





## TRANSPORTATION

**Van Line Reservations: (978) 371-6690 or email [coaride@carlisle.mec.edu](mailto:coaride@carlisle.mec.edu)**

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours.

A friendly reminder - seat belts must be worn & no one is allowed to walk around when vehicle is in motion.

### Donations/Fees\*

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

### Medical appointments

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

### Local grocery /Shopping trips

Join us every Friday morning at 9am for the **FREE** Weekly Grocery Shopping Trip to Market Basket in Westford. Call to make reservations (978) 371-6690. Van leaves VC at 9am.



### Van pick-up for the FRS monthly lunches

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

## TRIPS & More

### Restaurant Reviews

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



**Cracker Barrel**  
**Monday, October 6**

We are going to Cracker Barrel in Tewksbury for an honest-to-goodness home style meal prepared from scratch. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, September 29.

**Glenview Grille & Pub**  
**Monday, November 3**



Join us as we return to one of our favorite lunch spots, the Glenview Grille & Pub in Chelmsford. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, October 27.



**Hair Cuts on the Go!**  
**Monday, October 6, Town Hall**

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

### **October Chuckle**

“Two antennas met on a roof, fell in love and got married. The Ceremony wasn’t much, but the reception was excellent!”

**Carlisle Book Club**  
**Mon, Oct. 6, 10:15am**  
**Gleason Library, Hollis Rm.**

“A Town Like Alice”  
by Nevil Shute

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



### Day Trips

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



**Woodstock & Quechee, VT**  
**Monday, October 20**



We head up to Quechee Gorge Village and then onto the town of Woodstock, to stroll this New England town’s great shops and restaurants. Lunch is on your own, van leaves CC at 9am. Coach fee \$10. Only 22 seats available first come, first serve. When registering for this trip you must prepay the coach fee. Returning between 5-6pm. Deadline to register is October 14.



**Merrimack Premium Outlets**  
**Monday, November 10**



Get an early start on your holiday shopping and join us for a day trip to Merrimack Outlets. Van leaves VC at 9am, CC at 9:15am, returning between 3-4pm. Lunch on your own. Van fee \$5. Deadline to register is November 3.



**Wegmans at Chestnut Hill**  
**Monday, November 17**



We are off to a day of shopping at Wegmans in Chestnut Hill. Van leaves VC at 9:15am, CC at 9:30am, returning between 3-4pm. Lunch on your own. Van fee \$5. Deadline to register is November 10.

### **Carlisle School Halloween Parade**

**Friday, October 31, 10:30am**  
**Village Court**



## FOOD COURT & Miscellaneous Activities



### Monthly Coffee Wednesday, October 1, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Coffee is hosted by Lillian & Angelo DeBenedictis. Come, enjoy good food and meet old and new friends.



### Chelmsford Crossing/ Minuteman Senior Services Lunch Thursday, October 2, 12pm

Come to St. Irene for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Lunch is hosted by St. Irene. Enjoy a turkey dinner and dessert. Register at (978) 371-2895 by noon on Monday, September 29. **Following the lunch:** The Concord Traveling Players, senior members of the Concord Players, are delighted to return to Carlisle to present staged readings of comic one-act plays and excerpts from Broadway shows. The program will include a play about early 20th century New York high society, scenes from a successful 1939 Broadway show, a short play with a typical theme of the 1930s, a surprise skit from the good old days of radio, and a play by a Hungarian playwright that became the 1940s Rodgers and Hammerstein musical Carousel. The troupe includes Carlisle residents Rik Pierce, Birgitta Knuttgen, Tom Veirs, and longtime former resident Dorothy Schecter.



### Men's Breakfast Thursday, October 9, 8am

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

### "SENIOR MOMENTS" at

### Monday, October 27, 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.



### Minuteman Regional Tech Lunch Tuesday, October 14, 11:45am



Choose from meals created with great care by the culinary arts students at Minuteman Tech. Call the COA at (978) 371-2895 by Thursday, October 9, noon to register. Menu choices: black pepper chicken with asparagus and potatoes; broiled swordfish or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$10 plus tip, payable at school.



### COA Lunch Thursday, October 16, 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. Menu: pizza, salad, dessert and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Tuesday, October 14. Shuttle available, see page 2. **Following the lunch:** After lunch, Stephen Collins will fascinate us with his one-man show on the Theater of the 30s, 40s and 50s. Stephen will perform monologues from the playwrights William Saroyan, Tennessee Williams, Arthur Miller, and Eugene O'Neil. He will also charm us with the character Starbuck brand of con and hucksterism from N. Richard Nash's play The Rainmaker, and even sings a Cole Porter and George Gershwin tune to round off the performance. 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.



### Quarterly Breakfast at Nashoba Valley Tech Wednesday, October 29, 9am

Menu: Choice of eggs, (scrambled, benedict or omelet) bacon, sausage, sautéed potatoes, French toast, pastry, juice, coffee or tea. To register, call the COA at (978) 371-2895 by Thursday, October 23. **Cost:** \$6.50, plus tip, payable at the door. Call the van line at (978) 371-6690 at least 2 days in advance if transportation is needed.



**\*\*NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

## Outreach with Angela

### Time to Update Your Home's Street Address Numbers with a Special Deal

Carlisle is extremely lucky to have an wonderful and competent Fire Department (especially since the majority are volunteers!). But no matter how wonderful our Fire and Police Department are, they need **your** help so that they can find your home in case of an emergency. Kevin O'Connor of O'Connor Hardware in Billerica is generously helping us to do just that. Kevin will be providing the COA with coupons worth **50% off** any numbers you choose that will correctly identify your home **through October 31, 2014**. Chief Flannery has instructed that building numbers need to be plainly legible and visible from the street or road fronting the property. The numbers should contrast with their background. Numbers should be a minimum of 4 inches high with a minimum stroke width of ½ inch. Where the building cannot be viewed from the public way, a monument, pole, mail or newspaper box should clearly note the number and this posting should be on something that is 3 or 4 ft. tall and visible on the street!

Please take a look at your home, could anyone find it during the day or evening? If not, take a ride and visit O'Connor Hardware and take advantage of this generous discount and pick up new numbers! To learn more helpful tips from Chief Flannery, see our September CCTV show (<http://www.concordtv.org/video-on-demand>, Council on Aging on the right and find our September show). *Happy Fall, Angela*

## Community Events



### Community Conversations

**Tuesdays @ 1:30pm**

**Gleason Library, Hollis Room**

- October 7 - Discharge Planning with Pam Connolly of Home Instead. A good discharge plan with adequate instructions and support can mean the difference between a smooth transition and a readmission to the hospital.
- October 28 - LinkedIn presentation by library staff. LinkedIn is the largest professional network in the world. Find out when to use and how; it's not just for business.
- November 4 - Pruning Trees presented by John Bakewell. Pruning trees and shrubs is an essential part of growth. Come learn the right way from a professional.



### Music from the Cold War

**Gleason Library, Hollis Room**

**Wed., Nov. 5, 12 & 19, 1:30pm**

This November, music director and educator Richard Travers returns with Music of the Cold War era, a three part presentation looking at facts, films and musicians of a dark period of American/Soviet relations. More information to come in November's newsletter. This series is free. Please call the Library after October 1 at (978) 369-4898 to register or with any questions. Sponsored by FOCCOA Lee Milliken Fund & the FOGPL.



### Cold War, Hot Peace with Gary Hylander

**Gleason Library, Hollis Room**

**Thursdays, October 2 & October 16, 7pm**



Gary Hylander continues his Cold War, Hot Peace series on Thursdays, 7pm, at the Gleason Library, Hollis Room on October 2: "Better Dead Than Red": the Eisenhower through Nixon years and October 16: "The Evil Empire": the Reagan-Bush years and end of the Cold War.

Gary Hylander earned his Ph.D. at Boston College and is now an independent scholar who specializes as a Presidential Historian. He is a visiting professor at Framingham State University, on the staff at Boston University School of Education, and a pedagogical specialist for the National Endowment for the Humanities.

This series is free and open to the public, but seating is limited; please call the Library at (978) 369-4898 to register or with any questions. Sponsored by the FOCCOA Rose Pullara Fund and the FOGPL.

**FOR YOUR HEALTH****EXERCISE CLASSES - Mind & Body**

**Note:** To sign up for the following programs, call the COA office at (978) 371-2895 (**minimum # required**), unless otherwise noted. Stop in and try a class/day for **FREE** (except yoga)!

**MONDAYS****October 6, 20, 27 @ FRS, Union Hall**

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

**TUESDAYS****October 7, 14, 21, 28 @ St. Irene**

**Zumba - 10:45am.** Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

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

**WEDNESDAYS****October 1, 8, 15, 22, 29 @ St. Irene**

**Yoga - 9:30-10:30am.** Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Fee for Yoga classes: \$120 for 8 wks., \$40 for Carlisle seniors. Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

**THURSDAYS****October 2, 9, 16, 23, 30**

**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 (Sept.-Nov.).

**Cardio-Boost Class - 10:45am, Congregational Church.** A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Sept.-Nov.). **10/23 only - Benfield Farms, 1st Fl. Community Rm.**

**FRIDAYS****October 3, 10, 24, 31**

**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. **No class 10/17 due to Senior Flu Clinic.**

**FREE Blood Pressure Clinics****Wednesday, October 1, 9am**

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

**Thursday, October 2, 11:30am****Chelmsford Crossing Lunch**

St. Irene, sponsored by COA Volunteers.

**Thursday, October 9, 8am**

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

**Thursday, October 16, 11am**

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

**Monday, October 27, 10am**

**Senior Moments**, Ferns, sponsored by Right at Home.

**Podiatry Clinic****Benfield, Health Room, 2nd Fl.****Tuesday, November 4**

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."

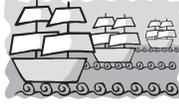
**Inside Walking****Carlisle School Gym****Monday-Friday, 6:45-7:30am**

For security reasons the gym will not be left open. To walk you **MUST** call David Flannery (978) 371-2279 any time after 4pm the day before and before 5am the day you want to walk.

**Ballroom Dancing****Tuesdays, 2pm, St. Irene****Starting October 7**

Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register by calling the COA at (978) 371-2895.

# October 2014

SUN	MON	TUE	WED	THU	FRI	SA
			1 COA Coffee & BP - 9am Sleeper Rm Yoga - 9:30am	2 Fitness - 9:45am Suicide Alert Training - 10am, Gleason Library Cardio - 10:45am Chelmsford Crossing Lunch 12pm, BP 11:30am at St. Irene; <i>following lunch:</i> Concord Traveling Players Gary Hylander - 7pm Cold War/ Hot Peace, Hollis, Gleason Library	3 Food Shopping - VC 9am SAMA - 10:45am	4
5	6 Hair Cuts on the Go! by appt. Book Club - 10:15am Hollis Rm, Gleason Restaurant Review: Cracker Barrel, - VC 10:45am, CC 11am Tap - 1:30pm FRS Caregivers Support Group - 3:30pm, Hollis Rm., Gleason Library	7 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene Community Conversation - 1:30pm Hollis Rm., Gleason Library, Discharge Planning Ballroom - 2pm St. Irene	8 Yoga - 9:30am	9 Men's Breakfast & BP - 8am Sleeper Rm Fitness - 9:45am Cardio - 10:45am	10 Food Shopping - VC 9am SAMA - 10:45am	11
12	13 <b>COA Closed</b> <b>Columbus Day</b> 	14 Medicare Open Enrollment - 10am Benfield Zumba - 10:45am St Irene Minuteman Tech. Lunch - 11:45am Tai Chi - 12:30pm St Irene Ballroom - 2pm St. Irene	15 Yoga - 9:30am Intergenerational Structured Playgroup - 1:30pm Brick House, Carlisle Public Schools	16 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am BP 11am at FRS; <i>following lunch:</i> Stephen Collins' 30s, 40s & 50s show Gary Hylander - 7pm Cold War/ Hot Peace, Hollis, Gleason Library KISS Knitting - 7:30pm	17 Food Shopping - VC 9am Senior Flu Clinic - 10am -12pm Town Hall	18
19	20 Day Trip: Woodstock & Quechee, VT - CC 9am Tap - 1:30pm FRS	21 Zumba - 10:45am, St Irene Tai Chi - 12:30pm St Irene Ballroom - 2pm St. Irene	22 Yoga - 9:30am	23 Fitness - 9:45am Cardio - 10:45am ( <i>at Benfield - today only</i> )	24 Food Shopping - VC 9am SAMA - 10:45am	25
26	27 Sr. Moments - 9:30am Ferns, BP 10am Tap - 1:30pm FRS	28 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene Community Conversation - 1:30pm Hollis Rm., Gleason Library: LinkedIn Ballroom - 2pm St. Irene	29 Breakfast at Nashoba Valley Tech. - 9am Yoga - 9:30am	30 Fitness - 9:45am Cardio - 10:45am	31 Food Shopping - VC 9am Halloween Parade -  10:30am, VC SAMA - 10:45am	



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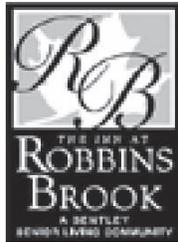
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## Return Service Requested



### Senior Flu Clinic, Town Hall October 17, 10am-12pm



Sponsored by the Carlisle Board of Health and support by the Carlisle COA. This clinic will provide this year's influenza vaccine to Seniors 65 and older. Nurses are provided by Emerson Home Care. No appointment is needed. **BRING YOUR MEDICARE CARD!** If you need a ride, call the COA van line (978) 371-6690. Homebound seniors, call (978) 371-2895 to arrange a home visit.

### Carlisle Intergenerational Community Chorus Mondays at 6:30pm

#### *\*Welcoming New Members\**

You are invited to join us as we prepare for our January concert called "A Musical Feast". No previous experience necessary! Come and sing with us! We have a wonderful mix of males and females, young and old. Having you would be even better! Open rehearsals on Mondays, (except holidays), at 6:30pm in the Carlisle Public School, Robbins Building. Park on School St. For more information about our 6th year of singing in Carlisle go to: <http://www.carlisle.k12.ma.us/ccchorus>.



### Intergenerational Structured Playgroup Wednesday, October 15, 1:30-2:30pm Brick House, Carlisle Public Schools



First Connections & COA invite seniors for the first of three opportunities to meet up with families with children aged 2-5 for some fun and a chance to spend time with people of a different generation. We'll read stories, sing songs, and work on a craft activity--pumpkins in October. Seniors are welcomed to bring grandchildren or other children in their lives. Seniors without grandchildren to accompany them are all encouraged to take part in this entertaining afternoon. Please call First Connections at (978) 287-0221 to register.

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.