



Carlisle Connection

Serving
Carlisle's 60+
Community



OCTOBER 2015

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

66 Westford Street Carlisle, MA 01741

Message from the Director Spread the Word!

Do you know someone who needs to be re-energized physically, intellectually or socially? Perhaps all three? If so, then please help spread the word about the following very special events and programs:

1. Physically- Get your body moving at our first ever *Carlisle COA Road Race* this Veterans day (see more information and registration instructions in the article below). Join us for this great new community event!
2. Intellectually & Socially - Get your mind going in new ways and meet great people at the *Carlisle Community Book Club*. Share what you're reading and learn about favorites from others. Great discussions abound each month. Check out "page 2" for the what, when and where of the next Book Club meeting.

Yours, David

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Senior Flu Clinic Friday, October 9, 10am-12pm -Town Hall, Clark Room-

Sponsored by the Carlisle BOH and supported by the Carlisle COA. This clinic will provide the influenza vaccine to Seniors 65 and older. Nurses are provided by Emerson Home Care. No appointment is needed. **BRING YOUR MEDICARE CARD!** Need a ride, call the COA van line (978) 371-6690. Homebound seniors, call (978) 371-2895 to arrange a home visit. Refreshments provided by Benchmark Senior Living at Robbins Brook.

Celebrate Veterans Day, November 11 by joining us in a 5K and 1 mile run/walk for all ages. The 1-mile race begins at 9 a.m. followed by the 5K at 9:45, rain or shine. Runners and walkers of all ages are welcome in either or both race. Free race T-shirts will be given to participants while supplies last. Entry fees for participants age 19 and under, 60 and older, and all veterans are \$10 if pre-registered online or \$15 on race day. For all others the entry fee is \$15 if pre-registered or \$20 on race day (tax and processing fee extra). Trophies and medals will be awarded to first place finishers in many categories. To register online please go to <http://www.lightboxreg.com/carlisle-coa-road-race>. Registration on the day of the race begins at 8am at the FRS.

This road race is hosted by the Carlisle Council on Aging with support from the Concord-Carlisle Community Chest.



CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am - 1pm
(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

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TRANSPORTATION

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours. *Need a ride to RMV, SS Office, or local errands? These are rides that we can help you with in addition to medical appts.*

Donations/Fees*

Van rides within Carlisle and the Friday shopping trip **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away, \$5. *Parking fees are the responsibility of the rider.

Medical appointments

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

Local grocery /Shopping trips

Join us every Friday morning at 9am for the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690.

Shuttle pick-up for the COA monthly lunch at FRS

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

TRIPS & More

Restaurant Reviews

Call Joanne Willens to register at (978) 371-8023

Emma's Café

Monday, October 5

We are off to Stow for a delicious lunch at Emma's Café. Van leaves VC at 10:15am, CC at 10:30am, returning between 2-3 pm. Van fee \$2. Deadline to register is Monday, September 28.



Bertucci's

Monday, November 9



Join us for lunch at Bertucci's in Chelmsford. Van leaves VC at 11am, CC at 11:15am, returning between 2-3 pm. Van fee \$2. Deadline to register is Monday, November 2.

COA Day Trips

Call Joanne Willens to register at (978) 371-8023



Museum of Fine Arts - FULL

Wednesday, October 21

This trip is FULL – wait list only. The entrance fee is \$18. Please make checks payable to Carlisle COA and mail or bring them into the COA office by Wednesday, September 30. Van leaves VC at 9am & CC at 9:15am.



**MERRIMACK
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Tuesday, November 17

Get an early start on your holiday. Tuesday is Senior Discount Day! Van leaves VC at 9am, CC at 9:15am, returning between 3-4pm. Lunch on your own. Van fee \$5. Please register by Tuesday, November 10.

Carlisle Community Book Club

Monday, October 5, 10:30am

-Gleason Library, Hollis Room-



Me Before You by Jojo Moyes

For info. please contact Mary Zoll, (978) 369-5236.

Hair Cuts on the Go!

Monday, November 2, Town Hall



Suzanne Hickey and Georgia Triantafilles provide haircuts to seniors for \$10.50. Appointment is 15 minutes. Call the COA at (978) 371-2895 for your appointment between 9:30am and 11:30am.



Lunch at the Farm

Tuesday, October 20, 12pm



Lunch at the Northeast Correctional Center! For \$3.21 (correct change please) you will receive soup, choice of a garden or Caesar salad along with your choice of the entrée or sandwiches of the day. Dessert and beverage included. **Please call the COA at (978) 371-2895 to register no later than 12 noon on October 13; space is limited so register early.** The first 13 people who request a ride can go in the van and others feel free to car pool and meet us there! Be at the Congregational Church at 11am for the COA Van. Note: No cell phones or electronic devices allowed in the building. Please bring your driver's license!

FOOD COURT & Miscellaneous Activities

If you have registered for a lunch or event and cannot attend, please call the COA as soon as possible at (978) 371-2895. If you need a ride to a lunch or event, please call the COA Van Line at (978) 371-6690 or email coaride@carlisle.mec.edu.

Chelmsford Crossing/ Minuteman Senior Services (MSS) Lunch Thursday, October 1, 12pm

The FRS is hosting a delicious lunch cooked by Chelmsford Crossing and supported by MSS. Corned beef & cabbage, potatoes, whole baby carrots and pie for dessert. All gluten free except dessert. Register at (978) 371-2895 by noon on Friday, September 25. If you receive the newsletter after 9/25, give us a call. Suggested donation: \$3. **Following the lunch:** Cliff Hakim of Inspired Stones will explore the wonders of our earth, inspire your creativity, and bring out the "rock star" in you. Cliff will show pictures of his work, tell stories and ask volunteers to build their own Cairn, a balanced stack of stones, often used as trail and land markers.



Monthly Coffee Wednesday, October 7, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. This coffee is hosted by Lillian DeBenedictis and Maxine Crowther.

Men's Breakfast Thursday, October 8, 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, delicious, hearty breakfast prepared by volunteer chef, Dana Smith, and helpers. Suggested donation: \$3 for Men's Breakfast. Stop by before work!



Minuteman Regional Tech Lunch Wednesday, October 14, 11:45am

Choose from meals created with great care by the culinary arts students at Minuteman Tech. Call the COA at (978) 371-2895 by noon on Wednesday, October 7 to register. Menu choices: chicken & broccoli pasta with cheese sauce; broiled swordfish or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** meal \$5/soda \$1, plus tip, payable at school.

COA Lunch



Thursday, October 15, 11:45am

Join us at FRS and enjoy the company of your senior friends and neighbors. This meal is run by our wonderful team of COA Volunteers. Menu: pizza, salad, dessert and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Friday, October 9. Shuttle available, see page 2. **Following the lunch:** The Divas from the Savoyard Light Opera Company will be performing selections from the Golden Era of Broadway and beyond.

"SENIOR MOMENTS" at



Monday, October 26, 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to senior attendees for coffee.

Quarterly Breakfast at Nashoba Valley Tech Wednesday, October 28, 9am

Menu: Choice of eggs (scrambled, benedict or omelet), bacon, sausage, sautéed potatoes, French toast, pastry, juice, coffee or tea. To register, call the COA at (978) 371-2895 by Wednesday, October 21. **Cost:** \$3, plus tip, payable at the door. Call the van line at (978) 371-6690 at least 2 days in advance if transportation is needed.

NEWS FLASH

High School Meals Now Subsidized!!!

Exciting News! In an effort to ensure that more seniors can take advantage of the wonderful meals that our local vocation schools provide, the Carlisle Council on Aging will begin **subsidizing** these lunches this month. So instead of paying \$10 for lunch (a good price for 3 courses), you will only pay \$5! The same goes for the quarterly breakfast at Nashoba Tech. Instead of \$7.50, you will now pay only \$3. Please remember to tip based on the actual price of the meal.

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by 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. Please call the COA at (978) 371-2895 to register as noted.

Outreach with Angela

Willing to help your neighbor? Although the Council on Aging (COA) is here to help seniors with information and referrals; provide transportation to local appointments and needed; loan medical equipment, offer social; educational and exercise programs; many seniors need more help! It may take a “village” to raise a child, but it also takes a “village” to help a senior stay in their home safely. So as the summer winds down and we prepare for fall and winter, if you are able, I would greatly appreciate your taking the time to meet the seniors in your neighborhood. Stop by and introduce yourself. If you know them already, maybe you are able to check in on them after a storm, help them shovel out their car or mail box, put down some sand or pick up a prescription if they are ill. If there are no seniors in your neighborhood, but you are willing to help out, please give the COA call at (978) 371-2895 and we can research who lives close by who may need some help. Whatever you can do is very much appreciated. Of course, if you want to help more formally, you can always call the COA and become a volunteer who delivers Meals on Wheels, takes folks to doctor appointments, or helps in many other ways. A small amount of your time can make a huge difference in someone else’s life. Finally, if you know of someone who needs the COA support, please contact us.

Best, Angela



Community Events



Medicare Open Enrollment Presentation

Thursday, October 22, 1pm

-Benfield Farms, 1st Floor Community Room-



During **Medicare Open Enrollment, from October 15 to December 7**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE & CONFIDENTIAL counseling on all Medicare and related health insurance programs. Please register for the presentation by calling the COA, (978) 371-2895 by Thursday, October 15. Light refreshments will be served.

Community Conversations

Be Your Own Healer with Lisa MacDonnell, MT

Tuesday, October 13, 7 pm, Gleason Library

Optimize Brain Functioning with Neurofeedback

Did you know that it is never too late to slow the effects of brain aging? Come learn about a unique form of neurofeedback called NeurOptimal, designed by Zengar Institute, that allows your brain to reorganize and strengthen its functioning, increase its resiliency, conserve energy, and transform at any age safely and effortlessly.

Prepare for Surgery Holistically

Are you scheduled to have upcoming surgery? The medical literature shows that people who prepare for surgery holistically have fewer complications, less anxiety, may use up to 50% less pain medication following surgery and may leave the hospital sooner than expected.

Lisa MacDonnell is a licensed body & energy worker. Refreshments provided by Life Care Center of Acton. Please call the Library at (978) 369-4898 to register.



Chinese Tea

Monday, October 26, 12pm

-Carlisle Public School-



Come join Y-Ping Chang, an architect and Carlisle resident, and Chiao Bin Huang, a Chinese language teacher at CPS. They will introduce various Chinese teas from both China and Taiwan. Y-Ping will talk about: tea chewing, drinking, brewing, making and serving. He will also enlighten us on how tea use has evolved along with the Chinese ways of living over thousands of years. The 8th grade Chinese class students will help to serve the tea. Light refreshments. Please register for this event no later than Wednesday, October 21, 2015 with the COA at (978) 371-2895.

Location: Chinese classroom (S120), Carlisle Public School. Please sign in at the main office in the Spalding Building. Park in the circle parking on School Street or in the main parking lot off Church Street or along Church Street. Please also consider carpooling.

FOR YOUR HEALTH



EXERCISE CLASSES - Mind & Body

Note: To sign up for the following programs, call the COA office at (978) 371-2895 (*minimum # required to hold each exercise class*). Stop in and try a class/day for **FREE!** If you start mid-session, call for fee.

MONDAYS

October 5, 19, 26 @ FRS (No Class 10/12)

Intergenerational Tap - 1:30pm. For everyone 12 and older. Instructor: Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

TUESDAYS

October 6, 13, 20, 27 @ St. Irene

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Sept.-Nov.).

Ballroom Dancing - 2pm on 10/6. Next class 11/3. FREE due to the generosity of our teachers, Barry Kasven & Cynthia Horn.

WEDNESDAYS

October 7, 14, 21, 28

Yoga - 9:30am, Benfield. Students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Fee for Yoga classes: \$40 for Carlisle seniors (Sept.-Oct.). **Call the Recreation Dept. to register (978) 369-9815. Checks payable to Carlisle Recreation Dept.**

Line Dancing - 1:45pm, St. Irene. No experience nor partner required. Instructor: Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

THURSDAYS

October 1, 8, 15, 22, 29

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Fee: \$40 (Sept.-Nov.).

Cardio-Boost Class - 10:45am, Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Sept.-Nov.). **(10/22 @ Town Hall)**

FRIDAYS

October 2, 16, 23 (No Class 10/9 & 10/30)

SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** Current session started 8/21 and runs to 11/13. Fee prorated based on start date. For more info contact osbkarate.com or call the COA. **(10/2 @ Cong. Church)**

FREE Blood Pressure Clinics

Thursday, October 1, 11:30pm

Chelmsford Crossing Lunch, FRS, sponsored by COA Volunteer.

Wednesday, October 7, 9am

COA Coffee, Sleeper Room, sponsored by Life Care Center of Nashoba Valley.

Thursday, October 8, 8am

Men's Breakfast Sleeper Room, sponsored by Home Instead.

Thursday, October 15, 11am

COA Monthly Lunch, FRS, sponsored by FOCCOA and Emerson Home Care.

Monday, October 26, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic

Tuesday, November 3

(Benfield, 2nd Fl., 575 South St.)



For an appointment, call the COA (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."

Walking @ Carlisle School Gym

Monday-Friday, 6:45-7:30am

To walk you **MUST** call David Flannery (978) 371-2279 after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open. In case of fire, exit the gym door and go to the parking area adjoining Spaulding field.

Caregiver Support Group

Monday, October 19, 4pm

Anne Marie Rowse of Senior Care Advisors, facilitates a **FREE** Support Group at Gleason Library, Hollis Rm. For more information, please email: amorowse@charter.net.

Knitting in Service Society

Thursday, October 15, 7:30pm

For meeting location, please contact Angela at the COA at (978) 371-2895.

October 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	NOTE: <i>Inside walking</i> : Mon.-Fri. 6:45-7:30am CPS See pg. 5 for more info.			1 Fitness: 9:45am Cardio: 10:45am Chelmsford Crossing: 12pm, BP 11:30am, FRS; <i>after lunch</i> : Inspired Stones	2 Grocery Shopping: 9am SAMA: 10:45am (Cong. Church for today only)	3
4	5 Restaurant Review - Emma's Café: VC 10:15am, CC 10:30am Book Club: 10:30am, Gleason Library Tap: 1:30pm	6 Zumba: 10:45am Tai Chi: 12:30pm Ballroom: 2pm	7 COA Coffee & BP: 9am Yoga: 9:30am Line Dancing: 1:45pm America in the Middle East: Part III - 7pm, Gleason Library COA Board: 7pm	8 Men's Breakfast & BP: 8am, Sleeper Rm. Fitness: 9:45am Cardio: 10:45am	9 Grocery Shopping: 9am Sr. Flu Clinic: 10am-12pm  NO SAMA	10
11	12 COA CLOSED 	13 Zumba: 10:45am Tai Chi: 12:30pm Community Conversation: 7pm, Be Your Own Healer, Gleason Library	14 Yoga: 9:30am Minuteman Reg. Tech. Lunch: 11:45am Line Dancing: 1:45pm	15 Fitness: 9:45am Cardio: 10:45am COA Lunch: 11:45am, BP 11am, FRS; <i>after lunch</i> : Savoyard Light Opera Company KISS Knitting: 7:30pm	16 Grocery Shopping: 9am SAMA: 10:45am	17
18	19 Tap: 1:30pm Caregiver Support: 4pm, Gleason Library	20 Zumba: 10:45am Tai Chi: 12:30pm Lunch at the Farm: 12pm, van CC 11am	21 MFA Day Trip: VC 9am, CC 9:15am Yoga: 9:30am French Club: 11:30am Benfield 2nd Floor Community Room Line Dancing: 1:45pm	22 Fitness: 9:45am Cardio: 10:45am (Town Hall for today only) Medicare Open Enrollment Talk: 1pm Benfield, 1 st Fl. Community Room	23 Grocery Shopping: 9am SAMA: 10:45am	24
25	26 Sr. Moments: 9:30am, Ferns, BP 10am Tap: 1:30pm Community Conversation: 12pm, Chinese Tea, Carlisle Public School	27 Zumba: 10:45am Tai Chi: 12:30pm	28 Breakfast @ Nashoba Tech: 9am Yoga: 9:30am Opera w/ Richard Travers: Part I - 1:30pm, Gleason Library Line Dancing: 1:45pm	29 Fitness: 9:45am Cardio: 10:45am	30 Grocery Shopping: 9am NO SAMA Carlisle Public School Halloween Parade: VC 10:30am 	31 

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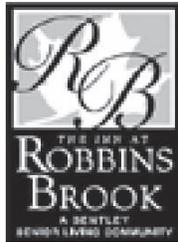
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**Save the date!
Nov 11, 2015**



French Language Club

Wednesday October 21, 11:30am

-Benfield Farms, 2nd Fl. Community Room-

If you speak French or would like to, you are welcome to join. A volunteer will lead the group by bringing a topic to discuss; if you are planning to travel to a French speaking country and have words/phrases that you would like to learn, please bring your topic to the meeting. This group will evolve to fit the needs of its members. Register by calling the COA at (978) 371-2895. Meetings will be the 3rd Wednesday of every month, September-June, 11:30am-12:30pm.

 **Carlisle Public School**
Halloween Parade
Friday, October 30, 10:30am
Village Court 

OPERA with Richard Travers

October 28, November 4 & 18 at 1:30pm

This fall, music director and educator Richard Travers presents a series on opera, including its history and in-focus looks at Giuseppe Verdi and Giacomo Puccini. Talks will take place on Wednesdays at 1:30pm at the Gleason Library, Hollis Room.

- ◇ October 28: History & Development of Opera
- ◇ November 4: Verdi, including Aida, Macbeth, Rigoletto, La Traviata and Nabucco
- ◇ November 18: Puccini, including Madame Butterfly, Tosca, Turrandot and La Boheme
- * Snow date November 23

Seating is limited for this free series; please register at gleasonlibrary.org or call (978) 369-4898. Sponsored by the Friends of the Council on Aging Rose Pullara Fund and the Friends of the Gleason Public Library.

This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest
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