

BRIGHT HORIZONS

TOWN OF DOVER



Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

JUNE 2012

THANK YOU VOLUNTEERS!!

VOLUNTEER LUNCHEON

*Tuesday, June 12th, 12:00 Noon at Grace Church
This luncheon is to honor our volunteers who give so much time and energy to the COA.
Please RSVP to the invitation by June 6th*

JUNE CIRCLE OF FRIENDS LUNCHEON— \$3.00

Tuesday, June 26th - Grace Church 1:00PM – RSVP to the COA by June 21st

TRIP TO ROCKPORT—Shalin Liu Performance Ctr.

Thursday, June 28th, Cost: \$40.00/person

Attend an open rehearsal of the Boston Symphony Chamber Players at the Shalin Liu Performance Center. Come enjoy music and the scenic shore, art galleries, and shopping in Rockport with lunch at a local restaurant. Departure at 10AM from Dover Town Garage; return home by late afternoon. Cost \$40. RSVP by June 15th. Call the COA for more info.

SPECIAL LUNCHEON

Your Feedback is Important Regarding Future Needs of Dover's Seniors

Wednesday, June 6th 12:00Noon—Caryl

We will be discussing transportation, handicap accessible transportation and a senior center. **RSVP to the COA by June 1st at 508-785-0032 Ext. 246**

(See pg. 2 for more information)

We hope you join us!



SAVE THE DATES

JULY LUNCHEON “Ice Cream Social”

Tuesday July 10th - Fireside Room—12:00Noon

(There is no luncheon in August)

A “COOL” GET TOGETHER IN HOT WEATHER!

With “Cool” drinks & air conditioning

Tuesday August 14th—1:30PM - FS

AUGUST—POWISSET FARM PICNIC (Date: TBA)

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

For many years, whenever I plant new annuals, perennials or shrubs, I place in the bottom of the hole a pinch of sugar, Epson salts and Soil Moist. The sugar and Epson salts mixture I make beforehand – ½ sugar to ½ Epson salts. I then add a sprinkling of Soil Moist to the mixture. The chemical reaction of the sugar and Epson salts helps promote root growth and the Soil Moist absorbs water and releases it slowly. I have healthy plants with strong root systems that require 50% less watering. Epson salts can be found at your local pharmacy and Soil Moist at your local garden center.

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, June 5th 10:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday June 14th 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 is due at the time of appointment. COA - 508 785 0032 Ext. 246

Future Dates: 9/5

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

Friday, June 22nd Fireside Room 12:00PM (NEW TIME)

(There is NO blood pressure in July or August)

AFTERNOON TEA

No Friday Tea in June, July or August

SENIOR COFFEE HOUR

Friday, June 29th 8:00AM

Fireside Room

Please come and enjoy coffee and conversation. No reservations necessary.

U.F.O. (UNFINISHED OBJECTS)

Monday, June 4th & 18th - Fireside Room.

Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.



CRAFTS CLASS

Monday, June 11th & 25th FS \$2.00

Come and learn something new!

BOCCE BALL– OUTDOORS—Please Join Us!!

Fridays at 10:30AM—Dover Legion

July & August - Back to Medfield - 10:30AM

BRIDGE—DROP-IN BRIDGE

1st & 3rd Wednesday of Month – 1:00 -3:30PM - FS

EXERCISE CLASS -

Tuesday & Thursday 9:30AM \$2.00

Upper Town Hall

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

WALKING GROUP—With Amy DiSanto

Wednesday, June 13th - (last one before summer)

Meet at the Fireside Room at 9:30AM.

KNITTING WITH SANDI

Mondays June 11th & 25th -1:00PM-FS Rm

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

TRIAD

Thursday, June 28th 10:30AM—FS

THERAPEUTIC CHI GONG - JUNE

with Linda Bellifeuille

Wednesdays 11:30AM to 12:30PM -- Library

Anyone, regardless of age or physical ability, can practice Chi Gong. Movements are low impact and put minimal stress on muscles and joints. Join this class to improve balance and strength and increase energy.

SENIOR NEEDS LUNCHEON

(June 6th—see front page)

The Dover COA will be holding a luncheon on June 6th (see pg. 1) to discuss Dover's Senior Needs. State Rep. Denise Garlick and State Sen. Mike Rush will be joining us.

Last year 45% of our senior population of 1,200 (over 60) used services and programs provided by the COA. As we age, more services are needed to maintain a healthy and safe lifestyle. Currently, Dover has 70 seniors who are house bound and unable to drive. It is time to have a discussion about senior services that will promote independent living and a comfortable and safe environment.

At our luncheon, we will building a Senior Center and the need for a wheelchair accessible van. A center will provide one location where seniors can have lunch, participate in programs and socialize with friends.

The van will be available to all seniors for medical appointments, attending town events, etc.

These are important topics for our seniors and those about to become seniors. We need your input!

Please join us. RSVP to the luncheon by June 1st.

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

Mondays & Wednesdays 9:30AM – 10:30AM

A \$2.00 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.***

The Gentle Yoga classes are funded in part by a grant through Bay Path Elder Services using Title III Older Americans Act funds



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 BARBARA MURPHY

Barbara was born in Connecticut and raised in Agawam Ma. She graduated from Agawam High School where 3 female teachers were Phi Beta Kappa graduates of Smith. She went to college and graduated from Westfield State College now University and was employed by Boston University School of Fine and Applied Arts until she joined the Womens Army Corps. She served in various capacities including Company Commander in Alabama and Information Officer, then Protocol Officer in Fairbanks, Alaska. She is still in touch with several of her fellow comrades in arms, and marches in the Dover Memorial Day Parade. Following her army stint, and thanks to the GI Bill, she received a JD from American University and a MLS from Catholic University , both in D.C. She worked at the University of Virginia School of Law Library for 26 years as Associate Law Librarian, and upon her retirement in 2000 joined her sister Jean in Dover. Barbara traveled extensively in and around Virginia and the South, and also took trips to Ireland and Great Britain.

She has been a Board member since 2008 and is responsible for the COA library, photo board, monthly tea, and Bocce (with the help from many seniors.) She can usually be found at the Dover Library on Thursday afternoons.

Her wish is is that we will soon have a COA van for senior transportation and senior center comparable to our neighbors in surrounding towns.



**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.

TICKETS PURCHASED AT THE COA

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
- ♦ If you have any questions, please call us at (508) 785-0032 ext 246.

NOTE: THESE RATES DO NOT INCLUDE TIPS

**DID YOU KNOW DOVER HAS
THE MBTA RIDE SERVICE?**

All qualified disabled Dover residents are eligible to use the MBTA Ride . This service provides advance notice, shared-ride, door-to-door service to those who qualify.

You must have a mental, physical or cognitive disability which prevents you from using general or public transportation. For example, extreme difficulty or inability to walk, see, ride a bus, use stairs/escalators or stand in moving vehicles. You will be required to have your doctor fill out part of the application only until the end of June Starting July 1st you MUST be evaluated by an MBTA doctor.

You may obtain an application form and additional information concerning the RIDE by contacting:

**MBTA Office for Transportation Access
Ten Park Plaza, Rm 5750
Boston, MA 02116
800-533-6282 or visit www.mbta.com**

TODAY'S LIVING

About the month of June

June is the sixth month of the year in the Gregorian calendar, with a length of 30 days. The month is named after the Roman goddess Juno, wife of Jupiter and equivalent to the Greek goddess Hera.

June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours of the year in the Southern Hemisphere.

June in the Northern Hemisphere is the seasonal equivalent to December in the Southern Hemisphere and vice versa. The month of June—in the Northern Hemisphere—is in Spring until the 21st, when Summer begins. The traditional June birthstone is the pearl. The June birth flower is the rose, or the honeysuckle, as roses and honeysuckles bloom throughout June. June is also sometimes called the Rose month."

June is known for the large amount of marriages that occur over the course of the month. This large quantity of marriages can be attributed to the Goddess that June is named after, Juno or Hera. Juno is the protecting goddess of marriage and a married couple's household, so it is considered good luck to be married in this month.



HMMMMMM!!

- ◆ Why do we wash bath towels? Aren't we clean when we use them?
- ◆ Why is the third hand on the watch called the second hand?
- ◆ If a word is misspelled in the dictionary, how would we ever know?
- ◆ If Webster wrote the first dictionary, where did he find the words?
- ◆ Why do we say something is out of whack? What is a whack?
- ◆ Why does "slow down" and "slow up" mean the same thing?
- ◆ Why does "fat chance" and "slim chance" mean the same thing?
- ◆ Why do "tug" boats push their barges?
- ◆ Why do we sing "Take me out to the ball game" when we are already there?
- ◆ Why are they called "stands" when they are made for sitting?
- ◆ Why is it call "after dark" when it really is "after light"?
- ◆ Doesn't "expecting the unexpected" make the unexpected expected?
- ◆ Why are a "wise man" and a "wise guy" opposites?
- ◆ Why do "overlook" and "oversee" mean opposite things?
- ◆ If all the world is a stage, where is the audience sitting?
- ◆ Why do we put suits in garment bags and garments in a suitcase?



ON THE LIGHT SIDE

TRUISMS!!

- ◆ Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
- ◆ We live in a society where pizza gets to your house before the police.
- ◆ Children: You spend the first 2 years of their life teaching them to walk and talk. Then you spend the next 16 years telling them to sit down and shut-up.
- ◆ Politicians and diapers have one thing in common. They should both be changed regularly, and for the same reason.
- ◆ If you think nobody cares if you're alive, try missing a couple of payments.
- ◆ Whenever I fill out an application, in the part that says "If an emergency, notify:" I put "DOCTOR". What's my mother going to do?
- ◆ The shinbone is a device for finding furniture in a dark room.
- ◆ The sole purpose of a child's middle name, is so he can tell when he's really in trouble.
- ◆ It's not the fall that kills you; it's the sudden stop at the end.
- ◆ Change is inevitable, except from a vending machine.
- ◆ An apple a day keeps the doctor away... so does having no medical insurance.
- ◆ I used to have an open mind but my brains kept falling out.
- ◆ Everyone has a photographic memory. Some don't have film.
- ◆ When everything's coming your way, you're in the wrong lane.
- ◆ I drive way too fast to worry about cholesterol
- ◆ Conclusion: the place where you got tired of thinking.
- ◆ I'm in shape. Round's a shape, isn't it?
- ◆ If Fed Ex and UPS were to merge, would they call it Fed UP?
- ◆ VENI, VEDI, VISA: I came, I saw, I did a little shopping.
- ◆ If I want to hear the pitter patter of little feet, I'll put shoes on my cats

LOVE TIPS BY KIDS!

WHAT DO MOST PEOPLE DO ON A DATE?

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." (Mike, 9)

ON WHAT FALLING IN LOVE IS LIKE:

"Like an avalanche where you have to run for your life."

(Roger, 9)

"If falling in love is anything like learning how to spell, I don't want to do it. It takes too long." (Leo, 7)

ON THE ROLE OF GOOD LOOKS IN LOVE:

"If you want to be loved by somebody who isn't already in your family, it doesn't hurt to be beautiful." (Jeanne, 8)

"It isn't always just how you look. Look at me, I'm handsome like anything and I haven't got anybody to marry me yet." (Gary, 7)

"Beauty is skin deep. But how rich you are can last a long time." (Christine, 9)

CONCERNING WHY LOVERS OFTEN HOLD HANDS:

"They want to make sure their rings don't fall off because they paid good money for them." (Dave, 8)

CONFIDENTIAL OPINIONS ABOUT LOVE:

"I'm not rushing into being in love. I'm finding fourth grade hard enough." (Regina, 10)

THE PERSONAL QUALITIES NECESSARY TO BE A GOOD LOVER:

"One of you should know how to write a check. Because even if you have tons of love, there is still going to be a lot of bills." (Ava, 8)

JUNE DOVER COA

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30AM—Bocce Legion
4 9:30AM- Gentle Yoga Caryl 2nd floor 10:00 AM - UFO—FS	5 9:30AM-Exercise UTH 10:00AM- COA Board Meeting -FS Room	6 9:30AM Gentle Yoga— Caryl 2nd floor 12:00 Noon—Needs Assessment Lunch— Caryl 1:00PM Drop-in Bridge Fireside Rm	7 9:30AM - Exercise – UTH 12:30 Painting - Holliston	8 10:30AM—Bocce Legion
11 9:30AM- Gentle Yoga Caryl 2nd floor 10:00AM Crafts– FS 1:00PM Knitting with Sandi-FS	12 9:30AM-Exercise UTH 12:00Noon—Volunteer Luncheon—GC	13 9:30AM Gentle Yoga— Caryl 2nd floor 9:30AM-Walking Grp	14 9:30AM - Exercise – UTH 12:30 Painting - Holliston 1:00PM Book Club Library	15 10:30AM—Bocce Legion
18 9:30AM- Gentle Yoga Caryl 2nd floor 10:00AM UFO—FS	19 9:30AM-Exercise UTH	20 9:30AM Gentle Yoga— Caryl 2nd floor 1:00PM Drop-in BridgeFireside Rm	21 9:30AM - Exercise – UTH 12:30 Painting - Holliston	22 10:30AM-Bocce Legion 12:00– Blood pres- sure—FS (No B/P July &Aug.)
25 9:30AM- Gentle Yoga 10:00AM UFO—FS 1:00PM Knitting with Sandi-FS	26 9:30AM-Exercise UTH 1:00PM Circle of Friends Luncheon—GC	27 9:30AM Gentle Yoga— Caryl 2nd floor	28 9:30AM - Exercise – UTH 10:30AM-TRIAD-FS 12:30 Painting - Holliston Trip to Rockport (See Pg. 1)	29 8:00AM- Sr. Coffee- FS 10:30AM Bocce Legion

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

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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

OFFICE HOURS –

MONDAY – FRIDAY 9:00AM – 4:30PM

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
 Town House Box 250
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