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# Dover Community Senior Center

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**December 2023**

**Chag Chanukah Sameach and Merry Christmas !!!** We will be closed on Monday December 25th for Christmas but will be open the rest of the week.

**Wednesday December 6 at 10:00 am—CHRISTMAS PARTY TIPS with GISELE & her Elves**

It's the Christmas Season – Let's live it up! Petite plates, tablescapes, bar corner, tips and great ideas! Sign up with a \$10 non-refundable **cash only** donation. No signups will be taken without payment. Members only & Space is limited so sign up early!

Registration for all of our **fitness classes** is now open for the month of December. Please note some changes to the schedules and that all classes now have a 10-person limit due to space considerations:

- **CHAIR YOGA** Mondays at 9am in the Dance Studio—\$18 (no class on 12/25).
- **YOGA FOR BONE STRENGTH** Mondays at 10:15am in the Dance Studio—\$18
- **TAI CHI** Wednesdays at 10 am in the Dance Studio—\$24.

Once again this year we will be helping out Strafford County Meals on Wheels with their Santa for Seniors project. If you are able, join us in showing them the love and providing some basic necessities for our most in-need senior neighbors. The wish list is as follows (NEW items only please!):

Gloves/Scarves/Hats/Sweatshirts/Sweaters/Flannel shirts/Pajamas/Robes/Slippers/warm socks  
Plastic canvas/Puzzles/Postage Stamps/Puzzle Books/Hot & Cold Wraps/Hard Candies  
Non-perishable Food items/Flash Lights w/batteries/Books/books on tape/Blankets, throws/  
Paper towels/Kleenex/toilet paper/Toiletries – hand lotions, soaps, sanitizer/Hot Beverages  
Items for their pets/Table Decorations/Don't forget to consider items they love (i.e. red cardinals, Red Sox, angels) Drop off at the Senior Center til December 13th.

Although we hate to think of this before it's really winter—this IS New England after all so here is a reminder of our weather closure policy:

- 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.

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 meeting will be Friday, December 15th. This month there is no book selection but there will be a finger-food potluck and a yankee swap!

**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. 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:** Craft group meets Friday mornings at 9am. The Warming Project is looking for crafters to help make blankets, scarves, mittens, hats, and socks for the unsheltered. Local schools can always use kid-sized mittens and hats for recess. Folks can knit, crochet, or sew these items. Yarn can be provided for this if you have the skills but not the materials. We do have a sizeable yarn donation available for any of our crafters to look through.

**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** will be held on Mondays at **10:15 am**.

**Exercise Classes:**

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

The December session of **Chair Yoga** is Mondays at 9am—\$18

**Yoga for Bone Health** will be Mondays at 10:15 in December - \$18

**Tai Chi** will be Wednesdays at 10am in December— \$24

**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. Due to extremely high numbers, new registrations are limited to residents with proof of residency.

PingPong The table is set up and ready for you by reservation! Regular play you can drop in for is Monday and Wednesday at 12:30.

Cornhole (Bean Bag Throw) is now by reservation.

**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 OFF SITE ALL OF DECEMBER\*\***

**UNH OT:** Signups only for this wellness group. The next session will be starting in the new year. Watch the newsletter for updates.

**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 **\*\*non-refundable\*\*** deposit on day trips and a \$100 **\*\*non-refundable\*\*** deposit on overnight bus 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. \*Some trips may require full payment at signup or an earlier final payment to secure tickets.\**

**December 6, 2023: The Sound of Music** at The Music Hall. \$125 FULL PAYMENT DUE AT SIGNUP—Members Only.

**December 12-14, 2023: Mount Washington Hotel.** \$799 pp/do. \$969 single. Includes 2 breakfasts and 2 dinners at this National Historic Landmark!

**April 27-May 3, 2024: Myrtle Beach** Senior Spring Break! Includes 10 meals and 3 shows! See flyers at the center for details.

**April 28—May 2, 2024: Discover Nashville!** Flyers at the Center—Membership is not required for this trip!

**June 22, 2024: Joseph and the Amazing Technicolor Dreamcoat** at Seacoast Rep. Members Only. \$75.

**August 3, 2024: Rock of Ages** at Seacoast Rep. Members Only. \$75.

**September 13-22, 2024: Memorials of WWII** commemorating the 80th anniversary of D--Day. Flyers are at the Center—Contact Linda at 603-516-6420 because availability is now first come, first served!

**November 30, 2024: CATS** at Seacoast Rep. Members Only. \$75.

# DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Senior Center Hours</b> <b>Monday –Friday</b> <b>9am-3pm</b>				
4 9am—Chair Yoga 10:15am—Bone Strength Yoga 10:15—German 12-2:45—Mahjongg 12:30 Cribbage 1pm—Drop in Ping Pong	5 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	6 STRUMMERS OFF SITE 10 am—Tai Chi 10:00—Gisele’s Christmas Party 10:30—Spanish 12:00—Scrabble / Ping Pong	7 <b>HAPPY CHANUKAH</b> 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	<b>1</b> 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 12-2:45—Mahjongg 12:30 Bingo
11 9am—Chair Yoga 10:15am—Bone Strength Yoga 10:15—German 12-2:45—Mahjongg 12:30 Cribbage 1pm—Drop in Ping Pong	12 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	13 STRUMMERS OFF SITE 10am—Tai Chi 10:30—Spanish 12:00—Scrabble / Ping Pong	14 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	15 8:30-11 Pickleball 9-11:30 Coloring & Crafts <b>10—Book Club Christmas Party</b> 12-2:45—Mahjongg 12:30—Bingo
18 9am—Chair Yoga 10:15am—Bone Strength Yoga Noon— <b>German Weinfest</b> 12-2:45—Mahjongg 12:30 Cribbage 1pm—Drop in Ping Pong	19 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	20 STRUMMERS OFF SITE 10 am—Tai Chi 10:30—Spanish 12:00—Scrabble / Ping Pong	21 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	22 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 12-2:45—Mahjongg 12:30 Reindeer Games Bingo
25  <b>HO HO HO</b> <b>MERRY CHRISTMAS!</b>	26 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	<b>27</b> STRUMMERS OFF SITE 10 am—Tai Chi 10:30—Spanish 12:00—Scrabble / Ping Pong	28 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	<b>29</b> 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 12-2:45—Mahjongg 12:30 Bingo <b>HAPPY NEW YEAR!</b>

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