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Dover Community Senior Center

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March 2025

Welcome Spring! Don't forget that Daylight Savings is March 9th at 2am—SPRING your clocks FORWARD one hour.

Registration for all of our **fitness classes** is now open for the month of March. Please note all classes now have a limit of 10-12 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 two times: 10am and 11:15 am 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.

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

- * We are pleased to announce our two new 2026 trips: Cowboy Country in June 2026 and Spotlight on Tuscany in October 2026. You spoke and we listened! The Tuscany trip is a hub-and-spoke tour with only one hotel!
- * Coming up on April 15: Our first travel presentation for South Africa. Please RSVP to attend.
- * Some bus trips will now require a signed waiver before departure.

Need Tech Help? Appointments available Wednesday afternoons in March with UNH Occupational Therapy students for help with cell phones/laptops/tablets. Call Linda to reserve a spot.

Due to a staffing issue, there will be no credit card transactions on Friday March 7th and we will not have a bread pickup the week of March 9-14.

Restful Nights: Natural Strategies for Better Sleep—Struggling to get a good night's sleep? Sleep plays a vital role in memory, immune function, and overall well-being, but it often becomes more challenging as we age. Sarah Jeffrey, ND, and Luciana Silva, ND, will discuss why sleep changes over time and share practical, evidence-based natural strategies to help improve sleep quality. Learn about factors that could be interfering with your rest and discover simple, natural ways to get the restorative sleep your body needs. **RSVP to attend 10am on Tuesday April 1st.**

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.

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 March 21st and the book discussion will be on *The Thursday Murder Club* by Richard Osmon. 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 and again at 11:15am.

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 fall of 2025. Stay tuned for more info this 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.**

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 4, 2025: Travel Presentation for COWBOY COUNTRY (SD/WY) 10am—RSVP. This trip will run in early June of 2026.

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

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

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

September 2-3, 2025: Nantucket Overnight. \$625 pp/do—\$775 pp/single. Flyers at the center.

September 17, 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.

October 21, 2025: Travel Presentation: SPOTLIGHT on TUSCANY. 10 am-RSVP—fall 2026 trip.

April 16-30, 2026: Wilderness of Southern Africa

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

MARCH 2025

Monday		Tuesday		Wednesday		Thursday		Friday														
3 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German / 10:30 Ping Pong 12:30 Cribbage	4 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	5 9:30-11—Silver Strummers 10am— Tai Chi / UNH OT 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 No German This Week 9am—Chair Yoga 1015am—Bone Strength Yoga 10:30 Ping Pong 12:30 Cribbage	11 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	12 9:30-11—Silver Strummers 10am— Tai Chi / UNH OT 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 8:30-11 Pickleball 9:00-11:30—Coloring& Crafts 10—DANCE for fun & fitness 12:30 Bingo	17 No German This Week 9am—Chair Yoga 1015am—Bone Strength Yoga 10:30 Ping Pong/12:30 Cribbage ERIN GO BRAGHI!	18 11:30 Bridge 12:00 Dominoes 830-11 Pickleball	19 9:30-11—Silver Strummers 10am— Tai Chi / NO OT THIS WEEK 10:30 —Spanish 12:00 —Scrabble 12:30 —American Mahjongg	20—WELCOME SPRING! 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 / 10:30 Ping Pong 12:30 Cribbage	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	31 9am—Chair Yoga 1015am—Bone Strength Yoga 10:15—German/ 10:30 Ping Pong 12:30 Cribbage	Senior Center Hours Monday –Friday 9am-3pm	

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