



Carlisle Connection

January 2014



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>

Happy New Year from the Council On Aging staff!

Now that the holidays are just about over and the decorations will soon be down, our focus will turn to the challenges of winter and setting our New Year's resolutions! We hope that spending time with your friends and neighbors will be part of your 2014 plans! I hope that you each will consider joining us and increasing your health through our many Council on Aging exercise programs. Try a class for free (except yoga - check out our class schedule on page 6). I bet you will find that not only will your flexibility, balance and strength improve, but it will also be good for your brain. I also predict that you will have a great time being with other students and our excellent instructors. May 2014 bring you and yours health, happiness, and "enough" of everything you need!



Angela Smith, COA Outreach Coordinator

Looking for ways to reduce your taxes? - Don't overlook the Senior Circuit Breaker Tax Credit

If you're age 65 or over and own or rent your principal residence in Massachusetts, you may qualify for a special "refundable" tax credit of up to \$1,030. Income limits are between \$55,000 for single tax payers and \$82,000 for Head's of Households and include other qualifications such as not having a home with a real estate valuation that exceeds \$700,000. Call the Mass Dept of Revenue - customer service line at: (617) 887-6367 for more information or assistance in filing.

David Klein, COA Director



COA Lunch And Annual BINGO Thursday, January 16, 11:45am



Please 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 headed by Verna Gilbert. Menu: Lasagna, salad, and dessert. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on Monday, January 13. Shuttle available, see page 2.

Following the lunch: Annual Prize BINGO game at 12:45! Elizabeth Acquaviva, Co-Secretary of the COA board has generously volunteered to take all those lovely items that have been donated and turn them into wonderful prizes. Donations will be accepted until January 10. If you have an item that you would like to donate as a prize for our January Bingo, please contact the COA at (978) 371-2895 or drop off at the COA office during our office hours. Items that make good prizes for gift baskets are: books, frames, gift cards, dried fruit, coffee/teas, soups, canned ham/pineapple, wine, nuts, festive napkins/plates, candles, or jams.

CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am - 1pm
(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

Director **David Klein**
coadirector@carlisle.mec.edu
Outreach Coordinator **Angela Smith**
asmith@carlisle.mec.edu
Transportation Coord. **Debbie Farrell**
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coaadmin@carlisle.mec.edu
LICSW - **Peter Cullinane**

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TRANSPORTATION / TRIPS



Do you have errands, medical appointments or shopping needs?

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu**
DONATIONS/FEES*: Rides within Carlisle and the Friday shopping trips-free; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away \$5. *Parking fees are the responsibility of the rider.

Winter Weather/Snow Van & Class Policy

If Carlisle schools are cancelled all classes and programs will be cancelled. The COA van will not run until at least 10am. If Carlisle Schools are delayed: All classes beginning before 10am will be cancelled. Call the COA for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride.

NOTE: Please keep driveways and sidewalks clean of snow/ice and sand if necessary.



Local grocery /Shopping trips Join us every Friday morning at 9:00am for the **Free** Weekly Grocery Shopping Trip to the Market Basket in Westford. Call the van line to make reservations (978) 371-6690. Van leaves VC at 9:00am.



Van Pick-up for the FRS monthly lunches– Village Court pickup at 11:15 and Congregational Church at 11:30. Please call the van line to confirm attendance.

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.

Theatrical Happenings

Stoneham Theater “Something’s Afoot” Wednesday, March 12, 2014

Ticket price \$30.00. Lunch on your own at Felicias. \$2 van fee. Leave VC at 10:45am, CC 11:00am return around 4pm.

Newport Playhouse Lunch and Play “My Husband’s Wild Desire” Wednesday April 9, 2014

Ticket price \$49.95 unless we get a minimum of 15 people, price will then be \$46.00. Leave VC at 8:45am, CC 9:00am return around 4pm. Registration deadline is February 20.

If you would like to join us for either of these plays, register by calling Joanne Willens at (978) 371-8023. Make checks payable to Carlisle COA, due upon registration.

Boston Flower Show Thursday, March 13



Come join one of our COA tour volunteers, Sandy McIlhenny, to the annual Boston Flower show. The theme this year is "Romance in the Gardens." Bus leaves from CC at 9:30am and return home around 3:30pm. Tickets are \$20 and bus fee is \$5. Lunch on your own at the show. Reserve your spot now, call Sandy at (978) 369-9038.

Restaurant Reviews

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

Omega Pizzeria & Grille Monday, January 13

Join us as we travel to Omega Pizzeria & Grille in Chelmsford for amazing pizza and other exquisite tastes you will love. Register by January 6. \$2 van fee. Leave VC at 11:00 am, CC at 11:15 am, return around 2 pm.

Glenview Pub & Grill in North Chelmsford Monday, February 3

Glenview Pub & Grill offers a wide variety of hand-cut steaks and meats, fresh seafood, exceptional sauté dishes, homemade soup and chowder, sandwiches and old favorites like meatloaf and shepherd’s pie. Register by January 27. \$2 van fee. Leave VC at 10:50 am, CC at 11:00 am, return around 2 pm.

Hey - Where’s the Page 2 Calendar?

Check out page 5 for your better than ever calendar of COA events and services. It’s tear out too!



Carlisle Community Book Club Monday, January 13 10:15am Gleason Public Library Hollis Room

“American Nations” by Colin Woodard, Carlisle Community Read. For information contact Mary Zoll, (978) 369-5236.

Community Events

Community Conversations at Gleason Public Library
Hollis Room 1:30-2:30pm

January 7 Using Facebook: Get Started or Improve Your Skills.

Martha Feeney-Patten, Senior Librarian, Reference and Technology, Gleason Public Library.

What on earth is Facebook and what am I supposed to do with it? Come to the Gleason Library, Hollis Room, on Tuesday, January 7 at 1:30pm and find out! Learn how to get started connecting with family and friends, or bring your questions about sharing photos, games, privacy settings, and other social media sites.

Regional Identities in American Art with Martin Fox
Thursday, January 30 at 7pm
(snow date February 13)

As part of the "6th Annual Carlisle Reads": American Nations by Colin Woodward, the Friends of the Carlisle COA will be sponsoring Mr. Fox's presentation on the regional differences in American Art during the 19th through mid 20th centuries. Mr. Fox is a Professor of Art History at the New Hampshire Institute of Art, author of many publications, and an independent scholar. As a freelance editor and museum professional, he has contributed print materials for numerous distinguished museums, the International Center of Photography, the Sterling and Francine Clark art Institute, and for publishers Harcourt, McGraw-Hill and Yale University Press.

Held at the Hollis Room, Gleason Library. For reservations, call (978) 369-4898.

Caregiver Support Group
Hollis Room Gleason Public Library
Monday, Jan 13, 3:30pm

Anne Marie Rowse of Senior Care Advisors, will facilitate a free Caregiver Support Group for those caring for aging loved ones experiencing challenges, as well as information for family members or elders looking for health care information. For more information, email amorowse@charter.net.

Gleason Public Library
Schedule of events:

1776 Film Showings

Saturday, January 11, 2pm &
 Wednesday, January 15, 1:30pm

Americana Concert & Regional Supper, with the Savoyard Light Opera Company
 Saturday, January 18, 5pm

Author Talk: Colin Woodard
 Sunday, January 26, 2pm

Poetry with Mary Zoll: Sherman Alexie
 Tuesday, January 28, 10:30am

Regional Identities in American Art with Martin Fox

Thursday, January 30, 7pm
 Sponsored by the Friends of the Carlisle Council on Aging
Call the Library to register for these events (978) 369-4898.

January Chuckle

Said one lady confiding to her friend:
 "My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me...
 "Your password is incorrect."

Save the Date!



Art Matters presentations:

The Italian Renaissance, Da Vinci & Picasso

Jane Blair of ArtMatters returns to Carlisle for an informative and inspiring series on the Italian Renaissance and two influential renaissance men of different eras: Leonardo Da Vinci and Pablo Picasso. Wednesdays, 1:30, at St. Irene Church on the following dates.

March 5: The Italian Renaissance

March 12: Leonardo Da Vinci

March 19: Pablo Picasso

Call the Library at (978) 369-4898 to register. Sponsored by the Friends of the COA, Lee Milliken Fund and the Friends of the Gleason Public Library.

Need Some Help With Fuel Bills?

Please contact the COA at (978) 371-2895 for a confidential appointment or to learn more.

FOOD COURT & Miscellaneous Activities



Monthly Coffee

Wednesday, January 8 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Lifecare Center of Nashoba Valley. Show up early as this event generally fills up quickly!

“SENIOR MOMENTS” at Ferns January 13 & 27 from 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 attendees for coffee. First come, first serve!

Men’s Breakfast

Thursday, January 9 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers.



Women's Breakfast

Tuesday, Jan 14 at 9:30am

• Come celebrate the new year with another amazing breakfast cooked by Lady Di (Dian Cuccinello!) at the Sleeper Room, 145 Church Street. Bring a friend or neighbor, eat a delicious breakfast, and enjoy some time catching up! Call the COA (978) 371-2895 by noon on Tuesday, Jan 7 to register.

Suggest donations: \$3 for both the Men’s and Women’s Breakfasts

Chelmsford Crossing/Minuteman Senior Lunch Thursday January 2 at 12noon

Come to St Irene Church for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Salmon pie with cream sauce or cornflake crumb chicken, mixed vegetable blend, fresh fruit wedge, dessert. Register at (978) 371-2895 by noon on Friday, December 27. Please provide your menu choice.

Following the lunch: Come learn about Louisa May Alcott, famed local author of Little Women. Louisa and her family were active reformers. Hope Luder, will be our guide. Hope is a history and anthropology teacher, and docent at the Alcott family Orchard House. Hope will tell us about how Louisa’s ideas, including those on woman, differed from the majority views of her time, and will answer your questions regarding the Alcott family.



Nashoba Valley Tech Lunch, Tuesday, January 7 11:45am

Call the COA by Thursday, January 2 at noon to register. Choose from meals created with great care by the culinary arts students at Nashoba Valley:

- Roast Loin of Pork slow roasted with gravy.
- Shrimp Scampi served with pasta.
- Vegetarian meal based on seasonal vegetables along with starch, chef’s choice.

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

Quarterly Breakfast at Nashoba Valley Technical High School Wednesday, January 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, January 23. Cost: \$6.50, plus tip, payable at the door. Call the van line at (978) 371-6690 at least two days in advance if transportation is needed.

****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.

JANUARY 2014

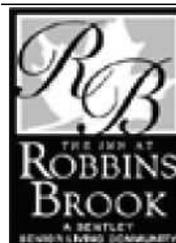
SUN	MON	TUE	WED	THU	FRI	SAT
	NOTE: inside walking-M-F 6:45-7:30am Carlisle Public school. School closed 1/20. See page 6 for more information.		1 COA CLOSED 	2 Fitness - 9:45am Cardio - 10:45am Chelmsford Crossing lunch St Irene 12 noon, followed by Louisa May Alcott 12:45pm, BP	3 Grocery Shopping-VC 9am SAMA- 10:45am	4
5	6 	7 Podiatry by appt. Sleeper Rm Zumba-10:45am St Irene Nashoba Valley Tech Lunch 11:45am Community Conversation 1:30 Using Facebook, Hollis Rm Gleason Library Tai Chi-3:00pm St Irene	8 COA coffee & BP 9:00am Sleeper Rm Yoga-9:30am Chair yoga 10:45am	9 Men's Breakfast & BP 8:00am Sleeper Room Fitness - 9:45am Cardio - 10:45am	10 Grocery Shopping-VC 9am SAMA - 10:45am	11 1776 Showing 2:00pm Gleason Library
12	13 Sr. Moments 9:30 Ferns Restaurant Review-Omega VC 11:00am, CC 11:15am Care Givers Support 3:30pm Hollis Rm Book Club-10:15am Hollis Rm	14 Women's Breakfast 9:30am Sleeper Room Zumba-10:45am St Irene Tai Chi-3:00pm St Irene	15 Yoga-9:30am Chair yoga 10:45am 1776 Film Showing 1:30pm Gleason Library	16 Fitness - 9:45am Cardio - 10:45am COA Lunch-11:45am FRS followed by Bingo, BP 11-11:45am KISS 7:30pm	17 Grocery Shopping-VC 9am SAMA - 10:45am	18 Songs & Supper 5pm FRS
19	20 COA CLOSED Martin Luther King, JR Day 	21 Zumba-10:45am St Irene Tai Chi-3:00pm St Irene	22 Yoga-9:30am Chair yoga 10:45am	23 Fitness - 9:45am Cardio - 10:45am	24 Grocery Shopping-VC 9am SAMA - 10:45am	25
26 Woodward talk 2pm Gleason Library	27 Sr. Moments 9:30 Ferns , BP 10:00am Hair Cuts On The Go by appt. Town Hall	28 Poetry 10:30 Hollis Rm Zumba-10:45am St Irene Hearing Evaluations by appt. Town Hall	29 Nashoba Tech Qtrly Breakfast 9:00am Yoga-9:30am Chair yoga 10:45am	30 Fitness - 9:45am Cardio - 10:45am Regional identities in American Art 7:00pm Gleason Library	31 Grocery Shopping-VC 9am SAMA - 10:45am	



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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). Stop in and try a class/day for free (except yoga)!

Mondays Jan 6, 13, 27

Intergenerational Tap (Jan-Feb only if minimum requirement of attendees is met)-1:30-2:30pm FRS Union Hall. Everyone 12 & older. **Fee: \$25.00**

Tuesdays Jan 7, 14, 21, 28 St Irene

Zumba-10:45—11:30am Taught by Zumba Certified Instructor Katrina Rotondi. **Fee: \$40** (Dec - Feb)

Tai Chi- 3:00pm **no class on 1/28** No registration required! An informal group of **any age**. Wear loose fitting clothing, soft soled shoes. Enjoy this **FREE** program!

Wednesdays January 8, 15, 22, 29

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.

Chair Yoga- 10:45-11:45am. An alternative to traditional yoga, which may be too challenging for certain individuals. Fee for Yoga classes: \$90 for 6 wks, \$30 for Carlisle seniors. Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept. Classes held at St. Irene Church.*

Thursdays January 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** (Dec - Feb)

Cardio-Boost Class - 10:45am Congregational Church. A heart-healthy, aerobic-type workout. Bring hand weights and wear comfortable clothes, bring hand weights. **Fee: \$40**

Fridays January 3, 10, 17, 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. **Fee: \$100/10wks.**

Monday-Friday, Inside Walking at Carlisle School Gym

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 4:00pm the day before and before 5:00am of the day you want to walk. Gym is not open when there is no school, ice or new snow. Note: School closed Jan 20th for the holiday.

Free Blood Pressure Clinics

Thursday, January 2, 11:30am, St Irene Church, Chelmsford Crossing Lunch, sponsored by COA volunteer.

Wednesday, January 8, 9am Sleeper Room, COA Coffee, sponsored by Life Care Center of Nashoba Valley

Thursday, January 9, 8am, Sleeper Room, Mens Breakfast, sponsored by Home Instead.

Thursday, January 16, 11:00am, COA monthly lunch, FRS, sponsored by FCOA and Emerson Home Care.

Monday, January 27, 10:00am, Ferns, Senior Moments, sponsored by Right at Home.

Podiatry Clinic

Tuesday, January 7



Sleeper Room at Village Court

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."



Hearing Evaluations

Tuesday, Jan 28 11:00am-1:00pm

Because we had so much demand to our hearing clinic in October we have scheduled another clinic in January. Mass Audiology will be conducting **Free** hearing evaluations at Carlisle's Town Hall starting at 11:00am. A hearing professional will check your ear canal and screen for hearing loss with an audiometer. Residents who have hearing aids can have them checked and batteries replaced.

Appointments are for 15 minutes. Call the COA at (978) 371-2895 by Tuesday, January 21 to schedule an appointment.

Hair Cuts on the Go! January 27, Town Hall



Suzanne Hickey and Georgia Triantafilles come to Town Hall and provide haircuts to the Seniors for \$10.50. Appointment is 15 minutes. Call the COA at (978) 371-2895 for your appointment. Times range from 9:30am-11:30am.

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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.

Carlisle Disabled Resident Transportation “Demand Level” Survey

The town of Carlisle, through the COA, Board of Selectmen, and an ad hoc mix of concerned residents and state transportation officials is trying to determine the “Demand Level” for the transportation needs of its residents who have either a temporary or permanent disability, which precludes them from driving. Please consider answering the following confidential survey questions and return responses to the Council on Aging office at Town Hall or email to: coadirector@carlisle.mec.edu.

1. Name, age, & disability; include whether or not that disability is temporary or permanent, i.e. whether or not your disability is ongoing in nature. _____
 2. Number of anticipated utilizations per week or range of utilizations.
 - a. One _____
 - b. Two _____
 - c. Three _____
 - d. Four _____
 - e. Five _____
 - d. More _____ (indicate amt/range)
 3. Places you’re most likely to go (Towns and/or specific locations, ex: West Concord Train Station): _____
 4. Types of destinations (circle or email as many as apply): Retail, Medical, Health & Fitness, Social, Work, Education, Volunteering, Other _____
 5. Comments/Suggestions: _____
- Should you have any questions, call David Klein at (978) 371-2895.

CARLISLE FRIENDS OF COA - ANNUAL FUNDRAISER STILL UNDERWAY!

Did you know that **all** the contributions that the FOCCOA receive go **directly** to support COA services and programs? Thank you to all of you who have already contributed! If you haven’t had an opportunity to do so, please consider a tax deductible contribution online at http://www.carlisle.org/foccoa/Home_page.html or by mail to the **Friends of the Carlisle COA, PO Box 38, Carlisle, MA 01741**. Contributions large and small are very much appreciated throughout the year. We promise to ensure that your gift is used wisely to help make growing older in Carlisle a viable option.