



Carlisle Connection

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

Summer is finally upon us! The picture to the right was taken at our annual Spring Fling and shows our seniors kicking up their feet! Additional photos are on page 5. You will notice that we have combined our July and August newsletters into one. During the summer some activities are put on hold till the fall and they are noted in the following pages. There are still many activities to join in on so be sure to sign up for any event early for the next two months. From everyone at the COA we wish you a safe and enjoyable summer! *Best Wishes, David*



COA Monthly Luncheon - Thursday, July 18, 11:45am at St. Irene

Join us at **St. Irene Church (new summer venue change!)** for our monthly luncheon run by our wonderful team of COA volunteers. Enjoy assorted sandwiches, garnishes, dessert and cold drinks. Please call the COA at (978) 371-2895 by noon Monday, July 15. If you need a ride, call (978) 371-6690 at least two days in advance. **Suggested donation: \$3. Following Lunch:** After lunch, Stephen Collins will fascinate us with his one-man shows on the Theater of the 30's, 40's and 50's. The thirties through the fifties represent a great period of American Theatrical History. Stephen will perform monologues from the playwrights William Saroyan, Tennessee Williams, Arthur Miller, and Eugene O'Neil. He will also charm us with the character Starbuck brand of con and hucksterism from N. Richard Nash's play *The Rainmaker*, and even sings a Cole Porter and George Gershwin tune to round off the performance. This program is supported in part by a grant from the Carlisle Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.



Intergenerational Ice Cream Social and Cold Science Program - Thursday, July 25th at 1:00pm



Come to St. Irene Hall for ice cream (or a sugar free, lactose free treat) and be entertained at 1:30pm. **Seniors with or without grandkids are invited to join in the fun.** The team at Lifecare is sponsoring the ice cream social portion of this event. They will graciously provide the ice cream, fixing and treats as well as some of their staff to assist with the scooping! At 1:30 join the Museum of Science as they demonstrate how amazing things happen when matter changes temperature. With the help of a Museum educator and an intensely cold liquid, participants experience the remarkable changes in size, form, and behavior that occurs when a variety of objects and substances are supercooled. Please call the COA at (978)371-2895 by July 18 at noon to register for this fun event. Bring a friend/neighbor or just come alone! **Event is Free!**

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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 coadirector@carlisle.mec.edu
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JULY 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	1 COA Coffee & BP 9am Sleeper Room Yoga – 9:30am	2 Tai Chi-3:00pm St Irene Podiatry Sleeper Rm	3 Zumba-10:45am Carlisle Public School comm room	4 COA CLOSED 	5 grocery shopping- 9am	6
7	8 Yoga – 9:30am Sr. Moments-at Ferns 9:30am Book club-10:15am Hollis Rm	9 Tai Chi-3:00pm St Irene Ice Cream Social & Sing Along 1:30 Congregational Church	10 Zumba-10:45am Carlisle Public School comm room	11 Fitness - 9:45am, Cardio - 10:45am	12 grocery shopping- 9am SAMA - 10:45am	13
14	15 Yoga – 9:30am	16 Newburyport, VC 9:00am, CC 9:15am	17 Zumba-10:45am Carlisle Public school comm room	18 Fitness - 9:45am Cardio - 10:45am COA Lunch & BP-11:45am St Irene, Steven Collins	19 grocery shopping -9am SAMA-10:45am	20
21	22 Sr. Moments & BP-at Ferns 9:30am Yoga – 9:30am American Textile Museum lecture-1:30 Hollis Room	23 Tai Chi-3:00pm St Irene	24 Zumba-10:45am Carlisle Public School comm room	25 Fitness - 9:45am Cardio - 10:45am Ice Cream social-1:00 Science pgm-1:30 St Irene	26 grocery shopping- 9am SAMA-10:45am	27
28	29 Yoga – 9:30am	30 Tai Chi-3:00pm St Irene	31 Zumba-10:45am Carlisle Public School comm room			

AUGUST 2013

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Fitness-9:45am, Cardio - 10:45am	2 grocery shopping- 9am SAMA-10:45am	3
4	5 COA Coffee & BP 9am Sleeper Room	6 Tai Chi-3:00pm St Irene JFK Tour-CC 10am	7	8 Fitness-9:45am, Cardio - 10:45am	9 grocery shopping- 9am SAMA - 10:45am	10
11	12 Sr. Moments-at Ferns 9:30am Book club-10:15am Hollis Rm	13 Tai Chi-3:00pm Town Hall	14 Zumba-10:45am Carlisle Public School comm room	15 Fitness-9:45am Cardio - 10:45am	16 grocery shopping -9am SAMA-10:45am	17
18	19	20 Tai Chi-3:00pm Town Hall	21 Zumba-10:45am Carlisle Public School; Lunch at the Farm-11:30am	22 Fitness-9:45am Cardio - 10:45am	23 grocery shopping- 9am SAMA-10:45am	24
25	26 Sr. Moments & BP-at Ferns 9:30am	27 Tai Chi-3:00pm Town Hall	28	29 Fitness-9:45am Cardio - 10:45am	30 grocery shopping- 9am	31



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TRANSPORTATION / TRIPS



COA Van Dreams



The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Weather Info/Cancellations: (978) 371-2895**

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

DONATIONS/FEES* are as follows: Within Carlisle rides or Friday shopping trips-no charge; within 15 mile rides, suggested donation \$2, Van Trips over 15 miles away \$5. *Parking fees are the responsibility of the rider.

Van Pick-up for the July and August lunches will be held at St. Irene Church - we are only going to offer the shuttle to Village Court for these two months. Village Court pickup at 11:15. Please call the van line to confirm attendance. In September we will be returning to FRS for the monthly lunches.

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



Join us every Friday morning at 9:00am for The **Free** Weekly Grocery Shopping Trip to the new Market Basket in Westford. Call the van to make reservations (978) 371-6690. Van leaves at 9:00am.



Carlisle Community Book Club

Monday, July 8th, 10:15am Hollis Room

July 8 A Farewell to Arms Ernest Hemingway and The Paris Wife, Paula McLain

Monday, August 12, 10:15am Hollis Room

August 12 The Great Gatsby F. Scott Fitzgerald



Trip to Newburyport
Tuesday, July 16th

Join us for a day in Newburyport!

Lunch on your own at one of the fine restaurants such as Michael's Harborside or Mission Oak Grill in this beautiful seacoast town. Take a walk along the boardwalk for a lovely view of the Atlantic Ocean. Check out "Sisters We Three" for a mix of local, handmade and fine art in all price ranges, one among the many wonderful shops Van fee \$5.00. Call Joanne Willens at (978) 371-8023 to register. Deadline to register is July 9th. Van leaves VC at 9:00 and CC at 9:15. Will return by 4:00.



July Chuckle

I was visiting my niece last night when I asked if I could borrow a newspaper. "This is the 21st century," she said. "I don't waste money on newspapers. Here, you may borrow my iPad." I can tell you this. That fly never knew what hit him!

Caregiver Support Group

Anne Marie Rowse, BS, LNHA, CMC principal of Senior Care Advisors, LLC, is a certified geriatric care manager with over 25 years of experience in the field of health care will be hosting a series of Caregiver Support Group meetings. Anne Marie volunteered to facilitate a Caregiver Support Group for those caring for aging loved ones experiencing medical challenges, including chronic diseases, stroke, heart and pulmonary disease, Alzheimer's dementia or related conditions, as well current information for family members or elders themselves looking for health care information. Anne Marie will provide information with life's transitions; requiring more support, understanding the medical maze, living with Alzheimer's and options available. The support group is free of charge and offered as an important service for the greater Carlisle community. If you want more information before you arrive, please contact Anne Marie at amarowse@charter.net.



Hollis Room of the Gleason
Public Library
22 Bedford Rd. in Carlisle

Monday - September 9, 3-5 pm
Wednesday -October 9, 3:30-5
Wednesday - November 13, 3-5
Monday - December 9 3-5pm



FOR YOUR HEALTH!



Free Blood Pressure Clinics

Monday, July 1, 9am Sleeper Room, COA Coffee, sponsored by Life Care Center of Nashoba Valley.

Thursday, July 18, 11:45, COA monthly lunch, St Irene, sponsored by FCOA and Emerson Home Care.

Monday, July 22, 9:30, Ferns, Senior Moments, sponsored by Right at Home.

Monday, August 5, 9am Sleeper Room, COA Coffee, sponsored by Life Care Center of Nashoba Valley.

Monday, August 26, 9:30, Ferns, Senior Moments, sponsored by Right at Home.

Podiatry Clinic

Tuesday, July 2nd, 9am, Sleeper Room at Village Court.

Tuesday, Sept 3rd, 9am, Sleeper Room at Village Court.

Call the COA (978) 371-2895 to make an appointment.

Cost: \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."

EXERCISE CLASSES - Mind & Body



NOTE: To sign up for the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for new sessions of all programs to continue. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.

FITNESS CLASS - Thursdays July 11, 18, 25 August 1, 8, 15, 22, 29 (Clark Rm at Town Hall) at 9:45am Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes, bring hand weights. **Fee:** \$40

CARDIO-BOOST CLASS - Thursdays July 11, 18, 25, August 1, 8, 15, 22, 29 Clark Rm at Town Hall) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes, bring hand weights. **Fee:** \$40 (June-Aug)

ZUMBA- Wednesdays July 3, 10, 17, 24, 31, August 14, 21 at 10:45 at Carlisle Public School Community Room Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$30

TAI CHI- Tuesday July 2, 9, 23, 30, August 6 at St Irene, August 13, 20, 27 at Town Hall Clark Room, 3:00pm No registration, just show up! A local senior is leading an informal group of **any age** in Tai Chi. Wear loose fitting clothing and soft soled shoes. Come enjoy this **FREE** program!

YOGA - Mondays (St. Irene) July 1, 8, 15, 22, 29 from 9:30 - 10:30am **Fee:** \$120 for 8 wks. (\$40 for Carlisle seniors). Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept.*

SAMA EXERCISE CLASS - Fridays July 12, 19, 26, August 2, 9, 16, 23 at 10:45am Clark Room SAMA (Senior Approach to Martial Arts) is an exercise class based on martial arts moves, to help keep joints and minds flexible while increasing balance. 50 and older are welcome. \$100/10wks.

INTERGENERATIONAL TAP, BALLROOM DANCING - No classes for the summer. Look for our classes to start again in September and October! Call in August to register!

Tobacco Cessation Program

The Carlisle Board of Health and Council on Aging have jointly initiated a short-term program assessing tobacco use within the town and its effects on health, housing and safety. Through grant funds, Terry Curran has been hired as the program coordinator. Ms. Curran's background is in social work with specific interests in tobacco policies and tobacco cessation. The Board of Health and Council on Aging would appreciate resident input in this program by anonymously completing a three question survey that will be available at various locations throughout the town and at the Board of Health "Old Home Day" booth.



3 Questions on the Survey

Smoker: ___ Non-Smoker: ___

Male: ___ Female: ___

Age: ___



**A private tour for Ten of
The John F. Kennedy
Presidential Library & Museum**
Given by Former museum Curator, Frank Rigg
August 6th - First come, first serve



Frank will enliven our tour with numerous stories that illuminate the Kennedy years and provide an insider's perspective on the JFK Presidential Library and Museum. In three theaters, period settings, and 25 dramatic multimedia exhibits, we will enter the recreated world of the Kennedy Presidency for a "first-hand" experience of Kennedy's life, legacy, and leadership. In the museum you will view President Kennedy's life through period lenses and hear the story told by JFK himself through the medium of historic recordings. A check for \$10 is required for the Museum Tour made out to the Carlisle Council on Aging (required to register), \$5 van fee will be collected on the van the day of the event, and lunch on your own. Arrive at the Congregational Church at 9:50 am, enjoy a two-hour tour with Frank, and then enjoy lunch at Sullivan's (Sully's) at Castle Island before returning to Carlisle at approximately 4 pm. Van leaves the Congregational Church promptly at 10:00am. Deadline to register is July 30th.

Behind the Veil: Brides and their Dresses
Monday July 22, 2013 at 1:30 PM
Hollis Room of the Gleason Public Library



Jonathan Stevens, Carlisle resident and President and CEO of the American Textile History Museum, will be making a presentation highlighting the "Behind the Veil: Brides and their Dresses" exhibit which runs at the Museum until August 11th. He will also be talking about additional treasures that are waiting to be discovered by those who want to venture out and explore new ideas. Please call to register by Wed., July 17 at 12noon. Refreshments will be served. For further information about the American Textile History Museum at 491 Dutton Street, Lowell, Massachusetts call 978-441-0400 or go to www.athm.org.



Spring Fling 2013!

Our Spring Fling held on Friday, May 31st was a great success! Here are a few pictures of some of the attendees having a grand time dancing and watching the dancers. This is a yearly event so if you were unable to attend this year keep an eye out for our Spring Fling next year. For those who attended and would like to see the pictures taken that evening just stop by the COA and check out the display of pictures on our COA bulletin board.



Know the Signs of Heat Stroke



Heat Stroke occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106 degrees F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Seek medical help immediately if you experience extremely high body temperature (above 103 F); re, hot, and dry skin (no sweating); rapid strong pulse; throbbing headache, dizziness and nausea.

FOOD COURT & Miscellaneous Activities

July Monthly Coffee

Monday, July 1 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Sandy McIlhenny, Doris Diciero and Joanne Willens.



August Monthly Coffee

Monday, August 5 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Sandy McIlhenny, Doris Diciero and Joanne Willens.



Intergenerational Ice Cream Social and Sing Along Tuesday, July 9 at 1:30

ALL SENIORS with or without GRANDCHILDREN are invited to a FREE ice cream Sunday social (make your own sundae or have a sugar-free dessert) at the Congregational Church from 1:30 to 3:00pm. Your favorite ice cream and toppings along with sugar-free treats will be generously provided by Visiting Angels and Kimball Farm. Following the ice cream, at 2:00 Pastor Steve Weibley will lead a sing-a-long. Enjoy the company of friends and neighbors. Please call the COA at (978)371-2895 to register by Wednesday, July 3rd at 12 noon. If you need a ride call (978) 371-6690 at least 2 business days prior to the event.

“SENIOR MOMENTS” at Ferns July 8th & 22th and August 12th & 26th from 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 attendees for coffee. First come, first serve!

Lunch at the Farm

Wednesday, August 21 at 11:30am

Lunch at the Northeast Correctional Center in West Concord! For \$3.21 (correct change if possible) you will receive soup, your 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 Thursday, August 15 at noon and let us know if you need a ride! **Note: No cell phones or electronic devices allowed in the building. Please bring your drivers license!** Come enjoy a delicious meal and the company of your friends and neighbors. The first 13 people can ride in the van and others feel free to car pool and meet us there! Meet at the Congregational Church at 11am.

Do you live alone? If so, why not call the Council on Aging and sign up for our FREE RUOK® Telephone Reassurance System.

RUOK® automatically calls each person in the call care system at a predetermined time that you set. When RUOK® hears a voice response on the phone it delivers a short pre-recorded call message from the Council on Aging. If you don't pick up after several tries, the police will personally try to reach you, and if there is still no reply they will stop by and check on you at home. This system has saved lives. So why not take advantage of this FREE offering since anyone can fall or have something happen. Just call the Council on Aging for more information at 978-371-2895.



****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens 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.

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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.

COA Monthly TV



Did you know: That the COA has a monthly TV show that you can view on demand. To see older issues go to <http://concordtv.org/video-on-demand> then on the right side check out Video on Demand categories and go to Council on Aging and then Carlisle. You can even view clips from many of our exercise programs.

Do you live out of Town?

If you live out of town and would like to continue to receive our newsletters, please send \$5.00 to cover the mailings. You can receive the newsletter electronically by going to www.seekandfind.com/find/carlisle-council-on-aging and signing up to receive the newsletter electronically. If we don't receive your \$5.00 by our September mailing in mid/late August, we will remove you from the distribution.

Gaining Ground has opened for the season!



Come volunteer at the Gaining Ground Garden this season and give yourself a chance to engage in meaningful work. Gaining Ground donates all of its produce to area food pantries and meal programs. Our fresh fruit and vegetables are consumed within 20 miles of our farm and within 24 hours of harvest. The 9-acre garden is located at the historic Thoreau Birthplace property on Virginia Road in Concord, MA. This site has been in continuous cultivation since 1635, making it one of the oldest farms in America. We are a volunteer-driven organization that relies on the energy, talent, and enthusiasm of hundreds of people. We welcome volunteers of all ages, abilities, and background.

Gaining Ground currently needs volunteers during the week. So make it a morning or afternoon with your friends, colleagues or just yourself. We'll offer you knowledge of where a variety of produce comes from and how it grows and you will leave knowing you gave a family in need the opportunity to eat healthy produce. For more information about Gaining Ground, see our website: gainingground.org. For information on volunteering at the Garden, contact volunteer@gainingground.org.