



# Carlisle Connection

Serving  
Carlisle's 60+  
Community



NOVEMBER 2015

COA Official Town website: [www.carlislema.gov](http://www.carlislema.gov)  
Friends of COA: [www.carlisle.org/foccoa](http://www.carlisle.org/foccoa)

66 Westford Street Carlisle, MA 01741

## Message from the Director

Welcome All! With November being the great food month that it is I wanted to share a QUICK NUTRITION TIP from a session that I attended at a recent Mass Council on Aging conference. It involves label reading in the grocery store. Did you ever wonder how much is too much sugar when reading a label? After all, it's listed in grams.

Here is an easy way to convert the grams of sugar figure into something that most can relate to, namely "teaspoons of sugar." The trick is to divide the number of grams by four. So, if you're reading something that says that it has 32 grams of sugar per serving, divide by four and you'll see that those 32 grams equate to about 8 teaspoons of sugar. Food for thought!

Happy Thanksgiving to all! And Happy Veterans Day to all who've served!

*Yours, David*

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## Wreath Making

**Wednesday, December 1, 10:30am**

The Carlisle Garden Club & the Council on Aging will host a holiday wreath making seminar from 10:30-11:30am at St. Irene. Light refreshments will be served. Please call the COA at (978) 371-2895 to register no later than noon, Tuesday, November 24 so that we can let the Garden Club know how many wreaths will be needed. This event is for Carlisle residents only please. Maximum 2 pp; 2nd nominal fee.



CONCORD-CARLISLE  
COMMUNITY CHEST

## Concord-Carlisle Community Chest

**Won't you join us in support of our community**

The Concord-Carlisle Community Chest has announced the start of its 2015-2016 Annual Campaign, during which it hopes to raise \$650,000 to support neighbors in need. The Chest relies on the generosity of Concord and Carlisle residents to continue its commitment of *neighbors helping neighbors*. Our Annual Report has been mailed to every Concord and Carlisle household, and the Chest hopes every resident will read about the great work being done in our community and consider making a donation this year.

The Chest was founded 68 years ago by a dedicated group of residents who felt that neighbors helping neighbors was the right thing to do. Today, the Community Chest distributes more than \$500,000 each year to help residents from birth through their elder years by providing funding to more than 30 human services programs. The organization's mission is to strengthen our community by marshaling resources to help those in need. For more info, or to make a donation, please visit [www.cccommunitychest.org](http://www.cccommunitychest.org) or call Karen or Liz at (978) 369-5250.

### 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 & Prog.: Mgr. Angela Smith**  
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**Admin. Assist.: Mary Hopkins**  
coadmin@carlisle.mec.edu  
**LICSW: Peter Cullinane**

### COA Board Officers

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## TRANSPORTATION

**Van Line Reservations: (978) 371-6690 or email [coaride@carlisle.mec.edu](mailto: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 business 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.

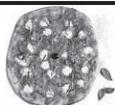
### Shuttle pick-up for the COA monthly lunch at FRS

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 to register at (978) 371-8023



#### Bertucci's

**Monday, November 9**



Join us for lunch at Bertucci's in Chelmsford. Van leaves VC at 11am, CC at 11:15am, returning between 2-3 pm. Van fee \$2. Deadline to register is Monday, November 2.

#### Nancy's Airfield Café

**Wednesday, December 16**



We are off to Nancy's Airfield Café in Stow for some fresh food prepared with love and from locally-sourced ingredients. Van leaves VC at 10:15am, CC at 10:30am, returning 2-3pm. Van fee \$2. Please register by Tuesday, December 9.

#### Carlisle Community Book Club

**Monday, November 9, 10:30am**

**-Gleason Library, Hollis Roo-m-**

*The Shell Collector* by Anthony Doerr



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

#### Hair Cuts on the Go!

**Monday, November 2, Town Hall**



Suzanne Hickey and Georgia Triantafilles provide haircuts to seniors for \$10.50. Appointment is 15 minutes. Call the COA at (978) 371-2895 for your appointment between 9am and 11:30am.

### COA Day Trips

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

MERRIMACK  
PREMIUM OUTLETS\*

**Tuesday, November 17**

Get an early start on your holiday. Tuesday is Senior Discount Day! Van leaves VC at 9am, CC at 9:15am, returning between 3-4pm. Lunch on your own. Van fee \$5. Please register by Tuesday, November 10.



#### Festival of Trees

**Monday, December 7**



Join us as we return to Elm Bank in Wellesley for the Festival of Trees and Snow Village tour. We have a morning reservation at 10am. Lunch on your own and will follow at Papa Razzi restaurant. Entrance fee to the event is \$5. Van leaves VC at **8:15am** and CC at **8:30am**. Van fee is \$5. Contact Joanne Willens at (978) 371-8023 to register for this trip. Deadline to register is December 1.



#### Concord-Carlisle High School Tour

**Monday, November 2, 3pm**

Come take a tour of the new Concord-Carlisle High School on November 2 at 3pm. The one-hour tour will show how the new building's design meets the needs of 21<sup>st</sup> century education and how numerous features makes it one of the greenest public schools in Massachusetts! The first 13 people who sign up and request the van, meet at CC at 2:30pm. Others can meet us at the CCHS at 2:55pm. Please register by calling the COA at (978) 371-2895 by noon on Thursday, October 29.

## FOOD COURT & Miscellaneous Activities

If you have registered for a lunch or event and cannot attend, please call the COA as soon as possible at (978) 371-2895. If you need a ride to a lunch or event, please call the COA Van Line at (978) 371-6690 or email [coaride@carlisle.mec.edu](mailto:coaride@carlisle.mec.edu).



### Monthly Coffee

**Wednesday, November 4, 9am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. This coffee is hosted by Giovanna DiNicola and Patti Russo.

### Chelmsford Crossing/

### Minuteman Senior Services (MSS) Lunch

**Thursday, November 5, 12pm**

St. Irene is hosting lunch cooked by Chelmsford Crossing. Menu TBD. Register at (978) 371-2895 by noon on Thursday, October 29. Suggested donation: \$3. **Following the lunch:** *The Tucker-Tyler Adventure* by Nancy Cowan & Tara Taft. In 1954, Kit and Rusty, two twenty-something women, set sail on the Queen Mary, bought a car in Paris, and toured Europe. They visited 13 countries and wrote many letters home. Correspondence to their daughters and memorabilia is used to share their adventures.

## Next Generation



### Men's Breakfast

**Thursday, November 12, 8am**

Stop before work for a delicious & hearty breakfast prepared by volunteer chef, Dana Smith (held at the Sleeper Room/Village Ct). Suggested donation: \$3.

### Nashoba Valley Tech Lunch

**Tuesday, November 10, 11:45am**



Choose from meals created by the culinary arts students at Nashoba Tech. Call the COA at (978) 371-2895 by noon on Tuesday, November 3 to register. Menu choices: chicken parmesan, baked haddock, or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** meal \$5/soda \$1, plus tip, payable at school. **New subsidized price!!!**

### COA Lunch

**Thursday, November 19, 11:45am**



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. Menu: turkey dinner with all the fixings, dessert and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 by noon, Thursday, November 12. Shuttle available; contact the COA van line on (978) 371-6690. **After lunch** a performance by Carlisle's own Middle School Concert Band students, directed by Kevin Maier. Come enjoy the wonderful sounds of some of our talented Carlisle Public School students. Preference given to Carlisle Seniors; out-of-towners on wait list until November 12.

### "SENIOR MOMENTS" at

**Monday, November 9 & 23, 9:30-11am**

A casual coffee drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives 10% off coffee to senior attendees.

## SAVE THE DATE EVENTS

- **12/2 - Chelmsford Crossing/MSS Lunch, 12pm at Congregational Church.** Please RVSP by noon on 11/26. Prime rib, baked potato, asparagus & dessert. John Posco & Cathy Nardone presents Just the Two of Us - a duo that is uniquely funny and entertaining. They share their love for music and comedy and years of experience performing across the US & abroad.
- **12/3 - COA Coffee, 9am, Village Ct, Sleeper Rm** Hosted by Life Care Center of Nashoba Valley.

**\*\*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

### November is National Caregivers Month

Providing care for a family member in need is an act of kindness, love, and loyalty. If you're like most family caregivers, you aren't trained for the responsibilities you now face. You love your family member and want to provide the best care you can. The good news is that you don't have to be a nursing expert, a superhero, or a saint in order to be a good caregiver. If you are new to family caregiving then here are some suggestions:

- Learn as much as you can about your family member's illness or disability and how to be a caregiver. The more you know, the less anxiety you'll feel about your new role and the more effective you'll be.
- Seek out other caregivers. It helps to know you're not alone. It's comforting to give and receive support from others who understand what you're going through. Come to a Caregiver support group meeting; November 9 and December 14, 4-5:30pm in the Hollis Room of the Gleason Library. Our group is facilitated by Anne Marie Rowse, BS, LNHA, CMC prin. of Senior Care Advisors, LLC.
- Trust your instincts. Remember, you know your family member best. Don't ignore what doctors and specialists tell you, but listen to your gut too.
- Know your limits. Be realistic about how much of your time and yourself you can give. Set clear limits, and communicate those limits to doctors, family members, and other people involved.

And please remember:

- Be patient with your loved one and with yourself.
- Take time for yourself.
- Ask for help and accept it when it is offered.
- Take one day at a time.
- It's a marathon, not a sprint.

Best of luck and remember we are here to support you,  
*Angela*



## Community Events



### Community Conversations

#### Perkins Braille and Talking Book Library

**Tuesday, November 17, 1:30pm  
Gleason Library, Hollis Room**

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to over 200 newspapers over the phone and audio described DVDs containing movies and TV shows. Gayle Yarnall, Director of Adaptive Technology at the Perkins School for the Blind, will demonstrate the free, easy to use digital player and explain how all these services can be delivered to your home at no cost. Now you have a library that will deliver books, magazines and movies directly to your door. All this in a format that is accessible to anyone who can't read print or hold a book. Gayle Yarnall is totally blind and has been a Talking Book Library patron for almost 50 years.

If you know someone with vision problems, or can't hold a book, please come!

### OPERA with Richard Travers

**Wednesday, November 4 & 18, 1:30pm**

Music director and educator Richard Travers continues his series on opera, including its history and in-focus looks at Giuseppe Verdi and Giacomo Puccini.

- ♦ November 4: Verdi, including Aida, Macbeth, Rigoletto, La Traviata and Nabucco
- ♦ November 18: Puccini, including Madame Butterfly, Tosca, Turrandot and La Boheme
- \* Snow date November 23

Seating is limited for this free series; please register at [gleasonlibrary.org](http://gleasonlibrary.org) or call (978) 369-4898. Sponsored by the Friends of the Council on Aging Rose Pullara Fund and the Friends of the Gleason Public Library.

### Knitting in Service Society

**Thursday, November 19, 7:30pm**

For meeting location, please contact Angela at the COA at (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 to hold each exercise class**). Stop in and try a class/day for **FREE!** If you start mid-session, call for fee.

#### **MONDAYS**

##### **November 2, 9, 16, 23, 30 @ FRS**

**Intergenerational Tap - 1:30pm.** For everyone 12 and older. Instructor: Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

#### **TUESDAYS**

##### **November 3, 10, 17, 24 @ St. Irene**

**Zumba - 10:45am.** Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

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

**Ballroom Dancing - 2pm. FREE** due to the generosity of our teachers, Barry Kasven & Cynthia Horn.

#### **WEDNESDAYS**

##### **November 4, 18, 25 (No Classes 11/11)**

**Yoga - 9:30am, Benfield.** Students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Fee for Yoga classes: \$35 for Carlisle seniors (Nov.-Dec.). **Call the Recreation Dept. to register (978) 369-9815. Checks payable to Carlisle Recreation Dept.**

**Line Dancing - 1:45pm, St. Irene.** No experience nor partner required. Instructor: Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

#### **THURSDAYS**

##### **November 5, 12, 19 (No Class 11/26)**

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

**Cardio-Boost Class - 10:45am, Congregational Church.** A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Sept.-Nov.). (**10/22 @ Town Hall**)

#### **FRIDAYS**

##### **November 6, 13, 20 (No Class 11/27)**

**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.** Current session started 8/21 and runs to 11/6. New session starts 11/13. Fee prorated. For more info see osbkarate.com or call the COA.

### **FREE Blood Pressure Clinics**

#### **Wednesday, November 4, 9am**

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

#### **Thursday, November 5, 11:30am**

Chelmsford Crossing Lunch, St. Irene, sponsored by COA Volunteer.

#### **Thursday, November 12, 8am**

Men's Breakfast Sleeper Room, sponsored by Home Instead.

#### **Thursday, November 19, 11am**

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

#### **Monday, November 23, 10am**

Senior Moments, Ferns, sponsored by Right at Home.

### **Podiatry Clinic**

**Tuesday, November 3**

(Benfield, 2nd Fl., 575 South St. )



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

### **Walking @ Carlisle School Gym**

**Monday-Friday, 6:45-7:30am**

To walk you **MUST** call David Flannery (978) 371-2279 after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open. In case of fire, exit the gym door and go to the parking area adjoining Spaulding field.

### **Outside Walking Group**

**Thurs., Oct. 22 - Nov. 19., 9:30am**

Meets at 9:30am on Thursday mornings at Center Park for a two-hour walk at a moderate pace. If you're in doubt about the weather please call Jane Anderson at (978) 369-9672.

### **Caregiver Support Group**

**Monday, November 9, 4pm**

Anne Marie Rowse of Senior Care Advisors, facilitates a **FREE** support group at Gleason Library. For more info, please email: amorowse@charter.net.

# November 2015

| SUN  | MON   | TUE  | WED   | THU  | FRI   | SAT  |
|--|---|--|---|--|---|--|
| <b>1</b><br><b>Fall Back</b><br> | <b>2</b><br><b>Hair Cuts on the Go!:</b><br>by appt.<br><b>Tap:</b> 1:30pm<br><b>CCHS Tour:</b> 3pm   | <b>3</b><br><b>Podiatry Clinic:</b> by appt.<br><b>Zumba:</b> 10:45am<br><b>Tai Chi:</b> 12:30pm<br><b>Ballroom:</b> 2pm<br>  | <b>4</b><br><b>Coffee &amp; BP:</b> 9am<br><b>Yoga:</b> 9:30am<br><b>Opera w/ Richard Travers - Part II:</b><br>1:30pm, Gleason Lib.<br><b>Line Dancing:</b> 1:45pm   | <b>5</b><br><b>Outside Walking:</b><br>9:30am Center Park<br><b>Fitness:</b> 9:45am<br><b>Cardio:</b> 10:45am<br><b>Chelmsford Crossing:</b><br>12pm, BP 11:30am,<br>St. Irene; <i>after lunch:</i><br>Tucker-Tyler Adv.                                 | <b>6</b><br><b>Grocery Shopping:</b> 9am<br><b>SAMA:</b> 10:45am  | <b>7</b>   |
| <b>8</b>   | <b>9</b><br><b>Sr. Moments:</b> 9:30am,<br>Ferns<br><b>Book Club:</b> 10:30am,<br>Gleason Library<br><b>Restaurant Review:</b><br><b>Bertucci's VC</b><br>11am, CC 11:15am<br><b>Tap:</b> 1:30pm<br><b>Caregiver Support:</b><br>4pm, Gleason Library | <b>10</b><br><b>Zumba:</b> 10:45am<br><b>Nashoba Tech. Lunch:</b><br>11:45am<br><b>Tai Chi:</b> 12:30pm<br><b>Ballroom:</b> 2pm  | <b>11</b><br><b>COA CLOSED</b><br><br>      | <b>12</b><br><b>Men's Breakfast &amp; BP:</b> 8am, Sleeper Rm.<br><b>Outside Walking:</b><br>9:30am Center Park<br><b>Fitness:</b> 9:45am<br><b>Cardio:</b> 10:45am  | <b>13</b><br><b>Grocery Shopping:</b> 9am<br><b>SAMA:</b> 10:45am   | <b>14</b>  |
| <b>15</b>  | <b>16</b><br><b>Tap:</b> 1:30pm   | <b>17</b><br><b>Merrimack Outlets:</b> VC<br>9am, CC 9:15am<br><b>COA Board Mtg:</b> 10:30am<br><b>Zumba:</b> 10:45am<br><b>Tai Chi:</b> 12:30pm<br><b>Ballroom:</b> 2pm<br><b>Community Conversations:</b><br>1:30pm, Perkins Braille and<br>Talking, Gleason Library | <b>18</b><br><b>Yoga:</b> 9:30am<br><b>French Club:</b> 11:30am<br>Benfield 2nd Floor<br>Community Room<br><b>Line Dancing:</b> 1:45pm<br><b>Opera w/ Richard Travers - Part III:</b><br>1:30pm, Gleason Lib. | <b>19</b><br><b>Outside Walking:</b><br>9:30am Center Park<br><b>Fitness:</b> 9:45am<br><b>Cardio:</b> 10:45am<br><b>COA Lunch:</b> 11:45am,<br>BP 11am, FRS; <i>after lunch:</i><br>Carlisle Middle School Concert Band<br><b>KISS Knitting:</b> 7:30pm | <b>20</b><br><b>Grocery Shopping:</b> 9am<br><b>SAMA:</b> 10:45am   | <b>21</b><br><b>CCHS Dinner</b><br><br>12pm |
| <b>22</b>  | <b>23</b><br><b>Sr. Moments:</b> 9:30am,<br>Ferns, BP 10am<br><b>Tap:</b> 1:30pm  | <b>24</b><br><b>Zumba:</b> 10:45am<br><b>Tai Chi:</b> 12:30pm<br><b>Ballroom:</b> 2pm  | <b>25</b><br><b>Yoga:</b> 9:30am<br><b>Line Dancing:</b> 1:45pm   | <b>26</b><br><b>COA CLOSED</b><br>   | <b>27</b><br><b>COA CLOSED</b><br> | <b>28</b>  |
| <b>29</b>  | <b>30</b><br><b>Tap:</b> 1:30pm   |  |   |  |   |  |

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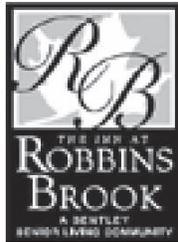
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### Return Service Requested



Join us in a 5K and 1 mile run/walk for all ages. The 1-mile race begins at 9 a.m. followed by the 5K at 9:45am, rain or shine. Runners and walkers of all ages are welcome in either or both race. Free race T-shirts will be given to participants while supplies last. Entry fees for participants age 19 and under, 60 and older, and veterans are \$10 if pre-registered online or \$15 on race day. For all others the entry fee is \$15 if pre-registered or \$20 on race day (tax and processing fee extra). Trophies and medals will be awarded to first place finishers in many categories.

To register online please go to <http://www.lightboxreg.com/carlisle-coa-road-race>. Registration on the day of the race begins at 8am at the FRS.

This road race is hosted by the Carlisle Council on Aging with support from the Concord-Carlisle Community Chest.



### Concord-Carlisle High School Thanksgiving Dinner

**Saturday, November 21, 12pm**



Come enjoy a **FREE** lunch served by the Junior Class of CCHS. You must sign up by calling the COA at (978) 371-2895 by noon on Thursday, November 12. Please arrive early so dinner can be served at noon. The van is available for up to 13 people. When you register, please let us know if you need a ride. The van leaves Town Hall at 11:00am. Financial support provided by Concord-Carlisle Community Chest.

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.