

# BRIGHT HORIZONS

TOWN OF DOVER



**NOVEMBER**

**2013**

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

Telephone: 508-315-5734

## SAVE THE DATES

### NOVEMBER - THANKSGIVING LUNCHEON

Tuesday November 12th -12:00 Noon at Kraft Hall,  
Dover Church - RSVP BY: November 6th  
Cost \$5.00

*Please join us for turkey with all the fixins' and conversation with friends*



### CIRCLE OF FRIENDS LUNCHEON

Tuesday, November 26th -1PM-Grace Church  
RSVP by Nov. 21st to COA at 508-315-5734

### ANNUAL POLICE HOLIDAY BRUNCH

Saturday, December 7th at Kraft Hall, Dover Church  
10AM to 1PM; RSVP By Dec 2nd to 508-315-5734

### ANNUAL HOLIDAY LEGION DINNER

Sunday, December 15th at Dover Legion Hall -1PM

### DECEMBER SPIRITUALITY LUNCHEON

With Rev. Mark McKone -Sweet  
Tuesday, Dec. 17th - 11:45 AM  
Held at St. Dunstan's Episcopal Church

### COFFEE WITH SELECTMAN JIM DAWLEY

Thursday, November 14th  
9:30AM to 10:00AM - Caryl Comm Ctr, Blue Room

*Please join us to meet Selectman Jim Dawley and a chance to share your thoughts or ask questions. This will be followed by our Open house.*

*Meeting with the Selectmen will be in COA Blue Room at Caryl Community Center. Please RSVP to 508-315-5734.*

### COA OPEN HOUSE

Thursday, November 14th  
10:00AM—Noon

*We have moved our office to the Caryl Community Ctr. Room 116 and invite all to join us for our Open House on November 14th .*

*Please come take a tour and meet our staff & Board Members.*

*Light refreshments will be served.*



### MAKE A BOXWOOD TREE

With Nancy Doyle-Chicatabot Garden Club  
Monday December 2nd 10AM—Rm 116 Caryl Ctr

*Please sign up at COA by November 21st as space is limited and materials have to be ordered early.*

### NEW!!! - ZUMBA GOLD CLASS

*The COA in collaboration with Parks & Recreation are sponsoring a Zumba Gold Class. The Class will be held on Fridays November 1, 8, 15, and 22nd from 10:00-10:45AM. Classes held in the Caryl Gym. \$3.00/session*

*Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.*

*Please call the COA 508-315-5734 or Parks & Recreation at 508-314-5730 to sign up.*

## PROGRAMS & SERVICES

### COUNCIL ON AGING BOARD MEETING

Tuesday, November 5th 10:00AM Caryl, Room 116

### PAGETURNERS BOOK CLUB

Thursday November 14th 1:00PM – Dover Library

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

Date: Wednesday December 18th 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 - 508-315-5734

Future Dates: TBA

### SHINE COUNSELOR

Have questions about Medicare or Health insurance? Appointments available Nov 20th, Nov 27th & Dec 4th in morning. Call COA at 508-315-5734 to meet with SHINE.

### BLOOD PRESSURE CLINIC - WALPOLE VNA

Friday, November 22nd Caryl Blue Room -1:00PM

### AFTERNOON TEA - "Red, White & Blue Tea Starring Tom Turkey"

Friday November 22nd 1:30PM

Caryl Community Ctr, Blue Room

### SENIOR COFFEE HOUR

Friday, November 29th 8:00AM

Caryl Blue Room. NOTE: 5th Friday

Please come and enjoy coffee and conversation.



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

November 4th & 18th 10:00AM-Caryl, Room 116

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

### CRAFTS CLASS

November 25th 10:00AM-Caryl, Room 116

Come and learn something new! The cost is minimal and there are tasty treats and great conversation .

### BOCCE BALL- HAS ENDED FOR FALL

Thank you to Dover Legion. See you in the Spring!

### BRIDGE—DROP-IN BRIDGE

If you are interested in getting together for a bridge game, please give us a call - 508-315-5734

### MAH JONGG FOR ALL LEVELS –

Thursdays at 1:00PM –Caryl Blue Room

All welcome

### KNITTING

Mondays-1:00PM-Caryl Blue Room

Beginners or Experienced welcome.

Bring your knitting, questions & ideas for new projects. Current group project is knitting hats for newborns and cancer patients at local hospital.



### THROUGH THE GARDEN DOOR

#### Lespedeza thunbergii (Bush Clover)

This is an old fashioned beauty that time has forgot. The flowering stems are so heavy they arch over producing a fountain-like effect. It is 6' to 9' high and wide. But in our climate, it is killed back to the ground after the first hard frost. The leaves are a bluish green with rosey-purplish, pea-shaped flowers in late August through September. This is a shrub for the back of the border as it easily covers surrounding plants. Once planted it is difficult to transplant as the roots reach deep into the ground. These shrubs must be purchased through a catalog as our local nurseries do not carry it.

### **COA BOARD MEMBERS**

Betty Hagan, Chair  
Lou Theodos, Vice Chair  
Alice Baranick, Treasurer  
Amy Boyce  
Maureen Dilg  
Cara Groman  
Barbara Murphy  
Gilbert Thisse

### **COA STAFF MEMBERS**

Janet Claypoole, Director  
Carl Sheridan, Outreach Worker  
Sue Sheridan, Administrative Assistant/Editor  
Nancy Simms, Volunteer Coordinator

## **FUN & FITNESS PLEASE JOIN US....**

### **YOGA FOR WELLNESS - (For All Ages)**

#### **CARYL COMMUNITY CENTER - 2ND FLOOR**

*Mondays & Wednesdays 9:30 – 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.*



### **CHI GONG - ALL WELCOME...**

*Mondays 5:30PM- Library Community Room*

*Wednesdays 1:00PM- Caryl Community Ctr.*

*Blue Room - \$3.00*

*Come join us and bring a friend!!*



## **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 trips to:**

- ♦ Needham, Dedham Medical, Natick, Medfield & Wellesley 2 punches each way (\$6.00 each way).
- ♦ Framingham, Holliston, Newton-Wellesley Hospital 3 punches each way (\$9.00 each way).
- ♦ Sudbury & Waltham 4 punches each way (\$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 48 hr. notice for Boston)
- ♦ Hours of service: 7:00am to 5:00pm Monday through Friday
- ♦ If you have any questions, please call COA at (508) 315-5734.

### **NOTE: THESE RATES DO NOT INCLUDE TIPS**

## **MWRTA SHUTTLE BUS TO BOSTON MEDICAL CENTERS**

The Metrowest Regional Transit Authority on Tuesdays and Thursdays provides a shuttle bus to the following Boston medical centers: VA West Roxbury, VA Boston, NE Baptist, Beth Israel, Joslin Clinic, Dana Farber, New England Deaconess and Brigham and Women's. The cost of the bus is \$2.00 each way. The Shuttle will stop to pick up registered riders both on inbound and outbound trips. The shuttle can be boarded at the MWRTA facilities on Route 135 in Framingham (just over the Natick line) or Park & Ride is available at Natick VFW Post 1274, 113 W. Central St. You must be pre-registered in order to use the shuttle. Please call the MWRTA at 508-820-4650 for further information or visit

[www.mwrta.com](http://www.mwrta.com)

# DOVER COA-NOVEMBER 2013

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></p>				<p><b>1</b>  <b>10:00 –10:45AM</b>  <b>Zumba Gold—Caryl</b>  <b>Gym</b></p>
<p><b>4</b>  <b>NO YOGA</b>  <b>9:45AM-Crafts-Rm 116</b>  <b>1:00PM—Knitting -</b>  <b>Caryl Blue Room</b>  <b>10:30-12:00 Lifetime</b>  <b>Learning—Library CR</b>  <b>5:30PM Chi Gong-</b>  <b>Library CR</b></p>	<p><b>5</b>  <b>9:30AM - Exercise –</b>  <b>UTH</b>    <b>10:00AM - COA</b>  <b>Board Meeting –</b>  <b>Room 116</b></p>	<p><b>6</b>  <b>NO YOGA</b>    <b>1:00PM Chi Gong -</b>  <b>Caryl Blue Room</b></p>	<p><b>7</b>  <b>9:30AM - Exercise –</b>  <b>UTH</b>  <b>1:00PM MahJongg-</b>  <b>Caryl Blue Room</b></p>	<p><b>8</b>  <b>10:00 –10:45AM</b>  <b>Zumba Gold—Caryl</b>  <b>Gym</b></p>
<p><b>11</b>  <b>HOLIDAY</b></p>	<p><b>12</b>  <b>9:30AM - Exercise –</b>  <b>UTH</b>  <b>12:00PM –</b>  <b>Thanksgiving</b>  <b>Luncheon - Kraft</b>  <b>Hall at Dover Church</b></p>	<p><b>13</b>  <b>9:30AM- Yoga</b>  <b>Caryl 2nd floor</b>    <b>1:00PM Chi Gong -</b>  <b>Caryl Blue Room</b></p>	<p><b>14</b>  <b>9:30AM - Exercise –</b>  <b>UTH</b>  <b>1:00PM Book Club</b>  <b>Library</b>  <b>1:00PM MahJongg -</b>  <b>Caryl Blue Room</b></p>	<p><b>15</b>  <b>10:00 –10:45AM</b>  <b>Zumba Gold—Caryl</b>  <b>Gym</b></p>
<p><b>18</b>  <b>9:30AM- Yoga</b>  <b>Caryl 2nd floor</b>  <b>9:45AM-Crafts-Rm 116</b>  <b>1:00PM—Knitting –</b>  <b>Caryl Blue Room</b>    <b>5:30PM Chi Gong-</b>  <b>Library CR</b></p>	<p><b>19</b>  <b>9:30AM - Exercise –</b>  <b>UTH</b></p>	<p><b>20</b>  <b>9:30AM- Yoga</b>  <b>Caryl 2nd floor</b>    <b>1:00PM Chi Gong -</b>  <b>Caryl Blue Room</b></p>	<p><b>21</b>  <b>9:30AM - Exercise –</b>  <b>UTH</b>  <b>1:00PM MahJongg</b>  <b>Caryl Blue Room</b></p>	<p><b>22</b>  <b>10:00–10:45AM</b>  <b>Zumba Gold—Caryl</b>  <b>Gym</b>    <b>1:00PM Blood Pressure</b>  <b>-Caryl Blue Room</b>  <b>1:30PM Tea-Caryl</b>  <b>Blue Room</b></p>
<p><b>25</b>  <b>9:30AM- Yoga</b>  <b>Caryl 2nd floor</b>  <b>9:45AM– UFO –Caryl</b>  <b>1:00PM—Knitting -</b>  <b>Caryl Blue Rm</b>  <b>5:30PM Chi Gong-</b>  <b>Library CR</b>  <b>10:30-12 Lifetime</b>  <b>Learning-Library CR</b></p>	<p><b>26</b>  <b>9:30AM - Exercise –</b>  <b>UTH</b>  <b>1:00PM Circle of</b>  <b>Friends Lunch –GC</b></p>	<p><b>27</b>  <b>9:30AM- Yoga</b>  <b>Caryl 2nd floor</b>    <b>1:00PM Chi Gong -</b>  <b>Caryl Blue Room</b></p>	<p><b>28</b>  <b>THANKSGIVING</b></p>	<p><b>29</b>  <b>8:00AM—Sr Coffee</b>  <b>Caryl Blue Room</b></p>



## **TODAYS LIVING**

By the fall of 1621 only half of the Pilgrims, who had sailed on the Mayflower, survived. The survivors, thankful to be alive, decided to give a thanksgiving feast.

- Thanksgiving Day is celebrated on the second Monday in October in Canada.
- The Plymouth Pilgrims were the first to celebrate the Thanksgiving.
- The Pilgrims arrived in North America in December 1620.
- The Pilgrims sailed across the Atlantic Ocean to reach North America.
- The Pilgrims sailed on the ship, which was known by the name of 'Mayflower'.
- They celebrated the first Thanksgiving Day in the fall of 1621.
- They celebrated the first Thanksgiving Day at Plymouth, Massachusetts.
- The drink that the Puritans brought with them in the Mayflower was the beer.
- The Wampanoag Indians were the people who taught the Pilgrims how to cultivate the land.
- The Pilgrim leader, Governor William Bradford, had organized the first Thanksgiving feast in the year 1621 and invited the neighboring Wampanoag Indians also to the feast.
- The first Thanksgiving feast was held in the presence of around ninety Wampanoag Indians and the Wampanoag chief, Massasoit, was also invited there.
- The first Thanksgiving celebration lasted three days.
- President George Washington issued the first national Thanksgiving Day Proclamation in the year 1789 and again in 1795.
- The state of New York officially made Thanksgiving Day an annual custom in 1817.
- Sarah Josepha Hale, an editor with a magazine, started a Thanksgiving campaign in 1827 and it was result of her efforts that in 1863 Thanksgiving was observed as a day for national thanksgiving and prayer.
- Abraham Lincoln issued a 'Thanksgiving Proclamation' on third October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving. Whereas earlier the presidents used to make an annual proclamation to specify the day when Thanksgiving was to be held.
- President Franklin D. Roosevelt restored Thursday before last of November as Thanksgiving Day in the year 1939. He did so to make the Christmas shopping season longer and thus stimulate the economy of the state.
- Congress passed an official proclamation in 1941 and declared that now onwards Thanksgiving will be observed as a legal holiday on the fourth Thursday of November every year.



Read more at <http://www.theholidayspot.com/thanksgiving/trivia.htm#0h3ohyulOZUet2hy.99>

**ON THE LIGHT SIDE**

**Quotes taken from Actual Federal Employee Performance Evaluations.**

- Since my last report, this employee has reached rock bottom and has started to dig.
- I would not allow this employee to breed.
- This employee is not really so much of a has-been, but more of a definite won't be.
- Works well when under constant supervision and cornered like a rat in a trap.
- When she opens her mouth, it seems that it is only to change feet.
- He would be out of his depth in a parking lot puddle.
- He sets low personal standards and then consistently fails to achieve them.
- This employee is depriving a village somewhere of an idiot.
- This employee should go far, and the sooner he starts, the better.
- Got a full 6-pack, but lacks the plastic thing to hold it all together.
- He would argue with a sign post.
- He brings a lot of joy whenever he leaves the room.
- When his IQ reaches 50, he should sell.
- A photographic memory but with the lens cover glued on.
- A prime candidate for natural de-selection.
- Donated his brain to science before he was done using it.
- Gates are down, the lights are flashing, but the train isn't coming.
- Has two brains: one is lost and the other is out looking for it.
- If you gave him a penny for his thoughts, you would get change.
- One neuron short of a synapse.
- Takes him 2 hours to watch 60 minutes.
- The wheel is turning, but the hamster is dead.



**VOLUNTEERS NEEDED!**

*Do you have a few hours to share with the COA? The COA is looking for volunteers as office greeters, to answer phones and/or help with clerical work. If you have other skills you would like to share (baking, gardening, decorating, etc.) or are a student in need of community service hours, please email Nancy Simms at [coavolunteer@doverma.org](mailto:coavolunteer@doverma.org) or call 508-315-5734. Thank you!*

**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**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ EMAIL \_\_\_\_\_

ENCLOSED IS MY DONATION OF \$ \_\_\_\_\_

IN MEMORY OF \_\_\_\_\_

IN HONOR OF \_\_\_\_\_

*Mail form to Friends of the COA, PO Box 130, Dover MA 02030 .*

*Visit us at [www.coafriends.org](http://www.coafriends.org)*



Return Service Requested

Council on Aging  
Town House Box 250  
Dover MA 02030

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