

# BRIGHT HORIZONS

## TOWN OF DOVER



**FEBRUARY**

**2014**

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Telephone: 508-315-5734

### FEBRUARY LUNCHEON—BINGO!!!!

Tuesday, Feb 11th—12:00Noon—Caryl \$4.00

**Please bring an unwanted gift.**

**PLEASE BE SURE TO RSVP BY: February 6th**  
**508-315-5734**

### SPIRITUALITY—LIGHT LUNCHEON

Tuesday, February 18th—12:00Noon - Caryl

Rev. Peter DiSanto -Grace Church

**PLEASE RSVP BY February 13th**

### CIRCLE OF FRIENDS LUNCH

Tuesday, February 25th 1:00PM—Grace Church

**RSVP BY: February 20th.**

### WINTER WALKS WITH SHERBORN WALKS

**Join Sherborn Walks** for either a brisk outdoor or indoor walk this winter. Our February schedule includes both outdoor and indoor walking options.

**Note: the February 3 walk has two walking options.**

- **February 3-** Natick Town Walk at 10:00 am. Meet at Natick Community/Senior Center, 117 E Central St, Natick and or/11:00 am indoor gym walk.
- **February 10-** Natick Mall Walk at 9:30 am. Meet at California Pizza kitchen entrance.
- **February 24-** Noanet Woodlands walk or snowshoeing at 10:00 am, Dedham Street in Dover.

Schedule is subject to change due to weather conditions. **Please call the SherbornCOA to preregister or e-mail [coaprogram@sherbornma.org](mailto:coaprogram@sherbornma.org)**

There is no charge to participate in this program thanks to the funding through BayPath Elder Services and Title III Older Americans Act.

### VALENTINE'S DAY TEA

#### DOVER LIBRARY

**Friday, February 14th—2:00 - 4:00PM**

***Come join the library for a Valentines Day Tea And socialize with friends and neighbors.***



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



### *A MATTER OF BALANCE:*

#### *Managing Concerns About Falls*

Wednesdays, February 5th, 12th, 24th; March 5th & 12th

~ 10am -12 noon at Caryl Community Center



One in every three adults age 65 and older experience a fall every year and the fear of falling can actually make some people more vulnerable to falls. Through a generous grant from the MetroWest Health Foundation, Dover COA is offering a series of fall prevention workshops designed to reduce the fear of falling and to increase activity levels to promote strength. *A Matter of Balance* will be taught by Physical Therapists, Patty Osten and Cheryl Abelow. During this course, participants will learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and increase strength and balance. Medications will be reviewed by student pharmacists, balance exercises taught, and healthy snacks will be available each week. A suggested donation of \$10 for this program includes booklet, six classes, private consultation with student pharmacists, and snacks. There are still openings if you would like to sign up. For more information or to register for the series, please call the Dover COA at 508 315-5734.

### **SAVE THE DATES**

#### **ST. PATRICK'S DAY LUNCHEON**

***Tuesday, March 11th, 12:00Noon Caryl Blue Room***  
***Please be sure to RSVP early. Thank You***

PROGRAMS & SERVICES

**COUNCIL ON AGING BOARD MEETING**

*Tuesday, February 4th, 10:00AM Caryl, Room 116*

**PAGETURNERS BOOK CLUB**

*Thursday February 13th 1:00PM – Dover Library*

**FOOT DOCTOR CLINIC (By Appointment - \$30.00)**

*Date: February Feb. 26th 9:00 – 1:00AM Caryl Rm 116*

Appointments are required and a check or cash in the amount of \$30 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, February 28th Caryl Blue Room -1:00PM*

**AFTERNOON TEA - “Chinese New Year”**

*Friday February 28th  
Caryl Blue Room-1:30PM*

**SENIOR COFFEE HOUR**

*Friday, February 28th 8:00AM - Caryl Blue Room*

Please come and enjoy coffee and Conversation .



**U.F.O. (UNFINISHED OBJECTS)**

*February 3rd 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**

*February 10th & 24th 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.



**HEAVING PERENNIALS**

During winter’s freeze-thaw cycles, newly planted perennials may “heave” out of the soil. Walk through the garden often during the winter months and simply step down any plants whose root balls have popped out of the soil. Doing this will help prevent winter damage to any exposed roots.

I have written in past articles that I am replacing most of my hosta with Heuchera (coral bells). Several gardeners who have planted coral bells told me they died over the winter. This plant is notorious for heaving. If you plan on using coral bells in your garden (and I strongly recommend that you do), make sure you check them for heaving during the winter.

**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– Dover Library Community Rm Please note that starting in February, Chi Gong Monday class will be held at the Dover Library in Community Room (See Calendar)***

***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**

## **CIRCUIT BREAKER TAX CREDIT INFORMATION**

When filing your Massachusetts income tax return this year, remember to include the Circuit Breaker Tax Credit. This is a tax credit for a person 65 years of age or older who rents or owns property. The tax break, with a maximum benefit of up to \$980, is given to qualifying persons whose total income does not exceed \$52,000 for a single individual, \$65,000 for a head of household, and \$78,000 for a married couple filing a joint return. A person’s property assessed valuation cannot exceed \$729,000. If you did not claim the Circuit Breaker Tax credit in previous years, you can go back up to three years and claim the credit now.

# DOVER COA-FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>GC—Grace Church</b>  <b>Library CR = —Community Room</b>  <b>Caryl — Caryl Community Ctr.</b>  <b>UTH—Upper Town Hall</b>  <b>Room 116—COA office at Caryl</b>  <b>Blue Room-At Caryl Community Ctr. Rm 108</b></p>				
<b><u>REMEMBER IF SCHOOL IS CANCELLED ALL ACTIVITIES ARE CANCELLED</u></b>				
<p><b>3</b>            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><b>4</b>            9:30AM - Exercise –            UTH            10:00—COA Board            Meeting—Rm 116</p>	<p><b>5</b>            9:30AM- Yoga-            Caryl 2nd floor             1:00PM Chi Gong-            Caryl Blue Room             10:00-12:00- Matter of            Balance -Caryl Blue            Room</p>	<p><b>6</b>            9:30AM - Exercise –            UTH            1:00PM - MahJongg-            Caryl Blue Room</p>	<p><b>7</b>            10:00AM Zumba Gold            Caryl Gym</p>
<p><b>10</b>            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><b>11</b>            9:30AM - Exercise –            UTH            12Noon - February            Luncheon BINGO!!!            Caryl blue Rm</p>	<p><b>12</b>            9:30AM- Yoga-            Caryl 2nd floor             1:00PM Chi Gong-            Caryl Blue Room            10:00-12:00- Matter of            Balance-Caryl Blue            Room</p>	<p><b>13</b>            9:30AM - Exercise –            UTH            1:00PM - MahJongg-            Caryl Blue Room            1:00PM -Pageturners            Library</p>	<p><b>14</b>            10:00AM Zumba Gold            Caryl Gym             2:00—4:00PM            Valentines Tea at the            Library</p>
<p><b>17</b>            HOLIDAY</p>	<p><b>18</b>            9:30AM - Exercise –            UTH            12:00Noon -Spirituality            Caryl Blue Room</p>	<p><b>19</b>            9:30AM- Yoga            Caryl 2nd floor            1:00PM Chi Gong-            Caryl Blue Room</p>	<p><b>20</b>            9:30AM - Exercise –            UTH            1:00PM - MahJongg-            Caryl Blue Room</p>	<p><b>21</b>            10:00AM Zumba Gold            Caryl Gym</p>
<p><b>24</b>            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><b>25</b>            9:30AM - Exercise –            UTH            1:00PM Circle of            Friends-Grace            Church</p>	<p><b>26</b>            9:00AM-Foot Dr.            Rm 116 by Appt.            9:30AM- Yoga            Caryl 2nd floor            10:00-12:00- Matter of            Balance-Caryl Blue Rm            1:00PM Chi Gong            Caryl Blue Room</p>	<p><b>27</b>            9:30AM - Exercise –            UTH            1:00PM - MahJongg-            Caryl Blue Room</p>	<p><b>28</b>            8:00AM—Sr. Coffee-            Caryl Blue Room            10:00AM Zumba Gold            Caryl Gym            1:00PM-Blood Pressure            -Caryl, Blue Room            1:30PM-Tea-Caryl,            Blue Room</p>



## MD Anderson shares tips on avoiding the winter blues

(yourhoustonnews.com)



**1. Eat a healthy diet.** Feeling blue can make you desire foods high in fat, carbohydrates and sugar. But try to resist temptation. "A carbohydrate- and sugar-rich diet will spike your blood sugar and then it will drop," Cohen says. So, you may feel more energized initially. But in the long run, your feelings of tiredness and moodiness can intensify. Instead, eat more plant proteins, like vegetables, nuts and beans, fruits and whole grains. You'll get the vitamins, minerals and protein to restore your energy levels. Plus, it'll help you maintain a healthy weight to lower your cancer risks.

**2. Get regular exercise.** Exercise might be the first thing to go when you'd rather stay snuggled in bed. Don't let it. "The feel-good chemicals released during exercise can help ease anxiety and improve your mental health," Powers-James says.

And, exercise strengthens the immune system, helps you maintain a healthy weight and reduces your risks for colon, breast and endometrial cancers. You should aim for at least two and a half hours of moderate physical activity or an hour and 15 minutes of more vigorous physical activity each week.

**3. Try sun therapy.** Winter typically means less light and more darkness, making you want to hibernate. Instead, get outside when the sun is shining. (But be sure to wear sunscreen.)

"Being exposed to sunlight wakes up your body and allows it to adjust back to its normal sleep-wake cycle," Powers-James says. A midday walk outside can do the trick.

**4. Increase social interactions.** Being around family and friends can boost your mood and help motivate you to do the things you enjoy. Ask a friend to go to the movies or grab a cup of green tea with a co-worker.

And, don't be shy, a phone call or email to ask for encouragement can go a long way. You may laugh more, worry less and gain a positive outlook. Plus, the person you call may benefit just as much as you from your contact.

**5. Get enough sleep.** "Sleep is restorative. It's a time for your body and mind to heal," Cohen says. "Getting too little or too much can cause moodiness, memory troubles and problems with thinking and focusing."

You should aim for seven to eight hours of sleep each night, Cohen says. It will help you wake up feeling refreshed.

**6. Practice relaxation techniques.** Anxiety and stress often accompany a winter slump. And both are damaging to your health, Cohen says. To boost your energy and mood, try to relax.

"Just five minutes of meditation can help you manage stress," .



## ON THE LIGHT SIDE

### Some "Senior" Personal Ads Seen in Florida and Arizona Newspapers:

1. Foxy Lady: Sexy, Fashion-conscious Blue-haired Beauty, 80's, Slim, 5'-4" (Used to Be 5-6), Searching for Sharp-looking, Sharp-dressing Companion. Matching White Shoes and Belt a Plus.
2. Mint Condition: Male, 1932, High Mileage, Good Condition, Some Hair, Many New Parts Including Hip, Knee, Cornea, Valves. Isn't in Running Condition, but Walks Well.
3. Long-term Commitment: Recent Widow Who Has Just Buried Fourth Husband Looking for Someone to Round out a Six- Unit Plot. Dizziness, Fainting, Shortness of Breath Not a Problem.
4. Serenity Now: I Am into Solitude, Long Walks, Sunrises, the Ocean, Yoga and Meditation. If You Are the Silent Type, Let's Get Together, Take Our Hearing Aids out and Enjoy Quiet Times.
5. Winning Smile: Active Grandmother with Original Teeth Seeking a Dedicated Flossier to Share Rare Steaks, Corn on the Cob and Caramel Candy.
6. Beatles or Stones? I Still like to Rock, Still like to Cruise in My Camaro on Saturday Nights and Still like to Play the Air Guitar. If You Were a Groovy Chick, or Are Now a Groovy Hen, Let's Get Together and Listen to My Boss Collection of Eight-track Tapes.

### **Scotch with two drops of water!!!**

A lady goes to the bar on a cruise ship and orders a Scotch with two drops of water.

As the bartender gives her the drink she says, 'I'm on this cruise to celebrate my 80th birthday and it's today.'

The bartender says, 'Well, since it's your birthday, I'll buy you a drink. In fact, this one is on me.'

As the woman finishes her drink, the woman to her right says, 'I would like to buy you a drink, too.'

The old woman says, 'Thank you Bartender, I want a Scotch with two drops of water.'

'Coming up,' says the bartender.

As she finishes that drink, the man to her left says, 'I would like to buy you one, too.'

The old woman says, 'Thank you. Bartender, I want another Scotch with two drops of water.'

'Coming right up,' the bartender says.

As he gives her the drink, he says, 'Ma'am, I'm dying of curiosity. Why the Scotch with only two drops of water?'

The old woman replies, 'Sonny, when you're my age, you've learned how to hold your liquor. Holding your water, however, is a whole other issue.'

**Memorials**

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

*In Memory of Al Lordi from  
John L. Thorndike*

**OFFICE HOURS -**

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

**EMAIL: [COA@DOVERMA.ORG](mailto:COA@DOVERMA.ORG)**

**508-315-5734**

See the COA Town Website

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



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Council on Aging  
Town House Box 250  
Dover MA 02030