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Dover Community Senior Center

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February 2025

Come on Mr. Groundhog! Order us up an early spring on February 2nd! Did you know...? The groundhog's full name is "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators and Weather Prophet Extraordinary."

The Senior Center will be CLOSED on Monday, February 20th in observance of Presidents' Day.

Registration for all of our **fitness classes** is now open for the month of February. 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.
- **DANCE for Fun & Fitness** Fridays at 10am in the Dance Studio—We will begin with a body-friendly warm-up followed by basic dance footwork and arm movements. Various music styles will be used as inspiration for learning sequences of movement that will include steps from jazz dance & social dances.

If you're looking for a fun, social group to meet new people and learn new things, the UNH Occupational Therapy program is for you. The group is led by UNH OT students and combines physical activity (suitable for all levels), general wellness, games and activities. A free lunch or healthy snack is provided each week. This 10-week program is free of charge to our members. Please sign up with Linda. Space is still available! The first session will be Wednesday February 12th. Please see page 2 or see Linda if you have questions.

Travel for 2025 is taking shape! Don't miss the boat (or bus... or plane...). Trips fill up fast! Travel updates include:

- * Please take note of the new 45-day final payment schedule for most trips.
- * New trips on Page 4
- * February 3—Final Payment Due on Sister Act
- * February 6—11am—Info Session for those interested in Portugal (RSVP)

Don't forget if you have old glasses in your junk drawer, we have a donation box here for the Lions Club to recycle them for people who are in need.

Although we hate to think of the necessity for it, here is a reminder of our weather closure policy. **If there is inclement weather PLEASE CHECK BEFORE YOU COME IN:**

- If Dover schools are cancelled/stay at home 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.



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

LEARNING
IS
FUN

Wednesdays at the Dover Community Senior Center
10 weeks beginning February 12th
10am – 12:45pm

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

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 February 21st and the book discussion will be on *The Age of Miracles* by Karen Thompson Walker. 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. 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 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 if space remains:

Chair Yoga is Mondays at 9am.

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

Tai Chi will be Wednesdays at 10am.

NEW 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. 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 and Thursday at 10:30.

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 begin February 12, 2025. Sign up if you don't want to miss it!

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.**

February 6, 2025: Portugal Info Session @ 11 am—Please RSVP

March 15, 2025: Sister Act at Seacoast Rep—Wait List Only.

April 15, 2025: Document Party for those going to Colorado! 9:45am

April 15, 2025: Info Session for South Africa @ 10:30 am—Please RSVP

April 26, 2025: The Wedding Singer at Seacoast Rep. Members Only. \$90.

May 21, 2025: Pickity Place. Members Only. \$75.

May 9-17, 2025: Colorado Rockies—Wait List Only.

June 17-18, 2025: Block Island, RI—Wait List Only!

July 2, 2025: Guys and Dolls at Ogunquit Playhouse. Members Only. \$110.

July 17, 2025: Cog Railway to the top of Mt. Washington. **not yet available for signups—watch for flyers******

August 13, 2025: Grease at North Shore Music Theater. Members Only. \$100.

September 1, 2025: When Elvis Met the Beatles at Ogunquit Playhouse. Members Only. \$110.

October 9-18, 2025: Sunny Portugal

October 16, 2025: Titanic the Musical at Ogunquit Playhouse. Members Only. \$110.

April 16-30, 2026: Wilderness of Southern Africa

**Stay Tuned for (so many more) 2025 Trips!
Remember—even if we aren't offering your bucket list trip—
we can often schedule it for you and your group! Just ask!!**

FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German 12:30 Cribbage	4 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	5 9:30-11—Silver Strummers 10am— Tai Chi 10:30 —Spanish 12:00 —Scrabble 12:30 —American Mahjongg	6 10:00—Phase 10 10:30—Drop in Ping Pong 12:00—Canasta	7 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 10—DANCE for fun & fitness 12:30 Bingo
10 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German 12:30 Cribbage/Ping Pong	11 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	12 9:30-11—Silver Strummers 10am— Tai Chi / UNH OT Starts 10:30 —Spanish 12:00 —Scrabble 12:30 —American Mahjongg	13 10:00—Phase 10 10:30—Drop in Ping Pong 12:00—Canasta	14—Valentine's Day! 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 10—DANCE for fun & fitness 12:30 Bingo
17 CLOSED PRESIDENTS' DAY	18 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	19 9:30-11—Silver Strummers 10am— Tai Chi / UNH OT 10:30 —Spanish 12:00 —Scrabble 12:30 —American Mahjongg	20 10:00—Phase 10 10:30—Drop in Ping Pong 12:00—Canasta	21 8:30-11 Pickleball 9-11:30 Coloring & Crafts 10—DANCE for fun & fitness 10— Book Club 12:30—Bingo
24 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German 12:30 Cribbage 12:30pm—Ping Pong	25 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	26 9:30-11—Silver Strummers Ukles 10am— Tai Chi / UNH OT 10:30 —Spanish 12:00 —Scrabble 12:30 —American Mahjongg	27 10:00—Phase 10 10:30—Drop in Ping Pong 12:00—Canasta	28 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 10— DANCE for fun & fitness 12:30 Bingo
MARCH 3 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German 12:30 Cribbage 12:30pm—Ping Pong	MARCH 4 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	MARCH 5 9:30-11—Silver Strummers Ukles 10am— Tai Chi / UNH OT 10:30 —Spanish 12:00 —Scrabble 12:30 —American Mahjongg	MARCH 6 10:00—Phase 10 10:30—Drop in Ping Pong 12:00—Canasta	Senior Center Hours Monday –Friday 9am-3pm

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