

BRIGHT HORIZONS

TOWN OF DOVER



Email: coeditor@doverma.org

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APRIL 2012

*And Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth's dark breast
rose from the dreams of its wintry rest."
- Percy Bysshe Shelley,*

APRIL LUNCHEON-PERFORMANCE of ATTICUS
Richard Clark will portray Atticus from "To Kill A Mocking Bird"

Tuesday, April 10th 12:00 Noon, Caryl Community Ctr. \$3.00

This program is supported by a grant from the Dover Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency

APRIL CIRCLE OF FRIENDS LUNCHEON— \$3.00
Tuesday, April 24th – 1:00PM – RSVP to the COA by April 19th.

ART IN BLOOM—MUSEUM OF FINE ARTS
Monday, April 30th \$45.00/person includes a box lunch, admission, and transportation. Come join us as we enjoy both the sights and the smells of spring at the Museum of Fine Arts. **Call by April 11th to sign up and select a lunch order. Departs Town Garage 8:45AM**

THERAPUTIC CHI GONG with Linda Bellifeuille
Wednesdays from 11:30AM to 12:30PM -- Library Community Rm.

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 4-week class to improve balance and strength and increase energy. .

A FREE ONE DAY CARD MAKING CLASS

Monday, April 9th at 10:00AM—FS Room

Do you like to create cards or would you like to learn how? Join Stacy Sack who teaches card making classes throughout the area. All supplies will be provided—
Please RSVP by April 5th

SAVE THE DATES

MAY LUNCHEON—Author Michael Tougias

Tuesday May 8th—12:00 Noon—Caryl

Author Michael Tougias will share excerpts from his book "The Finest Hours," the true story of the U.S. Coast Guard's daring sea rescue of the crew of two oil tankers that broke in half off the coast of Chatham during a dangerous Nor'easter
Please RSVP by May 4th.

JOIN US FOR FLOWER ARRANGING WITH:

The Powisset Garden Club- Thursday, May 3rd 10:30AM FS Room

Please join us for a spring flower arranging workshop with the Powisset Garden Club on May 3rd. Flowers whisper "Beauty!" to the world, even as they fade, wilt and fall. **Please RSVP by April 27th**

MAY - TOUR OF FENWAY PARK

with Herb Crehan a Baseball Historian

Wednesday May 9th , Time & Cost TBA or call the COA for more information

RSVP By April 30th



PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, April 3rd 11:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday April 12th 1:00PM – Dover Library – Young Adult Area

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday May 8th 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: July 11th

SHINE COUNSELOR

If you need to speak with a SHINE counselor regarding Medicare please contact the COA at 508-785-0032

BLOOD PRESSURE CLINIC - WALPOLE VNA

Friday, April 27th Fireside Room 1:00PM

AFTERNOON TEA - "APRIL SHOWERS"

Friday, April 27th 1:30PM – FS Room

BOCCE BALL- OUTDOORS—Please Join Us!!

Fridays at 10:30AM—Dover Legion

If you have any questions, please call the COA.

PAINTING WITH LAVONNE (Holliston Senior Ctr.)

Classes are every Thursday at 12:30PM-2:30PM.

Classes are \$3.00 and held in Holliston. Call the Dover COA for more information. Transportation available if needed.

(Partially Funded by a grant from Foundation for Metrowest)



SENIOR COFFEE HOUR

Friday, April 27th 8:00AM

Fireside Room

Please come and enjoy coffee and conversation.



U.F.O. (UNFINISHED OBJECTS)

Monday, April 2nd, 30th - Fireside Room.

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

CRAFTS CLASS

Monday, April 23rd –FS \$2.00

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

KNITTING WITH SANDI

Monday April 2nd & 23rd—1:00PM—FS Rm

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



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.



TRIAD

Thursday, April 26th—FS Room 11:00AM

**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.



**WHEELCHAIR ACCESSIBLE VAN FOR
SENIORS**

The Council on Aging is working on a means to obtain a wheelchair accessible van for our seniors. This would help our seniors maintain their independence by enabling them to attend functions, appointments, social gatherings, pharmacy, shop, attend exercise, etc. This would be a door-to-door service at no cost or a minimal cost to seniors. If you feel this is a service that you or a Dover senior in your family would use please call us at 508-785-0032 Ext. 246 or email us at coa@doverma.org



**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

THINK SPRING!

April is here! Freshen your home with Spring decor. It's time to get rid of the dark and gloomy winter decorations and pull out light and airy spring decor. Spring is a beautiful season. There are wonderful ways to add spring colors to your home. Here are some ways to brighten up your home for spring.

- Add flowers to your home. Spring has wonderful flowers blooming from tulips to daffodils. Bring flowers in from your garden or go to the local store. Artificial flowers are great too. They bring in a lot of color.
- Purchase or make a spring centerpiece in your living room or dining room. Place fresh spring flowers or artificial ones in the centerpiece.
- Lighten colors up in your house. Subtle changes such as changing a bed spread to a light color or switching out dark wooden photo frames to a pastel color. You can also put a slip cover over any couches or chairs to brighten up a room.
- Change your table top. Add a tablecloth, napkin rings, or change out a sugar bowl or butter dish. You don't have to change everything, but subtle changes do make a difference.
- Do the yearly spring cleaning. Switch out your closet by putting away winter sweaters and replace them with bright, colorful shirts. Take it to the next step by dusting everything, cleaning the windows, rearranging furniture, and vacuum under everything.
- Add spring scents around the house. Besides the flowers, add air fresheners or candles with lilac or rose petal scents. Bringing these sweet smells in the house will brighten your day.
- Change your curtains in each room or the main rooms you spend time in to create a spring look. Place curtains which are either plain white, beige, light yellow, light pink, light blue, lavender or with spring blossoms. Take down those dark winter curtains and bring the brightness of spring in.
- For your bathroom, add a light new shower curtain, along with matching decorative towels, and rug. In the bedrooms you can replace your heavy comforters with light spring color quilts. Coordinate your sheet sets with your bedspread. Add a couple of light colored throw pillows as well.

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 JEANNE GAVRILLES

Jeanne was born in Milford and grew up in Medfield. She graduated from Medfield High School during World War II. After graduating she worked for the war effort. Which included working on a farm in Hadley during the summer and then in a defense plant. She then went to work for the Mass. Registry of Motor Vehicles. She retired shortly after marrying her husband Peter and moved to Westwood for several years before moving to Dover in 1970. She and her husband had a son and a daughter who attended and graduated from the Dover school system. She currently has two granddaughters.

Jeanne was a volunteer driver for the COA FISH program and she was involved with the Dover Cub Scouts when her son was growing up.

She has been is a long standing member of the COA board and helps coordinate trips .

She enjoys spending time with her grandchildren, reading and traveling.

Her wish is that , in the not too distant future, Dover will have a Senior Center and a van for senior transportation.

ON THE LIGHT SIDE

More insights on life learned by the time you have reached middle age

- **If you're too open-minded, your brains will fall out.**
- **Age is a very high price to pay for maturity.**
- **Artificial intelligence is no match for natural stupidity.**
- **If you must choose between two evils, pick the one you've never tried before.**
- **My idea of housework is to sweep the room with a glance.**
- **Not one shred of evidence supports the notion that life is serious.**
- **It is easier to get forgiveness than permission.**
- **For every action, there is an equal and opposite government program.**
- **A conscience is what hurts when all of your other parts feel so good.**
- **Men are from earth. Women are from earth. Deal with it.**
- **A balanced diet is a cookie in each hand.**
- **Thou shalt not weigh more than thy refrigerator.**
- **Someone who thinks logically provides a nice contrast to the real world**

witty sayings

- “ **I just got lost in thought. It was unfamiliar territory.**
- “ **I feel like I'm diagonally parked in a parallel universe.**
- “ **I drive way too fast to worry about cholesterol.**
- “ **Borrow money from a pessimist - they don't expect it back.**
- “ **When everything is coming your way, you're in the wrong lane and going the wrong way.**
- “ **If at first you don't succeed, destroy all evidence that you tried.**
- “ **A conclusion is the place where you got tired of thinking.**
- “ **Experience is something you don't get until just after you need it.**
- “ **Bills travel through the mail at twice the speed of checks.**
- “ **No one is listening until you make a mistake.**
- “ **Success always occurs in private and failure in full view.**
- “ **The hardness of butter is directly proportional to the softness of the bread.**
- “ **The severity of the itch is inversely proportional to the ability to reach it.**
- “ **To steal ideas from one person is plagiarism; to steal from many is research.**
- “ **The problem with the gene pool is that there is no lifeguard.**
- “ **The sooner you fall behind the more time you'll have to catch up.**
- “ **A clear conscience is usually the sign of a bad memory.**
- “ **Change is inevitable except from vending machines.**
- “ **If you think nobody cares, try missing a couple of payments.**
- “ **Love may be blind but marriage is a real eye-opener.**
- “ **If at first you don't succeed, then skydiving isn't for you.**

(Cute joke for the grandchildren!)
What do you call a sheep with no legs?
A cloud



APRIL DOVER COA



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30AM- Gentle Yoga Caryl 2nd floor</p> <p>10:00AM - UFO-FS 1:00PM-Knitting-FS</p>	<p>3 9:30AM-Exercise UTH</p> <p>11:00AM- COA Board Meeting -FS Room</p>	<p>4 9:30AM Gentle Yoga- Caryl 2nd floor 1:00PM Drop-in Bridge Fireside Rm 11:30AM Chi Gong - Library Commhnty Rm</p>	<p>5 9:30AM - Exercise UTH</p> <p>12:30PM—Painting- Holliston</p>	<p>6 10:30am-Bocce- Dover Legion</p>
<p>9 9:30AM- Gentle Yoga Caryl 2nd floor</p> <p>10:00AM - Card Making Class -FS</p>	<p>10 9:30AM-Exercise UTH</p> <p>12:00Noon-Lundheon- Caryl</p>	<p>11 9:30AM Gentle Yoga- Caryl 2nd floor 11:30AMChi Gong - Library Community Rm</p>	<p>12 9:30AM - Exercise – UTH</p> <p>12:30PM-Painting- Holliston 1:00PM Book Club- Library</p>	<p>13 10:30am—Bocce- Dover Legion</p>
<p>16 HOLIDAY COA CLOSED</p>	<p>17 9:30AM-Exercise UTH</p>	<p>18 9:30AM Gentle Yoga— Caryl 2nd floor 11:30aMChi Gong - Library Community Rm 1:00PM Drop-in Bridge Fireside Rm</p>	<p>19 9:30AM - Exercise – UTH 12:30PM—Painting— Holliston</p>	<p>20 10:30am-Bocce- Dover Legion</p>
<p>23 9:30AM- Gentle Yoga Caryl 2nd floor</p> <p>10:00AM - Crafts -FS 1:00PM-Knitting - FS</p>	<p>24 9:30AM-Exercise UTH</p> <p>1:00PM Circle of Friends Luncheon-GC</p>	<p>25 9:30AM Gentle Yoga- Caryl 2nd floor 11:30AM Chi Gong - Library Community Rm</p>	<p>26 9:30AM - Exercise – UTH 11:00AM TRIAD 12:30PM-Painting- Holliston</p>	<p>27 8:00AM- Sr. Coffee- FS 10:30am—Bocce- Dover Legion 1:00PM B/P 1:30 Afternoon Tea</p>
<p>30 9:30AM- Gentle Yoga Caryl 2nd floor 10:00AM - UFO-FS</p> <p>Art in Bloom Trip</p>				

How to quickly repair your Mobile Phone if dropped in water **Worth a try!!**

Many of you get your mobile phone wet by one way or another. You worry as you mistakenly drop your mobile phone in water. It can also get wet if you are out in a heavy rain. However, there is no need to panic. It is possible to save your wet mobile phone by quickly repairing it. In order to save your mobile phone from water damage, you can consider these easy and simple solutions:

Act rapidly :

The first thing you have to do in order to save your wet mobile phone is to act rapidly. Quickly remove all the detachable parts as well as covers possible such as the back cover, battery, the SIM card, memory card etc. Next, take a piece of cloth or a tissue paper to wipe the excess water you are able to notice within the mobile phone. Make sure that you dry it completely. If you don't do this, the water inside the mobile phone will begin to evaporate and gather in places which will be difficult to reach.

This will save your wet mobile phone and it will start working if it was under water for just a little while.

Using a hairdryer :

Take a hairdryer and begin drying the mobile phone while giving more consideration to the place where the battery is located. The battery housing usually consists of tiny holes to let in air (so giving more space for water) inside the mobile phone.

Make sure that you are not holding the hairdryer very near to the mobile phone. Keeping it too close to the mobile phone may harm the electrical mechanism of the mobile phone. Keep on drying the mobile phone from a safe distance for about twenty to thirty minutes.

If solution number 1 and solution number 2 don't work, try solution number 3.

Drying for a long time:

Take off the covers as well as battery from the mobile phone. Put the phone in a dry as well as warm place to let the water inside the phone evaporate gradually from the little holes in the mobile phone.

April Fool's Day History

The history of April Fool's Day or All Fool's Day is uncertain, but the current thinking is that it began around 1582 in France with the reform of the calendar under Charles IX. The Gregorian Calendar was introduced, and New Year's Day was moved from March 25 - April 1 (new year's week) to January 1. Communication traveled slowly in those days and some people were only informed of the change several years later. Still others, who were more rebellious refused to acknowledge the change and continued to celebrate on the last day of the former celebration, April 1st.

These people were labeled "fools" by the general populace, were subject to ridicule and sent on "fool errands," sent invitations to nonexistent parties and had other practical jokes played upon them. The butts of these pranks became known as a "poisson d'avril" or "April fish" because a young naive fish is easily caught. In addition, one common practice was to hook a paper fish on the back of someone as a joke. This harassment evolved over time and a custom of prank-playing continue on the first day of April. This tradition eventually spread elsewhere like to Britain and Scotland in the 18th century and was introduced to the American colonies by the English and the French. Because of this spread to other countries, April Fool's Day has taken on an international flavor with each country celebrating the holiday in its own way.

So, no matter where you happen to be in the world on April 1, don't be surprised if April fools fall playfully upon you.

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
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Maureen Dilg		785-2107
Cara Groman		

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
 Dover MA 02030