

# Bright



# Horizons

**Caryl Community Center Room 116  
4 Springdale Avenue  
Dover, MA 02030  
www.doverma.org  
508-315-5734**

**APRIL  
2015**

**DOVER COA**  
COUNCIL ON AGING

## Drawings Sponsored by Friends of COA at Lunches!

### APRIL LUNCHEON -Lunch & Learn & Elvis!

*Tuesday April 14, 11:30am at Caryl Community Center*  
What should you be prepared for when discharged from the hospital? Join us as Lisa Kubiak of Mary Ann Morse Health Ctr. and Michael Wilsker of Always Best Care Senior Services discuss options to be aware of in planning. Then join us for lunch and Shake, Rattle and Roll as Elvis enters the building and entertains us! Lunch generously provided by Mary Ann Morse Health Ctr. RSVP by April 9th.

### COMMUNITY LUNCH PROGRAM

*Tuesday, April 21; 12Noon at Grace Church*  
Come have a delicious meal hosted by volunteers from local churches. Bring a friend! RSVP by April 16th

### CIRCLE OF FRIENDS LUNCH

*Tuesday, April 28; 12Noon at Grace Church*  
Please join us for a homemade lunch and conversation with friends. RSVP by April 23rd.

### LIFETIME LEARNING CLASSES

Come learn about Philosophy, Music, Old Testament, History. See page 7 for more information.

### *Coffee with Selectman James Dawley*

*Thursday, April 16; 10:00AM  
Caryl Community Center, Room 108*

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. *RSVP by April 13th*

## **THE DOVER COUNCIL ON AGING BUS SERVICE IS HERE!**

Our FREE transportation bus is ready for service!! The Town of Dover offers curb to curb transportation for three days a week. To schedule a ride, call 508-785-0058 ext 110.

**TUESDAYS** - Dover COA Lunches (10:30-2pm)  
These lunches are scheduled on the second, third and fourth Tuesdays of the month. (See calendar on page 4)

**WEDNESDAYS** - Medical Appointments (8:30am-2:30pm) - Dedham, Framingham, Medfield, Natick, Needham, Newton, Norwood & Wellesley.

**THURSDAYS** - Grocery Stores and Pharmacies (9:30am-12:30pm) - Medfield Shaws & Medfield CVS; Millis Roche Bros. & Millston Way stores.

**Reservations REQUIRED: 508-785-0058 ext 110 (2 business days in advance: First come, first served) At least two passengers must have booked for van to run.**

Leave your name, address, phone, date needed, pick up time & destination address.

*(As this program is just starting, there may be schedule changes along the way. If you are unable to make a reservation to fit your needs, please see page 3 for information on JFK Transportation Services)*

**RSVP** for all COA events at [www.doverma.org](http://www.doverma.org) Click on Council on Aging in the "Dover's Quick Links" section or call 508-315-5734.

## **PROGRAMS and SERVICES**

### **AFTERNOON TEA “What Does the Fox Say?”**

Friday, April 24th 1:30pm

Caryl Community Center, Room 108



### **BLOOD PRESSURE—With the Walpole VNA**

Friday April 24th, 12:30,PM

Caryl Community Ctr, Room 108



### **BLUE MOON BAGELS AND BREADS**

April 2, 16 & 23

Caryl Community Center, Room 116

Donated baked goods available for pick up after 10:00am



### **BOCCE IS BACK!!**

Fridays, 10:00am. Starts April 17th at the Dover Legion

Join us on Fridays as it's always a fun time!!

### **CRAFTS - CARD MAKING WITH BETH**

Monday, April 13th; 10:00AM

Caryl Community Center, Room 116

Create Butterflies & Flowers cards with patterns and fabric. RSVP by April 8th

### **KNITTING**

Mondays at 12:30pm

Caryl Community Center, Room 108

Beginners and experienced knitters are welcome! Bring a project of your own or you can join the knitters who have been making hats, booties and blankets for the NICU units.



### **MOVIE MATINEE**

Friday, April 10th; 1:00pm, Dover Church, Kraft Hall  
“Enchanted April”

Movie Matinees are held the second Friday of the month.

### **SENIOR COFFEE HOUR**

Friday, April 24th; 8:00am

Caryl Community Center, Room 108

Please come & join us for coffee and conversation.



### **SHINE**

**By Appointment Only.** Call the COA 508-315-5734

### **MAH JONGG**

Thursdays, 1:00pm, Caryl Community Ctr; Room 108  
Please join us for Mah Jongg. All levels welcome

### **PAGETURNERS BOOK CLUB**

Thursday, April 9th, 1:00PM - Library

### **THROUGH THE GARDEN DOOR**

#### **“Six Hills Giant” Catmint - Nepeta**

This perennial is covered with violet-blue flowers in late spring to early summer with attractive gray-green foliage. It is drought tolerant and grows 2' to 3' tall and wide in the sun. If you cut it back in July, it will produce more blossoms. The foliage should be left intact during the winter to help protect the roots. It is both deer and rabbit resistant. This perennial is grown in front of the Natick Mall in large masses and when in bloom the traffic slows on Route 9.



### **COA BOARD MEMBERS**

Betty Hagan - Chairperson  
Lou Theodos - Vice Chair  
Maureen Dilg - Secretary  
Cara Groman  
Camille Johnston  
Barbara Murphy  
Gilbert Thisse  
Joanne Connolly

### **APRIL BOARD MEETING**

Tuesday, April 7th at 10:00am  
Caryl Community Center Room 116

### **COA STAFF MEMBERS**

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

### **COA OFFICE**

Caryl Community Center, Room 116,  
4 Springdale Ave., Dover, MA 02030  
508-315-5734

## FUN and FITNESS



### CHI GONG

*Mondays 5:30pm - Library Community Room  
Wednesdays 11:30am - Caryl Community Center,  
Room 215 on April 1st; Room 108 April 8 - 29  
Instructor: Linda Bellefeuille*

Therapeutic Chi Gong combines deep breathing with whole body movements to harmonize mind and body and promote energy flow. Chi Gong helps you maintain and regain the balance that is so necessary to live the active life you desire.

### YOGA FOR WELLNESS - For All Ages

*Mondays & Wednesdays 9:30am to 10:30am - Caryl  
Community Center, Room 215  
\$3.00 contribution for aged 60+; \$5.00 all others.  
Instructor: Renate Kerr*

Please join our inter-generational yoga group! 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.



### ZUMBA GOLD

*Fridays, 10:00am-10:45am. \$3.00/session. Caryl Gym.  
Instructor: Andria DeSimone Lindberg  
The COA in collaboration with Park &  
Recreation are sponsoring a Zumba Gold Class.  
Please join us on Fridays for fun and exercise!!*



### SPRING YARD CLEAN UP

*Date: Saturday, April 11th - Weather permitting  
Please let the COA know if you need help.*

## DOVER SENIOR TRANSPORTATION SERVICE

JFK Transportation provides rides to local destinations and to Boston. Their hours of service are Monday through Friday from 7:00am to 5:00pm.

For **Local** medical and non-medical rides, purchase 10-punch ride tickets at the Dover COA. Each ticket is \$30.00. The JFK phone number is on each ticket. They *appreciate* 48 hour notice.

**Local** ride costs:

- ◆ Needham, Dedham Medical, Natick, Medfield and Wellesley - 2 ticket punches (\$6.00) each way
- ◆ Framingham, Holliston, Newton-Wellesley Hospital - 3 ticket punches (\$9.00) each way
- ◆ Sudbury & Waltham - 4 ticket punches (\$12.00) each way
- ◆ Within Dover -1 ticket punch (\$3.00) each way

For **Boston** medical rides (only medical rides into Boston), purchase one way tickets at the COA. Each ticket is \$20.00. The JFK phone number is on each ticket. They *require* 48 hour notice.

**Boston** ride costs:

- ◆ One way trip to Boston - \$20.00 (one ticket)
  - ◆ Round trip to Boston - \$40.00 (two tickets)
- \*\* Ticket prices do not include tips \*\***

Please call the Dover COA at **508-315-5734** to purchase tickets or if you have questions.

## THINGS TO DO & PLACES TO GO

*By COA Travel Committee*

### BLITHEWOLD GARDEN - DAFFODIL DAYS

Bristol, R.I. 401-253-2707 -March 31-April 26  
Afternoon Teas beginning Fridays, April 14,  
1:00 & 3:00pm

### WELLESLEY SYMPHONY ORCHESTRA FINALE

All Tchaikovsky Emerging Artist Series, May 3rd,  
781-235-0515

## \*\*SAVE THE DATES FOR FUTURE TRIPS\*\*

- **Heritage Gardens** in June
- A trip to **Tanglewood** in August

Dates and information To Be Determined

# DOVER COA - APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>GC—Grace Church Library CR = —Community Room Caryl — Caryl Community Ctr. Room 116—COA office at Caryl Room 108 - Caryl Community Ctr.</b></p> </div>	<p><b>3</b></p>	<p><b>1</b></p> <p>9:30am– Yoga –Caryl Room 215</p> <p>10:00am - A Matter of Balance - Room 108</p> <p>11:30am Chi Gong - Caryl, Room 215</p>	<p><b>2</b></p> <p>10:00am - Blue Moon Donations, Caryl, Room 116</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p><b>3</b></p> <p>10:00am -Zumba Gold Caryl Gym</p>
<p><b>6</b></p> <p>9:30am– Yoga - Caryl Room 215</p> <p>12:30pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library CR</p>	<p><b>7</b></p> <p>10:00am -COA Board Meeting - Caryl Room 116</p>	<p><b>8</b></p> <p>9:30am– Yoga - Caryl Room 215</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p><b>9</b></p> <p>1:00pm - Book Club Dover Library</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p><b>10</b></p> <p>10:00am -Zumba Gold Caryl Gym</p> <p>1:00pm - Movies, Dover Church, Kraft Hall “Enchanted April”</p>
<p><b>13</b></p> <p>9:30am– Yoga –Caryl, Room 215</p> <p>10:00am - Crafts - Caryl Room 116</p> <p>12:30pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library CR</p>	<p><b>14</b></p> <p>10:30-12:00-Life Time Learning -Library CR</p> <p>11:30am - Luncheon - Caryl</p> <p>1:30-3:00pm-Life Time Learning -Library CR</p>	<p><b>15</b></p> <p>9:30am Yoga- Caryl, Room 215</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p><b>16</b></p> <p>10:00am - Blue Moon Donations, Caryl, Rm 116</p> <p>10:00am Coffee with Selectman —Caryl, Room 108</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p><b>17</b></p> <p>10:00am -Zumba Gold Caryl Gym</p> <p>10:00am - Bocce -Dover Legion</p>
<p><b>HOLIDAY</b></p>	<p><b>21</b></p> <p>12:00Noon - Community Lunch - Grace Church</p> <p>1:30-3:00pm-Life Time Learning - Library CR</p>	<p><b>22</b></p> <p>9:30am Yoga- Caryl, Room 215</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p><b>23</b></p> <p>10:00am - Blue Moon Donations, Caryl, Room 116</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	<p><b>24</b></p> <p>8:00am Senior Coffee - Caryl, Room 108</p> <p>10:00am -Zumba Gold Caryl Gym</p> <p>10:00am -Bocce - Dover Legion</p> <p>12:30pm - Blood Pressure Caryl, Room 108</p> <p>1:30pm - Afternoon Tea Caryl, Room 108</p>
<p><b>27</b></p> <p>9:30am– Yoga –Caryl, Room 215</p> <p>12:30pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library CR</p>	<p><b>28</b></p> <p>10:30-12:00Noon Lifetime Learning-Library CR</p> <p>12:00noon - Circle of Friends Luncheon - GC</p> <p>1:30-3:00pm-Life Time Learning - Library CR</p>	<p><b>29</b></p> <p>9:30am Yoga- Caryl, Room 215</p> <p>10:30-11:30am -Life Time Learning -Dover Church</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p><b>30</b></p> <p>10:30-12:00 -Life Time Learning -Caryl Ctr., Room 108</p> <p>1:00pm - Mah Jongg Caryl Room 108</p>	



## INTERESTING FACTS

*(Sent from information on the internet - some might be fun to look up for accuracy)*

- If you are right handed, you will tend to chew your food on your right side. If you are left handed, you will tend to chew your food on your left side.
- If you stop getting thirsty, you need to drink more water. For when a human body is dehydrated, its thirst mechanism shuts off.
- Chewing gum while peeling onions will keep you from crying.
- The pupil of the eye expands as much as 45 percent when a person looks at something pleasing.
- Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
- The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
- Dalmatians are born without spots.
- The color blue has a calming effect. It causes the brain to release calming hormones.
- Every time you sneeze some of your brain cells die.
- Google is actually the common name for a number with a million zeros.
- It takes about 20 seconds for a red blood cell to circle the whole body.
- The only part of the body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.
- The only 2 animals that can see behind itself without turning its head are the rabbit and the parrot.
- Intelligent people have more zinc and copper in their hair.
- Women blink nearly twice as much as men.
- Large kangaroos cover more than 30 feet with each jump.
- If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.
- The human heart creates enough pressure while pumping to squirt blood 30 feet!!

## ON THE LIGHT SIDE

### What do you call that?

Q: What's the name of a Scottish dentist?	A: Phil McCavity
Q: What do you call a man with a government subsidy?	A: Grant
Q: What do you call a French man in sandals?	A: Philippe Philoppe
Q: What do you call a guy who is all feet?	A: Archie
Q: What do you call a guy in debt?	A: Owen
Q: What do you call a guy who hits a baseball over the fence?	A: Homer
Q: What do you call a guy who is a lookout for the Coast Guard?	A: Seymour
Q: What do you call a guy who can't light firecrackers?	A: Dudley
Q: What do you call a guy who likes all kinds of cars?	A: Otto
Q: What do you call a guy who likes to read road maps?	A: Miles
Q: What do you call a guy who likes to wear all types of hats?	A: Cap
Q: What do you call a guy who ties ribbons for a living?	A: Beau
Q: What do you call a guy who repairs wheels?	A: Axel
Q: What do you call a guy who breaks dishes?	A: Chip
Q: What do you call a guy who cleans fireplaces for a living?	A: Cole

## SPRING 2015 LIFETIME LEARNING CLASSES

*Sponsored by Friends of the Dover Council on Aging with support of Dover COA*

### ◆ Can Philosophy Answer Today's Problems?

Tuesdays, April 14, 28, and May 12; 10:30AM-12PM at Dover Town Library, Community Room.

Speaker: Maud Chaplin, Professor of Philosophy Emerita from Wellesley College

### ◆ Old Testament Themes

Tuesdays, April 14, 21, 28 and May 5; 1:30-3:00PM at Dover Town Library, Community Room

Speaker: F. Dorie Mansen, PhD, teaches at Boston University School of Theology

### ◆ Music Through The Ages

Wednesdays, April 29, May 6, 13, 20; 10:30-11:30AM at The Dover Church, 17 Springdale Avenue

Speaker: Michael Kraft, Music Director of The Dover Church

### ◆ Becoming America (1776-1800)

Thursdays, April 30, May 7, 14, 28; 10:30-12PM at Caryl Community Ctr, Room 108, 4 Springdale Avenue

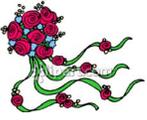
Speaker: Gary Hylander, PhD; independent scholar who specializes as a presidential historian

All classes cost \$35 per series. Stop by the COA, Library or Churches and pick up a brochure. Brochures may also be downloaded from the Friends website at [www.coafriends.org](http://www.coafriends.org). Payment and registration forms may be mailed to PO Box 250 or dropped off at the COA office at Caryl Community Center, Room 116.

Join us and expand your knowledge at one or more of these interesting classes!

A Memorial Donation was made to the  
Friends of the Council on Aging.

*In Memory of Anne W. Couch  
from Nathan P. Couch*



**COA OFFICE HOURS**

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

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

Click on Council on Aging in the Quick Links  
Section

For Newsletter information email  
[coaeditor@doverma.org](mailto:coaeditor@doverma.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](http://www.coafriends.org) to find out what we do!



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Council on Aging  
Box 250  
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