

BRIGHT HORIZONS

TOWN OF DOVER

SEPTEMBER



2013

Email: coaeditor@doverma.org

Telephone: 508-315-5734

****WE HAVE MOVED TO THE CARYL COMMUNITY CTR....PLEASE NOTE OUR NEW PHONE NUMBER 508-315-5734****
STOP BY AND SEE US!

SEPTEMBER LUNCHEON—

Tuesday September 10th, 12:00 Noon Caryl- \$4.00
Carol DeRienzo, RN, BSN, will be presenting
“Grow with me, the Best is yet to be.”
A presentation to educate and enable
individuals to live as safely and independently in
their homes for as long as possible.
(Partially funded by Wingate Health Care of Needham)
RSVP BY : Sept. 6th

CIRCLE OF FRIENDS LUNCHEON

Tuesday, Sept. 24 -1:00PM- Grace Church
RSVP by Sept. 19th 508-315-5734

LIFETIME LEARNING CLASSES ARE BACK!

See page 6 for more information and the Fall
schedule. There will be brochures at the Library, Town
Hall and COA.

PEABODY ESSEX MUSEUM- FABERGE' EXHIBIT

Friday, September 20th
Cost: \$45/person



Join us for a docent led tour of these exquisite works of art on loan from the Virginia Museum of Fine Arts. The cost includes tour, transportation and lunch. Limited space available ... *Call 508-315-5734*

PLEASE VISIT THE BOOTH OF THE FRIENDS OF THE COA AT THE DOVER DAYS FAIR

Saturday, September 21st.

The Friends of the Dover COA will have a booth at the Dover Days Fair, September 21. Please stop by to learn about our Life Time Learning Classes and our Jazz Brunch at the Sherborn Inn on Sunday, October 27. We will be giving out free LED flashlights to all who visit our booth.

SAVE THE DATES JAZZ BRUNCH

Sunday, October 27th - 11:00—2:00
Sherborn Inn

Join us for the annual Jazz Brunch sponsored by the Friends of the COA, at the Sherborn Inn. Price TBA. Come and enjoy music from the 20's & 30's. Tickets available at Dover Days Fair and the COA. The Friends raise money to help support the COA.



DIABETIC SUPPLIES & MAIL ORDER PROGRAM

Starting July of this year, Medicare implemented a national Mail-order program for diabetic testing supplies. **You will need to use a Medicare Mail-Order contract supplier for Medicare to pay for testing supplies that are delivered to your home. If you do not want them sent to your home, you can buy them at the same price at local pharmacy that has agreed to accept Medicare assignment.** The program doesn't require that you change your testing monitor, but to get the low price you should look for a national Mail-Order Contract Supplier that can provide the supplies you need at the Medicare approved amount. If you switch suppliers, you might need to get a new prescription.

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, September 3rd 10:00AM Caryl

PAGETURNERS BOOK CLUB - Book for September -

Time Keeper by Mitch Albom

Thursday September 12th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wed. October 23rd 9:00 –11:00AM Caryl Rm 116

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, September 27th Caryl Blue Room -1:00PM

AFTERNOON TEA - "Hello Again Tea"

Caryl Blue Rm Friday September 27th

1:30PM—Caryl Blue Rm

SENIOR COFFEE HOUR

Friday, September 27th 8:00AM

Caryl-Blue Room

Please come and enjoy coffee and conversation.



U.F.O. (UNFINISHED OBJECTS)

September 16th & 30th 10:00AM-Caryl Blue Rm

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

CRAFTS CLASS

September 9th & 23rd 10:00AM-Caryl Blue Rm

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

LEARN TO PLAY MAH JONGG –

September 12, 19 & 26th 1:00PM—Caryl Blue Rm

Please call the COA if you are interested

KNITTING -NOW MEETS EVERY MONDAY

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

European Wild Ginger (Asarum europaeum)

My yard has areas that require plants for dry shade due to trees which absorb most of the rain. European Wild Ginger is a first-rate groundcover for these areas. It will slowly form a solid patch of glossy, dark green rounded leaves, which remain evergreen if our winter remains mild. This plant will take a few years before it begins to spread significantly. My one plant has now spread to eight feet wide and three feet deep. I cut out sections and transplant them to areas where other plants don't seem to grow. It combines well with Hosta, primroses and low-growing ferns. The only care this plant requires is to be cut back when it spreads too far.

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...

(New) Mondays
5:30PM Library 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

A thank you to Paul Campanis

The Dover COA would like to thank Paul Campanis for his many years of volunteer service to the Council on Aging. Paul is a wonderful kind man who would always lend a hand when needed and never ask for anything in return. He has moved south to be with his son and we wish him the very best. We will miss him.

DOVER COA-SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY	3 9:30AM - Exercise – UTH 10:00AM - COA Board Meeting –	4 9:30AM- Yoga Caryl 2nd floor	5 9:30AM - Exercise – UTH	6 10:00AM –Bocce Dover Legion
9 9:30AM- Yoga –Caryl 2nd Floor 9:45AM- Crafts –Blue Rm 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR	10 9:30AM - Exercise – UTH 10-11:30-Lifetime Learning-Library- CR 12:00Noon - Luncheon Caryl	11 9:30AM- Yoga Caryl 2nd floor	12 9:30AM - Exercise – UTH 1 00PM—Mah Jongg Caryl Blue Rm	13 10:00AM –Bocce Dover Legion
16 9:30AM- Yoga Caryl 2nd floor 9:45AM-UFO Caryl Blue Rm 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR	17 9:30AM - Exercise – UTH 10-11:30-Lifetime Learning-Library- CR	18 9:30AM- Yoga Caryl 2nd floor	19 9:30AM - Exercise – UTH 10:30-12:00 Lifetime Learning –Library 1 00PM—MahJongg Caryl Blue Rm	20 10:00AM –Bocce Dover Legion PEM Trip
23 9:30AM- Yoga Caryl 2nd floor 9:45AM-Crafts Caryl Blue Rm 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR	24 9:30AM - Exercise – UTH 10-11:30-Lifetime Learning-Library- CR	25 9:30AM- Yoga Caryl 2nd floor	26 9:30AM - Exercise – UTH 1 00PM—Mah Jongg Caryl Blue Rm	27 8:00AM—Sr. Coffee Caryl—Blue Rm. 10:00AM –Bocce Dover Legion 12:00Noon B/P Caryl 12:30PM-Tea-Caryl
30 9:30AM- Yoga Caryl 2nd floor 9:45AM- UFO Blue Rm 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR			FS= Fireside Rm ——— Town Hall Library CR = ——— Community Room Caryl ——— Caryl Community Ctr. UTH ——— Upper Town Hall	

Lifetime Learning Fall 2013

Back to Class!

The Friends of the Council on Aging are excited to announce a new slate of classes for Fall 2013. We will be off to a quick start in September, so mark your calendars now. Registration forms with more detailed course descriptions will be in the COA office and the Dover Town Library by mid-August. Once again, each series of classes is only \$30. Classes to be held at the Library Community Rm.

Questions? Contact Anne Coster at cosgriffy@verizon.net or by phone: 508-785-9867

Modern Russian History (1800-present)

Thomas J. MacDonough

Tuesdays 10:00-11:30 September 10,17,24 and October 1

The success of the Spring 2013 “Panoply of Russian History” class opens the door for this seminar that will analyze in greater detail the fascinating recent history of Russia.

We will examine the cultural (politics, religion, intellectual), military, economic, and social institutions as they have developed. Once again, Tom MacDonough promises to bring knowledge and insight to our understanding of this great country and its people.

French Impressionists

Lili Mugnier

Wednesdays 1:00-3:00 October 2, 9, and 16

What are the reasons behind the overwhelming popularity of impressionism? In this course we hope to explore what the term really means in terms of style, exposure, and innovation. In looking at the work of the great masters - Manet, Monet, Renoir, Degas, - how their interrelations and interaction with their friends; family, and other artists shaped the movement.

Ancient Philosophers- Socrates, Aristotle & Plato

Maud Chaplin

Thursdays 10:30-12:00 September 19, October 3, 17, 31

Maud Chaplin, Professor of Philosophy Emerita at Wellesley College, returns to guide us through readings and discussion to a more in-depth understanding of the greats of Ancient Philosophy. A future class will, in turn, focus on modern era (18th-19th century) philosophers.

Highlights of New England History and Culture

Lecture Series featuring Experts

Mondays October 21, 28, November 4 and 18 (TIME TBA)

Colonial Church Silver and its History, Boston's Hidden Tiffany Windows, Transcendentalism in New England...are among the topics featured in this lecture series.



HMMMMMM!!!!

ON THE LIGHT SIDE

- I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.
- Laugh at your problems, everybody else does.
- I didn't say it was your fault, I said I was blaming you.
- If winning isn't everything why do they keep score?
- This girl rang me up one time, she says "come over, nobody is home", I went over, no one was home!
- Depression is just anger without enthusiasm.
- The shinbone is a device for finding furniture in a dark room.
- Before you insult a man, walk a mile in his shoes. That way, when you insult him, you'll be a mile away, and have his shoes.
- We never really grow up, we only learn how to act in public.
- Last night I lay in bed looking up at the stars in the sky and I thought to myself, where the heck is the ceiling.
- Do not argue with an idiot. He will drag you down to his level and beat you with experience.

LAWS OF DAILY LIFE

LAW OF MECHANICAL REPAIR: After your hands become coated with grease, your nose will begin to itch.

LAW OF THE WORKSHOP: Any tool, when dropped, will roll to the least accessible corner.

LAW OF ENCOUNTERS: The probability of meeting someone you know increases when you are with someone you don't want to be seen with.

LAW OF BIOMECHANICS: The severity of the itch is inversely proportional to the reach

Why seniors still need newspapers !!

While I was visiting my niece last night I asked if I could borrow a newspaper. "This is the 21st century," she said. "We don't waste money on newspapers. Here, use my iPad."

Well, I can tell you this much...that fly never knew what hit him!

PLEASE JOIN US ON THE UPCOMING TRIPS

PEABODY ESSEX MUSEUM-FABERGE' EXHIBIT

Friday, September 20th

Please see first page for more information

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

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*



Carrier Route Pre Sort
Permit No. 3
U.S. Postage Paid
STD Rate
Council on Aging
Town House Box 250
Dover MA 02030

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