

Carlisle Connection



July & August
2014
Serving
Carlisle's 60+
Community



COA Official Town website: www.carlislema.gov
Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director

500 years ago Copernicus made the first observations of Saturn
300 years ago the first typewriter was patented
100 years ago issues in the Balkans precipitated World War 1
70 years ago D-day spelled the beginning of the end of WW11
45 years ago people from earth first landed on the moon
30 years ago Apple unveiled the Macintosh computer
1 year ago someone special began to Stream shows to her TV

To Stream or Not to Stream:

Last year my sister and I purchased a device called a Roku and sent it to our mother's friend in California for her birthday. She said it was one of her favorite gifts ever. A Roku is one of many devices that allow one to 'Stream' programming content, i.e. television shows and movies, from providers such as Netflix or Amazon. Streaming is the term for sending a signal from the Internet to another device such as your television.

Streaming gives you a huge selection of movies and TV shows. It's easy, very cost effective, and it lets you be the boss of what you want to watch and when. Perhaps best of all it allows you to see things that you might not otherwise see, like some of the great television series that HBO has produced over the years, such as Deadwood, the Sopranos, or Game of Thrones. Some content is free, others have a charge. Netflix for instance has a monthly subscription for unlimited 'Streaming' viewing, while Amazon Prime has an annual fee, or a pay as you go approach. Want to see that 'Downton Abbey' show that everyone's been talking about? Beat the heat and give streaming a try, you'll love it!

Have a great summer! Yours, David

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Ice Cream Social & Sing-A-Long



Thursday, August 7, 1:30pm

All seniors are invited to a **FREE** ice cream sundae social (make your own sundae or have a sugar-free dessert) at the Congregational Church starting at 1:30pm. Your favorite ice cream and toppings along with sugar-free treats will be generously provided by Visiting Angels and Kimball Farm. Following the ice cream, at 2pm, Pastor Steve Weibley will lead a sing-a-long of all the seniors favorite songs of the 30's and 40's. Enjoy the company of friends and neighbors (feel free to bring all your friends). Please call the COA at (978) 371-2895 to register by Thursday, July 31 at noon. If you need a ride call (978) 371-6690 at least 2 business days prior to the event.

I have found that among its other benefits, giving liberates the soul of the giver.

Maya Angelou

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
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LICSW - Peter Cullinane

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TRANSPORTATION

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

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation.

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

DONATIONS/FEES*

Van 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.

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 9:00am for the **Free** Weekly Grocery Shopping Trip to Market Basket in Westford. Call to make reservations (978) 371-6690. Van leaves VC at 9:00am.



Van pick-up for the St. Irene Lunch in July

Village Court pick-up at 11:15am. Please call the van line to request a ride. Monthly lunch returns to FRS in September & shuttle will return to its regular schedule.

TRIPS & More

Restaurant Reviews

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

Bamboo Monday, July 7

Join us as we return to Bamboo Restaurant in Westford for a delicious Asian meal and good company. Leave VC at 11:00am, CC at 11:15am, return around 2:00pm.

Outback Tuesday, August 5

Join us for a delicious lunch at Outback Restaurant in Lowell. Van leaves VC at 10:50am, CC at 11:00am. Van fee \$2.00. Returning around 2:00pm.

Theatrical Happenings

To register, call Joanne Willens at (978) 371-8023. Make checks payable to Carlisle COA, due upon registration. Once your check is received you will be registered for the trip.



Reagle Music Theatre "Singin' in the Rain" Thursday, August 7

Join us for a day of good food and another great musical show in Waltham. Lunch on your own at Grassfields in Waltham before the play. Ticket price is \$36.00 per person **unless** we have get a minimum of 10 people; price will then be \$25.00 per person. Deadline to register is July 8. Van leaving VC at 10:15am, CC at 10:30am. Returning between 5-6pm. Van fee \$5.00.



Peabody Essex Museum

Tuesday, July 15, 11:00am



Please join the Historical Society for a trip to the Peabody Essex Museum for a private tour of the Turner exhibit. This exhibit has special meaning for Carlisle history lovers: one of the town's first leading families, the Andrews, had links to the North Shore. Captain Robert Andrews settled in Essex in 1635. His grandson Solomon Andrews and bride Elizabeth (nee Ingalls) arrived in Carlisle, travelled from Ipswich on ox sleds in 1757. Both of their sons would fight in the Revolutionary War, and one became a Selectman. The original Andrews family resided on what is now known as Maple Street. Reserve your spot in person at the Gleason Library reference desk and leave a \$17 check made out to the Carlisle Historical Society. Lunch on your own at the Museum Atrium Café. The COA will provide 1 van for 13 people, leaving Congregational Church at 10am, returning around 3pm, van fee \$5.00. Deadline to register is Thursday, July 10.

FOOD COURT & Miscellaneous Activities



Monthly Coffee July 10 & August 4, 9:00am



Thursday, July 10, 2014 hosted by Jace Tilton and Nancy Kuziemski.

Monday, August 4, 2014 hosted by Sandy McIlhenny, Doris DiCiero & Barbara O'Rourke.

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Come, enjoy good food and meet old and new friends.

"SENIOR MOMENTS" at Ferns

Monday, July 14 & 28, August, 11 & 25
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.



Senior Patio Potluck Picnic **Tuesday, August 12, 11:30am** **Patio Outside Town Hall**

Come to the Carlisle Town Hall to enjoy a Patio Potluck Picnic. Meet and greet Chief Fisher of the Carlisle Police Department. Please bring your favorite summertime dish (salad, side dish or dessert) to share. The COA will provide hamburgers, hot dogs, veggie burgers and drinks. Please call (978) 371-2895 to register by Tuesday, August 5, noon.

Save the Date 

Chelmsford Crossing/ Minuteman Senior Services Lunch

Wednesday, September 3, 12:00pm at CC

COA Lunch

Thursday, July 17, 11:45am

Join us at St. Irene (note venue change) and enjoy the company of your senior friends and neighbors. This meal is run by our wonderful team of COA Volunteers. Menu: tuna, chicken and seafood salads, breads, dessert and cold drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Monday, July 14. Shuttle available, see page 2.

Following the lunch: A presentation on 30 years cruising Antarctica and the Drake Passage. Cool off and witness changes in the frozen wilderness of the Antarctic Peninsula and its frothy seas. How are the birds and mammals doing? Bases from 20 nations proliferate. Tourist cruises have gone from 1 little red ship to several dozen ships of many sizes in just 30 years. Is the area getting warmer/colder, wetter/drier, snowier/rainier? Peter Alden of Concord has lectured and led shore/zodiac excursions on a dozen ships over 30 southern summers. He is currently a study leader for Road Scholar on cruises to Antarctica, the Amazon, Caribbean, Galapagos, SE Alaska, Mexico, Costa Rica, Panama and Africa.



Lunch at the Farm **Wednesday, August 20, 11:30am**



Lunch at the Northeast Correctional Center in West Concord! 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 August 13 at noon and let us know if you need a ride! **Note: No cell phones or electronic devices allowed in the building. Please bring your drivers license!** The first 13 people can ride in the van and others feel free to car pool and meet us there! **Be at the Congregational Church at 11:00am for the COA Van.**

****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.

Outreach with Angela

Did you know that in normal weather, the body's internal thermostat produces perspiration that evaporates and cools the body? In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke. If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move them to a cooler place. **Here are some tips to help you on hot summer days:** **1)** Slow down, avoid strenuous activity; **2)** Do not try to do too much on a hot day; **3)** Wear lightweight, loose-fitting, light-colored clothing; **4)** Drink plenty of water regularly and often, even if you do not feel thirsty; **5)** Eat well-balanced, light, regular meals; **6)** Stay indoors as much as possible. If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body; **7)** Go to a place where you can get relief from the heat, such as our library, a movie theaters or a mall; **8)** Cover windows that receive morning or afternoon sun with drapes, shades, awnings or blinds; **9)** Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.

Enjoy yourself, and we hope you join us for our summer events.

Best,

Angela



Community Events

Intergenerational NEAD Presentation with Lunch & Ice Cream

Monday, July 21, 11:00am, St. Irene

ALL SENIORS with or without **GRANDCHILDREN** are invited to a presentation by John Moon of NEAD (National Education for Assistance Dog Services), assistance dog Rainbow, and possibly other four legged friends to share experiences about what assistance dogs do for their human partners. Rainbow will demonstrate some tasks that may seem 'simple,' yet for someone with limited use of arms and/or legs, these tasks can save a life! **Following the program: FREE** lunch (thanks to the COA and its volunteers) and make your own sundae thanks to the generosity of Life Care Center of Nashoba Valley. Please call (978) 371-2895 to register by Monday, July 14 at noon.

Carlisle Community Book Club Gleason Library, Hollis Room



Monday, July 14, 10:15am

"The Movement of Stars" by Amy Brill

Monday, August 18, 10:15am

"Defending Jacob" by William Landay

For information contact Mary Zoll (978) 369-5236.

A private tour for ten of JFK Presidential Library & Museum Given by Former Museum Curator,

Frank Rigg

Monday, August 18

(First come, first served - up to 10)

Frank will enliven our tour with numerous stories that illuminate the Kennedy years and provide an insider's perspective on the JFK Presidential Library and Museum. In three theaters, period settings, and 25 dramatic multimedia exhibits, we will enter the recreated world of the Kennedy Presidency for a "first-hand" experience of Kennedy's life, legacy, and leadership. In the museum you will view President Kennedy's life through period lenses and hear the story told by JFK himself through the medium of historic recordings. A \$10 check, required to register for the Museum Tour, should be made out to the Carlisle Council on Aging. A \$5 van fee will be collected on the van the day of the event, and lunch is on your own. Arrive at the Congregational Church at 9:50am, enjoy a two-hour tour with Frank, and then enjoy lunch at Sullivan's (Sully's) at Castle Island, take a quick walk around the fort and return to Carlisle at approximately 5-6pm. Van leaves the Congregational Church promptly at 10:00am. Deadline to register is noon, August 11. (978) 371-2895.

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)!

TUESDAYS**July 1, 8, 15, 22, 29 & August 5, 12, 26 @ St. Irene**

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (June-Aug.)

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

WEDNESDAYS**July 9, 16, 23, 30 & August 6 @ 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.

Chair Yoga - 10:45-11:45am. An alternative to traditional yoga, which may be too challenging for certain individuals.

Fee for Yoga classes: \$75 for 5 wks, \$25 for Carlisle seniors. Call to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

THURSDAYS**July 3, 10, 17, 24, 31 & August 7, 14, 21, 28**

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 (June-Aug.)

Cardio-Boost Class - 10:45am, Clark Room at Town Hall. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (June-Aug.)

FRIDAYS**July 11, 18, 25 & August 1, 8, 15, 22, 29**

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

*I've learned that people will forget what you said,
people will forget what you did, but
people will never forget how you made them feel.*

Maya Angelou

Free Blood Pressure Clinics**Thursday, July 10, 9:00am**

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

Thursday, July 17, 11:00am

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

Monday, July 28, 10:00am

Senior Moments, Ferns, sponsored by Right at Home.

Monday, August 4, 9:00am

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

Monday, August 25, 10:00am

Senior Moments, Ferns, sponsored by Right at Home.

**Podiatry Clinic****Tuesday, July 1 & September 2**

July 1 at Sleeper Room at Village Ct.

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."

Starting Monday, September 8**Carlisle School Gym Inside Walking**

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 4:00pm the day before and before 5:00am the day you want to walk.

Caregiver Support Group**Gleason Library, Hollis Room**

Monday, September 8, 3:30pm

Anne Marie Rowse of Senior Care Advisors, facilitates a **FREE** 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 information,
emailamorose@charter.net



July 2014

SUN	MON	TUES	WED	THURS	FRI	SA
		1 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene Podiatry, Sleeper Rm	2	3 Fitness - 9:45am Cardio - 10:45am	4  COA CLOSED	5
6	7 Restaurant Review - Bamboo, VC 11:00am, CC 11:15am	8 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene	9 Yoga - 9:30am Chair yoga - 10:45am	10 COA Coffee & BP - 9:00am Sleeper Rm Fitness - 9:45am Cardio - 10:45am	11 Grocery Shopping - VC 9:00am SAMA - 10:45am	12
13	14 Sr. Moments - 9:30am Ferns Book Club - 10:15am Hollis Rm, Gleason Hair Cuts on the Go! by appt., Town Hall	15 Peabody Essex Museum - CC 10am Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene	16 Yoga - 9:30am Chair yoga - 10:45am	17 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am, BP - 11am St. Irene, followed by Antarctica presentation, Peter Alden	18 Grocery Shopping - VC 9:00am SAMA - 10:45am	19
20	21 Intergenerational Talk, Lunch & Ice Cream - 11am St. Irene	22 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene	23 Yoga - 9:30am Chair yoga - 10:45am	24 Fitness - 9:45am Cardio - 10:45am	25 Grocery Shopping - VC 9:00am SAMA - 10:45am	26
27	28 Sr. Moments - 9:30am Ferns BP 10am	29 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene	30 Yoga - 9:30am Chair yoga - 10:45am	31 Fitness - 9:45am Cardio - 10:45am		

August 2014

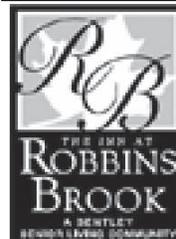
SUN	MON	TUES	WED	THURS	FRI	SA
					1 Grocery Shopping - VC 9:00am SAMA - 10:45am	2
3	4 COA Coffee & BP - 9:00am Sleeper Rm	5 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene Restaurant Review - Outback, VC 10:50am, CC 11:00am	6 Yoga - 9:30am Chair yoga - 10:45am	7 Fitness - 9:45am Cardio - 10:45am Singin' in the Rain play, VC 10:15am, CC 10:30am Ice Cream Social - 1:30pm	8 Grocery Shopping - VC 9:00am SAMA - 10:45am	9
10	11 Sr. Moments - 9:30am Ferns	12 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene Patio Pot Luck - 11:30am Town Hall, Outside Patio	13	14 Fitness - 9:45am Cardio - 10:45am	15 Grocery Shopping - VC 9:00am SAMA - 10:45am	16
17	18 JFK Museum, CC - 9:50am Book Club - 10:15am Hollis Rm, Gleason Hair Cuts on the Go! by appt., Town Hall	19	20 Lunch at the Farm - 11:30am, van CC 11am	21 Fitness - 9:45am Cardio - 10:45am	22 Grocery Shopping - VC 9:00am SAMA - 10:45am	23
24 31	25 Sr. Moments - 9:30am Ferns BP 10am	26 Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene	27	28 Fitness - 9:45am Cardio - 10:45am	29 Grocery Shopping - VC 9:00am SAMA - 10:45am	30



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Hair Cuts on the Go! Monday, July 14 & August 25, Town Hall

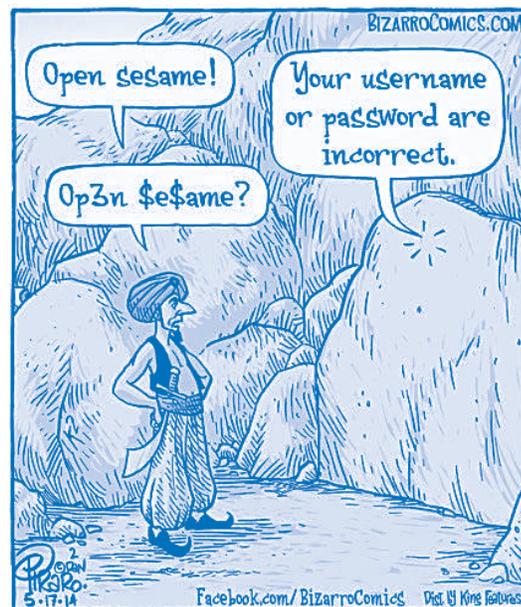
Suzanne Hickey and Georgia Triantafilles provide haircuts to the Seniors for \$10.50. Appointment is 15 minutes. Tell a friend! Call the COA at (978) 371-2895 for your appointment between 9:30am and 11:30am. Two hair stylists - no waiting!

Introducing: Pages Across the Ages: An Intergenerational Reading Program



Would you like to connect with a child? Once a month, read a children's picture or chapter book, write a letter to the child with your thoughts on the book, and the child reading the same book will also write to you! It's as simple as that! Call Patti Russo, (978) 318-9643 for more information and to reserve one of the twelve spaces. Please note that this program is coordinated in conjunction with the Gleason Public Library and the Carlisle Public Schools.

Summertime Chuckle



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.