

BRIGHT HORIZONS

TOWN OF DOVER



Email: coeditor@doverma.org

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JULY & AUGUST 2012

JULY LUNCHEON- ICE CREAM SOCIAL

Light Lunch & Ice Cream!

Bring a used book to swap for Summertime reading

Tuesday July 10th 12:00 Noon

Fireside Rm. \$4.00

(Note: change in location for July)



THERE IS NO LUNCHEON IN AUGUST

JULY & AUGUST CIRCLE OF FRIENDS

LUNCHEON- \$3.00- Grace Church

Tuesday, July 24th & Tuesday, August 28th

GC- RSVP to the COA by the week before events

ANNUAL POWISSET FARM PICNIC

Friday, August 3rd at 12 Noon. -

Meet at the Powisset Barn

Come join our friends from Sherborn and the staff at Powisset Farm to celebrate the summer. Bring a Sandwich and a chair, we'll provide the drinks, salads, and dessert!

"TEAGO" TEA

BINGO FOR TEA DRINKERS!!

Tuesday August 14th—1:30PM - Fireside Rm.

If you are curious, come join us!

HAPPY 4TH OF JULY

IF YOU WOULD LIKE TO RECEIVE THIS NEWSLETTER BY EMAIL, PLEASE CALL US OR EMAIL THE EDITOR AT :

coeditor@doverma.org

YOU CAN ALSO ACCESS IT BY GOING TO THE TOWN WEBSITE & THERE IS A LINK ON THE FIRST PAGE TO THE COA NEWSLETTER

SAVE THE DATES



PLEASE VISIT THE BOOTH OF THE FRIENDS OF THE COA AT THE DOVER DAYS FAIR

The Friends of the Dover COA will have a booth at the Dover Days Fair, **September 8th**. They will be selling \$25.00 gift certificates for Honey Baked Ham products. 50% of all proceeds go to the Friends to support COA programs and services.

DOVER DAYS FAIR

Saturday, September 8th.

SEPTEMBER LIGHT LUNCH

Pam Kunkemueller will present local stories on Dick Vara's book "Dover Days Gone By"

Tuesday, Sept. 18th, 12:00Noon-Caryl

THROUGH THE GARDEN DOOR

A striking but unusual specimen tree to add to your landscape is Seven-Son Flower (Heptacodium miconoides). This is one of the few trees that blooms in summer and continues into fall. I have one growing in my yard for the past 10 years. Pale, creamy white, fragrant flowers emerge in August and last into September.

The real show occurs in October when the calyces turn reddish – the effect is spectacular and lasts until the first frost. The bark exfoliates to expose a light brown under bark. The tree likes full sun and will grow to 20' high. Insects ignore this tree including the winter moth. When in bloom, it is full of buzzing bees. While the bees are busy and totally ignore me as I walk by, this might not be the tree for you if you are allergic to bee stings.

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, July 3rd, 10:00AM Fireside Room
(No Board Meeting in August)

PAGETURNERS BOOK CLUB

Thursday July 12th & Aug. 9th 1:00PM – Dover Library –

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday July 11th 9:00 – 11:00AM

Appointments are required and a check payable to Dr. William Cooper in the amount of \$30 . COA - **508 785 0032 Ext. 246 - Next date September 9th**

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

(No Blood Pressure in July & August)

AFTERNOON TEA

(No Tea in July & August)

SENIOR COFFEE HOUR

Friday, July 27th & August 31st 8:00AM - FS

Please come and enjoy coffee and conversation.

U.F.O. (UNFINISHED OBJECTS)

THERE IS NO UFO IN JULY & AUGUST.



CRAFTS CLASS

(NO CRAFTS IN JULY & AUGUST)

BOCCE BALL– OUTDOORS—Please Join Us!!

Fridays at 10:30AM—Medfield (in the shade!)

If you have any questions, please call the COA.

BRIDGE—DROP-IN BRIDGE

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

EXERCISE CLASS -

Tuesday & Thursday 9:30AM \$3.00 UTH

Come and join our exercise class! Men and women are welcome to attend. Bring water.

PAINTING WITH LAVONNE (Holliston Senior Ctr.)

Thursdays at 12:30PM-2:30PM.

Classes are \$3.00 and held in Holliston. Call the Dover COA for more information or transportation.

KNITTING WITH SANDI

**Monday July 9th & 30th, August 13th & 27th
1:00PM-FS Rm**

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

CHI GONG

Wednesdays July & August 11:30-12:30 Library Mt. Rm

NOTE: July 11th Class is at 1:00PM

BANK ACCOUNT INTEREST

Bank accounts covered by the “18-65” law are offered by local state-chartered banks across the state and are available to seniors age 65 and older or minors under the age of 18. These accounts, required under Massachusetts law for all state-chartered banks, are

COMING THIS FALL!!
LIFETIME LEARNING CLASSES

Starting late September the Friends of the COA are sponsoring a Lifetime Learning series for adults of all ages.

Topics will include:

- Philosophy and Ethics
- Renaissance Art
- Novels of Jane Austin

Classes will be held at the Dover Library. Look for more information in September’s newsletter.



not subject to minimum balance requirements and do not have deposit or withdrawal fees. Basic checks are offered at no charge. Each eligible person can open one checking account and one savings account. The Division of Banks has capped fees for “insufficient funds” at \$5.00 on these accounts. For a full list of all Massachusetts state chartered banks, visit the Division of Banks website at www.mass.gov/dob or call (617) 956-1501.

**GENTLE YOGA - CARYL COMMUNITY
CENTER - 2ND FLOOR**

NOTE: NO YOGA IN AUGUST

**Wednesday's 9:30AM – 10:30AM -Caryl 2nd floor
A \$3.00 donation is suggested**

**Gentle postures work the joints and muscles to increase flexibility, strength, balance, and circulation.
Postures are combined with restorative yoga and breathing techniques to help reduce stress and increase vitality.



MEET OUR BOARD OF DIRECTORS

(Each month we will feature one of our Board Members for you to meet. Our members work extremely hard and are dedicated to serving the needs of Dover's Seniors)

MEET PHIL McCHESNEY

Phil was brought up in New Jersey. Upon high school graduation he went to Perdue University and majored in Electrical engineering. Following college he enlisted in the Air Force which was during the Korean War. He flew 16 combat missions during his time in the service. After leaving the service he worked for Raytheon and continued there until his retirement. He married shortly after leaving the service and moved to Dover in 1976. He raised two boys and two girls and currently has one granddaughter. His wife passed away in 2005 but Phil remains in Dover. His hobby is playing Bridge. He enjoys his involvement with the COA Board and has been active in sub-committees.



**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 let them know what time and where you are going.
- ♦ 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



TODAY'S LIVING

GET READY FOR ELECTION YEAR EMAILS

By: Joan Stapleton

As the election heats up we are most likely going to receive numerous emails containing “true” information about each candidate and every issue. They will be flamboyant, sometimes fearful and all too often false.

When you receive any email which purports to be delivering important information ask yourself these questions:

Is there a date on the article or statement? Some emails seem to be current but have been hobbling around the Internet for years.

Do you know who compiled the information: No author means no authenticity!

Does it contain visuals? Videos and pictures are easy to edit. They can and have been changed in a variety of ways – different background, add/delete individuals, change postures, etc. Seeing is no longer believing.

Does it say the facts have been checked out on Snopes or another verification source? Don't believe it; check it out for yourself.

You can verify information easily at any of the following sites:

www.Snopes.com Barbara and David Mikkelson created this website in 1995 to determine the truth and explain the background of the many legends, hoaxes and rumors which circulate the world via email. Since its creation, Snopes has garnered respect from colleagues and users, received 2 Webby awards for Web Excellence and attracts over 6 million visitors each month.

www.Politifact.com This is a project of the Tampa Bay Times newspaper whose reporters and editors fact-check statements by politicians, lobbyists and interest groups. They rate these statements on their “Truth-O-Meter” which has 6 categories ranging from “True” (the statement is accurate and there is nothing significant missing) to “Pants On Fire”

ELECTIONS

State Primary Thursday, September 6th (NOTE: this is a Thursday)

General Election, Tuesday, November 6th



ON THE LITE SIDE
ONE LINERS

MARRIAGE: It's an agreement wherein a man loses his bachelor degree and a woman gains her master.

DIVORCE: Future Tense of Marriage

CONFERENCE: The confusion of one man multiplied by the number present

COMPROMISE: The art of dividing a cake in such a way that everybody believes he got the biggest piece

TEARS: The hydraulic force by which masculine will power is defeated by feminine water-power!

CONFERENCE ROOM: A place where everybody talks, nobody listens and everybody disagrees later on

CLASSIC: A book which people praise, but never read

OFFICE: A place where you can relax after your strenuous home life

ETC: A sign to make others believe that you know more than you actually do.

COMMITTEE: Individuals who can do nothing individually and sit to decide that nothing can be done together.

EXPERIENCE: The name men give to their Mistakes

ATOM BOMB: An invention to bring an end to all inventions

FATHER: A banker provided by nature

BOSS: Someone who is early when you are late and late when you are early

Great first parent

(By Bill Cosby)

Whenever your kids are out of control, you can take comfort from the thought that even God's omnipotence did not extend to his kids.

After creating Heaven and Earth, God created Adam and Eve. And the first thing He said to them was:

"Don't."

"Don't what?", Adam replied.

"Don't eat the forbidden fruit."

"Forbidden fruit? Really? Where is it?"

"It's over there," said God, wondering why He hadn't stopped after making the elephants.

A few minutes later God saw the kids having an apple break and He was angry.

"Didn't I tell you not to eat that fruit?" the First Parent asked.

"Uh huh," Adam replied.

"Then why did you?"

"I dunno," Adam answered.

God's punishment was that Adam and Eve should have children of their own.

Thus the pattern was set and it has never changed. But there is reassurance in this story.

If you have persistently and lovingly tried to give them wisdom and they haven't taken it, don't be hard on yourself.

If God had trouble handling children, what makes you think it would be a piece of cake for you?



JULY DOVER COA

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:30AM-Exercise UTH 10:00AM- COA Board Meeting -FS Room	4 HOLIDAY	5 9:30AM - Exercise UTH 12:30PM-Painting Holliston	6 10:30AM—Bocce Medfield
9 1:00PM—Knitting with Sandi—FS	10 9:30AM-Exercise UTH 12:00noon-July Luncheon-FS Room	11 9:30AM- Gentle Yoga Caryl—2nd fl. 1:00PM Chi Gong Library	12 9:30AM - Exercise —UTH 12:30PM-Painting Holliston	13 10:30AM—Bocce Medfield
16	17 9:30AM-Exercise UTH	18 9:30AM- Gentle Yoga Caryl—2nd fl. 1:00PM Drop-in Bridge-FS Rm 11:30AM Chi Gong Library	19 9:30AM - Exercise —UTH 12:30PM Paining— Holliston	20 10:30AM—Bocce Medfield
23	24 9:30AM-Exercise UTH 1:00PM Circle of Friends Luncheon— GC	25 9:30AM- Gentle Yoga Caryl—2nd fl. 11:30AM Chi Gong Library	26 9:30AM - Excercise UTH 12:30 Painting – Holliston	27 8:00AM- Sr. Coffee FS 10:30AM-Bocce Medfield
30 1:00PM—Knitting with Sandi—FS	31 9:30AM-Exercise UTH			

COA BOARD MEMBERS

Betty Hagan	Chair	785-2124
Jane Hemstreet		785-0372
Alice Baranick	Treasurer	785-9829
Eleanor Bouldry		785-0128
Phil McChesney		785-1749
Jeanne Gavrilles		785-1814
Barbara Murphy		785-2895
Lou Theodos	Vice Chair	785-1715
Maureen Dilg		785-2107
Cara Groman		508-328-9660

COA STAFF

Director	Janet Claypoole
Outreach Worker	Carl Sheridan
Adm. Asst/Editor	Sue Sheridan
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

SUMMER OFFICE HOURS -

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

FRIDAY 9:00 - 12:00NOON

COA@DOVERMA.ORG

508-785-0032 Ext. 246



STD Rate
 U.S. Postage Paid
 Permit No. 3
 Carrier Route Pre Sort

Return Service Requested

Council on Aging
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