

BRIGHT HORIZONS

TOWN OF DOVER



APRIL

2014

Email: coeditor@doverma.org

Telephone: 508-315-5734

APRIL LUNCHEON—*Jack Quinlan will once again play the piano—Please join us -WELCOME SPRING!!*
Tuesday, April 8th -12:00Noon—Caryl \$4.00
PLEASE BE SURE TO RSVP BY: April 3rd
508-315-5734



CIRCLE OF FRIENDS LUNCH
Tuesday, April 22nd 1:00PM—Grace Church-
RSVP BY: April 16th to the COA

COFFEE WITH THE SELECTMAN
James Dawley
Thursday, April 17th 9:30AM—Caryl Blue Room

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 14th



SPRING TRIP TO BLITHEWOLD MANSION IN NEWPORT - FRIDAY, MAY 9

Enjoy a guided tour at Blithewold (mansion and beautiful gardens), a box lunch on the Great Lawn, Terrace or Porch and roundtrip motor coach transportation. Cost: \$60.
Call COA at 508-315-5734 to reserve a spot!



TRIAD PROGRAM

TRIAD is a partnership between senior citizens, law enforcement and senior support services such as local COA's. Sheriff Bellotti launched TRIAD in January of 2000 bringing together these groups to address the needs and concerns of Norfolk County seniors. The program operates in 28 communities and is unique to each city and town focusing on specific areas of interest and working within community policing initiatives. The Dover COA will begin these meetings in May and is looking for new members. Dates and times will be announced in the May News.

DON'T FORGET COA LIFETIME LEARNING CLASSES BEGIN IN APRIL AT THE LIBRARY

To register, pick up a registration form and mail along with your check to:

Friends of the Dover Council on Aging
PO Box 250, Dover MA 02030

1. **Great Thinkers**—Thursdays, April 3 & 17 and May 1 & 5
2. **Genealogy**—Wednesdays, April 2, 9, 16 & 30
3. **German History**—Tuesdays, April 1, 15, 22 & 29

Sponsored in part by a grant from the Dover Cultural Council & the Massachusetts Cultural Council

SAVE THE DATE

MAY LUNCHEON— Tuesday, May 13th
Author Michael Tougias will share excerpts from his book **A Storm Too Soon**; the US Coast Guard's sea rescue of stranded sailors in the Gulf Stream in 2007

Sponsored in part by a grant from the Dover Cultural Council & the Massachusetts Cultural Council

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, April 1st, 10:00AM Caryl, Room 116

PAGETURNERS BOOK CLUB

Thursday April 10th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: May 7th 9:00 – 11:00AM Caryl, Room 116

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

Future Dates: July 16th

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, April 25th Caryl Blue Room -1:00PM

AFTERNOON TEA - “Shoes!Shoes! Shoes!”

*Friday, April 25th,
Caryl Blue Room-1:30PM*

SENIOR COFFEE HOUR

Friday, April 25th 8:00AM - Caryl Blue Room

Please come and enjoy coffee and Conversation .



U.F.O. (UNFINISHED OBJECTS)

April 7th 10:00AM-Caryl, COA Room 116
Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.



CRAFTS CLASS

April 14th & 28th 10:00AM-Caryl, COA Room 116

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

BOCCE BALL

*Bocce returns to the Dover Legion on
Fridays at 10:00AM - Starting April 4th*

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 Room*

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.



PRUNING SHRUBS

Some woody shrubs bloom on old wood while others bloom on new growth, which means pruning at the wrong time can mean the removal of future flowers. A general rule of thumb -- bloom time before June 15 occurs on old wood (last year's growth) while flowers after June 15 appear on new wood (this year's growth). Early blooming shrubs should be pruned immediately after bloom. Shrubs whose flowers appear on new wood should be pruned in fall, winter or very early spring.



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. Class is held on Fridays from 10:00-10:45AM. Classes held in the Caryl Gym. \$3.00/session



CHI GONG - ALL WELCOME...

Therapeutic Chi Gong combines deep breathing with whole body movements to harmonize mind and body and promote energy flow. Movements are simple and easy to follow but can have a profound effect on physical and mental well being.

Mondays 5:30PM– Dover Library Community 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) 315-5734

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.

A free hospital shuttle is provided by Partners Healthcare to employees, patients and visitors from Brigham and Women's to Massachusetts General and Spaulding Rehabilitation. Please visit www.massgeneral.org/visit/shuttles for specific schedules and departure and arrival times.

DOVER COA-APRIL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTE: Bread/bagel Pick-up at the COA are the following dates April 3, 17 & 24th. Thank you Blue Moon for donating!</p>	<p>1 9:30AM - Exercise – UTH 10AM—COA Board Meeting—Rm 116</p> <p>10:30-12:00 –Lifetime Learning : <i>German History</i> -Library CR</p>	<p>2 9:30AM- Yoga-Caryl 2nd floor 1:00PM Chi Gong-Caryl Blue Room</p> <p>1:00-2:30 –Lifetime Learning: <i>Genealogy</i> - Library CR</p>	<p>3 9:30AM - Exercise – UTH 1:00PM - MahJongg-Caryl Blue Room</p> <p>1:00-2:30- Lifetime Learning: <i>Great Thinkers</i>-Library CR</p>	<p>4 10:00AM Zumba Gold Caryl Gym</p> <p>10:00AM-Bocce Dover Legion</p>
<p>7 9:30AM– Yoga –Caryl 2nd floor 10AM– Crafts–Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong-Library CR</p>	<p>8 9:30AM - Exercise – UTH</p> <p>12:00NOON - Luncheon-- Caryl Blue Room</p>	<p>9 9:30AM- Yoga-Caryl 2nd floor 1:00PM Chi Gong-Caryl Blue Room 1:00-2:30 -Lifetime Learning: <i>Genealogy</i>—Library CR</p>	<p>10 9:30AM - Exercise – UTH 1:00PM - MahJongg-Caryl Blue Room</p> <p>1:00PM -Pageturners Library</p>	<p>11 10:00AM Zumba Gold Caryl Gym</p> <p>10:00AM-Bocce Dover Legion</p>
<p>14 9:30AM– Yoga –Caryl 2nd floor 10AM– UFO –Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong-Library CR</p>	<p>15 9:30AM - Exercise – UTH</p> <p>10:30-12:00- Lifetime Learning: <i>German History</i>-Library CR</p>	<p>16 9:30AM- Yoga-Caryl 2nd floor 1:00PM Chi Gong-Caryl Blue Room</p> <p>1:00-2:30 –Lifetime Learning: <i>Genealogy</i>-Library CR</p>	<p>17 9:30AM-Coffee with Selectman-Blue Rm 9:30AM - Exercise – UTH 1:00PM - MahJongg-Caryl Blue Room 1:00-2:30 Lifetime Learning: <i>Great Thinkers</i> -Library CR CR-Great Thinkers</p>	<p>18 10:00AM Zumba Gold Caryl Gym</p> <p>10:00AM-Bocce Dover Legion</p>
<p>21 HOLIDAY</p>	<p>22 9:30AM - Exercise – UTH 10:30-12:00 –Lifetime Learning: <i>German History</i>—Library CR</p> <p>1:00PM Circle of Friends-Grace Church</p>	<p>23 9:30AM- Yoga Caryl 2nd floor</p> <p>1:00PM Chi Gong-Caryl Blue Room</p>	<p>24 9:30AM - Exercise – UTH</p> <p>1:00PM - MahJongg-Caryl Blue Room</p>	<p>25 8:00AM—Sr. Coffee-Caryl Blue Room 10:00AM Zumba Gold Caryl Gym 10AM Bocce - Legion 1:00PM-Blood Pressure -Caryl, Blue Room 1:30PM-Tea-Caryl, Blue Room</p>
<p>28 9:30AM– Yoga –Caryl 2nd floor 10AM– UFO –Caryl Room 116 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong-Library CR</p>	<p>29 9:30AM - Exercise – UTH</p> <p>10:30-12:00 –Lifetime Learning: <i>German History</i>- Library CR</p>	<p>30 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong-Caryl Blue Room 1:00-2:30 –Lifetime Learning: <i>Genealogy</i> - Library CR</p>	<p>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</p>	

April Fools Day: Theories of origin (about.com)

The origins of April Fools' Day are obscure. The most commonly cited theory holds that it dates from 1582, the year France adopted the Gregorian Calendar, which shifted the observance of New Year's Day from the end of March (around the time of the vernal equinox) to the first of January.

According to popular lore some folks, out of ignorance, stubbornness, or both, continued to ring in the New Year on April 1 and were made the butt of jokes and pranks on account of their foolishness. This became an annual tradition, according to this version of events, which ultimately spread throughout Europe.

A major weakness of the calendar-change theory is that it fails to account for an historical record replete with traditions linking this time of year to merriment and tomfoolery dating all the way back to antiquity.

The Romans, for example, celebrated a festival on March 25 called Hilaria, marking the occasion with masquerades and "general good cheer."

Holi, the Hindu "festival of colors" observed in early March with "general merrymaking" and the "loosening of social norms," is at least as old.

It's not unreasonable to suppose that the calendrical changes of the 16th and 17th centuries served more as an excuse to codify a general spirit of frivolity already associated with the advent of spring than as a direct inspiration for April Fools' Day.

The Affordable Care Act Exchanges and Medicare

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should know the following:

- The health insurance exchanges are for people without health insurance, and not for Medicare beneficiaries.
- Beneficiaries who have Medicare Part A and B meet the requirement for health insurance.
- Medicare supplement plans (Medigaps), are not sold in the health insurance exchanges.
- In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.
- People with Medicare do not need to re-enroll or get new Medicare cards.

FRIENDS OF THE COA

Become a **Member** and join a vibrant group of Dover residents working toward enhancing the lives of our seniors. Or become a **Donor** providing funds for social, cultural or educational events. Membership Levels: Basic \$20.00, Patron \$50.00, Sweetheart \$100.00 or \$100+ Make check payable to The Friends of the Dover COA and mail to: Friends of the Dover COA, PO Box 130, Dover, MA 02030. Or visit our website to join: www.coafriends.org.

COMPLIMENTARY TICKETS FROM THE DOVER FOUNDATION

15 complimentary tickets are being held for seniors to see **Oliver** for the Saturday matinee on May 10th at 2:PM at DSHS Mudge Auditorium If you are interested please call Nancy Simms, COA Volunteer Coordinator at 508-315-5734.

APRIL



BRING MAY



ON THE LIGHT SIDE

Sarcastic quotes at the work place

- I thought I wanted a career, turns out I just wanted the paychecks.
- I don't know what your problem is, but I'll bet it's hard to pronounce.
- Sarcasm is just one more service we offer.
- I see you've set aside this special time to humiliate yourself in public.
- I'm really easy to get along with once you people learn to worship me.
- I'll try being nicer if you'll try being smarter.
- I'm out of my mind, but feel free to leave a message...
- It sounds like English, but I can't understand a word you're saying.
- I like you. You remind me of when I was young and stupid.
- You are validating my inherent mistrust of strangers.
- I'm already visualizing the duct tape over your mouth.
- Thank you. We're all refreshed and challenged by your unique point of view.
- Any connection between your reality and mine is purely coincidental...
- No, my powers can only be used for good.
- Who me? I just wander from room to room.
- If I throw a stick, will you leave?
- Do I look like a people person?
- This isn't an office. It's Hell with fluorescent lighting.
- I started out with nothing and still have most of it left.
- You!... Off my planet!
- Does your train of thought have a caboose?
- Whatever kind of look you were going for, you missed.
- Well, this day was a total waste of makeup.
- I'm trying to imagine you with a personality.
- A cubicle is just a padded cell without a door.
- Stress is when you wake up screaming and you realize you haven't fallen asleep yet
- Can I trade this job for what's behind door one?
- Nice perfume. Must you marinate in it?
- How do I set a laser printer to stun?

Join us in April for...

**Coffee with Selectman Jim Dawley,
Lunch at Caryl or Grace Church,
Lifetime Learning Classes,
Bocce, Yoga, Chi Gong, Zumba Gold,
Or one of our many other activities!
We hope to see you soon!**

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



STD Rate
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Return Service Requested

Council on Aging
Town House Box 250
Dover MA 02030