

BRIGHT HORIZONS

TOWN OF DOVER



DECEMBER

2012

Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

HAPPY HOLIDAYS

POLICE BRUNCH Saturday - December 1st **10:00AM – 12:30PM—Kraft Hall**

Once again please join the Dover Police Association's annual brunch at Kraft Hall, Dover Church. They do all the "cookin"!!

Call the COA by November 29th if you plan to attend.

LEGION HOLIDAY DINNER

Sponsored by the Dover Legion

Sunday, December 9th - 1:00 PM

Please Join us for a fun afternoon at the Dover Legion

RSVP By December 5th



THERE IS NO DECEMBER CIRCLE OF FRIENDS LUNCHEON

SPIRITUALITY LUNCHEON—TOPIC TBA

Rev. Mark McKone-Sweet,

St. Dunstan's Episcopal Church

Tuesday, December 18th -12:00Noon—Caryl

RSVP BY ; Dec. 13th

FESTIVAL OF THE TREES

Put on by Mass. Hort. Society at Elm Bank,

Friday, Dec 7th, 11:00AM—\$25.00/person

Followed by lunch at the Sherborn Inn

(Transportation on your own)

(RSVP by Nov. 30th)

IF SCHOOL IS CAN-



CELLED , THERE ARE NO COA ACTIVITIES.

SAVE THE DATES

JANUARY LUNCHEON –HOME SAFETY

WITH DEPUTY FIRE CHIEF DAVE TIBERI

Tuesday, January 8th 1:00PM

BRING ALL YOUR HOME SAFETY QUESTIONS



“WHAT IS A SENIOR CENTER?” By the Senior Needs Assessment Sub-committee Committee

As the Dover Council on Aging studies the issues of living an independent lifestyle while growing older, it has become apparent that seniors do not understand the new reality of senior centers. Do you picture older people (much older than you, of course) sitting around **playing** bingo and shuffleboard? Eating bland meals while a television is blaring? It is time to update your vision! Senior centers are not what they used to be. Today's senior center is a vibrant, action-packed combination of fitness center, volunteering headquarters, transportation hub, dining locale and counseling center. (Cont. on Pg 6)

(Cont. Pg. 4)

CALLING ALL KNITTERS

Help victims of Hurricane Sandy by knitting hats, scarves or afghans. The COA will collect warm items to drop off at the Jersey shore from Nov. 1st thru December.

Thank you...

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, Dec. 4th 10:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday Dec 13th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday Jan. 9th 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: March 6th 2013

SHINE COUNSELOR (See note below)

If you need to speak with a SHINE counselor, please contact the COA at 508-785-0032 ext 246 to schedule an appointment. (Note: Dec. 5th is the last appointment day for Medicare changes)

BLOOD PRESSURE CLINIC - WALPOLE VNA

Friday, Dec., 21st Fireside Room 1:00PM

AFTERNOON TEA - "WINTER SOLSTICE TEA"

Friday, Dec., 21st 1:30PM – FS Room

SENIOR COFFEE HOUR

Friday, Dec., 28th 8:00AM

Fireside Room

Please come and enjoy coffee and conversation.



U.F.O. (UNFINISHED OBJECTS)

Monday, Dec. 3rd, 17th 10:00AM - Fireside Room.

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

CRAFTS CLASS

Monday, Dec., 10th 10:00AM –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.

BOCCE BALL– OUTDOORS

Bocce will resume in the spring.

BRIDGE—DROP-IN BRIDGE

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

EXERCISE CLASS - (No class on the 25th)

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. Call the Dover COA for more information.

(Funded by a grant from Foundation of Metrowest)

KNITTING WITH SANDI

Monday Dec. 3rd & 17th -1:00PM-FS Rm

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

WALKING GROUP

To resume in the spring

CHI GONG (No meeting on Dec. 26th)

Wednesdays 11:30-12:30 Library Meeting Rm.

Donations accepted)

Medicare Open Enrollment **ENDS – December 7**

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some Medicare Part D plans are leaving and some new ones are entering. ***If you are a member of a drug plan that is leaving, you need to make certain that you have a new drug plan for January 2013.***

Call the COA to make an appointment.
508-785-0032 Ext. 246



YOGA FOR WELLNESS - (For All Ages)

CARYL COMMUNITY CENTER - 2ND FLOOR

Mondays & Wednesdays 9:30AM – 10:30AM

60+ - \$3.00 Under 60 \$5.00

(NO YOGA WEEK OF CHRISTMAS—BACK JAN 2 ND

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.



TIPS FOR SHOPPING ONLINE

- **Coupon and Promotion Codes.** Search for coupon and promotion codes to be sure you get all discounts the e-tailer currently offers. To find current codes, perform a search for the e-tailer's name along with the words 'promotion code' or 'coupon'. After applying the coupon code double check your total price to ensure the discount was applied properly. Also check "Deal of the Day" websites, where retailers offer deep discounts on merchandise and services.
- **Payment Methods.** The way you pay matters! You get the most protection with a credit card; debit cards are more risky. Virtual wallets such as PayPal are convenient but have disadvantages, too. Single use credit card numbers are another option – ask your credit card provider if they offer this feature.
- **Shipping and Handling.** Shipping and handling can put a big dent in a shopping budget. Look for sites that offer free or discounted shipping rates. Make sure you understand all conditions placed on free shipping offers and that you'll get your merchandise in time if you choose that option. The law affords you rights surrounding timeframes for shipping your purchase.
- **Return Policies.** Understand the e-tailer's return policy. Do they offer a special, extended return policy for the holiday season? What documentation needs to accompany a return? If you purchase online, and the e-tailer also has a brick and mortar site can you return to the store? Do you need a return authorization number or an "RA" to return an item? Will the e-tailer pay for return shipping of the item or do you have to cover that cost? Will you have to pay a re-stocking fee?
- **Problems with the purchase.** One of the most common online purchasing problems is products that don't arrive in time. Even if the company is unable to ship as promised, it must provide you adequate notice promptly and give you a revised delivery date. You must be allowed to agree to the delay or cancel the order and get a refund. If you're not happy about a transaction, you should complain to the retailer using the address or phone number you kept from your transaction receipts. If you don't receive the merchandise you ordered file a dispute with your credit card company



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 (508)*

MEET OUR BOARD OF DIRECTORS

(Each month we will feature one of our Board Members for you to meet. We apologize that part of Cara's bio was cut off last month, so we are sharing it again)

Cara Groman is a recent addition to the COA Board. She moved to Dover 22 years ago with her husband, John and two children. She served on the Dover Recycling Committee and is a member of the Powissett Garden Club. She enjoys gardening, golf, reading and travel.

DOVER LIBRARY—BOOKS BY MAIL

A free service provided by the Dover Library for residents of all ages who are confined to home for short or long-term medical reasons and hold a valid library card in good Standing. You can call the library for more information and get an application. 508-785-8113.

DECEMBER—DOVER COA



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS 1:00PM—Knitting with Sandi-FS	4 9:30AM-Exercise UTH 11:00AM- COA Board Meeting -FS Room	5 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Library Meeting rm.	6 9:30AM - Exercise UTH 12:30PM-Painting- Holliston	7
10 9:30AM- Yoga Caryl 2nd floor 10:00AM CRAFTS	11 9:30AM-Exercise UTH No Luncheon in Dec.	12 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Library Mtg Rm.	13 9:30AM - Exercise – UTH 12:30PM-Painting- Holliston	14
17 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS 1:00PM—Knitting with Sandi-FS	18 9:30AM-Exercise UTH 12:00 Noon Spirituality Caryl	19 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Library Mtg Rm. 1:00PM Drop-in Bridge Fireside Rm	20 9:30AM - Exercise – UTH 12:30PM Painting- Holliston	21 1:00PM-B/P-FS 1:30 Afternoon Tea -FS
24 TOWN HALL CLOSED	25 CLOSED	26 No Yoga No Chi Gong	27 9:30AM - Exercise – UTH	28 8:00AM- Sr. Coffee -FS
31 No Yoga No crafts	CLOSED JAN. 1ST			

SATURDAY, DECEMBER 1ST, POLICE BRUNCH AT KRAFT HALL 10:00am—12:30PM
SUNDAY, DECEMBER 9TH, LEGION DINNER 1:00PM LEGION HALL

TODAYS LIVING

(SENIOR NEEDS ARTICLE CONTINUED FROM PG. 1)

Many senior centers are for anyone aged 50+. Today, nearly 11,000 senior centers serve 1 million older adults aged 50+ every day. Approximately 70% of senior center participants are women with many visiting up to 3 times a week. Research shows that compared with their peers, senior center participants have higher levels of health, social interaction and life satisfaction. **Perhaps that is why over 40 Dover seniors have used the Medfield Senior Center this past year. In a survey conducted by the Dover Council on Aging of these residents, an exercise room and an area for coffee and juice, where they can socialize with friends and neighbors, was chosen by the majority of respondents as areas they would utilize within a Dover Senior Center.**

Senior centers offer more than card games – everything from trips and special events to fine arts and crafts, music and dance, lifelong learning and fitness and health programs. They are also a great place to get healthy. Health and fitness are where senior centers have really expanded in recent years. In addition to traditional programs like aerobics, Zumba, yoga, Chi Gong and Tai Chi, many senior centers now offer evidence-based health programs that have been scientifically proven to make people healthier. One example is “A Matter of Balance”, a program that gives people practical tips to reduce the fear of falling. Another is the “Chronic Disease Self-Management Program” which helps people with conditions like diabetes, heart disease and arthritis learn how to reduce their symptoms, eat well and communicate with their doctors. Many senior centers also offer regularly scheduled blood pressure and glucose screenings that can replace tedious trips to medical clinics for those simple procedures. One of the vital services offered by senior centers is counseling which allows seniors to live in their homes longer.

If you would like to be added to the Dover Council on Aging’s email list to receive information and updates on “Senior Needs”, please contact us at coa@doverma.org or telephone 508-785-0032 x246.

AWKWARD SANTA QUESTIONS !!!

- Do you think Mrs Santa can come instead of you? I'm so scared of you. Sorry.
From Jonas
- Mum says you won't come if I swear. Are you allergic to swearing?
Regards, Victor
- When you're finished, could I perhaps become the new Santa?
Your friend, Callum
- Could you call me when you're close by so I can come and say hello to your reindeer? What's your phone number?
Love Rhiannon
- Could you tell me what you did in the last World War? You didn't fly around the world! Were there any presents then?
From Andy
- Santa Claus, how often do you change your clothes?
Regards, Tom
- How often do you take a bath?
From Elisabeth
- Did you come from the basement last year? Could you say a password when you come this time? You can say 'chocolate cake' - then I will know you're the real Santa, because I don't want Dad to be Santa.
Regards, Jane
- Do you say 'Ho! Ho! Ho! because you don't speak other languages?
from Pauline



ON THE LITE SIDE

FUNNY WORK PLACE SIGNS.

- In a Beauty Shop: "Dye now!"
- Inside a Bowling Alley: "Please be quiet. We need to hear a pin drop."
- In a Restaurant window: "Don't stand there and be hungry, come in and get fed up."
- On Maternity Room door: "Push, Push, Push."
- At an Optometrist's Office: "If you don't see what you're looking for, you've come to the right place."
- On a Scientist's door: "Gone Fission"
- On a Butcher's window: "Let me meat your needs."
- At a Used Car Lot: "Second Hand cars in first crash condition."
- On a fence: "Salesmen welcome. Dog food is expensive."
- At a Car Dealership: "The best way to get back on your feet - miss a car payment."
- Outside a Muffler Shop: "No appointment necessary. We'll hear you coming."
- Outside a Hotel: "Help! We need inn-experienced people."
- In a Counselor's office: "Growing old is mandatory. Growing wise is optional."
- Outside a country shop: We buy junk and sell antiques.
- On a travel agency: PLEASE GO AWAY
- On a plumbers truck: "We repair what your husband fixed."
- Pizza shop slogan: "7 days without pizza makes one weak."
- Sign on an electrician's truck: Let us remove your shorts.

Why so Serious!!

- 1 . Why do we wash bath towels? Aren't we clean when we use them?**
- 2. Why is the third hand on the watch called the second hand?**
- 3. If a word is misspelled in the dictionary, how would we ever know?**
- 4. If Webster wrote the first dictionary, where did he find the words?**
- 5. Why do we say something is out of whack? What is a whack?**
- 6. Why does "slow down" and "slow up" mean the same thing?**
- 7. Why does "fat chance" and "slim chance" mean the same thing?**
- 8. Why do "tug" boats push their barges?**



COA BOARD MEMBERS

Betty Hagan	Chair	785-2124
Jane Hemstreet		785-0372
Alice Baranick	Treasurer	785-9829
Jeanne Gavrilles		785-1814
Barbara Murphy		785-2895
Lou Theodos	Vice Chair	785-1715
Maureen Dilg		785-2107
Cara Groman		508-328-9660
Jim Anderson		508-785-0509
Gilbert Thisse		

COA BOARD MEMBERS

Director	Janet Claypoole
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

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