



Carlisle Connection

Serving
Carlisle's 60+
Community



DECEMBER 2016

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

"A is for Activity"

For those of you Carlislians who may be perusing our newsletter for the first time, I'd like to draw your attention to the myriad of special programming that is occurring here at your home-town COA. Yes, COA stands for Council on Aging, but we look at the "A" in aging as part of the continuum of one's lifespan, not as a single point meant to fixate on being or becoming old. Why do that, especially if you're generally feeling good?

Instead why not look at the "A" in COA as signifying Activity instead of Aging? Why not the Council on Activity? Some of you may have heard that the COA is interested in eventually having some sort of Community Center developed here in Carlisle. Rather than call it a Senior Center or even a Community Center, why not call this as yet to be developed gathering place an Activity Center, a "Carlisle Activity Center?"

Why not have a future Carlisle Activity Center be a place where Recreation Dept. and COA activities can be run for the benefit of all age groups in Carlisle? A place with an office that can be used by a Carlisle Veterans Service Officer, by our Social Worker, and a Public Health Nurse. Food for thought as we contemplate requesting funding for a feasibility study for such a building in Carlisle.

Meanwhile, check out an exercise program or the "Art Series" (back page) and all of the other things that we're doing ourselves or in partnership with the GPL or REC! Wishing you and yours the happiest of holidays from the staff and board of the COA!

Yours, David

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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.



COA Hours

Monday - Friday
9am - 3pm

(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

Director: David Klein
dklein@carlisle.mec.edu
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LICSW: Peter Cullinane

COA Board Officers

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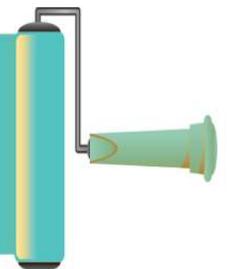


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Carlisle Council on Aging, Carlisle, MA 06-5075

Support the Friends of the COA

The leaves are gone. Everyone is bundled up. Festivity is in the air. It must be time for the Friends' annual fund raising drive. For the last 22 years the Friends have been overwhelmed by the outpouring of support from the Carlisle community. Your generous contributions have supplemented town funds and state grants to help create a safe, enriching, and welcoming community for our seniors. The Friends want to thank you for your past generosity and hope that we can count on you again this year.

In 2015-2016 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 Public Library (GPL)
- ◆ Conduct senior podiatry 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
- ◆ Offer Monthly breakfasts, programs and luncheons
- ◆ Provide New York Times Large Print Edition and Large Print Book subscriptions for the GPL
- ◆ Provide support for COA van operations

These FOCCA 2015-2016 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!

Elizabeth & Jay Acquaviva	Phil & Jane Conti	Miles Goff	Kerry & Janice Kissinger
Michael Ansara	Barry & Carolyn Copp	Sarah & Robert Goldsmith	Jim & Linda Kistler
Suzanne & Joe Antognoni	Richard & Bayla Cornell	Catherine & John Gorecki	Kathryn Klickstein
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Continued: Friends of The Carlisle Council on Aging 2015-2016 Contributors

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Fontaine Richardson	Ray Taylor	In honor of:
John Rizzi	Elizabeth Thibeault	Jennie Stearns
Francine & Ethan Royce	David & Christine Thomas	Angela Smith "for all she does for us"
Dale & Donald Ryder	Brigitte & Hans Thun	
Betty Ann & Ed Saef	Grace Tilton	
Jack & Jean Sain	Jesselyn Tobin	

The Carlisle Council on Aging would also like to acknowledge donations made in the memory of:
Joe Antognoni, Keith Fortier, George Lohrer, Ruth Pickard and Larry Sorli.



13th Annual Friends of the Carlisle COA & the Gleason Public Library Spring Lecture 2017

April 26: From Paganini to Penguins: An Emergency Medicine Doctor's Travels with the BSO and Beyond

Dr. Robert Partridge, MD, MPH, FACEP, will speak to his experiences as the travel physician for the Boston Symphony Orchestra and touch on other medical work he has done overseas as an emergency physician. Dr. Partridge will also discuss emergency medicine issues closer to home, including when to visit the Emergency Dept. and what to expect when you get there. Dr. Partridge is an Adjunct Associate Professor of Emergency Medicine at the Warren Alpert Medical School at Brown University and staff physician at Emerson Hospital and at Rhode Island Hospital.



COA Veterans Day Road Race

THANK YOU!

We'd like to thank everyone who participated in the 2nd running of the Carlisle COA Intergenerational Road Race. We could not have put this event together without our stellar Road Race Task Force members and others such as the Carlisle Veterans Committee who volunteered their time for this wonderful new Carlisle tradition. Having a fall event to recognize those who've served and bring people of all ages together was truly special. See you next year!

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 (CPS) is cancelled, usually all classes/programs will be cancelled. The COA van will not run until at least 10am. If CPS is delayed, all classes beginning before 10am will be cancelled. Call the COA for all classes, programming and transportation if you are concerned due to weather conditions.

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.

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.

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.

Shuttle pick-up for the COA monthly lunch at FRS

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



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 before your trip. Discount voucher-tickets for Carlisle seniors or those with disabilities may be purchased at the COA office at Town Hall. One-time registration for the voucher discount program is required. More info on the service & pricing is available at <http://carlisletransportation.com/cts-transportation/> or call the COA at (978) 371-2895.

RESTAURANT REVIEW / DAY TRIPS / THEATRE

Atlantic Sea Grill

Monday, December 12



Please join us for a delicious lunch at the Atlantic Sea Grill, Fish Market & Bar in Acton. Van leaves VC at 11am and CC at 11:15am. Van fee \$2. Returning between 2-3pm. Please register by calling Joanne Willens at (978) 371-8023 by Monday, December 5.



Dino's Kouzina & Pizzeria

Monday, January 9

Come join us for a delicious lunch Greek-style at Dino's in West Concord. Van leaves VC at 10:45am, CC at 11am, returning between 2-3pm. Van fee \$2. Please contact Joanne Willens at (978) 371-8023 to register by Tuesday, January 3.



Mame

Wednesday, December 7



Join Lillian DeBenedictis to see another great show at Stoneham Theatre on Wednesday, December 7. Ticket price is \$37/pp., due upon registration. Please make check payable to "Carlisle COA." Lunch on your own at Felicia's Restaurant. Van fee is \$5. Van leaves VC at 11:15am, CC at 11:30am. Returning between 5-6pm. Please call Lillian at (978) 369-1848 to register and wait list.



Festival of Trees

Thursday, December 8

Join us as we return to Elm Bank in Wellesley for the Festival of Trees and Snow Village tour. We have a morning reservation at 10am. **Van leaves VC at 8:15am and CC at 8:30am.** Lunch on your own will follow tour at Papa Razzi restaurant. Entrance fee is \$5. Van fee is \$5. Please note this day trip is limited to 12 people; Carlisle seniors give first preference; first come, first served. Contact Joanne Willens at (978) 371-8023 to register and wait list.

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 *asap*.



Monthly Coffee

Thursday, December 1, 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 Donna MacMullan and Walter Hickman.

Chelmsford Crossing Lunch

Wednesday, December 7, 12pm

Minuteman Senior Services and Congregational Church are hosting lunch cooked by Chelmsford Crossing. Menu: stuffed chicken breast, mashed potato, peas & pearl onions, dinner roll and dessert. Please register at (978) 371-2895 by noon on Thursday, December 1. Suggested donation: \$3. **Following lunch:** For a small town, originally devoted to farming and related activities, Carlisle has a surprisingly rich history embodied in the documents and artifacts entrusted to the Historical Society. Phil Drew, President of the Carlisle Historical Society, will introduce you to some of the most intriguing.



Men's Breakfast

Thursday, December 8, 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. Bring a friend!

"SENIOR MOMENTS" at

Monday, December 12, 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.

Monthly Coffee

Wednesday, January 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 Peggy Hilton & Nancy West.

Minuteman Tech Lunch

Wednesday, December 14, 11:30am



Choose from meals created with great care by the culinary arts students at Minuteman Tech. Call the COA at (978) 371-2895 no later than noon, Wednesday, December 7 to register. Menu: 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 (subsidized by COA grant) plus tip, payable at school. **Please note the COA is obligated to pay for any meal that is cancelled within two days of the event.** Therefore, if you registered, please make a serious effort to notify us before the two business days if you cannot attend. *Photo ID (driver's license, state-issued ID or passport) required.*



COA Holiday Luncheon

Thursday, December 15, 11:45am

Join us at FRS and enjoy the company of your senior friends and neighbors. Santa "Nick" Lunig will be passing out a surprise gift to all the seniors, generously donated by Whole Foods of Westford. This meal is run by our wonderful team of COA Volunteers. Menu: roast beef dinner, dessert and cold & hot drinks. Suggested donation: \$3. Following the lunch: a special performance by Carlisle Middle School Choir. The group is directed by Tara Callahan, our Carlisle School Choral Director. 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, Thursday, December 8. Preference given to Carlisle seniors; out-of-town seniors on wait list until the deadline of Dec. 8.

Chelmsford Crossing Lunch

Thursday, January 5, 12pm

Minuteman Senior Services and St. Irene are hosting lunch cooked by Chelmsford Crossing. Menu: beef stew, biscuit, tossed salad & dessert. Please register at (978) 371-2895 by noon on Thursday, December 29. Suggested donation: \$3. **Following lunch:** Abha Singhal, COA Board Vice-Chair, will share photos taken on her African Safari trip to Namibia, South Africa, Zambia and Botswana.

****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

Enjoying the Holiday Season

I realize that the holidays can be a difficult time for many reasons; your or loved ones' health, sadness over those who have passed, financial issues, stress, and so many other things that affect us every day, BUT a very special friend taught me a long time ago how to counteract feelings of sadness or stress: you think about what you are thankful for! Every night before I go to sleep I make a mental list of everything I'm thankful for. As a matter of fact, some research led me to realize that there is scientific evidence that gratitude can change your life! WebMD notes that you can "boost your health with a dose of gratitude," CBS health indicates that "research has linked gratitude with an increase in self-esteem, resilience and overall life satisfaction." Another article from happierhuman.com notes that there are 31 benefits of gratitude, which include making us happier, more optimistic, improving our sleep, keeping us away from the doctor, helping us live longer, increasing our energy level, making us feel good, helping us relax and more. So take a few minutes every day and think about what you are thankful for!

Enjoy the holidays and we hope to see you at some of our upcoming events.

Season's Greetings, Angela

COMMUNITY EVENTS

COMMUNITY CONVERSATIONS @ Gleason Public Library



Pre-Holiday Nutrition Talk

Tues., Dec. 6, 1:30pm

-Gleason Library-

Back by popular demand, Stop & Shop nutritionist Julie Hersey, MS, RD, LDN, will discuss tips on how to tackle holiday parties and strategies for meals to help you enjoy your favorite holiday foods without guilt. Julie's wonderful samples will be served! Please call the COA at (978) 371-2895 to register by Wed., November 30 for this delicious event!

*Eat DRINK
& BE MERRY*



Spirituality & Aging

Tues., January 24, 1:30pm, Gleason Library

Anne Marie Rowse is offering an interesting and informative session on Spirituality & Aging. This will be an interactive talk on spirituality and how we can learn from one another as we face the challenges of aging. Anne Marie has worked in health care for the past 30 years as a certified care manager and a current chaplain. She is the principal of Senior Care Advisors, LLC. This program is **FREE** and light refreshments will be served courtesy of Anne Marie. Please call the COA at (978) 371-2895 to register by noon, Fri., January 20. For more info please email Anne Marie at amarowse@charter.net.

Maintaining Your Computer, or, Preventing Problems Before They Happen

Tues., Jan. 10, 1:30pm, Gleason Library



Computers and computer technology are very complicated. They are often cloaked in incomprehensible jargon that can mystify even experienced professionals. As a result, people have a tendency to set up their computer once and leave it alone. This class will cover how to perform routine maintenance tasks on your computer and its environment. Bob Supnik worked in computer and software design for more than 50 years before retiring. Please call the COA at (978) 371-2895 by Tuesday, January 3 to register.

HOLIDAY WORKOUT



...and repeat

COMMUNITY EVENTS Cont.

Community Book Club @ Gleason Library

Mon., December 12, 10:30am

Slow Waltz in Cedar Bend

by Robert Waller



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

Caregiver & Bereavement Support Group

Dec. 12, 3pm - Bedford Town Center

Anne Marie Rowse, a geriatric care manager and Chaplain, is offering a **FREE** Caregiver & Bereavement Support Group at Bedford Town Center, 12 Mudge Way, Fitch Room on Monday December 12, 3-4:30pm. For those who want to talk privately about resources or one-on-one support, Anne Marie will stay until 5pm. This group is open to residents from any town. For more info, please email amarowse@charter.net or call her at (508) 479-0652. You need not sign up. This program is supported by both the Bedford and Carlisle Council on Aging.

French Language Club

Wednesday, December 21, 3:30pm

Hello
Bonjour

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



“Some people call him Santa Claus, some call him Kris Kringle, some call him Saint Nicholas. Obviously, a victim of identity theft!”

Items Needed for Annual Prize Bingo

Elizabeth Acquaviva, COA Associate Board Member, has again generously volunteered to make lovely prize gift baskets for our Annual Bingo at the COA Lunch on January 19, 2017. Please consider donating a gift. Items that make good prizes 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. **Donations will be accepted until January 12.** To donate an item, please contact the COA at (978) 371-2895 or drop off your donation at the COA office during our office hours.

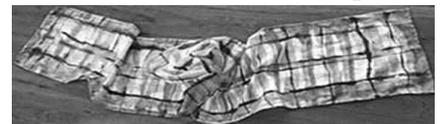
ANNUAL

B I N G O

Silk Scarf Painting ~ 3rd Session

Monday, January 9, 1:30pm, Town Hall

Let your creative side shine through! Join Karen Halloran, Community Liaison from CareOne at Concord, for a complimentary silk scarf painting class. You will leave with a lovely scarf for yourself or a gift for a friend. No experience necessary and all materials included. You will leave with a lovely scarf for yourself or a gift for a friend. Please call the COA (978) 371-2895 to register by Tues., January 3. Please note that the Friday, December 2 session of silk scarf painting is currently full.



Knitting in Service Society

Thursday, January 19, 7:30pm



Know how to knit or want to learn? Knitting in Service Society (KISS) is a group of girls and women who have been knitting hats/scarves since 2006 to benefit Boston's homeless through Common Cathedral, <http://commoncathedral.org/>. For meeting location, please contact Angela at the COA at (978) 371-2895.

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

December 5, 12, 19 @ FRS (No Class 12/26)

Intergenerational Tap - 1:30pm. Beginners welcome! Taught by Katrina Rotondi. Fee: \$40 (Dec.-Feb.).

TUESDAYS

Dec. 6, 13, 20, 27 @ St. Irene (12/6 Class @ Benfield)

Zumba Gold - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Sept.-Nov.). (No class on 12/27)

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

WEDNESDAYS

December 7, 14, 21 (No Class 12/28)

Yoga - 9:30am, Benfield. Learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Fee: \$35 for Carlisle seniors (Session 11/2 - 12/21). *Call the Rec. Dept. to register (978) 369-9815. Checks payable to Carlisle Rec. Dept.*

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

THURSDAYS

December 1, 8, 15, 22 (No Class 12/29)

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.). (12/15 Cardio Class @ Town Hall.)

FRIDAYS

Dec. 2, 9, 16 @ Town Hall (No Class 12/23 & 12/30)

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. Fee prorated. For more info see osbkarate.com or call the COA.

FREE Blood Pressure Clinics

Thursday, December 1, 9am

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

Wednesday, December 7, 11:30am

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

Thursday, December 8, 8am

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

Thursday, December 15, 11am

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

Podiatry Clinic @ Benfield Farm

Tues., Jan. 3 & Mon., Jan. 9

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



Hair Cuts on the Go!

Mon., Jan. 9, Town Hall

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

Happy New Year
2017

Happy New Year!

Please Consider Taking a COA Exercise Class or Two!!



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 Spalding field. **Please note: school is closed for Holiday recess, Mon., December 26 - Mon., January 2.**

DECEMBER 2016

SU	MON	TUE	WED	THU	FRI	SA
	<p>NOTE: <i>Inside walking.</i> Mon.-Fri. 6:45-7:30am, CPS. See pg. 9 for more info.</p>			<p>1 Coffee & BP: 9am Fitness: 9:45am Cardio: 10:45am</p>	<p>2 Grocery Shopping: 9am SAMA:10:45am Silk Scarf Painting: 1pm</p>	3
4	<p>5 Tap: 1:30pm</p>	<p>6 Zumba: 10:45am @ Benfield (today only) Tai Chi: 12:30pm @ Benfield (today only) Pre-Holiday Nutrition Talk: 1:30pm</p>	<p>7 Yoga: 9:30am Mame @ Stoneham Theatre: VC: 11:15 am; CC: 11:30am Chelmsford Crossing: 12pm, BP 11:30am, Cong. Church; <i>after</i> <i>lunch:</i> Phil Drew with the Carlisle Historical Society Line Dancing: 1:45pm</p>	<p>8 Men's Brkfst & BP: 8am Festival of Trees: VC: 8:15am; CC: 8:30am Fitness: 9:45am Cardio: 10:45am</p>	<p>9 Grocery Shopping: 9am SAMA:10:45am</p>	10
11	<p>12 Sr. Moments: 9:30am Book Club:10:30am Restaurant Review: Atlantic Sea Grill, VC 11am, CC 11:15am Tap: 1:30pm Caregiver & Bereavement Group: 3pm, Bedford</p>	<p>13 Zumba: 10:45am Tai Chi: 12:30pm</p>	<p>14 Yoga: 9:30am Minuteman Tech Lunch: 11:30am Line Dancing: 1:45pm</p>	<p>15 Fitness: 9:45am Cardio: 10:45am @ Town Hall (today only) COA Lunch: 11:45am, BP 11am, FRS; <i>after</i> <i>lunch:</i> Carlisle Middle School Choir</p>	<p>16 Grocery Shopping: 9am SAMA:10:45am</p>	17
18	<p>19 Tap: 1:30pm</p>	<p>20 COA Board Meeting: 10:30am, Town Hall Zumba: 10:45am Tai Chi: 12:30pm</p>	<p>21 Yoga: 9:30am Line Dancing: 1:45pm French Club: 3:30pm</p>	<p>22 Fitness: 9:45am Cardio: 10:45am.</p>	<p>23 Grocery Shopping: 9am No SAMA Happy → Hanukkah! → </p>	24
25	<p>26 Town Hall & COA Closed ← Merry Christmas! Happy Kwanzaa! </p>	<p>27 No Zumba Tai Chi: 12:30pm</p>	<p>28 No Yoga No Line Dancing</p>	<p>29 No Fitness No Cardio</p>	<p>30 Grocery Shopping: 9am No SAMA Happy New → Year's Eve! → </p>	31

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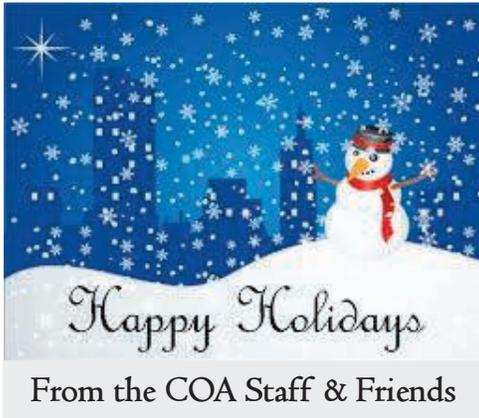
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**The Friends of the Carlisle COA and the Gleason Public Library invite you to attend the
13th Annual Carlisle Cultural Lecture Series 2017**

Jane Blair, artist, educator and owner of ARTMatters will return on Wednesdays at 1:30pm at St. Irene.
Registration at the Gleason Public Library starts on January 15, 2017.

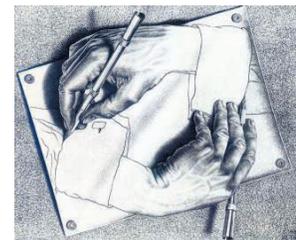
March 8
Marc Chagall



March 15
Surrealism



March 22
*History of Illusion in Art
& MC Escher*



Marc Chagall - Known as the “Poet”, he was one of the most versatile artists of the 20th Century. His paintings portray stories and fables, ideals of freedom, dreams of love, nightmares of war, passionate emotions and soul refreshing humor.

Surrealism - What is real? What is a dream, a nightmare, a fantasy? Many artists make visual what many can only imagine.

The History of Illusion in Art & MC Escher - The hand is quicker than the eye. Artists love to fool you with Illusion in many ways. Join us for a look at the tricks of the art world. We will also take a special look at the work of M.C. Escher, a Dutch graphic artist who was a master of the paradox, the tessellation, the dodecahedron, and grand manipulator of the basic laws of nature in illusion.

This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.
Special thanks to the FOCCOA and the C-C Community Chest for their support of COA programs and their assistance over the years.