

Carlisle Connection



March
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

Greetings Everyone,

Let's hope that March has more lamb than lion in store for us. As you'll see on the following pages, we've got lots of great events planned, including our spring health lecture series, numerous scrumptious eating opportunities and a wonderful 'Art Matters' series planned in conjunction with the Friends of both the Carlisle Council on Aging and the Gleason Public Library (see back page for more info).



Of course we're not the only game in town and I'd like to plug the Concord-Carlisle Adult & Community Education's Village University, which looks to have a great spring lineup of classes & instructors, including:

- ◇ Symbol and Image in Story and Lyric - Dick Shoheit
- ◇ The Barnes Foundation (shown above), the Unknown Masterpieces - Joyce Sales
- ◇ The Incomplete Constitution - Janet Beyer

They all sound interesting! Having grown up near the Barnes Foundation, outside of Philly, I can tell you that it is indeed a special place. For more info on the classes and to register, call (978) 318-1432 or go online to www.ace.colonial.net.

Welcome to Spring! - David

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Dermatology Clinic
Thursday, April 9
Congregational Church



Call the COA (978) 371-2895 to set up a 15 minute appointment for a **FREE confidential** dermatology screening in individual rooms at the Congregational Church. Dr. Terry Hadley of Dermatology Associates of Concord will be conducting the clinic. Dr. Hadley is affiliated with multiple hospitals in the area, including Emerson Hospital & Mt. Auburn Hospital. Attendance is limited so please register early.



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

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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.

Atlantic Sea Grill Monday, March 9



Enjoy a fresh seafood lunch at the Atlantic Sea Grill in Acton. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, March 2.



Flatbread Company Monday, April 13

Enjoy lunch at the Flatbread Company in Bedford. Van leaves VC at 10:40am, CC at 10:55am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, April 6.



Knitting in Service Society Thursday, March 19, 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/scarves to benefit the Boston homeless through Common Cathedral. For meeting location, please call the COA at (978) 371-2895.

Need Some Help with Fuel Bills?

Please contact the COA at (978) 371-2895 to learn more and for a confidential appointment.

Day Trips/Theatrical Happenings

Stay tuned for future trips & theatrical happenings!

*It was one of those **March** days when the sun shines hot and the **wind blows** cold: when it is summer in the light, and winter in the shade.*

Charles Dickens



Need Help with Spring Yard Work?



Carlisle School teacher Mr. Gale & the 6th Grade Advisory Group will provide community service to 4 or 5 seniors with one-time yard work this spring. First come; first served. Preference given to new clients. Call (978) 371-2895 and put your name on this list.



Carlisle Community Book Club

Monday, March 9, 10:15am

- Gleason Library, Hollis Room -

The English Patient by Michael Ondaatje

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

Hair Cuts on the Go!

Monday, April 6, 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 - 11:00am.

FOOD COURT & Miscellaneous Activities

Chelmsford Crossing/ Minuteman Senior Services Lunch Wednesday, March 4, 12pm



The FRS is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy gluten-free boneless pork chop, baked potato, steamed broccoli, salad and dessert. If you don't eat pork, please let us know and we will request an alternative. Register at (978) 371-2895 by noon on Thursday, February 26. **Following the lunch:** How well do you know Carlisle? Enjoy a session of trivia about the Town, which will reveal details you never knew. Phil Drew will be the host.



Monthly Coffee Thursday, March 5, 9am



Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Village Court's Sleeper Room. Coffee's hosts: Holly Salemy and Carolyn Shoet.

"SENIOR MOMENTS" at Monday, March 9 & 23, 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% coffee discount to senior attendees.



Nashoba Tech Lunch Tuesday, March 10, 11:45am

Menu choices include: Tuscan chicken (parmesan encrusted chicken breast with tomatoes, white wine sauce & basil served with potato & fresh vegetables), baked stuffed shrimp or vegetarian. To register call the COA at (978) 371-2895 by Tuesday, March 3. **Cost:** \$10 plus tip, payable at school.

Breakfast at Nashoba Tech Wednesday, March 25, 9am



Menu: Choice of eggs (scrambled, benedict or omelet), bacon, sausage, potatoes, French toast, pastry, juice, coffee or tea. Call the COA at (978) 371-2895 by Wednesday, March 18. **Cost:** \$6.50, plus tip, payable at the door.



Men's Breakfast Thursday, March 12, 8am



Held at the Sleeper Room at Village Court, 145 Church St., each month. Enjoy this generous, delicious, hearty breakfast prepared by our volunteer chef, Dana Smith, and helpers. Suggested donations: \$3 for Men's Breakfast. Gluten-free option available.

St. Patrick's Day Lunch Saturday, March 14, 12pm



The Concord-Carlisle Senior High School Class of 2015 cordially invites all senior citizens in Concord and Carlisle to the annual St. Patrick's Day Luncheon on Saturday, March 14 in the CCHS cafeteria. Doors open at 11:30am, lunch will be served at 12:00 noon. Guests will enjoy a traditional boiled dinner of corned beef and cabbage, potato and carrots. Traditional Irish soda bread and a plate of sweets for each table will round out the meal. Entertainment will be provided by a troupe of Irish Step Dancers. This is a **FREE** event. The COA van will be available on a first-come, first-served basis for 13 seniors. Please call (978) 371-2895 to register by noon, March 9 and let us know if you need a ride.



COA Lunch Thursday, March 16, 11:45am



Join us for lunch at FRS. 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, March 16. Shuttle available, see page 2. **Following the lunch:** Steve Satin, Carlisle resident and President of Satin Wellness In-Home Personal Training, will present a program of simple exercises you can do at home or when traveling that can help increase your strength and build stronger bones and joints. This program also includes safe and effective exercises for most anyone no matter their limitations. Whether you are physically fit, have an injury or health challenge, these exercises can be done by anyone. Come have fun with Steve!

****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

March is National Nutrition Month: a good time to think about what is Healthy Eating. The National Institute on Aging offers these recommendations:



- ◆ Eat many different colors and types of vegetables and fruits.
- ◆ Make sure at least half of your grains are whole grains.
- ◆ Eat only small amounts of solid fats and foods with added sugars.
Limit saturated fat (found mostly in foods that come from animals),
and trans fats (found in foods like store-bought baked good and some margarines).
- ◆ Eat seafood twice a week.

How much you should eat depends on how active you are. The energy you get from food helps you accomplish what you need to do each day. As we grow older, our sense of taste and smell may change. Foods may seem to have lost flavor. Medicines may change how food tastes. They can make you feel less hungry. If this is happening, talk with your doctor. Try extra spices or herbs on your foods to add flavor. As we age, we may lose some of our sense of thirst. Remember to drink plenty of liquids. Also, it is important to be physically active. Pick activities that you like and start by doing what you can. If you are struggling with your expenses, there are ways to receive help in acquiring food so give me a call at (978) 371-2895. Also don't forget to check out our exercise classes; you can always try one for free!

Looking forward to warmer weather!

Best, Angela

Community Events



Community Conversations

Tuesdays @ 1:30pm, Gleason Library

- **Tuesday, March 10: Managing Home Recordkeeping.** Jack Huntress, Carlisle resident and founder, HomeBinder. Jack Huntress developed HomeBinder with the goal of making managing a home, and preparing to sell, easier. From setting maintenance reminders, to getting an electronic backup of important home files, to home inventory and accurately accounting for capital expenditures, there is a lot to consider as a homeowner. If you've done a good job in record keeping, you can use the information to help sell your home and minimize your taxable gains. Come learn about best practices for homeowners in 2015.
- **Tuesday, March 31: Inspired Stones/using stones in the landscape, and building your own cairn.** Cliff Hakim. The goal of Cliff's presentation is to explore the wonder of stones and bring out the "rock star" in you. When you touch a rock, it becomes a stone, something personal. Cliff's interactive presentation will focus on beauty, substance, and inspiration. He will encourage participants to build their own cairn, a balanced stack of stones, often used as trail and land marks. Participants will be asked to share their insights from the exercise and a "stone" story.



Spring Health Lecture Series

**Wednesday, 7:00pm
Gleason Library**

The Friends of the Carlisle COA & the Gleason Library invite you and your friends to attend the 11th Annual Carlisle Health Series. Call the Library to register at (978) 369-4898.

April 8 - Dr. Jon DuBois, Director of Cancer Services at Mass General Cancer Center at Emerson Hospital-Bethke will present *Cancer Care in 2015: The Past, the Present and the Future*.

April 22 - Dr. Margie Lachman, Director, Lifespan Initiative on Healthy Aging and Lifespan Lab at Brandeis will be presenting *Everything You Always Wanted to Know About Cognitive Aging (But Forgot to Ask)*.

April 29 - Lisa MacDonnell, M.T., presents *Be Your Own Best Healer - Prepare for Surgery Holistically to Heal Faster and Optimize your Brain Functioning with NeuroOptimal NeuroFeedback Training*.



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**March 2, 9, 16, 23, 30 @ FRS, Union Hall**

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

TUESDAYS**March 3, 10, 17, 24, 31 @ St. Irene**

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Mar.-May).

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Mar.-May).

Ballroom Dancing - 2pm. *Starting March 31.* Wear leather-soled shoes. **FREE** due to the generosity of our teachers, Barry Kasven & Cynthia Horn.

WEDNESDAYS**March 4, 11, 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.

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**March 5, 12, 19, 26**

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

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

FRIDAYS**March 6, 13, 20, 27**

SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** For more info contact osbkarate.com or call the COA.

FREE Blood Pressure Clinics**Wednesday, March 4, 11:30am****Chelmsford Crossing Lunch**

FRS, sponsored by
COA Volunteer.

Thursday, March 5, 9am

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

Thursday, March 12, 8am

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

Thursday, March 19, 11am

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

Monday, March 23, 10am

Senior Moments, Ferns, sponsored by
Right at Home.

Podiatry Clinic**Tuesday, March 3**

(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, March 9, 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 provide family members or elders looking for health care information. For more info, email amarowse@charter.net.

March 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Tap - 1:30pm, FRS	3 Podiatry Clinic by appt., Benfield, 2nd Fl. Senior Poetry - 10am, Town Hall Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St. Irene	4 Yoga - 9:30am, St. Irene Chelmsford Crossing Lunch - 12pm, BP 11:30am, FRS; <i>following lunch</i> : Carlisle Trivia Quiz Art Matters Series - Northern Renaissance - 1:30pm, St. Irene	5 COA Coffee & BP - 9am, Sleeper Rm. Fitness - 9:45am Cardio - 10:45am	6 Grocery Shopping - 9am, VC SAMA - 10:45am	7
8 Day-light Saving Time Begins  Spring Forward	9 Sr. Moments - 9:30am, Ferns Community Book Club - 10:15am, Gleason Library Restaurant Review - Atlantic Sea Grill, VC 10:45am, CC 11am Tap - 1:30pm, FRS Caregiver Support - 3:30pm, Gleason Lib.	10 Zumba - 10:45am, St. Irene Nashoba Tech Lunch - 11:45am Tai Chi - 12:30pm, St. Irene Community Conversation 1:30pm, Gleason Library: Managing Home Record-keeping	11 Yoga - 9:30am, St. Irene Boston Flower & Garden Show - CC 9:30am Art Matters Series - Rembrandt & Vermeer - 1:30pm, St. Irene	12 Men's Breakfast & BP - 8am, Sleeper Rm. Fitness - 9:45am Cardio - 10:45am	13 Grocery Shopping - 9am, VC SAMA - 10:45am	14 St. Pat's Day Lunch at CCHS 12 noon 
15	16 Tap - 1:30pm, FRS	17 COA Board Meeting - 10:30am Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St. Irene 	18 Yoga - 9:30am, St. Irene Art Matters Series - Francisco Goya - 1:30pm, St. Irene	19 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am, BP 11am, FRS; <i>following lunch</i> : Wellness Training KISS Knitting- 7:30pm	20 Grocery Shopping - 9am, VC SAMA - 10:45 Spring Begins 	21
22	23 Sr. Moments - 9:30am Ferns, BP 10am Tap - 1:30pm, FRS	24 Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St. Irene	25 Breakfast at Nashoba Tech - 9am Yoga - 9:30am, St. Irene	26 Fitness - 9:45am Cardio - 10:45am	27 Grocery Shopping - 9am, VC SAMA - 10:45	28
29 Palm Sunday 	30 Tap - 1:30pm, FRS	31 Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St. Irene Community Conversation - 1:30pm, Gleason Library: Inspired Stones Ballroom Dancing - 2pm, St. Irene		NOTE: Inside walking - Mon.-Fri. 6:45-7:30am CPS. See pg. 5 for info.		



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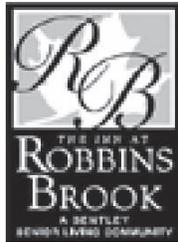
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ArtMatters with Jane Blair

Wednesday, March 4, 11 & 18 @ 1:30pm, St. Irene



Jane Blair of ArtMatters returns to Carlisle with another informative and inspiring art series. This series is **FREE** & open to the public. **Please call the Library at (978) 369-4898 to register** for one, two or all three lectures. Light refreshments to be provided by Life Care Center of Acton. Sponsored by the FOCCOA Rose Pullara Fund & FOGPL.

March 4 - Northern Renaissance. The Northern Renaissance includes some of the greatest artists and the boldest innovations, not the least of which is the invention of oil painting itself. Join us to view some Old Masters artwork from Flanders, Holland, Germany, England, & France.

March 11 - Rembrandt & Vermeer. Rembrandt Harmenszoon van Rijn and Johannes Vermeer, two of the greatest painters the world has known. Two brilliant artists, opposite in their artistic styles, but both of whose lives were noted for their tragic struggles and financial failures. Enjoy the drama of Rembrandt and the unique quiet of Vermeer. Take an ArtMatters hour, and connect to the masters.

March 18 - Francisco Goya. Known as the last of the Great Masters and the first of the Modern Masters. As Spain's conscience and chronicler, Goya documented the Royal Court with a sarcastic edge born of justice. A versatile artist, he created paintings, etchings & lithographs, tapestries, and frescos. His career spanned an explosive era of Spanish history, which he portrayed with unflinching honesty. He observed clearly both the highborn with their excesses & the madness of the masses, and he painted both with an unprecedented dedication to truth.

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Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest
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