

# Bright



# Horizons

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

## JANUARY 2015

DOVER COA  
COUNCIL ON AGING

# HAPPY NEW YEAR

## ACTIVITIES

### JANUARY LUNCHEON - BINGO!!!

Tuesday, January 13th, 12:00Noon,  
Caryl Community Ctr., Room 108 \$4.00  
Please bring an unwanted gift and join  
us for a fun time!!

Please RSVP by January 8th



### COMMUNITY LUNCH PROGRAM

Tuesday, January 20th at 12:00Noon,  
St Dunstan's Episcopal Church  
Please join us for the new community lunch program  
that has been launched by the COA and our local  
churches! On the **third Tuesday** of each month, seniors  
are invited to a midday meal hosted by one of Dover's  
churches. Check our calendar each month for location.  
RSVP by January 15th

### CIRCLE OF FRIENDS LUNCH

Tuesday, January 27th, 1:00pm Grace Church  
Please join us for a homemade lunch and conversation  
with friends. RSVP by January 22nd.

### A BIG, BIG THANK YOU!!

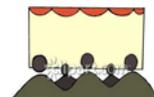


The COA would like to give a big shout out and thank  
you to the Dover Police Association for their Annual  
Brunch and to the Dover Legion for their Annual Senior  
Dinner. Both events always bring out our seniors and  
are greatly enjoyed by all...  
Thank you from the Board of Directors and COA staff.

**REMEMBER IF SCHOOL IS CANCELLED DUE  
TO WEATHER, ALL COA ACTIVITIES ARE  
CANCELLED**

### MOVIE MATINEES-

January 9th, 1:00pm, Dover Church, Kraft Hall  
Movie Matinees are held the second  
Friday of the month.



### 5 WEEK INTRO TO YOGA SERIES

Are you new to yoga or just want to go back to basics?  
This 5-week series introduces the principles of correct  
alignment, breathing, and meditation.  
(See page 3 for more information) Starts January 23rd

### TRIAD PROGRAM

#### OPEN TO ALL

Wednesday, January 28th 10:00am  
Caryl, Room 116 - Please join us!

See Page 2 for more information on the program.

### THINGS TO DO & PLACES TO GO

See Page 3 for January events.

## SAVE THE DATE

### FEBRUARY LUNCHEON

Tuesday February 10th, 11:30am. Caryl  
Join us for lunch as Lisa Kubiak of Mary Ann Morse  
Health Center and Michael Wilsker of Always Best  
Care Senior Services explore the choices a senior has  
when discharged from the hospital.  
Following there will be an appearance by  
Elvis!!



**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 “Happy Face - Starring 2015”**

Friday, January 23rd 1:30pm Caryl Community Center, Room 108



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

Friday January 23rd, 1:00pm, Caryl, Room 108

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

January 15th & 29th, Caryl Community Center, Room 116

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

### **FOOT DOCTOR CLINIC - (By Appointment)**

Dates *TBA* (Watch February newsletter for update)

Caryl Community Center, Room 116



### **FUEL ASSISTANCE**

Please contact Energy Assistance Coordinator, Erika Lert for qualifications at (508) 651-1000 ext. 221 or (508) 785-2535 or via email at

[enlert@mrbw.com](mailto:enlert@mrbw.com).

### **KNITTING**

Mondays at 1:00pm

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.



### **SENIOR COFFEE HOUR**

January 30th - 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 Ctr., Room 108

Please join us for Mah Jongg-Any level welcome

### **PAGETURNERS BOOK CLUB**

Thursday, January 8th, 1:00PM - Library

### **TRIAD PROGRAM**

#### **OPEN TO ALL**

**MEETING:** Wednesday, January 28th 10:00am  
Caryl, Room 116 - Please join us!

**TRIAD** is an agreement between senior citizens, law enforcement agencies and support and protective services for seniors to work together on crime prevention in the elderly community. Anyone interested in becoming a part of Dover's **TRIAD** is welcome .

**FILE OF LIFE:** By filling out this card (with important medical information), and putting it on your refrigerator, you could be saving your life! You may obtain a card by calling the COA.

#### **"ARE YOU O.K? PROGRAM"**

This Program is a voluntary sign-up computer/telephone system that checks the well-being of senior citizens or people with limited restrictions. It also assures family who care, that they are okay.

### **COA BOARD MEMBERS**

Betty Hagan - Chairperson

Lou Theodos - Vice Chair

Maureen Dilg

Cara Groman

Camille Johnston

Barbara Murphy

Gilbert Thisse

### **JANUARY BOARD MEETING**

Tuesday, January 6th 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 108*



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.*

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.



### 5 WEEK INTRO TO YOGA SERIES

*Fridays, Jan 23, Jan 30, Feb 6, Feb 20, & Feb 27  
9:30am - Caryl Room 215 (Second Floor)*

Are you new to yoga or just want to go back to basics? This 5-week series introduces the principles of correct alignment, breathing, and meditation

Donation for 5 class series is \$15.00

**NOTE: Class limited to 8 - if interested please sign up early by calling the COA 508-315-5734**

### ZUMBA GOLD

*Fridays, 10:00am-10:45am. \$3.00/session. Classes held in the Caryl Gym.*

The COA in collaboration with Park & Recreation are sponsoring a Zumba Gold Class. Please join us on Fridays for fun and exercise!!

## 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*

**January 24 - April 11th- Museum of Russian Icons, Clinton Ma - "Origins & Nature of Ethiopian Icons in Christian Africa" -**

Open Tuesday - Friday 11:00am - 3:00pm

**Month of January - "Raphael: The Cowper Madonna on Loan from National Gallery of Art" -**

Worcester Art Museum - Wed. - Fri., Sunday 11:00am-5:00pm; Sat. 10:00am-5:00pm

**Month of January - "Around the World & Back Again" - New Bedford Sailing Museum -**

508-997-0046

**February 8th - "Wellesley Symphony**

**Orchestra" - Mass Bay Community College**

781-235-0515 - Rhapsody in Blue - Vytas Baksys Piano

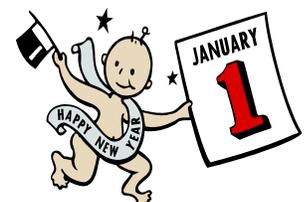
# DOVER COA - JANUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>GC—Grace Church Library CR = —Community Room Caryl — Caryl Community Ctr. Room 116—COA office at Caryl Blue Room-At Caryl Community Ctr. Room 108</b></p>			<p>1</p> <p>HOLIDAY</p>	<p>2</p>
<p><b>5</b></p> <p><b>1:00pm</b> Knitting - Caryl, Room 108</p> <p><b>5:30pm</b> Chi Gong- Library Community Room</p>	<p><b>6</b></p> <p><b>10:00am</b> COA Board Meeting, Caryl Room 116</p>	<p><b>7</b></p> <p><b>9:30am—</b> Yoga –Caryl 2nd floor</p> <p><b>11:30am</b> Chi Gong - Caryl, Room 108</p>	<p><b>8</b></p> <p><b>1:00pm</b> - Mah Jongg Caryl Room 108</p> <p><b>1:00pm</b> - Book Club Dover Library</p>	<p><b>9</b></p> <p><b>10:00am</b> -Zumba Gold Caryl Gym</p> <p><b>1:00pm</b> - Movies, Dover Church, Kraft Hall</p>
<p><b>12</b></p> <p><b>9:30am—</b> Yoga –Caryl, 2nd floor</p> <p><b>1:00pm</b> Knitting - Caryl, Room 108</p> <p><b>5:30pm</b> Chi Gong-CR</p>	<p><b>13</b></p> <p><b>11:30am-</b> COA Luncheon-Caryl</p>	<p><b>14</b></p> <p><b>9:30am</b> Yoga-Caryl, 2nd floor</p> <p><b>11:30am</b> Chi Gong - Caryl, Room 108</p>	<p><b>15</b></p> <p><b>10:00am</b> - Blue Moon Donations</p> <p><b>1:00pm</b> - Mah Jongg Caryl Room 108</p>	<p><b>16</b></p> <p><b>10:00am</b> -Zumba Gold Caryl Gym</p>
<p><b>19</b></p> <p>HOLIDAY</p>	<p><b>20</b></p> <p><b>12:00Noon</b> - Community Lunch - St Dunstan's Church</p>	<p><b>21</b></p> <p><b>9:30am</b> Yoga-Caryl, 2nd floor</p> <p><b>11:30am</b> Chi Gong - Caryl, Room 108</p>	<p><b>22</b></p> <p><b>1:00pm</b> - Mah Jongg Caryl Room 108</p>	<p><b>23</b></p> <p><b>9:30am</b> - Intro to Yoga Caryl Room 215</p> <p><b>10:00am</b> -Zumba Gold Caryl Gym</p> <p><b>1:00pm</b> - Blood Pressure Caryl Room 108</p> <p><b>1:30</b> - Afternoon Tea Caryl Room 108</p>
<p><b>26</b></p> <p><b>9:30am—</b> Yoga –Caryl, 2nd floor</p> <p><b>1:00pm</b> Knitting - Caryl, Room 108</p> <p><b>5:30pm</b> Chi Gong- Library Community Room</p>	<p><b>27</b></p> <p><b>1:00pm</b> Circle of Friends Luncheon - GC</p>	<p><b>28</b></p> <p><b>9:30am</b> Yoga-Caryl, 2nd floor</p> <p><b>10:00am TRIAD</b> -Room 116 - Caryl</p> <p><b>11:30am</b> Chi Gong - Caryl, Room 108</p>	<p><b>29</b></p> <p><b>10:00am</b> - Blue Moon Donations</p> <p><b>1:00pm</b> - Mah Jongg Caryl Room 108</p>	<p><b>30</b></p> <p><b>8:00am</b> Senior Coffee - Caryl, Room 108</p> <p><b>9:30am</b> - Intro to Yoga Caryl Room 215</p> <p><b>10:00am</b> -Zumba Gold Caryl Gym</p>



### NEW YEAR'S EVE FUN FACTS

1. Ever wonder how January 1 became the start of the New Year? This date goes back to when Julius Caesar debuted the Julian Calendar and set the date to be the first date of the year after he reformed the calendar in 46 BC. New Year's day was dedicated to Janus, the god of gates and beginnings, by the Romans.
2. As for New Year's Eve traditions, the most popular one each year is to lose weight. But the act of creating resolutions dates as far back as the ancient Babylonians who made resolutions to their gods at the beginning of each year. This act was followed through by the Romans, who made resolutions to the god Janus, and the act of making vows of self-improvement has carried through since then. Fun fact: According to Forbes, a mere 8 percent of people actually achieve their New Year's resolution.
3. The traditional fare on New Year's Eve is black eyed peas, as it is believed to bring good luck to the consumer. The peas are believed to have become a symbol of luck during the Civil War, when Union soldiers raided Confederate food supplies and left behind the peas and salted pork, which left the Confederate soldiers well fed through the winter.
4. Another tradition for the New Year is to kiss at the stroke of midnight, which roots back to an old English and German folklore. According to the folklore, a couple should kiss at midnight for a promising year and singles should kiss (or not kiss) to set the tone for their relationship status in the year to come.
5. Champagne is the beverage of choice on New Year's Eve, but many do not know that in order for a sparkling wine to be champagne, it must be produced in Champagne, France. There are over 300 million bottles produced there and the history of creating wine and champagne dates back to the 17th century. Note: Latinos also have a grape-related tradition that entails eating 12 grapes at midnight with each strike of the clock. Each grape represents the months of the year and consuming them is supposed to be good luck.
6. The annual Time Square ball drop is one of the most-watched events of the year, with one million visitors going to Time Square, millions of Americans tuning in to their television screen and billions around the world watching the ball drop. The ball, aka the center of attention, is made of Waterford Crystal pieces and weighs well over a thousand pounds. The only two years the ball drop did not take place was 1942 and 1943, due to war restrictions.



## ON THE LIGHT SIDE

### ONE LINERS!!

- A computer once beat me at chess, but it was no match for me at kick boxing.
- For Sale: Parachute. Only used once, never opened.
- A bank is a place that will lend you money, if you can prove that you don't need it.
- What is faster Hot or cold? Hot, because you can catch a cold.
- Love may be blind, but marriage is a real eye-opener.
- Why did the scientist install a knocker on his door? He wanted to win the No-bell prize!
- When everything's coming your way, you're in the wrong lane.
- If you can't convince them, confuse them.
- Whenever I find the key to success, someone changes the lock.
- Time is what keeps things from happening all at once.
- Lottery: a tax on people who are bad at math.
- If at first you don't succeed, destroy all evidence that you tried.
- Eat right. Stay fit. Die anyway.
- IRS: We've got what it takes to take what you have got.
- I can handle pain until it hurts.



"Why don't they pass a constitutional amendment prohibiting anybody from learning anything? If it works as well as prohibition did, in five years Americans would be the smartest race of people on Earth."  
Will Rogers

### THINGS THAT MAKE YOU GO HMMMM!

- If all the nations in the world are in debt where did all the money go?
- If the "black box" flight recorder is never damaged during a plane crash, why isn't the whole airplane made out of that stuff
- Why are the numbers on a calculator and a phone reversed?
- Why do birds not fall out of trees when they sleep?
- Why is it called a TV set when there is only one?
- Why do most cars have speedometers that go up to at least 130 when you legally can't go that fast on any road?



Memorials



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

*In Memory of George Vounatsos  
from Barbara Vounatsos*

**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!



Return Service Requested

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