

# Carlisle Connection



June 2014

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 - 90 +

What is it that helps us live 'extra' long? In May, Sixty Minutes aired a piece called "90+" with information relating to 14,000 seniors who completed "detailed questionnaires about their diet, activities, vitamin intake and medical history" as they entered a retirement community back in 1981. Recently, this treasure trove of information came to the attention of a group of medical scientists who realized that they had a rare opportunity to examine and track a large senior group in a fairly controlled environment. With an NIH grant in hand, the researchers went to work with this group who are now all in their 90s or older.

Not surprisingly daily exercise was found to be one of the best indicators of longevity. Even 15 minutes a day helped, but those who exercised physically for 45 minutes (not necessarily all at one time) had the best results. Another factor associated with longer life was keeping active in non-physical ways, such as socializing, and (you'll love this Mary Zoll) attending book clubs.

Surprisingly, thus far they have found no evidence that taking vitamins affected longevity. By contrast, moderate alcohol intake was found to be a positive factor as people in the study that had up to two drinks per day had a 10-15% reduced risk of death compared to non-drinkers. "A lot of people like to say it's only red wine. In our experience, it didn't seem to matter," said lead researcher Dr. Claudia Kawas.

This all just one study of course, but if you wish to learn more go to: [www.cbsnews.com/news/want-to-live-to-90/](http://www.cbsnews.com/news/want-to-live-to-90/).

Apparently, coffee drinkers live longer as well. At least I have one thing going for me! Warm Regards, *David Klein, Carlisle COA*

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## Annual Spring Fling Friday, June 6

Come join the Carlisle Council on Aging for a night of fun, dancing and music starting at 6pm. Enjoy light refreshments, followed by Music from Mansfield Entertainment 6:30 to 8:30pm, and dancing demonstrations by our own Ballroom Dancing instructors, Barry Kasven and Cynthia Horn. Music sponsored by Emily Tamilio of Right at Home. Please register by calling the COA (978) 371-2895 by noon on May 29.

## This Month in History

One hundred years ago, on June 28<sup>th</sup>, 1914, an assassin in Sarajevo killed Arch Duke Ferdinand, the heir to the Austria-Hungary Empire sparking events that lead to World War 1.

### 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

**Director** David Klein  
[coadirector@carlisle.mec.edu](mailto:coadirector@carlisle.mec.edu)  
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**LICSW - Peter Cullinane**

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## TRANSPORTATION

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

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation.

**DONATIONS/FEES\*:** Van rides within Carlisle and the Friday shopping trips-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 9:00am for the **Free** Weekly Grocery Shopping Trip to Market Basket in Westford. Call to make reservations (978) 371-6690. Van leaves VC at 9:00am.



### Van pick-up for the FRS monthly lunches

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

## TRIPS & More

### COA Day Trip

#### Paper House Tour & Rockport, MA

Monday, June 2

Join us as we travel back in time to the Paper House built by Mr. Elis F. Stenman, a mechanical engineer who designed the machines that make paper clips. In 1922 he began building his Rockport summer home out of paper as a hobby. After the tour we head into Rockport Center for a lunch on your own, stroll and enjoy the coastal town. Van Fee \$5.00 Leave VC at 9:15am and CC at 9:30am returning between 4-5pm. If you are interested in this trip, please contact Joanne Willens at (978) 371-8023.



### Ogunquit, ME Day Trip

Wednesday, June 11

See all 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. Lunch on your own. Deadline to register is Wednesday, June 4. Van fee \$5.00. Van leaves VC at 9:00am, CC at 9:15am.



### Carlisle Community

#### Book Club

Monday, June 9, 10:15am

Gleason Library Hollis Room

We will be reading "The Widow Clicquot" by Tilar J. Mazzeo. For information contact Mary Zoll, (978) 369-5236.

## Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.

### Zaftigs Delicatessen

Monday, June 16

Due to popular demand we are returning to Zaftigs. Join us to enjoy great Jewish-style offerings from a huge menu. Van fee \$5.00. Leave VC at 10:00am and CC at 10:15am, returning between 3-4pm.

### Bamboo

Monday, July 7

Join us as we return to Bamboo Restaurant in Westford for a delicious Asian meal and good company. Leave VC at 11:00am, CC at 11:15am, return around 2:00pm.

## Theatrical Happenings

To register, call Joanne Willens at (978) 371-8023. Make checks payable to Carlisle COA, due upon registration. Once your check is received you will be registered for the trip.

### Stoneham Theatre "Menopause The Musical"

Wednesday, June 25 Join us for another great show. Ticket price is \$35.00 payable upon registration. Lunch on your own. Deadline to register is June 18. Van fee \$2.00. Van leaves VC at 10:45am, CC at 11:00am. Return between 4-5pm.

## FOOD COURT & Miscellaneous Activities



### Monthly Coffee

Thursday, June 5, 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Coffee is hosted by Liz Bishop and Melinda Lindquist. Come, enjoy good food and meet old and new friends.

### “SENIOR MOMENTS” at Ferns

June 9 & 23 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 senior attendees for coffee.

### Chelmsford Crossing/Minuteman

#### Senior Services Lunch

Wednesday, June 4 at 12:00am

Come to the Congregational Church for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Lunch is hosted by the Congregational Church. Enjoy a meal of BBQ chicken leg, pineapple coleslaw, potato salad, watermelon wedge and a dessert. Register at (978) 371-2895 by noon on Friday, May 30. **Following the lunch:** Steve Golson, one of the Adult Troop Leaders, will share photos from Carlisle Boy Scout Troop 135's high-adventure trip to Iceland in August 2013. Hiking, camping, ice climbing, swimming, icebergs, all made this a once-in-a-lifetime trip for the boys.

### Men's Breakfast

Thursday, June 12 at 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.

### COA Lunch, Thursday

June 19, 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: assorted sandwiches, garnishes, dessert and cold drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Monday, June 16. Shuttle available, see page 2.

**Following the lunch:** Richard Clark presents “Barrymore.” Enjoy the life and times of the “bad boy” actor of the early 20th century, John Barrymore. Have a rollicking good time as he takes us down memory lane to the era of the roaring 20's & 30's. Join an audience at a rehearsal of his greatest performance – Shakespeare's “Richard III and more.”

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.



### Save the Date!

Summer sing along and ice cream social, Thursday, August 7 at 1:30pm, Congregational Church.

physics [ 'fɪzɪks ]  
n (functioning as singular)

1. (Physics / General Physics) the branch of science concerned with using extremely long and complicated formulas to describe how a ball rolls.

**\*\*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.

## *Outreach with Angela*

### **Virtues of Volunteering**

As many of you may already know, what makes it possible for the Council on Aging to do as much as we do is our volunteers. We ALWAYS can use more volunteers. We have volunteers who are Friendly Drivers, deliver Meals on Wheels, serve as companions when someone needs some support at a doctor's visit, are friendly visitors, help with handyman work, help with yard work, help with running a program, provide computer/electronics support, help with medical equipment, help with office work/coverage and share their talents in other ways. If you feel you have time (as little as an hour a month- not even every month), please give me a call or stop by the office and pick up a volunteer application.

Did you know that there are many benefits to volunteering? Volunteering is actually one of the best ways to make new friends and strengthen existing relationships. Volunteering can provide a healthy boost to your life satisfaction and even to your physical health. Studies have found that those who volunteer have a lower mortality rate than those who do not. Helping others kindles happiness. Researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were. Look for the COA table at Old Home Day; bring your family and friends! Happy Spring, Angela

## **Community Events**

### **Pass It Forward Day**

Please consider donating your new and gently used items at the Pass It Forward Day on Saturday, June 7, 2014, 10:00am-3:00pm, at the Carlisle Transfer Station.

- *Baby's and children's things for Cradles to Crayons*
  - Backpacks and school supplies for Gael Force Gives (robotics team charity)
  - Science things and arts and crafts for Discovery Museum
  - Adult clothing for Acton Community Supper, Big Brother Big Sister, Concord Players, VA Hospitals in Bedford & Northampton, MIT's Host to International Students
  - Books for Benton Library, Belmont; Concord Poetry Center, Discovery Museum
  - Pots, Pans and other household items for Household Goods Recycling Ministry
  - Wheelchairs and Shower Chairs for the Carlisle Council on Aging
  - Stationary Exercise Bicycle for St. Irene Catholic Church
  - Equipment for small animals for Lowell Humane Society
- Please refer to the Mosquito for more details.

### **Guided Tour of Heald House**

**Tuesday, June 17, 1:30 pm**

Seniors are invited to a guided tour of Heald House, home of the Carlisle Historical Society, a private organization devoted to preserving Carlisle's history. The Heald House at 698 Concord Street, Carlisle, is arranged as a museum displaying artifacts that figure in Carlisle's history dating from colonial times, including housewares, farm implements, muskets and other items from the Revolutionary and Civil Wars, clothing, and much more. The Council on Aging van will leave the Congregational Church at 1:15 on Tuesday, June 17 or come on your own; but please call the COA at (978) 371-2895 to register for this special event. Light refreshments will be served.

### **Old Home Day Weekend**

**June 27-29**

Some of the major events on Saturday, June 28 are the Great Parade at 10am, the Country Fair at 10:30am, FOGPL Used Book Sale at 10:30am, Boy Scout BBQ lunch at 11am, Firefighters BBQ at 4pm, and Cake Walk at 5pm at Town Hall. Please look for our Senior Connection van in the parade and stop by our table at the Country Fair and learn more about what we do, and have your grandkids (and those young at heart) decorate a FREE white painter's hat thanks to a very generous donation from Benjamin Moore.

## 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). Stop in and try a class/day for free (except yoga)!

#### Tuesdays June 3, 10, 17, 24 @ St. Irene

**Zumba - 10:45-11:30am.** Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (June-Aug.)

**Tai Chi - 12:30pm.** Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. If we have seven people register for June, we will continue through the summer (June-Aug. \$40).

Some of the benefits include: relieves stress, aids in coordination and balance, reduces bone loss, improves lower body and leg strength, reduces blood pressure, enhances mental capacity and concentration, helps with arthritis, strengthens ankles and knees and promotes faster recovery from strokes and heart attacks.

Linda is a retired health and physical education teacher. She has been studying tai chi and qi gong under Jeff Cote for 11 years. She continues her studies in tai chi, qi gong, push hands and baqua. Linda served an apprenticeship under Jeff Cote in tuina, which includes study of TCM theory, and Chinese Herbal Medicine.

#### Wednesdays June 4, 11, 18, 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.

**Chair Yoga - 10:45-11:45am.** An alternative to traditional yoga, which may be too challenging for certain individuals.

Fee for Yoga classes: \$90 for 6 wks, \$30 for Carlisle seniors. Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept.*

#### Thursdays June 5, 12, 19, 26

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

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

#### Fridays June 6, 13, 20, 27

**SAMA - 10:45am, Clark Room at Town Hall.** (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, June 4, 11:30am**

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

**Thursday, June 5, 9am**

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

**Thursday, June 12, 8am**

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

**Thursday, June 19, 11:00am**

**COA monthly lunch, FRS,** sponsored by  
FOCCOA and Emerson Home Care.

**Monday, June 23, 10:00am**

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

### Podiatry Clinic



**Tuesday, July 1**

#### 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."

### Monday-Friday, Inside Walking at Carlisle School Gym 6:45-7:30am

For security reasons the gym will not be left open. To walk you MUST call David Flannery (978) 371-2279 any time after 4:00pm the day before and before 5:00am the day you want to walk. Please note that the last day of school is



### Monthly Quote

*No one can make you feel inferior  
without your consent.*

**Eleanor Roosevelt**

# JUNE 2014

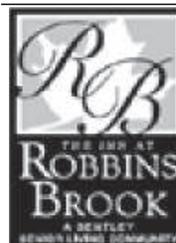
SUN	MON	TUE	WED	THU	FRI	SAT
1 FOCCOA Annual Meeting- Benfield Farm, 3-5pm. Shuttle available	2 Hair Cuts on the Go - by appt., Town Hall  Paper House Tour & Rockport VC-9:15am CC - 9:30am	3 Zumba-10:45am St Irene Tai Chi-12:30pm St Irene	4 Yoga - 9:30am Chair yoga - 10:45am Chelmsford Crossing Lunch -12:00am, BP 11:30am, Congregational Church	5 COA coffee & BP - 9:00am Sleeper Rm Fitness - 9:45am Cardio - 10:45am	6 Grocery Shopping - VC 9:00am SAMA- 10:45am Spring Fling - 6:00pm, St. Irene	7 Pass It Forward Day
8	9 Sr. Moments - 9:30am Ferns Book Club - 10:15am Hollis Rm Gleason Library	10 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene	11 Ogunquit Day Trip - VC 9:00am, CC 9:15am Yoga - 9:30am Chair yoga - 10:45am	12 Men's Breakfast & BP - 8:00am Sleeper Room Fitness - 9:45am Cardio - 10:45am	13 Grocery Shopping - VC 9:00am SAMA - 10:45am	14
15	16 Restaurant Review - Zaftigs, VC 10:00am, CC 10:15am	17 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene Community Event - 1:30pm Heald House Tour Congregational Church 1:15pm	18 Yoga - 9:30am Chair yoga - 10:45am	19 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am BP 11, FRS, followed by Richard Clark's presents "Barrymore" KISS - 7:30pm	20 Grocery Shopping - VC 9:00am SAMA - 10:45am	21
22	23 Sr. Moments - 9:30 Ferns, BP 10am	24 Zumba - 10:45am, St Irene Tai Chi - 12:30pm St Irene	25 Yoga - 9:30am Chair yoga - 10:45am "Menopause the Musical"- VC 10:45am, CC 11:00am	26 Fitness - 9:45am Cardio - 10:45am	27 Grocery Shopping- VC 9:00am SAMA - 10:45am	28 Old Home Day - Look for us!
29	30	NOTE: Inside walking - Mon-Fri 6:45-7:30am Carlisle Public School - <i>Last day of school is 6/24/14</i> <b>See page 5 for more</b>				



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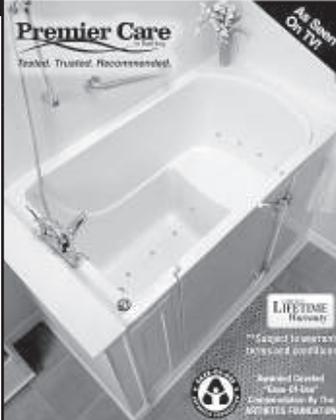
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## **Return Service Requested**



### **FRIENDS OF COA ANNUAL MEETING AND 20th ANNIVERSARY CELEBRATION Sunday, June 1 from 3-5pm Benfield Farms, 575 South Street, Carlisle**

ALL are welcome to attend the 20th Anniversary of the founding of the Friends of the Carlisle COA. Christine Lear, a Carlisle resident and former Post Production Supervisor at *This Old House* and Associate Producer at WGBH Educational Foundation, will be our guest speaker. Her topic will be *WGBH: Past and present*. Refreshments will be served. A shuttle will be running from Village Court at 2:20pm and Town Hall at 2:40pm to ease parking issues. RSVP to Estelle Keast at [ekkeast@comcast.net](mailto:ekkeast@comcast.net) or (978) 369-2445. [http://www.carlisle.org/foccoa/Home\\_Page.html](http://www.carlisle.org/foccoa/Home_Page.html).



### **Hair Cuts on the Go! Monday, June 2, Town Hall**

Suzanne Hickey and Georgia Triantafilles provide haircuts to the Seniors for \$10.50. Appointment is 15 minutes. Tell a friend! Call the COA at (978) 371-2895 for your appointment between 9:30am and 11:30am.

### **Carlisle Boy Scout Troop**

Carlisle has a very active Boy Scout Troop, with 30 boys aged 11 to 18 years. We are looking for some seniors who would like to help pass on their experience to the next generation by becoming Merit Badge Counselors. There are 120 Merit Badge topics designed to introduce boys to art, science, and vocational subjects that they won't get in school. Merit badge topics run the gamut from Archaeology, trucking, plumbing, chemistry, electricity, welding, robotics, and fly-fishing to such things as journalism and veterinary medicine. If you feel you would like to contribute to a boy's life by helping the Troop please contact either Alison Roberts at (978) 254-5818 or Mike Quayle at (978) 318-9469.

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.