



Carlisle Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

March 2012



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

From the Director's Desk

This is the time of year when the COA starts to plan our programming for Fiscal year 2013. In line with our long range plan, we would like to incorporate programming to encourage health and wellness, cultural and educational opportunities, as well as information about housing and tax relief options for seniors. This is the perfect time for you to chime in on what you would like to have us offer in the coming year. Our contact information is on the bottom of this page—we would love to hear from you!

Yours in service, Debi

COA Monthly Luncheon - Thursday, March 15 at 11:45am

Please join us at the FRS for Shepherds Pie and roasted vegetables, dessert, cold drinks, coffee and tea.

Suggested donation: \$3. For reservations, call the COA office at (978) 371-2895 by noon on Monday, March 12. For transportation, call the van line at (978) 371-6690.



After the luncheon, enjoy Celtic music by Cliff McGann. Read about McGann's music at <http://cliffmcgann.com/>. McGann has experience playing Lowden, Breedlove and Otis Tomas guitars as well as a Rigel Mandolin and Sindt, Overton & Copeland Irish whistles.



"A Little Night Music" at CCHS - Open Dress Rehearsal March 7 at 4pm

The Concord-Carlisle High School invites seniors to attend an open dress rehearsal of the musical comedy "A Little Night Music" on Wednesday, March 7th. Written by Steven Sondheim, "A Little Night Music" tells the story of four couples involved in various romantic relationships with secrets from their pasts and a hilarious weekend in the county in which they all intersect.

The dress rehearsal will begin at approximately 4:00pm and end at approximately 6:00pm. Refreshments will be served during "intermission." Seniors are invited to attend free of charge, no tickets or reservations are necessary. Concord-Carlisle High School is located at 500 Walden Street. Please call the COA by March 1st to register for a ride in the van to the show.

Senior Circuit Breaker Tax Credit - the State's best kept secret! For tax year 2011, the credit is worth as much as \$980 for eligible taxpayers 65 and older who either own or rent their home. The credit is refundable, meaning that if a taxpayer does not have an offsetting state tax liability, or has a liability that is smaller than the credit, they receive a check from the Commonwealth for either the entire credit or for the portion left after taxes are paid. Seniors who live in public or subsidized housing are not eligible for the credit. For more information on how the credit works and is calculated, go to www.mass.gov/dor or call 1-800-392-6089.

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
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Debbie Farrell Transportation Coord.
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Bonnie Hansen Administration
Peter Cullinane LICSW

COA Board Officers

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

Board Members

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

MARCH 2012

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Walking Group M-F 6:45 - 7:30a Coffee -9, with BP - 9:15a Fitness - 9:45a Cardio - 10:45a Robbins Brook lunch - Noon @ FRS	2 Martial Arts - 10:45a Van Shopping - 9a	3
4	5 Walking Group M-F 6:45 - 7:30a Yoga - 9a & 10:15a	6 Podiatry Clinic Carlisle Community Conversations - 11a Ballroom - 2p	7 Intergenerational Poetry - 9:30a Masters of Enterprise - 7p	8 Men's Breakfast - 8a BP - 8a at breakfast Fitness - 9:45a Cardio - 10:45a Tap - 3p	9 Martial Arts - 10:45a Van Shopping - 9a	10
11	12 Walking Group M-F 6:45 - 7:30a Yoga - 9a & 10:15a Senior Moments - 9:30-11a	13 Mappareum Trip - 9a from Congregational Church Nashoba Valley Tech Luncheon - 11:45a Ballroom - 2p	14 Intergenerational Poetry - 9:30a Friends of the COA Meeting - 10a Masters of Enterprise - 7p	15 Fitness - 9:45a Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS Music - 12:45p Tap - 3p	16 Martial Arts - 10:45a Van Shopping - 9a	17 St. Patrick's Day Luncheon- 12-2 Concord Carlisle High School
18	19 Walking Group M-F 6:45 - 7:30a Yoga - 9a & 10:15a Restaurant Review - Red Rock Bistro - 10:25a Village Ct. 10:30a Cong. Ch.	20 Carlisle Community Conversations - 11a Ballroom - 2p	21 Intergenerational Poetry - 9:30a Masters of Enterprise - 7p	22 Fitness - 9:45a Cardio - 10:45a Tap - 3p	23 Martial Arts - 10:45a Van Shopping - 9a	24
25	26 Walking Group M-F 6:45 - 7:30a Yoga - 9a & 10:15a Senior Moments - 9:30a - 11a, BP COA Book Club - 10:15a Hollis	27 COA Board Meeting - 10:35a Clark Room Ballroom - 2p	28 Breakfast at Nashoba Tech - 9a Intergenerational Poetry - 9:30a Masters of Enterprise - 7p	29 Women's Breakfast - 9a - Sleeper Room Fitness - 9:45a Cardio - 10:45a Tap - 3p	30 Eliz. Gardner Museum Trip - 10a Martial Arts- 10:45a Van Shopping - 9a	31

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;
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.

Van Snow Policy

If Carlisle schools are cancelled or delayed due to weather, the COA van will not run until at least 10am. *This will give staff, van drivers, passengers and family members time to assess road, driveway and walkway conditions and for riders to make other arrangements if needed. If we are able to transport passengers later in the day, we will, weather and road conditions permitting.* If you are unsure about a scheduled ride on a wintery day please call the COA VAN LINE at (978) 371-6690 after 8am.

Mapparium at the Christian Science Monitor - Tuesday, March 13

Fee: \$4 due by March 1st. \$5 van fee. Lunch is on your own, café available, or brown bag it and sit by reflecting pool. Call Joanne at (978) 371-8023 to sign up. Picture a giant, hollow ball made of glass, completely indoors, surrounded by lights, and skewered through its middle by a footbridge made of glass. Stain the inside of the glass ball as if it were a political map of the Earth turned inside-out! Departure is from the Congregational Church at 9am and return around 4pm.

Restaurant Review - Monday, March 19

Red Rock Bistro

Red Rock Bistro in Swampscott, Massachusetts. Pick up at Village Court at 10:25am and Congregational Church by 10:30am. Arrive by 11:30am. Beautiful ocean and Boston view. Lunch on your own, return approximately 4pm. Call Joanne at (978) 371-8023 by March 12 to register. \$5 fee for van.

Elizabeth Gardner Museum - Friday, March 30 - Depart Cong. Church at 10am, return 4pm.

Fee: \$10 for ticket by March 16th. \$5 fee for van, payable on the day of trip. New addition, café and shops! Please call Joanne at (978) 371-8023 to register.

The Peabody Essex Museum - In the Special Exhibition Galleries - Tuesday, April 3

Admission fee: \$12 per person. Exhibits include **The Mind's Eye: 50 Years of Photography by Jerry Uelsmann** and **Shapeshifting: Transformations in Native American Art**. Exhibit does not include Yin Yu Tang; a Chinese House (additional \$10 fee with limited entry). Please call (978) 371-8023 to register. Make checks for museum admission payable to Friends of the Carlisle COA and send to Joanne Willens, 145 Church St, B-12, Carlisle, MA 01741. Departure is from the Congregational Church at 9am. The tour begins at 10am. Lunch is on your own, and the van will return around 4pm. \$5 fee for van, payable on day of trip.

Stoneham Theatre - "The Full Monty" - Wednesday, April 18

\$30 per ticket, due NOW. Make check to Friends of the Carlisle COA and send to Joanne Willens, 145 Church St. B-12, Carlisle, MA 01741. We will depart from Carlisle Congregational Church at 10:45am and eat at Felicia's of the North End (lunch on your own). \$2 fee for van, payable on the day of the trip.



FOR YOUR HEALTH!



Health Series: Keep Yourself Healthy, Strong, and Seeing Clearly

How can you create a more healthy food and physical activity environment? What should be done to care for eyes as we age? And how is prevention the key to aging comfortably? This spring, join us for a series of talks presented by the Friends of the Carlisle Council on Aging and the Friends of the Gleason Public Library. On **Tuesday, April 3rd at 1:30pm**, Dr. Ann Burnham will present an informative talk on your “**Eyes and How to Care for Them as You Age**” including information on what issues may arise, cataract surgery, and macular degeneration. On **Monday, April 9th at 7pm**, Dr. Miriam Nelson will present 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.**” And on **Thursday, April 26 at 7pm**, fourth-year medical student Andrew Tannenbaum of Carlisle will give a talk on **Preventative Healthcare** to help us understand the logic of why Health Care Professionals perform various screenings and recommend certain vaccinations, and how they identify and prevent more serious diseases.

These free programs will be held at the Gleason Public Library Hollis Room. Please register by calling the Library at (978) 369-4898. For more information about this and other library events, please call, visit their website www.gleasonlibrary.org, or stop by the reference desk.

Free Blood Pressure Clinics: **Thursday, March 1, 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, sponsored by Life Care Center of Nashoba Valley. **Thursday, March 8, 8-9am** at the Men’s Breakfast at Village Court, sponsored by Home Instead Senior Care of Chelmsford. **Thursday, March 15, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, sponsored by FCOA & Emerson Hospital Home Care. **Monday, March 26, 9:30am at Ferns**, sponsored by Right at Home.

Podiatry Clinic - **Tuesday, March 6** in the Sleeper Room at Village Court. Please call the COA at (978) 371-2895 to register. **Cost:** \$20 (discounted fee, partially funded by the Carlisle COA), checks made out to Carlisle COA or cash; payable the day of the clinic. **Note:** Clinic for Carlisle Seniors.

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. **Fee:** \$40 (March thru May).

CARDIO-BOOST CLASS - **Thursdays (Congregational Church) at 10:45am**
Instructor: Katrina Rotondi. A “heart-healthy,” aerobic-type workout. **Fee:** \$40 (March thru May).

BALLROOM DANCING - **Tuesdays (St. Irene) at 2pm** - Next session: March 6, 13, 20, 27 and April 3, 10, 17, 24. (Snow date May 1). Wear leather-soled shoes. **FREE** Call (978) 371-2895 to register.

YOGA - **Mondays (Clark Room at Town Hall) at 9am and 10:15am** - Session II: (March 5 – April 30, 2012) **Fee:** \$120 (\$102 for Carlisle seniors). Call (978) 369-9815 to register. No class April 16.

INTERGENERATIONAL TAP - **Thursdays (FRS Union Hall) at 3pm** - Ages 12 and older. Taught by Katrina Rotondi. **Fee:** \$40 (March thru May).

MARTIAL ARTS – **Fridays (Town Hall) at 10:45am** - Next session begins March 9. Class is focused for seniors. **Fee:** \$100 for 10 classes. Call (978) 371-2895 to register.

Carlisle Community Conversations

All sessions Tuesdays at 11am

Hollis Room at the Gleason Public Library

March 6 - Elizabeth DeMille Barnett, Town of Carlisle Housing Coordinator - "Looking Forward: Creative Housing Options for Carlisle Residents"

Do you feel like your house is just **too much**, e.g., are you spending too much time and money on upkeep, find living alone is isolating, or concerned about environmental sustainability? Have you considered other alternatives such as retirement communities, large condominium developments or even Sunbelt towns – and discovered what you knew already—that Carlisle, with its open space, wildlife, and proximity to Boston—is a very special place to live? This talk will touch briefly on creative housing options that are allowed by either permit or by-right, which are successfully being used by Carlisle residents. We will discuss specific options, for example: by-right two-family conversions for homes built prior to 1962; the Planning Board's Special Permit Process for accessory apartments; and by-right opportunities to rent rooms and to provide board to non-household members. The talk also will address state-funded no-interest and low-interest funding options for home modifications in order to allow frail seniors and disabled residents to stay in place. Do come and bring your questions!

March 20 - Sewing with Therese Quinn, Seamstress

Handcrafts are back! Twenty-somethings should not be the only ones following the trend of "re-purposing" something they found at a thrift shop! If you have a pattern you've never used, a skirt that needs hemming, sleeves that need tapering – or any sewing project, come and hear a professional's ideas on today's styles. Bring your "project" with you if you like, for tips on stitches, set-in sleeves, zippers, etc. Terry can't finish your project for you, but she can get you started, or motivate you to save those slacks you never got around to hemming.

Need Some Help Around the House? Bill Gale and a number of students from his Sixth Grade Advisory are willing and able to help out seniors once or twice a month. Need a small band of 4-10 helpers to clean that garage or basement? Have some yard work that can be done? Want to rearrange some furniture? Or, would you enjoy spending some time with students at the school, playing a board game? Please let Angela know your interest at (978) 371-2895.

Tall Ships & OpSail - July 2, 2012 - Travel to Boston to view the Tall Ships and the U.S. Naval Ships, docked in Boston Harbor as part of OpSail 2012, commemorating the U.S. Navy's actions in the War of 1812. Board the Provincetown II for a tour. After the cruise, visit Quincy Market and the Rose Kennedy Greenway and have lunch on your own. You'll return home at 5:00pm. **Cost:** \$62 payable to Fox Tours. **For more info., call Joanne at (978) 371-8023 or pick up a flyer at the COA Office.**

Intergenerational Poetry Group at Concord-Carlisle High School

Join CCHS English department teacher, Corey Brown; poetry specialist, Patti Russo; and a small class of sophomore students to explore intergenerational themes in poetry. Don't miss this chance to connect with a local teenager and get a taste of high school life. No preparation is required, and you don't need to be a poet to participate. Just come and enjoy this creative and enriching experience! Please call the COA ASAP to register. Program dates are Wednesdays from 9:30 to 10:30am, March 7, 14, 21, 28, and April 4, 11. The COA van will take you to and from the high school, leaving from the Carlisle Town Hall at 9am. ****This program is funded by a Concord-Carlisle Community Chest Grant.**

COA Book Club - Monday, March 26 at 10:15am

This month's book choice is *The Imperfectionists* by Tom Rachman and the meeting will be held in the Hollis Room of the Gleason Public Library.



FOOD COURT



Monthly Coffee - Thursday, March 1 at 9am

Jean and Jack Sain will be hosting, along with Priscilla Booth. Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court.

Robbins Brook/Minuteman Senior Services Luncheon - Thursday, March 1 at noon

At the First Religious Society. Hosted by the wonderful FRS volunteers. Cooked by Robbins Brook and supported by Minuteman Senior Services. Truly a community event each month. Featuring chicken parmesan and pasta. Register by Friday, Feb 24 at noon. **Suggested donation:** \$3.

Men's Breakfast - Thursday, March 8 at 8am

Held at the Sleeper Room at Village Court each month, this is a full, hearty breakfast. Cooked by our wonderful volunteer, Andy Cutter and helpers. **Suggested donation:** \$3



Nashoba Valley Tech. Luncheon - Tuesday, March 13 at 11:45am

Call the COA by Thursday, March 8th to make your choice of Chicken Cordon Bleu, boneless breast of chicken filled with imported ham and swiss cheese. or Seafood Casserole, combining haddock, scallops, shrimp and crabmeat in crumb stuffing. **Cost:** \$10 plus tip.

Concord-Carlisle High School St. Patrick's Day Lunch - Saturday, March 17 at 12pm

This **FREE** event is for senior citizens of Concord and Carlisle. Hosted by CCHS Seniors (Class of 2012). It is recommended you arrive by **11:30am**. A traditional corned beef and cabbage dinner with dessert and coffee. Entertainment provided. Please call the COA by Thursday, March 8 to register & request a van ride.

Nashoba Valley Tech. Breakfast - Wednesday, March 28 at 9am

It's time for another quarterly breakfast! **Cost:** \$5.50 plus tip payable to the Elegant Chef Restaurant. Call the COA by Thursday, March 22 to register.

Women's Breakfast - Thursday, March 29 at 9am

Come celebrate Women's History Month with another amazing breakfast by Lady Di (Dian Cuccinello!) at the Sleeper Room, 145 Church Street. Come dressed as the woman you most admire. A gorgeous gift basket will be awarded to the woman with the best vision/imagination. Bring along something that represents your honoree, such as a book, passage or picture, or anything you can carry, to add to the fun! Dian will be honoring her teacher and mentor, Julia Child. Call the COA by Thursday, March 22 by noon to register. A **donation** of \$3 is requested. If you would like a ride, contact our Van Line at (978) 371-6690 at least two days before.

"SENIOR MOMENTS" at Ferns Country Store – March 12 and 26 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 "Senior Moments" attendees for coffee and other eats. First come, first served!

****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.



Free Tax Preparation Assistance - at the Bedford Council on Aging

An AARP-certified volunteer tax consultant is available. Please bring last year's federal and state returns, estimated taxes paid in 2011, totals of itemized deductions, property tax bill for possible use for the Circuit Breaker tax credit, and any other documents related to income. To make appointment, (1-1.5 hours), call the Bedford COA at (781) 275-6825. Appointments can be made thru April 6. Please allow lead times when requesting appointments.

Struggling with your Real Estate taxes?

Contact the Assessor's Office (978) 369-9815 to find out if you may be eligible to apply for a tax credit.

If you are 65 or older, or disabled, you may also be eligible for Aid to the Elderly and Disabled.

Please contact the COA at (978) 371-2895 for more information.

Applications for both programs must be received by March 30, 2012.

Masters of Enterprise with Gary Hylander

**Wednesdays in March at 7pm
Hollis Room, Gleason Public Library**

March 7 - Andrew Carnegie's rise and transformation of the iron and steel industry

March 14 - "Prince of Oil" John D. Rockefeller

March 21 - Henry Ford and mass production

March 28 - Sears and Roebuck's revolutionizing of the mail-order business

Offered in partnership with Sage Educational Services, the mini-series is *sponsored by the Friends of the Gleason Public Library and the Friends of the Carlisle Council on Aging Lee Milliken Fund.*

For more information or to register, please call (978) 369-4898. www.gleasonlibrary.org