



Carlisle Connection

Serving
Carlisle's 60+
Community



JULY / AUGUST 2016

COA Official Town website: www.carlislema.gov/coa

Friends of COA: www.carlisle.org/foccoa

Message from the Director

On National Safety Trends

Greetings All,

Summer's arrival is a good time to step back and look at some big picture safety trends. For the sake of disclosure, I'll be paraphrasing from a Boston Globe, June 10th Associated Press article detailing recent (2014) statistics from the National Safety Council.

There are several trends that are both of interest and distressing. For example, the number of accidental deaths in the US was up 4.2% from the year before and jumped 15.5% over a decade's time. Significantly, the accidental death rate has gone up despite a 22% plunge in car crash deaths since 2005.

Police and other first-responders would be little surprised that overdose and accidental poisonings are up 78% over a decade, pushing aside car crashes as the No. 1 accident killer in the United States. As the news reminds us almost daily, opioid overdoses have been particularly deadly. The 13,486 deaths from opioids accounted for almost one third of all of the 42,032 accidental deaths in the US in 2014.

In 1999, overdoses, poisonings and falls accounted for just one quarter of accidental deaths, but now the rate from those categories is more than half of all accidental deaths. Accidental deaths are still behind heart ailments, cancer, and lower respiratory diseases, but are now higher than motor vehicle accidents and rank as the number four overall killer, more than stroke, Alzheimers, flu and suicide. Murder is a big risk in America, but there are actually eight accidental deaths for every homicide. (continued)

66 Westford Street Carlisle, MA 01741



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(Continued—National Safety Trends)

And more than twice as many suicides as murders. It may be easier said than done, but it's time that we work more seriously, both locally and nationally towards preventing overdoses and other such accidental deaths.

Let's listen to Sergeant Phil Esterhaus from Hill Street Blues who always used to say, "Hey, let's be careful out there." And of course, have a wonderful Summer everyone!

Yours, David




Please make sure to *save the date* for the
2016 Carlisle COA Road Race on
Friday, November 11th.

COA Hours
Mon, Wed & Thurs:
9am - 3pm
Tues: 9am - 7pm
Friday: 9am - 12pm
 (978) 371-2895 Office
 (978) 371-6690 Van line
 (978) 371-6693 Director

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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

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

Donations/Fees*

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

Transportation reservations

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

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 can 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.

TRIPS & More

Restaurant Review/Day Trips

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



**Cracker Barrel Restaurant
Tuesday, September 6**

Come and enjoy a delicious breakfast (served all day) or lunch at Cracker Barrel in Tewksbury. Van leaves VC at 10:45am, CC at 11am, returning between 2-3pm. Van fee \$2. Deadline to register with Joanne Willens is Tuesday, August 30.

Theatrical Happenings

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



Stay Tuned for more Theatrical Shows

Private Tour for Ten of

**JFK Presidential Library & Museum
with Former Museum Curator, Frank Rigg**

Wednesday, August 10

-Carlisle residents have preference until 8/1-



Frank will enliven our tour with numerous stories that illuminate the Kennedy years and provide an insider's perspective on the JFK Presidential Library and Museum. To register for the tour please drop off a \$12 check payable to the Carlisle COA. A \$5 van fee will be collected on the van the day of the event, and lunch is on your own. Arrive at the Congregational Church for the COA van at 9:50am, enjoy a two-hour tour with Frank, and then lunch at Sullivan's at Castle Island, take a quick walk around the fort and return to Carlisle at approximately 5pm. Deadline to register is noon, Monday, August 1, (978) 371-2895. First come, first served. If you register and cannot make it please let us know as soon as possible. Out-of-towners will be placed on a wait list until 8/1.



Save the Date



**Tower Hill
Botanic Garden
Wednesday,
September 14**

Join us on a day trip to the beautiful Tower Hill Botanic Garden in Boylston, MA. *Time and cost details TBA.* Tour this magnificent garden, with seasonal highlights such as Camellias in the Limonaia and subtropical plants in the Orangerie, and the beauty of bark and berries in the Winter Garden. Learn about the history of the Worcester County Horticultural Society that owns and operates Tower Hill Botanic Garden, and learn about the Garden's future goals. Please call Joanne Willens to register by noon on Wednesday, September 7.

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*.

"SENIOR MOMENTS" at



July 11, 25 & August 8 & 22, 9:30am

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



Birds of Prey (Intergenerational Event) **Thursday, July 14, 12pm**

Join the Carlisle COA and the Carlisle Recreation Dept. at St. Irene for this fun event. Observe native birds of prey and learn how their specialized adaptations help them see, hear, fly and catch their food. Investigate the role that birds of prey play in their ecosystems. Sandwiches, dessert & drinks will be served at 12pm, followed by the Mass Audubon/Drumlin Farm Wildlife Sanctuary's Birds of Prey program at 12:40pm. Seniors, adults and children are welcome. Please call (978) 371-2895 to register no later than noon, Thursday, July 7.



Senior Patio Potluck Picnic **Monday, July 18, 11:30am**



Come to the Carlisle Town Hall's Clark Room and Outside Patio to enjoy a Patio Potluck Picnic. Meet and greet Chief Fisher of the Carlisle Police Dept. and Chief David Flannery of the Carlisle Fire Dept. **Please** bring your favorite summertime dish (salad, side dish, or dessert) to share. The COA will provide hamburgers, hot dogs, veggie burgers, chips and drinks. Please RSVP and let us know what you will bring by calling (978) 371-2895 by Monday, July 11.

COA Luncheon

Thursday, July 21, 11:45am

Join us for lunch at St. Irene. This meal is run by our wonderful team of COA Volunteers. The menu includes assorted sandwiches, chips, pickles, dessert and cold drinks. Suggested donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Monday, July 18. Shuttle available. **After lunch:** Peter Alden, world renowned naturalist, lecturer, ecotourism guide and author of 15 books on North American and



African wildlife, will focus on the Wonders of Argentina from Buenos Aires to Iguazu Falls, the Andes, Patagonia plains, and Tierra del Fuego.

Ice Cream Social & Sing-A-Long

Thursday, August 11, 1:30pm

Seniors are invited to a **FREE** ice cream sundae social (make your own sundae or have a sugar-free dessert) at the Congregational Church starting at 1:30pm. Please call (978) 371-2895 to RSVP by Thursday, August 4. Your favorite ice cream and toppings along with sugar-free treats will be generously provided by Visiting Angels and Kimball Farm. Following the ice cream at 2pm, Pastor Steve Weibley will lead a sing-a-long of everyone's favorites.



Lunch at the Farm

Wednesday, August 24, 11:30am



Lunch at the Northeast Correctional Center in West Concord! For \$3.21 (correct change if possible) you will receive soup, your choice of a garden or Caesar salad along with your choice of the entrée or sandwiches of the day. Dessert and beverage included. Please call the COA at (978) 371-2895 to register for lunch no later than Wednesday, August 17 at noon. The first 13 people who request a ride can go in the van and others feel free to car pool and meet us there! **Be at the Congregational Church at 11:00am for the COA Van. Note: No cell phones or electronic devices allowed in the building. Please bring your drivers license! Space limited so call ASAP.**

FOOD COURT Cont., & Miscellaneous Info./Activities

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



Monthly Coffee

Thursday, September 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 Verna Gilbert, Jean Sain & Maxine Crowther.

Chelmsford Crossing Lunch

Wednesday, September 7, 12pm

Minuteman Senior Services and Congregational Church are hosting lunch cooked by Chelmsford Crossing. Menu: Beef pot roast, whipped potato, peas & carrots, dinner roll, dessert. Register at (978) 371-2895 by noon on Wednesday, August 31. Suggested donation: \$3. **Following lunch:** Please join us to hear about this 10 day, 13 meal tour, including a trip to a family owned limoncello factory, regional wines with every dinner and highlights in Rome, Sorrento, Pompeii and much more. Joanne Willens will be taking a group on this wonderful journey from April 27 to May 6, 2017. 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.



Men's Breakfast

Thursday, September 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!



LeFunny.net

COA Luncheon

Thursday, Sept. 15, 11:45am

SAVE
THE
DATE!

Please join us at FRS to thank our town employees, and enjoy the company of your senior friends and neighbors. Please note that this lunch is **FREE**. Our wonderful team of COA Volunteers headed by Verna Gilbert will provide us with cold cut and cheese platters, breads, condiments, desserts, and cold drinks. To register call the COA at (978) 371-2895 no later than noon on Monday, September 12. For your entertainment: Enjoy the music of very our own Santo Pullara and Ray Taylor who will serenade us with a variety of sounds that are sure to bring a smile to your face. Shuttle available.



Nashoba Tech. Lunch

Wednesday, Sept. 28, 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, September 21 to register. Menu choices include braised beef medallions, baked seafood casserole or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$5 (subsidized by COA grant) plus tip, payable at school. Photo ID (driver's license, state-issued ID or passport) required.

****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

Help yourself and help a Town Department and your Town Carlisle Senior Tax Worker Program



Happy Summer!

As the weather warms up, I wanted to ensure that you all are aware of a wonderful program that has been in place for a number of years and allows senior property owners to help with various town departments by becoming a Carlisle Senior Tax Worker! So please consider putting your skills and talents to use to fill one of the requested positions.

If you are a Carlisle property owner and sixty years old or older, you are eligible to apply for our Senior Tax Worker Program. As a matter of fact, if you live with a Carlisle senior who qualifies, you can work for them. Approved applicants provide work assistance to town departments such as the Council on Aging, School, Police, Library, Town Clerk's office, Board of Health, and more! Our most important tax worker position is being a crossing guard when school is released. The police have requested two Crossing Guard tax workers so that the position can be juggled between the two of them. Our most precious town treasure is our children so please consider applying to be a tax worker and keep our children safe! Many folks who have done this job found it very rewarding to meet the young people and enjoy becoming part of their lives. If you would like to find out more, contact me and I'm sure our current crossing guard will be glad to share his knowledge of the position!

Tax workers can now earn up to \$1,000 working their hours at the current minimum wage. Minimum wage rate changes from 2016 to 2017. Hours worked in 2016 will be paid at 2016 minimum wage rate (\$10); hours worked in 2017 will be paid at the 2017 minimum wage rate (\$11). These funds are intended to offset the tax worker's property taxes (by being matched with a Town Department's needs), working between July 1, 2016 and June 30, 2017. If you are interested, you can find out more and acquire an application by either calling the Council on Aging office at (978) 371-2895 or going to the Town's website http://www.carlislema.gov/Pages/CarlisleMA_COA/index and checking out the link to Sr. Tax Worker Information. I hope that you each will think about how you can help with these important slots!

I look forward to having you join us during our summer events.

If you would like to stay on top of on-going events and topics of interest, please write to either Linda Cavallo-Murphy (coadmin@carlisle.mec.edu) or me (asmith@carlisle.mec.edu) and we'll add you to our "e"newsletters.

Enjoy the summer, and ensure you use sun block, and keep hydrated!

Best, Angela

Carlisle Farmers Market

Locally Grown



**Saturday
8 am - Noon
Kimball's - Rt 225**

The Carlisle Farmers Market is held every Saturday - starting on June 18 this year and running into October - from 8am to noon at the Kimball Farm Ice Cream parking lot on Route 225.

Save the Date
**"Seniors Day" at the
Carlisle Farmers Market,
August 13, 8am-noon.**



Carlisle Community Chorus **Looking for a few new voices**

Like to sing, even if it's just in the shower or car? Come with your daughter/son and/or grandchildren to sing in the Carlisle Community Chorus, a multi-generational chorus, ages 10 and older. The fall season begins in mid-September with open rehearsals on Monday nights from 7-8:45pm at the Carlisle School's Community Room with Tara Callahan as the conductor. Regular rehearsals are Monday nights culminating in a community concert in mid-January. No auditions necessary for this friendly chorus where everyone enjoys making music together. Look for more details in early September or contact chorus board member Barney.Arnold@comcast.net if you have any questions.

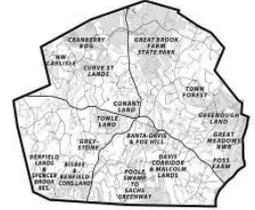
COMMUNITY EVENTS



Summer Outside Walking Group Thursdays in July, August & September @ 9:30am

The Outside Walking Group will continue walking during summer and September on Thursday mornings. Please join us at 9:30am at Center Park. Helen Young will be leading the walks. Please contact helenyoung@alum.mit.edu if you have any questions.

The fall session will begin on Thursday, October 13th. (Meet at Center Park at 9:30am) We will continue walking on the trails needed to earn the Carlisle Trekker Award. If you wish to keep a log for the award, it may be found in the latest *Carlisle Trails Committee Trail Guide*. This is available from Ferns and the Town Clerk's office. It is also available online at <http://carlisletrails.pbwiki.com/>. Please contact Jane Anderson (978) 369-9672, jane.anders@comcast.net or Helen Young helenyoung@alum.mit.edu, if you have any questions. Expect mud. You don't need to sign up, just show up!

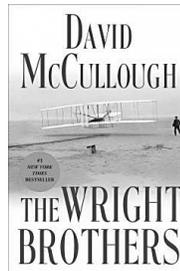


Rescued Arabian Horses (Intergenerational Event)

Monday, July 25, 10am (Rain Date 8/1)

Join the Carlisle COA and the Carlisle Recreation Dept. at Jeannie Lieb's horse barn at 288 Maple St., Carlisle. You will have an opportunity to visit with, pet, and learn about the kind of Arabian horses the Bedouins, an Arab ethno-cultural group, lived with and rode in the deserts of the Arabian peninsula for thousands of years. The horses will show off a few tricks and one will exhibit some of the decorative tack the Bedouins used to display their horses for visitors. Before you leave, you will be treated to one of Suzie's Ice Creams. Please call the COA by noon, Monday, July 18 to register (978) 371-2895.

Community Book Club @ Gleason Library



Monday, July 11, 10:30am

The Wright Brothers by David McCullough

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



Monday, August 8, 10:30am

The Invention of Nature by Andrea Wulf

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

Caregiver & Bereavement Support Group

Anne Marie Rowse, a geriatric care manager and Chaplain is now offering a FREE Caregiver & Bereavement Support Group at Bedford Town Center, 12 Mudge Way, Fitch Room on Mondays, September 12, October 3, November 14 and 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 write amarowse@charter.net or call her at (508) 479-0652. Sign up not necessary. This program is supported by both the Bedford & Carlisle Council on Aging.

Anne Marie Rowse, BS., LNHA, CMC, Chaplain and Principal of Senior Care Advisors, LLC is a geriatric care manager and Chaplain. She has over 30 years of experience in the field of health care. Anne Marie volunteered to facilitate a Caregiver & Bereavement Support Group for those caring for aging loved ones experiencing challenges, including chronic diseases, stroke, heart and pulmonary disease, Alzheimer's/dementia related conditions as well as current information for family members or elders themselves looking for current health care info, coping skills, dealing with loss, life's transitions and enhancing life. Anne Marie will also provide info for those requiring more support in their life, understanding the medical maze.

PHOTOS FROM RECENT COA EVENTS

APRIL 28, 2016 - SPRING STUDENT COUNCIL TEA & SING-A-LONG



MAY 13, 2016 - SPRING FLING



MAY 25, 2016 - LEXINGTON CHAMBER MUSIC GROUP



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.

TUESDAYS

July 5, 12, 19, 26 & Aug. 2, 9, 16, 23, 30 @ St. Irene

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

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (June-Aug.). **NO Class 8/9.**

WEDNESDAYS

July 6, 13, 20, 27 & Aug. 3, 10, 17, 24, 31

Yoga (Session IV: 6/29-7/27) - 9:30am, Benfield. Students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Fee for Yoga classes: \$25 for Carlisle seniors. **Call the Recreation Dept. to register (978) 369-9815. Checks payable to Carlisle Rec. Dept. Join anytime. Fee prorated according to participant start date.**

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

THURSDAYS

July 7, 14, 21, 28 & Aug. 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 (June-Aug.).

Cardio-Boost Class - 10:45am, Town Hall, Clark Room (June-August 2016). A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (June-Aug.).

FRIDAYS

July 8, 15, 22, 29 & Aug. 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 Sarah Hanley. Fee: \$100/10wks. Summer I session runs 5/20 - 8/12. Fall session starts 8/19. Fee prorated. For more info see osbkarate.com or call the COA. **NO Class 7/1.**



FREE Blood Pressure Clinics

Thursday, July 21, 11am

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

Monday, July 25, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Monday, August 22, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic @ Benfield Farm

Tuesday, July 5 & Sept. 6

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., July 25, & Aug. 29
Town Hall, Clark Room

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.

THINGS WE SAY TODAY WHICH WE OWE TO SHAKESPEARE:

"KNOCK, KNOCK! WHO'S THERE?" "HEART OF GOLD"
 "IN A PICKLE" "SET YOUR TEETH ON EDGE"
 "FAINT HEARTED" "SO-SO" "GOOD RIDDANCE"
 "LIE WITH FIRE" "BAITED BREATH" "SEND HIM PACKING"
 "COME WHAT MAY"
 "THE GAME IS UP"
 "WEAR YOUR HEART ON YOUR SLEEVE"
 "NOT SLEPT ONE WINK" "FULL CIRCLE" "OUT OF THE JAWS OF DEATH"
 "TOO MUCH OF A GOOD THING"
 "WHAT'S DONE IS DONE" "NAKED TRUTH" "BREAK THE ICE"
 "WILD CHASE"
 "LAUGHING STOCK" "BREATHED HIS LAST"
 "HEART OF HEARTS" "VANISH INTO THIN AIR"
 "GOOSE CHASE"
 "SEEN BETTER DAYS" "MAKES YOUR HAIR STAND ON END"
 "DEAD AS A DOORNAIL" "FOR GOODNESS' SAKE" "LOVE IS BLIND"
 "GREEN EYED MONSTER" "FAIR / FOUL" "OFF WITH HIS HEAD"
 "THE WORLD IS MY OYSTER" "BRAVE NEW WORLD"
 "BE ALL / END ALL" "A SORRY SIGHT"

JULY 2016

| SU | MON | TUE | WED | THU | FRI | SA |
|------------------------|---|--|---|--|--|-----------|
| | | | | | 1 Grocery Shopping: 9am NO SAMA:10:45am | 2 |
| 3 | 4 COA & Town Hall Closed  | 5 Podiatry Clinic: by appt. Marblehead:10am Zumba: 10:45am Tai Chi: 12:30pm | 6 Yoga: 9:30am Line Dancing: 1:45pm | 7 Outside Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am | 8 Grocery Shopping: 9am SAMA:10:45am | 9 |
| 10 | 11 Sr. Moments: 9:30am Book Club: 10:30am | 12 Zumba: 10:45am Tai Chi: 12:30pm | 13 Yoga: 9:30am Line Dancing: 1:45pm | 14 Outside Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am Birds of Prey: 12pm | 15 Grocery Shopping: 9am SAMA:10:45am | 16 |
| 17 | 18 Patio Pot Luck:11:30am | 19 Zumba: 10:45am Tai Chi: 12:30pm | 20 Yoga: 9:30am Line Dancing: 1:45pm | 21 Outside Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am. COA Lunch: 11:45am, BP 11am, St. Irene, "Argentina" | 22 Grocery Shopping: 9am SAMA:10:45am | 23 |
| 24 31 | 25 Hair Cuts: by appt. Sr. Moments: 9:30am, BP 10am Arabian Horses: 10am | 26 Zumba: 10:45am Tai Chi: 12:30pm | 27 Yoga: 9:30am Line Dancing: 1:45pm | 28 Outside Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am | 29 Grocery Shopping: 9am SAMA:10:45am | 30 |

AUGUST 2016

| SU | MON | TUE | WED | THU | FRI | SA |
|-----------|---|---|--|--|--|-----------|
| | 1 Rain Date for Arabian Horses: 10am | 2 Zumba: 10:45am Tai Chi: 12:30pm | 3 Line Dancing: 1:45pm | 4 Outside Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am | 5 Grocery Shopping: 9am SAMA:10:45am | 6 |
| 7 | 8 Sr. Moments: 9:30am Book Club: 10:30am | 9 Zumba: 10:45am NO Tai Chi: 12:30pm | 10 Line Dancing: 1:45pm JFK Museum: 9:50am | 11 Outside Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am Ice Cream Social: 1:30pm | 12 Grocery Shopping: 9am SAMA:10:45am Farmers Market  | 13 |
| 14 | 15 | 16 Zumba: 10:45am Tai Chi: 12:30pm | 17 Line Dancing: 1:45pm | 18 Outside Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am | 19 Grocery Shopping: 9am SAMA:10:45am | 20 |
| 21 | 22 Sr. Moments: 9:30am, BP 10am | 23 Zumba: 10:45am Tai Chi: 12:30pm | 24 Lunch @ the Farm: 11:30am Line Dancing: 1:45pm | 25 Outside Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am. | 26 Grocery Shopping: 9am SAMA:10:45am | 27 |
| 28 | 29 Hair Cuts: by appt. | 30 Zumba: 10:45am Tai Chi: 12:30pm | 31 Carlisle Schools Open Line Dancing: 1:45pm | | | |

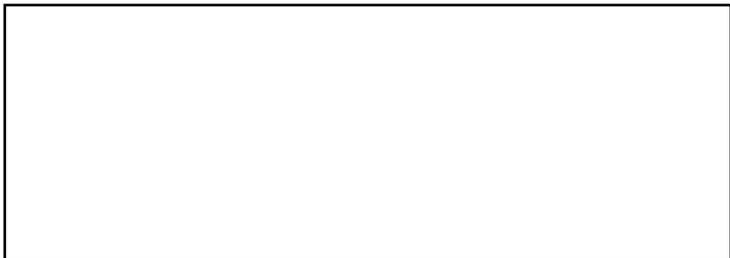
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**Islam Talks with Jason Giannetti @ Gleason Public Library
Wednesdays, September 21, 28 & October 5, 1:30pm**

This fall, popular speaker Jason Giannetti returns to Carlisle for a three-part series on the history and context of Islam, from its origins to the modern world. This series will focus upon the principles underlying the Muslim faith. We will examine the historical and cultural precursors of Islam, the vision of its prophet, Muhammad, the rise of Islam to its Golden Age, and its place in the world today. We will also discuss comparative philosophical and theological approaches between the three Abrahamic religions - Judaism, Christianity, and Islam - as well as the social and political interactions these three great world religions have had in the past and the way this history has shaped the current geopolitical situation.



Session 1 (September 21, 1:30pm) – Muhammad’s historical and cultural milieu and the birth of a new religion

Session 2 (September 28, 1:30pm) – The Golden Age of Islam

Session 3 (October 5, 1:30pm) – Islam in the modern world

Professor Jason Giannetti received his B.A. degree from Binghamton University, a Master’s of Theological Studies from Harvard Divinity School, and a Master’s of Near Eastern and Judaic Studies from Brandeis University. He has a Juris Doctor degree from Boston College Law School.

Sponsored by Friends of Carlisle Council on Aging and Friends of Gleason Public Library. Space is limited; please register with the Gleason Library at (978) 369-4898 or gleasonlibrary.org/calendar. Registration opens Monday, August 1.

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