



Carlisle Connection

January 2013

Carlisle Council On Aging Serving Carlisle's 60+ 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

Happy New Year everyone! I wish to offer thanks to everyone in Carlisle, including my colleagues and all the volunteers at the COA plus everyone at Town Hall who have been so welcoming over the past half year. I count myself lucky to be able to even try to get to know you all. Please read through this month's newsletter issue to see some of our newer features (remember, feel free to contribute). By now you may have gotten used to our "Monthly Chuckle." In this issue, we also offer a review of a recently released movie, and an "In Memory" section, lest we forget those that have been lost over the past year from Carlisle. Finally, thanks to the COA Board and the Friends of the Carlisle COA for all of their support. *Best Wishes, David*

COA Monthly Luncheon - Thursday, January 17, 11:45am at FRS

Run by our wonderful team of COA volunteers at FRS. Enjoy a delicious meal of Lasagna, salad, and dessert. Call the COA at (978) 371-2895 by noon on Monday, January 14 to register. Call (978) 371-6690 at least two days in advance if you need a ride. **Suggested donation: \$3.** Shuttle leaving VC at 11:15am and Congregational Church at 11:30am.



Following the luncheon: Annual Prize BINGO game at 12:45! Enjoy your friends and neighbors and see how Liz Bishop, COA chair, turned your generous donations into a wonderful combination of prizes. Donations will be accepted until January 11. If you have an item that you would like to donate as a prize for our January Bingo, please contact the COA at (978) 371-2895 or drop off at the COA office during our office hours. Items that make good prizes for gift baskets are: books, frames, gift cards, dried fruit, coffee/teas, soups, canned ham/pineapple, wine, nuts, festive napkins/plates, candles, or jams.

Weather/Disaster - Wellness Check Registration

Do you live alone or have compromised health, and would like a wellness check or call in the event of a weather related emergency or disaster? Call the COA at (978) 371-2895 to pick up or have a "Special Needs" form mailed to you. Please mail the completed form with signature to the Carlisle Fire Dept, Box 575, Carlisle, MA 01741-0575 or drop off at the Fire Dept. mailbox at Town Hall. All information is kept in strictest confidence and not shared with any outside agencies. Also, if you would like an RUOK (are you ok) call, or a File of Life, please call the COA for more information.

| | | | |
|--|---|--|---|
| <p>CARLISLE COA OFFICE HOURS Monday 9am - 5pm Tues. - Th. 9am - 3pm Friday 9am - 1pm (978) 371-2895 Office (978) 371-6690 Van line</p> | <p>COA Staff David Klein Director coadirector@carlisle.mec.edu (978) 371-6693 Angela Smith Outreach Coordinator asmith@carlisle.mec.edu (978) 371-2895 Debbie Farrell Transportation Coord. coaride@carlisle.mec.edu (978) 371-6690 Marna Sorenson Admin. Assist. coadmin@carlisle.mec.edu Peter Cullinane LICSW</p> | <p>COA Board Officers Liz Bishop Board Chairman Abha Singhal Vice-Chair Verna Gilbert Treasurer Elizabeth Acquaviva Secretary</p> | <p>Board Members Mary Daigle Joanne Willens Tom Dunkers Jean Sain Peggy Hilton Liz Thibeault Lillian DeBenedictis Associate Members Jim Elgin Sandy McIlhenny Phyllis Goff Natalie Ives</p> |
|--|---|--|---|

JANUARY 2013

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|--|---|--|---|-----|
| | | 1 COA CLOSED HAPPY NEW YEAR! | 2 Intergenerational Tap - FRS Union Hall - 2:45 Coffee - 9am, BP (Sleeper Room) | 3 Fitness - 9:45am Cardio - 10:45am Chelmsford Crossing lunch 12:00, BP 11:30 St. Irene's | 4 Van errands / local grocery shopping - 9am SAMA - 10:45am | 5 |
| 6 | 7 Yoga - 9:30am | 8 Zumba - 10:45am - St. Irene Nashoba Valley Tech HS Lunch - 11:45am Tai Chi-3:00pm Clark room | 9 Bridge - 10-Noon Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm | 10 Men's Breakfast & BP 8am at VC Fitness - 9:45am, Cardio - 10:45am | 11 Van errands / local grocery shopping - 9am SAMA - 10:45am | 12 |
| 13 | 14 Yoga - 9:30am Sr. Moments - at Ferns 9:30am, Lunch Review - Bamboo Westford leaves VC 10:45, CC 11:00 Book Club - Library,Hollis Rm 10:15 | 15 Zumba - 10:45am - St. Irene Carlisle Community Book Club & Community conversation - 10:15am Tai Chi-3:00pm Clark room | 16 Bridge - 10-Noon Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm | 17 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am FRS, BP 11 to 11:45am Bingo at 12:45 | 18 Van errands / local grocery shopping - 9am SAMA - 10:45am | 19 |
| 20 | 21 Martin Luther King Holiday COA CLOSED | 22 Zumba - 10:45am - St. Irene Tai Chi-3:00pm Clark room | 23 Bridge - 10-Noon Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm Community Read | 24 Fitness - 9:45am Cardio - 10:45am | 25 Van errands / local grocery shopping - 9am SAMA - 10:45am | 26 |
| 27 | 28 Yoga - 9:30am Sr. Moments - at Ferns 9:30am, BP- 9:45am | 29 Zumba - 10:45am - St. Irene Tai Chi-3:00pm Clark room Podiatry clinic 9:30-2:00 BP-8:30-12:30 | 30 Bridge - 10-Noon Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm Nashoba Valley Tech HS breakfast—9:00am | 31 Fitness - 9:45am Cardio - 10:45am | <u>note:</u> In case of bad weather please call 978-371-2895 to check on COA events | |



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TRANSPORTATION / TRIPS

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Weather Info/Cancellations: (978) 371-2895**

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

DONATIONS/FEES* are as follows: Within Carlisle rides or Friday shopping trips - no charge; within 15 mile rides, suggested donation \$2, Van Trips over 15 miles away \$5.

*Parking fees are the responsibility of the rider.

Van Pick-up for COA Lunch at FRS - For the winter COA lunches we'll do a van pickup at Village Court at 11:15, the Congregational Church at 11:30. Please call the van line to confirm attendance.



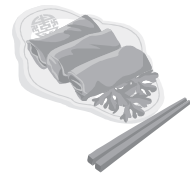
Medical appointments: Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

Local grocery /Shopping trips: We go to local grocery stores on Friday mornings at 9am for Free. Please call the van line in advance to make reservations.

Winter weather/snow Van & Class Policy: If Carlisle schools are cancelled all classes and programs will be cancelled and the COA van will not run until at least 10am. *If the Carlisle Schools are delayed:* All classes beginning before 10am will be canceled. Please call the office for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride on a wintery day.

Day Trips—Bamboo Restaurant Review-Monday, January 14th

Join us for a great meal! We're going to the Bamboo Restaurant in Westford for wonderful Chinese/Japanese food. Call Joanne at (978) 371-8023 to register: deadline is January 7th. \$2 van fee. Leaves VC at 10:45 and CC at 11:00



The Isabella Stewart Gardner Museum - (May 17th Trip - deadline for payment February 15)

Housed in a stunning 15th-century Venetian-style palace with three stories of galleries surrounding a flower filled courtyard, the Gardner is a jewel in Boston. Join us for a tour of one of the great privately acquired art collections in the country. Museum reservation cost is \$17.00. \$5.00 Van Fee. More information to follow.

Movie Review – Lincoln *(By David Klein)* What does Steven Spielberg's Lincoln have to offer, besides of course the great research and writing of, among others, Concord's own Doris Kearns Goodwin? When it comes to President Abraham Lincoln and the Civil War, such an important point in our nation's collective history, we may assume that most events are common knowledge. Of course that's almost never really the case, and so too, here we have a film portrait of the story of the passage of the 13th amendment that outlawed slavery in the United States, but which followed a path very different than many may realize.

The Union won the war, lesson learned! So Congress amended the Constitution and slavery was outlawed, right? Well, not exactly. Our country was beaten down by four years of brutal internal strife and war. No, the year is not 2013, but rather 1865. President Lincoln freed the slaves with the Emancipation Proclamation two years earlier, but were they truly free? Lincoln's proclamation was an executive order made during war time. To outlaw slavery in the US for future generations, the President was pressing for the passage of a constitutional amendment. The challenge was that many in Congress, as well as Lincoln's own cabinet, were arguing for the war to be brought to an end first. The President realized, however, that the war's end, as crucial as it was to be, could have been the pretext that anti-abolitionists needed to stop momentum for the amendment ending slavery.

You know where we're at today, but to see how this played out is alone worth going to see the movie. Afterwards, you'll begin to understand why it took another 55 years for women to achieve the right to vote. The film itself is beautifully crafted, as we have come to expect of a Spielberg directed project. The acting was extraordinary through and through. Daniel Day Lewis has to be a favorite to win another best actor Oscar. He may well be looked upon as the definitive Abraham Lincoln portrayer of our time. Sally Field was enormously good as well. She gives us a Mary Lincoln that avoids cliché and intersperses...*(continued bottom of p. 4)*



FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Thursday, January 3, 11:30 am** St Irene Church at the lunch sponsored by Chelmsford Crossing. **Wednesday, January 2, 9:00 am** - Village Court at the COA Coffee, sponsored by Life Care Center of Nashoba Valley. **Thursday, January 10, 8:00 am** during the Men's Breakfast at the Sleeper Room, sponsored by Home Instead. **Thursday, January 17 from 11 to 11:45 am** at the COA Lunch at FRS, sponsored by FCOA & Emerson Hospital Home Care.

Senior Moments Coffee - Monday, January 28, 9:45am sponsored Right at Home. Stop by and see Emily.

Podiatry Clinic - Tuesday January 29th, Sleeper room at Village Court. Call the COA at (978) 371-2895 to register. **Cost:** \$20 (partially funded by the Friends of the Carlisle COA). Checks made out to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents" only.) BP by COA volunteers 8:30-12:30.

The Bridge Group will meet **Wednesday mornings** from 10:00am to 12:00pm at the Sleeper Room, Village Court, 145 Church Street. In January the dates are the: 9th, 16th, 23rd, and 30th. Please call Linda Lineback at (978) 369-8544 with any questions.

EXERCISE CLASSES - (December to February, unless otherwise noted)

NOTE: To sign up for the next session of the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for programs to continue. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.

Remember, in case of bad weather, if there is no school there will be no exercise class.

CARDIO-BOOST CLASS - Thursdays (Congregational Church) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40

FITNESS CLASS - Thursdays (Clark Room at Town Hall) at 9:45am - Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40

INTERGENERATIONAL TAP - Wednesdays (FRS Union Hall) at 2:45 - 3:45pm

For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40

SAMA EXERCISE CLASS - Fridays at 10:45am SAMA (Senior Approach to Martial Arts) is an exercise class based on martial arts moves, to help keep joints and minds flexible while increasing balance. Seniors, and those who will be seniors are welcome. \$100 for 10 wks. Visit www.osbkarate.com for more info.

TAI CHI- JAN 8, 15, 22, 29, 3pm CLARK ROOM - We have a resident interested in bringing Tai Chi to Carlisle. In an effort to gauge interest, he is willing to lead an informal group of any age in Tai Chi to give folks a chance to try it out and determine if they would like to continue. Wear loose fitting slacks or gym clothes and soft soled shoes. No registration, just show up!

YOGA - Mondays (St. Irene) from 9:30 - 10:30am (classes will be held on 1/7, 1/14, 1/28)

Session I: January 7 - March 11 (no class 1/21 & 2/18). **Fee:** \$120 for 8 wks. (\$40 for Carlisle seniors). Call (978) 369-9815. **Make checks payable to Carlisle Recreation Dept.**

ZUMBA® - Tuesdays (St. Irene) 10:45 - 11:30am

Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$40 (no classes the week of Jan 1)

Movie Review - Lincoln (Continued from page 3)...layers of complexity. The cast boasts many strong peripheral characters including an excellent Tommy Lee Jones as Thaddeus Stevens, who showed us that the intricate world of politics was alive and well 150 years ago as it is today. Lincoln is one of those movies that is worth seeing on the big screen!

How to Listen to Music: Lecture Series at the Gleason Public Library

Music is in every culture and is part of the daily life of many people. It can be used for so many reasons – in religious services, in military activities, for sheer entertainment, for inspirational moments and also, in the elevator! But do you hear what I hear? This February, music director and educator Richard Travers will present a three-part series of lecture/discussions, covering the basics of music-making and the development of music from the Renaissance to the 20th century. Topics will include a look at the Great American Song Book, folk music, ear training, and 'earobics,' rhythmic dictation and elements of music. Wednesdays, February 6, 13, and 20 (snow date Feb 27), at 1:30 p.m. at the Gleason Public Library 3rd floor Hollis Room. Please call 978-369-4898 to reserve your spot for this free program, sponsored by the Friends of the Council on Aging Rose Pullara Fund and the Friends of the Gleason Public Library in partnership with Sage Educational Services. Visit www.gleasonlibrary.org for more information on all library programs.

In Memory

The following is a listing of Carlisle residents that passed away during 2012. It is most probably not a complete list and we do not mean to offer offense to the family or friends of anyone that was omitted. To the contrary, if you know of someone that has not been shown, please let us know. - *Carlisle COA Staff*

| | | |
|--------------------------|-----------------------|-------------------------|
| Gabor B.L. Miskolczy, 79 | James F. White, 58 | George H. Charter, 97 |
| Helen Woodhull, 89 | David J. Driscoll, 66 | Antonio G. Nicastro, 85 |
| Charann Brown, 76 | Gail S. Attridge, 50 | Rosario L. Lando, 86 |
| Sean M. Fitzpatrick, 43 | Michael J. John, 63 | Grant M. Wilson, 71 |
| Madeline Johnson, 86 | Abao Wu, 59 | Depei (Peter) Gao, 71 |
| Elwood Thompson, 93 | Leo Reddan, 92 | Andrew Zaitz, 66 |
| Jizhong Gao, 74 | | |

TEDDY ROOSEVELT COMES TO CARLISLE

As part of Carlisle's 5th Annual Community Read (*The River of Doubt*, by Candice Millard), Ted Zalewski actor/author/educator brings to life one of America's greatest presidents. His presentation, *Teddy Roosevelt: Mind, Body, and Spirit* gives voice to many of TR's own words, writings and beliefs. Mr Zalewski has brought his presentation to 25 states including performances at The White House, many Presidential Libraries, universities, historical societies, etc.. This event, which will take place on Wednesday, January 23rd at 1:30 p.m. at St. Irene Church is sponsored by the Friends of both the Carlisle COA and the Gleason Library.



Carlisle Community Conversation and Carlisle Community Book Club

January 15, 2013-Town-wide Read. *River of Doubt*- facilitated by Mary Zoll

"Carlisle Community Conversations" will meet at a special earlier time at 10:15 a.m. on Tuesday, January 15, for a discussion of *The River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard, Carlisle's 2013 community read. What did you think of Teddy Roosevelt's ill-fated trip to the Amazon? Join neighbors and friends to share your thoughts and questions on this compelling tale. Free and open to the public; no registration is required. Pick up Candice Millard's riveting book at the Gleason Library. Check gleasonlibrary.org or call 978-369-4898 for information on events, including book discussions on Wed. 1/9 at 7 p.m. and Tues. 1/15 at 10:15 a.m.; Peter Alden on the Amazon on Tues. 1/22 at 7 p.m.; An Afternoon with Teddy Roosevelt on Wed. 1/23 at 1:30 p.m.; Brazilian Cuisine at 12 noon on Sat. 1/26; and more. The CC book club is co-sponsored by the Library and the Carlisle COA and is open to anyone 18 and older. Contact Mary Zoll at (978) 369-5236 for more information. *All are welcome whether or not they have read the current book selection or have book suggestions!*

FOOD COURT & Miscellaneous Activities

Chelmsford Crossing Lunch - Thursday, January 3 at 12:00pm

Come to St. Irene Church for a meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Chicken divan, cranberry sauce, mashed potato, roll & dessert. Register at (978) 371-2895 by noon on Thursday, December 27th. Suggested donation: \$3.



Monthly Coffee - Wednesday, January 2 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Lillian and Angelo DeBenedictis will be hosting.

Men's Breakfast - Thursday, January 10 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. Suggested donation: \$3.



Nashoba Valley Technical High School Luncheon - Tuesday, January 8 at 11:45am

Call the COA by Thursday, January 3th at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Nashoba:

- Roast Loin of Pork: succulent loin slow roasted the old-fashioned way, crowned with a flavorful brown sauce.
- Shrimp Scampi: succulent shrimp are simmered in a light garlic butter sauce. Served with Pasta.
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice.

Cost: \$10 plus tip, payable at school.

Nashoba Valley Technical High School Breakfast-Wednesday. January 30th at 9am

It's time for another quarterly scrumptious breakfast! Cost: \$5.50 plus tip, payable at the Elegant Chef Restaurant. Please call the COA at (978) 371-2895 no later than Thursday, January 24th at noon to register. Call the Van Line at (978) 371-6690 at least two days in advance if you need a ride.

"SENIOR MOMENTS" at Ferns – January 14 & 28, from 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% discount to attendees for coffee. First come, first serve! Stop in to say hi to Emily Tamilio & get BP check.

January Chuckle

A woman's husband dies. He had left \$30,000 to be used for an elaborate funeral. After everything is done at the funeral home and cemetery, she tells her closest friend that "there is absolutely nothing left from the \$30,000." The friend asks, "How can that be?" The widow says, "Well, the funeral cost was \$6,500. And of course I made a donation to the church. That was \$500, and I spent another \$500 for the wake, food and drinks. The rest went for the memorial stone. The friend says, "\$22,500 for the memorial stone? My God, how big is it?" The widow says, "Four and a half carats."

****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.

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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.

Fuel Assistance - Are you having trouble paying your fuel bills during these cold winter months? You may be eligible for assistance from one of several programs. LIHEAP fuel assistance is a government program to help low-income families pay their heating bills. The benefit depends on family income and heating costs. This program runs from November 1 to April 30 each year. Income guidelines also depend on family size. Please contact the Council on Aging to find out about other resources. **IMPORTANT NOTE:** The LIHEAP and Salvation Army Fuel Assistance programs are for all families; there is **no age restriction**.

CARLISLE FRIENDS OF COA - ANNUAL FUNDRAISER STILL UNDERWAY!

Did you know that **all** the contributions that the FOCCOA receive each year go **directly** and **totally** to support COA programs and services? Seniors currently comprise 23% of our population and the percentage is growing. Since 1994, the Friends have supplemented town funds and state grants in order to make growing older in Carlisle a viable option. To all of you have generously contributed to the Friends, thank you VERY much. If you haven't had an opportunity to do so, please consider sending a tax-deductible contribution to the **Friends of the Carlisle COA, PO Box 38, Carlisle, MA 01741**. Contributions large and small are accepted throughout the year and are very much appreciated. We promise to continue doing our best to ensure that your gift is used wisely and well. http://www.carlisle.org/foccoa/Home_Page.html

Quotes

My grandmother started walking five miles a day when she was sixty.
She's ninety-seven now, and we don't know where the hell she is. - *Ellen DeGeneres*