



CARLISLE

Senior Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

May 2011



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

From the Director's Desk...

I am so enjoying the trees now as they bloom with new life. Gardens are showing the result of years of planting and recent hard work. This month is Older Americans Month, and we have some special events planned. The Spring Women's Breakfast will be free in honor of Mothers Day, and we will also be having a Spring Fling Dance this month! Our Monthly Luncheon will have lots of surprises as well! I hope you get a chance to attend the Garden Club's Garden Tour, it sounds wonderful! We would love to have a big senior turnout for the Old Home Day parade. Give me a call or email with interest, or just show up for our Parade Committee get-togethers. Read ahead for more details. I cannot believe summer is almost here! *Be well, Debi*

OAM 2011



Old Home Day is July 2 and 3 - The COA Parade Committee will be having 2 get-togethers to organize and decorate: Wed. May 4 and Wed. May 18 at the Sleeper Room from 1-3pm. This year's theme is "International Carlisle." We need lots of helpers, so please join us!

COA Monthly Luncheon - Thursday, May 19 at 11:45am at the FRS

This month's menu: sweet and sour chicken, rice pilaf, cold drinks, coffee, tea and dessert.
For reservations, call the COA office at (978) 371-2895 by noon on Monday, May 16.

Following the May luncheon.....

"A Musical Journey Through The Years" by singer/entertainer Tommy Rull - His show reaches across generations with classic and contemporary songs from Sinatra, Lou Rawls, McCartney, Paul Anka, Neil Diamond, Englebert, James Taylor, Elvis, Louis Armstrong, Jimmy Buffet, Lionel Richie and on and on.



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.

Spring Women's Breakfast - Wednesday, May 11 at 9am - Come join us in the Sleeper Room at Village Court, 145 Church street and celebrate spring with our wonderful "Lady Di"! Ladies, please **register** for this amazing culinary event no later than May 6 at noon by calling (978) 371-2895. Enjoy a gourmet breakfast for FREE in honor of Mothers Day! (no need to be a mother to come)

CARLISLE COA OFFICE HOURS Monday - Friday 9:00am - 3:00pm (978) 371-2895 Office	COA Staff Debi Siriani Director dsiriani@carlisle.mec.edu (978)371-6693 Angela M. Smith Outreach Coordinator asmith@carlisle.mec.edu (978)371-2895 Carol Killpartrick Transportation Coord. (978)371-6690 Donna Perkins Newsletter Format Peter Cullinane LICSW	COA Board Officers Marje Stickler Board Chairman Liz Bishop Vice-Chair Abha Singhal Treasurer Helen Taylor Secretary	Board Members Jim Elgin Ted Read Phyllis Goff Sandy McIlhenny Jean Sain Verna Gilbert Elizabeth Acquaviva Associate Members Joanne Willens Tom Dunkers Natalie Ives Nadine Bishop
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**RESERVED FOR
SENIOR CITIZEN PUBLISHING**

MAY 2011

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Inside Walking Grp - 6:45a M - F Yoga - 9a & 10:15a Senior Moments - 9:30a at Ferns	3 Podiatry Clinic Fitness - 9:45a Bridge - 10a Ballroom Dance - 2p	4 Old Home Day Mtg - 1-3p Sleeper Rm	5 Coffee - 9, BP 9:15a Outside walk - 9:30a Fitness - 9:45a Cardio - 10:45a R/Brook lunch - noon	6 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	7 Emerson Hospital Wellness 9a-1:30p
8 Mother's Day	9 Inside Walking Grp - 6:45a M - F Yoga - 9a & 10:15a Senior Moments - 9:30a at Ferns	10 Fitness - 9:45a Bridge - 10a Nashoba Tech Lunch - 11:45a Ballroom Dance - 2p	11 Women's Breakfast - 9a	12 Men's Breakfast - 8a BP - 8a Outside walk - 9:30a Fitness - 9:45a Cardio - 10:45a	13 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a	14
15	16 Inside Walking Grp - 6:45a M - F Yoga - 9a & 10:15a Senior Moments - 9:30a at Ferns	17 Fitness - 9:45a Bridge - 10a Ballroom Dance - 2p	18 Old Home Day Mtg - 1-3p Sleeper Rm	19 Out walk - 9:30a Fitness - 9:45a Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS Music - 12:45p KISS - 7:30p	20 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a Spring Fling - 6p	21
22	23 Inside Walking Grp - 6:45a M - F Yoga - 9a & 10:15a Senior Moments - 9:30a at Ferns Restaurant Review	24 Fitness - 9:45a Bridge - 10a Ballroom Dance - 2p	25 "42nd St" Theater - leave 10:45a	26 Outside walk - 9:30a Fitness - 9:45a Cardio - 10:45a	27 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a	28
29	30 HOLIDAY Town Offices Closed	31 Inside Walking 6:45a Tu - Fr Fitness - 9:45a Bridge - 10a Minutemen Tech Lunch - 11:30a Ballroom Dance - 2p				

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TRANSPORTATION INFORMATION

The COA transportation services are available to all senior residents and disabled residents. Transportation is available for all COA events, both local and out of town. Riders make their request for services by calling the Van Line at least two business days before transportation if at all possible.

Van Line Reservations: (978) 371-6690; Weather Info/Cancellations: (978) 371-2895

Did you know?

that our services are not only for medical appointments? We can drive you to the registry, the supermarket, or other errands too!

Medical appointment transportation: Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. We are unable to provide transportation for Emergency care- Please call 911.

Local grocery /Shopping trips: Each Friday- these trips are FREE, and NOT dependent on how many sign up. We will go to Market Basket in Westford or other Local Grocery stores upon request Friday mornings at 9am. Please call the van line in advance to make reservations.



- 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.

Experiencing hardship? Please call or visit the COA office to discuss how we can help.

For this month's "DAY TRIPS" please see page 5.

you may register by sending checks made out to the *Friends of the Carlisle COA* to:

**COA DAY TRIPS c/o Joanne Willens
145 Church St. Apt. B12
Carlisle, MA 01741**

NOTE: Please note that any COA programs, trips, or activities may have a change in time, place, pickup, or event venue due to weather or circumstances otherwise out of our control. If a COA Department day trip is cancelled by the COA, we will refund your check. If you have to cancel, there are no refunds but call the COA to see if there is a wait list for someone to purchase your ticket or place held. *Please note that clients are responsible for any parking fees incurred. Thank you for your understanding. ** Please call Joanne Willens at (978) 371-8023 to register for the trips below.

PLEASE ACKNOWLEDGE OUR SPONSORS

SPONSOR THIS NEWSLETTER!!!

It makes sense to concentrate your advertising where it does most good - right in your neighborhood!

You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

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E-Mail: office@xpresshealthstaffing.com
Collins@todumbrella.com
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FOR YOUR HEALTH!

Emerson Hospital Family Health & Wellness Expo

Saturday, May 7 from 9am to 1:30pm

Join us at Emerson Hospital in Concord for *free* screenings, tours, cancer and general health information, conversations with health and wellness experts, children's activities and more. Registration for some screenings is required. Call toll-free 1-877-936-3776 to register for: skin cancer, lipid profile/cholesterol, prostate specific antigen (PSA), thyroid. No registration required for blood pressure, diabetes, and respiratory screenings.

Weather/Disaster Call Check

If you are home alone, have compromised health, or just want a wellness check or call in the event of a weather related disaster, please call the COA at (978) 371-2895 for a Special Needs application. The Fire Dept. requires a signature and the original form be returned to them in order for the data to be entered into the "Special Needs Resident" database. A great way to ensure that someone will check with you in case of a disaster. Please mail the completed form with signature to the Carlisle Fire Dept., Box 575, Carlisle, MA 01741-0575. All information is kept in strictest confidence and not shared with any outside agencies.

Fitness: If you are fifty or over, our Fitness class may just be the ticket. This class is for any age or level of capability, and focuses on upper and lower body strength and stretching. Go at your own pace, even sit or stand to modify the workout to fit you! Fitness classes are every Tuesday and Thursday in Town Hall at 9:45; attend one or both.

Looking for something more strenuous? Our **Cardio class** will get your heart pumping and increase your energy level. Cardio is held on Thursday morning at 10:45 at the Congregational Church.

Don't forget the fun and good exercise from our **Line Dancing class** on Friday mornings at FRS Union Hall at 9:30.

Try out any program the first time for free. A three month session (adjusted if you start late) is \$40 for any program, and taking fitness two days a week is only \$60. If this is more than you can afford, talk with us at the COA.

COA Outside Walking Group - Thursdays at 9:30 am Meet at Center Park for about a two-hour walk at a moderate pace. Join Jane Anderson and work on the trails needed to earn the Carlisle Trekker Award. For trail logs, see the latest Trails Committee Trail Guide.

Website: <http://carlisletrails.pbwiki.com> Questions? Jane Anderson (978) 369-9672 or jane.anders@comcast.net. No need to sign up, just show up!

Inside Walking Group Every weekday morning (as long as school is in session) meet at the Carlisle School The walking group May, but then again not till fall.

FREE BLOOD PRESSURE CLINICS – Thursday, **May 5th** at 9:15–10:00am at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.*

Thursday, **May 12** from 8-8:45am at the Men's Breakfast in the Sleeper Room. *Sponsored by Home Instead Senior Care of Chelmsford.* Thursday, **May 19** from 11-11:45am before the Monthly Luncheon at FRS Union Hall. *Sponsored by FCOA & Emerson Hospital Home Care.*

PODIATRY CLINIC: Tuesday, **May 3rd.** For an appointment, call the COA at (978) 371-2895. Dr. Ayleen Gregorian, DPM will see patients at the Sleeper Room at Village Court, 145 Church St. **Fee:** \$20 – payable by cash or check made out to the Friends of COA.



COA DAY TRIPS

42nd Street, Stoneham Theater – Wednesday, May 25th leave at 10:45am

Leave Congregational Church at 10:45am, lunch at Felicia's in Stoneham (not included in cost); **Cost:** \$30. Check to Joanne Willens, 145 Church Street, Apartment B-12 made out to the Friends of the COA. \$2 cash for van payable day of trip. Checks must be received no later than May 2.

Upcoming Stoneham Theatre Trips

"Steel Magnolias" Wed. Sept. 21, 2011

\$30.00 all checks made out to Friends of Carlisle COA and sent to Joanne Willens, 145 Church St., Apt. B-12 Carlisle, MA 01741

We leave Carlisle Congregational Church at 10:45am and eat at Felicia's of the North End (lunch on your own). Van fee \$2 cash on day of trip.



Upcoming North Shore Plays

North Shore Music \$5 Van fee paid on van.

Lunch at Sylvan Street Grille (not included in price).

"My Fair Lady" June 15, 2011

"Footloose" Aug. 17, 2011

"The King & I" Oct. 5, 2011

"Legally Blonde" Nov. 2, 2011

\$45 check made out to the Friends of Carlisle COA sent to Joanne Willens.

We leave the Congregational Church at 10:40am.



Oktoberfest at Lake Pearl Luciano's - Wrentham, MA, October 12

\$59/pp includes Oktoberfest Luncheon, one free glass of beer or wine, Bavarian Music performed by the Oberlaendler Hofbrau Band. \$5 van fee due day of the trip.

"SENIOR MOMENTS" @ Ferns Country Store - Mondays from 9:30am to ~11am

A casual weekly drop-in for Carlisle seniors 60+ to greet, meet, eat & talk about whatever is of interest!

Ferns is providing a **10% Discount** to "Senior Moments" attendees for coffee and eats...and FREE goodies provided with support of the Friends of the Carlisle Council on Aging. First come, first served!

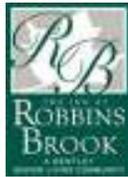
DID YOU KNOW?!..... We have a **Medical Equipment Loan program** at the COA. Here are just a few of the items you may borrow for you or your loved ones for NO FEE:

lightweight transfer wheelchair (short-term please)	wheelchairs	crutches
shower chairs	walkers	canes
		commodes

Book Club: May 11 at 10am - This month's book: Autobiography of Samuel Clemens by Samuel Clemens. Hosted by Phyllis & Miles Goff, 338 Bedford Rd. RSVP required to Mary Zoll at (978) 369-5236.

Ballroom Dancing continues! - Tuesdays thru May 31 from 2 - 3pm. This class is held at St. Irene Church and is suitable for anyone interesting in learning ballroom dancing. Among the dances that may be included, depending on time availability, are tango, waltz, foxtrot, rumba, cha cha, mambo and meringue. FREE for Carlisle seniors.

FOOD COURT



Minuteman SENIOR SERVICES
Options for everyday life.

Robbins Brook/ Minuteman Senior Services Luncheon

Thursday, May 5 at noon

Hosted by our lovely volunteers at St. Irene

This month's *Cinco de Mayo menu*:

Chicken Fajitas with Salad, Appropriate Sides, and Dessert.

Suggested Donation \$3.

Please call Angela @ (978) 371-2895 by Monday, May 2 to register.



Monthly Coffee - Thursday, May 5 at 9am

COA Board members Liz Bishop & volunteer Patti Devana will be generously hosting our coffee at the Sleeper Room at Village Court. Free!

Nashoba Tech Luncheon - Tuesday, May 10 at 11:45am

Please call the COA to register by Thursday, May 5 at noon with your choice of:

Roasted Sirloin of Beef: An 8 oz New York steak broiled to perfection

OR

Baked Haddock: A generous portion of flaky white haddock, crowned with a crabmeat and crumb stuffing
Fee of \$10 plus tip (COA recommended tip of \$1.50 -\$2/person)

Men's Breakfast - Thursday, May 12 at 8am

Held at the Sleeper Room at Village Court each month, this is a full, hearty breakfast.

Cooked by our wonderful volunteer, Andy Cutter and helpers. **Suggested donation: \$3**



Minuteman Regional Tech Luncheon - Tuesday, May 31 at 11:30am

Chicken Cordon Bleu: Boneless breast of chicken stuffed to the brim with imported ham and swiss cheese. Baked to a golden brown and finished with a delicate veloute sauce.

OR

Broiled Salmon Filet: Salmon filet broiled to perfection and garnished with a lemon crown.



Restaurant Review - Monday, May 23 at 11am

We're going to the **Cracker Barrel Old Country Store and Restaurant** in Tewksbury. 11am pick up at Village Court / 11:15am at Congregational Church. \$2 van fee is due day of trip.

To register, call Joanne@ (978) 371-8023 or email joannewillens@comcast.net

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's 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.

Carlisle Community Conversations - First and Third Fridays at 11am
Held at the Gleason Public Library in the Hollis Room

May 6 – Aging in Place - Maximize your years in your own home (or help your parent's stay in theirs). Carlisle residents Don Westwater and Kathy Carey-Westwater will lead an informational session around home adaptations that will help you maintain your independence while living safely and comfortably in your own home. Don spent most of his career working on health care policy and recently opened a business, "Westwater Home Adaptations." Kathy is a Clinical Nurse Specialist with a private practice in Concord. They will discuss changes that often help seniors remain in their home and answer your questions.

May 20 – Deb Toher – Breast Cancer Deb Toher is a Carlisle resident, riding instructor, and a two time cancer survivor. Deb knows the fear, the pain, and various emotions of having the disease, dealing with the treatment and the monitoring and the anguish of discovering you have a 2nd cancer. Deb has been approved by the American Cancer Society as a Counselor and has been helping adults and children with cancer for a number of years. Come hear Deb's story, and bring your questions, concerns, and your friends.

June 3 – What you should know before you purchase a home or condo Angelo DeBenedictis, owner of DeBenedictis Home Inspections, will share his years of experience and give us hints on what we should know before we buy our next home or condo. He will also provide some of the pros and cons of buying a condo, and provide safety tips for your home.

Joanne's Travelers

Penn-Dutch Tour April 17-20, 2011

Vermont's Green Mountains May 10-12, 2011

Mackinac Island, Michigan June 5-11, 2011

Niagara Falls June 21-24, 2011 (Passport needed for this trip)

National Parks & Canyon Country Sept. 22-29, 2011

Eastern Europe & the Black Sea Sept. 24, 2011

Spain's Classic Nov. 6-15, 2011



For flyers or additional information, please call Joanne Willens 978-371-8023 or pick up flyers at Carlisle COA office in Town Hall.

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**Town of Carlisle
66 Westford Street
Carlisle, MA 01741**

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**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.**

Carlisle Country Gardens Tour & Plant Sale - June 10 and 11 from 10am to 4pm

On the tour there will be eight lovely and varied private gardens including stunning formal gardens, charming rustic gardens, enchanted woodland gardens, and one with beautiful water vistas. There is also a **Plant Sale** from the gardens of Carlisle Garden Club Members. Tickets in advance are for \$15 or \$20 the day of the tour. \$10 for seniors. **Volunteers needed**, please contact Jane Williams at (978) 369-7601 for info.

Spring Fling Dance at FRS Union Hall - May 20 from 6:00 to 8:30pm

Come join the Carlisle Council on Aging for a night of fun, dancing, and music. Join us at 6pm for some light refreshments, followed by Music from Mansfield Entertainment. Enjoy the music from 6:30 to 8:30pm, and watch with delight the dancing demonstrations by our own Ballroom Dancing instructors, Barry Kasven and Cynthia Horn. Come and enjoy all types of music and dances.

Our Spring Fling is being brought to you by the generosity of Life Care Center of Nashoba Valley.



"Through the Doors of Carlisle" - The Carlisle School Association invites the public to attend their bi-annual self-guided multi-house tour, to take place on **Friday, May 20, from 9:30am to 2:30pm**. This year's event features seven Carlisle homes that reflect the town's wide range of historical eras, architectural styles, and decorator techniques. Tickets are \$20 in advance or \$25 at the door for general admission; \$10 for seniors 60 and over. To reserve tickets, send a check (payable to the CSA) to: The Carlisle House Tour, P.O. Box 4, Carlisle, MA 01741. Please include your telephone number and email address. Tickets can be picked up at Union Hall, 27 School Street beginning at 9:30am on May 20th. A prepared lunch donated by Whole Foods will be available with ticket pickup for \$10. *All proceeds benefit the Carlisle Public School.*

