

BRIGHT HORIZONS

TOWN OF DOVER



APRIL

2013

Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

APRIL LUNCHEON - \$4.00

Herb Crehan - Baseball Historian

Tuesday, April 9th -12:00Noon- Caryl

RSVP by April 4th -508-785-0032 Ext. 246

It's Baseball Season!! Speaker Herb Crehan is a Boston Baseball historian who has written over 100 feature articles for the official program of the Boston Red Sox during his 18 seasons with the club. He will share highlights and lowlights of the Red Sox.

CIRCLE OF FRIENDS LUNCHEON

Tuesday, April 23rd -1:00PM-Grace Church

RSVP by Apr. 18th 508-785-0032 Ext. 246

Dover Board of Health – Lyme Disease Committee

COFFEE WITH SELECTMAN

JIM DAWLEY

THURSDAY, APRIL 4th 9:30AM

Fireside Room Town Hall

Please join the COA and Jim Dawley for coffee. Jim Dawley will be here to answer any of your questions on the upcoming warrant for Town Meeting and any other questions you may have.



TRIP TO A PAWSOX GAME

PAWSOX GAME

Sunday, June 2nd 1:05PM

Price & departure TBA

Call to sign up 508-785-0032 Ext 246



A special informational and educational forum about Lyme and other Tick-Borne Diseases (LTBD) will be held on April 10, 2013 at 7 PM at the Dover Town Hall.

SAVE THE DATE

NUTRITIONAL SEMINAR

WITH TRICIA SILVERMAN

Tuesday, June 18th, 12:00Noon

Caryl COA Room

(This program is funded in part by a grant from the Dover Cultural Council)

LIFETIME LEARNING CLASSES

Held at Library Community Room

The Moral of the Story

Mondays 10:30AM -April 8 & 22, May 6 & 20

A Panoply of Russian History

Tuesdays 10:00AM- April 2, 9, 23 & 30th

Secrets of the Etruscans- Intro to an Ancient Culture

Wednesdays 1:30PM, April 24, May 1, 8 & 15

Exploring Religion: Readings from Asia

Tuesdays 1:30PM, April 23, 30 & May 7 & 21

For more information, brochures are available at the COA.

ALWAYS WANTED TO LEARN MAH JONGG??

Join us as we learn American Mah Jongg? If you are interested, beginner classes are being held every Thursday at 1:00PM at the Caryl COA Rm.

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, April 2nd 10:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday April 11th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

*Date: Wed. April 24th 9:00 -11:00AM Caryl Community Art Rm. Appointments are required and a check payable to Dr. William Cooper in the amount of \$30 is due at the time of appointment. COA - 508 785 0032 Ext. 246
Future Dates: June 26th*

SHINE COUNSELOR *If you need to speak with a SHINE counselor, please contact the COA at 508-785-0032 ext 246 to schedule an appointment.*

BLOOD PRESSURE CLINIC - WALPOLE VNA

Friday, April 26th Caryl Blue room 1:00PM

AFTERNOON TEA - Zodiac Tea with Taurus the Bull”

Friday, April 26th 1:30PM – Caryl -Blue Room

SENIOR COFFEE HOUR

*Friday, April 26th 8:00AM
Fireside Room*

Please come and enjoy coffee and conversation.

U.F.O. (UNFINISHED OBJECTS)

*Monday, April 1st & 29th 10:00AM -
Fireside Room.*

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



CRAFTS CLASS

Monday, April 8th & 22nd 10:00AM –FS \$2.00

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

BOCCE BALL– STARTS!! JOIN US EVERY FRIDAY

Will start Friday April 5th, 10:00AM –Dover Legion

BRIDGE—DROP-IN BRIDGE

*1st & 3rd Wednesday of the Month – 1:00 -3:30PM
Fireside Room - Call for more information*

LEARN TO PLAY MAH JONGG –Give it a try!

Thursdays 1:00PM-Caryl Community Ctr.

KNITTING WITH SANDI

Monday April 1st & 29th -1:00PM-Caryl

Bring your knitting, questions & ideas for new projects. Beginners or Experienced welcome.

ST PATRICK’S DAY LUNCHEON

The COA Board and Staff would like to thank all those who attended the St. Patrick’s Day Luncheon.

We would also like to thank those who participated in our “Limerick” contest and let you know that all limericks will be typed up and put on our bulletin board for display.

For those of you who would like a copy, please call or email us and we will send it to you .

Can’t wait till next year!!!!



THE GARDEN CORNER

Spirea thunbergii Ogon

Spirea Orgon is one of the earliest shrubs to bloom. Dainty, white flowers open at the end of April before the leaves come out. It remains in bloom for 3 weeks. In full sun, the leaves are a soft yellow similar in shape to a willow’s leaves. This spirea grows well in shade but the leaves will be green. It is such a soft looking shrub that as I walk by my hand reaches out to caress the leaves. In autumn, the leaves take on overtones of orange and remain until the beginning of December. During the winter, the branches are a reddish brown and provides a lovely contrast against the snow. This plant will grow to four feet tall and five feet wide. If it becomes too tall or wide, it can be pruned back hard in the early summer. Since it is a spirea, the deer will not eat it

For information on fuel assistance eligibility qualification, please contact Erika Lert, Energy Coordinator at 508-654-7778

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...

This type of exercise combines breathing with body movements to harmonize mind and body and promote energy.

(New) Mondays 5:30PM

Library Community Rm.

Wednesdays 1:00PM- Caryl Community Ctr.

Blue Room (This is a new time)

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

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 in-bound 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.mwrta.com

APRIL 2013—DOVER COA

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:30AM- Yoga - Caryl 2nd floor 10:00AM UFO-FS 1:00PM—Knitting with Sandi-Caryl Blue Rm</p> <p>5:30PM Chi Gong-Library</p>	<p>2 9:30AM-Exercise UTH</p> <p>10:00AM - COA Board Meeting –FS</p> <p>10:00-11:30 Lifetime Learning –Library</p>	<p>3 9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room</p>	<p>4 9:30AM - Exercise – UTH 9:30AM –Coffee with Selectman 1:00PM—Learn Mah-Jongg—Caryl</p>	<p>5 10:00AM –Bocce-Dover Legion</p>
<p>8 9:30AM- Yoga - Caryl 2nd floor 10:00AM Crafts FS</p> <p>10:30-12:00 Lifetime Learning-Library</p> <p>5:30PM Chi Gong-Library</p>	<p>9 9:30AM-Exercise UTH</p> <p>12:00Noon -Luncheon Caryl</p> <p>10:00-11:30 Lifetime Learning –Library</p>	<p>10 9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room</p>	<p>11 9:30AM - Exercise UTH 1:00PM - Pageturners Book Club—Library 1:00PM—Learn Mah-Jongg—Caryl</p>	<p>12 10:00AM –Bocce Dover Legion</p>
<p>15 HOLIDAY</p>	<p>16 9:30AM-Exercise UTH</p>	<p>17 9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room</p>	<p>18 9:30AM - Exercise – UTH 1:00PM—Learn Mah-Jongg - Caryl</p>	<p>19 10:00AM –Bocce Dover Legion</p>
<p>22 9:30AM- Yoga - Caryl 2nd floor 10:00AM Crafts-FS 1:00PM—Knitting with Sandi-Caryl Blue Rm</p> <p>10:30-12:00 Lifetime Learning-Library</p> <p>5:30PM Chi Gong-Library</p>	<p>23 9:30AM-Exercise UTH</p> <p>1:00PM Circle of Friends Luncheon-GC</p> <p>10:00-11:30 Lifetime Learning –Library</p> <p>1:30-3:00 –Lifetime Learning –Library</p>	<p>24 9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room</p> <p>1:30-3:00PM –Lifetime Learning –Library</p>	<p>25 9:30AM - Exercise – UTH 1:00PM—Learn Mah-Jongg - Caryl</p>	<p>26 8:00AM- Sr. Coffee-FS Town Hall</p> <p>10:00AM –Bocce Dover Legion</p> <p>1:00PM-B/P-Caryl Blue Rm. 1:30 Afternoon Tea Caryl Blue Rm.</p>
<p>29 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS</p> <p>1:00PM—Knitting with Sandi-Caryl Blue Rm</p> <p>5:30PM Chi Gong-Library</p>	<p>30 9:30AM-Exercise UTH</p> <p>10:00-11:30 Lifetime Learning –Library</p> <p>1:30-3:00 –Lifetime Learning –Library</p>	<p><i>For a listing of the different Lifetime Learning Classes, please call or stop by for a brochure</i></p> <p>FS=Fireside Rm —Town Hall Library CR = —Community Room Caryl — Caryl Community Ctr. UTH—Upper Town Hall</p>		

CAFFEINE AWARENESS

10 things you...might not know about caffeine

- Global consumption is estimated to be about 120,000 tons per annum which is approximately one caffeine-containing beverage per day for everybody on earth.
- Caffeine is the most widely used behaviorally active drug in the world with an estimated 80-90% of adults and children habitually consuming caffeine.
- As a beverage, the worldwide consumption of tea is surpassed only by water.
- Coffee is the leading dietary source of caffeine among adults in the United States, while soft drinks represent the largest source of caffeine for children.
- The coffee “tree” is indigenous to Ethiopia, but its cultivation and use as a beverage stem largely from Arabia.
- It is suggested that America owes its present day coffee habits to the famous Boston “tea party” of 1773. Since that time the United States has become the major coffee-consuming nation of the world.
- Caffeine is absorbed rapidly into the bloodstream and reaches maximum concentration within about one hour. It has an estimated half-life of 3 to 7 hours.
- Females metabolize caffeine 20-30% more quickly than males.
- Caffeine is a strong diuretic that increases blood flow through the kidneys.
- Caffeine has been shown to increase mental alertness; however, the high-caffeine users do not perform as well as others in mental tasks.
- Caffeine crosses the blood-brain barrier where it constricts the cerebral blood vessels.
- A common withdrawal symptom is headache due to the dilation of these blood vessels.

Mood Altering Effects of Caffeine in Humans

It is well recognized that caffeine has mood altering effects in humans; however, these effects are specific to an individual depending upon the amount of caffeine consumed and whether the individual is physically tolerant or dependent on caffeine. In low doses (20-200mg) among occasional caffeine users, caffeine produces positive mood effects like happiness, energetic arousal, alertness, and sociability. As the consumer becomes more physically tolerant of caffeine’s effects, the amount of caffeine ingested must be increased to provide the aforementioned positive effects. In higher doses (200 mg or greater) caffeine can be responsible for many negative effects depending on the sensitivity and tolerance of the individual. Studies have shown that these higher doses of caffeine increase anxiety ratings and induce panic attacks along with an increased risk of an upset stomach and nervousness in the general population.

Caffe Latte, 16 oz. 150mg

Starbucks Coffee Grande, 16 oz. 330mg

SOFT DRINKS

Diet Coke, 20 oz. 78mg

Mountain Dew, Diet Mountain Dew 90mg

ON THE LITE SIDE

HMMMMMM—SARCASTIC REMARKS!!



- Well, this day was a total waste of makeup.
- Not the brightest crayon in the box now, are we?.
- I'm not crazy, I've just been in a very bad mood for 30 years..
- Don't bother me. I'm living happily ever after.
- This isn't an office. It's Hell with fluorescent lighting..
- I started out with nothing & still have most of it left.
- Practice random acts of intelligence & senseless acts of self-control.
- If I want to hear the pitter-patter of little feet, I'll put shoes on my cat.
- I'm not tense, just terribly, terribly alert.
- How do I set a laser printer to stun?
- Is it time for your medication or mine?
- Earth is full. Go home.
- Whatever kind of look you were going for, you missed.
- Suburbia: where they tear out the trees & then name streets after them.
- Do they ever shut up on your planet?
- I'm trying to imagine you with a personality.
- Stress is when you wake up screaming & you realize you haven't fallen asleep yet.
- Chaos, panic, & disorder - my work here is done.
- Can I trade this job for what's behind door #2?

THE UNIVERSAL LAWS

1. Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner
2. Law of Probability -The probability of being watched is directly proportional to the stupidity of your act
3. Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.

Law of the Bath - When the body is fully immersed in water, the telephone rings.

COA BOARD MEMBERS

Betty Hagan	Chair	785-2124
Jane Hemstreet		785-0372
Alice Baranick	Treasurer	785-9829
Jeanne Gavrilles		785-1814
Barbara Murphy		785-2895
Lou Theodos	Vice Chair	785-1715
Maureen Dilg		785-2107
Cara Groman		508-328-9660
Gilbert Thisse		

COA BOARD MEMBERS

Director	Janet Claypoole
Outreach Worker	Carl Sheridan
Adm. Asst/Editor	Sue Sheridan
Volunteer Coordinator	Nancy Simms
SHINE Counselor	Call the COA
Medical Equip., John McDonnell	785-1119
Meals On Wheels, Gail Lynch	785-0454
Bay Path Elder Services	508-573-7200

OFFICE HOURS -

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

COA@DOVERMA.ORG

508-785-0032 Ext. 246



UPCOMING ELECTIONS

TOWN OF DOVER

Town Meeting - May 6th
Town Election-May 20th

STATE ELECTIONS FOR SENATOR

State Primary-April 30th
State Election- June 25th

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