



Carlisle Connection

June 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

With Town Meeting behind us, and the new Fiscal Year ahead, I feel like it is a good time to let you know HOW we do what we do at the COA. Beyond our dedicated staff, we have approximately 100 active volunteers who do everything from Meals on Wheels delivery and friendly driving, to hosting coffees and planning programs. They are the HEART of our COA! The Friends of the Council on Aging work hard each year to fundraise for our cultural and health programs, day trip programs, clinics and fuel assistance for those in need. The COA Board develop policy based on what they see and hear in the senior community, and advise the staff of these needs, working together to create goals. Most of our Board members also work as volunteers in other COA programs. We are so lucky to be supported through community groups such as the Concord-Carlisle Community Chest, Concord-Carlisle Cultural Council, Friends of the Gleason Public Library, and other Town Departments. All three churches in town, the school, and Village Court, even Ferns are host to many of our luncheons, lectures, coffees and exercise programs. The Town of Carlisle should feel thankful for the generous support that the Selectmen and Finance Committee have given this year for seniors in the face of difficult economic times. Wow! Each time I think I am done, I think of more people who help us! I feel so thankful to be part of a Town that values both the education of young people, and the enrichment and support of the lives of our seniors. *Happy Summer! Debi*

*We cannot live only for ourselves. A thousand fibers connect us with our fellow men.
~Herman Melville*



Patio Potluck Picnic - Tuesday, June 12 at 11:45am

Come to the Carlisle Town Hall to enjoy a mid-June Patio Potluck Picnic. Meet the Carlisle Police Department, who will be doing the cooking! Bring your favorite summertime dish (salad, side dish or dessert) to share. The COA will provide hamburgers and hot dogs and drinks. Please call (978)371-2895 to register by Tuesday, June 5.

Coming in October! Senior Moments: The Musical

Looking for folks interested in showing off their talent! Preparing for the show will involve three commitment dates, one to present your act, a run-through rehearsal and a dress rehearsal. There will be two performances. Here are current ideas and suggestions for acts, but we are open to more: Senior Moment Monologues, Senior Ballroom Dance, Poetry by and for Seniors, Martial Arts, ZUMBA®, Barbershop Quartet. We also need people to help with technical aspects of the show. Call us at (978) 371-2895 if you are interested!

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
Debbie Farrell Transportation Coord.
coaride@carlisle.mec.edu (978)371-6690
Bonnie Hansen Admin. Assistant
bhansen@carlisle.mec.edu
Peter Cullinane LICSW

COA Board Officers

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

Board Members

Tom Dunkers Joanne Willens
Jim Elgin Jean Sain
Phyllis Goff Helen Taylor
Lillian DeBenedicitis
Associate Members
Mary Daigle Nadine Bishop
Natalie Ives Ted Read
Sandy McIlhenny

JUNE 2012

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Inside Walking Grp - 6:45a M-F Van errands / local grocery shopping - 9a Martial Arts - 10:45a	2
3 Friends of the COA Annual Meeting and Celeb. 3-5p	4 Inside Walking Grp 6:45a M-F Yoga - 9, 10:15a	5 Zumba - 10:45a - St. Irene CCC - 11a	6 Robbins Brook/ Minuteman Lunch- 12p	7 Coffee - 9, with BP - 9:15a Fitness - 9:45a Cardio - 10:45a	8 Van errands / local grocery shopping - 9a Martial Arts - 10:45a	9
10 Father's Day	11 Inside Walking Grp 6:45a M-F Yoga - 9, 10:15a Senior Moments – 9:30a - 11a	12 Zumba - 10:45a – St. Irene Patio Potluck - - 11:45a	13	14 Men's Brk - 8a BP - 8a at Brkfst Fitness - 9:45a Cardio - 10:45a	15 Van errands / local grocery shopping - 9a Martial Arts - 10:45a Spring Fling - 6p	16 Pass It Forward Day 10a-3p
17	18 Inside Walking Grp 6:45a Yoga - 9& 10:15a Book Club -10:15a Restaurant Review - 10:50a V Court	19 Inside Walk 6:45a ends for summer Zumba - 10:45a - St. Irene CCC - 11a	20	21 Fitness - 9:45a Cardio - 10:45a COA Lunch - 11:45a at FRS BP 11-11:45a KISS - 7:30p	22 Van Errands / local grocery shopping - 9a Martial Arts - 10:45a	23
24	25 Senior Moments – 9:30a - 11a, BP Yoga - 9 & 10:15a Ogunquit - 9a	26 COA Board Mtg - 7p	27	28 Fitness - 9:45a Cardio - 10:45a	29 Van Errands / local grocery shopping - 9a Martial Arts - 10:45a	30

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 or email coaride@carlisle.mec.edu

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, June 18

Grassfields in Andover. Pick up at Village Court, 10:50am, 11am at Congregational Church. Call Joanne at (978) 371-8023 by June 11 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. Please be sure to include your phone number on your check.

Oqunquit, ME - Monday, June 25

Deadline for registration is June 18. \$5 van fee, payable on the day of trip. See all of the attractions of this *Beautiful Place by the Sea*. Walk on the pristine beach, see waves crashing into granite cliffs and evergreens rising above the birch trees along the Marginal Way. Visit "When Pigs Fly" Breads for old world, artisan breads. Lunch at Bintliff's, promoting their *solo-dining*. Van departs from Congregational Church at 9am and returns at around 4pm.

Merrimack Premium Outlets® in Merrimack NH - Monday, July 16

Deadline for registration is July 9. \$5 van fee, payable on the day of trip. No Tax! Visit the brand new Merrimack Premium Outlets®! Lunch on your own at restaurants in the Food Court. Stores include Bloomingdale's and Saks 5th Avenue Off 5th among many others. Leave Village Court at 9:15am and Congregational Church at 9:30am. Return around 4pm.

Coming Next Month: Summer Intergenerational Ice Cream Social and Sing-A-Long - Thursday, July 26

All SENIORS with or without GRANDCHILDREN are invited to a FREE Ice Cream Sundae Social (make your own sundae or have a sugar-free dessert) at the Sleeper Room at Village Court, from 1:30 to 3pm. Pastor Steve Weibley and our own COA Friends Board Member, Santo Pullara, will lead a sing-a-long. Enjoy the company of friends and neighbors and the air conditioning of the Sleeper Room. FREE!! Please call the COA at (978) 371-2895 to register (to ensure we have enough ice cream and toppings!) no later than noon on Thursday, July 19th. Please park on the street as Village Court parking is for residents only. This event is sponsored by Visiting Angels Living Assistance Services and Kimball Farm.



FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Thursday, June 7, 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, *sponsored by Life Care Center of Nashoba Valley*. **Thursday, June 14, 8-9am** at the Men's Breakfast at Village Court, *sponsored by Home Instead Senior Care of Chelmsford*. **Thursday, June 21, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care*. **Monday, June 25, 9:30am at Ferns**, *sponsored by Right at Home*. **Tuesday, July 3 11-1:30**, at the Sleeper Room at Village Court, *through the generosity of a COA RN volunteer*.

Podiatry Clinic - **Tuesday, July 3** in the Sleeper Room at Village Court. Limited space; call the COA at (978) 371-2895 to register. **Cost:** \$20 (discounted fee, partially funded by the Friends of the Carlisle COA). Checks made out to Carlisle COA or cash; payable the day of the clinic. **Note:** Clinic for Carlisle Seniors.

Video Available - Dr. Miriam Nelson presented 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." If you missed the talk, stop in at the Library to borrow the DVD.

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. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (June - August).

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 (June - August).

YOGA - Mondays (Clark Room at Town Hall)

Session III continues through June 25 (9 - 10am and/or 10:15-11:15am). Session IV begins July 2-30 (5 weeks) 9am - 10am only. **Fee:** \$75 (\$63.75 with 15% discount for Carlisle seniors) Call (978) 369-9815 to register. **Note:** Make checks payable to Carlisle Recreation Dept.

INTERGENERATIONAL TAP -

There are no tap classes over the summer but we hope to have Tap return to the schedule in the fall.

MARTIAL ARTS - Fridays (Town Hall) at 10:45am - Sensei Tony Hanley teaches a class focused on exercise using Martial Arts moves. This program helps keep joints and minds flexible. Learn more about the program by visiting osbkarate.com and going to SAMA (Senior Approach of Martial Arts). **Fee:** \$100 for ten week session. Call the COA at (978)371-2895 for current and future class information.



ZUMBA® - Tuesdays (St. Irene) at 10:45am - Taught by ZUMBA® Certified Instructor Katrina Rotondi. ZUMBA® is a full body workout to the rhythm of Latin American music with easy to learn dance steps. **Fee:** \$40. Current session ends June 19, next session in Sept.

Carlisle Community Conversations

All sessions Tuesdays at 11am

Hollis Room at the Gleason Public Library

Container Gardening with Alison Saylor - June 5

Carlisle Garden Club ex president and current Plant Sale coordinator Alison Saylor will talk about the how-to aspects of creating a container garden that will survive and thrive in a Carlisle summer. There are so many options for plants (flowering, foliage, for pretty or for harvest) and containers (large or small), soil mixes, watering, and feeding schedules. Did you know that the Kimball Farm landscape maintenance crew puts three frappe-sized cups of fertilizer water into each of their lovely hanging baskets at their Carlisle ice cream stand twice a day on those very hot summer days? Frequent watering and heavy feeding are just some of the nurturing chores needed to keep large containers healthy. Alison will bring a few containers, plants and fertilizer options to "show and tell," but mostly the talk will be in a question and answer format, where we can all share our collective container garden knowledge.

Gale Constable: Massage - June 19 *"Oh, that feels delightful!"*

Therapeutic massage allows the body to fully embrace the "felt sense" of human connection. The journey to health, balance and a deeper sense of self begins with a simple touch of the hand. Join us for a discussion of alternative health modalities and their benefits, including Reiki, Polarity, Cranio-Sacral and Acupressure. We will also explore the vibrational aspects of "sound as medicine." Gale Constable, RPP, LMT is board certified in Massage Therapy and Polarity Therapy. Enjoy an experience in awareness! Gale Constable, RPP, LMT is board certified in Massage Therapy and Polarity Therapy.

Joanne's Travelers

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 June 15th, first deposit of \$250 due at registration. Cancellation Waiver and Insurance of \$165 per person. Make checks payable to Collette Vacations.

Tropical Costa Rica - March 16 - March 24, 2013

Nine day trip includes 8 breakfasts and 6 dinners, includes air travel from Logan Airport and return. Travel begins in San Jose, visit Doka Coffee Estate, Tamarindo Beach, Monteverde, take a Lake Arenal Cruise, see Arenal, Zarcero, Grecia, National Theatre and complete your stay in San Jose. Double \$2249, Single \$2649, Triple \$2219. Rates are per person. Book now and save \$100. Cancellation Waiver and Insurance \$220 per person. Make checks payable to Collette Vacations.

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

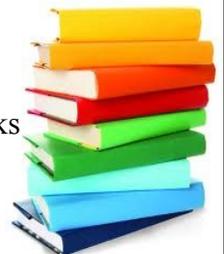
Flyers with detailed information are available at the COA Office.

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

Carlisle Community Book Club

The next Carlisle Community Book Club selection is Steve Jobs by Walter Isaacson. The meeting will be Monday June 18 at 10:15am and in the Hollis Room of the Gleason Public Library. Our newly named group is now co-sponsored by the Library and open to anyone 18 and older. To build a book list for the next year, attendees are encouraged to bring three books (read at least twenty pages of each, bring reviews and be prepared to discuss). Take a look at the Gleason Web site under services, book groups, book club kits, MLVC list and consider reserving a kit there. With a kit, 15 copies of the book plus a discussion guide are sent to the circulation desk for our attendees.

All are welcome June 18 whether or not they have read the book or have book suggestions!



FOOD COURT

Minuteman Regional Tech. Luncheon - Tuesday May 29 at 11:30am

Call the COA by Thursday, May 24 by noon to make your choice of:

- Chicken Cordon Bleu: Boneless breast of chicken stuffed to the brim with imported ham and swiss cheese. Baked to a golden brown and finished with a delicate veloute sauce.
- Broiled Salmon Filet: Salmon filet broiled to perfection and garnished with a lemon crown.

Choices include school choice of appetizer or salad, rolls and butter, dessert and coffee/tea/milk.

Cost: \$10 plus tip.

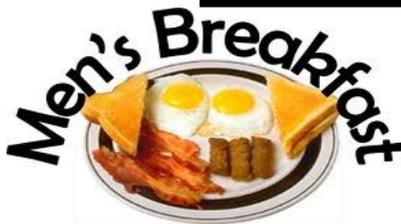
Robbins Brook/Minuteman Senior Services Luncheon - Wednesday, June 6 at noon

At Congregational Church. Hosted by the wonderful Church volunteers. Cooked by Robbins Brook and supported by Minuteman Senior Services. Truly a community event each month. Featuring chicken parmesan with sides and dessert. Register by Friday, June 1 at noon. **Suggested donation:** \$3

Following lunch: Piano and flute ensemble Pastor Steve Weibly and COA volunteer M.J. Cramer.

Monthly Coffee - Thursday, June 7 at 9am

Board Member Lillian DeBenedictis and her husband Angelo, along with Associate Board Member Ted Read, will be hosting this month. Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court.



Men's Breakfast in Celebration of Fathers

Thursday, June 14 at 8am

A full, hearty breakfast in honor of Father's Day! Held at the Sleeper Room at Village Court and cooked by our wonderful volunteer, Andy Cutter and helpers. **FREE!**

COA Monthly Luncheon - Thursday, June 21 at 11:45am

Please join us at FRS for assorted sandwiches, chips, dessert and cold drinks. **Suggested donation:** \$3 For reservations, call the COA office at (978) 371-2895 no later than noon on Monday, June 18. For transportation, call the van line at (978) 371-6690. Please note that due to the parking problem, the shuttle will pick up at Village Court beginning at 11:15am and the Congregational Church at 11:30am, then to FRS.

Following lunch: Brilliant: The First Year in the Life of a Scarlet Tanager Who Travels from New England to the Peruvian Amazon and Back. Enjoy a lecture with world-renowned Peter Alden. Peter is known as a naturalist, lecturer, ecotourism guide and author of 15 books on North American and African wildlife, including the *National Audubon Society's Regional Field Guide Series*. Peter was born and raised in Concord, MA and developed a love of nature early on, even working as a camp counselor for Mass Audubon. Peter has led bird and nature tours and cruises in 100 countries, visiting the Amazon yearly. Peter will guide us through the travels of the striking black-winged red bird, a common species of the eastern forest interior with rather secretive behavior.

"SENIOR MOMENTS" at Ferns Country Store - June 11 and 25 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 in and say hi to Emily Tamilio on June 25.

****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.

FRIENDS OF COA ANNUAL MEETING AND CELEBRATION

Sunday, June 3 from 3-5pm

ALL are welcome to attend the 18th Anniversary of the founding of the Friends of the Carlisle COA. Carlisle's award-winning architect, Scott Simpson, who has designed buildings from Las Vegas to the Middle East, will be our guest speaker. His topic will be *HOW BUILDINGS TALK*. This event will be held at Holly and Louis Salemy's home at 438 Concord Street, Carlisle. R.S.V.P. to Estelle Keast at ekkeast@comcast.net or (978) 369-2445. Refreshments will be served. Check our website: http://www.carlisle.org/foccoa/Home_Page.html A shuttle will be running from Village Court at 2:20pm and Town Hall at 2:40pm to ease parking issues at the Salemy home.

Spring Fling Dance at FRS Union Hall - Friday, June 15 at 6:00pm

Come join the Carlisle Council on Aging for a night of fun, dancing and music. Join us beginning at 6:00pm for some light refreshments. Enjoy music from Mansfield Entertainment from 6:30 to 8:30pm, and watch with delight the dancing demonstrations by our own Ballroom Dancing instructors, Barry Kasven and Cynthia Horn. Come and enjoy all types of music and dances. This dance is coordinated by Emily Tamilio, Community Relations, of Right at Home, and the Carlisle Council of Aging.



Pass It Forward Day - Saturday, June 16, 10am - 3pm

Carlisle will hold Pass It Forward Day at the Transfer Station on Lowell Street. Take new and gently used items that you no longer want to the Transfer Station, where representatives from several charities will gratefully receive them. Check out the Mosquito for requested items. Thank you in advance for your generosity.