



# Carlisle Connection

February 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:** During the shortest, coldest days of mid-winter, even getting up in the morning can feel like a struggle. Let the Carlisle Council on Aging help if you find yourself feeling blue. Exercise, socialization, and proper nutrition are proven factors to preventing depression. We have plenty of activities as well as opportunities to volunteer. If you are homebound, in need of assistance, or would love a visitor, the COA is just at the other end of the phone. No one should feel alone. My resolve in this belief was recently strengthened when I read about 2011 Nobel Peace Prize winners Ellen Johnson Sirleaf, Leymah Gbowee and Tawakkol Karman. These women were able to find hope and inspire others in their very darkest hours in Liberia and Yemen. If you can, take the time to peruse their amazing stories. Peace, Debi



## COA Monthly Luncheon & Valentine Tea Thursday, February 16 at 11:45am at FRS Union Hall



Call the COA at (978) 371-2895 by Friday, February 10<sup>th</sup>. February's Luncheon fills up quickly!

This month's menu will consist of filled finger sandwiches, pickles, chips, delicious desserts, a variety of teas and coffee. If you would be willing to make a dessert for this event, call the COA by February 10<sup>th</sup>. For a ride, please call the Van Line at (978) 371-6690 at least two days in advance. **Suggested donation: \$3**

**Following our Luncheon, it's a Musical Valentine...** The Blue Skies Trio, featuring Carlisle songstress Lisa Lofdahl, pianist Ric Mauré, and bassist Mike Ball will take you on a "sentimental journey" of the feel-good hits of the '30s, '40s and beyond. Their engaging style will have you swinging along to your favorite tunes in no time!

## If You Can't Get to the Met, Then Come to the Carlisle for Opera

**Wednesdays, February 8, 15 and 22 from 1:30 to 3pm – snow date: February 29**

The Friends of the Carlisle Council on Aging Rose Pullara Fund and Friends of the Gleason Public Library are happy to present this 3-week series on Opera. Opera aficionado and popular instructor, John Tischio, president of the New England Opera Club and college instructor, will lead the series. He will present Gotterdamering (Wagner), Ernani (Verdi) and Manon (Massenet). Each meeting will include audio-visual excerpts from the opera, the life and times of the composer, and the literary works the opera is based upon. Operas of the Met series can be viewed via local movie theaters. The series is free and open to the public. Registration is required as seating is limited to 50 people. Series is in the Hollis Room at the Gleason Public Library. If you are interested or have questions, please call the Gleason Public Library Reference desk at (978) 369-4898.

**Winter Weather Programs and Classes Policy** - *If the Carlisle Schools are closed:* ALL classes and programs will be canceled. *If the Carlisle Schools are delayed:* ALL classes beginning before 10am will be canceled. Please call the office for classes beginning 10am or later to see if they will be held.

**If you have any doubts or questions please call the COA at (978) 371-2895.**

### CARLISLE COA OFFICE HOURS

**Monday - Friday  
9:00am - 3:00pm**

**(978) 371-2895** Office  
**(978) 371-6690** Van line

### COA Staff

Debi Siriani Director  
dsiriani@carlisle.mec.edu (978)371-6693  
Angela Smith Outreach Coordinator  
asmith@carlisle.mec.edu (978)371-2895  
TBD Transportation Coord.  
(978)371-6690  
Bonnie Hansen Administration  
Peter Cullinane LICSW

### COA Board Officers

Liz Bishop Board Chairman  
Verna Gilbert Vice-Chair  
Abha Singhal Treasurer  
Elizabeth Secretary  
Acquaviva

### Board Members

Tom Dunkers Joanne Willens  
Jim Elgin Jean Sain  
Phyllis Goff Helen Taylor  
Lillian DeBenedictis

### Associate Members

Mary Daigle Nadine Bishop  
Natalie Ives Marje Stickler  
Sandy McIlhenny Ted Read

# FEBRUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Robbins Brook Lunch - noon	2 Coffee -9, with BP - 9:15a Fitness - 9:45a Cardio - 10:45a Tap - 3p	3 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	4
5	6 Inside Walking Grp - 6:45a M-F Yoga - 9a & 10:15a Circuit Breaker Tax Coffee Break - 10a	7 Podiatry Clinic CCC - 11a	8 Book Club - 10a Opera - 1:30p	9 Men's Brkfst - 9a BP - 9a at brkfst Fitness - 9:45a Cardio - 10:45a Tap - 3p Dress Rehearsal - 8p	10 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	11
12	13 Inside Walking Grp - 6:45a M-F Yoga - 9a & 10:15a Senior Moments – 9:30a - 11a, BP	14 Minutemen Lunch - 11:45a	15 Opera - 1:30p	16 Fitness - 9:45a at Cong. Church Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS Music - 12:45p Tap - 3p	17 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	18
19	20 <b>HOLIDAY</b> <b>Town Hall</b> <b>Closed</b> No Inside Walking all week	21 CCC - 11a	22 Opera - 1:30p	23 Fitness - 9:45a Cardio - 10:45a Tap - 3p	24 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	25
26	27 Inside Walking Grp- 6:45a M-F Yoga - 9a & 10:15a Senior Moments – 9:30a - 11a, BP	28	29 Opera - 1:30p (snow date)			

## 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.

### **Van Snow Policy**

If Carlisle schools are cancelled or delayed due to weather, the COA van will not run until at least 10am. *This will give staff, van drivers, passengers and family members time to assess road, driveway and walkway conditions and for riders to make other arrangements if needed. If we are able to transport passengers later in the day, we will, weather and road conditions permitting.* If you are unsure about a scheduled ride on a wintery day please call the COA VAN LINE at (978) 371-6690 after 8am.



### **Restaurant Review** **Monday, February 13**

Fish Bones in Central Square, Chelmsford. Pick up at Village Court, 10:50am, 11am at the Congregational Church. Call Joanne at (978) 371-8023 by February 6 to register. Please remit \$2 van fee to the Carlisle COA.

### **The Peabody Museum – Tuesday, April 3 – In the Special Exhibition Galleries**

Admission fee \$12 per person by Wednesday, February 29. (Note: Exhibit does not include Yin Yu Tang; a Chinese House, which is an additional \$10 fee with limited entry.) Make checks for museum admission out to Friends of the Carlisle COA and send to Joanne Willens, 145 Church St, B-12, Carlisle, MA 01741. \$5 fee for van, payable on day of trip. Departure is from the Congregational Church at 9 am. The tour begins at 10am. Lunch is on your own, and the van will return around 4pm.

### **The Mind's Eye: 50 Years of Photography by Jerry Uelsmann**

Jerry Uelsmann's photographs are icons of American photo history. His ability to fabricate imaginary scenes from unrelated negatives cemented his standing as a leader in non-literal photography. This is his first retrospective in 40 years.

### **Shapeshifting: Transformations in Native American Art**

Shapeshifting celebrates timeless Native American ideas in sculpture, paintings, ceramics, textiles, photographs, videos and monumental installations drawn from collections in the United States, Canada and Europe from 200 B.C.E. to the present.

### **Stoneham Theatre – “The Full Monty” on Wednesday, April 18**

\$30 per ticket. Make check to Friends of the Carlisle COA and send to Joanne Willens at 145 Church St, B-12, Carlisle, MA 01741 by March 16. 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.



## **FOR YOUR HEALTH!**



**Free Blood Pressure Clinics:** **Thursday, Feb. 2, 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, *sponsored by Life Care Center of Nashoba Valley*. **Thursday, Feb. 9, 8-9am** at the Men's Breakfast at Village Court, *sponsored by Home Instead Senior Care of Chelmsford*. **Thursday, Feb. 16, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care*. **Monday, Feb. 27, 9:30am at Ferns**, *sponsored by Right at Home*.

**Podiatry Clinic - Tuesday, March 6** 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.

**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 February 20 - 24.

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*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. This class is great for all ability levels, and may be done in a chair. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Dec thru Feb). *Note:* Feb.16 class will be at the Congreg. Church.

**CARDIO-BOOST CLASS - Thursdays (Congregational Church) at 10:45am**  
Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Dec thru Feb).

**LINE DANCING - Fridays (FRS Union Hall) at 9:30am** - Instructor: Katrina Rotondi. Get your exercise while learning dance steps. Wear comfortable clothing. **Fee:** \$40 (Dec thru Feb).

**BALLROOM DANCING - Tuesdays (St. Irene Church) at 2pm** - Please sign up for the next session: March 6, 13, 20, 27 and April 3, 10, 17, 24. (Snow date May 1). For anyone interested in learning ballroom dances such as the 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.

**YOGA - Mondays (Clark Room at Town Hall) at 9am and 10:15am** - Session III: (Jan 9 – Feb 27) **Fee:** \$105 (for 7 weeks), \$89 for Carlisle seniors after a 15% discount from the COA. No class Feb. 20. Session II: (March 5 – April 30, 2012) **Fee:** \$120 (\$102 for Carlisle seniors after a 15% discount from the COA). Call Rec. Dept. at (978) 369-9815 to register. No class April 16.

**INTERGENERATIONAL TAP - Thursdays (FRS Union Hall) at 3pm** - February 2, 9, 16 and 23. This exciting class is a fun way to exercise and enjoy yourself. For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40.

**MARTIAL ARTS – Fridays (Town Hall) at 10:45am** - February 3, 10, 17. Class is just for seniors. If you are interested in finding out more, see link below or stop by the class. **Fee:** \$100 for 10 classes. [http://articles.boston.com/2011-04-24/lifestyle/29469526\\_1\\_martial-arts-cinder-blocks-hand](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!

## Carlisle Community Conversations

All sessions Tuesdays at 11am

Hollis Room at the Gleason Public Library

### February 7 - Come meet the Carlisle COA Outreach Coordinator

Long-time Carlisle resident, and the Carlisle Council on Aging Outreach Coordinator since 2006, Angela Smith, will discuss how she can help seniors who live in Carlisle. Looking for information about home care, need a piece of medical equipment, or looking to find out what alternative housing options are available (assisted living facilities, nursing homes, etc)? Need help with fuel or food assistance, want to become a senior tax worker, have questions about Carlisle's Aid to the Elderly Fund? Want to know more about our events, or would you like to volunteer or are you looking for a volunteer's help? Come with your questions, and discuss how the Carlisle Council on Aging can help everyone with Fuel and Food assistance, and those 60 or older with other referrals and support.

### February 21 - Cheesemaking with the Spangs

Roberta and Steve Spang of Fiske Street will discuss their rewarding and challenging experiences as novice, artisanal cheese-makers on February 21 in the Hollis Room. They will present information on the millennia-old history of cheese-making, its special chemistry, and the equipment needs for home-based cheese-making. They will also describe the relative difficulties of making fresh and ripened cheeses.

### March 6 - Elizabeth DeMille Barnett, Town of Carlisle Housing Coordinator - "Looking Forward: Creative Housing Options for Carlisle Residents"

Do you feel like your house is just **too much**, e.g., are you spending too much time and money on upkeep, find living alone is isolating, or concerned about environmental sustainability? Have you considered other alternatives such as retirement communities, large condominium developments or even Sunbelt towns – and discovered what you knew already – that Carlisle, with its open space, wildlife, and proximity to Boston - is a very special place to live? This talk will touch briefly on creative housing options that are allowed by either permit or by-right, which are successfully being used by Carlisle residents. We will discuss specific options, for example: by-right two-family conversions for homes built prior to 1962; the Planning Board's Special Permit Process for accessory apartments; and by-right opportunities to rent rooms and to provide board to non-household members. The talk also will address state-funded no-interest and/low-interest funding options for home modifications in order to allow frail seniors and disabled residents to stay in place. Do come and bring your questions!

### **PRESS RELEASE**

The Concord Players **SENIOR DRESS REHEARSAL** will be held on February 9, 2012 at 8PM at 51 Walden Street, Concord MA at the low price of **\$5 per person.**

For further info, contact:

Joanne Hines  
978-254-5578  
[jbhines@gmail.com](mailto:jbhines@gmail.com)

The Concord Players present

# AMATEURS

By Tom Griffin



February 10, 11, 17, 18  
19 (mat), 24, and 25 @ 8:00PM

Matinee performance: February 19th @ 2:00PM

From the author of *The Boys Next Door*, Tom Griffin's *Amateurs* is both a poignant and at times an over the top comedic tale about the tangled desires and hopes of the guests at an opening night party of a New England community theater group. Dorothy and her eccentric husband Charlie host an opening night party that will make you laugh and cry, where the dreams, loves, failures and successes of this assortment of personalities are explored with bittersweet humor and the relationship between risk and need is touchingly depicted.

**COA Book Club - Wednesday, February 8 at 10am.** This month's book choice is *The Imperfectionists* by Tom Rachman. Please call Mary Zoll at (978) 369-5236 for location.



## **FOOD COURT**

### **Robbins Brook/Minuteman Senior Services Luncheon – Wednesday, February 1 at noon at the Congregational Church**

Hosted by the lovely volunteers at the Congregational Church, featuring a delicious beef stew. Cooked by Robbins Brook and supported by Minuteman Senior Services, this is truly a community event each month. Please call the COA at (978) 371-2895 to sign up by Thursday, January 26<sup>th</sup> at noon.

**Suggested donation: \$3.**

*Looking ahead to next month's Robbins Brook Luncheon - Thursday, March 1 at the First Religious Society with a menu of chicken parmesan and pasta. Sign up by Friday, February 24th at noon.*




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### **Monthly Coffee - Thursday, February 2 at 9am**

Liz Bishop and Kathy Booth will be hosting in the Sleeper Room at Village Court.

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### **Circuit Breaker Tax Law Coffee Break**

#### **Monday, February 6 at 10am – Sleeper Room at Village Court**

**Senator Susan Fargo** and Brian Lynch from the Massachusetts Department of Revenue will discuss the details of the Senior Circuit Breaker Tax Law. Seniors (Age 65+) who qualify can receive up to \$980.00 tax credit for 2011, and also be paid retroactively for past years!

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### **Minuteman Technical High School Luncheon – Tuesday, February 14 at 11:45am**

Call the COA at (978)371-2895 to sign up by Thursday February 9<sup>th</sup>. Choice of either a boneless chicken breast filled with savory bread stuffing topped with supreme sauce, or a salmon filet broiled to perfection and garnished with a lemon crown. Cost: \$10 plus tip.

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### **Men's Breakfast - Thursday, February 9 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**




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### **“SENIOR MOMENTS” at Ferns Country Store – February 13 & 27 from 9:30-11am**

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!

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**\*\*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.

**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 from February 6 to April 6. Please allow lead times when requesting appointments.

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**Struggling with your Real Estate taxes?**

Contact the Assessor's Office (978) 369-9815 to find out if you may be eligible to apply for a tax credit. Also, if you are 65 or older, or disabled, you may also be eligible for Aid to the Elderly and Disabled (contact the COA at (978) 371-2895 for more info). Applications for both programs must be received between January 1, 2012 through March 30, 2012.

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**Weather/Disaster Check**

Do you live alone, or have compromised health, and would like 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 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.

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**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 beautiful Rose Kennedy Greenway and have lunch on your own. You'll return home at 5:00pm. **Cost:** \$62 payable to Fox Tours. **For more info., call Joanne Willens at (978) 371-8023 or pick up flyers at the COA Office.**

