



# Carlisle Connection

May 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

I recently went to an enlightening meeting of CHNA 15, our Community Health Network Area. CHNA 15 has produced a study that focuses on the mental health, public safety and food and nutrition needs of the region. I was happy to discover that the Carlisle COA's programs address each of the areas that were spotlighted in the study. We do it all! A subject that kept coming up at the meeting was the stigma that surrounds certain hardships. Many people are suffering from depression or anxiety, are having trouble making ends meet in this economy, or just feel very isolated in a rural town where it is hard to make connections. Our social and transportation programs help seniors to make these connections. Our outreach efforts target residents who may feel especially vulnerable. Finally, our nutritious breakfasts, lunch gatherings and exercise classes support a healthy lifestyle. Be sure to make use of your COA's offerings as a vital part of your daily health and happiness! *Peace, Debi*

## COA Monthly Luncheon - Thursday, May 17 at 11:45am

Please join us at the FRS for sweet 'n sour chicken, rice, dessert and drinks. **Suggested donation: \$3** For reservations, call the COA office at (978) 371-2895 by noon on Monday, May 14. For transportation, call the van line at (978) 371-6690. Please note that due to the continuing parking problem, the shuttle will pick up at Village Court beginning at 11:15am and the Congregational Church at 11:30am, then to FRS.

***After the Luncheon, at 12:45pm*** - Enjoy a performance by the Gabriel Combo, a 6-piece band specializing in Swing, Latin, Jazz and contemporary favorites, featuring vocalists Phyllis Duggan and Frank Hickey. The Combo plays for monthly dances at the Chelmsford Senior Center, which are well-attended by dancers of all ages. They perform at a number of senior centers and assisted living facilities in the Greater Lowell area, and for special occasions such as retirement parties, reunions and political functions.

## Health Fair at Emerson Hospital - Saturday, May 5, 9:00am - 1:30pm

Call to register 877-936-3776. Free unscheduled tests: occult blood (colon rectal cancer), respiratory, blood pressure, diabetes, and thyroid screening. Scheduled tests: balance, cholesterol, PSA, and skin screening. CarFit Training 9am - 1pm: help drivers determine best fit for their own vehicle (978-287-8200 to register).

## Looking Ahead: Spring Fling Dance at FRS Union Hall - Friday, June 15

Come join the Carlisle Council on Aging for a night of fun, dancing and music. Join us at 6pm for some light refreshments, followed by Music from Mansfield Entertainment. Enjoy the music 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 Tamlino, Community Relations, of Right at Home, and the Carlisle Council of Aging.

### 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.  
(978)371-6690  
Bonnie Hansen Admin. Assistant  
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 DeBenedictis  
**Associate Members**  
Mary Daigle Nadine Bishop  
Natalie Ives Marje Stickler  
Sandy McIlhenny Ted Read

# MAY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Inside Walking Grp - 6:45a M-F Podiatry Clinic 10:45a - Zumba - St. Irene CCC - 11a Ballroom - 2pm	<b>2</b> Robbins Brook - 12p FRS David Shikes - Comedian - 1p	<b>3</b> Coffee - 9, with BP - 9:15a Walking - 9:30a Fitness - 9:45a Cardio - 10:45a Tap - 3p	<b>4</b> Van errands / local grocery shopping - 9a Fitchburg Art Museum - 10:50a Martial Arts - 10:45a	<b>5</b> Emerson Hospital Health Fair 9 - 1:30p
<b>6</b>	<b>7</b> Inside Walking Grp - 6:45a M-F Yoga - 9, 10:15a Nashoba Valley Tech - 11:45	<b>8</b> Tower Hill Botanical Garden - 9a 10:45a - Zumba - St. Irene	<b>9</b> COA Friends Meeting - 10a	<b>10</b> Men's Brkfst - 8a BP - 8a at Brkfst Walking - 9:30a Fitness - 9:45a Cardio - 10:45a Tap - 3p	<b>11</b> Van errands / local grocery shopping - 9a Martial Arts - 10:45a	<b>12</b>
<b>13</b> Mother's Day	<b>14</b> Inside Walking Grp - 6:45a M-F Senior Moments - 9:30a - 11a Yoga - 9, 10:15a Poetry - 10a Rest Rev - 10:50a	<b>15</b> 10:45a - Zumba - St. Irene CCC - 11a	<b>16</b>	<b>17</b> Walking - 9:30a Fitness - 9:45a Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS Tap - 3p KISS - 7:30p	<b>18</b> Van errands / local grocery shopping - 9a Martial Arts - 10:45a	<b>19</b>
<b>20</b>	<b>21</b> Inside Walking Grp- 6:45a M-F Yoga - 9& 10:15a Senior Moments - 9:30a - 11a, BP	<b>22</b> 10:45a - Zumba - St. Irene 7p - COA Board Meeting	<b>23</b>	<b>24</b> Walking - 9:30a Fitness - 9:45a Cardio - 10:45a Tap - 3p	<b>25</b> Van Errands / local grocery shopping - 9a Martial Arts - 10:45a	<b>26</b>
<b>27</b>	<b>28</b> <b>Memorial Day -</b> <b>Town Hall Closed</b> No Inside Walk Grp - 6:45a M-F No Yoga	<b>29</b> 10:45a - Zumba - St. Irene	<b>30</b>	<b>31</b> Fitness - 9:45a Cardio - 10:45a Tap - 3p HC Proxy - 1p		

## 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](mailto: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, May 14

Café Escadrille in Burlington. Pick up at Village Court, 10:50am, 11am at Congregational Church. Call Joanne at (978) 371-8023 by May 7 to register. \$2 van fee. Return approximately 1:30pm.



Cafe Escadrille's name and spirit were inspired by the Lafayette Escadrille, a squadron of the French Air formed in April of 1916, prior to U.S. Service entry into World War I. An extensive lunch menu offering fresh seafood, succulent steaks and more!

## 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.*



### The Fitchburg Art Museum - Friday, May 4

**Admission fee:** \$9 for seniors. Deadline for registration is May 1. \$5 van fee, payable on the day of trip. 2012 Art in Bloom - Florists, nurseries, garden clubs and inspired individuals display magnificent floral creations for three days in the Museum galleries, an event that will be sure to excite all of the senses of spring. Complimentary light refreshments. Van departs from Congregational Church at 10:50am and returns at around 4:00pm.



### Tower Hill Botanic Garden - Tuesday, May 8

**Admission fee:** \$7 per person. Deadline for registration is May 4. \$5 van fee, payable on the day of the trip. Wear comfortable, waterproof walking shoes. Dress for the weather, taking into

consideration that Tower Hill can be quite windy and cool at times. Visit the Morgan Reception Gateway, with clear and easy access to the Gift Shop, Great Hall and Orangerie, Winter Garden, Twigs Café and Limonaia or Lemon House. Van departs from Congregational Church at 9am and returns around 4:30pm.



## **FOR YOUR HEALTH!**



### **Do you have a current Health Care Proxy? Thursday, May 31 at 1 pm**

Clark Room, Town Hall. If not, or if your proxy document is dated, this session is for you! A Health Care Proxy is a very important document, and one that is critical for you and your family. We all feel that filling in this document can be put off, but **it shouldn't be** since we never know when we will be in an accident or suddenly get sick. Come and learn from Alan Carpenter, Esq., what a Health Care Proxy is, why everyone of all ages should have one, and walk away with a document (either a Health Care Proxy or Five Wishes document) ready to be finalized with your designated proxy. This session is FREE (thanks to Attorney Carpenter's generosity). Please sign up by calling the Council on Aging at 978-371-2895 no later than May 24. Refreshments will be served.

**Free Blood Pressure Clinics:** **Thursday, May 3, 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, *sponsored by Life Care Center of Nashoba Valley*. **Thursday, May 10, 8-9am** at the Men's Breakfast at Village Court, *sponsored by Home Instead Senior Care of Chelmsford*. **Thursday, May 17, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care*. **Monday, May 21, 9:30am** at Ferns, *sponsored by Right at Home*.

**Podiatry Clinic** - **Tuesday, May 1** in the Sleeper Room at Village Court. Limited space; 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.

**COA Outside Walking Group:** **Until Thursday May 24 at 9:30** at Center Park, a two hour walk at a moderate pace. We are continuing to walk on the trails needed to earn the Carlisle Trekker Award. If you wish to keep a log for the award, it is available from the latest Carlisle Trails Committee Trail Guide or their website, <http://carlisletrails.pbwiki.com/> Please contact Jane Anderson (978-369-9672 or [jane.anders@comcast.net](mailto:jane.anders@comcast.net)) with questions. No need to sign up, just show up!

## **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.

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

**YOGA** - **Mondays (Clark Room at Town Hall) at 9am and 10:15am** - Session II May 7 - June 24. **Fee:** \$105 (\$89.25 for Carlisle seniors). Call (978) 369-9815 to register.

**Note:** Make checks payable to Carlisle Recreation Dept.

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

**MARTIAL ARTS** - **Fridays (Town Hall) at 10:45am** - Class is focused for seniors. **Fee:** \$100 for 10 classes.



**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 (thru June 19).

## Carlisle Community Conversations

All sessions Tuesdays at 11am

Hollis Room at the Gleason Public Library

### Meet Chief Fisher of the Carlisle Police Department - May 1

Come meet Chief Fisher and learn about the scams that Carlisle residents have recently faced and how to avoid them. Chief Fisher started working in Carlisle in September 2011 and previously worked in Nashua, NH. Chief Fisher will also answer questions about our police department, crime in Carlisle, protecting yourself and your home, or any other police related matter.

### Minuteman Senior Services Fall Prevention - May 15

Jen Beale will be doing a presentation on fall prevention on May 15<sup>th</sup>. Come learn strategies to help limit your risk of falls at home and to help decrease your fear of falling. Falls are common, predictable, and preventable and are not a natural part of aging. This talk is geared toward individuals concerned about falls, anyone who has had a fall in the past, and those who restrict activities because of concerns about falling.

### Container Gardening with Alison Saylor - June 5

Carlisle Garden Club ex president and current Plant Sale coordinator Large containers, small containers, flowers, foliage, for pretty, or for harvest; Alison will talk about the how-to aspects of creating a container garden that will survive, make that thrive, in a Carlisle summer. There are so many options for containers, soil mixes, watering, and feeding schedules. Did you know that the Kimballs 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.

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### Joanne's Travelers

#### 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. Lunch on your own. Return home at 5:00pm. **Cost:** \$62 payable to Fox Tours. Registration deadline is June 1.

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

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

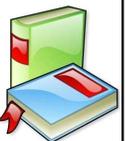
***Flyers with detailed information are available at the COA Office.***

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

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### COA Book Club

The next COA Book Club selection is Steve Jobs by Walter Isaacson. The next meeting is Monday June 18 at 10:15am and will be held in the Hollis Room of the Gleason Public Library. Please come for the discussion even if you haven't read any or all of the book. Invite your intelligent, articulate friends of any age to join us and bring your calendar so we can schedule the next session!



## FOOD COURT



### Monthly Coffee - Thursday, May 3 at 9am

Board Members Elizabeth Acquaviva and Janet Lovejoy will be hosting this month, with the theme of celebrating mothers in honor of Mother's Day. Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court.

### Robbins Brook/Minuteman Senior Services Luncheon - Wednesday, May 2 at noon

At 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 a delicious beef stew with sides and dessert. Register by Friday, April 27 at noon. **Suggested donation:** \$3.

*After the luncheon, beginning at 1:00pm*, Brookline native and current New Hampshire resident, Comedian David Shikes will entertain us with a potpourri of New England humor.

### Looking Ahead to the Next Robbins Brook/Minuteman Sr. Services Luncheon

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June 6 at noon at Congregational Church - Enjoy a piano and flute ensemble featuring Pastor Steve Weibly and COA volunteer M.J. Cramer.

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### Nashoba Valley Tech. Luncheon - Monday May 7 at 11:45am

Call the COA by Thursday, May 3 by noon to make your choice of:

- Roasted Sirloin of Beef: An 8 oz. New York steak broiled to perfection
- Baked Haddock: A generous portion of flaky white haddock, crowned with a crabmeat and crumb stuffing

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

**Cost:** \$10 plus tip.



### Men's Breakfast - Thursday, May 10 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

### "SENIOR MOMENTS" at Ferns Country Store – May 14 and 21 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!

**\*\*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*. Like people, every building has a personality, including size, shape, style and function; it's amazing what you can find out about buildings without even going inside. His talk will focus on how to read buildings and find out what they have to say. 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](mailto:ekkeast@comcast.net) or (978) 369-2445. Refreshments will be served. Check our website: [http://www.carlisle.org/foccoa/Home\\_Page.html](http://www.carlisle.org/foccoa/Home_Page.html)

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**Use email?** If you would like to receive regular update emails (and do not already) on events and information of interest to seniors from Angela Smith, Carlisle COA's Outreach Coordinator, send her your email at [asmith@carlisle.mec.edu](mailto:asmith@carlisle.mec.edu).

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### **Would you like the Fire or Police Dept to check in when there is a Weather**

**Emergency?** If you live alone or have compromised health, and would like a wellness check or a call in the event of a weather-related emergency or disaster, call the COA at (978) 371-2895 to pick up or have a "Special Needs" form mailed to you. Mail the completed form with signature to the Carlisle Fire Department, Box 575, Carlisle, MA 01741-0575 or drop it off at the Fire Dept. mailbox at Town Hall. All information is kept in strictest confidence and not shared with outside agencies. Also, if you would like an RUOK (Are you OK) call (automated call at the time/day(s) of the week of your choice to ensure you are ok; we never know when we can fall) or a File of Life (document to list your medicines and emergency contacts), call the COA for more information.