



Senior Connection

April 2011



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's Desk

Spring is such a nice time to get out and start seeing people again. All winter we bundle up and rush around, or just plain stay inside. But in spring, people stop to talk in the sun, they meet outside to have lunch, or they plan a trip with a friend. It is a wonderful time of year to make those connections with people, and we want to help you do it. Our luncheons, breakfasts and coffees are a great place to enjoy each other's company. Check out our coffee group at Ferns every Monday morning. I hear more laughing from our exercise classes than anything else-join one! We have a few wonderful opportunities to connect with younger people in the community this month. Warm up to the idea of sharing yourself with others! Be well, Debi



COA Monthly Luncheon - Thursday, April 21 at 11:45am at FRS

This month's menu: pizza (from Great Road pizzeria) and salad, cold drinks, coffee and tea. The Mothers and Daughters of the *National Charity League* will be providing home-made desserts and serving them as a special treat. **Suggested Donation** is \$3. For reservations, call the COA office at (978) 371-2895 by noon on Monday, April 18.

After the April COA Luncheon...Eastern Europe and Black Sea Slide Show at 12:45pm

Take a river cruise starting in Budapest, and travel through Hungary, Croatia, Belgrade, Serbia, Bulgaria, Bucharest and Romania. Watch this fascinating slide show, and imagine you are there! Presenter: Kathleen Lambert from Grand Circle Travel.

Student Council Tea: Tuesday, April 5 from 1:30 – 2:30pm

The Carlisle Middle School Student Council invites all of the Carlisle Seniors to an afternoon tea. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. The students are looking forward to seeing the seniors again this year! Please call the COA (978) 371-2895 to let us know if you will be able to attend by March 31 at noon.

Box Tops for Education - Just look for the familiar Box Tops logo on cereals, baking products, paper products, beverages, dairy, snacks, storage bags, office supplies, and many more products. Deposit the Box Tops in the box located at the COA office in Town Hall. Each Box Top is worth 10 cents, used to supplement the Carlisle Public School budget, providing educational and safety materials for our students and staff. Thank you!



CARLISLE COA OFFICE HOURS

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

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

COA Staff

Debi Siriani Director
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Peter Cullinane LICSW

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APRIL 2011

SUN	MON	TUE	WED	THU	FRI	SAT
	Inside Walking Grp - 6:45a M - F				1 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a Hemingway - 12:30p	2
3	4 Inside Walking Grp - 6:45a M - F Yoga - 9a & 10:15a Ferns - 9:30a	5 Fitness - 9:45a Bridge - 10a Student Council Tea - 1:30p	6 Intgl Poetry - 9:30a Fun & Games - 10a Robbins Brook at FRS - noon	7 Coffee - 9 with B/P 9:15a - 10a Outside walk - 9:30a Fitness - 9:45a Cardio - 10:45a Heart Health - 7p	8 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	9
10	11 Inside Walking Grp - 6:45a M - F Yoga - 9a & 10:15a Ferns - 9:30a	12 Fitness - 9:45a Bridge - 10a Minuteman H.S. Lunch - 11:30a Ballroom Dance - 2p	13 MFA - depart 8:45a at Cong. Church Book Club - 10a Fun & Games - 10a	14 Men's Breakfast - 8a BP - 8a Outside walk - 9:30a Fitness - 9:45a Cardio - 10:45a	15 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	16
17	18 NO Inside Walk - School Vaca Yoga - 9a & 10:15a Ferns - 9:30a Stelio's - pick up at VC at 11a and 11:15a at Cong Ch.	19 Fitness - 9:45a Bridge - 10a Ballroom Dance - 2p	20 Fun & Games - 10a	21 Out walk - 9:30a Fitness - 9:45a Cardio - 10:45a COA Luncheon - 11:45a at FRS Europe Slide Show - 12:45p	22 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a	23
24	25 Inside Walking Grp - 6:45a M - F Yoga - 9a & 10:15a Ferns - 9:30a	26 Fitness - 9:45a Bridge - 10a Ballroom Dance - 2p	27 Nashoba Valley Breakfast - 9a Fun & Games - 10a	28 Outside walk - 9:30a Fitness - 9:45a Cardio - 10:45a Mind & Body - 7p KISS - 7:30p	29 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a	30

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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.

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2011 HEALTH LECTURE SERIES

*Sponsored by the Friends of the COA and the Friends of the Gleason Public Library.....
(Lectures are in the Hollis Room , Gleason Public Library, call the Library to register (978) 369-4898)*

Kathleen Laferriere RN, BSN, CCRN – Heart Health – Thursday, April 7 at 7pm. Kathleen Laferriere is a Cardiac Health Educator for Lowell General and has been working as a nurse for over twenty years and specialized in Cardiac medicine for the last eleven years. Kathleen will review what heart disease is and how we can get it; she will provide information on heart attacks, angina and heart failure. Understand who is at risk of heart disease and the affects of high blood pressure, diabetes, and high cholesterol. Learn how to prevent and treat heart attacks.

Mind and Body: Carole Legro, MA, RNC - Thursday April 28 at 7pm. Carole Legro is a mind body educator and psychotherapist with over 35 years experience in Integrative Medicines' healing arts. Carole serves as an adjunct faculty for the Center for Mindfulness research studies at UMASS Medical Center and Harvard/Mass General Hospitals' Mindfulness Study Programs. She will discuss how Mind Body practices positively affect health, immunity and disease.

The COA greatly depends on the supplemental support of the Friends to fund health clinics, fuel assistance, food certificates, medical equipment, exercise programs, day trips, the Lecture Series at the library and so much more . The COA and all we serve appreciate their unending efforts to enhance and supplement so many "critical needs" services each year.

FOR YOUR HEALTH!

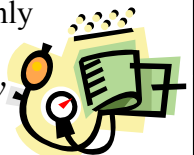
Thinking of getting more exercise? Well if you are fifty or over, our Fitness class may just be the ticket. Not sure you are up to it? This class is for any age or level of capability, and focuses on upper and lower body strength and stretching. Go at your own pace, even sit or stand to modify the workout to fit you! Fitness classes are every Tuesday and Thursday in Town Hall at 9:45am; 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 10:45am 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 9:30am. 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. We also have Yoga classes on Mondays at 9:15am and 10am, sessions are Mar 7 – April 25 (\$35) and May 2 – June 27 (\$40). If classes are more than you can afford, talk with us at the COA. Plus, we have Inside Walking at the Carlisle School Gym starting at 6:45am when school is in session at no charge

It's Spring! COA Outside Walking Group resumes! - Thursday, April 7, 9:30 am

Meet at 9:30am 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. Don't sign up, just show up!

FREE BLOOD PRESSURE CLINICS – Thursday, Apr. 7th at 9:15–10:00am at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.*

Thursday, Apr. 14 from 8-8:45am at the Men's Breakfast in the Sleeper Room. *Sponsored by Home Instead Senior Care of Chelmsford.* **Thursday, Apr. 21 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

MFA Trip to the new Art of the Americas Wing - Wednesday, April 13 leave at 8:45am

Meet at Congregational Church at 8:45am, arrive at MFA at 10am; . **Cost:** \$16 per person made out to Friends of COA; \$5 van fee payable day of trip. No tour scheduled. Enjoy all the new exhibits. Restaurants at MFA; lunch on your own. Send Joanne check no later than April 5. MFA members can go on their cards, BUT they need to contact Joanne so that she can arrange necessary vans. Leave MFA by about 2:45pm and return by Carlisle by about 4pm. Call Joanne Willens at (978) 371-8023 for more information.

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

Leave Congregational Church at 10:45, 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.

Actor Richard Clark performs:

Life, Language and the Pursuit of Happiness - Ernest Hemingway Alive!

by B. L. Walker and Richard Clark - April 1st at St. Irene 12:30pm - 2:15pm

This is the story of a remarkable life, a rough-and-tumble journey into the soul of one of the twentieth century's greatest literary figures. The New York Times heralded him as the "greatest writer since Shakespeare". His passion carried him to the pinnacle of his profession and his life ended in a tragic final act that seemed his destiny from the start. *Light refreshments served.*

Call the COA (978) 371-2895 to register by March 28.

~I know now that there is no one thing that is true - it is all true~ [Ernest](#)



Massachusetts Cultural Council

This program is supported by a grant from the Carlisle Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

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.

Book Club: April 13 at 10 am - This month's book: The Checklist Manifesto: How to get things right by Atul Gawande. *Hosted by* Linda Kistler, 133 Heald Road. RSVP required to Mary Zoll at (978) 369-5236.

Ballroom Dancing continues! - Tuesdays April 12 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.

Spring Fling Dance at FRS Union Hall on May 20 from 6 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.

FOOD COURT

Robbins Brook/ Minuteman Senior Services Luncheon - Wednesday, April 6 at noon at First Religious Society (Register by April 4)

Hosted by the lovely volunteers at First Religious Society. This month's delicious menu: Shepherd's Pie with Salad, Appropriate Sides, and Dessert. **Suggested Donation \$3.** Please call Angela at (978) 371-2895 by noon on Monday, April 4 to register.



Monthly Coffee - Thursday, April 7 at 9am

COA Board members Jean Sain and Phyllis Goff will be generously hosting our coffee at the Sleeper Room at Village Court. Don't miss it!

Minuteman Tech. H.S. Luncheon - Tuesday, April 12 at 11:30am

Please call the COA to register by Thursday, April 7 at noon with your choice of:

- Baked Stuffed Shrimp: Four jumbo shrimp butterflied and filled with a crab and crumb stuffing
OR
- Chicken Parmesan: Fresh boneless breast of chicken breaded in seasoned bread crumbs, gently sautéed and placed on top of fresh linguini with marinara sauce.
- **Fee** of \$10.00 plus tip (COA recommended tip of \$1.50 -\$2/person)

Men's Breakfast - Thursday, April 14 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**



Quarterly Breakfast at Nashoba Valley Tech. HS. - Wednesday, April 27 at 9am

Located at 100 Littleton Rd, Westford. Come join your neighbors and friends for a delicious full breakfast made by the Culinary Arts Students. Cost: \$5.50, plus tip, payable at the Restaurant. Please call the COA at (978) 371-2895 to register by Thursday, April 21 at noon.



Restaurant Review Group - Monday, April 18th

Stelio's Family Restaurant in Billerica

Greek and Italian specialties and traditional ALL American Fare! 11:00am pick up at Village Court and 11:15am at Congregational Church. Van fee is \$2 cash due on day of the trip. Lunch is not included in price.

*****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

April 8: Lura Taylor – French - Lura Taylor, a Carlisle resident, has been a foreign language instructor for over 20 years. She started out teaching English in Paris after obtaining her TEFL degree. She is a MA certified French teacher and has taught high school and middle school French. She has been teaching French privately in Carlisle for the past 5 years to students of all ages. She will discuss the benefits of foreign language study in improving the aging process. Participants will have an opportunity to share their experiences with foreign language study. For those who wish, there will be an opportunity to have a short reading and conversation in French.

April 15: CCC Sailing - Bert Williams is owner/operator of Coastal Sailing School in Marblehead, MA. He holds a 100 ton US Coast Guard captain's license and has taught sailing on 30' cruising sailboats for over 35 years. He has sailed numerous times in the Virgin Islands, and cruised the New England coast for many years. He has taught thousands of people how to sail. Join Bert for a few sea stories and learn how a sailboat works.

**** Note that this month's conversations are on the second and third Fridays.**

Joanne's Travelers

Vermont's Green Mountains - May 10-12, 2011 \$369 dbl
 (Stowe, Lake Champlain Cruise, Cabot Cheese. Chocolates. & indoor Pool)

Mackinac Island, Michigan - June 5-11, 2011 \$1695 dbl

Niagara Falls - June 21-24, 2011 - \$785 dbl. Passport needed for this trip.

National Parks & Canyon Country - Sept. 22-29, 2011 - \$1399 dbl

Visit Grand Canyon National Park, Zion National Park-Mesquite, Bryce Canyon, St. George, Valley of Fire-Lake Mead, Hover Dam and Las Vegas. All Breakfasts and Dinners, Air fare and Hotels included.

Eastern Europe & the Black Sea - Sept. 24, 2011

Prices start at \$3195 for a 13 day River Cruise starts in Budapest, Hungary, Croatia, Belgrade, Serbia, Bulgaria, Bucharest and Romania, price includes airfare, Cruise and all meals.


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

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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.**

GO GREEN with our Newsletter!

You can help save the COA about \$5/year AND save the environment by viewing our newsletter online at: www.carlislema.gov then click on Boards and Committees, Council on Aging, COA Newsletter. If you are going away for more than a few weeks, please let us know (978) 371-2895, so that we can stop the mailing of your newsletter. If you have come back and are not receiving your newsletter, please let us know and we will put you back on distribution.

“SENIOR MOMENTS” @ Ferns Country Store

Every Monday Morning 9:30am to 11”ish” April 4, 11, 18, & 25

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

Do you have a “File of Life” on your refrigerator? A File of Life is an orange folder that holds a sheet of emergency information which includes contacts, medical conditions, allergies, and medications and more. Emergency responders are trained to look for the orange folder. Take your File of Life with you when you go to the doctor. If you don’t have a File of Life, stop by the COA office in town hall to pick one up or call (978) 371-2895.

New Session Now Forming!!

Alzheimer/ Memory Loss/ Dementia Monthly Caregiver Support Group

Please join us on the 4th Wednesday of each month. 4-5:30PM @ the Inn at Robbins Brook 10 Devon Drive, Acton, MA 01720. Registration Required. Please contact Maura Capriccio @ (978) 264-4666 or email her at mcapriccio@theinnatrobbsbrook.com.