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Dover Community Senior Center

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August 2024

Welcome Summer! This time of year, it's important for seniors to keep in mind these tips for staying safe, cool, and hydrated on the hottest days:

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, find a cooling center. (The McConnell Center is one!)
- Drink more water than usual and don't wait until you're thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

Registration for all of our **fitness classes** is now open for the month of August. Please note all classes now have a 10-person limit due to space considerations:

- **CHAIR YOGA** Mondays at 9am in the Dance Studio.
- **YOGA FOR BONE STRENGTH** Mondays at 10:15am in the Dance Studio.
- **TAI CHI** Wednesdays at 10 am in the Dance Studio. For August 8/14 and 8/28 ONLY.

At this time all of our reserved spots on the Colorado Rockies trip are taken! WOW! We can still take more travelers if space allows, but those reservations will be taken on an as-available basis. If you want to join us on this amazing experience, see Linda to sign up.

UPCOMING TRAVEL:

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

August 14, 2024: Tootsie at North Shore Music Theater. Members Only. \$100.

August 21, 2024: Cape Cod Canal Cruise. \$175 Members / \$185 NYM

We anticipate adding a new daytrip—a private tour of Bedrock Gardens—the first week of September. Please watch emails for updates on this trip's availability. Additionally, (much as we hate to think winter is coming) we are looking to add a holiday program, so stay tuned.

The next session of our popular UNH Occupational Therapy group will be Wednesdays from 10am-12:45, starting on 9/18 and running each Wednesday until 11/20. Please sign up with Linda or Stacy to participate - No charge—Members Only. Space is limited.

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 at 10am. This month's meeting will be Friday August 16th. This month's selection is A Friend of the Earth by TC Boyle. Senior Center Members can sign the book out now at the Center.

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. 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:

Chair Yoga is Mondays at 9am.

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

Tai Chi will be Wednesdays at 10am.—No class Aug 7 and 21.

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 at 12:30.

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 Wednesdays from 10-12:45, starting on 9/18 and running each Wednesday until 11/20 . Please sign up with Linda or Stacy to participate - Members Only.

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.**

September 4, 2024 (Sept 5 Raindate): Bedrock Gardens Private Tour. \$40. Members Only.

September 18, 2024: Little Shop of Horrors at Ogunquit Playhouse. Members Only. \$110.

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

August 14, 2024: Tootsie at North Shore Music Theater. Members Only. \$100.

August 21, 2024: Cape Cod Canal Cruise. \$175 Members / \$185 NYM—WAIT LIST ONLY.

September 13-22, 2024: Memorials of WWII commemorating the 80th anniversary of D--Day. Flyers are at the Center.

September 25, 2024: Million Dollar Quartet at North Shore Music Theater. Members Only. \$100

September 20-27, 2024: Historic Greenbrier featuring Washington DC and Williamsburg. Flyers at the center.

October 10, 2024: Sunny Portugal (2025) Presentation @ 10am. RSVP to attend.

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

December 10-12, 2024: Mt. Washington Hotel. Includes 2 breakfasts and 2 dinners. \$799 pp/do members / \$829 pp/do not-yet-members. Flyers at the center.

UNH OCCUPATIONAL THERAPY
STUDENT GROUPS



Wellness & Health Promotion

UNH graduate students will facilitate this program!

Program Goals include:

- ❖ Increased Technology Skills
- ❖ Increased Physical Endurance and Strength
- ❖ Outlets for Creative Expression
- ❖ Fun & Social Activities
- ❖ Overall Improved Health
- ❖ Stress Management & Leisure Skills



Wednesdays at the Dover Community Senior Center
From September 18 – November 20, 2024
10am – 12:45pm

Members Only Please – Limit 15
Please see Linda with any questions or to sign up 😊

AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center Hours Monday –Friday 9am-3pm			1 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	2 8:00-11 Pickleball 9:00-11:30—Coloring& Crafts 12:30 Bingo
5 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German 12:30 Cribbage/Ping Pong	6 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	7 STRUMMERS OFFSITE NO TAI CHI TODAY 10:30—Spanish 12:00—Scrabble 12:30—American Mahjongg	8 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	9 8:00-11 Pickleball 9:00-11:30—Coloring& Crafts 12:30 Bingo
12 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German 12:30 Cribbage 12:30pm—Drop in Ping Pong	13 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	14 9am-Silver Strummers Ukles 10am—Tai Chi / 10:30—Spanish 12:00—Scrabble 12:30—American Mahjongg TOOTSIE—NSMT	15 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	16 8:30-11 Pickleball 9-11:30 Coloring & Crafts 10—Book Club 12:30—Bingo
19 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German 12:30 Cribbage 12:30pm—Drop in Ping Pong	20 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	21 9am—Silver Strummers Ukles NO TAI CHI TODAY 10:30—Spanish 12:00—Scrabble 12:30—American Mahjongg CAPE COD CANAL CRUISE	22 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	23 8:00-11 Pickleball 9:00-11:30—Coloring& Crafts 12:30 Bingo
26 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German 12:30 Cribbage 12:30pm—Drop in Ping Pong	27 11:30 Bridge 12:00 Dominoes 800-11 Pickleball	28 STRUMMERS OFFSITE 10 —Tai Chi 10:30—Spanish 12:00—Scrabble 12:30—American Mahjongg	29 10:00—Phase 10 12:00—Chinese Style Mahjongg 12:00—Canasta	30 8:00-11 Pickleball 9:00-11:30—Coloring& Crafts 12:30 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.