

# BRIGHT HORIZONS

## TOWN OF DOVER



**OCTOBER**

**2013**

Email: [coeditor@doverma.org](mailto:coeditor@doverma.org)

Telephone: 508-315-5734

### OCTOBER LUNCHEON—

Tuesday October 8th - 12:00 Noon Caryl—\$4.00

*“A Fall Festival of sing-along songs with Jack Quinlan on the piano”*

*Please join us for a fun time!*

*RSVP by October 3rd. 508-315-5734*

### SPIRITUALITY LUNCHEON

Rev. Max Olmstead—Dover Church

“Benefits of Meditation”

Tues. October 15th—Caryl Blue Rm. 12:00PM - \$3.00

RSVP by Oct. 10th

### CIRCLE OF FRIENDS LUNCHEON

Tuesday, Oct. 22nd -1:00PM-Grace Church

RSVP by Oct. 18th 508-315-5734

### FUNDRAISER!!!

#### THIRD ANNUAL JAZZ BRUNCH

BY THE FRIENDS OF THE COA-

TICKETS \$30.00 EACH

The Friends of the Dover COA will be presenting the Third Annual Jazz Brunch at the Sherborn Inn on Sunday, October 27, from 11:30 AM to 2 PM. Jack Quinlan with his repertoire of songs from the 20's to the 50's will be our pianist. Everyone who attended last year's Brunch raved about the music, the food and the terrific raffle items. Don't miss it! Call the COA to buy tickets or purchase a ticket at the Dover Market. This event helps the COA serve Dover seniors. Tickets must be purchased by October 21. Reserve a table for your friends and have a memorable fun time.

*Reminder: membership in the Friends of the Dover COA is from Jan. 1 to Dec. 31. The Friends will be having a town-wide membership drive during the months of Nov. and Dec. for 2014. Your membership donation is tax deductible and goes directly to support programs and services of the Council on Aging.*

### SAVE THE DATES

### THANKSGIVING LUNCHEON

Tuesday, November 12th, 12:00 Noon Caryl—\$4.00

### IN THE MOOD

#### A 1940'S MUSICAL REVIEW

*Thursday, November 21st Matinee*

*Cost: \$65.00/person, includes ticket & Transportation*

Join the Dover/Sherborn COA's as they head to the Majestic Theater (Boston) for a delightful musical that features song, dances and memories of the Big Band Era.

Reserve ASAP as space is limited.

Call the COA at 508-315-5734

508-315-5734



### FALL YARD CLEAN UP

The DSHS Football Team will be doing Fall Yard Clean Up on the afternoon of Saturday, October 26th. The boys will earn needed community service hours while beautifying yards of lucky Dover Seniors. Please sign up for this wonderful tradition.

Space Limited—call early 508-315-5734 or drop by and use our sign-up sheet

### MEDICARE OPEN ENROLLMENT

*Don't forget that Medicare open enrollment is now through December. Our SHINE Counselor is here on Wednesday mornings by appointment in October. If you would like to make an appointment, please call 508-315-5734. When you meet with SHINE, make sure you have all your insurance information and a list of ALL the medications & Dosage you take.*

## PROGRAMS & SERVICES

### COUNCIL ON AGING BOARD MEETING

*Tuesday, October 1st, 10:00AM Caryl Rm 116*

### FOOT DOCTOR CLINIC (By Appointment - \$30.00)

*Date: Wednesday October 23rd 9:00 – 11:00AM UTH*

Appointments are required and a check payable to Dr. William Cooper in the amount of \$30 is due at the time of appointment. COA - 508-315-5734

*Future Dates: December 18th*

### SHINE COUNSELOR

If you need to speak with a SHINE counselor, please contact the COA .

### BLOOD PRESSURE CLINIC - WALPOLE VNA

*Friday, October 25th Caryl Blue Room -1:00PM*

### AFTERNOON TEA - “Halloween Parade Tea”

*Friday October 25th*

*1:30PM—Caryl Blue Rm*

### SENIOR COFFEE HOUR

*Friday, October 25th 8:00AM*

*Caryl Blue Rm*

Please come and enjoy coffee and conversation.



### U.F.O. (UNFINISHED OBJECTS)

*October 7th & 21st 10:00AM-Caryl Rm 116*

Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.

### CRAFTS CLASS

*October 28th 10:00AM-Caryl Rm 116*

Come and learn something new! The cost is minimal and there are tasty treats and great conversation .

### BOCCE BALL– JOIN US EVERY FRIDAY

*Every Friday at 10:00AM –Dover Legion*

### BRIDGE—DROP-IN BRIDGE

*If you are interested in getting together for a bridge game, please give us a call - 508-315-5734*

### BOOK CLUB

*2nd Thursday of every month-Oct. 10th - 1:00PM*

*Dover Town Library-Oct. Book “Sense of an Ending”*

### MAH JONGG FOR ALL LEVELS –

*Thursdays at 1:00PM –Caryl Blue Room*

*All 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.



### THROUGH THE GARDEN DOOR

#### BIRD FEEDERS

I have 6 bird feeders using a variety of bird food that attract birds that alight on the feeders as well as ground feeding birds. I use black oil sunflower seeds, wild bird food mix, hummingbird food, suet and nyjer seeds. Over time, I have noticed the grass will not grow in the area beneath my two feeders that contain sunflower seeds. I discovered the seed coat of sunflower seeds contains a compound called allelopathy that prevents other plants from growing.

To prevent a bald spot in the lawn, move your feeder every week or two.



### **COA BOARD MEMBERS**

Betty Hagan, Chair  
Jane Hemstreet  
Alice Baranick, Treasurer  
Jeanne Gavrilles  
Barbara Murphy  
Lou Theodos, Vice Chair  
Maureen Dilg  
Cara Groman  
Gilbert Thisse

### **COA STAFF MEMBERS**

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

## **FUN & FITNESS PLEASE JOIN US....**

### **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.*



### **CHI GONG - ALL WELCOME...**

***Mondays 5:30PM Li-  
brary Community Rm.***

***Wednesdays 1:00PM- Caryl Community Ctr.  
Blue Room***

***Come join us and bring a friend!!  
(Donations accepted)***



### **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 each way)

**NOTE: THESE RATES DO NOT INCLUDE TIPS**

#### **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 information. (you must give a 48 hr. notice for Boston)
- ♦ Hours of service: 7:00am to 5:00pm Monday through Friday
- ♦ If you have any questions, please call us at (508) 315-5734

**NOTE: THESE RATES DO NOT INCLUDE TIPS**

### **SENIOR PROPERTY TAX WORK-OFF PROGRAM**

Dover seniors who are property tax owners may qualify for this year's Tax Work-off Program. There are 10 or less slots and only these would be eligible for tax abatement credit in Feb. & May of 2015. All amounts earned are subject to Federal Income & FICA taxation. Maximum amount is \$1000 minus taxes if the slot has enough work for 125 hrs. For guidelines and/or an application call the COA at 508 -315-5734

Deadline October 15<sup>th</sup> for applications.

**DOVER HISTORICAL SOCIETY  
OPENS FALL SEASON  
FOR FURTHER INFORMATION CONTACT  
Sue Knowles  
[susanneknowles@aol.com](mailto:susanneknowles@aol.com)**

# DOVER COA-OCTOBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:30AM - Exercise – UTH 10:00AM - COA Board Meeting – Caryl, Rm 116 10-11:30 Lifetime Learning -Lib. CR	<b>2</b> 9:30AM- Yoga Caryl 2nd floor 1:00-3:00 –Lifetime Learning—Lib. CR 1:00PM Chi Gong Caryl Blue Rm	<b>3</b> 9:30AM - Exercise – UTH 10:30-12:00 Lifetime Learning—Lib.CR	<b>4</b> 10:00AM –Bocce Dover Legion
<b>7</b> 9:30AM- Yoga Caryl 2nd floor  9:45AM– UFO –Rm 116 –Caryl 1:00PM—Knitting - Caryl Blue Rm  5:30PM Chi Gong- Library CR	<b>8</b> 9:30AM - Exercise – UTH 12:00Noon - Luncheon Caryl Cafeteria	<b>9</b> 9:30AM- Yoga Caryl 2nd floor 1:00-3:00 –Lifetime Learning—Lib. CR 1:00PM Chi Gong Caryl Blue Rm	<b>10</b> 9:30AM - Exercise – UTH 1:00PM Book Club Library	<b>11</b> 10:00AM –Bocce Dover Legion
<b>14</b> <b>HOLIDAY</b>	<b>15</b> 9:30AM - Exercise – UTH 12:00PM Spirituality Rev. Max Olmstead Caryl Blue Rm.	<b>16</b> 9:30AM- Yoga Caryl 2nd floor 1:00-3:00 –Lifetime Learning—Lib. CR 1:00PM Chi Gong Caryl Blue Rm	<b>17</b> 9:30AM - Exercise – UTH 10:30-12:00 Lifetime Learning—Lib.CR	<b>18</b> 10:00AM –Bocce Dover Legion
<b>21</b> 9:30AM- Yoga Caryl 2nd floor 9:45AM– UFO Caryl, Rm 116 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR 10:30-12—Lifetime Learning -Lib. CR	<b>22</b> 9:30AM - Exercise – UTH 1:00PM Circle of Friends Lunch –GC	<b>23</b> 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Rm	<b>24</b> 9:30AM - Exercise – UTH	<b>25</b> 8:00AM—Sr. Coffee Caryl Blue Rm. 10:00AM –Bocce Dover Legion  12:00Noon B/P Caryl Blue Rm. 12:30PM-Tea-Caryl Blue Rm
<b>28</b> 9:30AM- Yoga Caryl 2nd floor 9:45AM– Crafts-Caryl, Rm 116 1:00PM Knitting -Caryl Blue Rm 5:30PM Chi Gong- Library CR 10:30-12:00 Lifetime Learning Lib. CR	<b>29</b> 9:30AM - Exercise – UTH	<b>30</b> 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Rm	<b>31</b> 9:30AM - Exercise – UTH 10:30-12:00 Lifetime Learning—Lib.CR  <b>GC—Grace Church Library CR = —Community Room</b> <b>Caryl ——— Caryl Community Ctr.</b> <b>UTH——— Upper Town Hall</b> <b>Room 116——COA office at Caryl</b> <b>Blue Room—At Caryl</b>	



### **COMPLETING THE PROVERB : BY CHILDREN**

1. *A miss is as good as a.....*  
Mr.
2. *Better to be safe than.....*  
Punch a 5th grader
3. *Strike while the...*  
Bug is close
4. *It's always darkest before.....*  
Daylight savings time
5. *Don't bite the hand that.....*  
Looks dirty
6. *If you lie down with dogs, you'll .....*  
Stink in the morning!
7. *An idle mind is.....*  
The best way to relax
8. *A penny saved is.....*  
Not much
9. *Don't put off till tomorrow what...*  
You put on to go to bed
10. *Laugh and the whole world laughs with you, cry and.....*  
You have to blow your nose
11. *You get out of something only what you...*  
See in the picture on the box
12. *Children should be seen and not...*  
Spanked or grounded
13. *If at first you don't succeed....*  
Get new batteries!

### **TRICK OR TREAT TIME!**

**Healthy snacks don't have to be hard to prepare or unhealthy. Try these fun and nutritious options.**



- Fruits and veggies: the #1 choice for snacking. Make sure they are easy to get to, clean and cut up. Canned fruits in water, juice or light syrup are healthy and quick options.
- Ants on a log: a fun way to eat celery and carrot sticks - celery and carrot sticks topped with low fat Peanut butter and raisins
- Popcorn faces: instead of store-bought cookies - rice cakes with low-fat cream cheese or peanut butter. Get creative with your toppings and let your child design faces out of raisins, nut, carrot sticks, apple slices, and granola.
- Apple Swirl: cheap, quick and low in sugar - buy a large jar of unsweetened applesauce and let your kids add their own cinnamon.
- Healthy trail mix: instead of chips & Doritos: add together unbuttered popcorn, small pretzels, shredded white bite or honey nut cheerios cereal, peanuts and raisins.
- Cheese roll-up: use any type of low-fat cheese slices and roll up your favorite fruit or vegetables like apples, pears, green peepers or cucumbers.
- Monkey Dip: use low-fat pudding or yogurt and let your child dip a banana.
- A word about drinks: water is the preferred drink choice; other healthy options include low-fat or fat free milk and 100% fruit juice; try mixing juice with seltzer water for a fun "spritzer."
- Go for the golden wheat: whole wheat fig Newton's with a glass of cold low fat or fat free milk
- Chewy, gooier and crunchy: dried fruit and peanut mix.
- To control portion sizes and overeating, put snack items such as crackers into smaller baggies to prevent kids from eating directly from the bag.



## ON THE LIGHT SIDE

### **TOP DIET EXCUSES**

- **Chocolate is a vegetable. How, you ask? Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived from either sugar CANE or sugar BEETS. Both are plants, which places them in the vegetable category. Thus, chocolate is a vegetable.**
- **Only eat things that have been broken into pieces; that way, all the calories fall out.**
- **Cookie pieces contain no fat – the process of breaking causes fat leakage.**
- **Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.**
- **But the doughnut was calling my name.**
- **But it was my birthday, so I had to eat the whole cake.**
- **I had to get the bitter taste out of my mouth from eating the so-called dish, so I had an ice cream.**
- **If you eat something and no one sees you eat it, it has no calories.**
- **If you drink a diet soda with a candy bar, the calories in the candy bar are canceled out by the diet soda.**
- **If you fatten up everyone else around you, then you look thinner.**
- **Inside me there's a thin person struggling to get out, but I can usually sedate her with four or five cupcakes.**

### **Actual Newspaper Ads and Classifieds:**

- **AMANA WASHER \$100. OWNED BY CLEAN BACHELOR WHO SELDOM WASHED.**
- **SNOW BLOWER FOR SALE... ONLY USED ON SNOWY DAYS.**
- **FREE PUPPIES... PART GERMAN SHEPHERD, PART DOG**
- **WHIRLPOOL BUILT IN OVEN - FROST FREE!**

**PLEASE JOIN US**

**JAZZ BRUNCH SPONSORED BY  
FRIENDS OF THE COA**  
*Sunday October 27th 11:00-2:00 Sherborn Inn.  
Tickets at the COA*

**OFFICE HOURS -**

**MONDAY - FRIDAY 9:00AM - 4:30PM**

**EMAIL: [COA@DOVERMA.ORG](mailto:COA@DOVERMA.ORG)**

**508-315-5734**

See the COA Town Website

[www.doverma.org](http://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](http://www.coafriends.org)**

**FRIENDS OF THE DOVER COA**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ EMAIL \_\_\_\_\_

ENCLOSED IS MY DONATION OF \$ \_\_\_\_\_

IN MEMORY OF \_\_\_\_\_

IN HONOR OF \_\_\_\_\_

*Mail form to Friends of the COA, PO Box 130, Dover MA 02030 .*

*Visit us at [www.coafriends.org](http://www.coafriends.org)*



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

Return Service Requested

Council on Aging  
Town House Box 250  
Dover MA 02030