

COA Official Town website: www.carlislema.gov/coa
 Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director

Greetings All,

“Truth is stranger than fiction”

For many of us we've heard this phrase said or quoted so often that it's become a truism. And yet it's been my experience that when we learn something new that sounds strange we sometimes don't give it the credence that it might deserve, almost as if it were indeed fiction.

Sometimes of course, we have good reason to be skeptical as clearly not everything one hears or learns is credible. And maybe it's no great revelation to ruminate that life can be a tricky balance between healthy skepticism and keeping one's mind open.

Those comments are my introduction to a story, which does indeed sound strange, but is true. I learned about it from a piece some may have seen on 60 Minutes that aired just a few weeks ago, about “Face Blindness.” Face Blindness is the inability for someone to recognize people's faces, even those from one's own family or close friends.



Those that have Face Blindness are at a real disadvantage socially as, unless someone announces themselves to them, they almost always need to wait for some other physical clue like the sound of someone's voice or their scent to know who another person is each and every time they meet. Reportedly, up to one in 50 people, a full 2% of the population may have this condition. It's a larger number than I'd have thought existed. For statistical comparison,

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up to 8% of northern European males are color blind.

One reason that Face Blindness was relatively unknown until recently is that people that were born with it tended to think that it was normal and they just adapted. However, like going deaf later in life, there are cases of becoming Face Blind after serious accidents or for other physical reasons. In fact it is this group of people that actually brought the issue to light, because they knew that they had lost an ability that they had previously had.

This ability that most of us take for granted is, according to experts, a computationally difficult task. And as such, they theorize that it may be handled in a different part of the brain than other tasks. To make matters more interesting, there are also people who are considered Hyper Recognizers. That is they have the ability to recognize people even years and decades after meeting them only once. Here's the link to the 60 Minutes piece if you would like to see more about this: www.cbsnews.com/videos/face-blindness-part-two-2/.

Best wishes for a happy and healthy spring!

David

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
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 coaride@carlisle.mec.edu
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 coadmin@carlisle.mec.edu
LICSW: Peter Cullinane

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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.

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.

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.



Carlisle Transportation Services (CTS)

To meet your alternative transportation needs consider Carlisle's latest option, Flow Transportation Services. Flow can be reached at (978) 602-5606 for ride scheduling. Please call a minimum of 48 hours of your trip. Discount voucher-tickets for Carlisle seniors or those with disabilities are available through purchase at the COA office at Town Hall. One time registration for the voucher discount program is required. More info on the service and pricing is available at <http://carlisletransportation.com/cts-transportation/> or call the COA at (978) 371-2895.

TRIPS & More

Restaurant Reviews/Day Trips



Lilac Blossom Monday, May 2

Come dine on always fresh and delicious, award-winning Chinese cuisine at Lilac Blossom in Nashua's Skymeadow location. Van leaves VC at 10:45am and CC at 11am. Van fee \$5 Returning between 2-3pm. Deadline to register is Monday, April 25.

Nancy's Airfield Café Wednesday, June 8



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 Wednesday, June 1.

PEEM

Peabody Essex Museum Tuesday, April 19

Please join us on a trip to the Peabody Essex Museum. The Museum entrance fee is \$15 and the van fee is \$10, for a total of \$25 due upon registration. Please make check payable to the "Carlisle COA." Lunch on your own at the Museum Atrium Café. The COA will provide one van for 13 people, first-come, first-served, leaving VC at 9:15am & CC at 9:30am returning between 3-4pm. Call Joanne Willens at (978) 371-8023 by Tuesday, April 12 to reserve your spot.

Theatrical Happenings

Call Lillian DeBenedictis to register at (978) 369-1848

Loretta LaRoche

Life Is Short: Wear Your Party Pants

Friday, May 13, 2pm



Loretta LaRoche returns to Stoneham Theatre to give you the tools you need to not only reduce feelings of tension, but also bring joy, passion, and gusto to your life. Please call Lillian DeBenedictis, COA Theatre Coordinator, to reserve your seat. Ticket price is \$40/pp and due upon registration. Please make check payable to "Carlisle COA." Deadline to register is Monday, April 18. Lunch on your own at Felicia's Restaurant. Van leaves VC at 11am and CC at 11:15am. Returning between 5-6pm.

Lobster Girl

Wednesday, June 22, 2pm

Join us as we return to Stoneham Theatre to see Lobster Girl the musical on Wednesday, June 22 at 2pm. Ticket price is \$37/pp and due upon registration. Please make check out to "Carlisle COA." Lunch on your own at Felicia's Restaurant. Van leaves VC at 11am and CC at 11:15am. Returning between 5-6pm. Contact Lillian DeBenedictis to register. Deadline to RSVP is Friday, May 20.



TRIPS & More Continued

More Day Trips

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



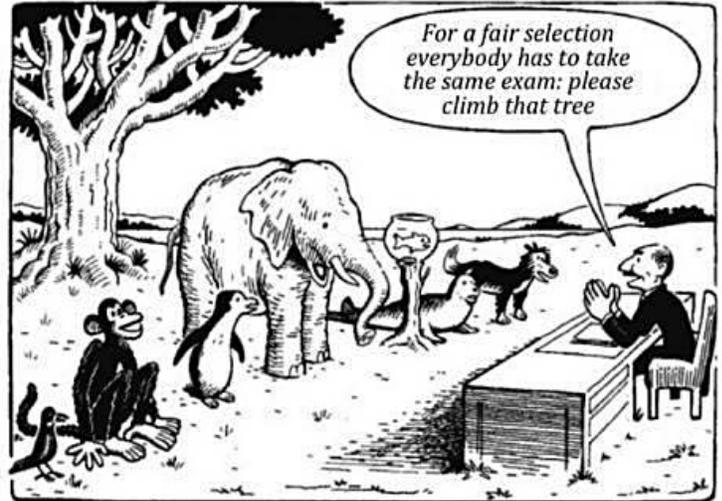
Ogunquit, ME Wednesday, May 18

See all the attractions of this "Beautiful Place by the Sea." We will also be stopping at an old favorite, When Pigs Fly Bakery. Lunch on your own. One van only for 12 seniors, first come, first served. Van fee is \$10 due upon registration. Van leaves VC at 9am, CC at 9:15am. Returning between 4-5pm. Deadline to register is Friday, May 6.

Castles of Gloucester & Marblehead Tuesday, June 14



Join us as we travel to Gloucester to visit and explore Hammond Castle and grounds. Entrance fee is \$9/pp. Afterwards continuing to Marblehead for lunch on your own at Red Rock Grille followed by a trip to the Herreshoff Castle (now a bed & breakfast) for a walk along the outside of the castle and the beautiful grounds. The van leaves VC at 9:15am and CC at 9:30 am, return between 4-5pm. Van Fee is \$5 due upon registration. Deadline to register is Tuesday, May 10.



Our Education System

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

- Albert Einstein

Carlisle COA Bridge Playshop

Playshop is a series of bridge games for players who want to play bridge hands and discuss them with a teacher. Participants should already play bridge socially and know standard conventions.

Each week we will play several hands with a specific "play and defense" theme. Bidding questions or conventions that come up will be discussed, and everyone will get to play. These are some play concepts that will be covered: All about finesses - the different kinds, when not to, which way?; When NOT to draw trumps; Guidelines for playing 4-4 trump fits; Setting up and using your long suits; Setting up and using your long suits; and The End Play.

About the instructor: Kim Gilman is a Carlisle resident who has been playing duplicate bridge for 12 yrs. She has won several regional championships and is a Gold Life Master.

Where: Sleeper Room at Village Court in Carlisle (*Please park on Church Street.*)

When: Monday nights from 7:00 - 9:00pm, starting May 2, 2016

Cost: \$90 for 6 week class



Registration/Payment: Please contact the Carlisle COA at (978) 371-2895 to register. Checks should be made payable to the "Carlisle Council on Aging."

Playshop Schedule: Monday nights starting May 2 with last class on June 13. (No class Memorial Day, 5/30.)

PLEASE NOTE: In order to hold this Playshop, a minimum of 12 participants is needed. Maximum course size is 20 participants.

FOOD COURT

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.



Monthly Coffee Wednesday, April 6, 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 Holly Salemy & Carolyn Shohet.

Chelmsford Crossing Lunch Thursday, April 7, 12pm

Minuteman Senior Services and St. Irene are hosting lunch cooked by Chelmsford Crossing. Menu: stuffed peppers, mashed potato, whole baby carrots, & dessert. Register at (978) 371-2895 by 11am on Thursday, March 31. Suggested donation: \$3. **During lunch:** Paul Hogman, Historian, will talk briefly about our Founding Fathers. These men came together, from the thirteen colonies, to put together the idea of how our country should govern itself. They were men of great ideas, leadership, love of politics, and were not afraid to come forward to develop our country's Independence. Find out who these great men were, and what they did.

"SENIOR MOMENTS" at Monday, April 11 & 25, 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.



Minuteman Tech Lunch Wednesday, April 13, 11:45am

Choose from meals created with great care by the culinary arts students at Minuteman Regional Tech. Call the COA at (978) 371-2895 no later than noon, Wednesday, April 6 to register. Menu choices include baked haddock New England, chicken cordon bleu, or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$5 plus tip, payable at school.

Men's Breakfast

Thursday, April 14, 8am



Stop by for a delicious and hearty breakfast prepared by volunteer chef, Dana Smith (held at the Sleeper Room/Village Ct. 145 Church St.). Suggested donation: \$3.

Lunch at the Farm

Wednesday, April 20, 11:30am



Lunch at the Northeast Correctional Center in West Concord! For \$3.21 (correct change if possible) you will receive soup, your 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 for lunch no later than Wednesday, April 13 at noon. 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 drivers license!**



COA Luncheon

Thursday, April 21, 11:45am



Join us at FRS and enjoy the company of your senior friends & neighbors. This meal is run by our wonderful team of COA Volunteers. Menu: pizza, salad, dessert and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 by noon, Monday, April 18. Shuttle available. **Following the lunch:** enjoy the beautiful singing of the Carlisle Middle School Advanced Choir.

****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.

FOOD COURT Cont., & Miscellaneous Info./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.



Monthly Coffee Wednesday, May 4, 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 Walter Hickman and Donna MacMullan.

Chelmsford Crossing Thursday, May 5, 12pm



Minuteman Senior Services and St. Irene are hosting lunch cooked by Chelmsford Crossing. Menu: cranberry stuffed chicken breast, mashed potatoes, butternut squash & dessert. Register at (978) 371-2895 by noon on Thursday, April 28. Suggested donation: \$3. **Following lunch:** Jazz to Hip Hop program by MUSIC Dance.edu. The presentation is upbeat, educational and energetic!



Knitting in Service Society Thursday, April 21, 7:30pm

Know how to knit or want to learn? Knitting in Service Society (KISS) is a group who knit hats/scarves to benefit Boston's homeless. For meeting location, please contact Angela at the COA at (978) 371-2895.



Hair Cuts on the Go! Mon., April 25, 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.



Two Wonderful Offers for Spring Cleanup

Need Help with Spring Yard Work?

Carlisle School teacher Mr. Gale & the 6th Grade Advisory Group will provide community service to 4 or 5 seniors with one-time yard work this spring. First come, first served. Preference given to new clients. Call (978) 371-2895 and put your name on this list.

Girl Scouts Yard Cleanup

If you need some helping hands around your yard for spring cleanup in April, please let Girl Scout Troop # 75245 assist you. The girls will be helping 4 or 5 seniors with raking, weeding, and light cleanup and will provide you with a low-maintenance plant. Register by calling the COA at (978) 371-2895.



CARLISLE eCommunity

The Carlisle Parent Teacher Organization (PTO) is proud to announce the launch of the Carlisle eCommunity as a service to our town and to raise funds for all of our endeavors: grants for faculty and staff, curriculum enrichment for students, and events that bring families together.

This online community resource will provide much of the information residents seek in their daily lives. Community organizations and committees, as well as retail, restaurants, and services will be listed by category and accessible through simple searches. The calendar will provide a location for all participating organizations to share their meetings and events with everyone in town!

We encourage you to visit the Carlisle eCommunity at www.carlisleecommunity.com and have a look around! A big thank you to our first two supporters – Laura B and Ferns. If you've had a great experience with a local business and would like to recommend we contact them for advertising, send us an email at admin@carlisleecommunity.com. We're thrilled with the response we've received to date and look forward to continuing to develop the content online at Carlisle eCommunity.

Outreach with Angela

“It Always Seems Too Early, Until It’s Too Late.”

April 16 is National Healthcare Decisions Day. This year’s theme is *“It Always Seems Too Early, Until It’s Too Late.”* If you do NOT have either a Health Care Proxy, Personal Directive/Living Will, or a *Five Wishes* document, then now is the time to make one! This is not only to ensure that your wishes are fulfilled, but also is a gift to your family/loved ones because it means that they have a clear understanding of what **you** want and prevents uncertainty and possible arguments! We never know when things may change in our lives or those of our loved ones. Planning needs to start with a discussion over what you and your loved ones want. Documentation can be done in many ways. You can contact the Carlisle Council on Aging and we will gladly provide names of local Elder Law Attorneys whom others in town have used and liked (we cannot recommend anyone). An attorney can help you with these documents and any other documents you may need to plan for the future. The Council on Aging can provide you with a free *Five Wishes* document to fill in (for more info on these documents see <https://agingwithdignity.org/>), or you can find a free version of a Health Care Proxy and a Living Will (as well as a Medical Order for Life-Sustaining Treatment or MOLST) at the Minuteman Senior Services website <http://www.minutemansenior.org/resources/health-care-planning>. Whatever you do, please start the process now!

“Life is what happens to you while you're busy making other plans.”

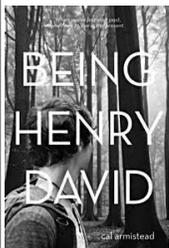
— *Allen Saunders*

Have a good spring!
Angela

Community Conversations @ Gleason Public Library

So You Want to Get Published?

Tuesday, April 12, 1:30pm



Cal Armistead, Author of *Being Henry David* will tell about the inspiration behind her novel and the journey that got her there. She’ll provide a brief workshop on the steps you too can take to be published. Cal Armistead is the daughter of Carlisle resident Edmund Claypool. Come meet Cal and bring a friend.

How Animals Help Heal Us

Tuesday, May 10, 7pm

Join us for a talk by healer and telepathic animal communicator Caroline McNerney. Caroline will share stories from her personal experiences, revealing how animals – both wild and domestic – are able to heal humans on the physical, mental, emotional, and spiritual levels. Deepen your understanding of the gifts being offered by the cat on your lap, the dog at your feet, the wild bird at your window. Discover your own allies in healing who are waiting for you when you walk outside. Come listen, learn, and share your own stories!



“Where Did All This Clutter Come From?” and Other Laments by Overwhelmed Homeowners

Tuesday, April 26, 7pm

Are there rooms in your house that you can’t inhabit or surfaces you can’t see? Are your ‘possessions’ holding you back from living the life you imagined? Whether the problem is too much furniture, papers, collections, photographs, or the miscellaneous piles, Lyn Spaeth, an accredited Staging Professional Master and Principal of Transformations in Lincoln, MA, will provide strategies on how you can live with your treasures and simplify your living spaces. Don’t be shy. Bring your questions and photos of problem areas within your home.



Community Events

Ask a Lawyer

Monday, April 4, 10am-12:30pm



Attorney Eric Prichard from the law firm of Brown & Brown, PC in Bedford will be available to answer estate planning, elder law and Medicaid planning questions at Town Hall, Nickels Rm. on April 4. If you would like a review of your estate plan, or if you have general questions about estate or long-term planning, please give us a call at (978) 371-2895 to schedule a **FREE** appointment with Attorney Prichard. Appointments will be booked in half-hour increments, on a first-come, first-served basis.

Community Book Club

@ Gleason Library

Monday, April 11, 10:30am

Ender's Game by Orson Scott Card

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



Caregiver Support Group: 3:30-4:30pm & Bereavement Support Group: 4:30-5:30pm

Monday, April 11

Are you taking care of someone and would like to talk with others in the same situation or have you lost a loved one and would love support from others? Come join the Carlisle COA's **FREE** Caregiver Support and/or Bereavement Support Group with Anne Marie Rowse as facilitator at the Gleason Library, in Carlisle at 3:30pm for the Caregiver Support Group and/or at 4:30pm for the Bereavement Support Group. *Open to residents from any town.*

Anne Marie Rowse of Senior Care Advisors, LLC, is a certified geriatric care manager and working towards becoming a Chaplain. For more info, please email amarowse@charter.net or call her at (508) 479-0652.

May is National Elder Law Month

Local Elder Law Attorney Linda Butterworth-Till is offering to provide **FREE** Durable Powers of Attorney to 20 Carlisle seniors during the month of May. In a Durable Power of Attorney, a senior appoints someone to take care of his/her finances if he/she is alive but unable to do so. Unlike a regular Power of Attorney, a Durable Power of Attorney is not affected by a significant lapse of time between its signing and its use. Please call the COA at (978) 371-2895 to register for an appointment.



French Language Club

Wednesday, April 27, 11:30am

If you speak French or would like to, please come to the Benfield Farms, 2nd Fl. Community Rm. 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. Register by calling the COA at (978) 371-2895.

Student Council Tea

Thursday, April 28, 1pm



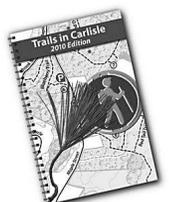
The Carlisle Student Council invites all Carlisle seniors to tea Thursday, April 28, 1-2pm in the Carlisle Public School's Community Room. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. Tara Callahan, choir director, will offer a sing-along during the second half of the Tea. The students are looking forward to seeing the seniors again! Please call the COA (978) 371-2895 by noon on Thursday, April 21 to register for this lovely event.

Spring Outside Walking Group

Thursdays in April @ 9:30am



You are invited to join the outside walking group on Thursday mornings through April 28. We meet at 9:30am on Thursday mornings at Center Park for about a two hour walk at a moderate pace. We will continue walking on the trails needed to earn the Carlisle Trekker Award. If you wish to keep a log for the award, it may be found in the latest *Carlisle Trails Committee Trail Guide*. This is available from Ferns and the Town Clerk's office. It is also available online at <http://carlisletrails.pbwiki.com/>. Please contact Jane Anderson (978) 369-9672, jane.anders@comcast.net or Helen Young at (978) 369-6147 if you have questions. Expect mud. You don't need to sign up, just show up!



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 prorated fee.

MONDAYS

April 4, 11, 25 @ FRS (No Class 4/18 - Patriot's Day)

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

TUESDAYS

April 5, 12, 19, 26 @ St. Irene

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Mar.-May).

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Mar.-May).

Ballroom Dancing - 2pm. Classes on 4/5, 4/19, 4/26. FREE thanks to the generosity of our teachers, Barry Kasven & Cynthia Horn.

WEDNESDAYS

April 6, 13, 20, 27*

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: \$40 for Carlisle seniors (Mar. 9-April 27). **Call the Recreation Dept. to register (978) 369-9815.** Checks payable to Carlisle Recreation Dept.

Line Dancing - 1:45pm, St. Irene*. No experience or partner required. Instructor: Katrina Rotondi. Fee: \$40 (Mar.-May). **Line Dancing will be held at FRS on 4/27.*

THURSDAYS

April 7, 14, 21, 28

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

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

FRIDAYS

April 1, 8, 15, 22, 29 @ Town Hall

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 Sarah Hanley. Fee: \$100/10wks. Current session runs 2/26 - 5/6. Fee prorated. For more info see osbkarate.com or call the COA.

FREE Blood Pressure Clinics

Wednesday, April 6, 9am

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

Thursday, April 7, 11:30am

Chelmsford Crossing Lunch, St. Irene, sponsored by COA Volunteer.

Thursday, April 14, 8am

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

Thursday, April 21, 11am

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

Monday, April 25, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic



Tuesday, May 3

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

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

Ballroom Dancing

Tuesdays, 2pm, St. Irene

4/5, 4/19, 4/26

5/3/, 5/10, 5/17, 5/24



Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register by calling the COA at (978) 371-2895.

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.

April 2016

| SU | MON | TUE | WED | THU | FRI | SA |
|----|--|--|---|--|--|------------------|
| | <p>NOTE: Inside walking. Mon.-Fri. 6:45 - 7:30am, CPS. See pg. 9 for more info.</p> | | | | <p>1 Grocery Shopping: 9am SAMA:10:45am</p> | <p>2</p> |
| 3 | <p>4 CCHS Poetry: 9am Ask a Lawyer: by appt. Restaurant Review: Atlantic Sea Grill VC 11am, CC 11:15am Tap: 1:30pm</p> | <p>5 Zumba: 10:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm</p> | <p>6 Coffee & BP: 9am Yoga: 9:30am Line Dancing: 1:45pm Spring Health Series: 7pm, Getting the Most out of Visit. w/ Doctor</p> | <p>7 Outdoor Walking: 9:30am Fitness: 9:45am Cardio: 10:45am Chelmsford Crossing: 12pm, BP 11:30am, St. Irene; <i>after lunch:</i> Founding Fathers</p> | <p>8 Grocery Shopping: 9am SAMA:10:45am</p> | <p>9</p> |
| 10 | <p>11 CCHS Poetry: 9am Sr. Moments: 9:30am Book Club: 10:30am @ Gleason Library Tap: 1:30pm Caregiver Grp: 3:30pm & Bereavement Grp: 4:30pm, Gleason Lib.</p> | <p>12 Zumba: 10:45am Tai Chi: 12:30pm Comm. Conversation: 1:30pm, Getting Published, Gleason Lib NO Ballroom Dancing</p> | <p>13 Yoga: 9:30am Minuteman Tech Lunch: 11:45am Line Dancing: 1:45pm Sweet Charity @ Stoneham Theatre: 2pm</p> | <p>14 Men's Breakfast & BP: 8am Outdoor Walking: 9:30am Fitness: 9:45am Cardio: 10:45am</p> | <p>15 Grocery Shopping: 9am SAMA:10:45am</p>  | <p>16</p> |
| 17 | <p>18 COA & Town Hall Closed</p> <p>Patriot's Day</p>  | <p>19 PEM Day Trip: VC 9:15am, CC 9:30am Zumba: 10:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm</p>  | <p>20 Yoga: 9:30am Lunch at the Farm: 11:30am; 11am for van @ CC Line Dancing: 1:45pm Spring Health Series: 7pm, Concussions</p> | <p>21 Outdoor Walking: 9:30am Fitness: 9:45am Cardio: 10:45am. COA Lunch: 11:45am, BP 11am, FRS; <i>after lunch:</i> CPS Advanced Choir KISS: 7:30pm</p> | <p>22 Grocery Shopping: 9am SAMA:10:45am</p> | <p>23</p> |
| 24 | <p>25 Hair Cuts on the Go!: by appt. CCHS Poetry: 9am Sr. Moments: 9:30am, BP 10am Tap: 1:30pm</p> | <p>26 COA Board Meeting: 10:30am, Town Hall Zumba: 10:45am Tai Chi: 12:30pm Comm. Conversation: 7pm, Decluttering, Gleason Lib., Hollis RM Ballroom Dancing: 2pm</p> | <p>27 Yoga: 9:30am French Club: 11:30am Line Dancing: 1:45pm <i>@ FRS today only</i></p> | <p>28 Outdoor Walking: 9:30am Fitness: 9:45am Cardio: 10:45am Student Council Tea: 1pm, CPS, Community Room</p> | <p>29 Grocery Shopping: 9am SAMA:10:45am</p>  | <p>30</p> |

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Friday, April 19

Spring Health Lecture Series

Wednesday, April 6 & April 20, 7:00pm, Gleason Pubic Library, Hollis Room

The Friends of the Carlisle COA and the FOGPL invite you and your friends to attend the 12th Annual Carlisle Health Series. Refreshments for are being provided by Lifecare Center of Acton. RSVP as soon as possible to reserve your seat at www.gleasonlibrary.org/calendar or call (978) 369-4898.

April 6 - Getting the Most of Your Visit with Your Doctor presented by Dennis Rosen, M.D., a specialist at Boston Children's Hospital, and Assistant Professor in Pediatrics at Harvard Medical School. Dr. Rosen has written a book on communication between physicians and patients, "Vital Conversations: Improving Communication Between Doctors and Patients." In "Vital Conversations," Dr. Rosen draws upon research in biomedicine, sociology, and anthropology and integrates personal stories from his own practice of medicine in three different countries (and as a patient himself, on occasion). He demonstrates how important good communication between physicians and patients is to the provision of high-quality—and less expensive—care, and how without it, medical adherence and the utilization of preventive medical services fall, and the rates of medical complications, hospital readmissions and unnecessary testing and procedures rise.

April 20 - What you should know about concussions especially in our youth presented by Dr. Robert Cantu, MD, FACS, FAANS, FICS, FACSM. Dr. Cantu is one of the world's foremost authorities on brain trauma and concussions in sports. Join us for his talk on Wednesday, April 20 at 7pm. Goals and objectives of his talk are:

- To be able to identify concussion symptoms and post-concussion syndrome
- Discuss epidemiology of concussion including mortality/morbidity statistics
- To be able to understand chronic traumatic encephalopathy
- Complications of mismanagement of concussion
- Understand criteria for resuming activity
- To understand unique risk that concussions have for youth as compared to adults



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