

Carlisle Connection



July/August
2015

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

Greetings Everyone & Welcome to Summer,

One of the interesting things about working for a town in Massachusetts is that you learn to live by a municipal calendar that runs from July 1st to June 30th each year. This means that we're about to embark on our new fiscal year; one that's bound to bring new and exciting opportunities.

Of course these things don't happen by themselves. There's many to thank including our colleagues at town hall, the schools, the library, the DPW and brave police and fire department personnel. For my part, however it all starts with my wonderful COA team: Angela, Debbie, Linda, and newest addition Mary. We're here for you; so stop in the COA office and say hi during your summertime meanderings.

We have many great volunteers for whom we are also thankful. Volunteering and service starts with our board members, some of whom have given of themselves for years. We've got some great new, and some new/old board volunteers coming onboard, but we're going to miss others who are leaving. Current and past board chairs: Liz Thibeault and Liz Bishop will be missed for their good humor, commitment and leadership. Thanks also to associate members Stephanie Blunt, Mary Daigle, Joan Rosazza and Patti Russo. Don't stray too far, we want to see you all soon!

Looking for some summertime readings? My most recent have all been excellent, including: *Bel Canto* by Ann Patchett, *The House of Special Purpose* by John Boyne, *Destiny of the Republic* by Candice Millard and *11/22/63* by Steven King. Thank you Gleason staff for your thoughtful recommendations! Yours, David

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Dog Training (An Intergenerational Event) Thursday, August 6, 12pm

Bring your neighbors, family or friends (all ages welcome) to St. Irene for a **FREE** lunch (sandwiches, dessert and drinks will be coordinated by Stephanie Blunt & friends) and a demonstration by Brenda Baer (owner of Bren-Lin Farm Pet Services & Pet Grooming) and her dog Mitchell will be joining us to demonstrate some basic dog training. Brenda will explain the difference between behavior training and obedience training and how they work together and the benefit of behavior training for all ages of dogs, cats, horses, etc. Feel free to come with questions regarding your own pets issues/training needs. Please call the COA (978) 371-2895 no later than Friday, July 31 .



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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Peggy Hilton
Reuben Klickstein
Jean Sain

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Maxine Crowther
Lillian DeBenedictis
Jerome Lerman, Helen Lyons
Muggsie Rocco, Abha Singhal



TRANSPORTATION

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

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours. *Need a ride to RMV, SS Office, or local errands? These are rides that we can help you with in addition to medical appts.*

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 Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690. Van leaves VC at 9am.

Shuttle pick-up for the COA monthly lunch at FRS

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.



River Rock Grill
Monday, July 13

River Rock GRILL

Come and enjoy a delicious lunch at the River Rock Grill in Maynard. Van leaves VC at 10:30am, CC at 10:45am, returning between 2-3pm. Van fee \$2.00. Deadline to register is Monday, July 6.

Stay Tuned for more Theatrical Trips



Marblehead Yacht Club
Wednesday, July 8



Join our own multi-talented Carlisle resident Bert Williams for a COA day trip to the beautiful coastal town of Marblehead. You can enjoy a picnic lunch (bring your own or purchase locally) to be eaten on the deck of the Marblehead Yacht Club overlooking Marblehead Harbor. Following lunch, an optional 1/2 hour harbor tour on a 26' powerboat is available. Carlisle residents given first preference until Wednesday, July 1. Out-of-towners will be kept on a wait list until that date. Our 13 seat passenger van leaves Congregational Church at 10am and returns around 5pm. Van fee is \$5.00 **due upon registration to reserve your spot for the trip.** Please call the COA office to register at (978) 371-6690 or (978) 371-2895 by Wednesday, July 1. Bad weather cancels the trip and refunds your payment. Flyers with more details available at the COA office.

Joanne's Travelers Day Trips

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



Provincetown Fast Ferry
Thursday, July 30



Departing from CC at 8am heading to Plymouth where you will catch "Captain John's Fast Ferry." Once there, enjoy the sights, shopping and dining in this eclectic community. Returning back to Carlisle around 7pm. Tour cost: \$69/pp. Checks made payable to "Fox Tours." Deadline to register is July 15. Payment due at registration.

Quechee Gorge & Simon Pearce Trip
Tuesday, September 22



Join us as we return to Vermont in the fall. Our first stop is Quechee Gorge Village and then onto the Village of Quechee or glass blowing at Simon Pearce, shopping and lunch on your own. Van leaves CC at 9am returning between 5-6 pm. The coach fee \$15/pp. which must be paid when registering for the trip. Deadline to register is Tuesday, September 15. Contact Joanne Willens to register (978) 371-8023.

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FOOD COURT & Miscellaneous Activities



Monthly Coffee

July 9 & August 13, 9:00am



Thursday, July 9 hosted by Elizabeth Acquaviva and Peggy Hilton

Thursday, August 13 hosted by Abha Singhal, Kathy DeVivo-Ash & Reuben Klickstein

With Santo Pullara on piano, please come and enjoy good food and meet old and new friends at these relaxed, **FREE** coffee hours at the Sleeper Room at Village Court, 145 Church St.

Save the Date - next coffee hour will be Thursday, September 3.

“Senior Moments” at



July 13, 27 & August 10 & 24, 9:30am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% coffee discount to senior attendees.



COA Lunch

Thursday, July 16, 11:45am



Join us for lunch at St. Irene (note venue change for July). This meal is run by our wonderful team of COA Volunteers. Menu: tuna, chicken and seafood salad, breads, garnishes, cold drinks and dessert. Suggested donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Monday, July 13. Shuttle available, see page 2. **After lunch:** "Mexico: Today and Yesterday." Peter Alden, world renowned naturalist, lecturer, ecotourism guide and author of 15 books on North American and African wildlife, will focus on the Pacific coast, the colonial cities and ancient cultures along with contemporary issues. Peter has run land tours and cruises to most corners of Mexico for 50 years, and has visited Cabo, Puerto Vallarta and Oaxaca frequently in recent years.



Senior Patio Potluck Picnic

Tuesday, July 14, 11:30am

- Patio Outside & Clark Rm., Town Hall -



Come to the Carlisle Town Hall to enjoy a Patio Potluck Picnic. Meet and greet Chief Fisher of the Carlisle Police Dept. and Chief David Flannery of the Carlisle Fire Dept. **Please** bring your favorite summertime dish (salad, side dish, or dessert) to share. The COA will provide hamburgers, hot dogs, veggie burgers, chips and drinks. Please call (978) 371-2895 to register by Tuesday, July 7, 2015.



Foreign Language Club



Possibly you speak French or are about to travel and would like to know the "key" words to get you around France. If you're interested in joining a group starting in the fall meeting once a month, please contact Angela Smith at (978) 371-2895.



Chelmsford Crossings/MSS Lunch

Wednesday, September 2, 12pm

Please mark your calendar for actor Stephen Collins who will make Shakespeare's words come alive. Stephen will perform as King Lear, Edmund, Iago, Prospero, Bottom and others. Lunch menu to be determined. Please call the COA (978) 371-2895 to RSVP by Friday, August 28, noon.



Lunch at the Farm

Tuesday, August 18, 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 for lunch no later than August 13 at noon. The first 13 people who request a ride can go 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: No cell phones or electronic devices allowed in the building. Please bring your drivers license!**

****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

Happy Summer,

If you are not receiving our weekly email, formatted by Maxine Crowther, a very talented volunteer, but would like to, please send me an email at asmith@carlisle.mec.edu. The email contains information about our upcoming events, as well as information that we receive on other area events, recent scams, and information that we hope you will find helpful.

Did you know that summer heat is a potentially deadly problem? According to Agingcare.com “nearly 400 Americans die from heat waves each year. Most of them are elderly people who often don't realize when they are overheating and in danger.

Part of the problem lies in the fact that older people simply can't handle the heat as well as younger ones, because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound the risk. So can certain medications, especially diuretics or those prescribed for hypertension and Parkinson's disease. “Lisa Clark, a Dallas physician who specializes in geriatric medicine, told AgingCare.com that caregivers should stay on the alert for signs of confusion or altered mental states in seniors who are out in hot weather, as it could be a sign of heat stroke. If the elderly person should collapse or pass out, "it's a medical emergency," Dr. Clark said, and 911 should be called immediately. While you are waiting for help, remove as much clothing as possible and pour cold water all over the elderly person's body. Should your elder come to, have a cold drink ready, as hydration is critical.”

On hot days, enjoy a restaurant, movie theater, visit our library, or visit a friend who has air conditioning and drink fluids. Please take care of yourself, we want to enjoy your company at our upcoming events.

Enjoy the good weather!

Angela



COA & Community Events



Rescued Arabian Horses - An Intergenerational Event

Wednesday, July 29, 10am (Rain Date 7/30)



Join the COA & the Recreation Dept.'s Summer Fun Program at Jeannie Lieb's horse barn at 288 Maple St., Carlisle. You will have an opportunity to visit with, pet, and learn about the kind of Arabian horses the Bedouins, an Arab ethno-cultural group, lived with and rode in the deserts of the Arabian peninsula 200 years ago. The horses will show off a few tricks and one will exhibit some of the decorative tack the Bedouins used to display their horses for visitors. Before you leave, you will be treated to one of Suzie's Ice Creams, www.suziesicecream.com. Please call the COA by Thursday, July 23 at noon to register (978) 371-2895.

Community Book Club

- Gleason Library, Hollis Room -

Monday, July 13, 10:30am

The Sandcastle Girls by Chris Bohjalian

Monday, August 10, 10:30am

In the Kingdom of Ice by Hampton Sides

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



“Seniors Day” @ Carlisle Farmers Market

August 8, 8am-noon

**Carlisle
Farmers
Market**



**Saturday
8 am - Noon
Kimball's - Rt 225**

Seniors, Saturday August 8 is your lucky day at the Carlisle Farmers Market! The Farmers Market will be offering all seniors a free cup of coffee and a chance to win gift baskets made especially for you. The COA will be there with lots of great info and answers to your questions. Sit down with your friends and enjoy the live music, meet the vendors, watch the kids at the craft table. The Market is located at Kimball's Ice Cream Stand, Rt. 225.

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!**

TUESDAYS**July 7, 14, 21, 28 & Aug. 4, 11, 18, 25 @ St. Irene**

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (June-Aug.). *8/25 @ Benfield.*

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (June-Aug.). *8/25 @ Benfield.*

WEDNESDAYS**July 1, 8, 15, 22, 29 & Aug. 5 @ Benfield**

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.

Session IV: July 1 - August 5. (Fee: \$30 - Carlisle Seniors Only). Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

THURSDAYS**July 9, 16, 23, 30 & Aug. 6, 13, 20, 27**

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Fee: \$40 (June-Aug.).

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

FRIDAYS**July 10, 17, 24, 31 & Aug. 7, 14, 21, 28 No Class 7/3**

SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: \$100/10wks. Summer session runs May 29 - August 7. **Next 10 week session starts 8/14.** For more info contact osbkarate.com or call the COA at (978) 371-2895.

Beginners Line Dancing Demo**Thursday, August 20, 1:45-2:45pm @ St. Irene**

Have you ever wanted to try line dancing but didn't think you could do it? Join Katrina Rotondi with your 'two left feet' for a line dance demo. She'll teach you from the first step! Please call the COA to sign up at (978) 371-2895 by no later than Thursday, August 13. If we have enough interest after the demo, we'll try to have a class in the fall on Wednesdays at 1:45pm.

FREE Blood Pressure Clinics**Thursday, July 9 & August 13, 9am**

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

Thursday, July 16, 11am

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

Monday, July 27 & August 24, 10am

Senior Moments, Ferns, sponsored by Right at Home

**Podiatry Clinic****Tuesday, July 7**

- Benfield, 2nd Fl., 575 South St. -

For an appointment, call the COA (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA). Checks made out to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."

康 Tuina Body Work Sessions**July 14, 28 & August 11 & 25**

Interested in trying the Chinese manipulative therapy called *Tuina*? Appts. start at 2pm at Benfield, 575 South St., 2nd Fl. Health Rm., For appt. please contact Linda Sango, our Tai Chi instructor & a certified *Tuina* practitioner at (978) 660-2837. Carlisle seniors pay a discounted price of \$20/½ hr., and \$40/hr. Please wear loose comfortable clothes. Techniques include soft tissue massage, acupuncture and manipulation. *Tuina* is best suited for helping chronic pain, musculoskeletal conditions and stress-related disorders that affect the digestive and/or respiratory systems. Among the ailments *Tuina* treats best are neck pain, shoulder pain, back pain, sciatica & tennis elbow.

**Hair Cuts on the Go!****Monday, August 3, Town Hall**

Stylists Suzanne and Georgia provide haircuts to seniors for \$10.50. Call the COA at (978) 371-2895 for your 15 min. appt. between 9 - 11am.

July 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Yoga - 9:30am	2 No Fitness No Cardio	3. July 4th Holiday COA CLOSED	4 
5	6	7 Podiatry Clinic by appt. Zumba - 10:45am Tai Chi - 12:30pm	8 Yoga - 9:30am Marblehead - CC 10am	9 COA Coffee & BP - 9am Fitness - 9:45am Cardio - 10:45am	10 Grocery Shopping - VC 9am SAMA - 10:45am	11
12	13 Sr. Moments 9:30am Book Club - 10:30am River Rock Grill - VC 10:30am, CC 10:45am	14 Zumba - 10:45am Tai Chi - 12:30pm Patio Potluck Picnic - 11:30am Tuina by appt.	15 Yoga - 9:30am	16 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am, BP 11am <i>after lunch:</i> "Mexico: Today and Yesterday", Peter Alden presenter	17 Grocery Shopping - VC 9am SAMA - 10:45am	18
19	20	21 Zumba - 10:45am Tai Chi - 12:30pm	22 Yoga - 9:30am	23 Fitness - 9:45am Cardio - 10:45am	24 Grocery Shopping - VC 9am SAMA - 10:45am	25
26	27 Sr. Moments - 9:30am, BP 10am	28 Zumba - 10:45am Tai Chi - 12:30pm Tuina by appt.	29 Yoga - 9:30am Rescued Arabian Horses - 10 am 228 Maple St.	30 Fitness - 9:45am Cardio - 10:45am PTown Fast Ferry - CC 8am Rain Date for Rescued Horses	31 Grocery Shopping - VC 9am SAMA - 10:45am	

August 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3 Haircuts on the Go! - by appt.	4 Zumba - 10:45am Tai Chi - 12:30pm	5 Yoga - 9:30am	6 Fitness - 9:45am Cardio - 10:45am Dog Training (Intergen. Event w/ lunch) - 12pm	7 Grocery Shopping - VC 9am SAMA - 10:45am	8  Senior Day @ Carlisle Farmers Market 8am-Noon
9	10 Sr. Moments - 9:30am Book Club- 10:30am	11 Zumba - 10:45am Tai Chi - 12:30pm Tuina by appt.	12 JFK Museum - CC 9:50am	13 COA Coffee & BP - 9am Fitness - 9:45am Cardio - 10:45am	14 Grocery Shopping - VC 9am SAMA - 10:45am	15
16	17	18 Zumba - 10:45am Tai Chi - 12:30pm Lunch at the Farm - 11:30am, van CC 11am	19	20 Fitness - 9:45am Cardio - 10:45am Beginner Line Dancing Demo - 1:45pm, St. Irene	21 Grocery Shopping - VC 9am SAMA - 10:45am	22
23 30	24 Sr. Moments - 9:30am, BP 10am 31	25 Zumba - 10:45am, Benfield Tai Chi - 12:30pm, Benfield Tuina by appt.	26	27 Fitness - 9:45am Cardio - 10:45am	28 Grocery Shopping - VC 9am SAMA - 10:45am	29

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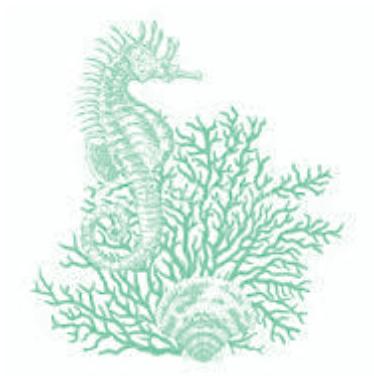
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Private Tour for Ten of JFK Presidential Library & Museum

Given by Former Museum Curator, Frank Rigg

Wednesday, August 12

- First Come, First Served -

Carlisle residents have preference until August 3 deadline



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. We will enter the recreated world of the Kennedy Presidency for a "first-hand" experience of Kennedy's life, legacy, and leadership. To register for the tour please drop off a \$10 check payable to the Carlisle COA. 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 for the COA van at 9:50am, enjoy a two-hour tour with Frank, and then savor lunch at Sullivan's (Sully's) at Castle Island, take a quick walk around the fort and return to Carlisle at approximately 5pm. Deadline to register is noon, Monday, August 3, (978) 371-2895. If you register and cannot make it please let us know as soon as possible. Out-of-towners will be placed on a wait list until August 3.



*Live in the sunshine,
swim the sea,
drink the wild air.*
RALPH WALDO EMERSON

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.