



Carlisle Connection

Serving
Carlisle's 60+
Community



M A Y 2 0 1 7

COA Official Town website: www.carlislema.gov/coa
Friends of COA: www.carlisle.org/foccoa

Message from the Director

Greetings All,

According to the Executive Office of Elder Affairs, May is Older Americans Month. It's been 53 years since President Kennedy designated the month to acknowledge the contributions of older adults. Of course things have changed a tad since then. In May of 1963 there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million age 65+, accounting for 14.5% of the U.S. population.

The theme for this year's celebration is "Blaze a Trail." More than ever older adults are reinventing themselves, engaging in their communities, and blazing a trail of positive impact on the lives of people of all ages. This is evident in every sphere of American life from 69-year-old NASA Administrator Charles Bolden, Jr. to 83-year-old Ruth Bader Ginsburg, who took her seat as a Supreme Court Justice at age 60. 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.

So what's happening with this group? Well, 19% of the 65+ cohort are employed, and many of them, 4.9 million, have full-time year-round jobs. This number has tripled since 1993 alone and the number of those age 75 or older that are working has increased by 140%.

Of course not everyone can, or wants to work (at any age). Fortunately, many of these others help by volunteering. In the COA world our volunteers represent among the most vibrant among us and we are grateful to all of them!

Warm Regards, David

66 Westford Street Carlisle, MA 01741

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You're Invited to an Evening of
Great Music & Dancing

Date: Friday, May 13, 2016
Time: Light Refreshments, 6:30 pm
Dancing, 7 - 9 pm
Place: St. Irene, 181 East Street
RSVP: Call the COA at (978) 371-2895 by
noon, Friday, May 6

- Music by DJ, Jon Mansfield of Mansfield Entertainment, sponsored by Right at Home.
- Dancing Demo by COA Ballroom Dancing Instructors, Barry Kasven & Cynthia Horn.

<p><u>CARLISLE COA OFFICE HOURS</u></p> <p>Monday 9am - 5pm Tues - Thu 9am - 3pm Friday 9am - 1pm</p> <p>(978) 371-2895 Office (978) 371-6690 Van line (978) 371-6693 Director</p>	<p><u>COA Staff</u></p> <p>Director: David Klein coadirector@carlisle.mec.edu</p> <p>Outreach & Prog. Mgr.: Angela Smith asmith@carlisle.mec.edu</p> <p>Transportation Coord.: Debbie Farrell coaride@carlisle.mec.edu</p> <p>Admin. Assist.: Linda Cavallo-Murphy</p> <p>Admin. Assist.: Mary Hopkins coaadmin@carlisle.mec.edu</p> <p>LICSW: Peter Cullinane</p>	<p><u>COA Board Officers</u></p> <p>Board Chairperson Verna Gilbert</p> <p>Vice-Chair Donna MacMullan</p> <p>Treasurer Walter Hickman</p> <p>Co-Secretaries Elizabeth Acquaviva Kathy DeVivo-Ash</p>	<p><u>Board Members</u></p> <p>Giovanna DiNicola Peggy Hilton Reuben Klickstein Jean Sain</p> <p><u>Associate Members</u></p> <p>Maxine Crowther Lillian DeBenedictis Jerome Lerman, Helen Lyons Abha Singhal</p>
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Carlisle Council on Aging, Carlisle, MA 06-5075

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.

Donations/Fees*

Van rides within Carlisle **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles, \$5. *Parking fees are the responsibility of the rider.

Transportation reservations

Call at least business 2 days in advance if possible. We do not provide rides to Boston or Cambridge at this time. Please call 911 for Emergency.



Carlisle Transportation Services (CTS)

To meet your alternative transportation needs, consider Carlisle's latest option, Flow Transportation Services. Flow can be reached at (978) 602-5606 for ride scheduling. Please call a minimum of 48 hours of your trip. Discount voucher-tickets for Carlisle seniors or those with disabilities are available through purchase at the COA office at Town Hall. One-time registration for the voucher discount program is required. More info on the service & pricing is available at <http://carlisletransportation.com/cts-transportation/> or call the COA at (978) 371-2895.

Local grocery/Shopping trips

Every Friday morning at 9am is the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690.

Shuttle pick-up for the COA monthly lunch at FRS

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

TRIPS & More

Restaurant Review

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



Nancy's Airfield Café Wednesday, June 8

We are off to Nancy's Airfield Café in Stow for some fresh food prepared with love and from locally-sourced ingredients. Van leaves VC at 10:15am, CC at 10:30am, returning 2-3pm. Van fee \$2. Please register by Wednesday, June 1.

Rough winds do shake the darling buds of May.
William Shakespeare

Theatrical Happenings

Call Lillian DeBenedictis to register at (978) 369-1848

Lobster Girl

Wednesday, June 22, 2pm

Join us as we return to Stoneham Theatre to see Lobster Girl the musical on Wednesday, June 22 at 2pm. Ticket price is \$37/pp and due upon registration. Please make check out to "Carlisle COA." Lunch on your own at Felicia's Restaurant. Van leaves VC at 11am and CC at 11:15am. Van fee \$2. Returning between 5-6pm. Deadline to RSVP is Friday, May 20.



Day Trips

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

Ogunquit, ME Wednesday, May 18

See all the attractions of this "Beautiful Place by the Sea." We will also be stopping at an old favorite, When Pigs Fly Bakery. Lunch on your own. One van only for 12 seniors, first come, first served. Van fee \$10 and due upon registration. Van leaves VC at 9am, CC at 9:15am. Returning between 4-5pm. Deadline to register is Friday, May 6.



Castles of Gloucester & Marblehead Tuesday, June 14



Join us as we travel to Gloucester to visit and explore Hammond Castle and grounds. Entrance fee is \$9/pp. Afterwards continuing to Marblehead for lunch on your own at Red Rock Grille followed by a trip to the Herreshoff Castle (now a bed & breakfast) for a walk along the outside of the castle and the beautiful grounds. The van leaves VC at 9:15am and CC at 9:30 am, returns between 4-5pm. Van fee \$5 and due upon registration. Deadline to register is Tuesday, May 10.

Visit the Nigerian Dwarf Goats!

Monday, May 23, 2:30pm

Come meet Judy Asarkof and her Nigerian Dwarf goats of the Capra Diem Farm on Bedford Rd. She has invited 12 Carlisle seniors (first come, first served) to visit with her Nigerian Dwarf goats, play with her new goat “kids”, and help them get socialized. Wear casual clothing (that might get dirty) and flat shoes. *Please NO bug spray.* A DEET-free insect repellent will be provided. Also, you can wear commercially purchased insect repellent clothing. If you would like to join in on the fun, please call the COA no later than Monday, May 16 to register. As parking is limited, please meet the COA van at the Congregational Church by 2:20pm. We expect to return about 3:30pm. Rain date: Thursday, May 26, 2:30pm.



Walk with the Nigerian Dwarf Goats!

Monday, June 6, 9:30am

Join us for a walk with the Capra Diem Farm's Nigerian Dwarf goats! Get some exercise by having an enjoyable walk accompanied by playful Nigerian Dwarf goats. Be one of the lucky 12 Carlisle seniors to do the hour-long walk by calling the COA no later than Tuesday, May 24; first come, first served. The walk will begin at the goats' home on Bedford Street, but since parking is limited, please meet at the Congregational Church at 9:15am for the COA Van. Come prepared with good walking shoes, long pants and be prepared to have the goats jump on you! *Please NO bug spray.* You can wear commercially purchased insect repellent clothing. A DEET-free insect repellent will be provided right before the walk. Rain date: Tuesday, June 7.



MOLST - Massachusetts Medical Orders for Life Sustaining Treatment

MOLST is a medical order form (similar to a prescription) that relays instructions between health professionals about a patient's care. MOLST is based on an individual's right to accept or refuse medical treatment, including treatments that might extend life.

MOLST is not for everyone. In Massachusetts, patients with a serious advanced illness at any age may discuss filling out a MOLST form with their clinician. The patient's decision to use the MOLST form must be voluntary.

MOLST is very different from a health care proxy form, <http://molst-ma.org/forms/the-massachusetts-health-care-proxy-form>. *All adults aged 18 and older are recommended to fill out a health care proxy form to name the person who can make medical decisions for them in the future event of an unexpected illness or accident.* Anyone with a MOLST form is also recommended to fill out a health care proxy form.

The process before filling out MOLST requires discussions between the signing clinician (physician, nurse practitioner or physician assistant), the patient, and family members/trusted advisors about:

- The patient's current medical condition
- The patient's values and goals for care
- What could happen next
- Possible risks and benefits of treatments that may be offered

After these discussions, the MOLST form may be filled out and signed by the clinician to instruct other health professionals about the use of life-sustaining treatments for the patient, based on the patient's own decisions. The patient signs the MOLST form as well. The signed MOLST form stays with the patient and is to be honored by health professionals in any clinical care situation. Learn more about MOLST go to: <http://molst-ma.org/basic-informaton-about-molst-0>.

FOOD COURT

If you have registered for a lunch or event and cannot attend, please call the COA as soon as possible at (978) 371-2895. If you need a ride to a lunch or event, please call the COA Van Line at (978) 371-6690 or email: coaride@carlisle.mec.edu asap.



Monthly Coffee Wednesday, May 4, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. This coffee is hosted by Walter Hickman and Donna MacMullan.

Chelmsford Crossing Lunch Thursday, May 5, 12pm



Minuteman Senior Services and St. Irene are hosting lunch cooked by Chelmsford Crossing. NOTE: menu changed to: prime rib with baked potato, asparagus & dessert. Register at (978) 371-2895 by noon on Thursday, April 28. Suggested donation: \$3. **Following lunch:** Jazz to Hip Hop program. MUSIC dance.edu is a non-profit organization which uses the performing arts to engage New England residents. The talented young musicians play the trumpet, flute, clarinet, trombone, bells and drums. The presentation is upbeat, educational and energetic! 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.

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



A casual coffee drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives 10% off coffee to senior attendees.



Nashoba Tech Lunch Wednesday, May 11, 11:45am

Choose from meals created with great care by the culinary arts students at Nashoba Tech. Call the COA at (978) 371-2895 no later than noon, Wednesday, May 4 to register. Menu choices include Chicken Piccata, Broiled Salmon Dijonnaise or Vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$5 plus tip, payable at school. *Please bring a photo ID.*

Men's Breakfast Thursday, May 12, 8am

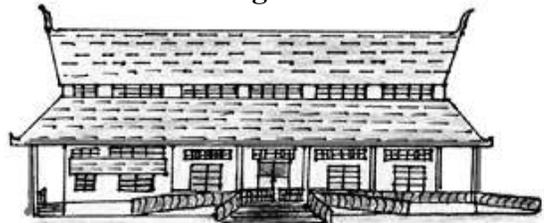


Stop by for a delicious and hearty breakfast prepared by volunteer chef Dana Smith (held at the Sleeper Room/Village Ct. 145 Church St.). Suggested donation: \$3.

COA Luncheon Thursday, May 19, 11:45am

Join us at FRS and enjoy the company of your senior friends & neighbors. This meal is run by our wonderful team of COA Volunteers. Menu: cranberry sage stuffed chicken breast topped with a maple bacon glaze, mashed sweet potatoes, vegetable, apple pie and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 by noon, Thursday, May 12. Shuttle available. **Following the lunch:** Cambodia and the work of The Sharing Foundation – Ellen Huber will share photos of her three trips to Cambodia. She'll show a few photos of the country's main tourist attraction, Angkor Wat, but will focus more on the work of The Sharing Foundation whose mission is to help the children of Cambodia. Ellen will also highlight the city of Phnom Penh, on the road to recovery from the atrocities of the Khmer Rouge in the 1970s, border bombings by the Americans and the later occupation by the Vietnamese.

The Sharing Foundation



****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.

FOOD COURT Cont., & Miscellaneous Info./Activities

If you have registered for a lunch or event and cannot attend, please call the COA as soon as possible at (978) 371-2895. If you need a ride to a lunch or event, please call the COA Van Line at (978) 371-6690 or email coaride@carlisle.mec.edu.

Chelmsford Crossing Lunch

Wednesday, June 1, 12pm

Minuteman Senior Services and Congregational Church are hosting lunch cooked by Chelmsford Crossing. Menu: BBQ chicken leg, corn on the cob, cole slaw, fruit wedge and dessert. Register at (978) 371-2895 by noon on Wednesday, May 25. Suggested donation: \$3. **Following lunch:** Brian Kane, a Carlisle resident, is a professional musician, educator and author. His performances are themed around exciting periods of American music-the Big Band Swing Era and the Great American Songbook. Brian's program will feature his internationally acclaimed saxophone and woodwind playing, vocals and very natural sounding background tracks that seamlessly recreate a jazz quartet. 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



Massachusetts Cultural Council



Monthly Coffee

Thursday, June 2, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. This coffee is hosted by Elizabeth Acquaviva and Peggy Hilton.



Carlisle Cultural
Council



The Carlisle Cultural Council has an opening for a volunteer for the new grant season. The function of the Council is to evaluate grants submitted by art organizations for events in/around Carlisle. We award government funds that are given to the Council for the purpose of enhancing experiences of art and culture in our area. Our 7-member team reads grants and recommends funding groups. This assignment is completed by December. There are optional activities that relate to promoting the arts in Carlisle that promise to be very exciting for the upcoming year. If you would like to join us, please send an email to Shaver_K@comcast.net. We are looking for energy and creativity without direct connections to local art organizations. Hope to hear from YOU. Please contact Karen Shaver, Chair, Carlisle Cultural Council, (978) 369-0102

OLDER
AMERICANS
MONTH



BLAZE A TRAIL: MAY 2016

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. As mentioned in the *Message from the Director* section, May is also when we celebrate Older American's Month, acknowledging the perennial contributions of older adults to our nation.

Be a trailblazer! Blaze a trail to civil engagement. 1 in 4 older Americans makes a positive impact through volunteering.

The benefits:

- Volunteering can lead to improved physical and mental health.
- Older volunteers report greater life satisfaction than non-volunteers.
- New relationships and making a difference provide a greater sense of purpose.
- Research suggests that those who volunteer are more likely to live longer.



OUTREACH with Angela



Find Yourself Forgetting Things? Don't Despair! The Mayo Clinic has 7 Suggestions to Help Improve Memory.



- 1) **Stay mentally active.** Just as physical activity helps keep your body in shape, mentally stimulating activities keep your brain in shape and might keep memory loss at bay. Do crossword puzzles. Read the newspaper or a magazine. Take alternate routes when driving. Learn to play a musical instrument. Volunteer!
- 2) **Socialize regularly.** Social interactions help ward off depression and stress which can contribute to memory loss. When you have an opportunity to share a meal, or an event, go! Check out our newsletter and call the COA to get on our electronic mailings list.
- 3) **Get organized.** You're more likely to forget things if your home is cluttered and your notes are in disarray. Use a special notebook, calendar or electronic planner to track tasks, appointments and events.
- 4) **Sleep well.** Sleep plays an important role in helping you consolidate your memories. Most adults need 7 to 8 hours of sleep/day.
- 5) **Eat a healthy diet.** Eat fruits, vegetables, and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. Not enough water or too much alcohol can lead to confusion and memory loss.
- 6) **Include physical activity in your daily routine.** Physical activity increases blood flow to your whole body, including your brain. 150 minutes a week of moderate aerobic activity (think brisk walking) or 75 minutes a week of aerobic activity is recommended. Try to at least squeeze in a few 10-minute walks throughout the day.
- 7) **Manage chronic conditions.** Follow your doctor's recommendations for chronic conditions. The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly.

Best, Angela

COMMUNITY CONVERSATIONS @ Gleason Public Library

How Animals Help Heal Us Thursday, May 19, 7pm

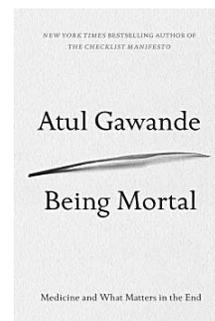
Join us for a talk by healer and telepathic animal communicator, Caroline Mc Nerney. Caroline will share stories from her personal experiences, revealing how animals – both wild and domestic – are able to heal humans on the physical, mental, emotional, and spiritual levels. Deepen your understanding of the gifts being offered by the cat on your lap, the dog at your feet, the wild bird at your window. Discover your own allies in healing who are waiting for you when you walk outside. Come listen, learn, and share your own stories!



Being Mortal

Tuesday, May 24, 1:30pm

Peggy Hilton, former director of the Gleason Public Library, will talk about Atul Gawande's book, *Being Mortal*. If you haven't read the book, you will likely have something from your own experience to add to the discussion. Or, just plan to come listen. Dr. Gawande's experiences with his parents' illness, and the choices that caregivers face along with their loved ones during illness, are part of the human condition. The situation is universal.



COMMUNITY EVENTS

May is National Elder Law Month

Local Elder Law Attorney Linda Butterworth-Till is offering to provide **FREE** Durable Powers of Attorney to 20 Carlisle seniors during the month of May. In a Durable Power of Attorney, a senior appoints someone to take care of his/her finances if he/she is alive but unable to do so. Unlike a regular Power of Attorney, a Durable Power of Attorney is not affected by a significant lapse of time between its signing and its use. Please call the COA at (978) 371-2895 to register for an appointment.



French Language Club Wednesday, May 18, 11:30am

If you speak French or would like to, please come to the Benfield Farms, 2nd Fl. Community Rm. A volunteer will lead the group by bringing a topic to discuss; if you are planning to travel to a French speaking country and have words/phrases that you would like to learn, please bring your topic to the meeting. Register by calling the COA at (978) 371-2895.



Community Book Club @ Gleason Library Monday, May 9, 10:30am

Loving Frank by Nancy Horan

For more information please contact Mary Zoll, (978) 369-5236.

Knitting in Service Society Thursday, May 19, 7:30pm



Know how to knit or want to learn? Knitting in Service Society (KISS) is a group of girls and women who have been knitting hats/scarves since 2006 to benefit Boston's homeless through Common Cathedral, <http://commoncathedral.org/>. For meeting location, please contact Angela at the COA at (978) 371-2895.

Also, we are in need of **dark colored** yard suitable for hats and scarves (most recipients are men) and a few #10, 10.5, 11, 12 or 13 straight or 16" circular knitting needles. If you can donate, please drop items off at the COA Office in Town Hall.

FILE OF LIFE Program

A FILE OF LIFE provides quick and easy access to your basic medical information for first responders. It is a red magnetic plastic folder that can be easily kept on the refrigerator for speedy access in the event of an emergency. The file contains important personal info regarding your health and emergency contacts in the event that you are unable to give the information.

FILE OF LIFE	
Name:	Address:
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	

Please don't forget to keep your FILE OF LIFE information up-to-date! If you don't have a FILE OF LIFE, stop by the COA to pick one up or call us and we will mail it to you.

Lexington Chamber Music Group Wednesday, May 25, 3-5pm



Come to the Congregational Church to hear middle and high school chamber music students from Concord, Carlisle, Lexington & surrounding towns perform classical string quartets & trios. The Lexington Chamber Music Group is a local nonprofit with the dual mission of classical music education and outreach. Performance will start at 3:45pm. Please register by calling the COA at (978) 371-2895 no later than Wednesday, May 18. Refreshments will be provided by CareOne in Concord.



Wishing you the
very best this
Mother's Day!

From the COA Staff
& Friends

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 to hold each exercise class). Stop in and try a class/day for **FREE!** If you start mid-session, call for prorated fee.

MONDAYS

May 2, 9, 16, 23 @ FRS (No Class 5/30 - Memorial Day)

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

TUESDAYS

May 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. Classes on 5/3, 5/10, 5/17, 5/24. FREE thanks to the generosity of our teachers, Barry Kasven & Cynthia Horn.

WEDNESDAYS

May 4, 11, 18, 25

Yoga - 9:30am, Benfield. Students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Fee for Yoga classes: \$40 for Carlisle seniors (May 4-June 22). **Call the Recreation Dept. to register (978) 369-9815. Checks payable to Carlisle Recreation Dept.**

Line Dancing - 1:45pm, St. Irene. No experience or partner required. Instructor: Katrina Rotondi. Fee: \$40 (Mar.-May).

THURSDAYS

May 5, 12, 19, 26

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. 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 6, 13, 20, 27 @ Town Hall

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 Sarah Hanley. Fee: **\$100/10wks.** Spring session ends 5/6. Summer session runs 5/13 - 7/15. Fee prorated. For more info see osbkarate.com or call the COA.

FREE Blood Pressure Clinics

Wednesday, May 4, 9am

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

Thursday, May 5, 11:30am

Chelmsford Crossing Lunch, St. Irene, sponsored by COA Volunteer.

Thursday, May 12, 8am

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

Thursday, May 19, 11am

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

Monday, May 23, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic



Tuesday, May 3

(Benfield, 2nd Fl., 575 South St.)

For an appointment, call the COA **ASAP** at (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA), payable day of clinic. For Carlisle "60+ residents."

Hair Cuts on the Go!

Mon., June 6, Town Hall

Suzanne Hickey & Georgia Triantafilles provide haircuts to seniors for \$10.50. Appointment is 15 mins. Call the COA at (978) 371-2895 for your appointment between 9am and 11:30am.

Walking @ Carlisle School Gym

Monday-Friday, 6:45-7:30am

To walk you **MUST** call David Flannery (978) 371-2279 after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open. In case of fire, exit the gym door and go to the parking area adjoining Spaulding field.

MAY 2016

SU	MON	TUE	WED	THU	FRI	SA
1	2 CCHS Poetry: 9am Restaurant Review: Lilac Blossom VC 10:45am, CC 11am Tap: 1:30pm Bridge Playshop: 7pm	3 Podiatry Clinic: by appt. Zumba: 10:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm	4 Coffee & BP: 9am Yoga: 9:30am Line Dancing: 1:45pm	5 Fitness: 9:45am Cardio: 10:45am Chelmsford Crossing: 12pm, BP 11:30am, St. Irene; <i>after lunch:</i> MUSIC Dance.edu	6 Grocery Shopping: 9am SAMA: 10:45am	7
8	9 Sr. Moments: 9:30am Book Club: 10:30am, Gleason Library Tap: 1:30pm Bridge Playshop: 7pm Town Meeting: 7pm ← <i>Mother's Day</i>	10 Zumba: 10:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm Town Meeting: 7pm	11 Yoga: 9:30am Nashoba Tech Lunch: 11:45am Line Dancing: 1:45pm	12 Men's Breakfast & BP: 8am Fitness: 9:45am Cardio: 10:45am	13 Grocery Shopping: 9am SAMA: 10:45am Loretta LaRoche @ Stoneham Theatre: 2pm Spring Fling: 6:30pm	14
15	16 Tap: 1:30pm Bridge Playshop: 7pm	17 Zumba: 10:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm	18 Ogunquit, ME: VC: 9am; CC: 9:15am Yoga: 9:30am French Club: 11:30am Line Dancing: 1:45pm	19 Fitness: 9:45am Cardio: 10:45am COA Lunch: 11:45am, BP 11am, FRS; <i>after lunch:</i> Sharing Foundation Comm. Conversation: 7pm, Animals Heal Gleason Library KISS: 7:30pm	20 Grocery Shopping: 9am SAMA: 10:45am	21
22	23 Sr. Moments: 9:30am, BP 10am Tap: 1:30pm Visit w/ Goats: 2:30pm Bridge Playshop: 7pm	24 Zumba: 10:45am Tai Chi: 12:30pm Comm. Conversation: 1:30pm, <i>Being Mortal</i> Gleason Library Ballroom Dancing: 2pm COA Board Meeting: 7pm, Town Hall	25 Yoga: 9:30am Line Dancing: 1:45pm Lexington Chamber Music Group: 3pm	26 Fitness: 9:45am Cardio: 10:45am. Rain Date for Visit w/ Goats: 2:30pm	27 Grocery Shopping: 9am SAMA: 10:45am	28
29	30 COA & Town Hall Closed 	31 Zumba: 10:45am Tai Chi: 12:30pm			NOTE: Inside walking. Mon.-Fri. 6:45 - 7:30am, CPS. See pg. 9 for more info.	

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Do you live alone or have compromised health? Would you like a wellness check or 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. Please mail your completed form with signature to the Carlisle Fire Dept., Box 575, Carlisle, MA 01741-0575 or drop off at the Fire Dept. mailbox at Town Hall. All information is kept in strictest confidence and not shared with any outside agencies.

Also, if you would like an automated **FREE R U OK?** (Are You OK) call at any time/day(s) of the week to ensure you are ok, please call the COA. The R U OK? program is a computerized telephone reassurance program that assists elders or disabled individuals who may be housebound, live alone, or don't have someone who checks-in daily. This has been proven in Carlisle to save lives!

The program utilizes a computer to place a daily call, at a fixed time each day, to subscribers. The specific time of the automated telephone call is predetermined by the individual enrolled in the service. If the subscriber is "OK," he or she simply hangs up the telephone after hearing and acknowledging the pre-recorded message. If the call is unanswered, or if the telephone line is busy, two additional attempts at contact are made before the computer puts out an "ALERT REPORT." At this time a Carlisle Police Officer will try calling and if no response an officer will be dispatched to the home to check on the well-being of the subscriber.

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