

Editor
Linda Jarvis

Front Desk:
Gisele Lannamann

Fitness
Instructors:
Dianne Mros
Nicole Paddock
Kim Rivest



Dover Community Senior Center

61 Locust Street • Suite 226 • Dover, N.H. 03820
603-516-6436 • 603-516-6437

June 2022

Please pay extra attention to the calendar as things are changing frequently. Drop in play and table rotation has resumed. If you are unsure whether your group has plans to meet at the center on a particular day, you may want to call first. Masks are not required at this time.

Welcome back to all our **Ottawa** travelers! If you were unable to join us, please check out the pics on page 3 or on the bulletin board at the Center.

The June session of **Chair Yoga** covers 5 Thursdays (at 9am).

Tai Chi classes are on hiatus for summer.

Yoga for Bone Health (similar to Theresa's Flexibility Yoga class) is Mondays at 10am—June 6, 13, & 20.

Cornhole (Bean Bag Throw) has resumed on Wednesdays at 1pm at the Senior Center. You do not need to sign up—just drop in!

We have been getting a lot of interest lately in **Ping Pong**. We have a permanent home for the table in Room 237. Please reserve the table when you want to play by calling Linda. Right now, Mondays at 1pm you can drop in for basic ping pong instruction or to meet others who want to play.

Welcome back to Maria—our **Spanish** teacher. She will be starting Beginner Spanish at 10:30 on June 7th and Spanish II will resume at 10:30 on June 1st. Current membership is required.

On Thursday, June 16 at 10:15 am we welcome back Dr. Dan to talk about **Foot & Heel Pain**. The Foot and Heel Pain workshop will reveal how to eliminate your foot and heel pain for good without the use of medication, injections or surgeries. Dr. Dan will explain the top 3 common causes of Foot and Heel pain and how to get back on your feet to enjoy the summer months of NH. If you or your loved one suffer from pain with your first steps out of bed, or when you stand up after sitting for a while, pain with walking or stairs, or are limited from enjoying the great outdoors then the Foot and Heel Pain Workshop is for you. Please RSVP to Linda to attend—603-516-6420. Free & Open to the Public.

The Dover Senior Center is pleased be promoting **two big trips for 2022**—The Painted Canyons of the West and Spotlight on San Antonio! Flyers are available at the Center.

We are now hosting a donation box for the Lions Club "Recycle for Sight." You can deposit old eyeglasses here for them to recycle and refurbish for kids in need of glasses. We have already donated two boxes full, so THANK YOU!

Our website can be accessed off the City of Dover website, or type the following into your browser:
<http://www.dover.nh.gov/government/city-operations/recreation/community-senior-center/index.html>

Activity Descriptions:

Bingo: Bingo is held every Friday at 12:30. \$0.50 per card, 13 games. Come try it out!

Book Club: Book Club meets the third Friday of the month at 10am. This month's selection is Going After Cacciato by Tim O'Brien. In a blend of reality and fantasy, this novel tells the story of a young soldier who lays down his rifle and sets off on a quixotic journey from the jungles of Indochina to the streets of Paris. Books can be signed out at the Senior Center.

Bread Pickup: One item per member unless otherwise posted.

Cards & Games: We are now hosting Bingo, Bridge, Cribbage, Canasta, Dominoes & MahJongg. Hand and Foot, Pay Me, Poker, and Whist have not yet returned. If you are unsure that a group is meeting, you may want to call first. There is a group actively looking to restart Canasta. Please let Linda know if you are interested.

Coloring: Join your friends to color the stress away. If you don't have your own books, we have some you can use.

Craft Group: While it's still summer, The Warming Project is looking for crafters to help make blankets, scarves, cowls, mittens, hats, and socks for the unsheltered on the seacoast. Folks can knit, crochet, or sew these items. Yarn can be provided for this if you have the skills but not the materials. Yarn donations will be accepted as well. If folks would like to come in and craft together, see Linda for a time and space.

Education:

Spanish Class resumes at the Center this month. Beginners Tuesday at 1030, Spanish II Wednesday at 1030.

German Class will be meeting Mondays at 10am in the Senior Center.

Exercise Classes:

Prices are listed per class, but are paid month to month.

Chair Yoga will be Thursdays at 9am. \$5.00 per class.

Tai Chi is on hiatus for summer—look for it to resume in the fall.

Yoga for Bone Strength (similar to our former Flexibility Yoga class) is Mondays at 10. \$6/class.

Fitness & Sports: Please note if you are in the gym **you MUST have a change of shoes.**

Pickleball This is an active game—please make sure you check with your physician before beginning any new exercise program. Please contact us for information on other area locations that offer play if you are a beginner player. We do not have any beginner classes scheduled at this time.

PingPong The table is set up and ready for you by reservation!

Cornhole (Bean Bag Throw) is Wednesdays at 1pm. Drop in.

Health & Wellness: Wentworth Homecare and Hospice blood pressure checks are on hiatus.

Music: The Ukulele group rehearses Wednesdays 9:30 am—11 am. For those interested, we do have loaner ukes available for you to learn on.

UNH OT: Signups only for this wellness group. The next session will be Fall 2022. Watch newsletters for the next start date!



Dover Seniors Ottawa, Canada 2022

For more pics, check out our bulletin board!

TRAVEL UPDATE: DAY AND OVERNIGHT TRIPS

Flyers for all trips are located at the Senior Center.

Trips leave from the 'Park and Ride' lot at the Jenny Thompson Pool unless noted.

*Please read tour highlights and consider any special needs you may have. Many tours require walking or stairs and may have limited handicapped access. We request a \$10 deposit on day trips and a \$50 deposit on overnight trips (per person) at the time of your reservation. Final payment on bus trips is due 1 month in advance of departure. No seats will be held without final payment by that date. Within 30 days, no refunds will be issued unless we are able to replace you on the trip. Insurance is available on most trips—you must register for insurance at least 60 days prior to the trip. *Some trips may require full payment at signup. * **Fox Bus Tours requires proof of vaccination to board.***

June 1, 2022: The Cher Show at Ogunquit Playhouse. \$110 Members Only.

June 12, 2022: A Day & A Play in Newburyport MA. Time for shopping and lunch before seeing The Producers at the Firehouse, Newburyport MA. \$65 Members Only.

June 15, 2022: Boston Duck Boat Tour. \$125 members / \$135 not-yet-members. Includes lunch at the Cheesecake Factory.

June 30, 2022: A Day & A Play in Meredith NH. Time at the Meredith Art Walk and downtown Meredith for shopping and lunch before the hilarious "Complete Works of William Shakespeare (Abridged)" at Winnepesaukee Playhouse. ****weather dependent****

July 12, 2022: Casablanca by the Sea. Portland Cruise & time in Old Port. \$125 members / \$135 NYM

August 7, 2022: RENT at Seacoast Rep. \$55 Members Only.

August 24, 2022: The Buddy Holly Story. North Shore Music Theater. \$90 Members Only.

August 28, 2022: Les Mis @ The STAR \$35 Members Only.

September 5– September 13, 2022. Painted Canyons with Collette Tours. \$3597 pp double (includes air & insurance).

September 8, 2022: Mr. Holland's Opus at Ogunquit Playhouse. \$110 Members Only

September 28, 2022: Little Shop of Horrors. North Shore Music Theater. \$90 Members Only.

October 5, 2022: Clue at Ogunquit Playhouse. \$110 Members Only.

October 9, 2022: Sweeney Todd: The Demon Barber of Fleet Street at Seacoast Rep. \$55 Members Only.

October 13, 2022: Scenic Conway Train Ride— \$125 members / \$135 not-yet-members

October 23, 2022: Go-Go Nuns from Hell at Seacoast Rep. \$55 Members Only.

October/November, 2022 (call for dates): Spotlight on San Antonio with Collette Tours. \$2198 pp double (includes air and insurance).

October 26, 2022: Kinky Boots. North Shore Music Theater. \$90 Members Only.

JUNE 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
Senior Center Hours Monday –Friday 9am-3pm		**Ping Pong now available during open hours by reservation!**		1 9:30-11—Silver Strummers Ukulele 10:30—Spanish II 12:45— THE CHER SHOW Trip Leaves 1pm—Cornhole (Bean Bag Throw)		2 9:00—Chair Yoga		3 8:30-11 Pickleball 9:00-11:30—Coloring 12-2:45—Mahjongg 12:30 Bingo	
6 10am—German 10am—Bone Strength Yoga 12:30 Cribbage 1pm—Drop in Ping Pong		7 10:30—Beginner Spanish 11:30 Bridge 12:00 Dominoes 830-11 Pickleball		8 9:30-11—Silver Strummers Ukulele 10:30—Spanish II 1pm Cornhole		9 9:00—Chair Yoga		10 8:30-11 Pickleball 9-11:30 Coloring 12-245—Mahjongg 12:30—Bingo	
13 10am—German 10am—Bone Strength Yoga 12:30 Cribbage 1pm—Drop in Ping Pong		14 10:30—Beginner Spanish 11:30 Bridge 12:00 Dominoes 830-11 Pickleball		15 8:30— Duck Boat Trip Leaves! 9:30-11—Silver Strummers Ukulele 10:30—Spanish II 1pm—Cornhole		16 9:00—Chair Yoga 10:15— Foot & Heel Pain Wkshp.		17 8:30-11 Pickleball 9-11:30 Coloring 10—Book Club 12-245—Mahjongg 12:30—Bingo	
20 10am—German 10am—Bone Strength Yoga 12:30 Cribbage 1pm—Drop in Ping Pong		21 10:30—Beginner Spanish 11:30 Bridge 12:00 Dominoes 830-11 Pickleball		22 9:30-11—Silver Strummers Ukulele 10:30—Spanish II 1pm—Cornhole		23 9:00—Chair Yoga		24 8:30-11 Pickleball 9-11:30 Coloring 12-245—Mahjongg 12:30—Bingo	
27 10am—German NO YOGA TODAY 12:30 Cribbage 1pm—Drop in Ping Pong		28 10:30—Beginner Spanish 11:30 Bridge 12:00 Dominoes 830-11 Pickleball		29 9:30-11—Silver Strummers Ukulele 10:30—Spanish II 1pm—Cornhole		30 9:00—Chair Yoga 9:00— Day & A Play in Meredith			

Remember...if Dover schools are cancelled for inclement weather, we are closed.

If the schools observe an early dismissal, the Senior Center will close at Noon.

If Dover schools are on a 2-hour delay, we are on a 2 hour delay as well and there will be no fitness classes.

Dover Seniors

Painted Canyons of the West

featuring Utah's Five National Parks

September 05 — September 13, 2022 • 9 Days • 11 Meals



Join us on these fabulous trips! For flyers or more information call 603-516-6420 or email l.jarvis@dover.nh.gov
You do not need to be a member to fly with us.

Dover Seniors

Spotlight on San Antonio

