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Dover Community Senior Center

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April 2021

As we navigate the first months of the vaccination process, we look forward to seeing you back! See below for important announcements:

All of the activities inside the senior center will require reservations. Masks are required and you'll be asked to complete a signed waiver. Please also remember that even when you have had both doses of the vaccine, masks will be required for the foreseeable future to protect those who have not. Please pay extra attention to the calendar as things are changing frequently right now.

This month, we will begin holding card games again on our pre-Covid schedule. Capacity will be on a limited basis beginning in April. You will need to have reservations, capacity will be 4 tables, and you must already have your group formed (no drop-ins). If you don't have a group, with your permission I can give your contact information out to those seeking an extra person. There will be no table swapping. Please **DO NOT ARRIVE EARLY**.

Looking forward to May, we hope to be able to return to more of a drop-in model, however please stay tuned to email updates and for the May newsletter to get more information.

In May, we plan to begin limited capacity chair yoga Thursdays at 1pm. All payments and paperwork needs to be done prior to the first day of class on May 6. Payments may be made over the phone with a debit or credit card, or in person by appointment only. See page 3 for details.

New England area travel will resume hopefully in late summer or early fall. Please stay tuned for updates.

The kitchen will remain closed except by specific reservation.

Ping Pong will move to Rm.237 and will be available by appointment during Senior Center hours.

For those who've enjoyed coffee hours, you can still schedule them any time the schedule has openings. Call Linda to set it up!

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>
Travel flyers are also posted on the site! Send a request to: l.jarvis@doover.nh.gov to be added to email lists!

Activity Descriptions:

****Please note RSVPs / Reservations are REQUIRED to participate in any in-house activities. You can make these reservations by calling 516-6420 or by email at l.jarvis@doover.nh.gov ****

Bingo: For the time being, there will be no snacks. You can bring your own water or coffee with you. It is \$1 to play for the afternoon. No money will be taken if we have fewer than 12 participants.

Book Club: Book Club meets the third Friday of the month at 10am. **RSVPs are REQUIRED to attend** as we need to plan socially distanced seating for the appropriate number. This month's book is *The Library Book* by Susan Orlean. The meeting will be held on Friday, April 16th at 10am. Books can be signed out by members any time and returned on or before the meeting date.

Bread Pickup: The kitchen is closed. If you are not coming in for an activity but need to pick up bread, please call 516-6420 and make an appointment to stop in.

Cards & Games: Card games will resume on a reservation only basis. You must have a group formed at signup (no drop ins).

Clue Dunit: Very-short-story form mysteries are provided for you to read. Discuss as a group and see if you can interpret the clues and solve the mystery. Large print is available by request. Solutions will be provided to the group in sealed envelopes. Please reserve your spot so seating can be planned.

Coloring: Join your friends to color the stress away. If you don't have your own books, we can print you something that interests you. RSVP required.

Computers: If you need technology assistance, let us know as we have a service that can help!

Education:

Spanish Class and German Class: These classes are meeting remotely via Zoom until further notice.

Zoom Programs: You must register with Linda to get the login information for these Tuesday/Thursday programs. See the calendar & Page 3 for descriptions of the offerings for the month.

Exercise Classes: Chair Yoga will be Thursdays at 1pm. \$4.00 per class, paid by the session.

Fitness & Sports: Please note if you are in the gym **you MUST have a change of shoes.**

Cornhole will be outside on the lawn weather permitting, inside if it is wet or cold. You should be able to stand and walk on potentially uneven ground, bend, and make a basic underhand throw. Reservations required.

Pickleball will be held indoors for current members on a reservation only basis – no drop-ins or new signups at this time. 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.

PingPong will be available by appointment. Play singles OR doubles if the couples live together.

Health & Wellness: Wentworth Homecare and Hospice blood pressure checks are on hiatus.

UNH OT: Signups only for this general wellness group. Wait List at this time.

Mystery Lunch is on hiatus at this time.

**Please join us in welcoming our
new fitness instructor, Nicole!**

We are excited to introduce you to Nicole. She is a yoga teacher and owner of Rooted Chair Yoga in Dover. She is also an occupational therapist. Nicole loves sharing creative, accessible ways to promote wellness for every body. When she is not working, you'll likely find her experimenting with new recipes in the kitchen or finding an adventure outdoors.

We've received LOTS of questions about how our fitness classes will work as we wait for everyone to be fully vaccinated. Please see the guidelines below for more information. Please note this is a baby step to re-opening, and things will change month to month.



For May, 2021:

- ♦ *There will be Chair Yoga classes ONLY. No equipment other than the chair and mat will be used at this time.*
- ♦ *Classes will be Thursdays at 1pm, for one hour, May 6, 13, 20, & 27. This is a 4-class, \$16 session.*
- ♦ *Masks will be required to be worn correctly over the mouth and nose. Not observing this rule will result in not being able to participate in fitness classes in the future.*
- ♦ *There will be NO drop-ins accepted at this time.*
- ♦ *There will be no refunds once you have registered for the class for any reason.*
- ♦ *Your membership must be current at sign-up.*
- ♦ *You must register and complete & return the waiver prior to May 6.*
- ♦ *Please, go directly to your chair and exit promptly after class. There will be no sitting in groups / on the bleachers to chat at this time. You are welcome to reserve a coffee hour or visit with your friends outside the building.*

SIGNUPS ARE NOW OPEN. LIMIT: 20 MEMBERS

When can I get a **COVID-19 VACCINE** in NH?

Updated: 1/21/2021

DECEMBER - MARCH*

PHASE 1B NOW OPEN

To register go to www.vaccines.nh.gov

- People 65 and older
- Medically vulnerable people under 65 who are at significantly higher risk with 2 or more conditions
- Family caregivers of medically vulnerable persons under 16 years old
- Residents and staff of residential facilities for persons with intellectual and developmental disabilities
- Corrections officers and staff working in correctional facilities
- First responders and health workers not already vaccinated

PHASE 2

PHASE 2A

- K-12 school and childcare staff

PHASE 2B

- People 50-64 years old

MARCH - MAY*

PHASE 3

PHASE 3A

- Medically vulnerable people under 50 years old at moderately higher risk with 1 or more conditions

PHASE 3B

- Everyone else not already vaccinated


MAY and BEYOND*

Visit vaccines.nh.gov or call 2-1-1 for more information.

*Estimated time frame depends on vaccine doses allocated to NH from the federal government and vaccine uptake.

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TRAVEL UPDATE: DAY AND OVERNIGHT TRIPS

At this time if you had a deposit or payment you will be refunded, unless the trip is postponed. However, if you don't wish to hold your spot at this time, we will issue refunds upon request.

- ◇ **Sex Please We're Sixty** at Newport Playhouse. **Rescheduled to August 2021.**
- ◇ **Sail America!** Take a 90 minute narrated tour in Boston Harbor to see the Mayflower II and the USS Constitution together. **New date: TBA**
- ◇ **The Buddy Holly Story.** North Shore Music Theater. **Rescheduled to August 2022.**
- ◇ **Little Shop of Horrors.** North Shore Music Theater. **Rescheduled to September 2022.**
- ◇ **Kinky Boots.** North Shore Music Theater. **Rescheduled to October 2022.**

APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday
ALL ACTIVITIES ARE BY RESERVATION ONLY. PLEASE DO NOT ARRIVE EARLY.			1 APRIL FOOL!	2 8:30-11 Pickleball 9:00-11:30—Coloring 12:30 Bingo
5 10-12 - UNH OT 12:30 Cribbage	6 9:30-11:15 Coffee Hour by Appt. 11:30 Bridge 8:30-11 Pickleball	7 11:00—Cornhole 12:30—Hand & Foot/Pay Me/Poker	8 1:00 Clue Durnit	9 8:30-11 Pickleball 9:00-11:30—Coloring 12:30 Bingo
12 10-12 UNH OT 12:30 Cribbage	13 9:00-11:00 Dominoes 11:30 Bridge 8:30-11 Pickleball	14 11:00—Cornhole 12:30—Hand & Foot/Pay Me/Poker	15 12-245—Whist/Mahjongg/Canasta	16 8:30-11 Pickleball 9-11:30 Coloring 10—Book Club 12:30—Bingo
19 10-12 UNH OT 12:30 Cribbage	20 9:00-11:00 Dominoes 11:30 Bridge 8:30-11 Pickleball	21 11:00—Cornhole 12:30—Hand & Foot/Pay Me/Poker	22 12-245—Whist/Mahjongg/Canasta	23 8:30-11 Pickleball 9-11:30 Coloring 12:30—Bingo
26 10-12 UNH OT 12:30 Cribbage	27 9:00-11:00 Dominoes 11:30 Bridge 8:30-11 Pickleball	28 11:00—Cornhole 12:30—Hand & Foot/Pay Me/Poker	29 12-245—Whist/Mahjongg/Canasta	30 8:30-11 Pickleball 9-11:30 Coloring 12:30—Bingo



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