



Senior Connection

January 2011



Carlisle Council On Aging Serving Carlisle's Senior Community

CARLISLE

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...

*This is the time of year when everyone asks that question: What is your New Year's resolution? Whatever that answer may be for you, the COA can help you keep up with it! Want to get into better shape? Try our exercise and dance classes. Want to learn something new? Attend our cultural lecture series. How about being more charitable? Call us to volunteer anytime, or consider donating to the Friends of the COA. Me?! I think I might like to start working on my "Bucket List." Don't know what that is? Come ask me! I wish a happy and healthy New Year to you all,
~Debi*



FREE! Ballroom Dancing is back!

Tuesdays, January 4, 11, 18, 25, February 1, 8, 15, and 22 from 2-3pm at St. Irene Church

Barry Kasven once again joins the Carlisle COA for another session of ballroom dancing classes on January 4, 11, 18, 25 and February 1, 8, 15, 22 with snow dates on March 1 and 8. This session will begin with a review of basic rumba, waltz, foxtrot, cha cha and American tango. Whether you have attended past sessions or not, all seniors (singles or couples) 60+ years of age are welcome. Wear soft or leather-soled shoes. Call the COA at (978) 371-2895 to register.

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.

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

<p><u>CARLISLE COA OFFICE HOURS</u></p> <p>Monday - Friday 9:00am - 3:00pm</p> <p>(978) 371-2895 Office (978) 371-6690 Van line</p>	<p><u>COA Staff</u></p> <p>Debi Siriani Director dsiriani@carlisle.mec.edu (978)371-6693</p> <p>Angela M. Smith Outreach Coordinator asmith@carlisle.mec.edu (978)371-2895</p> <p>Carol Killpartrick Transportation Coord. (978)371-6690</p> <p>Donna Perkins Newsletter Format Peter Cullinane LICSW</p>	<p><u>COA Board Officers</u></p> <p>Marje Stickler Board Chairman</p> <p>Liz Bishop Vice-Chair</p> <p>Abha Singhal Treasurer</p> <p>Helen Taylor Secretary</p>	<p><u>Board Members</u></p> <p>Jim Elgin Ted Read Phyllis Goff Sandy McIlhenny Jean Sain Verna Gilbert Elizabeth Acquaviva</p> <p><u>Associate Members</u></p> <p>Joanne Willens Tom Dunkers Natalie Ives Nadine Bishop</p>
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JANUARY 2011

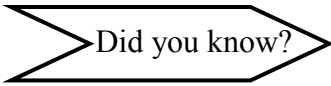
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a	4 Fitness - 9:45a Ballroom Dancing - 2 - 3pm	5 Robbins Brook - 12p with Jazz at 12:45p	6 Coffee - 9 with B/P 9:15a - 10a Fitness - 9:45a Cardio - 10:45a	7 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	8
9	10 Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a	11 Fitness - 9:45a Bridge - 10a Nashoba Valley Lunch - 12p Ballroom Dancing - 2 - 3pm	12 Book Club - 10a at Mary Zoll's "Muslims" - 1:30p at Gleason Library	13 Men's Breakfast - 8a Fitness - 9:45a Cardio - 10:45a	14 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a	15
16	17 HOLIDAY TOWN HALL CLOSED No Walking or Yoga	18 Fitness - 9:45a Bridge - 10a Ballroom Dancing - 2 - 3pm	19	20 Fitness - 9:45a Cardio - 10:45a B/P - 11 - 11:45a COA Lunch - 11:45a Bingo - 12:45p KISS - 7:30p at FRS	21 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	22
23	24 Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a Fishbones - 11:45a	25 Fitness - 9:45a Bridge - 10a Ballroom Dancing - 2 - 3pm	26 Nashoba Breakfast - 9a	27 Fitness - 9:45a Cardio - 10:45a	28 Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a	29
30	31 Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a					

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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.

New! Restaurant Review Group-Lunch at “Fishbones” - Monday, Jan. 24 at 11:15am

We will leave the Congregational Church at 11:15am, and take a trip to Chelmsford for lunch. Check it out at <http://fishbonesofchelmsford.com/> To register, call Joanne Willens at (978) 371-8023. \$2.00 Van fee due day of trip. Note: Lunch prices *not* included. Are you interested in reviewing the restaurant for our newsletter?

VISIT to Westford Senior Center - Friday, January 21 at 12:30pm

Our neighbors at the Westford Senior Center have graciously invited us to visit for “*SOUP, SANDWICHES, AND SQUARES!*” Enjoy a quick tour of their newly renovated Center, have a soup and sandwich for lunch, and then kick up your heels SQUARE-DANCING! (you may forgo this part if you prefer) Fee: \$5. includes transportation and lunch. Please call 978-371-2895 to register no later than Friday, January 14th at Noon.

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 January 17.*

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. Classes combine stretching, dynamic breathing and classic Hatha yoga postures. Please bring a mat or blanket. Kripalu Certified Instructor : Karen Verrill. Please register with Rec. Dept., and ask for the senior discount. *Session I:* Jan. 3-Feb. 28, *Session II:* Mar. 7-Apr. 25, *Session III:* May 2-Jun 27.

Fees: Session I & II: (7 weeks) Carlisle Seniors: \$35.00 each session.

Session III: (8 Weeks) Carlisle Seniors: \$40.00.

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. Cathy Mandruolli, cathy@yogainyourhome.net.

FREE BLOOD PRESSURE CLINICS – Thursday, Jan. 6 at 9:15–10:00am at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.*

Thursday, Jan. 13 from 8-9am in the Sleeper Room. *Sponsored by Home Instead Senior Care of Chelmsford.* Thursday, Jan. 20 from 11-11:45am before the Monthly Luncheon at FRS Union Hall. *Sponsored by FCOA & Emerson Hospital Home Care.*



PODIATRY CLINIC: Tuesday, January 4. 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.



**Muslims In America Today - Wednesday, January 12 from 1:30- 3pm
Hollis Room at Gleason Library (*snow date: January 19*)**

The FCOA and the FOGPL are cosponsoring a lecture in association with the town-wide reading of Zeitoun by Dave Eggers in "Carlisle's Cover to Cover" read for January 2011. Dr. Kayed Khalil will discuss how Islam relates to Christianity and Judaism, the origins and demographics of Muslims in America, and how Muslims were treated before and after 9/11.

Dr. Khalil was born in a refugee camp in Beirut, Lebanon to Palestinian parents who were forced to leave Israel. He emigrated to the U.S. when he was awarded a scholarship at Kansas State University. While there he became Director of International Affairs and developed a passion for educating others in diversity. After moving to Boston, he served as a board member of the American Friends of the "Oasis of Peace", an Arab-Jewish village in Israel where Palestinians (Muslim and Christian) and Jews have chosen to live together, and are committed to working through differences and difficulties. He is also on the board of the American Diaspora Alliance for Israeli-Palestinian Peace.

Dr. Khalil is married to an American Jewish woman and speaks frequently at universities, synagogues, schools and community groups. Please register at the Gleason Library at (978) 369-4898. *Space is limited.*

**Texas Hold 'em Poker - Fridays, Jan. 14 & 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") **No Fee.** Come to one or every session. Please sign up, two days before by calling the COA at (978) 371-2895.

"Hope for Staying in Carlisle"

Monday, January 31, 7pm Hollis Room, Gleason Public Library

The Carlisle Housing Authority invites you to attend this 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.

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.

Book Club: Next meeting, Wednesday, Jan. 12, 2011 Westford Knight by David Brody. Hosted by Mary Zoll, 225 School St., at 10am. Feb. 9 Loving Frank by Nancy Horan. Hosted by Linda Kistler, 133 Heald Rd., 10am. For more info, call Mary Zoll at (978) 369-5236 or Seba Gaines (978) 369-4618.

FOOD COURT

Robbins Brook/ Minuteman Senior Services Luncheon

Wednesday, January 5 at FRS (Register by January 3) and

Wednesday, February 2 at Congregational Church (Register by January 31)

This month's meal is Baked Stuffed Chicken. Please register no later than Monday, January 3 at Noon. Next month's meal will be vegetable or meat lasagna.

Suggested donation: \$3.00. *And during dessert and after, stay to enjoy...*

Blue Skies: Swingin' Through the City of Dreams

Blue Skies, a jazz duo comprised of pianist Ric Mauré and vocalist Lisa Lofdahl, will take you on a musical journey to New Orleans, the "birthplace of jazz." Their engaging style will have you swinging along to your favorite tunes in no time! Lisa and her pianist will arrive about 12:45. Lunch at noon.

Monthly Coffee - Thursday, January 6 at 9am



Do you know who your representatives are for the Council on Aging in Carlisle?! Now you will! The Board members of the Council have decided to take it upon themselves to host the Monthly Coffees this year! This month, Elizabeth Acquaviva and Holly Salemy have been gracious enough to offer to host. Enjoy a free continental breakfast, and the company of your friends and neighbors- a great place to meet people!

Nashoba Valley Tech - Tuesday, January 11 at 11:45am

Stuffed Pork chop: A double cut of pork filled with an apple sage stuffing, roasted to perfection OR Baked Scallops: Fresh Sea scallops served en casserole with a light crumb stuffing and lemon sauce. Please register no later than Thursday, January 6th by noon.

Men's Breakfast - Thursday, January 13 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**



COA Monthly Luncheon at FRS Thursday, January 20 at 11:45am

This month's delicious meal will be lasagna, salad, dessert, with hot and cold drinks. No one goes home hungry! **Suggested donation: \$3.** Please call (978) 371-2895 to register by Monday, January 17.

Following the luncheon...

Annual Prize BINGO Game! 12:45pm

Hosted by the COA, and led by Board Member and volunteer, Liz Bishop (after being on stage in "The Music Man", we figured she would be able to call the numbers loud enough!) 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 no later than January 10. *Thank you so much!*



Quarterly Breakfast at Nashoba Valley Tech. HS. - Wednesday, January 26 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, Jan 20 at noon.

*****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.

January 7 - Flying an Airplane - Bert Williams will discuss what went into acquiring his private pilot's license after the age of 70. He'll explain how an airplane works, and bring a poster showing the control panel of a typical small private aircraft. Flight planning for a typical flight out of Hanscom airfield will be discussed.

January 21st - Informal Discussion on Zeitoun. Members of the Carlisle community are invited to join friends and neighbors for an informal discussion about the themes of *Zeitoun*, by Dave Eggers, Carlisle's 2011 Cover to Cover read. Copies of the book are available to borrow or purchase at the Gleason Public Library. Cover to Cover is supported by the Friends of the Gleason Public Library .



Fuel Assistance: Are you having trouble paying your fuel bills? You may be eligible for assistance from one of several programs. For more information, call the COA at (978) 371-2895 for a confidential consult.

JOANNE'S TRAVELERS

- **Rome & Amalfi Coast – Mar 10 -19, 2011**
- **Journey to South Pacific - Apr 9 - May 1, 2011**
- **Eastern Europe and the Black Sea - Sept. 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

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

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Return Service 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.**

Dear Friends,

Carlisle is so fortunate to be a close and caring community. The Friends of the Carlisle COA want to thank all of you for your generosity in giving to support the COA programs throughout the year.

Our senior citizens, those over 60 years of age, make up almost 20% of Carlisle's population and are deserving of these programs and services. We are talking about the needs of citizens who may live for three or four decades after reaching age 60! These people have "stayed the course" valuing and supporting all the other town departments especially the schools, library, fire and police. It is only fitting that we support the needs of our senior citizens who have been faithful to the town.

It is not too late to send a check to the Friends of the Carlisle COA! Donations are accepted throughout the year. Thank you again, to all who have already donated.

Happy New Year!

Jace Tilton, Chair, Friends of the Carlisle COA

Real Estate Tax Help: Applications for Senior Tax and CPA exemptions and Aid to the Elderly will be accepted from January 3 to March 31, 2011.

DID YOU KNOW...? You can borrow a variety of medical equipment from the Carlisle COA at no cost. Call our office at (978) 371-2895 for assistance.

DO NOT CALL – Do you want to reduce telemarketing calls? Sign up now for the Massachusetts Do Not Call Registry, this also includes cell phones. You can register online at www.mass.gov/donotcall or you can call toll free at 1-866-231-2255.