

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

66 Westford Street Carlisle, MA 01741

Message from the Director

Happy New Year Everyone! As we ring in 2016 I'd like to reflect back on what was for me a wonderful highlight from 2015 and something for which we can all be proud. Thanks to superb teamwork from an impressive mixture of Carlisle volunteers and leaders from CPS, the Gleason Library, the COA and RecCom, Carlisle was named one of the nations "Best Intergenerational Communities" for 2015 by Washington, DC based Generations United, Inc. Carlisle was one of only three communities in the United States to receive the designation and the very first in all of New England.



Come see the Intergenerational Award Flag in Carlisle Town Hall, or as it travels among the Carlisle Public School and the Gleason Library.

On behalf of the COA, Best Wishes again for a Happy New Year! David

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Transportation in the News Carlisle Transportation Services



As you may have heard, the Town is piloting a new transportation program, Carlisle Transportation Services (CTS), that will allow seniors and those with disabilities to take certain livery rides from Flow Transportation Services at a discounted rate. Flow Transportation will be operating a new wheelchair accessible vehicle on our behalf.

For information on how to register please contact the COA office or go to our new transportation website: www.carlislematransportation.com.

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

All invited to the Carlisle Community Chorus concert 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. Donations to our non-profit choral group are always appreciated. Please bring a non-perishable food item for the Merrimack Valley Food Bank.

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
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Vice-Chair
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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.

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 & Theatre Trips

Bamboo

Monday, January 4



Enjoy lunch at the Bamboo Fine Asian Cuisine and Sushi Bar 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.



Glenview Pub & Grill

Monday, February 8

Glenview Pub & Grill in North Chelmsford offers a wide variety of hand-cut steaks and meats, fresh seafood, exceptional sauté dishes, homemade soup and chowder, sandwiches and old favorites like meatloaf & shepherd's pie. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2. Deadline to register is Monday, February 1.

Mangia, Mangia

Monday, March 7



Enjoy lunch at Mangia, Mangia in Billerica Center. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2. The deadline to register is Monday, February 29.

Stay tuned for more trips with Joanne!



Sweet Charity

Wednesday, April 13, 2pm

Join COA Theatre Coordinator Lillian DeBenedictis on a trip to the Stoneham Theatre, to see a production of *Sweet Charity* on Wednesday, April 13 at 2pm. Ticket price is \$37.00/pp. To register, contact Lillian at (978) 369-1848. More information to follow in the March 2016 COA 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!



"What good is the warmth of summer, without the cold of winter to give it sweetness." -- John Steinbeck

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, January 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 Nancy Shoheit West & Jean Bagnaschi.

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 Thursday, December 31. Suggested donation: \$3. **After 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.

"SENIOR MOMENTS" at



Monday, January 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.



Nashoba Valley Tech. Lunch

Wednesday, January 13, 11:45am

Choose from meals created with great care by the culinary arts students at Nashoba Valley Tech. Call the COA at (978) 371-2895 no later than noon, Wednesday, January 6 to register. Menu choices include roast loin of pork, shrimp scampi, or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$5 plus tip, payable at school.

Men's Breakfast

Thursday, January 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.

COA Luncheon

Thursday, January 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: lasagna, salad, dessert and cold/hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Friday, January 15. Shuttle available. **Following lunch: Annual Prize BINGO at 12:45pm.** Elizabeth Acquaviva, board member of the COA, has generously volunteered to take all lovely donated items and turn them into wonderful prizes. **Donations will be accepted until January 15.** If you would like to donate an item as a prize for Bingo, please drop it off at the COA office during our office hours. Items that make good prizes for gift baskets are: books, frames, gift cards, dried fruit, soups, canned ham/pineapple, coffee/teas, wine, nuts, festive napkins/plates, candles, or jams. Feel free to regift any unused or unopened gift.

Quarterly Breakfast @ Nashoba Tech.

Wednesday, January 27, 9am

Menu: Choice of eggs (scrambled, Benedict or omelet), bacon, sausage, sautéed potatoes, French toast, pastry, juice, coffee or tea. To register, call the COA at (978) 371-2895 by noon on Thursday, January 21. **Cost:** \$3 plus tip, payable at the door.

The awkward moment you show up at the wrong rebel war reenactment



****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 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/MSS Lunch

Wednesday, February 3, 12pm

The Congregational Church is hosting lunch cooked by Chelmsford Crossing. Menu: cornflake crumb chicken breast, rice pilaf, mixed beans & dessert. Register at (978) 371-2895 by 11am on Wednesday, January 27. Suggested donation: \$3. **After lunch:** enjoy the Canadian Rockies as viewed by train highlighting Vancouver, VIA Rail, Jasper, Columbia, Icefield, Glacier Skywalk, Lake Louise, Banff & Calgary. Joanne Willens will be taking a group on this wonderful journey from Sept. 26 to Oct. 4, 2016. The presentation will be done by Vincent Brown, Collette Travel District Sales Manager. Those who want to learn about this trip or traveling with Collette are invited to stay after the presentation.



Monthly Coffee

Thursday, February 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 the Carlisle Public School Administration.

“SENIOR MOMENTS” at



Monday, February 8 & 22, 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, February 10, 11:45am

Choose from meals created with great care by the culinary arts students at Minuteman Tech. Call the COA at (978) 371-2895 by noon, Wednesday, February 3 to register. Menu choices include baked stuffed cranberry chicken, broiled salmon filet or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$5 plus tip, payable at school.

Men's Breakfast

Thursday, February 11, 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.

COA Lunch and Valentine Tea

Thursday, February 18, 11:45am

Join us at FRS and enjoy the company of your senior friends and neighbors. This lunch is run by our wonderful team of COA Volunteers while our Valentine Tea will be hosted by the National Charity League Mothers and Daughters from Concord and Carlisle. Enjoy delicious tuna, chicken and seafood salads with all the fixings to make sandwiches, chips, delicious desserts, a variety of teas and coffee. **If you are willing to bring a dessert for this event, call the COA by 2/12.** To register call the COA at (978) 371-2895 by noon on Friday, February 12. Suggested donation: \$3. **Following Lunch:** Pastor Steve Weibley of the Congregational Church with Santo Pullara will present a Valentine program of "Yearning for Love," concluding with a sing-along of love songs over the years.

Chelmsford Crossing/MSS Lunch

Thursday, March 3, 12pm

FRS is hosting lunch cooked by Chelmsford Crossing. Menu: TBD. Register at (978) 371-2895 by 11am on Thursday, February 25. Suggested donation: \$3. **After lunch:** "Cruising the Balkan Peninsula" with Mark Hopkins.



Friends of Carlisle Council on Aging

Annual Fundraiser Still Underway!

To all of you who have generously contributed to the Friends, thank you VERY much. If you haven't had an opportunity to do so, please consider sending a tax deductible contribution to the **FOCCOA, PO Box 38, Carlisle, MA 01741** or you may donate online at: www.carlisle.org/foccoa/Home Page.html. Contributions large and small are accepted throughout the year and are very much appreciated. All the contributions you make go directly to support COA services and programs. We will continue to spend your gift wisely and well.

Outreach with Angela

“How to Change the Way You Feel About Aging”

Did you realize that harboring negative stereotypes about aging can become a self-fulfilling prophecy? One of our seniors pointed me to a wonderful article in the Wall Street Journal titled: “How to Change the Way You Feel About Aging.” You can find the complete article at: <http://www.wsj.com/articles/to-age-well-change-how-you-feel-about-aging-1445220002>. I will quote from the article written by Anne Tergeesen.

The article is broken into four sections. The 1st is: “Understand the myths vs. the facts.” “Experts say the first step in overcoming negative stereotypes about aging is simply to understand how they work and recognize just how debilitating the consequences can be.” “Even when study participants have similar health, education levels and socioeconomic status, those with more negative outlooks about aging show greater declines in a variety of areas over time. They have shakier handwriting, poorer memories, higher rates of cardiac disease and lower odds of recovering from severe disability, according to studies by Prof. Levy. They are less likely to eat a balanced diet, exercise & follow instructions for taking prescriptions medications as they age.” In actuality, 53% of those surveyed who are 65 or older felt that they had supportive relationships and love in their life; much higher than any lower age group. 62% of folks 65 or older also felt that they were able to man-

age their economic life to reduce stress and increase security compared to 35% of those 45-64. 53% of those 65 and older liked where they live, felt safe and had pride in their community; 16% higher than any younger age group. Most surprising to me was that 40% of those 65 and older felt that they had good health and enough energy to get things done daily where only 36% of those surveyed 18-29 felt that way! The 2nd topic is to recognize stereotypes in everyday life. “Many older adults automatically attribute physical & health problems to aging, rather than to specific causes that might be treatable.” Medical problems might not be age related but rather caused by poor diet, lack of exercise or other factors that might be able to be addressed. The 3rd topic is “Substitute positive for negative stereotypes.” Learn to emphasize the positives of aging. The 4th topic in this article suggests accepting the aging process. Bill Thomas, co-founder of ChangingAging.org suggests embrace aging—both the good and bad.

The bottom line to me is, the more we focus on the positives and take steps to make the best of whatever we face the easier and happier life will be. Please join us for one or several of our exercise programs, socialize with friends and neighbors (or meet new friends) at one of our breakfasts, lunches, or programs. Go to sleep at night being thankful for at least one thing. The brighter you see things; the brighter they will be.

Best, Angela

Carlisle COA Intermediate Bridge Workshop

This is a workshop for bridge players who want to improve their bidding and "play of the hand" when using standard conventions, with a goal of getting to those all-important game or slam contracts, & then making them! Participants should already be comfortable playing bridge socially. A knowledge of the following conventions will be assumed, but will be briefly reviewed in the first class: Stayman, Jacoby Transfer, Weak Two-Bids, 2Club Strong Artificial Openings, Takeout Doubles, and Blackwood. The class will focus on additional conventions, such as Michaels Cuebids, Jacoby 2NT, Negative Doubles, and Roman Key Card as well as defensive signaling and declarer 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. She teaches at several locations in eastern Massachusetts.

Where: Sleeper Room at Village Court in Carlisle (*please park on the Church Street.*)
 When: Monday nights from 7:00 - 9:00pm, starting January 11, 2016 (no class 2/15)
 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.”

PLEASE NOTE: A minimum of 12 participants are needed to hold this workshop. Maximum number of participants is 20.

Community Events

Community Conversations @ Gleason Library



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.

Using Facebook:

Get Started or Improve Your Skills Tuesday, February 23, 1:30pm

What on earth is a Facebook and what am I supposed to do with it? Come to the Gleason Library, Hollis Room, on Tuesday, February 23, 2016, at 1:30pm and find out! Learn how to get started connecting with family and friends, or bring your questions about sharing photos, games, privacy settings, and other social media sites. Bring your own device if you'd like. Presented by Martha Feeney-Patten, Senior Librarian, Reference & Technology, Gleason Library.

facebook

Community Book Club @ Gleason Library Monday, January 11, 10:30am

No Man's Land

by Elizabeth Samet (Carlisle Reads)

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



Community Book Club @ Gleason Library Monday, February 8, 10:30am



Book Title: TBA

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

Carlisle Reads @ Gleason Library

Join friends and neighbors at the Gleason Library for discussions and programs around *No Man's Land: Preparing for War and Peace in Post-9/11 America*, by West Point literature professor Elizabeth Samet. **Author Talk 4pm, Saturday, January 23 at Corey Auditorium**; visit gleasonlibrary.org or call the library at (978) 369-4898 for the full program and to register for Carlisle Reads Events.



French Language Club

Wed., Jan. 20 & Feb. 17, 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.

Knitting in Service Society

Thursdays, Jan. 21 & Feb. 18, 7:30pm

Can you knit/crochet a hat or scarf for the homeless? For meeting location, please contact Angela at the COA at (978) 371-2895.



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

Gleason Public Library, Hollis Room
22 Bedford Road, Carlisle

Mondays, January 11, February 8, March 14, and April 11, 2016. Anne Marie Rowse, BS, LNHA, CMC prin. of Senior Care Advisors, LLC, is a cert. geriatric care manager with over 25 years of experience in the field of health care and is also a Hospital Chaplin. Anne Marie volunteered to facilitate a **FREE** Caregiver Support Group followed by a Bereavement Support Group; come to one or both. The Caregiver support group is for those caring for loved ones who are experiencing challenges, including chronic diseases, stroke, heart and pulmonary disease, Alzheimer's dementia or related conditions. Anne Marie can help with information on life's transitions, understanding the medical maze, living with Alzheimer's and options. The Bereavement is for any adult who has experienced the death of someone significant as well as for those who come for the Caregiver Support Group. This group is open to residents from any town. For more info, please write amarowse@charter.net.

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

Jan. 4, 11, 25 & Feb. 1, 8, 22, 29 @ FRS

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

TUESDAYS

Jan. 5, 12, 19, 26 & Feb. 2, 9, 16, 23 @ St. Irene

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

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

WEDNESDAYS

Jan. 6, 13, 20, 27 & Feb. 3, 10, 17, 24

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 (Jan.-Feb.). **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 (Dec.-Feb.).

THURSDAYS

Jan. 7, 14, 21, 28 & Feb. 4, 11, 18, 25

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

Jan. 8, 15, 22, 29 & Feb. 5, 12, 19, 26 @ 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 Tony Hanley. Fee: \$100/10wks. Current session runs 11/13 - 2/5. Next session starts 2/12. Fee prorated. For more info see osbkarate.com or call the COA.

**Don't find time to exercise,
make time to exercise.**

FREE Blood Pressure Clinics

Wednesday, January 6, 9am

Thursday, February 4, 9am

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

Thursday, January 7, 11:30am @ FRS

Wednesday, February 3, 11:30am @ CC

Chelmsford Crossing Lunch, sponsored by COA Volunteer.

Thursday, January 14, 8am

Thursday, February 11, 8am

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

Thursday, January 21, 11am

Thursday, February 18, 11am

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

Monday, January 25, 10am

Monday, February 22, 10am

Senior Moments, Ferns, sponsored by Right at Home.

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., January 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.

Podiatry Clinic



Tuesday, January 5

(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."

January 2016

SU	MON	TUE	WED	THU	FRI	SA
	<p>NOTE: Inside walking Mon.-Fri. 6:45 - 7:30am, CPS. See pg. 8 for more info.</p>				<p>1 Town Hall & COA Closed</p> <p>HAPPY New Years!</p>	2
3	<p>4 Restaurant Review: Bamboo VC 11am, CC 11:15am Tap: 1:30pm</p>	<p>5 Podiatry: by appt. only Zumba: 10:45am Tai Chi: 12:30pm</p>	<p>6 Coffee & BP: 9am Yoga: 9:30am Line Dancing: 1:45pm</p>	<p>7 Fitness: 9:45am Cardio: 10:45am Chelmsford Crossing: 12pm, BP 11:30am, FRS; <i>after lunch:</i> Celestial Secrets</p>	<p>8 Grocery Shopping: 9am SAMA:10:45am</p>	9
10	<p>11 Sr. Moments: 9:30am Book Club: 10:30am Tap: 1:30pm Caregiver Grp: 3:30pm & Bereavement Grp: 4:30pm, Gleason Lib. Bridge Workshop: 7pm, Sleeper Rm. Village Ct.</p>	<p>12 Zumba: 10:45am Tai Chi: 12:30pm Comm. Conversation: 1:30pm, Ancestry.com Gleason Library Community Chorus: 7:30pm, Carlisle Public School, Corey</p>	<p>13 Yoga: 9:30am Nashoba Lunch: 11:45am Line Dancing 1:45pm</p>	<p>14 Men's Breakfast & BP: 8am Fitness: 9:45am Cardio: 10:45am</p>	<p>15 Grocery Shopping: 9am SAMA:10:45am</p>	16
17	<p>18 Town Hall & COA Closed</p> <p><i>MLK Day</i></p> 	<p>19 Zumba: 10:45am COA Board: 10:30am Tai Chi: 12:30pm</p>	<p>20 Yoga: 9:30am Lunch at the Farm: 11:30am, CC 11am French Club: 11:30am Line Dancing: 1:45pm</p>	<p>21 Fitness: 9:45am Cardio: 10:45am COA Lunch: 11:45am, BP 11am, FRS; <i>after lunch:</i> Annual Prize</p> <p>B I N G O</p> <p>KISS: 7:30pm</p>	<p>22 Grocery Shopping: 9am SAMA:10:45am</p> <p>Carlisle Reads: 4pm  Sat., Jan. 23</p>	23
24	<p>25 Hair Cuts: by appt. only Sr. Moments: 9:30am, BP 10am Tap: 1:30pm Carlisle Reads: 4pm Gleason Library Bridge Workshop: 7pm, Sleeper Rm. Village Ct.</p>	<p>26 Zumba: 10:45am Tai Chi: 12:30pm</p>	<p>27 Nashoba Bkfst: 9am Yoga: 9:30am Line Dancing: 1:45pm</p>	<p>28 Fitness: 9:45am Cardio: 10:45am</p>	<p>29 Grocery Shopping: 9am SAMA:10:45am</p>	30
31						



February 2016

SU	MON	TUE	WED	THU	FRI	SA
	1 Tap: 1:30pm Bridge Workshop: 7pm, Sleeper Rm. Village Ct.	2 Zumba: 10:45am Tai Chi: 12:30pm 	3 Yoga: 9:30am Chelmsford Crossing: 12pm, BP 11:30am, Cong. Church; <i>after</i> <i>lunch:</i> Canadian Rockies tour info. Line Dancing: 1:45pm	4 Coffee & BP: 9am Fitness: 9:45am Cardio: 10:45am	5 Grocery Shopping: 9am SAMA: 10:45am	6
7	8. Sr. Moments: 9:30am Book Club: 10:30am Restaurant Review: Glenview Pub & Grill VC 10:45am, CC 11am Tap: 1:30pm Caregiver Grp: 3:30pm & Bereavement Grp: 4:30pm, Gleason Lib. Bridge Workshop: 7pm, Sleeper Rm. Village Ct.	9 Zumba: 10:45am Tai Chi: 12:30pm	10 Yoga: 9:30am Minuteman Lunch: 11:45am Line Dancing: 1:45pm  Lent Begins Ash Wednesday	11 Men's Breakfast & BP: 8am Fitness: 9:45am Cardio: 10:45am	12 Grocery Shopping: 9am SAMA: 10:45am	13
14	15 Town Hall & COA Closed 	16 Zumba: 10:45am Tai Chi: 12:30pm	17 Yoga: 9:30am French Club: 11:30am Line Dancing: 1:45pm	18 Fitness: 9:45am Cardio: 10:45am COA Lunch & Valentine Tea: 11:45am, BP 11am, FRS; <i>after lunch:</i> Valentine Sing-Along  KISS: 7:30pm	19 Grocery Shopping: 9am SAMA: 10:45am	20
21	22 Sr. Moments: 9:30am, BP 10am Tap: 1:30pm Bridge Workshop: 7pm, Sleeper Rm. Village Ct.	23 Zumba: 10:45am Tai Chi: 12:30pm Comm. Conversation: 1:30pm, Facebook, Gleason Library	24 Yoga: 9:30am Line Dancing: 1:45pm	25 Fitness: 9:45am Cardio: 10:45am	26 Grocery Shopping: 9am SAMA: 10:45am	27
28	29 Tap: 1:30pm  Happy Leap Day			NOTE: Inside walking Mon.-Fri. 6:45 - 7:30am, CPS. See pg. 8 for more info.		

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

Jane Blair, artist, educator and owner of ARTMatters will return on Wednesdays at 1:30pm at St. Irene. Join Please register through the library. Refreshments provided by Lifecare Center of Acton. Snow date March 30.

March 2 - The Great American West

American artists have been like America itself, pioneering, bold, and independent. Especially in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, an alien culture and a dramatically different life style. Come for a look at a very brief but special time in our nation's history through the eyes of artists who tried to capture the flavor of a lost era and preserve it .



March 9 - Winslow Homer

Homer was one of the most influential and greatest watercolor painters of the 19th century. Join us for an up-close look at the work of one of America's most beloved painters.

March 23 - New York, New York

Start spreading the news! There is a love affair between artists and NYC. The starting place for immigration and embarkation for trips abroad. If you can make it there, you'll make it anywhere! Please join us in an artistic celebration of NYC, the unofficial center of the universe, a place so nice they named it twice.

