



Carlisle Connection

April 2012



Carlisle Council On Aging Serving Carlisle's 60+ Community

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

Pause, and you may hear a gentle call, a warming message of spring and the certain vitality that is summoned with it. Open up the windows of your mind, and allow some fresh ideas in. Each program we have to offer this month is a bud of possibility for personal well-being, chances for friendships to grow, and if you are ready, an opportunity to shake the winter doldrums out and put a spring in your step. Open yourself up to new possibilities for laughter, conversation, and enjoyment. Like that first crocus and forsythia in bloom, come out and enjoy the beautiful early weeks of the season!

Warmly, Debi

COA Monthly Luncheon - Thursday, April 19 at 11:45am

Please join us at the FRS for pizza and salad, dessert, cold drinks, coffee and tea. **Suggested donation: \$3.** For reservations, call the COA office at (978) 371-2895 by noon on Monday, April 16. For transportation, call the van line at (978) 371-6690. Please note that due to the continuing parking problem, the shuttle will pick up at Village Court beginning at 11:15am and the Congregational Church at 11:30 am, then head to FRS for the Luncheon.

After the Luncheon, at 12:45pm

"Lowell Mills Boardinghouse Keeper" Kate Carney, in costume and character as **Mrs. Lois Larcom**, will tell joyous and scary stories about workers' lives in Lowell, and interact with listeners as if they were there with her, back in 1843. Kate Carney, storyteller, actor and workshop leader, has been bringing history alive with **"HEROIC WOMEN YOU CAN TALK TO"** interactive theatre pieces to museums, libraries, schools, and First Nights in the Northeast since 1993.

Kate has performed in Boston and New York theatres, in films and on network TV and toured nationally and internationally; she's also directed on Broadway. She has taught and directed at Brandeis, Smith and other colleges and trained theatre companies in France and Israel.



Student Council Tea - Thursday April 12 from 1:15 to 2:15pm

The Carlisle Middle School Student Council invites all of the Carlisle Seniors to an afternoon tea. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. The students are looking forward to seeing the seniors again this year! Please call the COA at (978) 371-2895 to let us know if you can attend by April 5 at noon.

<p>CARLISLE COA OFFICE HOURS</p> <p>Monday - Friday 9:00am - 3:00pm</p> <p>(978) 371-2895 Office (978) 371-6690 Van line</p>	<p>COA Staff</p> <p>Debi Siriani Director dsiriani@carlisle.mec.edu (978)371-6693</p> <p>Angela Smith Outreach Coordinator asmith@carlisle.mec.edu (978)371-2895</p> <p>Debbie Farrell Transportation Coord. (978)371-6690</p> <p>Bonnie Hansen Admin. Assistant Peter Cullinane LICSW</p>	<p>COA Board Officers</p> <p>Liz Bishop Board Chairman</p> <p>Verna Gilbert Vice-Chair</p> <p>Abha Singhal Treasurer</p> <p>Elizabeth Secretary Acquaviva</p>	<p>Board Members</p> <p>Tom Dunkers Joanne Willens Jim Elgin Jean Sain Phyllis Goff Helen Taylor Lillian DeBenedicis</p> <p>Associate Members</p> <p>Mary Daigle Nadine Bishop Natalie Ives Marje Stickler Sandy McIlhenny Ted Read</p>
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APRIL 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Inside Walking Grp - 6:45a M-F Yoga - 9a & 10:15a Poetic Mondays - 10a	3 Peabody Essex Museum - 9a CCC - 11a Health Series: Eyes - 1:30p Ballroom - 2pm	4 Intergenerational Poetry - 9:30a	5 Coffee - 9, with BP - 9:15a Fitness - 9:45a Cardio - 10:45a Robbins Brook - 12 St. Irene Tap - 3p	6 Van Errands / Local Grocery Shopping - 9a Martial Arts - 10:45a	7
8	9 Inside Walking Grp - 6:45a M-F Yoga - 9, 10:15a Senior Moments – 9:30a - 11a Strong Women - 7p	10 Minuteman Regional HS Lunch - 11:30a Ballroom - 2pm	11 Intergenerational Poetry - 10a Friends of COA Mtg - 10a	12 Men's Brkfst - 8a BP - 8a at Brkfst Fitness - 9:45a Cardio - 10:45a Student Council Tea - 1:15p Tap - 3p	13 Van Errands / Local Grocery Shopping - 9a Martial Arts - 10:45a	14
15	16 Patriot's Day Town Hall Closed No Inside Walking this week No Yoga	17 CCC - 11a Ballroom - 2pm	18 The Full Monty - 10:45a	19 Fitness - 9:45a Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS Heroic Women - 12:45p Tap - 3p	20 Van Errands / Local Grocery Shopping - 9a Martial Arts - 10:45a	21
22	23 Inside Walk Grp - 6:45a M-F Yoga - 9a & 10:15a Senior Moments – 9:30a - 11a, BP Rest Review - 11	24 COA Board Mtg 10:35a Ballroom - 2pm	25	26 BSO - Leave Cong Church 8:15a Fitness - 9:45a Cardio - 10:45a Tap - 3p Prev. Health - 7p	27 Van Errands / Local Grocery Shopping - 9a Martial Arts - 10:45a	28
29	30 Inside Walking Grp- 6:45a M-F Yoga - 9a & 10:15a					

TRANSPORTATION / TRIPS

The COA transportation services are available to all senior and disabled Carlisle 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 local grocery stores on Friday mornings at 9am. Please call the van line in advance to make reservations.

Restaurant Review - Monday, April 23

Aprile's European Café in North Chelmsford. Pick up at Village Court, 10:50am, 11am at Congregational Church. Call Joanne at (978) 371-8023 by April 16th to register. \$2 van fee. Return approximately 1:30pm.

DAY TRIPS

For the following trips, please call Joanne at (978) 371-8023 to register. Make registration checks payable to Friends of the Carlisle COA and send to Joanne Willens, 145 Church St., B-12, Carlisle, MA 01741.

The Peabody Essex Museum - In the Special Exhibition Galleries - Tuesday, April 3

Admission fee: \$12 per person. Exhibits include **The Mind's Eye: 50 Years of Photography** by Jerry Uelsmann and **Shapeshifting: Transformations in Native American Art**. Exhibit does not include Yin Yu Tang; a Chinese House (additional \$10 fee with limited entry). Please call (978) 371-8023 to register. Departure is from the Congregational Church at 9am. The tour begins at 10am. Lunch is on your own, and the van will return around 4pm. \$5 fee for van, payable on the day of trip.

Stoneham Theatre - "The Full Monty" - Wednesday, April 18

Cost: \$30 per ticket, due NOW. We will depart from Carlisle Congregational Church at 10:45am and eat at Felicia's of the North End (lunch on your own). \$2 fee for van, payable on the day of the trip.

The Fitchburg Art Museum - Friday, May 4

Admission fee: \$9 for seniors. Deadline for registration is April 20th; Carlisle residents have priority until April 5th. \$5 van fee, payable on the day of trip. 2012 Art in Bloom - Florists, nurseries, garden clubs and inspired individuals display magnificent floral creations for three days in the Museum galleries, an event that will be sure to excite all of the senses of spring. Complimentary light refreshments. Van departs from Congregational Church at 10:50am and returns at around 4:00pm.

Tower Hill Botanic Garden - Tuesday, May 8

Admission fee: \$7 per person. Deadline for registration is April 20th; Carlisle residents have priority until April 5th. \$5 van fee, payable on the day of the trip. Wear comfortable, waterproof walking shoes. Dress for the weather, taking into consideration that Tower Hill can be quite windy and cool at times. Visit the Morgan Reception Gateway, with clear and easy access to the Gift Shop, Great Hall and Orangerie, Winter Garden, Twigs Café and Limonaia or Lemon House. Van departs from Congregational Church at 9am and returns around 4:30pm.



FOR YOUR HEALTH!



Health Series: Keep Yourself Healthy, Strong, and Seeing Clearly

How can you create a more healthy food and physical activity environment? What should be done to care for eyes as we age? And how is prevention the key to aging comfortably? This spring, join us for a series of talks presented by the Friends of the Carlisle Council on Aging and the Friends of the Gleason Public Library. On **Tuesday, April 3rd at 1:30pm**, Dr. Ann Burnham will present an informative talk on your “**Eyes and How to Care for Them as You Age**” including information on what issues may arise, cataract surgery, and macular degeneration. On **Monday, April 9th at 7pm**, Dr. Miriam Nelson will present an informative and motivating talk on women’s health, nutrition, and how strength training can keep women young, titled “**Strong Women: Change Yourself, Change the World.**” And on **Thursday, April 26 at 7pm**, fourth-year medical student Andrew Tannenbaum of Carlisle will give a talk on **Preventative Healthcare** to help us understand the logic of why Health Care Professionals perform various screenings and recommend certain vaccinations, and how they identify and prevent more serious diseases.

These free programs will be held at the Gleason Public Library Hollis Room. They are open to all ages and out-of-town residents. Please register by calling the Library at (978) 369-4898. For more information about this and other library events, please call, visit their website www.gleasonlibrary.org, or stop by the reference desk.

Free Blood Pressure Clinics: **Thursday, April 5, 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, sponsored by Life Care Center of Nashoba Valley. **Thursday, April 12, 8-9am** at the Men’s Breakfast at Village Court, sponsored by Home Instead Senior Care of Chelmsford. **Thursday, April 19, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, sponsored by FCOA & Emerson Hospital Home Care. **Monday, April 23, 9:30am at Ferns**, sponsored by Right at Home.

Podiatry Clinic - **Tuesday, May 1** in the Sleeper Room at Village Court. Please call the COA at (978) 371-2895 to register. **Cost:** \$20 (discounted fee, partially funded by the Carlisle COA), checks made out to Carlisle COA or cash; payable the day of the clinic. **Note:** Clinic for Carlisle Seniors.

EXERCISE CLASSES

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 (Clark Room at Town Hall) at 9:45am** - Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. **Fee:** \$40 (March thru May).

CARDIO-BOOST CLASS - **Thursdays (Congregational Church) at 10:45am**
Instructor: Katrina Rotondi. A “heart-healthy,” aerobic-type workout. **Fee:** \$40 (March thru May).

BALLROOM DANCING - **Tuesdays (St. Irene) at 2pm** - Next session: March 6, 13, 20, 27 and April 3, 10, 17, 24. (Snow date May 1). Wear leather-soled shoes. **FREE** Call (978) 371-2895 to register.

YOGA - **Mondays (Clark Room at Town Hall) at 9am and 10:15am** - Session II: (March 5 – April 30, 2012) **Fee:** \$120 (\$102 for Carlisle seniors). Call (978) 369-9815 to register. No class April 16.

Note: Make checks payable to Carlisle Recreation Dept.

INTERGENERATIONAL TAP - **Thursdays (FRS Union Hall) at 3pm** - Ages 12 and older. Taught by Katrina Rotondi. **Fee:** \$40 (March thru May).

MARTIAL ARTS – **Fridays (Town Hall) at 10:45am** - Class is focused for seniors. **Fee:** \$100 for 10 classes. Call (978) 371-2895 to register or for more information.

Carlisle Community Conversations

All sessions Tuesdays at 11am

Hollis Room at the Gleason Public Library

Jin Shin Jyutsu with Kathleen (Kate) Smyers - April 3

Kate Smyers, RN, BSN, Certified JSJ Practitioner, Healing Arts Collaborative, will discuss the complementary therapy Jin Shin Jyutsu. Jin Shin Jyutsu originated in Japan centuries ago and combines philosophy, psychology and physiology to unlock the natural energy of the body and mind and bring harmony. Learn how Jin Shin Jyutsu will help you to relax and promote healing from illnesses, injuries, allergies, cancer treatments and surgery. The art involves gentle healing touch in an office setting. Kate will teach you how to use a self-help technique to facilitate your body's own healing capacity, reduce pain, lower blood pressure and enable you to relax, all without leaving your chair.

Rick West, Financial Advisor - April 17

Have you considered how your family might be affected if you needed long-term care? Given the changes in the long-term care field, Rick West, long-time resident of Carlisle, will update you on what long-term care is and isn't, long-term care issues that may affect you and your loved ones, the range of needs and care, and the levels of long-term care. He will describe the decisions families will have to make and the involvement of family members, and how the beneficiary of care can stay in control and pay for their care. Planning ahead and formulating an action plan for long-term care is a gift you can give your family.

Looking ahead to May 1 - Come meet Chief Fisher of the Carlisle Police Dept.

Learn about the most recent scams and how to protect yourself. Questions are welcome.

Joanne's Travelers

Tall Ships & OpSail - July 2, 2012

Travel to Boston to view the Tall Ships and the U.S. Naval Ships, docked in Boston Harbor as part of OpSail 2012, commemorating the U.S. Navy's actions in the War of 1812. Board the Provincetown II for a tour. After the cruise, visit Quincy Market and the Rose Kennedy Greenway. Lunch on your own. Return home at 5:00pm. **Cost:** \$62 payable to Fox Tours. Registration deadline is June 1.

Trains, Wineries and Treasures of Northern California - Sept. 23 - Oct. 1, 2012

Nine day trip includes San Francisco, Sonoma, Yosemite National Park, Railtown State Historic Park, Sacramento, Lake Tahoe, a Winery tour, Sonoma Wine Country and the Napa Valley Wine Train. Cost: Double \$2849, Single \$3699, Triple \$2819. Rates are per person. Register by May 15th, first deposit of \$250 due at registration. Cancellation Waiver and Insurance of \$165 per person. Make checks payable to Collette Vacations.

For more information and to register, call Joanne at (978) 371-8023.

Flyers with detailed information are available at the COA Office.

Send checks to Joanne Willens, 145 Church St., Apt. B12 Carlisle, MA 01741-1886

COA Book Club

The next COA Book Club selection is The Goon Squad by Jennifer Egan. For the date and time, please contact Mary Zoll at (978) 369-5236. Book Club will be held in the Hollis Room of the Gleason Public Library.



FOOD COURT



Monthly Coffee - Thursday, April 5 at 9am

School Administrators Joyce Mehaffey, Patrice Hurley, Susan Pray, Karen Slack, David Flannery and Claire Wilcox will be hosting this month. Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court.

Robbins Brook/Minuteman Senior Services Luncheon - Thursday, April 5 at noon

At St. Irene. Hosted by the wonderful St. Irene volunteers. Cooked by Robbins Brook and supported by Minuteman Senior Services. Truly a community event each month. Featuring a delicious ham dinner with sides and dessert. Register by Friday, March 30 at noon. **Suggested donation:** \$3.

*After the luncheon, beginning at 1:00pm, the Concord Traveling Players, an adjunct group of the Concord Players of Concord, MA, will present a program of staged readings. Current Carlisle resident Rik Pierce and longtime former resident Dorothy Schecter are members of the group. The program will feature scenes from well-known American comedies, including *Arsenic and Old Lace*, *Harvey*, and *I'm Herbert*.*

Looking Ahead to the Next Robbins Brook/Minuteman Sr. Services Luncheon

**

May 2 at noon at FRS

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Comedian David Shikes will be performing!

Minuteman Regional Tech. Luncheon - Tuesday, April 10 at 11:30am

Call the COA by Thursday, April 5th by noon to make your choice of:

- Baked Stuffed Shrimp: Four jumbo shrimp butterflied and filled with a crab and crumb stuffing
- Chicken Parmesan: Fresh boneless breast of chicken breaded in seasoned crumbs, gently sautéed and placed on top of fresh linguini with marinara sauce.

Choices include school choice of appetizer or salad, rolls and butter, dessert and coffee/tea/milk. Soda is \$1.00 extra. **Cost:** \$10 plus tip.

Men's Breakfast - Thursday, April 12 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" at Ferns Country Store – April 9 and 23 from 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% discount to attendees for coffee. First come, first served! Stop by and see Emily Tamilio on April 23.

****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.

Please call the COA at (978) 371-2895 to register as noted.

**Town of Carlisle
66 Westford Street
Carlisle, MA 01741**

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Return Service Requested

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.

Free Tax Preparation Assistance - at the Bedford Council on Aging

An AARP-certified volunteer tax consultant is available. Please bring last year's federal and state returns, estimated taxes paid in 2011, totals of itemized deductions, property tax bill for possible use for the Circuit Breaker tax credit, and any other documents related to income. To make appointment, (1-1.5 hours), call the Bedford COA at (781) 275-6825. Appointments can be made thru April 6 only; allow lead times.

Unused Medication Disposal Tip - If you are not able to get to the town wide medication disposal drop off events: for just \$3.50 you may now purchase a pre-addressed envelope at most drug store chains into which you put unwanted medications, and then you simply put the envelope in the mail for disposal!

Senior Circuit Breaker Tax Credit - *the State's best kept secret!* For tax year 2011, the credit is worth as much as \$980 for eligible taxpayers 65 and older who either own or rent their home. The credit is refundable, meaning that if a taxpayer does not have an offsetting state tax liability, or has a liability that is smaller than the credit, they receive a check from the Commonwealth for either the entire credit or for the portion left after taxes are paid. Seniors who live in public or subsidized housing are not eligible for the credit. For more information on how the credit works, go to www.mass.gov/dor or call 1-800-392-6089.

Need Some Help Around the House? Bill Gale and a number of students from his Sixth Grade Advisory are willing and able to help out seniors once or twice a month. Need a small band of 4-10 helpers to clean that garage or basement? Have some yard work that can be done? Want to rearrange some furniture? Or, would you enjoy spending some time with students at the school, playing a board game? Please let Angela know your interest at (978) 371-2895.

Box Tops for Education - Deposit Box Tops logos from your groceries in the box located at the COA Office to aid the Carlisle Public School Budget. Each Box Top is worth 10 cents.