



Carlisle Connection

October 2011



Carlisle Council On Aging Serving Carlisle's 60+ Community

CARLISLE

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...

October is such a beautiful time of year in this area, with "leaf-peeping" and comfortable weather to explore local history. We take so much for granted here; look around you, there is so much to see! This month, we have added excursions to Acton and Bedford Plazas to our transportation program to help you do just that. With the change of seasons, try changing your perspective on things by attending our cultural programming on Art Matters, a wonderful look at art in the context of history, culture, and humanity. Check it out, it might just surprise you! *Sincerely, Debi*

*The world is round and the place which may seem like the end may also be only the beginning.
~Ivy Baker Priest*

New! Acton Errands Trip, October 11 from 12:30pm- 3:30pm

Acton shopping will include Staples, Trader Joe's, Talbot's, Pier 1, Elizabeth Grady, Chico's, and more. Please register by calling our office at 978-371-2895 by Friday, October 7 at noon. Van fee is \$2 cash due on day of the trip.

Important: Medicare Open Enrollment Dates Have Changed!

Medicare open enrollment comes earlier this year! It starts on October 15th and ends on December 7, 2011. And there will be changes to Medicare prescription drug and health insurance plans. For example, enrollees will now be entitled to an annual Medicare wellness exam. And when in the donut hole this year, enrollees will pay 50% of brand name drug costs.

The SHINE program at Minuteman Senior Services will present all the Medicare changes for this year and answer questions at the **Sleeper Room at Village Court on Wednesday, October 26 at 11am. Please RSVP to the Carlisle COA by calling 978-371-2895 by Friday, October 21st by noon.** SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice.

For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org.



NASHOBA VALLEY
Technical High School

QUARTERLY BREAKFAST at Nashoba Valley Technical High School

Tuesday, October 26 at 9am

Cost: \$5.50, plus tip, payable at door.

To register, please call the COA at 978-371-2895 by Friday, October 21 at noon.
Call the van line at 978-371-6690 at least two days in advance if transportation is needed.

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
Carol Killpartrick Transportation Coord.
(978)371-6690
Bonnie Hansen Administration
Peter Cullinane LICSW

COA Board Officers

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Natalie Ives Marje Stickler
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**RESERVED FOR
SENIOR CITIZEN PUBLISHING**

OCTOBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a	4 Bridge - 10a Comm. Convers. - 11a Ballroom - 2p	5 Tap - 10:30a Minuteman/R. Brook Lunch - noon at FRS Church Mortgage Foreclosure - 12:30p	6 Coffee - 9, BP 9:15a Fitness - 9:45a Cardio - 10:45a	7 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	8
9	10 HOLIDAY Town Hall Closed	11 Inside Walking Grp - 6:45a Tu-Fri Oktoberfest - departs 10a from Congr. Church Bridge - 10a Minuteman Lunch - 11:30a	12 Book group - 10a Tap - 10:30a	13 Men's Breakfast - 8a BP - 8a Fitness - 9:45a Cardio - 10:45a	14 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	15
16	17 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a Poetry - 10a Restaurant Review - 10:15a	18 Bridge - 10a Comm. Convers. - 11a Ballroom - 2p	19 Tap - 10:30a Art Matters - 1:30p	20 Fitness - 9:45a Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS Slide Show - 12:45p	21 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Flu Clinic -10-noon Martial Arts - 10:45a	22
23/30	24/31 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a 10/24 only - Senior Moments - 9:30a 	25 Bridge - 10a Bedford Plaza Trip - 12:30p Ballroom - 2p	26 Nashoba Tech Brkfst - 9a Tap - 10:30a Medicare Info - 11a Art Matters - 1:30p	27 Fitness - 9:45a Cardio - 10:45a	28 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	29

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TRANSPORTATION / TRIPS

The COA transportation services are available to all senior residents and disabled residents. Transportation is available for all COA events.

**Van Line Reservations: (978)-371-6690;
Weather Info/Cancellations: (978)-371-2895**

Our FEES are as follows:

In-town rides or Friday grocery trips- no fee

Rides within 15 miles- \$2.

Van Trips over 15 miles away- \$5. *Parking fees are the responsibility of the Rider.

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

Local grocery /Shopping trips: We go to Market Basket in Westford on Friday mornings at 9am. Please call the van line in advance to make reservations.

Bedford Plaza Trip - Tuesday, October 25 12:30pm- 3:30pm

Do your errands, get your hair cut, or just enjoy a day out window shopping. Please register by calling our office at 978-371-2895 by Tuesday, October 18 at noon. Van fee is \$2. cash due on day of the trip.

Restaurant Review Century House in Peabody - Monday, October 17

10:15am pick up at Village Court and 10:30am at Congregational Church. Return at approximately 3pm. Van fee is \$5 cash due on day of the trip. Register to Joanne at 978-371-8023 by October 10th so she can make reservations.

**Please be considerate, and only call Joanne between the hours of 9am-5pm. For Day Trips in the following section, please register by sending checks made out to the Friends of the Carlisle COA to:*

**COA SPONSORED DAY TRIPS, c/o Joanne Willens
145 Church St. Apt. B12, Carlisle, MA 01741**

Upcoming Plays...

NORTH SHORE MUSIC THEATRE - "*Legally Blonde*" - Wednesday, November 2. **Cost:** \$45.

We leave Congregational Church at 10:40am. Lunch at Sylvan Street Grille (not included in price). Van fee \$5 cash on day of trip.

STONEHAM THEATER - "*The Nutcracker*" - Wednesday, November 30. **Cost:** \$28.

"*Sister's Christmas Catechism*" - December 7. **Cost:** \$28. We leave Congregational Church at 10:45am and eat at Felicia's of the North End (lunch on your own). Van fee \$2 cash on day of trip.

PLEASE ACKNOWLEDGE OUR SPONSORS

SPONSOR THIS NEWSLETTER!!!

It makes sense to concentrate your advertising where it does most good - right in your neighborhood!

You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

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FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Thursday, Oct. 6 from 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, *sponsored by Life Care Center of Nashoba Valley*. **Thursday, Oct. 13 from 8-9am** at the Men's Breakfast at Village Court, *sponsored by Home Instead Senior Care of Chelmsford*. **Thursday, Oct. 20 from 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care*. **Monday, Oct. 24, from 9:30-10:30am** at Senior Moments at Ferns, *sponsored by Right at Home*.

Podiatry Clinic- Tuesday, November 1 in the Sleeper Room at Village Court. Please call (978)371-2895 ASAP slots are limited. Cost: \$20 (discounted fee, partially funded by the Carlisle COA), checks made out to Carlisle COA or cash; payable the day of the clinic.

Inside Walking Group - Monday thru Friday from 6:45-7:30am at the school gym. If school is open, we are walking! A great chance to exercise, this group is very casual, and people walk at their own pace. Note: no class October 10.

NOTE: To sign up for the following programs, please call the COA office at (978)371-2895 and make check payable to the Carlisle COA unless otherwise noted.

FITNESS CLASS - Thursdays at 9:45am

Clark Room at Town Hall. Instructor: Katrina Rotondi. This class is great for all ability levels, and may be done in a chair. Wear comfortable clothing, hand weights, and bands are available to use.

Fee: \$40 (Sept. thru Nov.). Feel free to stop in and try a class.

CARDIO-BOOST CLASS - Thursdays at 10:45am

Congregational Church on School Street. Instructor: Katrina Rotondi. An upbeat "heart healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. Fee: \$40 (Sept. thru Nov.).

LINE DANCING - Fridays at 9:30am

Instructor: Katrina Rotondi. Held at the FRS Union Hall on School Street. Wear comfortable clothing.

Fee: \$40 (Sept. thru Nov.).

BALLROOM DANCING - Tuesdays thru Nov. 8 from 2-3pm at St. Irene Church

For anyone interested in learning ballroom dancing. Dances that may be included, depending on time and availability, are tango, waltz, foxtrot, rumba, cha cha, mambo and meringue. Wear leather-soled shoes.

FREE due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Call the COA at 978-371-2895 to register.

YOGA - Mondays through the Rec. Department - 9am and/or 10:15am at Town Hall

Session I: thru October 31. Fee: \$90 (for 6 weeks), \$76 for Carlisle seniors after a 15% discount from the COA. Call the Rec. Dept. @ 978-369-9815 to register.

TAP - Oct. 5, 12, 19 and 26, Nov. 2 and 9, Dec. 7, 14, 21 from 10:30 to 11:30am at FRS

This class is taught by Katrina Rontondi. If you would like more details, contact Angela at 978-371-2895 or Stop in and see a class! Fee: \$30 this session.

MARTIAL ARTS – Friday, October 7, 14, 21 & 28 from 10:45 to 11:45am at Town Hall

Class is just for seniors. If you are interested in finding out more, see link below or stop by the class.

http://articles.boston.com/2011-04-24/lifestyle/29469526_1_martial-arts-cinder-blocks-hand

Contact the COA for more info at 978-371-2895. Fee: \$100 for 10 classes.

Carlisle Community Conversations

All sessions Tuesdays at 11am

Hollis Room at the Gleason Public Library

October 4 - Blind and Low Vision Devices - Erica Scappaticci, Customer Support and Marketing Associate, ABiSee Inc. – Are you or a loved one living with poor or no eyesight? Come to a hands-on demonstration of blind and low vision devices that enable seniors to view magnified text as well as the ability to have the text read aloud. No more difficulty reading a pill bottle or newspaper. Enjoy solving crosswords, playing Sudoku, or even viewing a family photograph or recipe. Become independent again, it is as easy as turning on your TV. So come join Erica to learn about these wonderful reading devices.

October 18 - Home Care - Do you or your loved one want to stay in your own home, but feel you may need some support? Christopher Chao, Marketing representative of Visiting Angels of Littleton, will talk about the various services provided by home care agencies, the benefits you can gain from a home care agency's support, and the typical costs.

November 1 - Come meet Chloe, a COA volunteer and Therapy Dog - Jeannie Lieb and her certified therapy dog, Chloe, became interested in training Chloe for therapy dog work when she noticed Chloe's extreme fondness for the elderly. Jeannie will discuss the work of a therapy dog, the characteristics a dog needs to possess to become a successful therapy dog, what kind of training is required, the certification process and what happens during a therapy visit.

Poetic
Mondays

with Patti Russo

FREE! Sponsored by the Friends of the Council on Aging

Join us each month as we use the power of poetry to explore a variety of topics relevant to our lives today. Some weeks we will focus on the work of only one poet, and, in other sessions, we will read and discuss several poets on a particular theme.

Facilitator: Patti Russo, Certified Poetry Therapist

Location: Town Hall, 10am - noon.

*****New Poetry group has openings!** - All levels are welcome.

Mondays, Oct 17, Nov 14, Dec 12, Jan 16, Feb 13, Mar 12, April 9, May 14.

This group is limited to 12 participants. Please register by calling the COA Office at 978-371-2895 by October 10th at the latest.

Ask a Lawyer - October

Individual sessions with Attorney Eric Prichard from the law firm of Brown & Brown, PC in Bedford were well received. If you are interested in a free half-hour session where you can ask questions on estate planning, elder law and Medicaid planning questions, please call the COA at 978-371-2895 and we'll schedule a date/time once we have at least three people on the wait list.



COA Book Club - Wednesday, October 5 at 10am.

This month's book: Caleb's Crossing by Geraldine March. New members are always welcome. Please call Mary Zoll (978) 369-5236 for more information and to RSVP.

Bridge Group - Tuesdays from 10am-12pm in the Sleeper Room

A friendly game with friendly players. We always welcome new people!

For more information please call Gwen Charter at 978-369-0325.

FOOD COURT

Minuteman Senior Services/Robbins Brook Luncheon - Wednesday, October 5 at noon

*Hosted by the volunteers at **First Religious Society**, cooked by Robbins Brook, and supported by Minuteman Senior Services, this is truly a community event each month.* This month's menu is Lasagna, with sides, dessert, and cold and hot drinks! **Suggested donation \$3.** Please call the COA at 978-371-2895 to register by Friday, September 30 by noon if possible.

Immediately following the Robbins Brook Luncheon...

Federally authorized Mortgage Foreclosure Prevention Assistance - Presented by: **Wayne Farina, Director, Home Preservation Center and Elizabeth Barnett, Housing Coordinator.** Do you know someone who is worried about making their mortgage payments or perhaps may even be behind on payments? According to the Urban Institute (using AARP data), seniors make up 25% of homeowners facing mortgage foreclosure. Wayne Farina and Elizabeth Barnett will speak briefly on the factors for this increasing problem, no cost assistance which is readily available to seniors (homeowners of all ages), the range of homeowner options and the HPC's success stories.



Monthly Coffee - Thursday, October 6 at 9am

Newly appointed Chair to our Council on Aging, Liz Bishop and volunteer Mary Zoll will be generously hosting our coffee at the Sleeper Room at Village Court. Don't miss it! **FREE!**

Minuteman Regional High School Luncheon - Tuesday, October 11 at 12pm

Feast your eyes on the beautiful luncheons the culinary arts students are making at Minuteman!

This month's choices: Baked Haddock OR Chicken Teriyaki.

Please call the COA at 978-371-2895 to register by Thursday, October 6th at noon.

Men's Breakfast - Thursday, October 13 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**



COA Monthly Luncheon

Thursday, October 20 at 11:45am at the FRS

Run by our wonderful team of volunteers at FRS, this luncheon will include pizza, salad, desserts and cold drinks. **Suggested Donation is \$3.** For reservations, call the COA office at (978) 371-2895 by noon on Monday, October 17.

After the October COA Luncheon... at 12:45pm

Armchair Travel to Croatia Slideshow presented by Jim Marini. This slideshow will feature the Dalmatian Coast and Slovenia, medieval architecture, tranquil lakes, waterfalls and Croatian charm. This is a great way to see the world while staying right here in Carlisle!

"SENIOR MOMENTS" @ Ferns Country Store - October 24 from 9:30am to 11"ish"

Every 2nd and 4th Monday Mornings, except for holidays. A casual drop-in for Carlisle seniors 60+ to greet, meet, eat & talk! **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% Discount to "Senior Moments" attendees for coffee and other eats. First come, first served!

****NOTE:** *COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the generosity of a grant from Concord-Carlisle Community Chest, the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you.*



Flu Clinic - October 21 from 10am to noon

This clinic, sponsored by the Carlisle Board of Health and supported by the Carlisle Council on Aging, will be held in the Clark Room at the Carlisle Town Hall. Nurses are provided by Emerson Home Care. This clinic is for seniors 65 and older. No appointment is needed. This year's seasonal vaccine includes the H1N1 flu vaccine. **REMEMBER TO BRING YOUR MEDICARE CARD!** If you need a ride, please call the COA van line on 978-371-6690.

Note: If you or someone you know is ***homebound***, call the COA at 978-371-2895, and we can arrange for a nurse to make a home visit.



******Out-of-Town Newsletters***: If you are from out-of-town, and would like to receive our newsletter in the mail, we must respectfully ask you to pay \$5 per year to support the postage costs for this service. Please drop by our office, or send cash or a check made out to Carlisle COA to 66 Westford Street, Carlisle, MA 01741. We will be updating our mailing lists by November 1st, 2011. Thank you for being part of our programs!

Joanne's Travelers



Grand Tour of Spain - March 19-30, 2012. Price starts at \$2,699 for Double includes airfare, hotel, all meals, and sight-seeing. Tours of Malaga, Ronda, Madrid, Barcelona and more...

Discover Croatia - March 19-29, 2012. 11 days, 15 meals, 9 breakfasts, 6 dinners for \$3,299. Double. Trip features the Dalmatian Coast and Slovenia.

Trains, Wineries & Treasures of Northern California - September 23- October 1, 2012
13 meals. Double \$2,849. San Francisco, Sonoma, Yosemite National Park, and more...

For flyers or additional info., call Joanne Willens at 978-371-8023 or pick up flyers at Carlisle COA Office in Town Hall.

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**Town of Carlisle
66 Westford Street
Carlisle, MA 01741**

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**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.**

Art Matters Cultural Series at Gleason Public Library - Hollis Room

Sponsored by Friends of the COA, Lee Milliken Fund and Friends of Gleason Public Library.

Oct. 19 at 1:30pm - ART KEEPS US HUMAN

Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Bring your sense of humor and your sense of *Human*.

Oct. 26 at 1:30pm - AMERICAN ART Part I - (1776 -1900

A look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit.

Nov. 9 at 1:30pm - AMERICAN ART Part 2 - (1900 -1950)

A look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention and earning respect.

Nov. 16 at 1:30pm - AMERICAN ART Part 3- (1950 -1990)

A look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve.

Series is free and open to the public, but space is limited; call library 978-369-4898 to reserve your space.

**Weather / Disaster
Check**



Do you live alone, have compromised health, or just want 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 completed form with signature to the Carlisle Fire Dept., 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 any outside agencies. Also, if you would like an RUOK call, or a File of Life, please call the COA for more information.