

BRIGHT HORIZONS

TOWN OF DOVER



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March 2012

Happy 
St. Patrick's Day

"March bustles in on windy feet,
And sweeps my doorstep and my street.
She washes and cleans with pounding rains,
Scrubbing the earth of winter stains.
She shakes the grime from carpet green
Till naught but fresh new blades are seen.
Then, house in order, all neat as a pin,
She ushers gentle springtime in."

- Susan Reiner, *Spring Cleaning*

ST PATRICK'S LUNCHEON—\$4.00

Join us for conversation with your "Leprechaun friends" and enjoy Corned Beef & Cabbage
Tuesday March 13th , 12:00Noon—Caryl

MARCH CIRCLE OF FRIENDS LUNCH— \$3.00

Tuesday, March 27th – 1:00PM – Grace Church
RSVP TO the COA by March 22nd

KNITTING WITH SANDI

Mondays, March 5th & 19th at 1PM –
Fireside Room

Call COA to sign up and for info on yarn and needles required. Beginner and experienced knitters welcome!
RSVP By March 2nd



PAINTING WITH LAVONNE—Light Lunch Served

Tuesday, March 20th - 12 Noon—Caryl

If you are interested in taking a Painting Class, attend this information lunch hosted by the instructor. Classes will be every Thursday at 12:30PM—2:30PM starting March 29th . Classes are \$3.00 and held at the Holliston Senior Ctr. Call the COA to sign up for lunch and for info about classes

(Funded in part by a grant from the Foundation for Metrowest)



SAVE THE DATES

APRIL LUNCHEON-PERFORMANCE of ATTICUS

Richard Clark will portray Atticus Finch from "To Kill A Mocking Bird"

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

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

ART IN BLOOM - MUSEUM OF FINE ARTS TRIP-

Monday, April 30. Come join us as we enjoy both the sights and the smells of spring at the MFA. We will do box lunches at the MFA to maximize our time at the museum. Call for more info.

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

A BUSY ELECTION YEAR!!!

PRESIDENTIAL PRIMARY TUESDAY—MARCH 6TH ..

TOWN CAUCUS—MONDAY MARCH 12TH—7:30PM
UPPER TOWN HALL

STATE PRIMARY—SEPTEMBER 6TH

GENERAL ELECTION—NOVEMBER 6TH

COUNCIL ON AGING BOARD MEETING

Wednesday, March 7th 11:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday March 8th 1:00PM – Dover Library – Young Adult Area

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday March 7th 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: May 8th

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 23rd Fireside Room 1:00PM

(NOTE: This is the fourth Friday)

AFTERNOON TEA - “VAMPIRES TO VAMPS”....

What is the connection?? Come and find out!

Friday, March 23rd 1:30PM – FS Room

INDOOR BOCCE

Friday's 11:00AM at the Medfield COA. If you have questions, please call Barbara Murphy 785-2895
Weather permitting, outdoor bocce will start the first Friday in April



SENIOR COFFEE HOUR

Friday, March 30th 8:00AM

Fireside Room

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

(NOTE: This is the 5th Friday)



U.F.O. (UNFINISHED OBJECTS)

Monday, March 5th & 19th - Fireside Room.

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

CRAFTS CLASS

Monday, March 12th & 26th –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.

BRIDGE—DROP-IN BRIDGE

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

We will no longer make calls to set up tables so you may want to bring a partner. **Please be on time.**

FRIENDS OF THE DOVER LIBRARY

Soup Cook-Off Hosted by the Friends of the Dover Library on Sunday, March 4 from 5:00 p.m. to 7:00 p.m. Cost is \$5.00 per person or \$20 per family.

**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.



**GREAT TIP TO KEEP DEER FROM EATING
SHRUBS (Submitted by a Dover Resident)**

I was told by a well known local gardener to watch the browsing pattern of deer as they walk through my yard. Then at the beginning of September to spray Liquid Fence on all the shrubs the deer would normally walk by-- even those they do not eat. It seems that in September deer set up the path they will forage on during the winter months. If you discourage them from walking that path in September, they will find other paths. This winter I have been watching the deer walking through my neighbor's yard and not mine. The Liquid Fence seems to have discouraged them from my property.



**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

Who is St. Patrick Anyway?

According to the World Book, St. Patrick lived about 389-461 A.D., and is the patron saint of Ireland. Patrick was chiefly responsible for converting the Irish people to Christianity. He became known as the Apostle to the Irish. His Latin name is Patricius. Patrick was born in Britain. His father was a wealthy alderman and a Christian. When Patrick was 16 years old, pirates captured him during a raid and sold him as a slave in Ireland. He served as a shepherd of an Irish Chieftain in Ulster. During his captivity, he dedicated himself to religion. After 6 years of slavery he escaped and returned home to Britain.

As a result of his experiences in Ireland, Patrick became driven by the idea of converting the Irish to Christianity. To prepare himself for the task, he studied in the monastery of Lerins, an island off the coast of France. He also went to Auxerre, France and studied religion under Saint Germanus, a French Bishop. Partly because Patrick's earlier education was inadequate, his religious superiors were reluctant to let him return to Ireland as a missionary. After Palladius, the first Irish missionary bishop died in 431, Pope Celestine I sent Patrick to Ireland. Patrick began his work where no one had ever preached Christianity. He gained the trust and friendship of several tribal leaders and soon made many converts. He is said to have founded more than 300 churches and baptized more than 120,000 people.

The Shamrock

The shamrock (at one called the "Searoy" is a type of small herb with leaves made up of three leaflets, and is the common name for any of several three-leafed clovers native to Ireland. The Irish have considered shamrocks as good luck symbols since earliest times, and today many people of other nationalities have adopted that belief. It has become the national symbol of Ireland, because of the legend that St. Patrick used it to illustrate the doctrine of the Trinity

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 LOU THEODOS

Lou Theodos is Vice Chair of the COA Board of Directors, He was born and raised in Boston where he attended Brookline High School and Massachusetts College of Pharmacy. He moved to Dover in 1975 with his wife and family.

Lou worked as a Pharmaceutical Sales Representative for several years before making a career switch to the restaurant industry where he worked for 30 years as a manager and consultant. He has been retired for 12 years and has since become an active member of Town activities. Whenever able, Lou has pitched in and volunteered with many groups such as Chairman of the TRIAD when it first began, driving senior citizens to local appointments, grilling at the Police barbeques, and assisting with COA luncheons. In his free time Lou enjoys football with the Patriots, baseball with the Red Sox, and keeping the birds fed in his backyard.

For Dover's future, Lou is looking forward to affordable housing for seniors and a new senior center.



ON THE LIGHT SIDE

ACTUAL CLASSIFIED ADS

- ◆ **Our experienced Mom will care for your child. Fenced yard, meals, and smacks**
- ◆ **included.**
- ◆ **Dog for sale: eats anything and is fond of children.**
- ◆ **Man wanted to work in dynamite factory. Must be willing to travel.**
- ◆ **Stock up and save. Limit: one.**
- ◆ **Semi-Annual after Christmas Sale**
- ◆ **3 year old teacher needed for pre-school. Experience preferred.**
- ◆ **Mixing bowl set designed to please a cook with round bottom for efficient beating.**
- ◆ **Girl wanted to assist magician in cutting off head illusion. Blue Cross and salary.**
- ◆ **Dinner Special -- Turkey \$2.35; Chicken or Beef \$2.25; Children \$2.00**
- ◆ **For sale: antique desk suitable for lady with thick legs and large drawers.**
- ◆ **Now is your chance to have your ears pierced and get an extra pair to take home, too.**
- ◆ **We do not tear your clothing with machinery. We do it carefully by hand.**
- ◆ **For sale. Three canaries of undermined sex.**
- ◆ **Great Dames for sale.**
- ◆ **Auto Repair Service. Free pick-up and delivery. Try us once, you'll never go anywhere again.**

HMMMMMMMM.....

- ◆ **If all is not lost, where is it?**
- ◆ **The first rule of holes: If you are in one, stop digging.**
- ◆ **It was all so different before everything changed.**
- ◆ **Some days you're the dog, some days you're the hydrant.**
- ◆ **I wish the buck stopped here. I could use a few ...**
- ◆ **It's hard to make a comeback when you haven't been anywhere.**
- ◆ **The only time the world beats a path to your door is if you're in the bathroom.**
- ◆ **If God wanted me to touch my toes, He would have put them on my knees.**
- ◆ **When you're finally holding all the cards, why does everyone else decide to play chess?**
- ◆ **Health is merely the slowest possible rate at which one can die.**
- ◆ **It's not hard to meet expenses. They're everywhere**



JOKE OF THE DAY!!!

Paddy was riding along the road one fine day when the local policeman, a friend of his, pulled him over.

"What's wrong, Seamus?" Paddy asked.

"Well didn't ya know, Paddy, that your wife fell out of the car about five miles back?" said Seamus.

"Ah, praise The Almighty!" Paddy replied with relief. "I thought I'd gone deaf!"

The Dover Police Department Will Dispose of Your Unwanted Prescription Drugs

If you have prescription drugs in your medicine cabinet that you no longer need, the Dover Police Department has a new drug take-back container – and you are invited to use it. The new secure prescription drug collection container can be found in the police lobby of the Dover Police Department.

The container is self-serve and there is no paperwork or questions involved – it is as easy as returning a library book in a drop box. Taking a few minutes out of your week to safely dispose of un-used prescriptions, particularly pain pills, might save someone a lifetime of addiction and its consequences.

If you
508-785-



have any questions about this program, please call the Dover P.D.
1130

No Power? What a “Bright” Idea !

(Submitted by a resident)

I never thought about those solar lights.....good idea! I really like this idea for power outages. We were scrambling around in the darkness, looking for matches, candles, flashlights, etc. We looked Outside, and noticed our solar lights shining brightly. We walked outside, and brought several of the solar lights inside.

We stuck the solar light pipes into plastic drink bottles containers and they made the nicest, brightest, safest, lighting you could ever imagine. put one in the rooms you use and there will be plenty of light.

There are all types of solar lights available. If you need a weight in the plastic bottle to keep them from tipping over, you can put a few of the pretty colorful "flat marbles" that they put in aquariums, and vases. (you can also use sand, aquarium gravel, etc., whatever you have available).

The lights we have were perfect inside our home. They burn all night long if you need them.

The next day, you just take your solar lights back outside and they will instantly recharge and be ready for you to use again any time you need them.

Perfect for power outages!



MARCH DOVER COA



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30AM - Exercise UTH	2 11:00AM—Indoor Bocce – Medfield COA
5 9:30AM - Gentle Yoga— Caryl 2nd floor 10:00AM UFO—FS 1:00PM knitting with San- di—FS	6 ELECTIONS 9:30AM-Exercise CAR- YL COA Bd. Meeting time and day TBA	7 9:00—Foot Doctor by App. UTH 9:30AM Gentle Yoga— Caryl 2nd floor 1:00PM Drop-in Bridge Fireside Rm	8 9:30AM - Exercise – UTH	9 11:00AM—Indoor Bocce – Medfield COA
12 9:30AM Gentle Yoga Caryl 2nd floor 10:00AM - Crafts—FS	13 9:30AM-Exercise UTH 12:00Noon—St. Patrick's Day Luncheon-Caryl	14 9:30AM Gentle Yoga— Caryl 2nd floor	15 9:30AM - Exercise – UTH	16 11:00AM—Indoor Bocce – Medfield COA
19 9:30AM - Gentle Yoga— Caryl 2nd floor 10:00AM– UFO—FS 1:00PM knitting with San- di—FS	20 9:30AM-Exercise UTH 12:00Noon—Art with Lavonne—Caryl (see article front pg.)	21 9:30AM Gentle Yoga— Caryl 2nd floor 1:00PM Drop-in Bridge Fireside Rm	22 9:30AM - Exercise – UTH	23 11:00AM—Indoor Bocce Medfield COA 1:00PM B/P—FS 1:30 Afternoon Tea
26 9:30AM - Gentle Yoga Caryl 2nd floor 10:00AM– Crafts—FS	27 9:30AM-Exercise UTH 1:00PM Circle of Friends Luncheon—GC	28 9:30AM Gentle Yoga— Caryl 2nd floor	29 9:30AM - Exercise – UTH	30 11:00AM—Indoor Bocce – Medfield COA 8:00AM- Sr. Coffee- FS

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		785-1379

COA STAFF

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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

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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