

COA Official Town website: www.carlislema.gov
 Friends of COA:

66 Westford Street Carlisle, MA 01741

Message from the Director

Greetings Everyone - How do you like the new color version of the front and back of our newsletter. To illustrate the color I'm including a photo below taken right from our COA Facebook page. What? You weren't aware that the COA was on Facebook? Mais oui, but of course we are! Just go to www.facebook.com/CarlisleCOA/ or from your own Facebook page search for: Carlisle Council on Aging. Please "Friend" us and "Like" us to your heart's content.

COA Veteran's Day Road Race notes - I'd like to thank everyone who participated in our inaugural Road Race event, particularly our stellar Road Race Task Force members and others who volunteered their time to help us launch what we hope will become another great Carlisle tradition. Having a fall even to recognize those who've served and bring people of all ages together was truly special. Lastly, the COA staff and board would like to wish everyone Happy & Healthy Holidays! Yours, David



*Inside
 this issue*

Transportation/Trips.....	5
Meals	6
Outreach/Events	7-8
COA Exercise.....	9
Events Calendar.....	10

A NOTE FROM THE FRIENDS OF CARLISLE COA

Each December, we conduct our annual fund raising drive. Last year you responded wholeheartedly to our appeals by making a record number of donations. Did you know that all your contributions go directly and totally to support COA services and programs? For over 20 years, the Friends have supplemented town funds and state grants in order to make growing older in Carlisle a viable option. The Friends want to thank you for your past generosity and hope that you will continue to support us when the needs are even greater.

Donations small and large are always very much appreciated. We promise to continue doing our best to ensure that your gift is used wisely and well. Look for our flyer in the mail in December, and please respond as best you can. Your 501(c)(3) tax deductible gift can be sent to the Friends of the Carlisle COA at PO Box 38, Carlisle, MA 01741. Thank you for your generous support.



CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
 Tues - Thu 9am - 3pm
 Friday 9am - 1pm
 (978) 371-2895 Office
 (978) 371-6690 Van line
 (978) 371-6693 Director

COA Staff

Director: David Klein
coadirector@carlisle.mec.edu
Outreach & Prog.: Mgr. Angela Smith
asmith@carlisle.mec.edu
Transportation Coord.: Debbie Farrell
coaride@carlisle.mec.edu
Admin. Assist.: Linda Cavallo-Murphy
Admin. Assist.: Mary Hopkins
coaadmin@carlisle.mec.edu
LICSW: Peter Cullinane

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Vice-Chair
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Support the Friends of the COA

The Friends of the Carlisle Council on Aging is a non-profit volunteer organization that seeks to enrich the lives of Carlisle's senior citizens. The Friends have worked closely with the COA since 1994 to enhance many of their programs, which directly benefit the town's senior population (nearly 25% and growing). Your gift will support and enhance current programs and services, and allow us to plan for a future in which more Carlisle residents will need such services.

In 2014-2015 your contributions were used to:

- ◆ Conduct multi-generational programs
- ◆ Provide fuel assistance for seniors in need
- ◆ Provide food certificates to qualified elderly
- ◆ Sponsor cultural and health lecture series jointly with the Gleason Library
- ◆ Conduct senior podiatry, dermatology, and blood pressure clinics
- ◆ Subsidize exercise programs such as fitness, cardio, zumba, line dancing, tai chi, tap & yoga
- ◆ Underwrite medical equipment and services such as walkers and wheelchairs
- ◆ Monthly breakfasts, programs and luncheons
- ◆ New York Times Large Print Edition and Large Print Book Subscriptions for the library
- ◆ Provide support for COA van operations

These FOCCA 2014-2015 contributors have made a real and tangible difference in the quality of life for the senior population in Carlisle. We are very grateful for their support. Thank you!

Joan & Don Allen	Robert Coughlin	Miles & Phyllis Goff	Janice & Kerry Kissinger
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Continued: Friends of The Carlisle Council on Aging 2014-2015 Contributors

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 David Driscoll
 Helen Flannery
 Jean Garfinkle
 Doris Handley
 Gordon Hardy
 Jean LaBroad
 George MacCormack
 David McIlhenny
 Rose Pullara
 Parents of Mary Ellen
 Mackin

In honor of:
 Jennie Brandhorst Stearns

The Friends of the Carlisle COA and the Gleason Library invite you to attend the 12th Annual Carlisle Cultural and Health Lecture Series 2016

Carlisle Cultural Lecture Series

Jane Blair, artist, educator and owner of ARTMatters will return on Wednesdays at 1:30pm at St. Irene

March 2

The Great American West



March 9

Winslow Homer



March 23

New York, New York



Health Lecture Series to be held at 7:00 pm on Wednesdays at Gleason Library

- April 6 *Getting the Most of Your Visit with Your Doctor* with Dennis Rosen, MD, MGH, Assistant Professor at Harvard Medical School, author.
- April 20 *What You Should Know About Concussions Especially in Our Youth* with Robert Cantu, MD, Clinical Professor Department of Neurosurgery at BU School of Medicine; Director of Sport Medicine and the Dr. Robert C. Cantu Concussion Center at Emerson Hospital.



TRANSPORTATION

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

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours.

Winter Weather/Snow Van & Class Policy

If Carlisle Public School is cancelled, all classes/programs will be cancelled. The COA van will not run until 10am. If Carlisle Public School is delayed, all classes beginning before 10am will be cancelled. Call the COA for classes starting 10am or later to see if they will be held and/or if you are unsure about a scheduled ride.

NOTE: Please keep driveways and sidewalks clear of snow/ice. Please sand if necessary.

Donations/Fees*

Van rides within Carlisle **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles, \$5. *Parking fees are the responsibility of the rider.

Local grocery /Shopping trips

Every Friday morning at 9am is the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690.

Transportation reservations

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

Shuttle pick-up for the COA monthly lunch at FRS

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

TRIPS & More

Restaurant Reviews

Call Joanne Willens to register at (978) 371-8023

COA Day Trips

Call Joanne Willens to register at (978) 371-8023



Nancy's Airfield Café
Wednesday, December 16

We are off to Nancy's Airfield Café in Stow for some fresh food prepared with love and from locally-sourced ingredients. Van leaves VC at 10:15am, CC at 10:30am, returning 2-3pm. Van fee \$2. Please register by Tuesday, December 9.

Bamboo
Monday, January 4

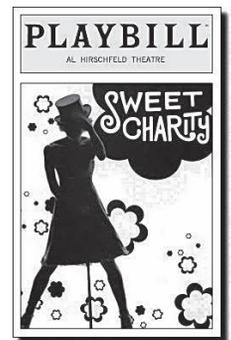
Enjoy lunch at the Bamboo in Westford. Van leaves VC at 11am, CC at 11:15am, returning around 2pm. Van fee \$2. The deadline to register is Monday, December 28.



Stay tuned for more trips with Joanne!

Upcoming Plays

Join COA Theatre Coordinator Lillian DeBenedictis on a trip to the Stoneham Theatre, to see a production of *Sweet Charity*. The trip is planned for sometime in April. Stay tuned for more information in next month's newsletter.



Lunch at the Farm

Wed., January 20, 11:30am



Lunch at the Northeast Correctional Center! For \$3.21 (correct change please) you will receive soup, choice of a garden or Caesar salad along with your choice of the entrée or sandwiches of the day. Dessert and beverage included. **Please call the COA at (978) 371-2895 to register no later than 12 noon on January 13; space is limited so register early.** The first 13 people who request a ride can go in the van and others feel free to car pool and meet us there! Be at the Congregational Church at 11am for the COA Van. Note: No cell phones or electronic devices allowed in the building. Please bring your driver's license!



The best things
in life aren't
things.

-Art Buchwald

FOOD COURT & Miscellaneous Activities

If you have registered for a lunch or event and cannot attend, please call the COA as soon as possible at (978) 371-2895. If you need a ride to a lunch or event, please call the COA Van Line at (978) 371-6690 or email coaride@carlisle.mec.edu.

Chelmsford Crossing/ Minuteman Senior Services Lunch Wednesday, December 2, 12pm

Congregational Church is hosting lunch cooked by Chelmsford Crossing. Menu: prime rib, baked potato, asparagus & dessert. Register at (978) 371-2895 by noon on Wednesday, November 25. Suggested donation: \$3. **Following the lunch:** John Posco & Cathy Nardone presents Just the Two of Us - a duo that is uniquely funny and entertaining. They share their love for music and comedy and years of experience performing across the US & abroad.



Monthly Coffee Thursday, December 3, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. This coffee is hosted by Life Care Center of Nashoba Valley.

Minuteman Reg. Tech. Lunch Wednesday, December 9, 11:45am



Choose from meals created by the culinary arts students at Minuteman Tech. Call the COA at (978) 371-2895 by noon on Wednesday, December 2 to register. Menu choices: baked seafood casserole, roast turkey with all the fixings, or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** meal \$5/soda \$1, plus tip, payable at school. **New subsidized price!!!**

Men's Breakfast Thursday, December 10, 8am

Stop before work for a delicious & hearty breakfast prepared by volunteer chef, Dana Smith (held at the Sleeper Room/Village Ct). Suggested donation: \$3.

"SENIOR MOMENTS" at Monday, December 14 & 28, 9:30-11am



A casual coffee drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives 10% off coffee to senior attendees.



COA Holiday Luncheon Thursday, December 17, 11:45am



Join us at FRS and enjoy the company of your senior friends and neighbors. Santa "Nick" Lunig will be passing out goodies to all the seniors. This meal is run by our wonderful team of COA Volunteers. Menu: delicious ham dinner, dessert and cold & hot drinks. Suggested donation: \$3. **Following the lunch:** a special performance by members of the **Carlisle Public School Choir**. The group is directed by Tara Callahan, our Carlisle School Music Teacher. Come enjoy the wonderful sounds of some of our talented Carlisle Public School students. To register call the COA at (978) 371-2895 no later than noon, Friday, December 11. Shuttle available. Preference given to Carlisle Seniors; out-of-town on wait list until deadline.



"Runners to your mark. Get set. Go! ... OK, come get your T-shirts."

Chelmsford Crossing/MSS Lunch Thursday, January 7, 12pm

FRS is hosting lunch cooked by Chelmsford Crossing. Menu: braised boneless pork chop, apple chutney, whipped sweet potato, sautéed cabbage, dessert. Register at (978) 371-2895 by 11am on Wed., December 31. Suggested donation: \$3. **Following the lunch:** Celestial Secrets - astrophotography by Steve Golson. Steve will share a selection of his images to talk about the sky, sun, planets, and a variety of interesting sky phenomena.

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's 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.

Outreach with Angela

As 2015 comes to a close, we would like to remind you of some of the areas where the Carlisle COA can help you and your family:

Outreach/Social Worker: Do you need help with an issue as you or your family member age? If so, please contact me for information and referrals. I can help you look for data on available housing options, Medicare Insurance choices, home care support, support groups, etc. The COA Social Worker, Peter Cullinane, is also available for confidential support. You can reach both of us by calling the COA main line at (978) 371-2895.

Transportation: We currently have two COA vans, a SUV, and volunteer drivers to provide transportation for our seniors. We can take you to places such as hair salons, RMV, doctor appointments and food shopping. Exciting and fun day trips are offered to restaurants, museums, outlet shopping center, coastal towns like Newburyport and the city of Boston. Call (978) 371-6690 with *any* questions regarding transportation.

Fuel/Food Assistance: Based on financial eligibility, all Carlisle residents will be helped by the Carlisle COA with fuel assistance. Various programs are available for support during the winter months. No age restrictions. Income criteria for LIHEAP (Federal/State Program) is: household of one **gross annual income** of up to \$33,126, and household of two up to \$43,319. Help is also available from the Salvation Army Good Neighbor Fund starting in January (household of one from gross annual income of \$33,126 to \$44,168 and household of two from \$43,319 to \$57,759). Please contact the COA to acquire more details on these and other options including income for larger households.

Are You OK: If you would like a wellness check or a call in the event of a weather-related emergency or disaster, call us for a "Special Needs" form. If you would like **FREE** RUOK (Are you OK) call (automated call at the time/day(s) of the week of your choice) or a File of Life, call the COA.

Other Helpful Information: Check out our newsletters and other information (such as how to become a Senior Tax Worker, and elder information in our Senior Resource Guide) at our COA website www.carlislema.gov/pages/carlisleMA_COA. If you would like to receive helpful weekly and bi-monthly info please contact Linda Cavallo-Murphy at coadmin@carlisle.mec.edu to be added to our email distribution list.

Medical Equipment: The Carlisle Council on Aging (COA) has medical equipment to loan to any Carlisle resident in need. We have walkers, crutches, commodes, shower chairs, grabbers, wheelchairs and more. Just call the Council on Aging to check that we currently have the item you need "in stock."

Exercise Programs: Maybe you aren't sixty as of yet, but if you are fifty or older you are welcome to join our Fitness, Cardio, Zumba, SAMA, Line Dancing and Tai Chi classes. Our Tap class welcomes anyone twelve or older. We also partner with the Rec. Dept. for Yoga and many other classes and . Please stop in and try one session of any COA exercise program for **FREE**!

Volunteering: We are always looking for help. Maybe you would be willing to drive someone to a local appointment, deliver Meals on Wheels, help in the office, help with a newsletter mailing, help with programming, photography, provide information at one of our Community Conversations, or have some other talent you are willing to share. Just call the COA office to acquire more information. We would appreciate any help shoveling senior walks, etc. If you can help, please call the Council on Aging.

Please check out our events and join in!

*Happy Holidays,
Angela!*

Call the Council on Aging at (978) 371-2895

Community Events

Community Conversations @ Gleason Library

Mindful Holiday Eating Tuesday, December 8, 1:30pm

The holiday season is typically not the best time to focus on weight loss but instead to be more mindful of your food choices and behaviors. Join Home Instead Senior Care Community Service Rep., Pamela Connolly, and Stop & Shop Nutritionist, Julie Hersey, MS, RD, LDN, for a talk on tips on how to tackle holiday parties and strategies for meals to help you enjoy your favorite holiday foods without the guilt! **Samples will be served!**



Getting Started on Genealogy with Ancestry Library Edition Tuesday, January 12, 1:30pm

Want to research your family history? Learn how to find your way around Ancestry Library Edition (the library's version of ancestry.com) and its billions of records in census data, vital records, directories, photos, and more. The class will provide tips on searching and how to decipher the records, as well as how to get started on organizing what you find. Bring your own device if you'd like. Presented by Martha Feeney-Patten, Senior Librarian, Reference & Technology, Gleason Library.

Community Book Club @ Gleason Library Monday, December 14, 10:30am



The Tennis Partner
by Abraham Verghese

For more info please contact Mary Zoll, (978) 369-5236.

French Language Club Wednesday, December 16, 11:30am

If you speak French or would like to, please join us. A volunteer will lead the group by bringing a topic to discuss; if you are planning to travel to a French speaking country and have words/phrases that you would like to learn, please bring your topic to the meeting. This group will evolve based on the attendees input. Register by calling the COA at (978) 371-2895.

Monthly meeting held every 3rd Wednesday, September - June, 11:30am-12:30pm, Benfield Farms, 2nd Fl. Community Rm.

*C'est la vie.
Mercy beaucoup.
Au revoir. Bon appétit!
Je t'aime.
Bon voyage!*

"Making lifelong learning fun in Carlisle"

Please join the COA & Recreation Dept. for some exciting programming in Winter 2016. View current programs online at www.carlisle.org/recreation for details on classes & trips. Some programs have special senior discounts. Please keep a look out in the mail for the Winter 2016 Recreation Brochure.

Carlisle Community Chorus Tuesday, January 12, 7:30pm

All are invited to attend the Carlisle Community Chorus concert on January 12, 2016 at 7:30 pm in the Corey Auditorium. The concert will feature music of the British Isles and includes works by Handel, the Beatles, and Gilbert and Sullivan, along with Irish and English folk songs. The concert is free, but donations to our non-profit choral group are always appreciated. We ask that attendees bring a non-perishable food item for the Merrimack Valley Food Bank. Please join us in January for an evening of music by Carlisle's Inter-generational chorus.



Bingo is Coming Thursday, January 21



If you have an item that you would like to donate as a prize for our January 21 Bingo (after COA luncheon), 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. Feel free to regift.

IT IS NOT TOO LATE TO BE A SENIOR TAX WORKER— If you would like to reduce your real estate taxes and at the same time help a town department, call Angela Smith at 978-371-2895 to discuss. Several departments are still in need of assistance .

FOR YOUR HEALTH

EXERCISE CLASSES - Mind & Body



Note: To sign up for the following programs, call the COA office at (978) 371-2895 (minimum # required to hold each exercise class). Stop in and try a class/day for **FREE!** If you start mid-session, call for fee.

MONDAYS

December 7, 14, 21, 28 @ FRS

Intergenerational Tap - 1:30pm. For everyone 12 and older. Instructor: Katrina Rotondi. Fee: \$40 (Dec.-Feb.).

TUESDAYS

December 1, 8, 15, 22, 29 @ St. Irene

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Dec.-Feb.). (12/1 @ Benfield)

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Dec.-Feb.). (12/1 @ Benfield)

Ballroom Dancing - 2pm. FREE due to the generosity of our teachers, Barry Kasven & Cynthia Horn. (Meeting on Dec. 1 & 8)

WEDNESDAYS

December 2, 9, 16, 23

Yoga - 9:30am, Benfield. Students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Fee for Yoga classes: \$35 for Carlisle seniors (Nov.-Dec.). Call the Recreation Dept. to register (978) 369-9815. Checks payable to Carlisle Recreation Dept. (Session Ends Dec. 16.)

Line Dancing - 1:45pm, St. Irene. No experience or partner required. Instructor: Katrina Rotondi. Fee: \$40 (Dec.-Feb.). No Class 12/30.

THURSDAYS

December 3, 10, 17 (No Class 12/24, 12/31)

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Fee: \$40 (Dec.-Feb.).

Cardio-Boost Class - 10:45am, Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Dec.-Feb.).

FRIDAYS

December 4, 11, 18 (No Class 12/25)

SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: \$100/10wks. Current session runs 11/13 - 2/5. Fee prorated. For more info see osbkarate.com or call the COA.

FREE Blood Pressure Clinics

Wednesday, December 2, 11:30am

Chelmsford Crossing Lunch, Cong. Church, sponsored by COA Volunteer.

Thursday, December 3, 9am

COA Coffee, Sleeper Room, sponsored by Life Care Center of Nashoba Valley.

Thursday, December 10, 8am

Men's Breakfast, Sleeper Room, sponsored by Home Instead.

Thursday, December 17, 11am

COA Monthly Lunch, FRS, sponsored by FOCCOA and Emerson Home Care.

Monday, December 28, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic



Tuesday, January 5

(Benfield, 2nd Fl., 575 South St.)

For an appointment, call the COA (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA), payable day of clinic. For Carlisle "60+ residents."

Walking @ Carlisle School Gym

Monday-Friday, 6:45-7:30am

To walk you MUST call David Flannery (978) 371-2279 after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open. In case of fire, exit the gym door and go to the parking area adjoining Spaulding field.



Hair Cuts on the Go!

Mon., December 14, Town Hall

Suzanne Hickey & Georgia Triantafilles provide haircuts to seniors for \$10.50. Appointment is 15 mins. Call the COA at (978) 371-2895 for your appointment between 9am and 11:30am.

Caregiver Support Group

Monday, December 14, 4pm

Anne Marie Rowse of Senior Care Advisors, facilitates a **FREE** support group at Gleason Library. For more info, please email: amorowse@charter.net.

December 2015

SUN	MON	TUE	WED	THU	FRI	SA
	NOTE: <i>Inside walking</i> - Mon.-Fri. 6:45-7:30am CPS See pg. 9 for more info.	1 Wreath Making 10:30am, St. Irene Zumba: 10:45am @ <i>Benfield today only</i> Tai Chi: 12:30pm @ <i>Benfield today only</i> Ballroom: 2pm	2 Yoga: 9:30am Chelmsford Crossing: 12pm, BP 11:30am, Cong. Church; <i>after lunch:</i> Just the Two of Us Line Dancing: 1:45pm.	3 Coffee & BP: 9am Fitness: 9:45am Cardio: 10:45am	4 Grocery Shopping: 9am SAMA: 10:45am	5
6  Hanukkah begins @ sundown	7 Festival of Trees: VC 8:15 am, CC 8:30 am Tap: 1:30pm	8 Zumba: 10:45am Tai Chi: 12:30pm Community Conversations: 1:30pm, Mindful Eating, Gleason Lib. Ballroom: 2pm	9 Yoga: 9:30am Minuteman Tech. Lunch: 11:45am Line Dancing: 1:45pm	10 Men's Breakfast & BP: 8am, Sleeper Rm. Fitness: 9:45am Cardio: 10:45am	11 Grocery Shopping: 9am SAMA: 10:45am	12
13	14 Hair Cuts on the Go!: by appt. Sr. Moments: 9:30am, Ferns Book Club: 10:30am Tap: 1:30pm Caregiver Support: 4pm, Gleason Library	15 COA Board Mtg: 10:30am Zumba: 10:45am Tai Chi: 12:30pm	16 Yoga: 9:30am French Club: 11:30am, Benfield Line Dancing 1:45pm Restaurant Review: Nancy's Airfield Café VC 10:15am, CC 10:30am	17 Fitness: 9:45am Cardio: 10:45am COA Holiday Lunch: 11:45am, BP 11am, FRS; <i>after lunch:</i> Carlisle Public School Choir 	18 Grocery Shopping: 9am SAMA: 10:45am	19
20	21 Tap: 1:30pm	22 Zumba: 10:45am Tai Chi: 12:30pm  First Day of Winter	23 Line Dancing: 1:45pm	24 NO Fitness NO Cardio <i>Christmas Eve</i>	25 COA CLOSED MERRY CHRISTMAS	26
27	28 Sr. Moments: 9:30am, Ferns, BP 10am Tap: 1:30pm	29 Zumba: 10:45am Tai Chi: 12:30pm	30 NO Line Dancing	31 NO Fitness NO Cardio  <i>New Year's Eve</i>		

Seasons Greetings from the COA Staff, Board & Friends

We wish you and yours a happy and healthy Holiday Season and a prosperous New Year!

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Announcing a new Carlisle Transportation Program

CTS-Carlisle Transportation Services

Carlisle Transportation Services (CTS) is a program that is being piloted by the Town of Carlisle, through the COA, to bring additional transportation resources to Carlisle. All residents will be able use the new service, but those who are disabled or are age 60 or older will be able to get a special discount by purchasing vouchers from the COA office that can be exchanged for rides through a livery company called Flow Transportation (Flow). The program is even available for night and weekend ride service.

The Town has contracted with Flow to operate a new mini-van sized accessible vehicle called an MV-1. Flow has other vehicles available as well and offers competitive rates for rides from Carlisle to Boston. Call or stop by the COA office for voucher and rate information. Please note that the purchase of CTS vouchers requires advance registration through the COA. Ride scheduling will be done by calling Flow directly at (978) 602-5606. Flow is not a taxi company so please give 48 hours, or as much advance notice as possible to improve your odds of service availability.



**This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.
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for their support of COA programs and their assistance over the years.**