

Carlisle Connection



May 2014

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 - What's all the fuss with Facebook?

If you're looking for an expert on social media: Facebook, Twitter, Instagram, etc...I'm probably not your guy. I'm not kidding when I say this; you'd be better off having an intergenerational moment with one of your grandchildren, or going to the Gleason Library and asking for assistance from one of their wonderful staff.

On the other hand, I do use Facebook, so I thought I'd mention that it really can be an excellent tool for communicating; essentially it's a great way to share: share a photo, share a thought, or have a quick email or instant message exchange. Especially if you care about a person that may live far away, or who you knew from your younger days, but otherwise find it difficult to stay in touch. The problem is the same thing that occurs in real life, some people Over-share. Just as in real life, on Facebook, we don't really want to hear about your trip to the dry cleaners. But the good news is that on Facebook you can ignore the stuff that doesn't interest you without offending anyone. If you do join, please visit the 'Carlisle Council on Aging' Facebook page and hit the "Like" button and 'Friend' us!

Warm Regards, *David Klein, Carlisle COA Director*

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Save the Date! Annual Spring Fling

Friday, June 6th from
6:00 -8:30pm. Polish
up those dancing
shoes!

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 or (978) 369-2445. http://www.carlisle.org/foccoa/Home_Page.html.

Carlisle House Tour Friday, May 16 9:30am to 2:30pm

Tickets are now available for purchase. Advance reservations are \$25 and Senior (60+) are \$15. Day-of-event ticket price is \$30. Reserve a lunch from Whole Foods for \$10. Tickets and maps will be available for pickup at 9:00am on May 16 at FRS. Lunch to be served at 10:30am to 2:30pm.

For more information visit www.carliseschoolassociation.org.

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

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LICSW - Peter Cullinane

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TRANSPORTATION

Van Line Reservations: (978) 371-6690 or email 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 11:15 and Congregational Church at 11:30. Please call the van line to confirm attendance.

TRIPS

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 4-5 pm.



Newburyport Day Trip Wednesday, May 14

Join us for a day in Newburyport! Lunch on your own at one of the fine restaurants such as Michael’s Harborside or Mission Oak Grill in this beautiful seacoast town. Take a walk along the boardwalk for a lovely view of the Atlantic Ocean. Check out “Sisters We Three” for a mix of local, handmade and fine art in all price ranges, one among the many wonderful shops Van fee \$5.00. Call Joanne Willens at (978) 371-8023 to register. Deadline to register is Wednesday, May 7. Van leaves VC at 9:00 and CC at 9:15. Return between 4 - 5 pm.

Ogunquit, ME., 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. Return between 4-5 pm.

Restaurant Reviews

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

Panera Bread in Westford

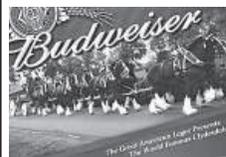
Monday, May 5

Join us for a wonderful lunch at Panera Bread. Enjoy one of their many varieties of sandwiches, soups, bread and deserts. Leave VC at 10:45am, CC at 11:00am. Van fee \$2.00. Return around 2:00 pm.

Zaftigs Delicatenssen

Monday, June 16

After 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 3:00pm-4:00pm.



COA Day Trip Budweiser Brewery Tour Thursday, May 29th

Join us for a FREE tour of the Budweiser Brewery in Merrimack, NH. Tour the Brewery, complimentary beer tasting and see the famous Clydesdale horses. Lunch after the tour at the Common Man Restaurant. When you register please advise Sandy if you want to take the van. Only twelve seats available on the van. When registering you must sign up for the Common Man Restaurant. Van leaves CC @ 9:30am and will return around 3:00pm. Van fee is \$5.00. Registration deadline is Thursday, May 22. To register call Sandy McIlhenny at (978) 369-9038.

FOOD COURT & Miscellaneous Activities



Monthly Coffee

Thursday, May 1, 9:00am

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

Chelmsford Crossing/Minuteman

Senior Lunch

Wednesday, May 7 at 12noon

Come to FRS for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Lunch is hosted by FRS. Enjoy a meal of braised boneless pork chop, mashed potato, corn with sweet red peppers, and dessert. Register at (978) 371-2895 by noon on Thursday, May 1. **Following the lunch:** Debbie Elliott, Speech & Language pathologist from Emerson Hospital & Home Care, will talk about "Healthy Mind." This program will help us learn strategies for keeping our minds sharp and provide us with an opportunity to practice some techniques to bring home to incorporate into our daily lives.

COA Lunch, Thursday

May 15, 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 headed by Verna Gilbert. Menu: Gluten free sweet n'sour chicken, rice, hot and cold drinks and dessert. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on Monday, May 12. Shuttle available, see page 2. **Following the lunch:** To mark Memorial Day, former John F. Kennedy Presidential Library Curator, and Carlisle resident Frank Rigg, will speak about JFK's wartime service in the U.S. Navy, in particular his command of a PT Boat in the South Pacific, and his exploits to secure the rescue of his crew after a Japanese destroyer sank the boat.

"SENIOR MOMENTS" at Ferns

May 12 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.

Men's Breakfast

Thursday, May 8 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. Suggested donations: \$3 for Men's Breakfast.



Nashoba Valley Tech

Tuesday, May 13, 11:45am

Choose from meals created with great care by the culinary arts students at Nashoba Valley Tech. Call the COA by Thursday, May 8 at noon to register. Menu choices include Meat Lasagna, Broiled Swordfish or Vegetarian meal based on seasonal vegetables along with starch, chef's choice.

Cost: \$10 plus tip, payable at school.

Student Council Tea

Thursday, May 1

1:00-2:00 pm



The Carlisle Middle School Student Council invites all Carlisle Seniors to an afternoon tea in the School Community Room. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. Tara Callahan, choir director, will offer a sing-along for the students and seniors during the second half of the Tea. The students are looking forward to seeing the seniors again this year!

Please call the COA at (978) 371-2895 to let us know if you can attend by April 24 at noon.

****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

If you missed the Shifting Gears program on April 1, here are several items you might find interesting.

Some suggestions for defensive driving included: try to avoid left hand turns, and when possible back into parking spaces in lots.

Go to www.massrmv.com to

- get a duplicate driver's license/Mass ID
- registration or Title
- renew your Driver's license, Mass ID, registration
- check your registration expiration date
- schedule a road test
- cancel your plate/registration
- change your address
- organ & tissue donor sign up
- order a special plate
- get free e-z pass sign up

Don't google and go to another website where you will be charged an additional fee.

Did you realize that if you are renewing your license and need an eye test, you can have your eye doctor fill out a form and avoid the registry eye test (I have forms in the COA office). This is only available if you have had an eye exam **within the last year**.

Additionally, you can reserve a **CarFit** review at Emerson Hospital on May 3 1-3 pm, Center for Sports Rehab and Specialty Services, 57 ORNAC. Book your reservation through Kristen 508-982-8485. Review 12 key areas of your fit to your car, learn how to use and adjust your safety devices, the checkup takes about 20-minutes. For more info, visit www.car-fit.org.

Did you know that Emerson Hospital also has an evidence-based driver's assessment program geared toward adults who have undergone a change in health status, this programs consists of two sessions with a certified occupational therapist. The first session is a clinical evaluation. If qualified, an on-road driving test with a certified driving instructor follows. For more information call the Center for Sports Rehabilitation and Specialty Services call 978-287-8244.

Enjoy the spring!

Best, Angela Smith,

COA Outreach & Program Manager

Community Events

Community Conversations, Gleason Public Library

Please join us. No registration required. 1:30pm-2:30pm

Long-Term Care: What Are Your Options?

Tuesday, May 27, 2014 @ 1:30pm

Richard J. West, Financial Advisor, Waddell & Reed, Inc. (Member SIPC)

Given the rapidly changing assisted living marketplace, have you adequately protected yourself, your family and your estate from the very real risk of Long-Term Care? Join us May 27th @ 1:30pm at the Gleason Library in Carlisle to learn who might need Long-Term Care, what costs are associated with Long-Term Care, and what options are available to you – including details on self-insurance, private-insurance and government assistance programs. Learn what actions you can take today to help protect yourself tomorrow.

Visit with Rescued Arabian

Horses in Carlisle

Tuesday, May 6, 2014

Jeannie Lieb, Co-Chair Al Khamsa Preservation Task Force, and Member Al Khamsa Board of Directors

Jeannie Lieb invites us to visit her barn at 288 Maple St., where she uses her "mending" skills to "rescue" lost, Arabian horses. Part of Jeannie's personal goal is to find new homes for these horses where they can heal, and their bloodline will be preserved. She is not only finding new homes, she is preserving the Arabian horses in North America that can reasonably be assumed to descend entirely from Bedouin Arabian horses. This is a wonderful opportunity to see these beautiful animals and hear Jeannie's stories about them, and about her mission with the Al Khamsa organization.



Carlisle Community Book Club

Monday, May 12, 10:15am

Gleason Library Hollis Room

We will be reading "Half of a Yellow Sun" by Chimamanda Adichie. For information contact Mary Zoll, (978) 369-5236.

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)!

Mondays May 5, 12, 19

Intergenerational Tap- 1:30-2:30 FRS Union Hall. Instructor Katrina Rotondi. Everyone 12 & older. Bring your tap shoes and join in the fun! Fee: \$40.00 (March-May)

Tuesdays May 6, 13, 20, 27 St Irene

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

Tai Chi- 12:30pm No registration required! An informal group of any age. Wear loose fitting clothing, soft soled shoes. Enjoy this FREE program! New Instructor! **Special Note:** In May our Tai Chi class will be taught by Linda Sango, a retired health and physical education teacher who has apprenticed under Jeff Cote, a local expert, for 11 years. Try our May class for free. If enough students want to continue with Linda we will set up an on-going program for June through August.

Ballroom Dancing - at 2pm May 6, 13, 20, 27. Wear leather-soled shoes. Old and new attendees welcome. FREE due to the generosity of our teachers, Barry Kasven and Cynthia Horn.

Wednesdays May 7, 14, 21, 28 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 May 1, 8, 15, 22, 29

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 (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 May 2, 9, 16, 23, 30

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, May 1, 9am

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

Wednesday, May 7, 11:30am

Chelmsford Crossing Lunch, FRS, sponsored by COA volunteer.

Thursday, May 8, 8am

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

Monday, May 12, 10:00am

Senior Moments, Ferns, sponsored by Right at Home.

Thursday, May 15, 11:00am

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

Podiatry Clinic

Tuesday, May 6



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." Next clinic is Tuesday, July 1.

Outside Walking Group

The group will meet on Thursdays in May at 9:30am at Center Park for about a two hour walk at a moderate pace. We will continue walking on the trails needed for you to earn the Carlisle Trekker Award. If you wish to keep a log for the award, it may be found in the latest Carlisle Trails Committee website, <http://carlisletrails.pbwiki.com>. Please contact Jane Anderson at (978) 369-9672 or jane.anders@comcast.net if you have questions. Expect Mud! No need to sign up, just show up!

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.

MAY 2014

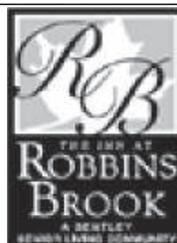
SUN	MON	TUE	WED	THU	FRI	SAT
	NOTE: inside walking-M-F 6:45-7:30am Carlisle Public School See page 5 for more information.			1 COA coffee & BP 9:00am Sleeper Rm Outside Walking 9:30am Center Park Fitness - 9:45am Cardio - 10:45am Student Council Tea 1:00pm Carlisle Middle School	2 Grocery Shopping-VC 9am SAMA-10:45am	3
4	5 Restaurant Review-Panera Bread, VC 10:45 am, CC 11:00am Tap-1:30-2:30pm FRS	6 Podiatry Clinic sleeper Room by appointment Zumba-10:45am St Irene Tai Chi-12:30pm St Irene Ballroom Dancing 2-3 St Irene Community Conversation, 1:30pm, Jeannie Lieb rescue Arabians, 288 Maple St.	7 Yoga - 9:30am Chair yoga - 10:45am Chelmsford Crossing lunch-12 noon, BP 11:30am FRS	8 Men's Breakfast & BP 8:00am Sleeper Room Outside Walking 9:30am Center Park Fitness - 9:45am Cardio - 10:45am	9 Grocery Shopping-VC 9am SAMA - 10:45am	10
11 Happy Mothers Day! 	12 Sr. Moments 9:30 Ferns, BP 10am Book Club-10:15am Hollis Rm Gleason Library Tap-1:30-2:30pm FRS Care Givers Support 3:30pm Hollis Rm	13 Zumba-10:45am St Irene Tai Chi-12:30pm St Irene Nashoba Valley Tech Lunch - 11:45am Ballroom Dancing 2-3 St Irene	14 Newburyport Day Trip - VC 9:00am, CC 9:15am Yoga - 9:30am Chair yoga - 10:45am	15 Outside Walking 9:30am Center Park Fitness - 9:45am Cardio - 10:45am COA Lunch -11:45am BP 11, FRS followed by Frank Riggs presentation on JFK, KISS 7:30pm	16 Grocery Shopping - VC 9am Carlisle House tours 9:30 SAMA - 10:45am	17
18	19 Tap-1:30-2:30pm FRS	20 Zumba-10:45am St Irene Tai Chi-12:30pm St Irene Ballroom Dancing 2-3 St Irene	21 Yoga - 9:30am Chair yoga - 10:45am 1:30 Health Series Arthritis, Dr Marks	22 Outside Walking 9:30am Center Park Fitness - 9:45am Cardio - 10:45am	23 Grocery Shopping-VC 9am SAMA - 10:45am	24
25	26 COA 	27 Zumba-10:45am St Irene Tai Chi-12:30pm St Irene Community Conversation, 1:30pm Long Term Care Gleason Library Hollis Rm Ballroom Dancing 2-3 St Irene	28 Yoga - 9:30am Chair yoga - 10:45am	29 Outside Walking 9:30am Center Park Budweiser Brewery Tour, CC 9:30am Fitness - 9:45am Cardio - 10:45am	30 Grocery Shopping-VC 9am SAMA - 10:45am	31



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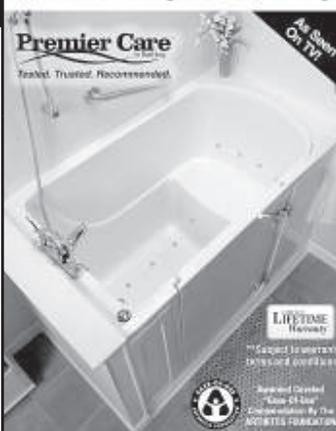
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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs. Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest for their support of COA programs and their assistance over the years.

Health Events

The Friends of the Council on Aging and the Friends of Gleason Public Library are sponsoring the final presentation in their series of informative talks on important health issues this spring.

Understanding Osteoarthritis and Rheumatoid Arthritis (RA) Wednesday, May 21, 1:30pm

Dr. Alan Marks, board certified in Rheumatology and Internal Medicine and on staff at Emerson Hospital will be the presenter for this event. RA is the most common form of inflammatory arthritis, affecting about 1.3 million people in the U.S. Learn what RA is, the difference between RA and Osteoarthritis, what you should ask your Rheumatologist, treatment options and more.

Call (978) 369-4898 to reserve a seat for this free lecture. All lectures will be held at the Hollis Room of the Gleason Public Library.

Caregiver Support Group Hollis Room Gleason Library Monday, May 12, 3:30pm

Anne Marie Rowse of Senior Care Advisors, facilitates a free Support Group for those caring for aging loved ones experiencing challenges, as well as information for family members or elders looking for health care information.

For information, email amorowse@charter.net.



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.

May Chuckle



Why science teachers should not be given playground duty.