



# Senior Connection

February 2011



Carlisle Council On Aging Serving Carlisle's Senior Community

66 Westford Street, Carlisle, MA 01741

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

### From the Director's Desk...

February is a great time to appreciate the FREE events and services the COA can offer (now that the holiday bills are in, that is)! Here is a quick list of this month's offerings at no charge due to the generosity of the Friends, local and state grants, and the hard work of many volunteers: Blood Pressure Clinics, Opera Lectures, Scrabble games, Book Club, Texas Hold "Em Poker Instruction, Bridge Group, Poetry for seniors, Tax Assistance, Our Monthly Coffee, and Ballroom Dancing! We also have many activities at *minimal* cost to you too, so check us out. ...Because everyone knows..."all the *best* things in life are FREE!" *Warmly, Debi*

### COA Monthly Luncheon & Valentine Tea

Thursday, February 17 at 11:45am at FRS Union Hall

Call the COA at (978) 371-2895 ASAP *February fills up fast!*, no later than Monday, Feb. 14 at noon. This month's menu will include filled finger sandwiches, pickles, chips, delicious desserts, and a variety of teas (coffee too!). If you would be willing to make a dessert for this event, call the COA at (978) 371-2895 by Feb. 14. For a ride, please call the Van Line at (978) 371-6690 at least two days in advance. **Suggested donation: \$3.**



### Following our Luncheon...

**The Justin Meyer Swing Trio** plays songs by Cole Porter, Duke Ellington, George Gershwin, and many other great swing era composers. Mr. Meyer has performed around the country with numerous ensembles. He is a member of the jazz department faculty at Indian Hill Music and is a freelance bassist in the Greater Boston area.

\*\*\* COA events are cancelled if the school is closed! When in doubt, check our voicemail. \*\*\*  
(978) 371-2895

### If You Can't Get to the Met, Then Come to Carlisle for Opera

Wednesdays, February 2, 9 and 16 from 1:30 to 3pm - *snow date: 2/23*

The Friends of the Carlisle Council on Aging Lee Milliken Fund and Friends of the Gleason Public Library are happy to present this 3 week series on Opera. Opera expert and popular instructor, John Tischio, president of the New England Opera Club and instructor at several area colleges, will lead the series. He will present Lucia di Lammermoor (Donizetti), il Trovatore (Verde) and Capriccio (Strauss). Each meeting will include audio-visual excerpts from the opera, information about the life and times of the composer, talk about the literary works the opera is based upon, and discussion about the opera itself. The series is **free and open to the public**. Registration is required as **seating is limited** to 50 people. If you are interested or have questions, please call the Gleason Public Library Reference desk at (978) 369-4898.

<p><b>CARLISLE COA OFFICE HOURS</b></p> <p><b>Monday - Friday</b> <b>9:00am - 3:00pm</b></p> <p>(978) 371-2895 Office (978) 371-6690 Van line</p>	<p><b>COA Staff</b></p> <p>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</p>	<p><b>COA Board Officers</b></p> <p>Marje Stickler Board Chairman Liz Bishop Vice-Chair Abha Singhal Treasurer Helen Taylor Secretary</p>	<p><b>Board Members</b></p> <p>Jim Elgin Ted Read Phyllis Goff Sandy McIlhenny Jean Sain Verna Gilbert Elizabeth Acquaviva</p> <p><b>Associate Members</b></p> <p>Joanne Willens Tom Dunkers Natalie Ives Nadine Bishop</p>
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**RESERVED FOR  
SENIOR CITIZEN PUBLISHING**

**FEBRUARY 2011**

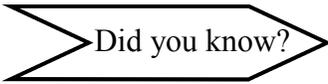
SUN	MON	TUE	WED	THU	FRI	SAT
	Inside Walking Grp - 6:45a M - F	<b>1</b> Fitness - 9:45a Bridge - 10a Ballroom Dancing - 2 - 3pm	<b>2</b> Fun & Games - 10a Robbins Brook Lunch - noon @ Cong. Ch. Opera Series - 1:30p	<b>3</b> Coffee - 9 with B/P 9:15a - 10a Fitness - 9:45a Cardio - 10:45a	<b>4</b> Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	<b>5</b>
<b>6</b>	<b>7</b> Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a Mo. Poetry - 10a	<b>8</b> Fitness - 9:45a Bridge - 10a Minuteman Tech Lunch - 11:30a Ballroom Dancing - 2 - 3pm	<b>9</b> Book Club - 10a Fun & Games - 10a Opera Series - 1:30p	<b>10</b> Men's Breakfast - 8a BP - 8a Fitness - 9:45a Cardio - 10:45a	<b>11</b> Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a Texas Hold 'em - 1p Sleeper Rm	<b>12</b>
<b>13</b>	<b>14</b> Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a	<b>15</b> Fitness - 9:45a Bridge - 10a Ballroom Dancing - 2 - 3pm	<b>16</b> Fun & Games - 10a Opera Series - 1:30p	<b>17</b> Fitness - 9:45a Cardio - 10:45a B/P - 11 - 11:45a COA Lunch - 11:45a Swing Trio - 12:45p KISS - 7:30p at FRS	<b>18</b> Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	<b>19</b>
<b>20</b>	<b>21</b> <b>HOLIDAY TOWN HALL CLOSED</b> No Walking all week No Yoga	<b>22</b> Fitness - 9:45a Bridge - 10a Ballroom Dancing - 2 - 3pm	<b>23</b> Fun & Games - 10a Opera Series - 1:30p Snow Date	<b>24</b> Fitness - 9:45a Cardio - 10:45a	<b>25</b> Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a Texas Hold 'em - 1p Sleeper Rm	<b>26</b>
<b>27</b>	<b>28</b> Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a BBC Restaurant in Westford - 11:15a					

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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 "DAY TRIPS" in this section, please 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.



# BRITISH BEER COMPANY

**NEW!**

**Restaurant Review Group - Lunch at "British Beer Company" in Westford,  
February 28**

We will leave the Congregational Church at 11:15am, and take a trip to Westford for lunch. To register, call Joanne Willens at (978) 371-8023 or email [joannewillens@comcast.net](mailto:joannewillens@comcast.net) \$2 Van fee is due day of trip. Are you interested in reviewing the restaurant for our newsletter? Call Debi at (978) 371-6693.

**Where would you like to go??? Give us a call!**

## **FOR YOUR HEALTH!**



**FITNESS CLASS** – Tuesday/Thursdays at 9:45am in the Clark Room at Town Hall with instructor Karrie Stang. Wear comfortable clothing, hand weights and bands available.

**Fee:** (Dec - Feb) \$40.00 p/p for one class per week and \$60.00 p/p for two classes a week.

To sign up, please call the COA office at (978) 371-2895 and make check payable to the Friends of COA.



**CARDIO-BOOST CLASS** - Thursdays at 10:45am at the Congregational Church on School Street, Carlisle. Taught by Karrie Stang this class will give you an upbeat “heart healthy,” aerobic-type workout for seniors at a faster pace than the Fitness Class. Wear comfortable clothes and shoes and hand weights available. **Fee:** (Dec - Feb) \$40.00. To sign up, please call the COA office at (978) 371-2895 and make check payable to the Friends of the COA. Get that heart pumping!



**LINE DANCING** - Fridays at 9:30am with instructor Katrina Rotondi. This is a great way for all ages of seniors, men and women, to have fun but also get exercise to upbeat music.

These classes are held at the FRS Union Hall on School Street. Wear comfortable clothing.

**Fee:** (Dec - Feb) \$40.00 make check payable to the Friends of COA. Join us!



**INSIDE WALKING GROUP** – Monday thru Friday at 6:45am in the School Gym.

What a great way to start each day! Meet Joanne Willens at 6:45am (up till 7:30am) at the Carlisle School Gym for an informal walking group when school is in session. If you want to walk for a shorter time that is fine! Note: If there is no school, a delayed opening or if there is a recent storm, walkways may not yet be cleared/sanded and the Walking Group will NOT meet. \* *No walking group February 21-25.*



**YOGA:** Mondays 9:00-10:00am and/or 10:15-11:15am in the Clark Room at Town Hall Attention Carlisle seniors! Take this great opportunity to get discounted fees *thanks to the generosity of the Friends of the Carlisle COA*. Learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Bring a mat or blanket.

Please register with Rec. Dept., and ask for the senior discount. Session II: Mar. 7-Apr. 25, (7 weeks) Carlisle Seniors **Fee:** \$35.00 for session II. \* *No classes on February 21.*

**GRIEF AND CHANGE** - Fridays: 2 – 3:30pm at The Inn at Robbins Brook

Support group for adults grieving the death of a loved one. Everyone grieves differently, but no one needs to carry grief alone. This support group is facilitated by a licensed social worker and hospice chaplain. You will be offered supportive resources that others have found helpful and comforting. (2/4, 2/18, & 3/4/11), 10 Devon Drive, Acton, MA 01720 An education component is interwoven into the discussions. Contact Maura Capriccio (978) 264-4666 [mcapriccio@theinnatrobbsbrook.com](mailto:mcapriccio@theinnatrobbsbrook.com) to register, or Jim Palmer, LICSW at (781) 472-8553 Email: [james\\_L\\_palmer@uhc.com](mailto:james_L_palmer@uhc.com)

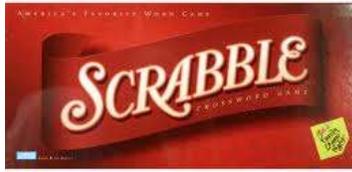
**FREE BLOOD PRESSURE CLINICS** – **Thursday, Feb. 3 at 9:15–10:00am** at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.*

**Thursday, Feb. 10 from 8-9am** in the Sleeper Room. *Sponsored by Home Instead Senior Care of Chelmsford.* **Thursday, Feb. 17 from 11-11:45am** before the Monthly Luncheon at FRS Union Hall. *Sponsored by FCOA & Emerson Hospital Home Care.*



**PODIATRY CLINIC:** Tuesday, March 1. 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.





**NEW!**

### **FUN AND GAMES-Wednesdays 10am-12pm at the Sleeper Room**

Love playing games? Stop by the Sleeper Room on Wednesdays from 10am-12pm for an informal game of Scrabble, Uno, Yahtzee, or a game YOU bring! Light refreshments served.

### **TEXAS HOLD 'EM POKER - Fridays, Jan. 28, Feb. 11 & 25** **1-3pm Sleeper Room at Village Court**

Professional poker table, real casino chips, best cards on the market, take home printed material to practice, skilled instructor, no previous poker knowledge required. NOTE: This is just a friendly game- there is no money exchanged in this activity. Instructor: Don Siriani (yes, this is Deb's hubby! He really just likes showing off his homemade poker table: "the oval office"!)

### **\*\*Intergenerational Poetry Group at Concord Carlisle High School (CCHS) starts in March- sign up now!**

Join CCHS English department chair, Dr. Loprete; poetry specialist, Patti Russo; and a small class of sophomore students to explore intergenerational themes in poetry. Don't miss this chance to connect with a local teenager and get a taste of high school life. No preparation is required, and you don't need to be a poet to participate. Just come and enjoy this creative and enriching experience!

Program dates are **Wednesdays, March 2, 9, 16, 23, 30, April 6 and 13 from 9:30 to 10:30**. The COA van will take you to and from the high school, leaving from the Carlisle Town Hall.

**\*\*This program is funded by a Concord/Carlisle Community Chest Grant**



**Monthly Poetry for Seniors** to meet on the first Monday of the month from 10am to noon (2 hours) at the town hall. Free. Drop in!

**Free Tax Preparation Assistance – at the Bedford Council on Aging.** An AARP-certified volunteer tax consultant is available. Please bring last year's federal and state returns, estimated taxes paid in 2009, totals of itemized deductions, property tax bill for possible use for the Circuit Breaker tax credit, and any other documents related to income. **To make an appointment (1-1.5 hours), call the Bedford COA at (781) 275-6825. Appointments can be made thru the end of March.**

**Book Club:** Next meeting, Wednesday, Feb. 9 at 10am at 133 Heald Rd. Hosted by Linda Kistler, For more info, call Mary Zoll at (978) 369-5236 or Seba Gaines (978) 369-4618. *This month's book: Loving Frank by Nancy Horan* It's a rare treasure to find a historically imagined novel that is at once fully versed in the facts and unafraid of weaving those truths into a story that dares to explore the unanswered questions. Frank Lloyd Wright and Mamah Cheney's love story is--as many early reviews of *Loving Frank* have noted--little-known and often dismissed as scandal. In Nancy Horan's skillful hands, however, what you get is two fully realized people, entirely, irrepressibly, in love.

**Bridge Group:** Meets most Tuesday mornings from 10am-12pm at the Sleeper Room. All are welcome! If you have any questions contact Dot Milne at (978) 369-1834.

## **FOOD COURT**

### **Robbins Brook/ Minuteman Senior Services Luncheon - Wednesday, February 2 at noon at Congregational Church (Register by January 31)**

Hosted by the lovely volunteers at the Congregational Church, this month's delicious menu will include meat and vegetable lasagna. **Suggested Donation \$3.** Please call Angela at (978) 371-2895 by Monday, January 31 to register.

**Next Robbins Brook Lunch:** March 3, St. Irene 12 noon, Beef Chili with Corn Bread followed by Paula Fleming, VP of Marketing for the Better Business Bureau presenting "Going Green".

### **Monthly Coffee - Thursday, February 3 at 9am**



COA Board members Vema Gilbert & Abha Singhal will be hosting the February coffee in the Sleeper Room at Village Court. Mingle with your neighbors, and get to know the Board at this relaxed, sociable and FREE coffee hour.

*Upcoming...*

Thursday, March 3 Coffee: Members of the School Administrative Staff including Claire Wilcox, School Principals and David Flannery will be generously hosting our coffee! Don't miss it!

### **Minuteman Regional Tech. Luncheon - Tuesday, February 8 at 11:30am**

Call Angela by Thursday, February 3 at noon to reserve your choice of:

- Chicken Teriyaki: A boneless chicken breast, marinated and grilled, and served with rice and fresh vegetables
- Baked Haddock New England: Fresh haddock filet baked with lemon juice and a seasoned bread crumb topping

**Cost:** \$10 plus gratuity, payable at luncheon. Please bring cash.

### **Men's Breakfast - Thursday, February 10 at 8am**

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

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



### **Struggling with Your Finances?**

Call the COA for a confidential discussion about fuel or food assistance and applications for Aid to the Elderly and Disabled (applications accepted through March 31). For information about tax credits (applications accepted Jan 1 through March 31), call the Assessor's Office at (978) 369-0392.

***\*\*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**

Drop in to the Hollis Room of the Gleason Public Library and meet your neighbors, make new friends, discuss a given topic or something else that interests you. If you have a topic you would be willing to share with this informal group, please call Angela Smith at the COA (978) 371-2895.

**February 4- Mike Hanauer - Economic and Population Growth:** Is our quest for growth the solution or the problem? Check the news and much of what you see is about how much we spent, how much we grew, how growth will solve our problems. Is this truth or fiction? What is a reasonable model for our civilization? Where is sustainability? Is perpetual growth the solution or the problem?

**February 18- Launa Zimmaro-The Why and How of Recycling in Carlisle:** Information about why recycling matters in Carlisle, what happens to our recyclables and waste when they leave Carlisle, future trends in waste management and a verbal 'tour' of the ins and outs of the Carlisle Transfer Station.

**March 4<sup>th</sup>- Peter Cullinane (LICSW) will lead "Caregiver Discussions":** use our Social Worker as a resource for the many issues that arise with becoming a caregiver. What services are available to help? What are the problems you can avoid? How do you take care of *yourself*? We are hoping this will be a chance for caregivers to meet each other, and share support as well. If you are interested, but unable to attend, please call Deb at (978) 371-6693 to set up an individual appointment/phone call with Peter. *You don't have to do this alone!*

### **JOANNE'S TRAVELERS**

- **Penn-Dutch Tour** - April 17-20, 2011 \$585 dbl
- **Vermont's Green Mountains** - May 10-12, 2011 \$369 dbl
- **Mackinac Island, Michigan** - June 5-11, 2011 \$1695 dbl
- **Niagara Falls** - June 21-24, 2011 \$785 dbl
- **National Parks & Canyon Country** - Sept. 22-29, 2011 \$1399 dbl

**Joanne's Trips** – If you are interested, please contact Joanne for more information including deadlines to ensure that Joanne has enough time to confirm trips for all who are interested. Brochures available in the COA office. Call Joanne at (978) 371-8023 or email [joannewillens@comcast.net](mailto:joannewillens@comcast.net). Mail checks to Joanne's Travelers at 145 Church St., Apt. B-12, Carlisle, MA 01741

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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.**

### **“Hope for Staying in Carlisle”**

**Monday, January 31 at 7pm in the Hollis Room, Gleason Public Library**

The Carlisle Housing Authority invites you to attend “Hope for Staying in Carlisle,” an educational program with **Christine Cutting, Program Director of the Southern Middlesex Opportunity Council (SMOC) Home Modification Loan Program** as the keynote speaker on successful home modification program opportunities for Carlisle seniors and disabled residents (all ages). Also: **Marje Stickler, Chair, Council on Aging**, will address the importance of “choice” when residents of all ages facing physical and cognitive challenges consider housing options. **James Bohn, Housing Authority Treasurer** will share Federal Reserve Bank financial and homeownership educational resources. The **Reverend Diane Miller of the First Religious Society** and other Carlisle clergy will discuss their work and outreach with the Carlisle Neighbor Fund; and its application. **Elizabeth D. Barnett, Housing Coordinator** will discuss the Mass Housing Septic Loan and Home Repair program.

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#### ***A look ahead at March.....***

***as part of our Cultural Lecture Series sponsored by the Friends of the COA and  
the Friends of the Gleason Public Library.....***

#### **David Aguilar, Smithsonian Center for Astrophysics - March 9 from 1:30-3pm**

David Aguilar will speak about his latest book Superstars: 15 most amazing stars in the Milky Way and his new book "13 Planets" due to be released in March 2011. David created the illustrations for each book, and his artwork has been featured on the History Channel's series "The Universe", Time magazine, CNN, USA Today, National Geographic, Astronomy, et al.

#### **Cosmology at the South Pole - March 16 from 1:30-3pm**

Physicist Colin Bischoff, Harvard-Smithsonian Center for Astrophysics, will discuss his recent trip to the South Pole to install the Keck Array, a new microwave telescope designed to explore the earliest moments of the universe. The talk will cover the Keck Array, cosmology with the Cosmic Microwave Background, and other physics research taking place at the bottom of the world.