

# BRIGHT HORIZONS

## TOWN OF DOVER



**MARCH**

**2013**

Email: [coeditor@doverma.org](mailto:coeditor@doverma.org)

Telephone: 508-785-0032 x246

### MARCH LUNCHEON - ST PATRICK'S DAY- CORNED BEEF & CABBAGE \$5.00

Tuesday, March 12th -12:00Noon- Caryl  
RSVP by March 7th -508-785-0032 Ext. 246  
Come join us and "Create a St. Patricks Day Limerick"

### CIRCLE OF FRIENDS LUNCHEON

Tuesday, March 26th 1:00PM-Grace Church  
RSVP by Mar. 21st 508-785-0032 Ext. 246

### NEW!-CHI GONG EVENING CLASS

MONDAYS 5:30-6:30pm- Library Community Rm.  
Before you head home join us for a new class. This type of exercise combines breathing with body movements to harmonize mind and body and promote energy.

### Spring Yard Clean Up

It's time to tidy up! We are growing our service connections within the community and have many middle school and high school students eager to lend the COA a hand with year-round yard work help. Leaves, branches, flowerbeds, sand and salt, yard furniture - it's all good! Call the COA office at 508-785-0032 x 246 to get on the list for this Spring.

SAVE THE DATES

Town Caucus, March 11th 7:30PM-U Town Hall  
Town Meeting - May 6th  
Town Election-May 20th

### STATE ELECTIONS FOR SENATOR

State Primary-April 30th  
State Election- June 25th

### LIFETIME LEARNING SPRING CLASSES

The Lifetime Learning classes are beginning in April at the Dover Town Library.  
Please see Page 6 for more information.  
Brochures are available at the COA & Library.  
If you would like a brochure emailed to you, please email Michele Keleher at [makeleher@comcast.net](mailto:makeleher@comcast.net)

### WOULD YOU LIKE TO LEARN MAH JONGG??

Would you like to learn American Maj Jongg? If you are Interested ,please call the COA 508-785-0032 Ext. 246. If we have enough Interest, we will start a group.



### MARCH SPIRITUALITY REV. EMILIA HALSTEAD—DOVER CHURCH TUESDAY, March 19th 12:00Noon-Caryl \$3.00

#### Labyrinth Exploration

Please join us as Rev. Halstead shares a brief history of the labyrinth and its uses. We will end by practicing together with a finger labyrinth as a meditation tool. You are then cordially invited to come to The Dover Church to walk the 40ft. indoor labyrinth in Kraft Hall. Call the Dover Church for time and dates.

### INTERGENERATIONAL PROGRAM

Wednesday, March 13th , 2:00pm at the Chickering School

Join the Children in making a terrarium  
If you are interested, please call the COA 508-785-0032-Ext. 246 to sign up .  
Being with the kids is always fun!!



PROGRAMS & SERVICES

**COUNCIL ON AGING BOARD MEETING**  
*Tuesday, March 5th 10:00AM Fireside Room*

**PAGETURNERS BOOK CLUB**  
*Thursday March 14th 1:00PM – Dover Library*

**FOOT DOCTOR CLINIC (By Appointment - \$30.00)**  
*Date: Wednesday March 6th 9:00 – 11:00AM UTH*  
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:* April 24th-Caryl Art Room , June 26th UTH

**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, March 22nd -Caryl Blue room 1:00PM*

**AFTERNOON TEA - "VICTORIAN MASK TEA"**  
*Friday, March 22nd 1:30PM – Caryl -Blue Room*  
*"How would you look in a Victorian Mask?"*

**SENIOR COFFEE HOUR**  
*Friday, March 29th (5th Fri.) 8:00AM*  
*Fireside Room*  
Please come and enjoy coffee and conversation.



**U.F.O. (UNFINISHED OBJECTS)**  
*Monday, March 4 & 18th 10:00AM - Fireside Room.*  
Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.

**CRAFTS CLASS**  
*Monday, March 11th & 25th 10:00AM –FS \$2.00*  
Come and learn something new! The cost is minimal and there are tasty treats and great conversation .

**BOCCE BALL– OUTDOORS**  
Bocce will resume Friday's in April at 10:00AM

**BRIDGE—DROP-IN BRIDGE**  
*1st & 3<sup>rd</sup> Wednesday of the Month – 1:00 -3:30PM Fire-side Rm. Call the COA 508-785-0032 Ext. 246*

**EXERCISE CLASS**  
*Tuesday & Thursday 9:30AM \$3.00*  
*Upper Town Hall*

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.  
(Funded by a grant from Foundation of Metrowest)

**KNITTING WITH SANDI**  
*Mondays 4th & 18th -1:00PM-Caryl-Blue Room*  
Bring your knitting, questions & ideas for new projects. Beginners or Experienced welcome.

**CHI GONG**  
*(New) Mondays 5:30PM Library Community Rm.*  
*Wednesdays 11:30AM Caryl Community Ctr. Blue Room*  
*Come join us and bring a friend!!*  
(Donations accepted)

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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.

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For information on fuel assistance eligibility qualification, please contact Erika Lert, Energy Coordinator at 508-654-7778



## 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 and health.

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.



## Travels with the COA

**New England Folk Festival**—music, dance and song—on **Saturday, April 20.**

Join local seniors as we travel to Mansfield, MA to enjoy a day of great dancing, spirited song and good food. Musical performances include Balkan singing, melodies from Scandinavia, sea chanties, and Celtic-American songs. International Dancers come from all over to New England to entertain and delight: Chinese, African, Bulgaria... there are even dances with swords! You can select from a variety of different music types and dancing performances you'd like to see (for a complete listing go to [www.neffa.org](http://www.neffa.org)). Enjoy shopping at the craft tables and sampling international foods on-site. Cost: \$40 (including admission). Leave Dover at 9:45a.m., return late afternoon. Call the Dover COA 508-785-0032 Ext. 246 to reserve your space.

### **MARCH 1st 2013 IS DEADLINE FOR SOCIAL SECURITY TO GO TO DIRECT DEPOSIT**

*If you apply for Social Security or are already receiving Social Security, you must switch to electronic payments by March 1, 2013. If you don't, the US Dept. of the Treasury may send your benefits via the Direct Express card program to avoid an interruption in payment. If you have questions, please call Social Security at 800-772-1213.*

## **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 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

## **GARDEN TIP CORNER**

### **BENEFICIAL INSECTS**

I have found that if I have a wide diversity of insects in my yard, my plants are healthier. Do not use pesticides since they kill all insects including the beneficial insects which prey on insects that cause plant damage. An example would be lady bugs which prey on aphids. For the small percentage which is harmful, I use a strong spray from a hose, hand picking or a spray made from a solution of soap and water. Also, attract insect eating birds to your yard by providing shelter and a bird bath.

## **THE COA IS LOOKING FOR BABY YARN**

*The Dover COA knitters are looking for soft or baby yarn donations.*

*They make hats and blankets for babies at the Newton Wellesley Hospital NICU. Donations can be dropped off at the COA.*

*Thank You....*

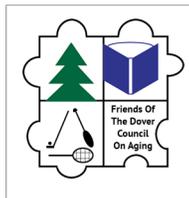
# MARCH 2013—DOVER COA



Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY:</b> <b>FS=Fireside Rm ———Town Hall</b> <b>Library CR = ———Community Room</b> <b>Caryl ——— Caryl Community Ctr.</b> <b>UTH—————Upper Town Hall</b>				
<p>4 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS</p> <p>1:00PM—Knitting - Car- yl Blue Rm</p> <p>5:30PM ChiGong— Library Community Rm.</p>	<p>5 9:30AM-Exercise UTH</p> <p>10:00AM- COA Board Meeting -FS Room</p>	<p>6 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Caryl—Blue Room</p>	<p>7 9:30AM - Exercise UTH 12:30PM-Painting- Holliston Sr. Ctr</p>	1
<p>11 9:30AM- Yoga Caryl 2nd floor</p> <p>10:00AM CRAFTS FS</p> <p>5:30PM ChiGong— Library Community Rm</p>	<p>12 9:30AM-Exercise UTH</p> <p>12:00Noon -Luncheon Caryl - St. Patricks day</p>	<p>13 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Caryl—Blue Room 2:00PM -Chickering Intergenerational program</p>	<p>14 9:30AM - Exercise – UTH</p> <p>12:30PM-Painting- Holliston Sr. Ctr. 1:00PM - Pageturners Book Club—Library</p>	15
<p>18 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS 1:00PM-Knitting -Caryl Blue Rm 5:30PM ChiGong— Library Community Rm</p>	<p>19 9:30AM-Exercise UTH</p> <p>12:00Noon-Spirituality - Caryl—Blue Rm</p>	<p>20 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Caryl—Blue Room</p>	<p>21 9:30AM - Exercise – UTH 12:30PM Painting- Holliston Sr. Ctr</p>	<p>22 1:00PM-Blood Pressure-Caryl Blue Rm. 1:30 Afternoon Tea Caryl Blue Rm.</p>
<p>25 9:30AM- Yoga Caryl 2nd floor</p> <p>10:00AM CRAFTS</p> <p>5:30PM ChiGong— Library Community Rm</p>	<p>26 9:30AM-Exercise UTH</p> <p>1:00PM Circle of Friends Luncheon- Grace Church</p>	<p>27 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Caryl—Blue Room</p>	<p>28 9:30AM - Exercise – UTH 12:30PM Painting- Holliston Sr. Ctr</p>	<p>29 8:00AM- Sr. Coffee -FS Town Hall</p>

IF THERE ARE CHANGES IN THE CALENDAR DURING THE MONTH, THEY WILL BE POSTED ON THE COA WEBSITE.





## REGISTER FOR LIFETIME LEARNING COURSES

*All courses are held at the Dover Library and cost \$30 per course –not class*

**The Moral of the Story**

*Maud Chaplin received her Professor of Philosophy Emerita from Wellesley College where she taught for 44 years. She has an undergraduate degree from Wellesley College and her MA and PhD from Brandeis University.*

**When: Mondays 10:30 to 12:00 on April 8, April 22, May 6 and 20.**

**A Panoply of Russian History**

*Mr. Thomas J. MacDonough, a Dover resident for nearly 50 years, is the retired chair of the History department at Norwood Senior High School. He has also been a member of the evening faculty at Northeastern University for 35 years where he served as Senior Lecturer in History as well as faculty member in the School of Education.*

**When: Tuesdays 10:00 to 11:30 on April 2, 9, 23, 30.**

**Secrets of the Etruscans: Introduction to an Ancient Culture**

*Lili Mugnier is a graduate of Bowdoin College with a Masters in Art History from Boston University. Having taught at several Massachusetts institutions including Harvard University, she also has experience in New York Galleries and Auction Houses, and is currently working at the Museum of Fine Arts, Boston. She has lived in Italy.*

**When: Wednesdays 1:30 to 3:00 on April 24, May 1, 8 and 15.**

**Exploring Religion: Readings from Asia**

*James Kodera was born and raised in Japan. He studied at Carleton College, Yale Divinity School and Columbia University and taught at Oberlin College before taking a position at Wellesley College where he has taught for 37 years.*

**When: Tuesdays 1:30 to 3:00 on April 23, 30, May 7, 21**

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Please check the course(s) that you wish to attend, fill out your name and address, phone and email and mail this form back to the address below.

**The Moral of the Story**

**A Panoply of Russian History**

**Secrets of the Etruscans**

**Exploring Religion: Readings from Asia**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

**SEND YOUR CHECK FOR \$30, \$60, \$90 or \$120 TO:**

**Friends of the Dover Council on Aging  
PO Box 130  
Dover MA 02030**

If you have any questions, please email *Michele Keleher* at [makeleher@comcast.net](mailto:makeleher@comcast.net)

## Having a very bad day

### **You Know You're Having a Bad Day When...**

- Your horn sticks on the freeway behind 32 Hell's Angels motorcyclists.
- You've been at work 3 hours before you notice that your fly is open or your blouse unbuttoned.
- Your twin sister forgets your birthday.
- Your birthday cake collapses from the weight of the candles.
- You call the suicide prevention hotline and they put you on hold.
- You have to sit down to brush your teeth in the morning.
- Everyone avoids you the morning after the company office party.
- Your income tax refund check bounces.
- The bird singing outside your window is a vulture.
- You wake up and your braces are stuck together.
- Your blind date turns out to be your ex-wife/husband.
- You put both contacts into the same eye.
- Your mother approves of the person you're dating.
- Your doctor tells you that you're allergic to chocolate.
- You have to borrow from your Visa card to pay your Mastercard.
- Nothing you own is actually paid for.
- The Gypsy fortune teller offers to refund your money when she sees your future.
- People think that you're 40 and you're only 25.
- When the doctor tells you are in fine health for someone twice your age.
- It costs more to fill up your car than it did to buy it.



### **A FEW IRISH QUIPS FROM KIDS!**

**Q: What is left out on the lawn all summer and is Irish?**

*A: Paddy O'Furniture*

**Q: What do you call a fake stone in Ireland?**

*A: A sham rock*

**Q: Why do frogs like St. Patrick's Day?**

*A: Because they're always wearing green*

**Q: When is an Irish Potato not an Irish Potato?**

*A. When it's a French fry!*

**Q: What do you call a diseased Irish criminal?**

*A: A leper con*

**COA BOARD MEMBERS**

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Jane Hemstreet		785-0372
Alice Baranick	Treasurer	785-9829
Jeanne Gavrilles		785-1814
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Cara Groman		508-328-9660
Gilbert Thisse		

**COA BOARD MEMBERS**

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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

Council on Aging  
 Town House Box 250  
 Dover MA 02030  
 Return Service Requested