



Senior Connection

November 2010



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...

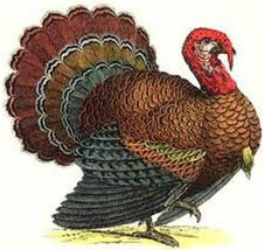
I would like to take this opportunity to say goodbye to the "snowbirds," those of you who leave for part of the year, and return as the weather warms again. My parents are among you, gone to Florida in October, coming back later each year! They have created a sort of family with their new friends down there, and they are having the time of their lives. I like to think the COA here in Carlisle is a sort of family for people, supporting them, listening to their needs, and depending on them as well. As Thanksgiving approaches this month, I would like to share with you my favorite toast: "...to family who are friends, and to friends who feel like family!" Have a wonderful month, and come visit us if you can.

Warmly, Debi

*"Home is not where you live but where they understand you."
~Christian Morgenstern*

COA ANNUAL THANKSGIVING DINNER

Thursday, November 18 at FRS Union Hall at 11:45am



We are so thankful to have our volunteers who serve this special meal each year! Enjoy a full Turkey Dinner with all of the fixings, and save room for pie at the end. This lunch has limited seating so call the COA at (978) 371-2895 ASAP, but definitely not later than November 11 at noon. For a ride, please call the Van Line at (978) 371-6690 at least two days in advance. **Suggested Donation: \$3.**

Stay with us **after Dinner** for...

a special performance of **The Nashoba Technical High School Chorus**

Based out of Westford, MA, this group is directed by the music teacher, Laura LeSaffre and assisted by the Theater teacher, Emily Smith. The chorus is in its third year of existence and students from all different technical areas are involved, including Dental, TV-Media/Theater Arts, Health Assisting, Banking and Marketing and Automotive to name a few. The chorus will sing classics and popular music songs, and will help us kick off the holiday season with song!



Veterans Day is November 11th...

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John Fitzgerald Kennedy

CARLISLE COA OFFICE HOURS

**Monday - Friday
9:00am - 3:00pm**

(978) 371-2895 Office
(978) 371-6690 Van line

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

**RESERVED FOR
SENIOR CITIZEN PUBLISHING**

NOVEMBER 2010

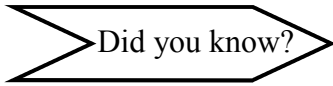
SUN	MON	TUE	WED	THU	FRI	SAT
	1 Inside Walk Grp 6:45a - M-F Yoga - 9a or 10:15a Poetry - 10a "Hitler" - 7p	2  Podiatry Clinic Fitness - 9:45a at Congr. Church	3 Book Club - 10a Modern Art - 1:30p Hollis Room	4 Coffee - 9a BP - 9:15a Slpr Rm Outside Walk-9:30a Fitness - 9:45a Cardio - 10:45a R/Brook-noon St.I	5 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a CCC - 11am	6
7	8 Inside Walk Grp 6:45a - M-W & F Yoga - 9a or 10:15a Poetry - 10a Medicare - 2p "Hitler" - 7p	9 Fitness - 9:45a Bridge Group - 10a Nashoba Valley Lunch - 11:45a COA Chat - 12:30p	10 Addison Gallery - 9:30a Congreg. Church	11 Veteran's Day Town Hall Closed Outside Walk-9:30a	12 Men's Bkfst - 8a and BP - 8a Van / Local Grocery Shopping - 9a Flu Shot Clinic - 10a Line Dance - 9:30a	13
14	15 Inside Walk Grp 6:45a - M-F Yoga - 9a or 10:15a Poetry - 10a "Hitler" - 7p	16 Fitness - 9:45a Bridge Group - 10a	17	18 Out Walk - 9:30a Fitness - 9:45a Cardio - 10:45a BP - 11-11:45a COA Lunch-11:45a Chorus Grp - 12:45p KISS - 7:30p	19 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a CCC - 11am	20
21	22 Inside Walk Grp 6:45a - M-W Yoga - 9a or 10:15a Poetry - 10a "Hitler" - 7p	23 Fitness - 9:45a Bridge Group - 10a	24	25 Happy Thanksgiving Town Hall Closed	26 Town Hall Closed	27
28	29 Inside Walk Grp 6:45a - M-F Yoga - 9a or 10:15a "Hitler" - 7p	30 Fitness - 9:45a Bridge Group - 10a Perkins Braille - Gleason Library 1pm				

**RESERVED FOR
SENIOR CITIZEN PUBLISHING**

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



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.

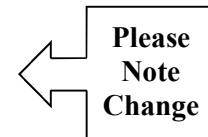


- In-town rides or Friday grocery trips - no fee
- Rides within 15 miles - \$2.
- Van Trips over 15 miles away - \$5.
- Parking fees are the responsibility of the Rider.

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.

Woburn Mall Shopping Trip - Monday, Dec. 6 from 10am-2pm

Enjoy a day of holiday shopping with no parking worries. Shops include Appleseeds Outlet, Talbot's Outlet, T.J.Maxx 'n More, Home Goods, DSW, and plenty of places for lunch! \$2. Van fee payable day of trip. Please call Joanne by November 30 to register at (978) 371-8023 or email joannewillens@comcast.net

"Sister's Christmas Catechism" at the Stoneham Theatre - Wednesday, Dec. 8 at 2pm

\$25.00 a ticket \$2.00 Van charge payable in cash when you get on the van. Play starts at 2pm. Leave from Congregational Church at 10:30am to get to Felecia's by 11:30am (lunch on your own) and we should be back in Carlisle by about 5PM if traffic is not backed up. We MAY still have tickets available at this time. Call Joanne with questions (978) 371-8023 or email joannewillens@comcast.net

Where would you like to go in January??? 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: (Sept - Nov) \$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. New members welcome anytime! * **Nov. 2 class at Congr. Church, no classes on Nov. 11 and 25.**



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: (Sept - Nov) \$40.00.** To sign up, please call the COA office at (978) 371-2895 and make check payable to the Friends of the COA. New members welcome anytime! * **No classes on Nov. 11 and 25.**



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: (Sept - Nov) \$40.00** make check payable to the Friends of COA. New members welcome anytime! * **No class on Nov. 26.**



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 on Nov. 11, 25, and 26.**



OUTSIDE WALKING GROUP - Thursdays, 9:30am at Center Park
An informal walking group meets *when weather or availability allows*. We will walk for about two hours on the Carlisle Trails. Questions? contact Jane Anderson at (978) 369-9672 or email jane.anders@comcast.net

YOGA: NEW DISCOUNTS for Carlisle Seniors!!

Through the wonderful generosity of the FRIENDS of the COA:

Carlisle seniors can now enjoy yoga at the Town Hall each Monday at 9am or 10:15am for \$5 a class!!! Session II (Nov. 1-Dec. 20) **Fee:** \$30 for 6 weeks, and \$60 for 12 weeks. Call the Rec. Dept. to register at (978) 369-9815.



YOGA: Fridays at 9:30am at the Harvey Wheeler Center at 1276 Main Street, W. Concord (978) 318-3020. **Fee: \$5** per class. If you were not in the previous class please call before you go.

FREE BLOOD PRESSURE CLINICS – Thursday, Nov. 4 at 9:15–10:00am at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.* Friday, Nov. 12 from 8-9am in the Sleeper Room. *Sponsored by Home Instead Senior Care of Chelmsford.* Thursday, Nov. 18 from 11-11:45am before the Monthly Luncheon at FRS Union Hall. *Sponsored by FCOA & Emerson Hospital Home Care.*



PODIATRY CLINIC: Tuesday, Jan. 4 in the Sleeper Room at Village Court. This clinic is partially funded by the Friends of COA. Let Dr. Gregorian take care of you! By appointment only. Please call (978)371-2895 ASAP since appointments are limited. Cost: \$20 (discounted fee), checks made out to the Friends of COA or cash; payable the day of the clinic.



Don't stop reading . . . when the print . . . gets too small.

The Perkins Braille & Talking Book Library can help

Debby Smith, Library Outreach Coordinator, will be at the **Gleason Public Library on Tuesday, November 30 at 1pm** to tell you all about services available to you. If you, or someone you know, have difficulty reading print because of a visual or physical impairment, try large print or talking books- **FREE** from Perkins Library. This Library provides audio books, magazines and more. Over 300 national and local newspapers are also available each day via touch-tone telephone through the Library's Newline Program. Materials are delivered right to your door via postage-free mail. **Reading never sounded so good!**

History's Judgment of Hitler – November 1, 8, 15 & 22 from 7-8:30pm, Hollis Room at Gleason Library

Back by popular demand, Elliot Lilien presents a four part evening program on History's Judgment of Hitler on November 1, 8, 15 and 22 from 7-8:30 pm. Topics will include a consideration of Hitler's background and ideas, his influence in the early twentieth century, cultural context, ancestry, and much more. Mr. Lilien is a retired history teacher at the Concord Carlisle High School. Mr. Lilien is known for both style and substance, his programs fill quickly. This program is free and open to the public but pre-registration is required. Registration begins October at the Reference Desk (978) 369-4898, Gleason Public Library. *This program is sponsored by the Friends of the Gleason Public Library and the Friends of the Council on Aging Rose Pullara Fund.*

"Carlisle's Cover to Cover" read for January 2011 is...

Zeitoun, by Dave Eggers, a riveting, disturbing and inspiring narrative non-fiction account of Hurricane Katrina. Pick up your copy at the library now and stay tuned for the schedule of programs and discussions, sponsored by the Friends of the Gleason Public Library. For more details on all library programs visit www.gleasonlibrary.org

Annual Wreath Making

Thursday, December 9 at 10:30am-12:30pm



The Carlisle Garden Club, Council on Aging and Friends of the COA will host a holiday wreath making seminar from 10:30am to 12:30pm at FRS Union Hall. Come enjoy the company of the Garden Club volunteers, neighbors and friends. Light refreshments will be served. To reserve your wreath, please call the COA at (978) 371-2895 NOT LATER THAN DECEMBER 1. This event is for Carlisle residents only please. There may need to be a nominal charge for the wreaths, but call the COA office for cost and more details.

Bridge Group: Meets every Tuesday morning 10am-12pm at the Sleeper Room (except when a podiatry clinic is there). Dates: November 9, 16, 23, 30. All are welcome! Please contact Dot Milne at (978) 369-1834.

KISS: Knitting in Service Society - Like to Knit? Come work on hats and scarves for the homeless with us (or work at home). Donations received by our next meeting, Nov. 18 at 7:30pm, will be delivered in time for Common Cathedral's Holiday Giving. Call FRS at (978) 369-5180 or COA at (978) 371-2895 for more info and location.

Book Club: Wednesday, November 3, 10am at Mary Zoll's, 225 School Street. Book: "Cutting for Stones" by Abraham Verghese. If you are a new member and would like to join in or if you have questions, please call Mary Zoll at (978) 369-5236.

FOOD COURT



Monthly Coffee - Thursday, November 4 at 9am

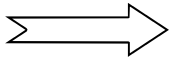
COA Chairwoman Marje Stickler will be hosting the November coffee in the Sleeper Room at Village Court. Thank you Marje! Mingle with your neighbors at this relaxed, sociable and FREE coffee hour.

Want to host a month? Give us a call at (978) 371-2895.

Nashoba Tech. Luncheon - Tuesday, November 9 at 11:45am at NVTHS in Westford

*Roast Loin of Pork: succulent loin slow roasted the old-fashioned way, crowned with a flavorful, brown sauce OR *Baked Stuffed Sole: Fresh flounder with a tasty spinach filling topped with a light velouté sauce. Luncheon includes choice of appetizer or salad, rolls and butter, dessert, and coffee/tea/milk. To register by November 4, call (978) 371-2895. **Fee:** \$10.00 plus tip

Changed to Friday!!

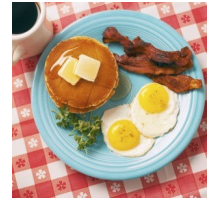


For November Only

Men's Breakfast - Friday, November 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: Not bad for only \$3.!!!



Robbins Brook /Minuteman Sr. Services Luncheons

Thursday, Nov. 4 at St. Irene and Wednesday, Dec. 1 at Cong. Church both at noon

November's delicious lunch will be Chicken Parmesan and December's menu will include that wonderful comfort food: Meatloaf. Both will be served with salad, sides and dessert! **Suggested Donation:** \$3. Please call Angela at (978) 371-2895 for the November 4 lunch by November 1 and for December lunch respond by November 29.

AND...

"You Pick Your Favorites" Sing-a-long song (after the lunch on December 1)

Pastor Steve Weibley will play for your supper and then we'll join in with songs that you request ahead of time, from 1910 through 1950. Choose songs you think others might know. Miss singing the words of that favorite song when you were dating or dancing? Here's the time to remember and share with others who do too. Bring a friend who hasn't come! Call the office with your requests by Wednesday, November 24.

MEDICARE PLAN CHECK UP TIME 2011 MEDICARE CHANGES

Information will be provided to:

Ensure your Prescription Part D plan continues to meet your needs.

Review your Health Plan in case of changes or terminations

Update you on Premiums and Co-pays

Update you on assistance programs

WHEN: November 8; 1-2:30pm ; WHERE: Sleeper Room at Village Court

Provided by: SHINE Serving the Health Information Needs of Elders

****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.

Nov. 5: Carolyn Shohet: Alternative to Violence Program (AVP), currently taught in both prisons and the community. Carolyn has been involved with volunteer work in local prisons for the past twenty years. She facilitates workshops called "Alternatives to Violence", a program developed by Quakers and inmates to build community and come to conflict resolution without resorting to guns and fists. Come and hear why she enjoys weekends in what seems like an unlikely place to have fun!

Nov. 19: Mike Hanauer: Bicycling. Our conversation will be about whatever cycling related issues are on your mind -- be it touring, safety, bike paths, buying and maintaining a bike, or road etiquette. Mike has been an active bicyclist for some 30 years, and is a past president of Massachusetts' largest cycling club. He has done bike touring throughout North America and Europe but is most often on the roads of metropolitan Carlisle! Do drop on by.

Caregiver Support Group in Littleton - with Anne Marie Rowse from Senior Care Advisors, LLC of Harvard. The group is held every other month on the first **Thursday, November 4th from 4:00 to 5:30pm** at *Littleton's Council on Aging offices*, 33 Shattuck Street 2nd floor, on route 2A behind the Ruben Hoar Library. **Cost:** Free. RSVP is helpful but not necessary at amrowse@sca-ma.com or (978) 456-3756.

JOANNE'S TRAVELERS

- **Kennebunkport Christmas – Dec 1-2**
- **Hawaiian Adventure – Jan 13-22, 2011**
- **Rome & Amalfi Coast – Mar 10 -19, 2011**
- **Journey to South Pacific – Apr 9 – May 1, 2011**

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. Mail checks to Joanne's Travelers at 145 Church St., Apt. B-12, Carlisle, MA 01741

**RESERVED FOR
SENIOR CITIZEN PUBLISHING**

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

**Presorted Standard
US Postage Paid
Carlisle, MA 01741
Permit No. 1**

Return Address Requested

**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.**



COA CHAT: Wii Fit Demonstration

Tuesday, November 9 at 12:30pm

At this time of year, the COA is starting to look at “gifts” we can buy for use in the coming year’s programs. Does the COA want a Wii Fit? What **IS** a Wii Fit?! Come check it out, and let us know if you think you might use one. Show up in your sneakers if you want to try it!

Newsletters: If you prefer not to receive a hard copy mailing for our newsletter, please call (978) 371-2895 and leave us a message. You can access The Senior Connection Newsletter for any month on line after the first of the month at http://www.carlislema.gov/Pages/CarlisleMA_COA/index .



Senior Flu Clinic - Friday, November 12 from 10am - noon

This clinic, sponsored by the Carlisle Board of Health and supported by the Carlisle Council on Aging, will be held in the Clark Room at the Carlisle Town Hall. Nurses are provided by Emerson Home Care. This clinic is for seniors 65 and older. No appointment is needed. This year’s seasonal vaccine includes the H1N1 flu vaccine. **REMEMBER TO BRING YOUR MEDICARE CARD!** If you need a ride, please call our van line on (978) 371-6690.

***If you or someone you know is **homebound**, call us at (978) 371-2895, and we can arrange for a nurse to make a home visit.