

# Carlisle Connection



February  
2015  
Serving  
Carlisle's 60+  
Community



COA Official Town website: [www.carlislema.gov](http://www.carlislema.gov)  
Friends of COA: [www.carlisle.org/foccoa](http://www.carlisle.org/foccoa)

66 Westford Street Carlisle, MA 01741

## Message from the Director

Greetings Everyone,

In addition to winter temperatures, in February people's attention often turns towards tax issues. We want you to be aware that **Senior Homeowners & Renters** may qualify for cash or credit of up to \$1,050 from the state if you pay rent or property taxes. The Massachusetts "**Circuit Breaker**" **Tax Program** is for persons 65 or over whose property taxes exceed 10% of their annual gross income and who meet other qualifying criteria. **Renters take note:** you may also qualify for the cash or credit refund, if you are a renter and 25% of your rent exceeds 10% of your annual gross income and if you meet other qualifying criteria.

Here is a link to the MCOA website piece on the Circuit Breaker: [http://www.mcoaonline.com/sites/mcoa/files/file/circuit\\_breaker.pdf](http://www.mcoaonline.com/sites/mcoa/files/file/circuit_breaker.pdf).

Last year, some 957,000 residents 65 and older in the state were eligible to receive the tax credit. But not everyone applies. **Need help with your tax returns? To find a tax preparation site, visit the AARP Foundation Tax-Aide webpage: [www.aarp.org/money/taxes/aarp\\_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/) or call toll-free 1-888-227-7669.** There are sites at the Senior Centers in Chelmsford and Bedford (reservations required, so call for an appointment as soon as possible).

Warm Regards, David

P.S. For more on tax programs and strategies for Carlisle seniors please read page 4's **Outreach with Angela** section.

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## Spring Health Lecture Series



Wednesday, 7:30pm  
Gleason Library



The Friends of the Carlisle COA & the Gleason Library invite you to attend the 11th Annual Carlisle Health Series. Mark your calendars!

**April 8** - Dr. Jon DuBois, Director of Cancer Services at Mass General Cancer Center at Emerson Hospital-Bethke will present *Cancer Care in 2015: The Past, the Present and the Future*.

**April 22** - Dr. Margie Lachman, Director, Lifespan Initiative on Healthy Aging and Lifespan Lab at Brandeis will be presenting *Everything You Always Wanted to Know About Cognitive Aging (But Forgot to Ask)*.

**April 29** - Lisa MacDonnell, M.T., presents *Be Your Own Best Healer - Prepare for Surgery Holistically to Heal Faster and Optimize your Brain Functioning with NeuroOptimal NeuroFeedback Training*.

### 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](mailto:coaride@carlisle.mec.edu)**

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours.

**NOTE: Please keep driveways and sidewalks clean of snow/ice and sand if necessary.**

### Winter Weather/Snow Van & Class Policy

If Carlisle schools are cancelled all classes and programs will be cancelled. The COA van will not run until at least 10am. If Carlisle Schools are delayed: All classes beginning before 10am will be cancelled. Call the COA for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride.

### 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 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. Van leaves VC at 9am.

### 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 at (978) 371-8023 to register.

### Ken's NY Deli & Brick Oven Pizzeria



**Monday, February 9**

Join us again as we travel to Ken's NY Deli & Pizzeria in Bedford. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, February 2.

### Atlantic Sea Grill **Monday, March 9**



Enjoy a fresh seafood lunch at the Atlantic Sea Grill in Acton. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, March 2.

### Day Trips/Theatrical Happenings



**Wednesday, March 11**

Join COA volunteer Sandy McIlhenny for the annual trip to the Boston Flower & Garden Show. This year's theme is "Season of Enchantment." We leave CC at 9:30am returning around 3:30pm. Entrance fee is \$16 made payable to the "Carlisle COA." Lunch on your own. Van fee is \$5. Deadline to register is February 25. **Reserve your spot by calling Sandy at (978) 369-9038.**

### Knitting in Service Society



**Thursday, February 19, 7:30pm**



**Know how to knit or want to learn?** Knitting in Service Society (KISS) is a group of girls and women who knit hats and scarves to benefit those in need. New members are welcome. Feel free to knit at home. We knit for Boston's homeless through Common Cathedral. For meeting location, please contact Angela at the COA at (978) 371-2895.

### **10 YEARS AGO**



Letter



Ding!!! You've got mail!!!

### **NOW**



436 unread emails



OMG! Letter

## FOOD COURT & Miscellaneous Activities

 **Chelmsford Crossing/  
Minuteman Senior Services Lunch**  
**Wednesday, February 4, 12pm**

The Congregational Church is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy stuffed peppers, mashed potato, peas & carrots, dinner roll, tossed salad and dessert. Register at (978) 371-2895 by noon on Tuesday, January 27. **Following the lunch:** enjoy the beautiful sounds of the Carlisle Middle School Advanced Choir .



**Monthly Coffee**  
**Thursday, February 5, 9am**



Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. Coffee is hosted by Stephanie Blunt and Jean Bagnaschi. Come, enjoy good food and meet old and new friends.

**"SENIOR MOMENTS" at**



**Monday, February 9 & 23, 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.



**Minuteman Regional HS Lunch**  
**Tuesday, February 10, 11:45am**

Choose from meals created with great care by the culinary arts students at Minuteman Regional High School. Call the COA at (978) 371-2895 no later than noon, Wednesday, February 4. Menu choices include baked stuffed cranberry chicken, broiled salmon filet or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$10 plus tip, payable at school.

**Need Some Help with Fuel Bills?**

Please contact the COA at (978) 371-2895 to learn more and for a confidential appointment.

**\*\*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.

 **Men's Breakfast**  
**Thursday, February 12, 8am**

Held at the Sleeper Room at Village Court each month. Enjoy this generous, delicious, hearty breakfast prepared by our volunteer chef, Dana Smith, and helpers. Suggested donations: \$3 for Men's Breakfast. Gluten-free option available.



**COA Lunch & Valentine Tea**  
**Thursday, February 19, 11:45am**



Join us at FRS and enjoy the company of your senior friends and neighbors. This lunch is run by our wonderful team of COA Volunteers while our Valentine Tea will be hosted by the National Charity League Mothers and Daughters from Concord and Carlisle. Enjoy a delicious meal of tuna, chicken and seafood salads with all the fixings to make sandwiches, chips, delicious desserts, a variety of teas and coffee. ***If you are willing to bring a dessert for this event, call the COA by February 12.*** To register call the COA at (978) 371-2895 by noon on Monday, February 16. If you need a ride, call (978) 371-6690 at least two business days in advance. Suggested donation: \$3. Shuttle leaving VC at 11:15am and Congregational Church at 11:30am. **Following Lunch:** Pastor Steve Weibley of the Congregational Church and Carlisle's own Walter Woodward will present a Valentine's program of romantic and love songs, concluding with a sing-along of love songs over the years.



**Hair Cuts on the Go!**  
**Monday, February 23, 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 9:00am and 11:00am.

**"All you need is love. But a little chocolate now and then doesn't hurt."**



**Charles M. Schulz**

## Outreach with Angela



### So What Can I Do to Reduce my Carlisle Real Estate Tax?



If you are a senior (60 or older) there are a number of things you can do based on your age, income, assets and whether you meet specific eligibility criteria (for full details on each individual program, please acquire the specific application which will highlight all the requirements). Our **Sr. Tax Worker Program** allows home owners/residents who are sixty years of age or older to apply to fill the various town department tax worker requests where a senior can work towards acquiring up to \$1,000 for your tax bill. Although most of our assignments are done in July or August, **we are still in need of a Crossing Guard** and feel free to call me (978-371-2895) to discuss your skills and the various town department requests.

Many seniors may also qualify for the Community Preservation Exemption. This is based on the **household gross income** (based on your **2013 Tax Return**). Family of 1 - \$65,870, Family of 2 - \$75,280; for more info and an application contact the Assessor's Office at 978-369-0392. There are also other Tax Exemptions for seniors, disabled, blind (Commission of the Blind certificate) or veterans (with at least a 10% certified service connected disability). Exemptions are given to those seniors whose household gross income does not exceed \$24,782 for family of 1 or \$37,173 for a family of 2 and meet the asset limits. **There is also help through the Aid to the Elderly and Disabled Fund.** This allows residents who are 65 or older or those who meet the qualification of disabled who have gross income of no more than \$23,340 for a family of 1 or family of 2 with gross income of no more than \$31,460 and meet the asset limits to acquire assistance. **All exemptions and Aid to the Elderly and Disabled Fund applications MUST be submitted no later than March 31, 2015.** For more info, contact the Assessor's office on Exemptions and/or contact the COA for information on our Tax Worker Program and Aid to the Elderly and Disabled Fund.

*Best, Angela*

## Community Events

### Community Conversations

**Tuesdays @ 1:30pm, Gleason Library**



- **February 3 - Chinese Tea.** *Yih Ping Chang*, architect & Carlisle Resident. Come join Y-Ping Chang at the Hollis Room to taste 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.
- **February 24 - Recycling vs. Throwing Things Out.** *Meg Gaudet*, Proprietor, A New Leaf, W. Concord Ctr. There are many reasons to "go green" in our changing world, and there are many forms of it. At A New Leaf, they can take a piece of furniture that was once considered junk and turn it into a work of art. Tossed items, in which most people don't see possibilities, A New Leaf not only sees those possibilities, but turns them into items of both functionality and beauty. The shop also deals in crystal, jewelry, dishware, decorative pieces and artwork. If you love the idea of re-purposing an item of your own, or want to "go green" come join us on February 24 and bring your questions.

### Carlisle Community Book Club

**Monday, February 9, 10:15am**

- Gleason Library, Hollis Room -



*A Most Wanted Man* by John LeCarre

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

### Music of the Cold War

**Wednesday, February 11 & 18, 1:30pm**

Music of the Cold War 1947-1991 continues with Part 2 & 3 at the Gleason Library (Hollis Room). Music educator/director Richard Travers will present the facts, films and musicians of a dark period of American/Soviet relations.

**2/11** - Part 2: public understanding of the nuclear bomb and the rock music of the 50s-70s.

**2/18** - Part 3: Reagan, Perestroika, & Glasnost, and the influence of Soviet classical music & perspectives at the end of the Cold War.

The series is **FREE**. **Please call the Library at (978) 369-4898 to register** for one of both sessions or if you have any questions. Sponsored by the FOCCOA Lee Milliken Fund & FOGPL.

**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*), unless otherwise noted. Stop in and try a class/day for **FREE!**

If you receive voicemail the day of the event/class and you cannot understand the message, please check the COA voicemail at (978) 371-

**MONDAYS****February 2, 9, 23 @ FRS, Union Hall**

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

**TUESDAYS****February 3, 10, 17, 24 @ St. Irene**

**Zumba - 10:45am.** Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Dec.-Feb.).

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

**Ballroom Dancing - 2pm.** Starting March 31. **FREE.**

**WEDNESDAYS****February 4, 11, 25 @ St. Irene**

**Yoga - 9:30-10:30am.** Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Fee for Yoga classes: \$105 for 7 wks., \$35 for Carlisle seniors. Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

**THURSDAYS****February 5, 12, 19, 26**

**Fitness Class - 9:45am, Town Hall, Clark Room.** Great for all ability levels, may be done in a chair. Wear comfortable clothes. Fee: \$40 (Dec.-Feb.).

**Cardio-Boost Class - 10:45am, Congregational Church.** A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Dec.-Feb.).

**FRIDAYS****February 6, 13, 20, 27**

**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.** For more info contact [osbkarate.com](http://osbkarate.com) or call the COA.

**FREE Blood Pressure Clinics****Wednesday, February 4, 11:30am**

**Chelmsford Crossing Lunch**  
Congregational Church, sponsored by COA Volunteer.

**Thursday, February 5, 9am**

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

**Thursday, February 12, 8am**

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

**Thursday, February 19, 11am**

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

**Monday, February 23, 10am**

**Senior Moments, Ferns,** sponsored by Right at Home.

**Podiatry Clinic****Tuesday, March 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."

**Inside Walking @  
Carlisle School Gym**

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

To walk you **MUST** call David Flannery (978) 371-2279 any time after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open.

**Caregiver Support Group**

**Monday, February 9, 3:30pm**

Anne Marie Rowse of Senior Care Advisors, will facilitate a **FREE** Caregiver Support Group for those caring for aging loved ones experiencing challenges, as well as information for family members or elders looking for health care information. For more info, email [amarowse@charter.net](mailto:amarowse@charter.net).

# February 2015

SUN	MON	TUE	WED	THU	FRI	SAT	
1	<b>2</b> <b>Tap</b> - 1:30pm, FRS 	<b>3</b> <b>Senior Poetry</b> - 10am, Town Hall <b>Zumba</b> - 10:45am St. Irene <b>Tai Chi</b> - 12:30pm St. Irene <b>Community Conversation</b> 1:30pm, Gleason Library: Chinese Tea	<b>4</b> <b>Yoga</b> - 9:30am <b>Chelmsford Crossing Lunch</b> - 12pm, BP 11:30am, Congregational Church; <i>following lunch</i> : Carlisle Middle School Choir	<b>5</b> <b>COA Coffee &amp; BP</b> - 9am, Sleeper Rm. <b>Fitness</b> - 9:45am <b>Cardio</b> - 10:45am	<b>6</b> <b>Grocery Shopping</b> - 9am, VC <b>SAMA</b> - 10:45am	7	
8	<b>9</b> <b>Sr. Moments</b> - 9:30am, Ferns <b>Community Book Club</b> - 10:15am, Gleason Library <b>Restaurant Review</b> - Ken's NY Deli, VC 10:45am, CC 11am <b>Tap</b> - 1:30pm, FRS <b>Caregiver Support</b> - 3:30pm, Gleason Lib.	<b>10</b> <b>Zumba</b> - 10:45am St. Irene <b>Minuteman Regional HS Lunch</b> - 11:45am <b>Tai Chi</b> - 12:30pm St. Irene	<b>11</b> <b>Yoga</b> - 9:30am <b>Richard Travers</b> - 1:30pm, Music from the Cold War - Part 2 Gleason Library	<b>12</b> <b>Men's Breakfast &amp; BP</b> - 8am, Sleeper Rm. <b>Fitness</b> - 9:45am <b>Cardio</b> - 10:45am	<b>13</b> <b>Grocery Shopping</b> - 9am, VC <b>SAMA</b> - 10:45am	<b>14</b> <b>Happy Valentine's Day</b> 	
15	<b>16</b> <b>COA CLOSED</b> 	<b>17</b> <b>Zumba</b> - 10:45am, St. Irene <b>Tai Chi</b> - 12:30pm, St. Irene 	<b>18</b> <b>No Yoga 1/18/2015</b> <b>Richard Travers</b> - 1:30pm, Music from the Cold War - Part 3 Gleason Library 	<b>19</b> <b>Fitness</b> - 9:45am <b>Cardio</b> - 10:45am <b>COA Lunch &amp; Valentine Tea</b> - 11:45am, BP 11am, FRS; <i>following lunch</i> : Valentine sing-along  <b>KISS Knitting</b> - 7:30pm	<b>20</b> <b>Grocery Shopping</b> - 9am, VC <b>SAMA</b> - 10:45am	21	
22	<b>23</b> <b>Hair Cuts on the Go!</b> - by appt. <b>Sr. Moments</b> - 9:30am Ferns, BP 10am <b>Tap</b> - 1:30pm, FRS	<b>24</b> <b>Zumba</b> - 10:45am, St. Irene <b>Tai Chi</b> - 12:30pm, St. Irene <b>Community Conversation</b> 1:30pm, Gleason Library: Recycling/Repurposing Household Items	<b>25</b> <b>Yoga</b> - 9:30am	<b>26</b> <b>Fitness</b> - 9:45am <b>Cardio</b> - 10:45am	<b>27</b> <b>Grocery Shopping</b> - 9am, VC <b>SAMA</b> - 10:45am	<b>28</b> <b>NOTE:</b> <i>Inside walking</i> - Mon.-Fri. 6:45-7:30am CPS. See pg. 8 for info.	



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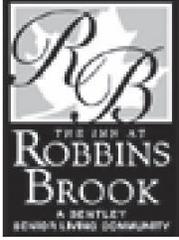
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**ArtMatters with Jane Blair**  
**Wednesday, March 4, 11 & 18 @ 1:30pm, St. Irene**



Jane Blair of ArtMatters returns to Carlisle with another informative and inspiring art series. This series is **FREE** & open to the public. **Please call the Library at (978) 369-4898 to register** or if you have any questions. Sponsored by the FOCCOA Rose Pullara Fund & FOGPL.

**March 4 - Northern Renaissance.** The Northern Renaissance includes some of the greatest artists and the boldest innovations, not the least of which is the invention of oil painting itself. Join us to view some Old Masters artwork from Flanders, Holland, Germany, England, & France.

**March 11 - Rembrandt & Vermeer.** Rembrandt Harmenszoon van Rijn and Johannes Vermeer, two of the greatest painters the world has known. Two brilliant artists, opposite in their artistic styles, but both of whose lives were noted for their tragic struggles and financial failures. Enjoy the drama of Rembrandt and the unique quiet of Vermeer. Take an ArtMatters hour, and connect to the masters.

**March 18 - Francisco Goya.** Known as the last of the Great Masters and the first of the Modern Masters. As Spain's conscience and chronicler, Goya documented the Royal Court with a sarcastic edge born of justice. A versatile artist, he created paintings, etchings & lithographs, tapestries, and frescos. His career spanned an explosive era of Spanish history, which he portrayed with unflinching honesty. He observed clearly both the highborn with their excesses & the madness of the masses, and he painted both with an unprecedented dedication to truth.

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  
for their support of COA programs and their assistance over the years.