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Dover Community Senior Center

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October 2025

Alas, our Credit Card System is in the process of being replaced—so please plan on cash and checks for all of your transactions this month. Allow yourself extra time to sign up for things if you're mailing checks!

Schedule updates:

- Ukes will be in house Oct. 1 and Oct. 29th only — then offsite the rest of October.
- German will be on hiatus—check in for return dates.
- **Join us October 13th (yes we are CLOSED for Columbus Day but open for this one event):** Say goodbye to the Boys of Summer with **The Ultimate Presentation for Red Sox Nation.** Take a fun and enlightening journey through Boston Red Sox history. This presentation features exciting and nostalgic videos of the greatest and most fascinating players, teams, events and moments in franchise history. The program also includes trivia questions for patrons to ponder and covers Sox history from the Royal Rooters, who launched Red Sox Nation, to Babe Ruth to Ted Williams to The Impossible Dream Season of 1967 to Lynn, Rice and '75 to the heartbreak of 1986 all the way to the four World Series championships and beyond. It will conclude with a question-and-answer period. **YOU MUST RSVP for this event.** Donations gratefully accepted at the door.

Registration for all of our fitness classes is now open for October. Please note all classes have an enrollment limit due to space consideration.

- **CHAIR YOGA** Mondays at 9am in the Dance Studio—Class is 10/6 and 10/27 ONLY this month.
- **YOGA FOR BONE STRENGTH** Mondays at 10:15am in the Dance Studio—10/6 and 10/27 ONLY.
- ***NEW* Wednesdays at 8:45 am—BEGINNER Line Dancing with Agatha!** This class is for a basic / beginner level and will use a variety of music styles. No experience necessary. Dress for comfort. October 15, 22, and 29 only.
- **TAI CHI** Wednesdays at 10 am in the Dance Studio—all five Wednesdays in October.
- **DANCE for Fun & Fitness** Fridays at 10am—October 17, 24, and 31 only.

TRAVEL UPDATES:

- Last day to sign up for Mt. Washington Hotel is October 20th. Final Payment due Nov. 1st.
- Our scheduled **Collette trips** will include Wilderness of Southern Africa in April 2026, Cowboy Country (South Dakota and Wyoming) in June of 2026, and Spotlight on Tuscany, Italy in October 2026. Flyers for all of these fabulous excursions are at the center now, and are also available via web link upon request. As always, if you have a bucket list trip that we have an itinerary for, we are happy to offer it for you. See Linda with questions or requests.
- RSVP for October 21st 10 am— Tuscany Italy Info Session—Hear all the details of this amazing trip!

Activity Descriptions:

Bingo: Bingo is held every Friday at 12:30. \$0.50 per card, 13 games. We now have some large print slider cards for those who need them. Come try it out!

Book Club: Book Club meets the third Friday of the month. This month's meeting will be at 10am on Friday September 19th. This month's selection is **Lessons in Chemistry** by Bonnie Garmus. – literary fiction about a woman who becomes a beloved cooking show host in 1960s after being fired as a chemist. Books can be signed out at the Center to join the group.

Bread Pickup: One item per member unless otherwise posted.

Cards & Games: We are now hosting Bingo, Bridge, Cribbage, Canasta, Dominoes and MahJongg, Canasta, Phase 10 and Scrabble. If you are unsure that a group is meeting, you may want to call first. We'd love to start Bunco or some other new games—let us know if you can lead an activity!

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: Craft group meets Friday mornings at 9am. Folks can bring their own projects and knit, crochet, or sew these items in a social setting.

Education:

Spanish Class will be Wednesdays at 10:30—this is an intermediate conversation and grammar class so you must have some Spanish language background to participate.

German Class is Mondays at 10:15 am but is on hiatus at this time.

Exercise Classes:

Class registrations are done month-to-month, but you **can** sign up after the month has begun if space remains:

Chair Yoga is Mondays at 9am.

Yoga for Bone Health will be Mondays at 10:15.

Beginner Line Dancing will be Wednesdays at 8:45 am.

Tai Chi will be Wednesdays at 10am.

Dance for Fun and Fitness will be Fridays at 10am

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 Drop-in table tennis is held on Mondays and Thursdays, 10:30–12:00 noon.

Experienced players are available and willing to offer instruction to anyone interested in learning the game. Paddles and balls are available to borrow. The room is available at other times by scheduling with the Senior Center office.

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. Ukes are out performing for much of the summer!

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 otherwise 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 ****non-refundable**** deposit on day trips and a \$50 ****non-refundable**** deposit on overnight bus trips (per person) at the time of your reservation. Final payment on bus trips is due 45 days in advance of departure. No seats will be held without final payment by that date. Within 45 days, no refunds will be issued unless we are able to replace you on the trip. *Some trips may require full payment at signup or an earlier final payment to secure tickets.**

October 9-18, 2025: Sunny Portugal

October 21, 2025: Travel Presentation: EXPLORE TUSCANY. 10 am-RSVP

October 21, 2025: Travel Presentation: Cowboy Country. 11 am—RSVP

October 22, 2025: The Cher Show at North Shore Music Theater. \$100. Members Only.

December 9-11, 2025: Mt. Washington Hotel. Includes 2 breakfasts and 2 dinners. \$779 pp / do. Flyers at the center.

April 16-30, 2026: Wilderness of Southern Africa—Flyers at the Center.

June 2—9, 2026: Cowboy Country exploring South Dakota and Wyoming.

October 14-22, 2026: Explore Tuscany!

Remember—even if we aren't offering your bucket list trip—we can often schedule it for you and your group! Just ask!!

OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center Hours Monday –Friday 9am-3pm		1 9:30—Silver Strummers 10am—Tai Chi 10:30—Spanish 12:00—Scrabble 12:30—American Mahjongg	2 10:30—Ping Pong 12:00—Canasta	3 NO DANCE THIS WEEK 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 12:30 Bingo
6 9am—Chair Yoga 9am—Phase 10 1015am—Bone Strength Yoga 10:30 Ping Pong 12:30 Cribbage	7 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	8 9:30 Silver Strummers 10am—Tai Chi 10:30—Spanish 12:00—Scrabble 12:30—American Mahjongg	9 10:30—Ping Pong 12:00—Canasta	10 NO DANCE THIS WEEK 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 12:30 Bingo
CLOSED EXCEPT RED SOX NATION PRESENTATION 11am—RSVP!	14 830-11 Pickleball 11:30 Bridge 12:00 Dominoes	15 STRUMMERS OFFSITE 8:45—Beginner Line Dancing 10:00—Tai Chi 10:30—Spanish / 12:00—Scrabble 12:30—American Mahjongg	16 10:30—Ping Pong 12:00—Canasta	17 8:30-11 Pickleball 9-11:30 Coloring & Crafts 10—DANCE for fun & fitness 10— Book Club 12:30—Bingo
20 NO YOGA THIS WEEK 1015am—Bone Strength Yoga 10:30 Ping Pong 12:30 Cribbage	21 10 A—Tuscany Tour info—RSVP 11 A—Cowboy Country Tour Info 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	22 STRUMMERS OFFSITE 8:45—Beginner Line Dancing 10am—Tai Chi 10:30—Spanish 12:00—Scrabble 12:30—American Mahjongg	23 10:30—Ping Pong 12:00—Canasta	24 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts NO DANCE TODAY 12:30 Bingo
27 9am—Chair Yoga / Phase 10 1015am—Bone Strength Yoga 10:30 Ping Pong 12:30 Cribbage	28 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	29 8:45 Beginner Line Dancing 9:30 Silver Strummers 10am—Tai Chi 10:30—Spanish / 12:00—Scrabble 12:30—American Mahjongg	30 10:30—Ping Pong 12:00—Canasta	31 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 10—DANCE for fun & fitness 12:30 Halloween Bingo

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.