

BRIGHT HORIZONS

TOWN OF DOVER



MAY

2013

Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

MAY LUNCHEON \$4.00

THE SHERBORN MUSIC MAKERS

Tuesday, May 14th -12:00Noon- Caryl
RSVP by May 8th 508-785-0032 Ext. 246
Famous songs from the 20's to the 70's by Famous Composers and Lyricists You will be hearing the best, and in some cases, the most fun music from the 20's to the 70's with a special section from the 50's.
Please join us for this musical entertainment.

CIRCLE OF FRIENDS LUNCHEON

Tuesday, May 28th -1:00PM-Grace Church
RSVP by May 23rd 508-785-0032 Ext. 246

A REMINDER FROM OUR POLICE DEPT.

(SAVE THE DATE!!)

Tuesday, June 18th 12:00Noon-Caryl
TRICIA SILVERMAN- NUTRITIONIST
Longevity Gifts of Abkhazia, Vilcabamba and Hunza
A LIGHT LUNCH WILL BE SERVED \$3.00

Come join Tricia Silverman, Registered Dietitian, for an engaging and informative presentation. She will discuss the lifestyle and dietary practices of cultures where elders are known for living long lives full of vitality and health. Explore the unique breakfast habits of the Abkhazians and Hunzans. Learn about the natural-foods diet of the Vilcabambans and see how reducing processed foods in your own diet may contribute to longevity and robust health.

(This program is sponsored in part by a Grant from the Dover Cultural Council)

TOWN OF DOVER

Town Meeting - May 6th
Town Election-May 20th

STATE ELECTIONS FOR SENATOR

State Election- June 25th

(If you need a ride to any of the above, please call the COA)

With spring around the corner telemarketers and scammers will be calling. It all sounds good and legitimate until they get into your house!!! Always research anyone doing work in your home and remember "if it sounds too good to be true, it usually is". If you decide to have any work done, always get cost and what they are going to do in Writing with an estimate.

UPCOMING TRIPS

TANGLEWOOD TRIP-FEATURING CELLIST, YO-YO MA

Sunday, August 4th

PEABODY ESSEX MUSEUM-FABERGE' EXHIBIT

Friday, September 20th

(More information and prices TBA)

WOULD YOU LIKE TO LEARN MAH JONGG??

Thursdays, 1:00PM at Caryl Community Rm.

If you have always wanted to learn Mah Jongg, please join us.



PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, May 7th 10:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday May 9th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday June 26th 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: August 28th

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, May 7th Caryl Blue Room 1:00PM

AFTERNOON TEA - PIRATES TEA - "Share the Booty"

Friday, May 17th 1:30PM – Caryl -Blue Room

SENIOR COFFEE HOUR

*Friday, May 31st 8:00AM (5th Friday)
Fireside Room*

Please come and enjoy coffee and conversation.

U.F.O. (UNFINISHED OBJECTS)

Monday, May 6th 10:00AM - Fireside Room.

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



CRAFTS CLASS

Monday, May 13th 10:00AM –FS \$2.00

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

BOCCE BALL– JOIN US EVERY FRIDAY

Every Friday at 10:00AM –Dover Legion

BRIDGE—DROP-IN BRIDGE

If you are interested in getting together for a bridge game, please give us a call - 508-785-0032 Ext. 246

LEARN TO PLAY MAH JONGG –Give it a try!

Thursdays 1:00PM-Caryl Community Ctr.

No Mah Jongg May 30th

KNITTING WITH SANDI

Monday May 6th & 20th -1:00PM-Caryl

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

**“THE SECRET GARDEN”
Dover Library Garden Tour
Sunday, June 2nd, 11:00 a.m. - 4:00 p.m.
For more information:
www.friendsofthedoverlibrary.com**

The 2013 Dover Library Garden Tour features five lovely gardens, one of which was designed and planted in 1916, as well as a tranquil koi pond in a hilltop setting. Tickets will be on sale May 1st at the Dover Library or online.

Following is a description of one of the gardens on tour: The gardens at Strawberry Hill Farm were begun in 1916. Two freestanding rows of espaliered apple and pear trees called a Belgian Fence are still spectacular after ninety-six years! The frame for the espaliered gazebo was obtained from the 1939 World’s Fair. The original plantings of salmon azalea, spring-flowering viburnum, French lilacs, rambler rose and a Stewartia specimen still thrive, some of which have achieved magnificent stature. All set off by a large pond full of painted turtles, pollywogs and dragonflies.

COA BOARD MEMBERS

Betty Hagan, Chair
Alice Baranick, Treasurer
Lou Theodos, Vice Chair
Jane Hemstreet
Jeanne Gavrilles
Barbara Murphy
Maureen Dilg
Cara Groman
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 9:30AM – 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...

(New) Mondays 5:30PM Library Community Room.

Wednesdays 1:00PM- Caryl Community Ctr. Blue Room

Come join us and bring a friend!!
(Donations accepted)



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

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 in-bound 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

MAY 2013—DOVER COA

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>FS= Fireside Rm ——— Town Hall Library CR = ——— Community Room Caryl ——— Caryl Community Ctr. UTH ——— Upper Town Hall</p>	<p>2</p>	<p>1</p> <p>9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room 1:30-3:00PM –Lifetime Learning –Library CR</p>	<p>2</p> <p>9:30AM - Exercise – UTH</p> <p>1:00PM—Learn Mah- Jongg - Caryl Blue Rm</p>	<p>3</p> <p>10:00AM –Bocce -Dover Legion</p>
<p>6</p> <p>9:30AM- Yoga Caryl 2nd floor 9:45AM– UFO -FS 10:30-12:00 Lifetime Learning-Library CR 1:00PM—Knitting with Sandi-Caryl Blue Rm 5:30PM Chi Gong- Library CR (Town Meeting 7:00PM)</p>	<p>7</p> <p>9:30AM-Exercise UTH</p> <p>10:00AM - COA Board Meeting –FS</p> <p>1:30-3:00 –Lifetime Learning –Library CR</p>	<p>8</p> <p>9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room 1:30-3:00PM –Lifetime Learning –Library CR</p>	<p>9</p> <p>9:30AM - Exercise UTH 1:00PM - Pageturners Book Club- Library 1:00PM—Learn Mah- Jongg—Caryl Blue Rm.</p>	<p>10</p> <p>10:00AM –Bocce Dover Legion</p>
<p>13</p> <p>9:30AM- Yoga Caryl 2nd floor</p> <p>9:45AM –CRAFTS- FS</p> <p>5:30PM Chi Gong- Library CR</p>	<p>14</p> <p>9:30AM-Exercise UTH</p> <p>12:00Noon -Luncheon Caryl</p>	<p>15</p> <p>9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room</p> <p>1:30-3:00PM –Lifetime Learning –Library CR</p>	<p>16</p> <p>9:30AM - Exercise – UTH 1:00PM—Learn Mah- Jongg—Caryl Blue Rm</p>	<p>17</p> <p>10:00AM –Bocce Dover Legion 1:00PM-B/P- Caryl Blue Rm.</p> <p>1:30 Afternoon Tea- Caryl Blue Rm</p>
<p>20</p> <p>9:30AM- Yoga Caryl 2nd floor</p> <p>NO CRAFTS 1:00PM—Knitting with Sandi-Caryl Blue Rm</p> <p>10:30-12:00 Lifetime Learning-Library CR 5:30PM Chi Gong- Library CR (Town Election)</p>	<p>21</p> <p>9:30AM-Exercise UTH</p> <p>1:00PM Circle of Friends Luncheon-Grace Church</p> <p>1:30-3:00 –Lifetime Learning –Library CR</p>	<p>22</p> <p>9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room</p>	<p>23</p> <p>9:30AM - Exercise – UTH 1:00PM- Learn Mah- Jongg-Caryl Blue Rm</p>	<p>24</p> <p>10:00AM –Bocce Dover Legion</p> <p>.</p>
<p>27</p> <p>MEMORIAL DAY</p> 	<p>28</p> <p>9:30AM-Exercise UTH</p> <p>10:00-11:30 Lifetime Learning –Library CR</p>	<p>29</p> <p>9:30AM Yoga-Caryl 2nd floor</p> <p>1:00PM Chi Gong Caryl—Blue Room</p>	<p>30</p> <p>9:30AM - Exercise – UTH</p> <p>NO MAH JONGG TODAY</p>	<p>31</p> <p>8:00AM- Sr. Coffee-FS Town Hall 10:00AM –Bocce Dover Legion</p>

FACTS THAT MAKE YOU GO HMMMMMM!!

(Snoops.com)

- **A full bladder is roughly the size of a soft ball.**
- **It takes the food seven seconds to get from your mouth to your stomach.**
- **One human hair can support 3 kg.**
- **Human thighbones are stronger than concrete.**
- **The attachment of human muscles to skin is what causes dimples.**
- **Your thumb is the same length of your nose.**
- **A woman's heart beats faster than a man's.**
- **If the average male never shaved, his beard would be 13 feet long when he died.**
- **Men without hair on their chests are more likely to get cirrhosis of the liver than men with hair.**
- **There are about one trillion bacteria on each of your feet.**
- **Side by side, 2000 cells from the human body could cover about one square inch.**
- **Women blink twice as much as men.**
- **The average person's skin weighs twice as much as their brain.**
- **When you are looking at someone you love, your pupils dilate, They do the same when you are looking at someone you hate.**
- **It takes twice as long to lose new muscle if you stop working out than it did to gain it.**
- **Your ears secrete more earwax when you are afraid than when you aren't.**
- **Your body uses 300 muscles to balance itself when you are standing still.**
- **If saliva cannot dissolve something, you cannot taste it.**
- **The average woman is 5 inches shorter than the average man.**

THROUGH THE GARDEN DOOR

Heuchera "Coral Bells"

After watching the deer devour my 2 hosta gardens, I decided to replant using coral bells. These perennials are glamorous foliage plants with tiny bell-shaped flowers on wand-like stems. The leaves are in various shades of red, orange, peach, gold, purple, obsidian, green and multi-colored. They are partial shade to full shade plants. Hummingbirds are attracted to them and deer ignore them. Who can resist plants called Peach Flambé, Alabama Sunrise, Frosted Violet or Bronze Wave.

Is it Male or Female? You might not have known this, but a lot of non-living objects are actually either male or female.

FREEZER BAGS

They are male, because they hold everything in, but you can see right through them.

PHOTOCOPIERS

These are female, because once turned off; it takes a while to warm them up again.

TIRES

Tires are male, because they go bald easily and are often over inflated.

HOT AIR BALLOONS

Also a male object, because to get them to go anywhere, you have to light a fire under their butt.

SPONGES

These are female, because they are soft, squeezable and retain water.

WEB PAGES

Female, because they're constantly being looked at and frequently getting hit on.

TRAINS

Definitely male, because they always use the same old lines for picking up people.

AN HOURGLASS

is female because, over time, all the weight shifts to the bottom.

HAMMERS

Male, because in the last 5000 years, they've hardly changed at all, and are occasionally handy to have around.

THE REMOTE CONTROL

Female. Ha! You probably thought it would be male, but consider this: It easily gives a man pleasure, he'd be lost without it, and while he doesn't always know which buttons to push, he just keeps trying...

THINGS ARE NOT ALWAYS AS THEY SEEM!!!.....

An old man lay sprawled across three entire seats in the theatre.

When the usher came by and noticed this, he whispered to the old man,

"Sorry sir, but you're only allowed one seat."

The old man just groaned but didn't budge.

The usher became more impatient.

"Sir, if you don't get up from there I'm going to have to call the manager."

Once again, the old man just groaned.

The usher marched briskly back up the aisle, and in a moment he returned with the manager.

Together the two of them tried repeatedly to move the disheveled man, but with no success.

Finally they summoned the police.

The officer surveyed the situation briefly then asked,

"All right buddy what's your name?"

"Fred," the old man moaned.

"Where ya from, Fred?" asked the police officer.

With terrible pain in his voice, and without moving a muscle,

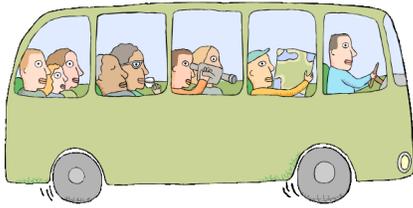
Fred replied, "The balcony."

PLEASE JOIN US ON THE FOLLOWING TRIPS

**TANGLEWOOD TRIP—FEATURING CELLIST,
YO-YO MA**
Sunday, August 4th

PEABODY ESSEX MUSEUM-FABERGE' EXHIBIT
Friday, September 20th

(For more information please call the COA)



**OFFICE HOURS –
MONDAY – FRIDAY 9:00AM – 4:30PM
EMAIL: COA@DOVERMA.ORG
508-785-0032 Ext. 246**

See the COA Town Website
www.doverma.org
Click on Town Offices, select Council on
Aging

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