



Carlisle Connection

November 2011



Carlisle Council On Aging Serving Carlisle's 60+ Community

CARLISLE

66 Westford Street, Carlisle, MA 01741

COA Official Town website: <http://www.carlislema.gov> Friends of COA: <http://www.carlisle.org/foccoa>

From the Director's Desk

My best friend now lives in England, and every year at this time she misses New England, where we witness the spectacle of the change in seasons, the celebration of harvest and bounty of Thanksgiving. If only we could learn to appreciate each season of our lives like we enjoy the diversity of the world around us. The flowers in my yard in the Fall are strong and hardy; they do not bend easily. Not quite as vibrant as the ones in early Spring, but with a more mellow, warm beauty. And there really is nothing to compare with how each leaf has its own kaleidoscope of color as the air grows colder. Yes, I do believe the Fall is my favorite season. Thankfully yours, Debi

"How important it is for us to recognize and celebrate our heroes and she-roes!"



~ Maya Angelou



Don't forget Veterans Day is November 11

Minuteman Senior Services/Robbins Brook Luncheon

Thursday, November 3 at noon at St. Irene

Hosted by the volunteers at St. Irene, cooked by Robbins Brook, and supported by Minuteman Senior Services, this is truly a community event each month. This month's menu is Shepherd's Pie, with sides, dessert, and cold and hot drinks! Suggested donation \$3. Please call the COA at 978-371-2895 to register by Friday, October 28 by noon if possible.

Following the luncheon at 12:45pm, The Shane Wood Jazz Trio will be performing songs of different styles including blues, ballads and traditional jazz standards such as Cole Porter in addition to contemporary jazz arrangements of Stevie Wonder and The Beatles. The Shane Wood Jazz Trio's unique blend of styles with smooth vocals, saxophone, piano and drums is an afternoon not to be missed. This program is supported in part by a grant from the Carlisle Cultural Council, a local agency sponsored by the Massachusetts Cultural Council.

Important: Medicare Open Enrollment Dates Have Changed!

Medicare open enrollment comes earlier this year! It started on October 15th and ends on Dec. 7, 2011. And there will be changes to Medicare prescription drug and health insurance plans. For example, enrollees will now be entitled to an annual Medicare wellness exam. And when in the donut hole this year, enrollees will pay 50% of brand name drug costs. The SHINE program at Minuteman Senior Services provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org

<p><u>CARLISLE COA OFFICE HOURS</u></p> <p>Monday - Friday 9:00am - 3:00pm</p> <p>(978) 371-2895 Office (978) 371-6690 Van line</p>	<p><u>COA Staff</u></p> <p>Debi Siriani Director dsiriani@carlisle.mec.edu (978)371-6693 Angela Smith Outreach Coordinator asmith@carlisle.mec.edu (978)371-2895 Carol Killpartrick Transportation Coord. (978)371-6690 Bonnie Hansen Administration Peter Cullinane LICSW</p>	<p><u>COA Board Officers</u></p> <p>Liz Bishop Board Chairman Verna Gilbert Vice-Chair Abha Singhal Treasurer Elizabeth Secretary Acquaviva</p>	<p><u>Board Members</u></p> <p>Tom Dunkers Joanne Willens Jim Elgin Jean Sain Phyllis Goff Helen Taylor Lillian DeBenedictis</p> <p><u>Associate Members</u></p> <p>Mary Daigle Nadine Bishop Natalie Ives Marje Stickler Sandy McIlhenny Ted Read</p>
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**RESERVED FOR
SENIOR CITIZEN PUBLISHING**

NOVEMBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Podiatry Clinic Comm. Convers. - 11a - Meet Chloe Ballroom - 2p	2 "Legally Blonde" departs 10:45a	3 Coffee -9, BP 9:15a Fitness - 9:45a Cardio - 10:45a Minutemen/Robbins Lunch - noon Music - 12:45p Tap-3p, Players-8pm	4 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	5
6	7 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a Advance Poetry - 10a	8 <i>ELECTION DAY</i> Bridge - 10a Nashoba Tech Lunch - 11:45a Ballroom - 2p	9 Nashua Shopping - 9a Book group - 10a Art Matters - 1:30p	10 Men's Breakfast - 8a BP - 8a Fitness - 9:45a Cardio - 10:45a Tap - 3p	11 VETERANS DAY Town Hall Closed	12
13	14 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a Senior Moments – 9:30a - 11a	15 Bridge - 10a Comm. Convers. - 11a - Art Ballroom - 2p	16 Beermaster Tour - departs 9:30a Art Matters - 1:30p	17 Fitness - 9:45a Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS Post Lunch - 12:45p KISS - 7:30p	18 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	19 CCHS Lunch - noon
20	21 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a Restaurant Review - 11a	22 Bridge - 10a Ballroom - 2p	23	24 HAPPY THANKSGIVING Town Hall Closed	25 HOLIDAY Town Hall Closed	26
27	28 Inside Walking Grp- 6:45a Weekdays Yoga - 9a & 10:15a Senior Moments – 9:30a - 11a w/BP	29 Bedford Errands Trip departs 9a Bridge - 10a Ballroom - 2p	30 "Nutcracker" departs 10:45a			

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TRANSPORTATION / TRIPS

The COA transportation services are available to all senior residents and disabled residents. Transportation is available for all COA events.

**Van Line Reservations: (978)-371-6690;
Weather Info/Cancellations: (978)-371-2895**



Our **FEES** are as follows:

In-town rides or Friday grocery trips- no fee

Rides within 15 miles- \$2.

Van Trips over 15 miles away- \$5.

*Parking fees are the responsibility of the Rider.

Medical appointments: Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

Local grocery /Shopping trips: We go to Market Basket in Westford on Friday mornings at 9am. Please call the van line in advance to make reservations.

Nashua Holiday Shopping - Wednesday, Nov. 9. Visit the Christmas Tree Shop, LL Bean, Burlington Coat Factory, Home Depot, and Kohl's. Lunch on your own. Pick up 9:15 Village Court, 9:30 at Congreg. Church. Return about 3:30pm. Van fee is \$2 day of trip. Call the COA by Nov. 2 at noon to register.

Bedford Errands Trip - Tuesday, Nov. 29 from 9am to noon. Do your errands, get your hair cut, or just enjoy a day out window shopping. Call the COA by Nov. 18 at noon to register. Van fee \$2 day of trip.

The Beermaster Tour - Wednesday, Nov. 16 at Anheuser-Busch in Merrimack, NH, with Sandy McIlhenny. Tour is **FREE**. See the Budweiser Clydesdale horses. Free beer and soft drinks. Gift shop. Lunch at The Common Man restaurant (not included). Departure from Congregational Church at 9:30am. Tour is at 11am. Return about 3:45pm. Van fee \$5 day of trip. Register ASAP with Sandy at 978-821-0611.

Restaurant Review at Flatbread's in Burlington, **Monday Nov. 21**, 11am pick up at Village Court and 11:10 at Congregational Church. Return about 2:30pm. Van fee \$2 day of trip. Register with Joanne* at 978-371-8023 by November 15, so she can make reservations.

**Please be considerate, and only call Joanne between the hours of 9am-5pm.*

For Day Trips in the following section, please register by sending checks made out to the Friends of the Carlisle COA to:

**COA SPONSORED DAY TRIPS, c/o Joanne Willens
145 Church St. Apt. B12, Carlisle, MA 01741**

Upcoming Plays...

STONEHAM THEATER - "The Nutcracker" - Wednesday, November 30. **Cost:** \$28.

"Sister's Christmas Catechism" - Wednesday, December 7. **Cost:** \$28. We leave Congregational Church at 10:45am and eat at Felicia's of the North End (lunch on your own). Van fee \$2 cash on day of trip.

PLEASE ACKNOWLEDGE OUR SPONSORS

SPONSOR THIS NEWSLETTER!!!

It makes sense to concentrate your advertising where it does most good - right in your neighborhood!

You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

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FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Thursday, Nov. 3 from 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, *sponsored by Life Care Center of Nashoba Valley.* **Thursday, Nov. 10 from 8-9am** at the Men's Breakfast at Village Court, *sponsored by Home Instead Senior Care of Chelmsford.* **Thursday, Nov. 17 from 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care.* **Monday, Nov. 28 from 9:30am at Ferns,** *sponsored by Right at Home.*

Podiatry Clinic - **Tuesday, November 1** in the Sleeper Room at Village Court. Currently the clinic is full but please call the COA at (978)371-2895 to see if there have been any cancellations. **Cost:** \$20 (discounted fee, partially funded by the Carlisle COA), checks made out to Carlisle COA or cash; payable the day of the clinic.

Inside Walking Group - **Monday thru Friday from 6:45-7:30am** at the school gym. If school is open, we are walking! A great chance to exercise, this group is very casual, and people walk at their own pace. **Note:** no walking November 11, 24 and 25.

NOTE: To sign up for the next session of the following programs, please call the COA office at (978) 371-2895. Minimum attendance is required for programs to continue. Stop in and try a class/day for free (except yoga)! Make check payable to Carlisle COA unless otherwise noted.

FITNESS CLASS - **Thursdays at 9:45am**

Clark Room at Town Hall. Instructor: Katrina Rotondi. This class is great for all ability levels, and may be done in a chair. Wear comfortable clothing, hand weights, and bands are available to use.

Fee: \$40 (Sept. thru Nov.). Feel free to stop in and try a class.

CARDIO-BOOST CLASS - **Thursdays at 10:45am**

Congregational Church on School Street. Instructor: Katrina Rotondi. An upbeat "heart healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Sept. thru Nov.).

LINE DANCING - **Fridays at 9:30am**

Instructor: Katrina Rotondi. Held at the FRS Union Hall on School Street. Enjoy getting your exercise while learning dance steps and having a great time. Wear comfortable clothing. **Fee:** \$40 (Sept. thru Nov.).

BALLROOM DANCING - **Tuesdays thru Jan.10 from 2-3pm at St. Irene Church**

For anyone interested in learning ballroom dancing. Dances that may be included, depending on time and availability, are tango, waltz, foxtrot, rumba, cha cha, mambo and meringue. Wear leather-soled shoes.

FREE due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Call the COA at 978-371-2895 to register for new class that starts November 15 and acquire information on next class.

YOGA - **Mondays through the Rec. Department - 9am and/or 10:15am at Town Hall**

Session II: (Nov. 7 - Dec. 19.) **Fee:** \$105 (for 7 weeks), \$89 for Carlisle seniors after a 15% discount from the COA. Call the Rec. Dept. @ 978-369-9815 to register.

INTERGENERATIONAL TAP - **Thursdays, November 3 and 10 at 3pm at the FRS.**

This exciting class is a fun way to exercise and enjoy yourself. For everyone 12 and older. Taught by Katrina Rotondi. Call the COA at 978-371-2895 for future class info and to register. **Fee:** \$40 next session.

MARTIAL ARTS - **Fridays, November 4 and 18 from 10:45 to 11:45am at Town Hall**

Class is just for seniors. If you are interested in finding out more, see link below or stop by the class.

http://articles.boston.com/2011-04-24/lifestyle/29469526_1_martial-arts-cinder-blocks-hand Contact the COA at 978-371-2895 for current and future class info. Stop in and see a class! **Fee:** \$100 for 10 classes.

Carlisle Community Conversations
All sessions Tuesdays at 11am
Hollis Room at the Gleason Public Library

November 1 - Come meet Chloe, a COA volunteer and Therapy Dog - Jeannie Lieb and her certified therapy dog, Chloe, became interested in training Chloe for therapy dog work when she noticed Chloe's extreme fondness for the elderly. Jeannie will discuss the work of a therapy dog, the characteristics a dog needs to possess to become a successful therapy dog, what kind of training is required, the certification process and what happens during a therapy visit. Jeannie will bring Chloe with her to the talk.

November 15, -Drawing just for yourself: A fresh look at the art of doodling with Gail Fitzpatrick, artist. Do you remember how you used to draw the same princess face or '57 Chevy over and over and over again as a kid? Then as a student, you might have taken notes in class or at a meeting and covered the margins with curly cues, checkerboards, or flowers. Whether talking on the phone, listening to a lecture, or waiting for that TV ad to be over, there is one little part of your mind that is bored or restless and just wants to have some fun. Your doodling brain! This kind of drawing is fun, it's relaxing, keeps your hands moving, and best of all, nobody will look over your shoulder to see what you did! But your brain will thank you. Please come for an hour of chit-chat and doodle therapy. Materials provided.

NEWS RELEASE! - Senior Open Dress Rehearsal

The Concord Players will hold their Senior Open Dress rehearsal for **The Drowsy Chaperone** on Thursday, November 3, 2011 at 8pm. So bring your friends to 51 Walden St in Concord, MA to see this cleverly gleeful **Musical-within-a-comedy**. It comes complete with thrills and surprises that take both the cast and the audience soaring into the rafters. Our usual bargain price of \$5.00 prevails. For more info, contact Joanne Hines at jbhines@gmail.com or 978-254-5578.



Annual Wreath Making - Thursday, December 8 at 10:30am

The Carlisle Garden Club, Council on Aging and Friends of the COA will host a holiday wreath making seminar from 10:30am to 11:30am at FRS Union Hall. Come enjoy the company of the Garden Club volunteers, neighbors and friends. Light refreshments will be served. To reserve your space, please call the COA at 978-371-2895, NO LATER THAN DECEMBER 1.

This event is for Carlisle residents only please.

COA Book Club - Wednesday, November 9 at 10am

This month's book: *The Immortal Life of Henrietta Lacks*, chosen for the Carlisle Community Read this January. A review of the book can be found on Amazon.com. *Our meeting is open to all!*

Please call Mary Zoll at 978-369-5236 for more information, location, and to RSVP.



Bridge Group - Tuesdays from 10am-12pm in the Sleeper Room

A friendly game with friendly players. We always welcome new people!
 For more information please call Gwen Charter at 978-369-0325.

FOOD COURT



Monthly Coffee - Thursday, November 3 at 9am

Verna Gilbert, Vice-Chair of the COA Board, and Carolyn Shohet of the Friends of the Carlisle COA, will be hosting at the Sleeper Room at Village Court. Don't miss it! FREE.

Nashoba Valley Technical High School Luncheon - Tuesday, November 8 at 11:45am.

Feast your eyes on the beautiful luncheons the culinary arts students are making at Nashoba. This month's choices are pork loin or baked stuffed sole. Please call the COA at 978-371-2895 to register by Thursday, November 3 at noon and remember to provide your menu choice.

Men's Breakfast - Thursday, November 10 at 8am

Held at the Sleeper Room at Village Court each month, this is a full, hearty breakfast.

Cooked by our wonderful volunteer, Andy Cutter and helpers. **Suggested donation: \$3**



"SENIOR MOMENTS" @ Ferns Country Store - November 14 and 28 from 9:30 to 11am

A casual drop-in for Carlisle seniors 60+ to greet, meet, eat & talk! FREE goodies provided by the Carlisle COA. Ferns gives a 10% Discount to "Senior Moments" attendees for coffee and other eats. First come, first served!

COA Monthly Luncheon

Thursday, November 17 at 11:45am at the FRS

Run by our wonderful team of COA volunteers at FRS. Enjoy a turkey dinner with all of the fixings, scrumptious apple pie and hot and cold drinks. **Suggested Donation is \$3.** For reservations, call the COA office at (978) 371-2895 by noon on Thursday, November 10.

After the Luncheon... at 12:45pm

Uncle Sam – Myth or Real?

Paul Hogman, a member of the Arlington and Billerica Historical Society, will enlighten us on this national figure. Paul will answer this question and many more as we discover the real story and facts about "Uncle Sam." Generations have seen the picture of "Uncle Sam"—tall and slender, goatee, and red, white and blue suit—but so few know the truth! Paul will discuss this fascinating story in history.



CONCORD CARLISLE HIGH SCHOOL SENIOR THANKSGIVING DINNER

Saturday, November 19 at Noon

This lunch is **FREE**. This is a delicious full turkey dinner sponsored again this year by the Junior Class of CCHS. You must sign up by calling the COA at (978) 371-2895 ***NO LATER than noon on November 11.*** If you need transportation, please call the COA Van Line at (978) 371-6690 by Nov. 11. This lunch is sponsored by the generosity of the Junior Class of CCHS. Please arrive early so dinner can be served at noon!



*****NOTE:*** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the generosity of a grant from Concord-Carlisle Community Chest, the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you.

Know how to knit? Would you like to make a difference to someone who is homeless? Now you can do something you enjoy and also provide a holiday gift to someone in need. Knitting in Service Society (KISS) is a group of girls and women who have been knitting since 2006 to benefit those in need. New members are always welcome or feel free to knit at home. We work on **hats and scarves** from easy to advanced – using **any pattern of your choice**. They are knit for Boston's homeless through Common Cathedral and given as Christmas presents. Knitted items to be donated will be brought into Boston by FRS members, and are **due by November 1**. If you have any questions, please contact Angela at the Carlisle Council on Aging at 978-371-2895. To be added to the monthly email reminder, email frs@carlisle.org. KISS meets monthly on **Thursday nights 7:30 to 9:00** (Nov 17, Dec 15, Jan 19, Feb 16, Mar 15, Apr 19, May 17 and June 21); **call for the location** (often a knitter's home).



*****Out-of Town Newsletters**: If you are from out-of-town, and would like to receive our newsletter in the mail, we must respectfully ask you to pay \$5 per year to support the postage costs for this service. Please drop by our office, or send cash or a check made out to Carlisle COA to 66 Westford Street, Carlisle, MA 01741. We will be updating our mailing lists by Nov. 1, 2011. Thank you for being part of our programs!

Joanne's Travelers



Grand Tour of Spain - March 19-30, 2012. Price starts at \$2,699 for Double includes airfare, hotel, all meals, and sight-seeing. Tours of Malaga, Ronda, Madrid, Barcelona and more...

Discover Croatia - March 19-29, 2012. 11 days, 15 meals, 9 breakfasts, 6 dinners for \$3,299. Double. Trip features the Dalmatian Coast and Slovenia.

Trains, Wineries & Treasures of Northern California - September 23 - October 1, 2012
13 meals. Double \$2,849. San Francisco, Sonoma, Yosemite National Park, and more...

For flyers or additional info., call Joanne Willens at 978-371-8023 or pick up flyers at Carlisle COA Office in Town Hall.

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**This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs
and formatted by a grant from the Concord-Carlisle Community Chest.**

Art Matters Cultural Series

Sponsored by Friends of the COA, Lee Milliken Fund and Friends of Gleason Public Library.

Nov. 9 at 1:30pm - AMERICAN ART Part 2 - (1900 -1950)

A look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention and earning respect.

Nov. 16 at 1:30pm - AMERICAN ART Part 3- (1950 -1990)

A look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve.

*Series is free and open to the public, but space is limited; call library 978-369-4898 to reserve your space.
Series will be held at St. Irene Church on Wednesdays from 1:30-3pm*

Remember not to forget!

Saturday, November 5 in the evening, please change your clocks
back one hour (Fall back).

Also, this is the time of year to check your smoke/carbon monoxide alarms.



Weather / Disaster Check



Do you live alone, have compromised health, or just want a wellness check or call in the event of a weather related emergency or disaster? Call the COA at 978-371-2895 to pick up or have a "Special Needs" form mailed to you. Please mail completed form with signature to the Carlisle Fire Dept., Box 575, Carlisle, MA 01741-0575 or drop it off at the Fire Dept. mailbox at Town Hall. All information is kept in strictest confidence and not shared with any outside agencies. Also, if you would like an RUOK call, or a File of Life, please call the COA for more information.