

Carlisle Connection



January
2015
Serving
Carlisle's 60+
Community



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

66 Westford Street Carlisle, MA 01741

Message from the Director

Hello All,

I want to send an enormous THANKS to my staff, town hall colleagues and most especially all of our volunteers here in Carlisle who make our Council on Aging programs work for the benefit for so many here in town. This includes all of our board members of the COA and the Friends of the COA, who give of themselves over and over again. We are so appreciative and value your time and enthusiasm immensely.

Happy & Healthy New Year!!
David



Introducing:  **MSPP INTERFACE**
Referral Service
at the Massachusetts School of Professional Psychology

On another note, I wanted to let you know about a free resource that's available to Carlisle and Concord residents that may be flying a bit under the radar. It's called the MSPP INTERFACE. MSPP Interface is a referral service from the Massachusetts School of Professional Psychology for those that may need to consult with a mental health professional either for themselves or a loved one.

The Interface program has a 'Helpline' that's available Monday-Friday, 9am-5pm, at (617) 332-3666 x1411 or (888) 244-6843 x1411. This is a free and confidential referral service for our residents. They have a website for those that would like more info.: www.msppinterface.org.

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FRIENDS OF CARLISLE COUNCIL ON AGING ANNUAL FUNDRAISER STILL UNDERWAY!

Did you know that **all the contributions** you make go directly to support COA services and programs? Seniors currently comprise 25% of our population and the percentage is growing. For the past 20 years, the Friends of the COA have supplemented town funds and state grants in order to make growing older in Carlisle a viable option. To all of you who have generously contributed to the Friends, thank you VERY much. If you haven't had an opportunity to do so, please consider sending a tax deductible contribution to the **FOCCOA, PO Box 38, Carlisle, MA 01741** or you may donate on line at: <http://www.carlisle.org/foccoa/HomePage.html>. Contributions large and small are accepted throughout the year and are very much appreciated. We will continue to spend your gift wisely and well.



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.

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.



Inn at Robbins Brook
Tuesday, January 6

We are off to the Inn at Robbins Brook in Acton for a delicious lunch & a tour of the facility. Van leaves VC at 10:45am and CC at 11am, returning around 2pm. Van fee \$2.00. **Note from Robbins Brook:** you may drive yourself, but parking is limited. If possible, please call to reserve a spot on the van.

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.

Day Trips/Theatrical Happenings



Future day trips & theatrical happenings currently are in the works! So please stay tuned.



Carlisle Reads Events



- **Thursday 1/8, 7pm:** Movie Blitz Doc.
- **Saturday 1/10, 1:30pm:** Family Movie
- **Monday 1/12, 10:15am, & Tuesday 1/20, 7pm:** *Life After Life* Book Discussions
- **Wednesday 1/21, 7pm:** German Strategy in WWII - Attack England? With Elliot Lilien
- **Saturday 1/24, 7pm:** Life After Hours Party
- **Tuesday 1/27, 10:30am:** WWII Poems
- **Tuesday 1/27, 7pm,** Discussion: Time Travel in Literature
- **Wednesday 2/4, 7pm:** Wrap-up discussion



Knitting in Service Society

Thursday, January 15, 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.



Hair Cuts on the Go!

Monday, January 12, 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.

FOOD COURT & Miscellaneous Activities



Monthly Coffee Wednesday, January 7, 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 Life Care Center of Nashoba Valley. Come, enjoy good food and meet old and new friends.

Nashoba Valley Tech Lunch Tuesday, January 13, 11:45am



Choose from meals created with great care by the culinary arts students at Nashoba Valley Tech. Call the COA at (978) 371-2895 no later than noon, Thursday, January 8. Menu choices include Roast Loin of Pork, Shrimp Scampi or Vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$10 plus tip, payable at school.



Chelmsford Crossing/ Minuteman Senior Services Lunch Thursday, January 8, 12pm

St. Irene is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy a quarter of a roasted chicken, scalloped potato, mixed beans, and a wonderful dessert. Register at (978) 371-2895 by noon on Tuesday, December 30. **Following the lunch:** have some fun watching the Magic of Dick O'Shea which is both mystifying and entertaining. Over the past 40 years, Dick has been learning magic from some of the true masters. He brings you the best magic that he has seen and learned and hopes that you enjoy it as much as he did the first time he saw it.



COA Lunch Thursday, January 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: Lasagna, salad, dessert and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Monday, January 12. Shuttle available, see page 2. **Following the lunch: Annual Prize BINGO at 12:45pm.** Elizabeth Acquaviva, board member of the COA has generously volunteered to take all those lovely items that have been donated and turn them into wonderful prizes. **Donations will be accepted until January 8.** If you have an item that you would like to donate as a prize for our January Bingo, please contact the COA at (978) 371-2895 or drop off at the COA office during our office hours. Items that make good prizes for gift baskets are: books, frames, gift cards, dried fruit, coffee/teas, soups, canned ham/pineapple, wine, nuts, festive napkins/plates, candles, or jams. Feel free to regift.



Men's Breakfast Friday, January 9, 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, delicious, hearty breakfast prepared by a volunteer chef and helpers. Suggested donations: \$3 for Men's Breakfast. *Please note that this month's breakfast is not on the usual 2nd Thursday, but the 2nd Friday.*

Quarterly Breakfast at Nashoba Valley Tech Wednesday, January 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 Thursday, January 20. **Cost:** \$6.50, plus tip, payable at the door. Call the van line at (978) 371-6690 at least 2 days in advance if transportation is needed.



"SENIOR MOMENTS" at Monday, January 12 & 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.

****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

Happy New Year! Now is a great time to start an exercise program! Here is some info from the Centers for Disease Control and Prevention:

FACTS about Exercising

- The loss of strength and stamina attributed to aging is in part caused by reduced physical activity.
- Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity (don't let this be you!).
- Among adults aged 65 years and older, walking and gardening or yard work are, by far, the most popular physical activities.
- Social support from family & friends has been consistently & positively related to regular physical activity.

BENEFITS OF PHYSICAL ACTIVITY

- Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Helps people with chronic, disabling conditions improve their stamina and muscle strength.
- Reduces symptoms of anxiety and depression & fosters improvements in mood and feelings of well-being.
- Helps maintain healthy bones, muscles, and joints.

Helps control joint swelling and pain associated with arthritis.

So join us and take a COA or Recreation class. Please see page 5 for a full list and description of classes. Try any one class of any program for **FREE!** We hope to see you at some of our classes in 2015!

Best, Angela

Community Events

Community Conversations @ Gleason Library



Tuesdays @ 1:30pm

- **January 6 - Introduction to Photoshop.** *Library Staff.* Did you know the Gleason Library offers a Mac with Adobe Photoshop that anyone can use? Join library staff for an overview of the Photoshop interface and how you can use it to touch up, edit, and create photos and graphics. We will also discuss options for learning more advanced Photoshop skills, and alternative software options.
- **January 27 - Writing (and Publishing!) Your Memoir.** *Nancy Shohet West, journalist.* Everyone has a story to tell, no matter what kind of life they have had, and there is simply no better way to preserve your personal stories, history, and heritage than in written form. Join in the conversation about memoir-writing: we'll talk about who does it and why, what to include, how to shape your story, and how to get it into print for your friends and family to treasure. To learn more about Nancy's approach to memoir writing, go to www.NancyShohetWest.com/memoirs.

Carlisle Community Book Club

Monday, January 12, 10:15am

(Gleason Library, Hollis Room)



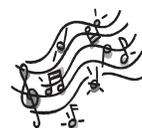
“Life after Life”
by Kate Atkinson



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

Carlisle Community Chorus

Tuesday, January 13, 7:30pm



Presents
“A Musical Feast!”

Corey Auditorium
Carlisle Public Schools



FREE Admission

Non perishable food items for the
Merrimack Valley Food Bank
are appreciated.

Reception afterwards.

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!**

MONDAYS

January 5, 12, 26 @ FRS, Union Hall

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

TUESDAYS

January 6, 13, 20, 27 @ 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.).

WEDNESDAYS

January 7, 14, 21, 28 @ 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: \$120 for 8 wks., \$40 for Carlisle seniors. Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

THURSDAYS

January 8, 15, 22, 29

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

January 9, 16, 23, 30

SAMA - 10:45am, Town Hall, Clark Room. (Senior Approach to Martial Arts) martial arts moves to help keep joints and minds flexible while increasing balance. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** For more info contact osbkarate.com.



FREE Blood Pressure Clinics



Wednesday, January 7, 9am

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

Thursday, January 8, 11:30am

Chelmsford Crossing Lunch

St. Irene, sponsored by COA Volunteer.

Friday, January 9, 8am

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

Thursday, January 15, 11am

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

Monday, January 26, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic



Tuesday, January 6

(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, January 12, 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 amorowse@charter.net.

January 2015

SU	MON	TUE	WED	THU	FRI	SAT
	NOTE: <i>Inside walking</i> - Mon.-Fri. 6:45-7:30am Carlisle Public School. See page 5 for more info.			1 COA CLOSED 	2 Grocery Shopping - VC 9am SAMA - 10:45am	3
4	5 Tap - 1:30pm FRS	6 Podiatry Clinic by appt., Benfield, 2nd Fl. Senior Poetry - 9:45am Town Hall Restaurant Review: Inn at Robbins Brook VC 10:45am, CC 11am Zumba - 10:45am St. Irene Tai Chi - 12:30pm St. Irene Community Conversation 1:30pm, Gleason Library: Introduction to Photoshop	7 COA Coffee & BP - 9am Sleeper Rm. Yoga - 9:30am	8 Fitness - 9:45am Cardio - 10:45am Chelmsford Crossing Lunch 12pm, BP 11:30am at St. Irene; <i>following lunch:</i> Magic of Dick O'Shea Donations for Annual Prize Bingo accepted up until today	9 Men's Breakfast & BP - 8am, Sleeper Rm. Grocery Shopping - VC 9am SAMA - 10:45am	10
11	12 Hair Cuts on the Go! - by appt. Sr. Moments - 9:30am Ferns Book Club - 10:15am Gleason Library Tap - 1:30pm FRS Caregiver Support - 3:30pm, Gleason Lib.	13 Zumba - 10:45am St. Irene Nashoba Valley Tech. Lunch - 11:45am Tai Chi - 12:30pm St. Irene Carlisle Community Chorus - 7:30pm, Corey Auditorium, Carlisle Public School	14 Yoga - 9:30am	15 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am BP 11am at FRS; <i>following lunch:</i> Annual Prize Bingo KISS Knitting - 7:30pm	16 Grocery Shopping - VC 9am SAMA - 10:45am	17
18	19 COA CLOSED MLK Day 	20 Zumba - 10:45am St. Irene Tai Chi - 12:30pm St. Irene	21 Yoga - 9:30am	22 Fitness - 9:45am Cardio - 10:45am	23 Grocery Shopping - VC 9am SAMA - 10:45am	24
25	26 Sr. Moments - 9:30am Ferns, BP 10am Tap - 1:30pm FRS	27 Zumba - 10:45am St. Irene Tai Chi - 12:30pm St. Irene Community Conversation 1:30pm, Gleason Library: Writing your Memoir	28 Nashoba Valley Tech. Breakfast - 9am Yoga - 9:30am Richard Travers - 1:30pm, Music from the Cold War - Part 1, Gleason Library	29 Fitness - 9:45am Cardio - 10:45am	30 Grocery Shopping - VC 9am SAMA - 10:45am	31



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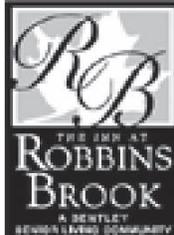
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 **Music from the Cold War** 

Wednesday, January 28 and February 11 & 18, 1:30pm
(Gleason Library, Hollis Room)

The Friends of the Carlisle COA & the Gleason Library *reinvite* you to attend a three part lecture/discussion series on Music from the Cold War 1947-1991. Music educator & director Richard Travers will present the Music of the Cold War era looking at the facts, films and musicians of a dark period of American/Soviet relations.

1/28 - Part 1: the beginning of the Cold War, McCarthyism, Protest Music.
2/11 - Part 2: public understanding of the nuclear bomb and the rock music of the 1950s-1970s.
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 or if you have any questions. Sponsored by FOCCOA Lee Milliken Fund & the FOGPL.

- Tomorrow is the first blank page of a 365 page book. Write a good one. -
- My resolution is to simply remember to write 2015 instead of 2014 as the date. -

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.