



Carlisle Connection

July/August 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 COA Board....

Summer is finally here! A time to relax and enjoy a bit of a slower pace. The June COA Board meeting is the time when we vote in new board members. We have recently said farewell to some long-time members and very active contributors and now we will heartily welcome new members to infuse the Board with new energy and fresh perspectives. The COA Board is here to represent you in the formulation of the policies, goals and objectives of your COA. We work in concert with the staff to build the best COA possible to meet your evolving needs. Your input is greatly valued and we invite everyone to attend our regular monthly meeting to have your comments, questions or concerns heard. Or, if you'd prefer, contact me directly - I'm in the phone book. Don't you just love small-town life?

Liz Bishop, COA Board Chair

COA Monthly Luncheon - Friday, July 20 at 11:45am (Note: Day Change in July Only!)

Join us at the First Religious Society for finger sandwiches and chips, dessert and cold drinks. Suggested donation is \$3. For reservations, call the COA office at (978) 371-2895 by noon on Monday, July 16.

Immediately following the luncheon: At times like these, don't we all need some inspiration?

Imagine being transported back...back to a time when the world made more sense, back to a time when the lyrics to a song actually meant something? Frank Sinatra, Bobby Darin, Sammy Davis Jr...

Greg Curtis can bring you back and he can bring you up again!!!

Greg will sing sensational standards, Broadway numbers, and – of course – patriotic songs! Don't miss this inspiring event!

This program is supported in part by a grant from the Carlisle Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Intergenerational Ice Cream Social and Science/Magic Show - Thurs., July 12 at 1:00pm

Arrive at St. Irene Hall at 1:00pm for ice cream (or a sugar free treat) and be entertained at 1:30pm. Seniors with or without grandkids are invited to join in the fun. Stephen Lechner, owner and operator of *The SCIENCE WORKS!*, has been educating and entertaining children and teachers throughout New England for over twenty years. In the Science Magic Show, Stephen presents science experiments in an exciting and upbeat manner, designed to tickle the imagination and funny-bone! Experiments are presented like Magic Tricks, but the audience is then invited to guess or figure out how the experiments work. Some of the tricks include the Disappearing Coins, the Self-Inflating Balloons, the Mysterious Red-Cabbage Juice, the Color-Changing Ghost, and more! Your favorite ice cream and toppings along with sugar-free treats will be generously provided by Senior Helpers. Please call the COA at **(978) 371-2895** by July 5 at noon to register for this fun event. Bring a friend/neighbor or just come alone!

CARLISLE COA OFFICE HOURS

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

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

COA Staff

| | |
|-----------------|---|
| TBA | Director |
| Angela Smith | Outreach Coordinator asmith@carlisle.mec.edu (978)371-2895 |
| Debbie Farrell | Transportation Coord. coaride@carlisle.mec.edu (978)371-6690 |
| Bonnie Hansen | Admin. Assistant bhansen@carlisle.mec.edu (978)371-2895 |
| 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 |

JULY 2012

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|---------------------------------------|-----|--|---|-----|
| 1 | 2 Yoga - 9a | 3 Podiatry Clinic, BP 11a-1:30p | 4 | 5 Fitness - 9:45a Cardio - 10:45a | 6 Van/grocery shopping - 9a No Martial Arts | 7 |
| 8 | 9 Yoga - 9a Sr. Moments - 9:30a | 10 | 11 | 12 Fitness - 9:45a Cardio - 10:45a Ice Cream - 1:00p | 13 Van/grocery shopping - 9a Mart. Arts 10:45a | 14 |
| 15 | 16 Yoga - 9a Merrimack Outlets- 9:15a VC 9:30a CC | 17 | 18 | 19 Fitness - 9:45a Cardio - 10:45a | 20 Van/groc - 9a Mart. Arts - 10:45a Luncheon - 11:45 | 21 |
| 22 | 23 Yoga - 9a Sr. Moments - 9:30a, BP | 24 | 25 | 26 Fitness - 9:45a Cardio - 10:45a Ice Cream - 1:30 | 27 Van/grocery shopping - 9a Mart. Arts - 10:45a | 28 |
| 29 | 30 Yoga - 9a | 31 | | | | |

AUGUST 2012

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|-----|--|---|--|-----|
| | | | 1 | 2 Coffee - 9, BP Home Safety/Balance Fitness - 9:45a Cardio - 10:45a | 3 Van/grocery shopping - 9a Martial Arts - 10:45 | 4 |
| 5 | 6 Newburyport - 9a VC, 9:10a CC | 7 | 8 Lunch on the Farm - 11:30a | 9 Fitness - 9:45a Cardio - 10:45a | 10 Van/grocery shopping - 9a Martial Arts - 10:45 | 11 |
| 12 | 13 Senior Moments - 9:30a | 14 | 15 Brain Healthy Eating - 11:30a | 16 Fitness 9:45a Cardio - 10:45a | 17 Van /grocery shopping - 9a Martial Arts - 10:45 | 18 |
| 19 | 20 Portsmouth - 9:00a VC, 9:10 CC | 21 | 22 | 23 Fitness - 9:45a Cardio - 10:45a | 24 Van/grocery shopping - 9a Martial Arts - 10:45 | 25 |
| 26 | 27 Senior Moments - 9:30a - 11a, BP | 28 | 29 | 30 Fitness - 9:45a Cardio - 10:45a | 31 | |

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.

DAY TRIPS

For the following trips, please call Joanne at (978) 371-8023 to register. Make registration checks payable to Friends of the Carlisle COA and send to Joanne Willens, 145 Church St., B-12, Carlisle, MA 01741. Please be sure to include your phone number on your check.



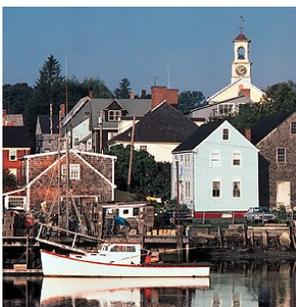
Merrimack Premium Outlets® in Merrimack NH - Monday, July 16

Deadline for registration is July 9. \$5 van fee, payable on the day of trip. No Tax! Visit the brand new Merrimack Premium Outlets® ! Lunch on your own at restaurants in the Food Court. Stores include Bloomingdale's and Saks 5th Avenue Off 5th among many others. Leave Village Court at 9:15am and Congregational Church at 9:30am. If you park at the Congregational Church for this trip, please park at the back of the lot, as there is an event at the Church that day. Return around 4pm.



Newburyport, MA - Monday, August 6

Deadline for registration is July 30. \$5 van fee, payable on the day of trip. Leave Village Court at 9:00am and Congregational Church by 9:10am. Lunch on your own at one of the fine restaurants in this beautiful seacoast town, such as Michael's Harborside, Agave Mexican Bistro or the Mission Oak Grill. 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 prices ranges, one among the many wonderful shops! Return by 4pm.



Portsmouth, NH - Monday, August 20

Deadline for registration is August 13. \$5 van fee, payable on the day of trip. Leave Village Court at 9:00am and Congregational Church by 9:10am. Lunch on your own at one of many wonderful restaurants such as Green Monkey, Zahtar Mediterranean Sandwich Bar, Portsmouth Gas Light Co., River House, Dolphin Striker, and Mombo. Wonderful shopping, including clothing, jewelry, books (both new and used at RiverRun Bookstore) and kitchenware. Be sure to visit Bull Moose, a second hand music store with a great selection of CDs, LPs and DVDs. Portsmouth's Strawberry Banke Museum is open from 10am to 5pm the day of the trip. Named after the earliest Portsmouth settlement, the Strawberry Banke Museum includes 9.5 acres of buildings from four centuries, displayed as living history. Return by 4pm.



FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Tuesday, July 3, 11-1:30am** at the Sleeper Room at Village Court, *through the generosity of a COA RN volunteer.* **Friday, July 20, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care.* **Monday, July 23, 9:30am** at Ferns, *sponsored by Right at Home.* **Thursday, August 2 at 9am** at the Monthly Coffee, *sponsored by Life Care Center of Nashoba Valley.* **Monday, August 27, 9:30am** at Ferns, *sponsored by Right at Home*

Podiatry Clinic - Tuesdays, July 3 and 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.

Know the Signs of Heat Stroke

Heat Stroke occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Seek medical help immediately if you experience extremely high body temperature (above 103°F); red, hot, and dry skin (no sweating); rapid, strong pulse; throbbing headache, dizziness and nausea.



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.

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 (June - August). To sign up for September session, please call the COA.

CARDIO-BOOST CLASS - Thursdays (Clark Room at Town Hall) at 10:45am
Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (June - August). To sign up for September session, please call the COA.

YOGA - Mondays (Clark Room at Town Hall)

Session III continues through June 25 from 9:30am - 10:30am. Session IV begins July 2-30 (5 weeks) 9am - 10am only. **Fee:** \$75 (\$63.75 with 15% discount for Carlisle seniors) Call (978) 369-9815 to register. **Note:** Make checks payable to Carlisle Recreation Dept.

INTERGENERATIONAL TAP -

There are no tap classes over the summer but we plan on tap returning in the fall. To sign up for September session, please call the COA.

MARTIAL ARTS - Fridays (Town Hall) at 10:45am - Sensei Tony Hanley teaches a class focused on exercise using Martial Arts moves. This program helps keep joints and minds flexible. Learn more about the program by visiting osbkarate.com and going to SAMA (Senior Approach of Martial Arts). **Fee:** \$100 for ten week session. Call the COA for more information. No class on July 6.

ZUMBA® -

There are no Zumba® classes over the summer but this program will return in the fall. To sign up for September session, please call the COA.



Boston Symphony Orchestra Programs

Take advantage of the various spring and fall Friday BSO Programs! If you would like to coordinate a group with the Carlisle COA for either Friday afternoon sessions (with group tickets for \$25 – balcony, rear orchestra) and \$50 (top orchestra), or for rehearsals offered to the High School students (seniors are invited, \$40 for a series of 4 or \$10 per individual ticket), please contact Angela at (978) 371-2895. Minimum number of attendees are required to be able to make this feasible.

Joanne's Travelers

Washington, DC - September 6 - 9, 2012

Register by August 6. Checks payable to Fox Tours.



Niagara Falls & Erie Canal Spectacular - September 11-13, 2012

Register by August 11. Checks payable to Fox Tours.

Trains, Wineries and Treasures of Northern California - Sept. 23 - Oct. 1, 2012

Register by June 15. Checks payable to Collette Vacations.

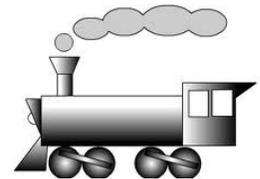


New York City - October 13, 2012

Register by September 13. Checks payable to Fox Tours.

Tropical Costa Rica - March 16 - March 24, 2013

Book now and save \$100. 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

Notes from Your Outreach Coordinator

I would like all of our Carlisle seniors to know that I am here to help them and support them, especially when they are in need of assistance with a referral for help with home care, fuel or food assistance, legal support, medical insurance information, a friendly visitor, or the loan of medical equipment.

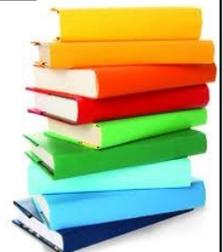
Please call (978) 371-2895 and let me know how I can help. - **Angela Smith, Outreach Coordinator**

Summer Sleuths at the Gleason Public Library

This summer, join us at the Gleason Public Library as we revisit two classic detective novels: Sir Arthur Conan Doyle's The Hound of the Baskervilles in July, and Josephine Tey's The Daughter of Time in August. Visit www.gleasonlibrary.org or ask at the library for the schedule of discussions, movies, and other events.

Carlisle Community Book Club

The next Carlisle Community Book Club read has not been selected yet as of this printing. Contact Mary Zoll at (978) 369-5236 for date and time of the next meeting, which will be held in the Hollis Room of the Gleason Public Library. Our newly named group is now co-sponsored by the Library and open to anyone 18 and older. ***All are welcome whether or not they have read the current book selection or have book suggestions!***



FOOD COURT

Summer Intergenerational Ice Cream Social and Sing-A-Long - Thurs, July 26, 1:30pm

All SENIORS with or without GRANDCHILDREN are invited to a FREE Ice Cream Sundae Social (make your own sundae or have a sugar-free dessert) at the Sleeper Room at Village Court, from 1:30 to 3pm. Pastor Steve Weibley and our own COA Friends Board Member, Santo Pullara, will lead a sing-a-long. Enjoy the company of friends and neighbors and the air conditioning of the Sleeper Room. Please call the COA at (978) 371-2895 to register (to ensure we have enough ice cream and toppings!) no later than noon on Thursday, July 19th. Please park on the street as Village Court parking is for residents only. This event is sponsored by Visiting Angels Living Assistance Services and Kimball Farm.

Monthly Coffee - Thursday, August 2 at 9am

Diane DiGregario will be representing Life Care Center of Nashoba Valley as the host and sponsor this month. Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Following the coffee, please stay and listen to Joanne McCole RN, BSN and Pam Cole, OT give a presentation on Home Safety and Balance Tips. This program will include helpful advice for making your home safer, and resources to help with any changes that should be made. The presentation will also cover how to improve your balance with a demonstration of some exercises you can do at home.

Lunch on the Farm - Wednesday, August 8 at 11:30am

Come join the Carlisle COA and enjoy lunch at the Culinary Arts Fife and Drum Restaurant at the Northeastern Correctional Center, located at 976 Barretts Mill Road, West Concord. Arrive for lunch at 11:30am. For \$3.21 (correct change if possible!) you will receive soup, your choice of a garden or Caesar salad along with your choice of the entrée or sandwiches of the day. Dessert and beverage included. Please call the COA at (978) 371-2895 to register no later than July 31 and let us know if you want to ride the van! Note: No cell phones or electronic devices allowed in the building. Photo ID required to enter the facility.

Brain Healthy Eating - Wednesday, August 15 from 11:30am - 1:00pm

Come to St. Irene Church Hall from 11:30am - 1:00pm for this informative luncheon. Sponsored by **Concord Park Assisted Living Community, Dr. Nancy Emerson Lombardo, Ph.D.** will give an interactive presentation about her evidence-based Memory Preservation Nutrition® program. Mounting evidence indicates brain foods are important for humans at all ages, including infants, children, teenagers, and adults ages 18 to 110! Research tells us that proper nutrition is essential to defending against deterioration due to age and disease. Leave this educational program with information, recipes, and the inspiration to live a brain-healthy lifestyle! Dr. Emerson Lombardo is a founder of Alzheimer's Disease International and the National Alzheimer's Association, and Adjunct Research Assistant Professor of Neurology at Boston University School of Medicine. She has developed the Memory Preservation Nutrition® Program to help people improve their brain and body health. As President of HealthCare Insights, LLC, Dr. Emerson Lombardo is committed to helping people and organizations practice brain healthy lifestyles. Please call the COA at (978) 371-2895 by August 8. Attendance is limited; call early.

“SENIOR MOMENTS” at Ferns – July 9 and 23, August 13 and 27 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! See Emily Tamilio on July 23 and August 27.

****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.

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
and formatted by a grant from the Concord-Carlisle Community Chest.**

Seniors, do you want to earn up to \$700 to help reduce your Property Taxes?

If you are a Carlisle property owner and sixty years old or older, you are eligible to apply for our Senior Tax Worker Program. Approved applicants provide work assistance to town departments such as the Council on Aging, School, Police, Library, and more! Currently tax workers can earn up to \$700 credit on their property taxes by being matched with a Town Department's needs and working up to a maximum of 87.5 hours between July 1, 2012 and June 30, 2013. This program has limited slots; therefore, sign up early! Assignments will be made in July. If you would like to apply or learn more about this program, please contact the Council on Aging at (978) 371-2895.

Coming in October! Senior Moments: The Musical

Looking for folks interested in showing off their talent! Preparing for the show will involve three commitment dates, one to present your act, a run-through rehearsal and a dress rehearsal. There will be two performances. Here are current ideas and suggestions for acts, but we are open to more: Senior Moment Monologues, Senior Ballroom Dance, Poetry by and for Seniors, Martial Arts, ZUMBA® and Barbershop Quartet. We also need help with technical aspects of the show. Call (978) 371-2895 if you are interested!

Cultural Programs in the Fall: Mondays, September 10, 17, 24 and October 1, 10:30am

Join Dr. Gary Hylander for an informative, entertaining, and timely 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 excesses of industrial capitalism and the extent of the government's regulatory power. Week three 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 and the Friends of the Gleason Public Library, Rose Pullara Fund. Gary Hylander appears in partnership with Sage Educational Services. Visit www.gleasonlibrary.org for more information on all Library programs.