



# Carlisle Connection

Serving  
Carlisle's 60+  
Community



JANUARY / FEBRUARY 2017

COA Official Town website: [www.carlislema.gov/coa](http://www.carlislema.gov/coa)  
Friends of COA: [www.carlisle.org/foccoa](http://www.carlisle.org/foccoa)

66 Westford Street Carlisle, MA 01741

## Message from the Director

### Staying Current in the Sharing Economy

By now most people have probably heard of, if not actually used the transportation service Uber or its largest competitor, Lyft. Both companies offer “ride sharing,” services which, by way of an application, aka App, on your phone, allows you to book transportation that is often quicker and less expensive than a traditional taxi services.

Conversely, if you have a car and free time you can earn money by “sharing” your car and being an Uber or Lyft driver (many work for both firms simultaneously). What Uber/Lyft does to make the transaction easier whether you’re the driver or the passenger is to make the service cashless. The ride fee is charged to your credit card automatically via their phone App...easy, peasy.

But Uber’s not the only games in town. AirBNB, another wildly popular service allows people to share parts of their homes with travelers in exchange for a daily fee. Owners, who are AirBNB hosts, set the prices. Rates vary but are commonly less than hotels. AirBNB has hosts all around the world offering travelers a myriad of choices. As with anything else you have to be careful, but I’ve used AirBNB (and Uber too) several times for travel to Los Angeles, New York, and Philly and each time has been its own interesting and worthwhile experience.

Uber and AirBNB are coming out of their shells. Each has recently launched radio and television ads seeking people to both use and provide their services. One of the attractive things about them is their flexibility. Some drivers are “working” or on duty only a few hours per week.



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Likewise, if you want to be an AirBNB host you can make your place available only when you want to. As a traveler you can use the service to rent a room, an apartment, or even a whole house.

For some, hosting could be a great means of staying in your home by earning extra money for sharing that lightly used spare bedroom.

Yours, David

“Fear connotes something that interferes with what you’re doing.” - Our late hero, John Glenn

### 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 donate online at: [www.carlisle.org/foccoa/Home Page.html](http://www.carlisle.org/foccoa/Home Page.html). Contributions large and small are accepted throughout the year and are very much appreciated. All contributions go directly to support COA services and programs. We will continue to spend your gift wisely and well.

#### 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  
**Outreach & Prog. Mgr.: Angela Smith**  
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**Transportation Coord.: Debbie Farrell**  
coaride@carlisle.mec.edu  
**Admin. Assist.: Linda Cavallo-Murphy**  
**Admin. Assist.: Myriam Fleurimond**  
coadmin@carlisle.mec.edu  
**LICSW: Peter Cullinane**

#### COA Board Officers

**Board Chairperson**  
Donna MacMullan  
**Vice-Chair**  
Abha Singhal  
**Treasurer**  
Walter Hickman  
**Co-Secretaries**  
Kathy DeVivo-Ash  
Giovanna DiNicola

#### Board Members

Maxine Crowther  
Peggy Hilton  
Reuben Klickstein  
Jerome Lerman

#### Associate Members

Elizabeth Acquaviva  
John Ballantine, Verna Gilbert  
Helen Lyons, Ann Quenin  
Jean Sain

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**Laura Baliestiero**

Laura Baliestiero, SRES, Vice President  
7 Westford Street, PO Box 547, Carlisle, MA 01741  
23 Monument Street, Concord, MA 01742  
Cell: 508-864-6011 • Business: 978-459-5421  
LauraBaliestiero@gmail.com  
Owned & Operated by NRT Incorporated



**Gleason  
Public Library**

22 Bedford Road, Carlisle, MA  
**Wednesday, Feb. 15th**  
**1:30pm - 3:30pm**  
Registration: 1-800-370-5010

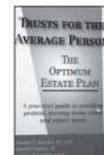
\*This seminar has drawn capacity crowds.  
Prompt registration recommended.

**You mean I could lose  
most of my  
assets to a nursing home?**

Don't let your finances be devastated.  
At this important **FREE** seminar, Attorney Edward  
Beasley, former chairman of the American Bar  
Association's Elder Law Committee, will help you:

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- Make sure your trust is up to date
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Carlisle Council on Aging, Carlisle, MA 06-5075

## TRANSPORTATION



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

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



### Winter Weather/Snow Van, Event & 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 generally be cancelled. Call the COA for all classes, programming and transportation if you are concerned due to weather conditions. For the Book Group please check the Gleason Public Library's website in case of bad weather.

**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



### 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.

### Filho's - Great Road Tuesday, February 7



We are off to Filho's in Acton for a lovely Italian lunch. 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 Tues., Jan. 31.



### Mangia, Mangia Italian Kitchen Monday, March 6

Enjoy lunch at Mangia, Mangia in Billerica Center. 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 Monday, February 28.

### Stay tuned for more day trips & shows!

#### Knitting in Service Society



**Thurs., Jan 19 & Feb. 16, 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.

#### Silk Scarf Painting ~ 4<sup>th</sup> Session

**Friday, January 20, 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. No experience necessary and all materials included. Please call the COA (978) 371-2895 to register by Friday, January 13. *Please note that the Monday, January 9 session of silk scarf painting is currently full.*

## FOOD COURT for January

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](mailto:coaride@carlisle.mec.edu) *asap*.



### Monthly Coffee

**Wednesday, January 4, 9am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. *Please park on Church St.* This coffee is hosted by Peggy Hilton & Nancy West.

### 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.

### "SENIOR MOMENTS" at

**Monday, January 9 & 23, 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 Tech Lunch

**Wednesday, January 11, 11:45am**

Choose from meals created with great care by the culinary arts students at Nashoba Tech. Call the COA at (978) 371-2895 no later than noon, Wednesday, January 4 to register. Menu: roast loin of pork, shrimp scampi, 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. *If you register and then need to cancel, please call the COA within two business days of the event.*

### Men's Breakfast

**Thursday, January 12, 8am**



Stop by for a delicious and hearty breakfast prepared by volunteer chef Dana Smith. Breakfast held at the Sleeper Room at Village Court. *Please park on Church St.* Suggested donation: \$3. Bring a friend!



### COA Luncheon

**Thursday, January 19, 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 register by noon on Monday January 16. Shuttle available. **Following lunch: Annual Prize Bingo at 12:45pm.** Elizabeth Acquaviva, COA associate board member, has generously volunteered to take all lovely donated items and turn them into wonderful prizes. **We are accepting gifts donated for our Annual Bingo prizes until Thursday, January 12.** Glass items such as frames, bottles of wine/glasses, should not be donated unless carefully wrapped and marked to prevent breakage. We would love items such as books, gift cards, dried fruit, coffee, teas, soups, crackers, festive napkins etc.

### Quarterly Breakfast @ Nashoba Tech

**Wednesday, January 25, 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 Wednesday, January 18. **Cost:** \$3 (subsidized by COA grant), plus tip, payable at the door. *If you register and then need to cancel, please call the COA within two business days of the event.*

### Community Book Club @ Gleason Library

**Mon., January 9, 10:30am**

*The Nightingale* by Kristin Hannah



**Mon., February 13, 10:30am**

*Hush Money* by Robert Parker

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

### French Language Club

**Wed., Jan. 25 & Feb. 22, 4pm**

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

**\*\*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 for February

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

**Wednesday, February 1, 9am**



Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. *Please park on Church St.* This coffee is hosted by Concord-Carlisle Professional Network.

## Chelmsford Crossing Lunch

**Thursday, February 2, 12pm**

Minuteman Senior Services and FRS are hosting lunch cooked by Chelmsford Crossing. Menu: roasted pork loin w/ maple bacon glaze, rice pilaf, baby carrots, & black forest cake. Please register at (978) 371-2895 by noon on Thursday, January 30. Suggested donation: \$3. **Following lunch:** "Where the Amazon Begins - Assessing the Health & Future of the Peruvian Rainforest." Join Earthwatch volunteer Mark Hopkins present a pictorial visit to the forests of Peru's Amazonia, one of the most pristine, wildlife-rich places left on the planet.

## Men's Breakfast

**Thursday, February 9, 8am**



Stop by for a delicious and hearty breakfast prepared by volunteer chef Dana Smith. Breakfast held at the Sleeper Room at Village Court. *Please park on Church St.* If handicapped, park in spaces in front of A6. Suggested donation: \$3. Bring a friend!

## COA Luncheon & Valentine Tea

**Thursday, February 16, 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. Also, the Carlisle Brownie Troop will provide a special valentine favor. If you are willing to bring a dessert for this event, call the COA by 2/13. To register call the COA at (978) 371-2895 by noon on Monday, February 13. Suggested donation: \$3. **Following lunch:** Brian Kane, a Carlisle resident, a professional musician, educator and author will entertain us. In this special Valentine's Day program Brian will highlight the romantic music of Cole Porter, George Gershwin, Rodgers and Hart and many other great songwriters of the period.



## Minuteman Tech Lunch

**Wednesday, February 8, 11:30am**

Choose from meals created with great care by the culinary arts students at Minuteman Tech. Call the COA at (978) 371-2895 by Wednesday, February 1 to register. Menu: baked stuffed cranberry chicken, broiled salmon filet 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.*

## "SENIOR MOMENTS" at



**Monday, February 13 & 27, 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.

## A Message From the Carlisle Garden Club

### Recycle Wreath Ribbons & Decorations

When you take down your holiday wreaths, please consider recycling the ribbons and decorations that are in good condition. You may drop them off at the lobby of Town Hall (there will be a box there after the first of the year) or at the Chelmsford Crossing and COA lunches in January and February. All donations will be given to the Carlisle Garden Club to be used in next year's Holiday Wreath Making event. *Thank you!*

**\*\*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

**If you are struggling financially, there are a number of sources of help.**

The Low-Income Home Energy Assistance Program (LIHEAP) can assist paying for fuel. Call the COA to apply if your annual GROSS income is less than or equal to: Family of 1 - \$34,001; Family of 2 - \$44,463; Family of 3 - \$54,925; Family of 4 - \$65,387. The Salvation Army Good Neighbor Fund may be able to help with fuel if your gross income is less than or equal to: Family of 1 - \$34,001 to \$45,335; Family of 2 - \$44,463 to \$59,284; Family of 3 - \$54,925 to \$73,233; Family of 4 - \$65,387 to \$87,183. Call for info on larger families for both LIHEAP and the Good Neighbor Fund. It is possible other fuel assistance may be available; please call the COA to discuss.

Support is also available for your **Real Estate Taxes**. There are senior exemptions (age 60 or older) along with support for the disabled, veterans, those who are blind, and from the Community Preservation Surcharge Income Exemption; for details on these programs, please contact the Carlisle Assessor's office at (978) 369-0392. There are also funds available to help those who are 65 yrs. or older, or those who meet the requirements for disabled and meet the income and asset limitations as highlighted in Carlisle's Aid to the Elderly and Disabled application (contact the COA office for an Aid to the Elderly application). *Note that applications for all tax exemptions or Aid to the Elderly and Disabled must be submitted no later than March 31, 2017.*

Finally, when you have your income taxes done, ask your preparer about the **Senior Circuit Breaker Tax Credit** (for more information on this program see: <http://www.mass.gov/dor/individuals/filing-and-payment-information/guide-to-personal-income-tax/credits/real-estate-tax-credit.html>). If you qualify, please consider applying for the available support.

*Happy New Year, Angela*

## COMMUNITY EVENTS/COMMUNITY CONVERSATIONS

### 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.

### 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 Fri., Jan. 20. For more info email Anne Marie at [amarowse@charter.net](mailto:amarowse@charter.net).

### A Year In Guatemala - One Carlisle Family's Experience **Monday, February 6, 7pm, Gleason Library**



In search of an amazing cultural and intellectual experience for their family, Sandy and Peter Nash packed up their two middle schoolers, bid farewell to Carlisle, and decamped to Guatemala for nine months. It's the kind of family experience many parents dream of, but how do you actually pull it off? Could you leave your home, job, friends and logistical details behind in order to educate your kids about life in another part of the world? Sandy and her 17-year-old daughter will share insights on how they made it work -- practical information about work and household as well as combatting culture shock and dealing with language immersion -- while also describing what the Nash family experienced in Guatemala, from bartering in open air markets to witnessing a volcano eruption. Whether you are actively thinking about planning this kind of escape for yourself or are just curious to hear what it was like, join us for an enlightening and unusual Community Conversation sure to be of interest to would-be explorers and armchair travelers alike! No registration required.

## 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

**Jan. 9, 23, 30 & Feb. 6, 13, 27 @ FRS**

**Intergenerational Tap - 1:30pm.** Beginners welcome! Taught by Katrina Rotondi. Fee: \$40 (Dec.-Feb.). **(No Class 1/2, 1/16, 2/20)**

#### TUESDAYS

**Jan. 3, 10, 17, 24, 31 & Feb. 7, 14, 21, 28 @ St. Irene**

**Zumba Gold - 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. 4, 11, 18, 25 & Feb. 1, 8, 15, 22**

**Yoga - 9:30am, Benfield.** Learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Fee: \$35 for Carlisle seniors (**Yoga ends 2/15**). ***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

**Jan. 5, 12, 19, 26 & Feb. 2, 9, 16, 23**

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

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

#### FRIDAYS

**Jan. 6, 13, 20, 27 & Feb. 3, 10, 24 @ 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. Fee prorated. **(No Class 2/17)**



### 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 or before 5am the day you want to walk. In case of fire, exit the gym door and go to the parking area adjoining Spalding field.

### FREE Blood Pressure Clinics

**Wed., Jan. 4 & Feb. 1, 9am**

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

**Thurs., Jan. 5 & Feb. 2, 11:30am**

**Chelmsford Crossing Lunch** sponsored by a COA Volunteer.

**Thurs., Jan. 12 & Feb. 9, 8am**

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

**Thurs., Jan. 19 & Feb. 16, 11am**

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

**Mon., Jan. 23 & Feb. 27**

**Senior Moments, Ferns** Sponsored by Right at Home

### 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 & Feb. 13**

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 appt. between 9am & 11:30am at Town Hall.



# JANUARY 2017

SU	MON	TUE	WED	THU	FRI	SA
1	<b>2</b> <b>Town Hall &amp; COA Closed</b> <b>Happy New Years! (observed)</b>  ← <b>New Year's Day</b>	<b>3</b> <b>Podiatry:</b> by appt. <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm	<b>4</b> <b>Coffee &amp; BP:</b> 9am <b>Yoga:</b> 9:30am <b>Line Dancing:</b> 1:45pm	<b>5</b> <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>Chelmsford Crossing:</b> 12pm, BP 11:30am, St. Irene; <i>after lunch:</i> Highlight from Abha Singhal's African Safari	<b>6</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am	7
8	<b>9</b> <b>Hair Cuts:</b> by appt. <b>Podiatry:</b> by appt. <b>Sr. Moments:</b> 9:30am <b>Book Club:</b> 10:30am <b>Restaurant Review:</b> Dino's, VC 10:45am, CC 11am <b>Scarf Painting:</b> 1:30pm <b>Tap:</b> 1:30pm	<b>10</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm <b>Comm. Conversations:</b> 1:30pm, Maintaining Your Computer <b>Carlisle Community Chorus:</b> 7pm	<b>11</b> <b>Yoga:</b> 9:30am <b>Nashoba Tech Lunch:</b> 11:45am <b>Line Dancing:</b> 1:45pm	<b>12</b> <b>Men's Brkfst &amp; BP:</b> 8am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am	<b>13</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am	14
15	<b>16</b> <b>Town Hall &amp; COA Closed</b> <b>MLK Holiday</b> 	<b>17</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm <b>COA Board Meeting:</b> 10:30am, Town Hall	<b>18</b> <b>Yoga:</b> 9:30am <b>Line Dancing:</b> 1:45pm	<b>19</b> <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>COA Lunch:</b> 11:45am, BP 11am, FRS; <i>after lunch:</i> Annual Bingo <b>KISS:</b> 7:30pm	<b>20</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am <b>Scarf Painting:</b> 1:30pm	21
22	<b>23</b> <b>Sr. Moments:</b> 9:30am, BP 10:am <b>Tap:</b> 1:30pm	<b>24</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm <b>Comm. Conversations:</b> 1:30pm, Spirituality & Aging	<b>25</b> <b>Nashoba Tech Brkfst:</b> 9am <b>Yoga:</b> 9:30am <b>Line Dancing:</b> 1:45pm <b>French Club:</b> 4pm	<b>26</b> <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am.	<b>27</b> <b>Grocery Shopping:</b> 9am <b>SAMA</b>	28
29	<b>30</b> <b>Tap:</b> 1:30pm	<b>31</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm		<b>NOTE: Inside walking.</b> Mon.-Fri. 6:45-7:30am, CPS. See pg. 7 for more info.		

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

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

**March 8**  
*Marc Chagall*



**March 15**  
*Surrealism*



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



# FEBRUARY 2017

SU	MON	TUE	WED	THU	FRI	SA
	<p><b>NOTE: Inside walking.</b> Mon.-Fri. 6:45-7:30am, CPS. See pg. 7 for more info.</p>		<p><b>1</b> <b>Coffee &amp; BP:</b> 9am <b>Yoga:</b> 9:30am <b>Line Dancing:</b> 1:45pm</p>	<p><b>2</b> <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>Chelmsford Crossing:</b> 12pm, BP 11:30am, FRS; <i>after lunch:</i> "Where the Amazon Begins" with Mark Hopkins</p> 	<p><b>3</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am</p>	<b>4</b>
<b>5</b>	<p><b>6</b> <b>Tap:</b> 1:30pm <b>Comm. Conversations:</b> 7pm, "A Year in Guatemala"</p>	<p><b>7</b> <b>Sr. Poetry Grp:</b> 10am <b>Restaurant Review:</b> Filho's, VC 10:45am, CC 11am <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm</p>	<p><b>8</b> <b>Yoga:</b> 9:30am <b>Minuteman Tech</b> <b>Lunch:</b> 11:30am <b>Line Dancing:</b> 1:45pm</p>	<p><b>9</b> <b>Men's Brkfst &amp; BP:</b> 8am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>Concord Players Open</b> <b>Dress Rehearsal of</b> <i>Blithe Spirit:</i> 8pm</p>	<p><b>10</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am</p>	<b>11</b>
<b>12</b>	<p><b>13</b> <b>Hair Cuts:</b> by appt. <b>Sr. Moments:</b> 9:30am <b>Book Club:</b> 10:30am <b>Tap:</b> 1:30pm</p>	<p><b>14</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm</p> 	<p><b>15</b> <b>Yoga:</b> 9:30am <b>Line Dancing:</b> 1:45pm</p>	<p><b>16</b> <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>COA Lunch &amp; Valentine</b> <b>Tea:</b> 11:45am, BP 11am, FRS; <i>after lunch:</i> Jazz extraordinaire Brian Kane</p>  <p>KISS: 7:30pm</p>	<p><b>17</b> <b>Grocery Shopping:</b> 9am <b>No SAMA</b></p>	<b>18</b>
<b>19</b>	<p><b>20</b> <b>Town Hall &amp;</b> <b>COA Closed</b> <b>PRESIDENTS' DAY</b></p> 	<p><b>21</b> <b>COA Board Meeting:</b> 10:30am, Town Hall <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm</p>	<p><b>22</b> <b>No Yoga</b> <b>Line Dancing:</b> 1:45pm <b>French Club:</b> 4pm</p>	<p><b>23</b> <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am.</p>	<p><b>24</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am</p>	<b>25</b>
<b>26</b>	<p><b>27</b> <b>Sr. Moments:</b> 9:30am, BP 10:am <b>Tap:</b> 1:30pm</p>	<p><b>28</b> <b>Zumba</b> <b>Tai Chi:</b> 12:30pm</p>				

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# Carlisle Council on Aging

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## 2017 CALENDAR

### Save the Dates

Spring Lectures -

- April 11: *Spine/Back Talk* w/ Dr. Lee & Dr. Whitmore
- April 26: *From Paganini to Penguins* w/ Dr. Partridge

June 2 - Spring Fling

Fall Cultural Series -

- Sept. 27, Oct. 18 & Oct. 25: *Federalist Era* w/ Gary Hylander
- Oct. 4: *Buddhism & Zen* w/ Dr. Jason Giannetti
- Nov. 1, 8 & 15: *Bach, Beethoven & Brahms* w/ Richard Travers

### Town Hall & COA Closed

- Jan. 2 - New Year's Day (observed)
- Jan. 16 - MLK Day
- Feb. 20 - Presidents' Day
- Apr. 17 - Patriots Day
- May 29 - Memorial Day
- July 4 - Independence Day
- Sept. 4 - Labor Day
- Oct. 9 - Columbus Day
- Nov. 11 - Veterans Day
- Nov. 23 - Thanksgiving
- Nov. 24 - Leftover Turkey Day
- Dec. 25 - Christmas Day

**You are never too old to set another goal or to dream a new dream.**

- C.S. Lewis

January 2017							
W	S	M	T	W	T	F	S
1	1	2	3	4	5	6	7
2	8	9	10	11	12	13	14
3	15	16	17	18	19	20	21
4	22	23	24	25	26	27	28
5	29	30	31				

April 2017							
W	S	M	T	W	T	F	S
							1
13							
14	2	3	4	5	6	7	8
15	9	10	11	12	13	14	15
16	16	17	18	19	20	21	22
17	23	24	25	26	27	28	29
18	30						

July 2017							
W	S	M	T	W	T	F	S
							1
26							
27	2	3	4	5	6	7	8
28	9	10	11	12	13	14	15
29	16	17	18	19	20	21	22
30	23	24	25	26	27	28	29
31	30	31					

October 2017							
W	S	M	T	W	T	F	S
40	1	2	3	4	5	6	7
41	8	9	10	11	12	13	14
42	15	16	17	18	19	20	21
43	22	23	24	25	26	27	28
44	29	30	31				

February 2017							
W	S	M	T	W	T	F	S
5				1	2	3	4
6	5	6	7	8	9	10	11
7	12	13	14	15	16	17	18
8	19	20	21	22	23	24	25
9	26	27	28				

May 2017							
W	S	M	T	W	T	F	S
18		1	2	3	4	5	6
19	7	8	9	10	11	12	13
20	14	15	16	17	18	19	20
21	21	22	23	24	25	26	27
22	28	29	30	31			

August 2017							
W	S	M	T	W	T	F	S
31			1	2	3	4	5
32	6	7	8	9	10	11	12
33	13	14	15	16	17	18	19
34	20	21	22	23	24	25	26
35	27	28	29	30	31		

November 2017							
W	S	M	T	W	T	F	S
44				1	2	3	4
45	5	6	7	8	9	10	11
46	12	13	14	15	16	17	18
47	19	20	21	22	23	24	25
48	26	27	28	29	30		

March 2017							
W	S	M	T	W	T	F	S
9				1	2	3	4
10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	18
12	19	20	21	22	23	24	25
13	26	27	28	29	30	31	

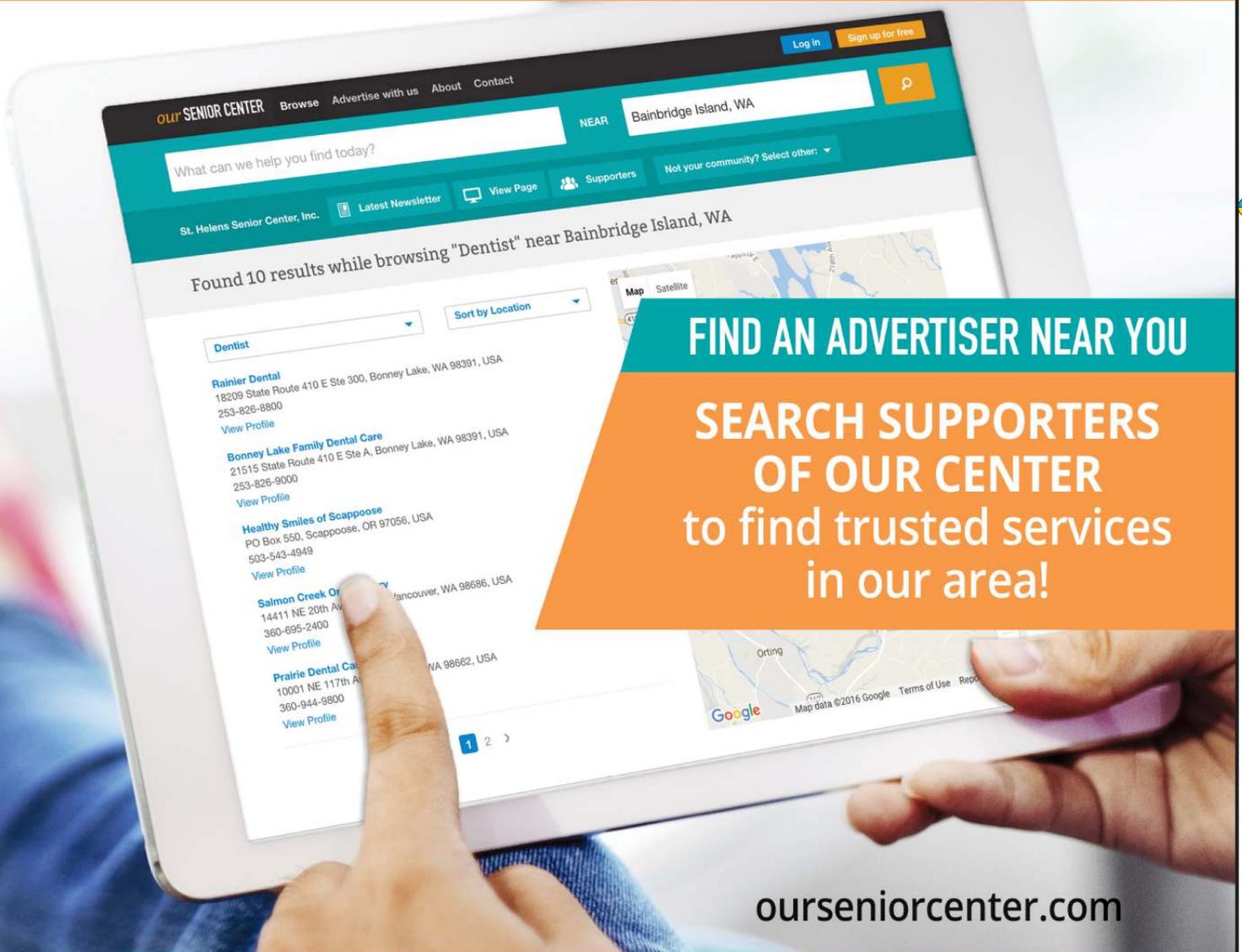
June 2017							
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22					1	2	3
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26	25	26	27	28	29	30	

September 2017							
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35						1	2
36	3	4	5	6	7	8	9
37	10	11	12	13	14	15	16
38	17	18	19	20	21	22	23
39	24	25	26	27	28	29	30

December 2017							
W	S	M	T	W	T	F	S
48						1	2
49	3	4	5	6	7	8	9
50	10	11	12	13	14	15	16
51	17	18	19	20	21	22	23
52	24	25	26	27	28	29	30
1	31						

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### Dwell in Possibility: A Senior Poetry Workshop for Enthusiasts & Skeptics Alike Tuesdays, February 7, March 7, April 4 & May 2, 10am-12pm



Let 2017 be the year you fall in love with poetry! Join Patti Russo for a fun and spirited workshop on the first Tuesday each month, starting on February 7 at Town Hall, Heald Room. Through the lens of poetry we'll explore a variety of topics relevant to our lives. We will read and discuss poems on a specific theme such as mindfulness, gratitude, or change and transitions. Each session will include time for reflective writing. You will leave with a better understanding of both poetry and yourself! Please call the COA at (978) 371-2895 to register by Tuesday, January 31.

### Carlisle Community Chorus

**Tues., Jan. 10, 7pm, Carlisle Public School**

On Tues., January 10, the Carlisle Community Chorus will perform sections of Vivaldi's *Gloria*, and some fun, wintery tunes, in its Winter Concert. Free and open to the public, the concert will be held in the Carlisle School Corey auditorium at 7pm. Consider joining us for our Spring season! Discounted memberships are available to Carlisle residents, 55 and up, through generous support of the Carlisle Council on Aging.

### **Concord Players**

**Senior Open Dress**

**Rehearsal of *Blithe Spirit***

**Thurs., February 9 at 8pm**

51 Walden St., Concord. \$5 at the door.



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.