

BRIGHT HORIZONS

TOWN OF DOVER



JANUARY

2014

Email: coaeditor@doverma.org

Telephone: 508-315-5734

JANUARY LUNCHEON-

Tuesday, January 14th—12:00 Noon—Caryl \$4.00
Senior Housing Options and the VA Attendance Program.
Presenter: Michael Wilsker of Always Best Care Senior Services. There are many senior housing options near Dover. Do you understand the different types? Join us as he reviews housing levels and services. Info on VA benefits will also be discussed.

RSVP BY: Jan. 3rd

CIRCLE OF FRIENDS LUNCH

Tuesday, January 28th 1:00PM—Grace Church
RSVP BY: January 22nd

DUE TO INCLEMENT WEATHER
IF THERE IS NO SCHOOL, ALL
COA ACTIVITIES ARE
CANCELLED FOR THAT DAY



Do you need help shoveling snow from walkways or digging out your mailbox? National Honor Society students at DSHS have volunteered to help seniors this Winter. Please call Nancy Simms at the COA at 508-315-5734 and sign up for assistance from these students.



Friends of the Dover COA Enhancing the Well Being of Dover Seniors

The Friends of the Dover COA invites you to renew your membership as we work toward securing additional programs and services for our community.

By JOINING THE FRIENDS, you can be part of an exciting group of people who work to augment the events, lectures, social gatherings, educational opportunities, and van service offered here in town. We will also support a new space for seniors, a place to gather, talk, eat, learn, exercise, create art, and meet new people.

Dover residents, family, friends and neighbors -- join now. Make checks payable to The Friends of the Dover COA, and mail to: Friends of the Dover COA, Box 130, Dover, MA 02030. Or visit our website to join:

www.coafriends.org.

Membership Levels: Basic: \$20.00 Patron: \$50.00
Sweetheart: \$100.00 \$100+

A MATTER OF BALANCE

FALL PREVENTION AND AWARENESS

Wednesdays, January 29th— March 12 ~ 10-12 noon at
Caryl Community Center

Are you concerned about your balance? Do you stay indoors because you have a fear of falling? Does this fear prevent you from doing what you enjoy most? If you answered yes to any of these questions or would like to learn how to cope with balance issues and the fear of falling, than this is a class for you! Underwritten by a grant from the MetroWest Health Foundation, Dover COA is proud to offer a Stanford University Evidence Based Program called **A MATTER OF BALANCE**. Taught by Physical Therapists, Patty Osten and Cheryl Abelow, this six week program is fun and informative and will teach techniques to cope with the aging process. During this course, there will be opportunities to learn fall prevention techniques, what to do when you fall, have your medications reviewed by student pharmacists (to see how they interact with each other) and healthy snacks will be available each week.

A suggested donation of \$10 for this program includes booklet, six classes and snacks. Space is limited so you MUST sign up in advance.

Call the COA at 508 315-5734 to sign up

SAVE THE DATES
THE BIG BINGO BONANZA COMING IN FEBRUARY
LIFE TIME LEARNING WILL BE BACK IN THE SPRING

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING
Tuesday, January 7th , 10:00AM Caryl, Room 116

PAGETURNERS BOOK CLUB -
Thursday January 9th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$35.00)

Date: February Date TBA 9:00 – 11:00AM

Appointments are required and a check payable to Dr. William Cooper in the amount of **\$35** is due at the time of appointment. COA - **508-315-5734**

Future Dates: TBA

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, January 24th Caryl Blue Room -1:00PM

AFTERNOON TEA - "Happiness is....."

**Friday January 24th
Caryl Blue Room-1:30PM**

SENIOR COFFEE HOUR

**Friday, January 31st(FIFTH FRIDAY)
8:00AM - Caryl Blue Room**

Please come and enjoy coffee and Conversation .



U.F.O. (UNFINISHED OBJECTS)

January 6th 10:00AM-Caryl, COA Rm 116
Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.

CRAFTS CLASS

January 13th & 27th 10:00AM-Caryl, COA Rm 116
Come and learn something new! The cost is minimal and there are tasty treats and great conversation .

BOCCE BALL- (WILL RETURN IN THE SPRING)

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 –

*Please join us for Mah Jongg—any level welcome
1:00PM Thursday afternoons—Caryl Blue Rm.*

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 **Helianthus (Sunflower)**

It is now late fall and we have had several frosts. But as I walk out my front door, my Helianthus are in full bloom. These showy, late season perennials produce abundant yellow or orange daisylike flowers. I grow *H. maximiliana* which can reach 6' to 10' tall and should be staked. This is a back of the border perennial that likes to spread. It prefers full sun but mine grow in part sun and do not reach their full height.

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

The COA in collaboration with Parks & Recreation are sponsoring a Zumba Gold Class. The Class will be held on Fridays from 10:00-10:45AM. Classes held in the Caryl Gym. \$3.00/session



CHI GONG - ALL WELCOME...

Mondays 5:30PM- Caryl Blue Room

*Wednesdays 1:00PM- 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 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) 785-0032 ext 246.

NOTE: THESE RATES DO NOT INCLUDE TIPS

MWRTA SHUTTLE BUS TO BOSTON MEDICAL CENTERS

The Metrowest Regional Transit Authority on Tuesdays and Thursdays provides a shuttle bus to the following Boston medical centers: VA West Roxbury, VA Boston, NE Baptist, Beth Israel, Joslin Clinic, Dana Farber, New England Deaconess and Brigham and Women's. The cost of the bus is \$2.00 each way. The Shuttle will stop to pick up registered riders both on inbound and outbound trips. The shuttle can be boarded at the MWRTA facilities on Route 135 in Framingham (just over the Natick line) or Park & Ride is available at Natick VFW Post 1274, 113 W. Central St. You must be pre-registered in order to use the shuttle. Please call the MWRTA at 508-820-4650 for further information or visit

www.mwrtacom

DOVER COA-JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		1 9:30AM- Yoga-Caryl 2nd floor 1:00PM Chi Gong-Caryl Blue Room	2 9:30AM - Exercise – UTH 1:00PM - MahJongg Caryl Blue Room	3 10:00AM Zumba Gold Caryl Gym
<u>REMEMBER IF SCHOOL IS CANCELLED ALL ACTIVITIES ARE CANCELLED</u>				
6 9:30AM– Yoga –Caryl 2nd floor 10AM– UFO –Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong-Caryl Blue Room	7 9:30AM - Exercise – UTH 10:00—COA Board Meeting—Rm 116	8 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Room	9 9:30AM - Exercise – UTH 1:00PM - MahJongg Caryl Blue Room	10 10:00AM Zumba Gold Caryl Gym
13 9:30AM– Yoga –Caryl 2nd floor 10AM– Crafts –Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong-Caryl Blue Room	14 9:30AM - Exercise – UTH 12Noon - Luncheon Sr. Housing Options-Caryl Blue Room	15 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Room	16 9:30AM - Exercise – UTH 1:00PM - MahJongg Caryl Blue Room	17 10:00AM Zumba Gold Caryl Gym
20 HOLIDAY	21 9:30AM - Exercise – UTH	22 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Room	23 9:30AM - Exercise – UTH 1:00PM - MahJongg Caryl Blue Room	24 10:00AM Zumba Gold Caryl Gym 1:00PM-Blood Pressure -Caryl, Blue Room 1:30PM-Tea-Caryl, Blue Room
27 9:30AM– Yoga –Caryl 2nd floor 10AM– UFO –Caryl Room 116 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong-Caryl Blue Rm	28 9:30AM - Exercise – UTH 1:00PM Circle of Friends-Grace Church	29 9:30AM- Yoga Caryl 2nd floor 10:00-12:00– Fall Prevention-Caryl Blue Room 1:00PM Chi Gong Caryl Blue Room	30 9:30AM - Exercise – UTH 1:00PM - MahJongg Caryl Blue Room	31 8:00AM—Sr. Coffee Caryl Blue Room 10:00AM Zumba Gold Caryl Gym

PHYLLIS DILLER QUOTES!!

These are all original quotes from Phyllis Diller. A lot practical , and every one straight from the hip !!!

Housework can't kill you, but why take a chance?

Cleaning your house while your kids are still growing up is like shoveling the walk before it stops snowing.

A smile is a curve that sets everything straight.

The reason women don't play football is because 11 of them would never wear the same outfit in public.

Best way to get rid of kitchen odors: Eat out.

A bachelor is a guy who never made the same mistake once.

Never go to bed mad. Stay up and fight.

I want my children to have all the things I couldn't afford. Then I want to move in with them.

Most children threaten at times to run away from home. This is the only thing that keeps some parents going.

My recipe for dealing with anger and frustration: set the kitchen timer for twenty minutes, cry, rant, and rave, and at the sound of the bell, simmer down and go about business as usual.

Aim high, and you won't shoot your foot off.

Any time three New Yorkers get into a cab without an argument, a bank has just been robbed.

We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve telling them to sit down and shut up.

Burt Reynolds once asked me out. I was in his room.

If it weren't for baseball, many kids wouldn't know what a millionaire looked like.

You know you're old if your walker has an airbag.

I'm eighteen years behind in my ironing.

What I don't like about office Christmas parties is looking for a job the next day.

The only time I ever enjoyed ironing was the day I accidentally got gin in the steam iron.

Whatever you may look like, marry a man your own age - as your beauty fades, so will his eyesight.

I've been asked to say a couple of words about my husband, Fang. How about

ON THE LIGHT SIDE

(PHYLLIS DILLER CONTINUED)

Old age is when the liver spots show through your gloves.

My photographs don't do me justice - they just look like me.

There's so little money in my bank account, my scenic checks show a ghetto.

I admit, I have a tremendous sex drive. My boyfriend lives forty miles away.

My cooking is so bad my kids thought Thanksgiving was to commemorate Pearl Harbor.

My mother-in-law had a pain beneath her left breast. Turned out to be a trick knee.

Tranquilizers work only if you follow the advice on the bottle - keep away from children.

I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'

The reason the pro tells you to keep your head down is so you can't see him laughing.

You know you're old if they have discontinued your blood type.

It's a good thing that beauty is only skin deep, or I'd be rotten to the core.

ONE LINERS!!!!

1. I have all the money I'll ever need – if I die by 4:00 p.m. today.
2. Only in America... do banks leave both doors open and then chain the pens to the counters.
3. Light travels faster than sound. This is why some people appear bright until you hear them speak.
4. Why do Americans choose from just two people to run for president and 50 for Miss America
5. Campers: Nature's way of feeding mosquitoes
6. A bank is a place that will lend you money, if you can prove that you don't need it.
7. If you think nobody cares if you're alive, try missing a couple of payments.
8. He who smiles in a crisis has found someone to blame.
9. If your dog is barking at the back door and your wife is yelling at the front door, who do you let in first? The dog, of course. He'll shut up once you let him in.

NOTICE

DSHS Headmaster John Smith would like senior volunteers to staff the greeter table at the High School during school hours.

To learn more about this inter-generational volunteer opportunity, please contact the COA Volunteer Coordinator Nancy Simms at coavolunteer@doverma.org or call our office 508-315-5734

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



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

Return Service Requested

Dover MA 02030
Town House Box 250
Council on Aging