, August 13

TRAVEL TALK: BASQUE PEOPLE

Wednesday, August 16

COOKING AT FARM

Thursday, August 17

SPECIAL THANKS

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

LETTER FROM THE DIRECTOR

Summer is here with long days, sunshine, and lots to do! Enjoy the many offerings of summer: fresh vegetables, paddling on the pond, summer concerts, and gathering with friends. Dover COA shares all of these with you at upcoming events.

Stop by the COA Farmstand to pick up fresh vegetables from Powisset Farm, join us for a summer morning to kayak on Farm Pond, bring your chair to the Town Common to enjoy live bands at the Summer Concert Series sponsored by Dover Parks & Rec and Dover Town Library, relax at a wine & cheese reception, or come in to a cool location for a summer luncheon. Learn a new cooking skill with Chef Thi or explore the lands of the Basque people with photojournalist Barry Pell at his Travel Talk in August. Details are inside this issue and the COA is here to help.

How else may the COA help you? In her column on page 5, COA Outreach Coordinator Nan Vaida shares how Outreach services assist seniors and families with information, resources, and life transitions as their health or caregiving situation changes. Reach out to the COA to answer your questions or for support.

Transitions are also happening at the COA. In June we said farewell to two key players at the COA. Administrative Assistant Sue Sheridan retired after 20 years at the COA, which was a second career after her first retirement! We look forward to seeing Sue enjoy and relax with friends at our events, rather than working at them. Camille Johnston, Board of Directors member, is moving on after sharing her expertise on the Travel Committee and as Board Chairperson. We are grateful for her energy and dedication to the growth of COA services and her amazing travel ideas and adventures. Lucky for us, she will continue to lend a hand with travel. Thank you to both of these women for their longtime support of Dover COA.

Soak up the sunshine and enjoy your summer. Check out the COA calendar of events and join us. We would love to see you.

Janet Claypoole



LUNCH AND LEARN

Due to increased food costs, Luncheons and Grab & Go Meals are now \$5.00

COA SUMMER LUNCHEONS

Tuesday, July 11 at 12:00pm

Tuesday, August 8 at 12:00pm

Dover Legion, 32 Dedham St; Cost: \$5.00

Gather with us in July for lunch and enjoy the music of singer/songwriter Sean Fullerton. This event is sponsored in part by a grant from the Dover Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. RSVP by July 3.

Celebrate summer in August with iced tea and a good book! Enjoy lunch, pick up a book from the COA Library collection, or drop off a great read to share. RSVP by July 28.

BROWN BAG LUNCHEON

Tuesday, July 18 at 12:00pm

Dover Legion, 32 Dedham St

Enjoy a meal with friends in a cool spot. Bring your lunch and the COA will provide drinks and dessert. RSVP by July 12.

GRAB & GO MEALS

Tuesday, August 15

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

Most Precious Blood Church parking lot

Reserve an individually packaged meal to enjoy at home. Enter the parking lot and stop at the table for curbside pickup. Home delivery is available. RSVP is required to reserve a meal to the COA by August 8.



POWISSET FARM FRESH PRODUCE

Thursdays, July 6, 20

Thursdays, August 3, 17, 31

Most Precious Blood Church parking lot

Pickup at 12:30-1:00pm

Enjoy the harvest of fresh vegetables from Powisset Farm! Drive up for curbside service to select fresh produce. Please STOP at the farm stand and put your car in PARK while staff and volunteers assist you. Contact COA for home delivery. Partially funded by Friends of Dover COA.

BLUE MOON BAGELS & BREADS

Thursdays, July 6, 20

Thursdays, August 3, 17, 31

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 or a home delivery if needed. Check the weekly e-newsletter for location changes due to weather.

CHIT CHAT TEA

Wednesday, July 26 at 11:30am

Wednesday, August 30 at 11:30am

Dover Legion, 32 Dedham Street

Gather with friends to chat and enjoy a light lunch. RSVP by phone or email coa@doverma.gov.

SENIOR COFFEE & CONVERSATION

Friday, July 28 at 9:00am

Friday, August 25 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 or call the office at 508.315.5734.

CREATE AND CONNECT

WINE & CHEESE RECEPTION at Powisset Farm Store

Wednesday, July 12; 4:00-6:00pm
Powisset Farm welcomes Dover and Westwood COAs for a special event.

Join us for wine, cheese, mid-summer cheer and shopping for COA members.

The Powisset Farm Store features gorgeous fresh food from Powisset and other Trustees Farms, as well as local farms. Specialty foods, home goods, toys and more are locally sourced, sustainable, or created by women and BIPOC makers. Enjoy this beautiful setting with friends and browse the unique offerings.



POTTERY PAINTING

Wednesday, August 2 at 10:30am

The Pottery Place, First floor
at Park Street Books, 504 Main Street, Medfield
Cost: \$5.00

Choose from a variety of pieces to paint: mugs, plates, vases, ornaments and more. Keep your pieces or gift them. Join us for a fun morning!

TRAVEL TALK: HISTORIC LANDS OF THE BASQUE PEOPLE

with Photojournalist Barry Pell

Wednesday, August 16 at 10:30am

Dover Town Library, Community Room and Zoom

The Basque region is located in the western Pyrenees Mountains, straddling the border between Spain and France. The territory is the home of the Basque people, who have existed for thousands of years, and are defined by a unique language, a distinctive cuisine, and some singular music, dance and sports. Basque identity coexisted with the Roman Empire, survived the conflicts of the Middle Ages and was severely repressed during Spain's Franco dictatorship. It is now re-emerging with full vigor and great pride.

Barry Pell is a world traveler and photojournalist. He has traveled widely over five decades, visiting and documenting landscapes and cultures in 170 countries on all continents.

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, August 17 at 11:00am - French Cooking
Ever wonder how to transport that bistro magic to your home kitchen? Then this hands-on class is for you! Chef Thi will teach you how to make a perfect farm fresh Green Salad with Crispy Chevre and Classic Dijon Vinaigrette, Steak Au Poivre, perfect Pommes Puree, and Mousse au Chocolat. Voila! A little taste of Paris for you to enjoy.



MAH JONGG

Fridays at 1:00pm

Dover Town Library, Community Room

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

PADDLE AT FARM POND

Dates TBA

Sherborn Yacht Club at Farm Pond

Cost: \$5.00

Get out on the water and have some fun! Enjoy a summer day on the pond in a kayak or canoe. Instruction and water safety guidance will be offered. Life jackets are provided. Funded by Friends of Dover COA.

Programs on Summer Break:

KNITTING

BEGINNERS MAH JONGG

PAGETURNERS BOOK CLUB

LIFETIME LEARNING & FUN WITH UKULELE

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

COMMUNITY CONNECTIONS

FOREVER YOUNG

By Jessica Lens

Ms. Lens shares her conversations with Dover senior Jim Walker to capture valuable life wisdom and lessons learned.



Jim and I met on a sunny Friday afternoon at his charming home on Centre Street, Dover. Surrounded by 10 acres of beautiful land, Jim's home is a peaceful retreat. I was greeted by one of his sons and his daughter-in-law along with two very happy dogs. Jim's late wife Sandra passed away two years ago. Jim and Sandra were married for 64 years and moved to Dover in 1961. Dogs have always been an important part of their lives, and Jim still enjoys the company of a black Labrador and an active ripper. Besides his dogs, Jim finds joy in the warm embrace of his large family with 3 sons, 6 grandchildren and 6 great grandchildren.

Born 95 years ago in New York City, Jim grew up on the East Coast and went to boarding school in Concord, New Hampshire. He then went to Harvard Graduate School of Design to become an architect. Some of the buildings he designed during his career include the Dover Town Library, the Sherborn Library, and the Courthouse in Salem. While those are all more colonial style, Jim considers himself more of a contemporary architect. He retired 30 years ago, but his creative spirit continued to thrive through his passion for painting.

You can see the talent of a creative mind and skillful brush in the stunning pieces on the wall in his living room; a mix of watercolors and oil paintings decorate Jim's home. Jim's artistic talent has received recognition at several shows both in Maine and right here in Dover. It's a bit of work to prepare

for a show. The framing has to be right, and the pieces have to be transported carefully. Jim mostly paints landscapes and portraits, but boats and birds are favorites, too.

Jim is very sharp of mind and follows the world news closely online. Among other newspapers and magazines, he reads the Economist, New York Times, Washington Post and the Boston Globe. Climate change, gun laws, and artificial intelligence are topics he stays abreast of. Learning was and still is important to Jim and a life lesson too, we can say. He learned from his years as an architect, from his reading, and from his many years of painting, always improving. The boats are gorgeous Jim, thank you for showing me your paintings!

SUMMER CONCERT SERIES

Tuesday evenings, July 11, 18, 25; August 1
on Dover Town Common

Family Games/Activities at 6:45pm

Musical Performances at 7:00pm

Dover Parks & Recreation and Dover Town Library are once again sponsoring summer concerts on the common. Bring your chair and join friends and family to enjoy music by regional bands: Rocky Wood Express, The Tear Downs, Group Therapy, and Eddy's Shoe.

DOVER SHERBORN SUMMER DRAMA
presents Big Fish a new Broadway Musical
Aug 23-26 (Wed-Sat), 7pm each night
Sherborn Community Center

Dover and Sherborn middle and high school students present this new musical. Based on the celebrated novel by Daniel Wallace and the acclaimed film directed by Tim Burton, BIG FISH tells the story of Edward Bloom, a traveling salesman who lives life to its fullest...and then some! Edward's incredible, larger-than-life stories thrill everyone around him—most of all, his devoted wife Sandra. But their son Will, about to have a child of his own, is determined to find the truth behind his father's epic tales. Overflowing with heart and humor, BIG FISH is an extraordinary musical that reminds us why we love going to the theater—for an experience that's richer, funnier and bigger than life itself. Tickets will be available on www.ticketstage.com

SUPPORT AND ASSISTANCE



OUTREACH CORNER

by Nan Vaida, RN,
COA Outreach Coordinator

Who Can I Call?

So there I am, in the emergency room, on my own with strangers taking care of me, and very young ones at that. Lost and concerned, I prayed my cell phone would hold up so I could reach out for help. In the end, all was well, though I did need a ride home. I needed Outreach!

We live in a very mobile society. Many of us have friends and family, especially kids, who live too far away to help. If they live closer, they are very busy with work and families. Parents may feel guilty when asking for help. Neighbors and friends are aging, too. What's a senior to do?

One of the best kept secrets in our town is the Council on Aging. The staff there is eager and qualified to help and has access to information, services and equipment. This is why I and others in our communities need to know about COA Outreach. There is a depth of information and services that are available.

The COA Outreach Coordinator has visited patients at our many hospitals and has followed folks through rehab, if required, and at home. Most Primary Care Physicians order the Visiting Nurse, Occupational Therapy and Physical Therapy at home if the patient is stable enough—COA Outreach is there. Some people can skip a rehab facility and mend at home—COA Outreach is there. If one has to make a home in a skilled nursing facility—COA Outreach is still there. My family member has dementia, now what?—COA Outreach is there. I need help at home, who do I call?—COA Outreach is there.

There are people who live among us, who for many reasons, no longer can easily be out of their homes. They depend on home visits and phone calls to keep them involved in their community but most importantly, not be overwhelmed by the isolation they live in. COA Outreach is there.

How do I apply for Medicare and Social Security benefits? Where is a local podiatrist, what pharmacies deliver? How can I get a ride to my dentist? Who can help me with my leaf raking and snow shoveling as I age? Am I eligible for fuel assistance? Who can take me on trips with people in my age group? Who can help me with my parents as they age? My parents don't want any help, now what? Where can I have a good meal with friends or even just have coffee or go for a walk? Can I renew my driver's license at my age and how do I do it? COA Outreach is always there.

I'm concerned about growing old. Who can I talk to about my feelings as I travel through this ever changing world of "aging"? COA Outreach!

We love the questions and just may have the answers.

MEDICARE QUESTIONS?

Are you turning 65 in the next three months? Are you over 65 and need to enroll soon? Are you having trouble paying for prescription drugs and medical services? To answer these questions, talk with a SHINE counselor (Serving Health Insurance Needs of Everyone...on Medicare). Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Email coa@doverma.gov or call the COA 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

JULY 2023

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 HOLIDAY 	5	6 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30 Bread/Farmstand - MPB	7 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
10 4:30pm Stretch - Legion/Zoom	11 7:30am Mindful Move - Zoom 12n COA Lunch - Legion 4:30pm S&S - Legion/Zoom 7pm Concert on Common	12 4:00pm Wine & Cheese Reception - Powisset	13 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 4:30pm S&S - Legion/Zoom	14 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
17 4:30pm Stretch - Legion/Zoom Quebec Trip	18 7:30am Mindful Move - Zoom 12N Brown Bag Lunch - Legion 4:30pm S&S - Legion/Zoom 7pm Concert on Common	19	20 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread/Farmstand - MPB 4:30pm S&S - Legion/Zoom	21 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
24 4:30pm Stretch - Legion/Zoom	25 7:30am Mindful Move - Zoom 4:30pm S&S - Legion/Zoom 7pm Concert on Common	26 11:30am Chit Chat Tea - Legion	27 9:30am Mat Yoga - St. D/ Zoom 10:30am Chair Yoga - St. D/ Zoom 4:30pm S&S - Legion/Zoom	28 9am Sr. Coffee - Legion 1pm Mah Jongg - Library
31 4:30pm Stretch - Legion/Zoom				

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

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 4:30pm S&S - Legion/ Zoom 7pm Concert on Common	2 10:30am Pottery Painting - Park St. Books	3 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread/Farmstand - MPB 4:30pm S&S - Legion/Zoom	4 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
7 4:30pm Stretch - Legion/ Zoom	8 12N COA Lunch - Legion 4:30pm S&S - Legion/ Zoom	9	10 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 4:30pm S&S - Legion/Zoom	11 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
14 4:30pm Stretch - Legion/ Zoom	15 12:30pm Grab & Go - MPB 4:30pm S&S - Legion/ Zoom	16 10:30am Travel Talk Basque - Library/Zoom	17 9:30am Mat Yoga - St D/Zoom 10:30am Chair Yoga - St D/ Zoom 11am Cooking at Farm 12:30pm Bread/Farmstand - MPB 4:30pm S&S - Legion/Zoom	18 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
21 4:30pm Stretch - Legion/ Zoom	22 4:30pm S&S - Legion/ Zoom	23	24 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 4:30pm S&S - Legion/Zoom	25 9am Sr. Coffee - Legion Insert 9:30am Swim - Kingsbury Club 1pm Mah Jongg - Library
28 4:30pm Stretch - Legion/ Zoom	29 4:30pm S&S - Legion/ Zoom	30 11:30am Chit Chat Tea - Legion	31 9:30am Mat Yoga - St. D/Zoom 10:30am Chair Yoga - St. D/ Zoom 12:30pm Bread/Farmstand - MPB 4:30pm S&S - Legion/Zoom	

SATURDAY CLASSES AND EVENTS

Tanglewood Trip
Sunday, August 13

MPB - Most Precious Blood Church

FS - Fireside Room Town House

ST D - St. Dunstan's Church

CS - Chickering School

TH - Dover Town House

TRAVEL

Enjoy a summer concert at Tanglewood, a cranberry bog tour and cruise of Cape Cod canal, or sign up for Fall trips to attend a classic American play or art museum exhibit.



CAPE ANN MUSEUM

Thursday, Sept 14; Cost \$20 plus lunch
Transportation provided

Travel with the COA to view *Edward Hopper & Cape Ann: Illuminating an American Landscape*. One hundred years after his pivotal trip to Gloucester, this exhibition offers a fresh look at one of America's best-known artists at the crucial moment that profoundly shaped his art and his life. It shows the largely ignored but significant origin story of Hopper's years in and around Gloucester—a period and place that imbued Hopper's paintings with a clarity and purpose that had eluded his earlier work. The success of Hopper's Gloucester watercolors transformed his work in all media and set the stage for his monumental career.

A RAISIN IN THE SUN

September date TBD; 2:00pm performance
Black Box Theater at Mosesian Center for the Arts
Cost: \$35. Transportation provided

A Raisin in the Sun is Lorraine Hansberry's groundbreaking drama, a timeless portrait of a family on Chicago's South Side, and an American classic. When the Youngers see an opportunity to move to a new neighborhood, each member of the family must answer; What happens to a dream deferred? Join us to view this award winning play.

Fall Trips Planned:

- Hammond Castle
- Lunch Club trips
- Norwood Theatre/Lunch Combo

Have a suggestion for travel? Email us at coa@doverma.gov

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.

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. Trip is full!

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.



BE FIT AND AGE WELL

Fitness classes are in person, virtual or both (hybrid). Check the calendar for the summer schedule and contact the COA for Zoom meeting info. 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)

Dover Legion, 32 Dedham Street

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)

Dover Legion, 32 Dedham Street

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 this summer at The Kingsbury Club in Medfield on Fridays from 9:30-10:30am with Water Aerobics. 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.





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



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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.

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The Bohlin Group
Peter, Martha, & Anna
bohlingroup@compass.com
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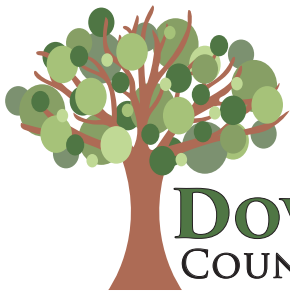
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Please contact Tom Reily**

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DOVER COA
COUNCIL ON AGING

COA OFFICE

Town Hall, 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

No July or August Meetings

Website: www.doverma.gov

Sign up for alerts at Notify Me
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

COA BOARD MEMBERS

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

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the Town of Dover Facebook.
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Dover Council On Aging
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