



Carlisle Connection

September 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

Greetings everyone! I would like to thank everyone who has contributed to the warm welcome that I've had this first month or so in Carlisle. Along with a great Council on Aging Staff and a very active and dedicated COA Board, I am excited to be playing a part in the Town of Carlisle's efforts to provide services and improve the quality of life for our seniors. By virtue of reading this newsletter, not to mention other local publicity and buzz; with a nod towards the *Carlisle Mosquito*, you probably already know that your COA offers many different activities and programs. Don't let that stop you from plowing forward and reading this issue of the Carlisle Connection from front page to back. September is not just back to school month; it's also back to regular life in Carlisle month. So check out all the activities that are beginning now and continuing through the fall including some great opportunities to: join one of our exercise groups, go on a trip, attend one of the exciting learning programs at the Gleason Library, or just kick back and join us for us for some good food and companionship.

Lastly, while space in our newsletter is often tight, I'd like to start introducing a few new features that includes contributions from all of you. So, if you know a good joke, have a great recipe, know a good story about the history of Carlisle or beyond, or just would like to share a memory that you think that others might appreciate please send it to my attention at the Carlisle COA. We cannot promise publication of any one item, but it sure would be great to build up a treasure trove of your contributions that we could share in the Connection as space permits. Have a wonderful month!

David Klein, COA Director

COA Annual Town Employee Appreciation Luncheon - Thursday, Sept. 20 at 11:45am

Please join us at the FRS to thank our town employees. Run by our wonderful team of COA volunteers. Menu: cold cut and cheese platters, breads, condiments desserts and cold drinks. **Suggested donation: \$3.** To register, call the COA office at (978) 371-2895 by noon on Monday, September 17th. At 12:45pm, enjoy **The Fiddlin' of Bill Brown!** Long-time Carlisle resident, former owner and founder of Minor Chord, Bill Brown will be fiddling to bring smiles to our faces and warm our hearts. Bill is a well-known fiddler who has participated in many Carlisle venues.

America Votes: Mondays, September 10, 17, 24 and Oct. 1, 10:30am

Join Dr. Gary Hylander for an informative, entertaining, and timely speaker series on the history of America's presidential elections at the Gleason Public Library, third floor Hollis Room. The first week will provide background on the origins of the presidency and the Formation of the electoral college; week two will discuss 1912's debates on the Excesses of industrial capitalism and the extent of the government's regulatory power. *(continued at the top of page 5)*



CARLISLE COA OFFICE HOURS

**Monday - Friday
9:00am - 3:00pm**

(978) 371-2895 Office
(978) 371-6690 Van line

COA Staff

David Klein Director
coadirector@carlisle.mec.edu (978) 371-6693
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Peter Cullinane LICSW

COA Board Officers

Liz Bishop Board Chairman
Abha Singhal Vice-Chair
Verna Gilbert Treasurer
Elizabeth Acquaviva Secretary

Board Members

Mary Daigle Joanne Willens
Tom Dunkers Jean Sain
Peggy Hilton Liz Thibeault
Lillian DeBenedictis

Associate Members

Jim Elgin Sandy McIlhenny
Phyllis Goff Natalie Ives

SEPTEMBER 2012

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Labor Day (COA office closed)	4 Podiatry Clinic BP 8:30am - 12pm Zumba - 10:45am - St. Irene Inside Walking Group 6:45am Tues - Fri	5 Chelmsford Crossing Lunch Cong Church - 12pm - 2nd Wind	6 Coffee - 9am, BP Fitness - 9:45am Cardio - 10:45am Washington, DC Trip	7 Van errands / local grocery shopping - 9am	8
9	10 Inside Walk Grp 6:45am M-Fri Yoga - 9:30 am Gary Hylander Lib 10:30am Restaurant Rev - 10:50am	11 Zumba - 10:45am - St. Irene Niagara Falls Trip	12 Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm	13 Men's Brk - 8am BP - 8am at Brkfst Fitness - 9:45am Cardio - 10:45am	14 Van errands / local grocery shopping - 9am SAMA - 10:45am	15
16	17 Inside Walk Grp 6:45a M-Fri Yoga - 9:30am Gary Hylander - Library 10:30am	18 CC Book Club - 10:15am Hollis Zumba - 10:45am - St. Irene Nashoba Tech Lunch - 11:45am	19 Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm	20 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am at FRS BP 11-11:45am KISS - 7:30pm	21 Van Errands / local grocery shopping - 9am SAMA - 10:45am	22
23 Northern California Trip	24 Inside Walk 6:45am M-Fri Sr Moments 9:30 - 11am BP 10am Yoga - 9:30am Gary Hylander - Library 10:30am	25 Womens' Break- Fast - 9am Zumba - 10:45am - St. Irene	26 Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm	27 Fitness - 9:45am Cardio - 10:45am	28 Van Errands / shopping - 9am SAMA - 10:45am Textile Museum - 9:20am/9:30am	29
30						

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

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 - Grassfields in Waltham - Monday, September 10

Enjoy lunch at Grassfields' Waltham location. Call Joanne at (978) 371 - 8023 to register. Deadline for registration is September 4 at noon. \$2 van fee, payable on the day of trip. Leave Village Court at 10:40am and Congregational Church at 10:50am. Reservation is at 11:30am. Return by 2:30pm.



Day Trips

American Textile Museum - Friday, September 28

Come join the COA for a guided tour to experience your world in a whole new way as you spin, weave, recycle and design your way through the innovation, creativity, and passion of textiles that shape our past, present and future. The museum's collections and exhibitions provide a fascinating in-depth look at the world through the art, history and science of textiles. We will be able to take an intriguing and absorbing look at the most divisive period in American history by viewing the special Civil War Exhibit which features many items including three objects from Carlisle: George Varnum Monroe's silk scarf, sewing kit and daguerreotype. Call Joanne at (978) 371-8023 to register. **\$6 paid in advance by mailing a check made out to Carlisle Council on Aging, to Joanne Willens, 145 Church Street, B-12, Carlisle, MA 01741. Please include your phone number on your check. \$2 van fee paid day of trip.** Lunch on your own. Registration is limited to 13 so send your check quickly! Leave Village Court at 9:20 and the Congregational Church at 9:30.

				
nymph	male	female	male	female
Deer ticks			American dog ticks	

MA Department of Public Health
617.983.6800
www.mass.gov/dph

TICK TIPS

Deer tick nymphs and adults may carry germs that cause Lyme disease, babesiosis or human granulocytic anaplasmosis (ehrlichiosis). American dog ticks can carry germs that cause Rocky Mountain spotted fever and tularemia. Ticks are generally found in wooded habitats, near the ground. Deer ticks may be active year-round, but spring, summer and fall are seasons of high risk. Dog ticks are most active in spring and summer. Ticks may be seen more readily on light colored clothing. Use repellents appropriately. Do tick checks daily. Remove attached ticks at once. Grasp the tick close to the skin and pull upward using fine-point tweezers. Avoid squeezing the tick. If you suspect that you have a tick-borne disease, see your doctor.



FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Tuesday, September 4, 8:30am - 12:30pm** at the Sleeper Room at Village Court, *through the generosity of COA RN volunteers.* **Thursday, September 6 at 9am** at the Monthly Coffee, sponsored by *Life Care Center of Nashoba Valley.* **Thursday, September 20, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care.* **Monday, September 24, 9:30am** at Ferns, sponsored by *Right at Home.*

Podiatry Clinic - Tuesday, September 4 in the Sleeper Room at Village Court. Limited space; call the COA at (978) 371-2895 to register. **Cost:** \$20 (partially funded by the Friends of the Carlisle COA). Checks made out to Carlisle COA or cash; payable day of clinic. **Note:** For Carlisle Seniors only.

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.

BALLROOM DANCING - Tuesdays (St. Irene Church) - at 2pm

Please sign up for the next session: October 2, 9, 16, 23, 30 and November 6, 13, 20 and 27. For anyone who wants to learn ballroom dances such as the waltz, tango and rumba! 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.

CARDIO-BOOST CLASS - Thursdays (Congregational Church) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Sept. - Nov.).

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. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Sept. - Nov.).

INSIDE WALKING GROUP - Mon. - Fri. (Carlisle Public School Gym) 6:45 - 7:30am

Walk at your own pace. Begins September 6. If you would like to help coordinate this program or plan on being there certain days of the week, please contact Angela at the COA at 978-371-2895.

INTERGENERATIONAL TAP - Wednesdays (FRS Union Hall) at 2:45 - 3:45pm

September 12 - end of November (no class Nov. 28th) Make exercise fun through tap dancing! For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40

SAMA EXERCISE CLASS - Fridays (Clark Room at Town Hall) at 10:45am

Starting September 14. SAMA (Senior Approach to Martial Arts) is an exercise class based on the martial arts moves, to help keep joints and minds flexible while increasing balance. Exercise at your own pace. Tone muscles and create energy. Seniors, and those who will be seniors are welcome to join. \$100 for 10 weeks. Learn more by visiting www.osbkarate.com and going to SAMA.

YOGA - Mondays (St. Irene) from 9:30 - 10:30am

Session I: September 10 - October 29 (no class on 10/8). **Fee:** \$105/Session for seven weeks (\$35 for Carlisle seniors). Call (978) 369-9815; register early to benefit from this pilot senior rate.

Note: *Make checks payable to Carlisle Recreation Dept*

ZUMBA® - Tuesdays (St. Irene) 10:45 - 11:30am

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 (Sept. - Nov.)



(Continued from Page 1) **America Votes: Mondays, September 10, 17, 24 and Oct. 1, 10:30am**
 Week three of the speaker series is the election of 1932: the Great Depression and FDR's New Deal. Week four concludes with 1968's tumultuous election campaign. 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 Friends of the Council on Aging Rose Pullara Fund and the Friends of the Library. Professor Hylander is a Presidential Historian. He is on the staff of the BU School of Education and is a pedagogical specialist for the National Endowment for the Humanities. Visit www.gleasonlibrary.org for more information.

Boston Symphony Orchestra Programs

Don't miss out on wonderful Friday BSO Programs this fall and spring! If you would like to coordinate a group with the Carlisle COA or just attend any of the Friday afternoon sessions (with group tickets for \$25–balcony & rear orchestra) and \$50 (top orchestra), or rehearsals offered to the High School students (seniors are invited for, \$40 for a series of 4 or \$10 per individual ticket), please contact Angela at (978) 371– 2895.

We need a minimum number of attendees to be able to make this happen, so and sign-up soon!

New York City - October 13, 2012

Joanne's Travelers

Register by September 13. \$49 - Checks payable to Fox Tours. Depart at 6:30am from Congregational Church. Leave New York at 6:30pm. Dinner stop on way home (food is on your own). Return at 10:30pm.

Tropical Costa Rica - March 16 - March 24, 2013 Book now and save \$100.

Southern Italy and Sicily - October 17 - 28, 2013 Book now and save \$250.

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

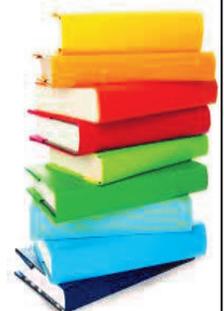


Know how to knit? Would you like to make a difference to someone who is homeless?

Now you can do something you enjoy and also provide a holiday gift to someone in need. Knitting in Service Society (KISS) is a group of girls and women who have been knitting since 2006 to benefit those in need. New members are always welcome, or feel free to knit at home. We work on **hats and scarves** from easy to advanced — **using any pattern of your choice**. They are knit for Boston's homeless through Common Cathedral and given as Christmas presents. Knitted items to be donated will be brought into Boston by FRS members, and are due by November 1. If you have any questions, please contact Angela at the Carlisle Council on Aging at 978-371-2895. To be added to the monthly email reminder, email frs@carlisle.org. KISS meets monthly on Thursday nights **7:30 to 9:30** (September 20, October 18, November 15, January 17, February 21, March 21, April 18, May 16, June 20); call for the location (often a knitter's home).

Carlisle Community Book Club

The next Carlisle Community Book Club read is The Things They Carried by Tim O'Brien. The meeting will take place on Tuesday, September 18, at 10:15 in the Hollis Room of the Gleason Public Library. The CC book club is co-sponsored by the Library and open to anyone 18 and older. October's read will be Dawn Light by Dawn Ackerman, date to be announced. Contact Mary Zoll at (978) 369-5236 for more information. ***All are welcome whether or not they have read the current book selection or have book suggestions!***



FOOD COURT

Monthly Chuckle:

A mature man and woman are sitting at a small table. She has a glass of wine in her hand and is saying, "I don't know how I would have gotten along without you." The husband asks, "Is that you or the wine talking?" The wife replies, "That's me talking to the wine."

Chelmsford Crossing Lunch - Wednesday, September 5 at 12:00pm

Come to the Congregational Church for a lovely meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy a braised pork chop in apple broth with red bliss mashed potatoes and whole baby carrots, salad and dessert. After lunch, enjoy an amazing melodic experience: Carlisle's own group, Second Wind, featuring the voices of Kerry Kissinger, Ray Taylor and Roger Winsby.

Call to register (978) 371-2895 no later than noon on Friday, August 31st. **Suggested donation:** \$3.

Monthly Coffee - Thursday, September 6 at 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Hosted by COA Treasurer Verna Gilbert and COA Board Member Liz Thibeault.

Men's Breakfast - Thursday, September 13 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by a volunteer chef and helpers. **Suggested donation:** \$3.

Nashoba Valley Technical High School Lunch - Tuesday, September 18 at 11:45am

Call the COA by Thursday, September 13th at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Nashoba:

- Sirloin Kebob with peppers, onions, mushrooms and brown sauce
- Baked fresh scallops served en casserole with a light crumb stuffing and lemon sauce
- Chef's choice vegetarian meal based on seasonal vegetables along with starch

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

Women's Breakfast - Tuesday, September 25 at 9am

Come join us at the Sleeper Room at Village Court, 145 Church Street for another epicurean delight with our wonderful "Lady Di!" A tribute to the English! Ladies, please call soon to register for another amazing culinary event. Take a little time, talk with friends and neighbors and enjoy a gourmet breakfast for only \$3! To register, please call the COA at (978)371-2895 by Tuesday, September 18 at noon.

"SENIOR MOMENTS" at Ferns – September 24, 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! Stop in and say hi to Emily Tamilio.

****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.

**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.

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.

Foreclosure Affects the Whole Family

If you or someone you know is having trouble making a mortgage payment, help is just a phone call away. Call the Lowell Home Preservation Center at 978-970-0600 or any of the other Massachusetts federally-approved mortgage counseling agencies: www.hud.gov/offices/hsg/sfh/hcc/hcs.cfm?webListAction=search&searchstate=MA

At the Home Preservation Center, you will talk to HUD approved counselors. There is no cost for these services, and the counselor can help you get back on track and help you stay out of foreclosure. Being in foreclosure can be overwhelming and stressful. Get help from a trustworthy and knowledgeable resource.

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.