

BRIGHT HORIZONS

TOWN OF DOVER



MARCH

2014

Email: coaeditor@doverma.org

Telephone: 508-315-5734

MARCH LUNCHEON- ST. PATRICK'S DAY

Join us for a traditional Corned beef and Cabbage dinner. Wear your green!

Tuesday, March 11th at 12:00 Noon at Caryl Community Center. \$4.00

PLEASE BE SURE TO RSVP BY:

March 5th



CIRCLE OF FRIENDS LUNCH

Tuesday, March 25th 1:00PM—

Grace Church

RSVP By March 20th to 508-315-5734

"STAMPING WITH STACY" - Card Making Class

Monday, March 31st, 10:30AM - Caryl Community Center, Room 116

TIRED OF WINTER? Join us for a "Spring" card making class with Stacy.

Please sign up ASAP as space is limited. Call 508-315-5734.

Sponsored by the Friends of the COA

Free Hearing Screenings

Thursday March 20th; 10AM-12Noon

(By Appointment) at Caryl Community Ctr, Room 116

Give yourself ten minutes to have your hearing professionally checked by Mass Audiology. In just 10 minutes they can check your ear canal for wax buildup and screen you for hearing loss with an audiometer. If you already have hearing aids, they can check them and replace your batteries and/or answer any questions you may have about your hearing device. Call the COA at 508-315-5734 for your FREE one-on-one hearing screening. Appointments are required for this testing.

NEW KEY CARD SYSTEM FOR THE COA

The COA is now using MY SENIOR CENTER, which is an electronic keycard system for us to track how many individuals use the COA and what programs they attend. You may have already met Bill Clark who has been signing up folks and handing out keycards. If you do NOT have a card, please stop by the COA office to see a staff member and sign up. Thank you!

LIFETIME LEARNING STARTS IN APRIL

See Page 6 for all the information

Technology Support Program

Saturday, March 8th; 9:30AM - 12Noon at Caryl Community Center, Room 116 (COA Office)

Having trouble figuring out programs on your computer or iPad/tablet? Need help in setting up voice mail and contacts on your cell phone? Not sure how to download photos from your digital camera or music to your iPod? Join us on a Saturday morning for a consultation with High School students who are THE experts when it comes to technology! Bring your questions and help students get community service hours. Computers are available; please bring your device if portable. Please RSVP to 508-315-5734.

SAVE THE DATES

APRIL LUNCHEON - Tuesday April 8th
Jack Quinlan will once again be here to entertain us with his piano music.

MAY LUNCHEON- Tuesday, May 13th

Author Michael Tougias will share excerpts from his book A Storm Too Soon; the US Coast Guard's sea rescue of stranded sailors in the Gulf Stream in 2007
Sponsored in part by the Dover Cultural Council

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING
Tuesday, March 4th , 10:00AM Caryl, Room 116

PAGETURNERS BOOK CLUB
Thursday March 13th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)
Date: May 7th 9:00 – 11:00AM Caryl Ctr, Room 116
Welcome to our new podiatrist, Dr. Greg Cormier! Appointments are required and a check payable to Dr. Greg Cormier in the amount of **\$30** is due at appointment. Call COA for appointment time - **508-315-5734**
Future Dates: July 16, Sept 24

SHINE COUNSELOR
If you need to speak with a SHINE counselor, please contact the COA . SHINE can help you with Medicare/ Insurance questions.

BLOOD PRESSURE CLINIC - WALPOLE VNA
Friday, March 28th Caryl Blue Room -1:00PM

AFTERNOON TEA
“Famous quotes starring Kermit”
Friday, March 28th
Caryl Blue Room—1:30PM



SENIOR COFFEE HOUR
Friday, March 28th 8:00AM - Caryl Blue Room

Please come and enjoy coffee and conversation

U.F.O. (UNFINISHED OBJECTS)
March 3rd & 17th 10:00AM-Caryl, COA Room 116
Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.

CRAFTS CLASS
March 10th & 24th 10:00AM-Caryl, COA Room 116
Come and learn something new! The cost is minimal and there are tasty treats and great conversation

BOCCE BALL IS BACK!
Bocce returns to the Dover Legion on Friday, **April 4th, 10:00AM.**

BRIDGE—DROP-IN BRIDGE
If you are interested in getting together for a bridge game, please give us a call.

LEARN TO PLAY MAH JONGG –
1:00PM Thursday afternoons-Caryl Blue Room
Please join us for Mah Jongg-any level welcome

KNITTING -
Mondays-1:00PM-Caryl Blue Room

If you are a knitter or want to learn how to knit please join us. Bring your knitting, questions & ideas for new projects. Beginners or Experienced welcome. Crocheters welcome too!



TREES FOR WINTER INTEREST

Winter gardens need not be dull and boring. During the winter as I look out the windows at my back yard, I see crabapple trees and the robins and waxwings enjoying the fruit. As I look out my front windows, I see my Seven Son Flower with its peeling bark and Sourwood with its reddish seed pods blowing in the wind. Other attractive trees for winter interest are Hawthorne, Japanese Dogwood (fruit) and Birch, Stewartia and Paperback Maple (peeling bark).



COA BOARD MEMBERS

Betty Hagan, Chair
Alice Baranick, Treasurer
Barbara Murphy
Lou Theodos, Vice Chair
Maureen Dilg
Cara Groman
Gilbert Thisse
Amy Boyce
Camille Johnston

COA STAFF MEMBERS

Janet Claypoole, Director
Carl Sheridan, Outreach Worker
Sue Sheridan, Administrative Assistant/Editor
Nancy Simms, Volunteer Coordinator

FUN & FITNESS

YOGA FOR WELLNESS - (For All Ages)

CARYL COMMUNITY CENTER - 2ND FLOOR

*Mondays & Wednesdays 9:30AM – 10:30AM
60+ - \$3.00 Under 60 \$5.00*

Come join the Dover COA community as we move for wellness. Yoga has long been established as a viable way to improve health and vitality, strength and balance. De-stress, breathe, and move toward a healthier, happier you.

Please wear comfortable clothing.



EXERCISE CLASS

Tuesday & Thursday 9:30AM \$3.00

Upper Town Hall

Come and join our exercise class! Men and women are welcome to attend. Wear comfortable clothing and bring water.

ZUMBA GOLD CLASS

Fridays, 10:00-10:45AM

The COA in collaboration with Parks & Recreation are sponsoring a Zumba Gold Class. Classes held in the Caryl Gym. \$3.00/session Wear your sneakers and come move with us!



CHI GONG - ALL WELCOME...

Mondays 5:30PM- Dover Library Community Room

*Wednesdays 12:30PM- Caryl Blue Room
Come join us and bring a friend!! \$3.00*



DOVER SENIOR TRANSPORTATION SERVICE

If you need a medical or other local ride, give it a try. Better than a taxi at the fraction of the cost.
COST OF LOCAL RIDES EACH WAY:

- ♦ \$30.00 for a 10 “punch” ticket provides trip to:
 - ♦ Needham, Dedham Medical, Natick, Medfield & Wellesley 2 punches each way (equaling \$6.00 each way).
 - ♦ Framingham, Holliston, Newton-Wellesley Hospital 3 punches each way (equaling \$9.00 each way).
 - ♦ Sudbury & Waltham 4 punches each way (equaling \$12.00 each way)
 - ♦ Within Dover 1 punch each way (\$3.00 ea way)

COST OF MEDICAL RIDES TO BOSTON:

(ONLY MEDICAL RIDES TO BOSTON)

- ♦ \$20.00 one way **(Does not include Tips)**
- ♦ \$40.00 round trip
- ♦ You can purchase the tickets at the COA.
- ♦ Once you have purchased your ticket, call JFK and give them the travel information. **(you must give a 48 hour notice for Boston)**
- ♦ Hours of service: 7:00am to 5:00pm Monday through Friday
- ♦ If you have any questions, please call COA at (508) 315-5734.

NOTE: THESE RATES DO NOT INCLUDE TIPS

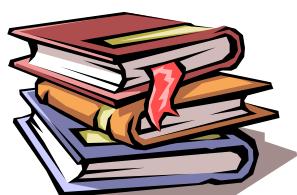
CURRENT COA LIBRARY DONATION POLICY

1. *Current Large Print books are welcome*
2. *Current fiction books in paperback are welcome*
3. *Current fiction books are welcome*

THE FOLLOWING TYPES OF BOOKS ARE NOT NEEDED AT THIS TIME...

1. *Non Fiction*
2. *No books printed before 2000*

The COA would like to thank you for all the donations, and hope you continue to contribute to our collection.



DOVER COA-MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30AM- Yoga –Caryl 2nd floor 10AM– UFO –Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong- Library CR	4 9:30AM - Exercise – UTH 10:00—COA Board Meeting—Rm 116	5 9:30AM- Yoga- Caryl 2nd floor 10AM-12N- Matter of Balance-Caryl Blue Room 12:30PM Chi Gong- Caryl Blue Room	6 9:30AM - Exercise – UTH 1:00PM - MahJongg- Caryl Blue Room	7 10:00AM Zumba Gold Caryl Gym
10 9:30AM- Yoga –Caryl 2nd floor 10AM– CRAFTS—Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong- Library CR	11 9:30AM - Exercise – UTH 12Noon - St Patrick's Day Luncheon - Caryl Cafeteria	12 9:30AM- Yoga- Caryl 2nd floor 10AM-12N- Matter of Balance -Caryl Blue Room 12:30PM Chi Gong- Caryl Blue Room	13 9:30AM - Exercise – UTH 1:00PM - MahJongg- Caryl Blue Room 1:00PM—Book Club- Library	14 10:00AM Zumba Gold Caryl Gym
17 9:30AM- Yoga –Caryl 2nd floor 10AM– Crafts –Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong- Library CR	18 9:30AM - Exercise – UTH	19 9:30AM- Yoga- Caryl 2nd floor 12:30PM Chi Gong- Caryl Blue Room	20 9:30AM - Exercise – UTH 10AM-12N-Hearing Screening by Appt. Caryl, Room 116 1:00PM - MahJongg- Caryl Blue Room	21 10:00AM Zumba Gold Caryl Gym
24 9:30AM- Yoga –Caryl 2nd floor 10AM– UFO –Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong- Library CR	25 9:30AM - Exercise – UTH 1:00PM Circle of Friends-Grace Church	26 9:30AM- Yoga Caryl 2nd floor 12:30PM Chi Gong- Caryl Blue Room	27 9:30AM - Exercise – UTH 1:00PM - MahJongg- Caryl Blue Room	28 8:00AM—Sr. Coffee- Caryl Blue Room 10:00AM Zumba Gold Caryl Gym 1:00PM—Blood Pressure -Caryl, Blue Room 1:30PM—Tea-Caryl, Blue Room
31 9:30AM- Yoga –Caryl 2nd floor 10:30AM—Stamping with Stacy - Room 116 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR			GC—Grace Church Library CR = —Community Room Caryl — Caryl Community Ctr. UTH —Upper Town Hall Room 116—COA office at Caryl Blue Room-At Caryl Community Ctr. Rm 108	

REGISTER FOR LIFETIME LEARNING COURSES

All courses are held in Dover and cost \$30 per course –not class

Great Thinkers: Hobbes to Mill

When: Thursdays 1:00 - 2:30 pm

Where: Dover Library Community Room

April 3, 17 and May 1, 15

Moving from life as nasty, brutish, and short (Thomas Hobbes) to looking at the world through rose-colored glasses (Immanuel Kant), we will think about the beginning of modern thought. To complete our picture, we will ask, along with René Descartes, if we are living in a dream and, finally, how much space should we give to others? (J.S. Mill) Short readings will be provided but are not required for participation.

Maud Chaplin received her Professor of Philosophy Emerita from Wellesley College where she taught for 44 years. She has an undergraduate degree from Wellesley College and her MA and PhD from Brandeis University.

German History from the Tribal Period to the Present

When: Tuesdays 10:30AM -12 Noon

Where: Dover Library Community Room

April 1, 15 , 22 and 29th

This course will examine the history of Germany from its beginning to the present day. Topics reviewed will be tribal organization, the Holy Roman Empire, Thirty Years' War, Rise of Prussia, Bismarckian Empire, World War I, Weimar Republic, Rise of Hitler, World War II, Division of Germany (1945-1990), and Unification since 1990. Students are invited to contribute to the course and to actively participate. All are welcome.

Mr. Thomas J. MacDonough, a Dover resident for nearly 50 years, is the retired chair of the History department at Norwood Senior High School. He has also been a member of the evening faculty at Northeastern University for 35 years where he served as Senior Lecturer in History as well as faculty member in the School of Education.

Genealogy Kickstart

When: Wednesdays 1:00-2:30 pm

Where: Dover Library Community Room

April 2, 9, 16 and 30

Have you always wanted to take a journey back in time to find those who have brought you to the present? Do you want to learn more about your ancestors? Perhaps you do not know where to begin—or you have begun your search and run into roadblocks. Three knowledgeable and experienced genealogists will assist you in your quest. The final class will be a workshop on using Ancestry.com to aid your search and grow your family tree.

The genealogists are Michael Brophy, April 2nd; Marian Pierre-Louis, April 9th; and David Dearborn, April 16th. More information on the speakers will be available in the brochure and online at www.coafriends.org.

Please check the course(s) that you wish to attend, fill out your name, address, phone, and email, and mail this form to the address below.

Great Thinkers: Hobbes to Mill

Genealogy Kickstart

German History from the Tribal Period to Present

Name: _____ Phone: _____
Address: _____ Email: _____ -

SEND YOUR CHECK FOR \$30, \$60, or \$90 TO:

**Friends of the Dover Council on Aging
PO Box 250
Dover MA 02030**

If you have any questions, please email [Michele Keleher at makeleher@comcast.net](mailto:makeleher@comcast.net)

ON THE LIGHT SIDE

WHY SO SERIOUS??

1. Why do we wash bath towels? Aren't we clean when we use them?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If all the world is a stage, where is the audience sitting?
17. Why do they call it a TV set when you only have one?
18. If you are cross-eyed and have dyslexia, can you read all right?
19. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
20. Why do we put suits in garment bags and garments in a suitcase?

**HAPPY ST PATRICKS DAY
JOIN US FOR OUR ST. PATRICK'S DAY
CORNED BEEF LUNCHEON
MARCH 11TH - 12:00NOON
MUST RSVP BY MARCH 5TH**



**OFFICE HOURS –
MONDAY – FRIDAY 9:00AM – 4:30PM
EMAIL: COA@DOVERMA.ORG
508-315-5734**

See the COA Town Website
www.doverma.org
Select Council on Aging

**IF YOU ARE INTERESTED IN FINDING OUT WHAT THE FRIENDS OF THE COA DO, PLEASE
VISIT US ON OUR WEBSITE www.coafriends.org**

**FRIENDS OF THE DOVER COA
*Remember a Loved One or Honor a Friend with a Memorial Gift***

Enclosed is my donation of \$ _____ in memory/honor of _____

NAME _____ TELEPHONE _____

ADDRESS _____ EMAIL _____

Mail form and donation to Friends of the COA, P.O. Box 130, Dover, MA 02030
Visit us at www.coafriends.org



STD Rate
U.S. Postage Paid
Permit No. 3
Carrier Route Pre Sort

Return Service Requested
Dover MA 02030
Town House Box 250
Council on Aging