



# Carlisle Connection

Serving  
Carlisle's 60+  
Community



JUNE 2016

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)

## Message from the Director

Greetings Everyone, As we enter into the first month of summer I thought that there might be interest in some of the "Fun Facts" findings of our friends at "My Senior Center (MSC)," who aggregate data from their network of clients in New England and nationwide. This month we'll look at Market Reach (MR) or Participation percentages.

### MSC - COA Fun Facts

**Market Reach (Participation):** Across their national network COA and Senior Center clients of MSC are interacting with 7.7% of all seniors in the communities they serve. Geography matters, however, as the number is highest here in the northeast at 10.8% and lowest in the south and west at 5.3%. The figure for the mid-west at 7.8% is a close match to the overall national figure.

What else matters in terms of effect on MR with COAs and Senior Centers? It turns out that population density, education, income & distance travelled all seem to influence the participation figures. Urban areas have the lowest MR at 4.6%. Suburban areas are at 8%, MR & Rural areas are at about 11%.

Communities with a high rate of college degrees and income have a greater MR. However, distance travelled seems to be the number one influencer. MR within one's own zip code is almost 18.9% while participation when one has to travel outside of one's zip code drops to 4.2%.

What's our MR here in Carlisle? Well, in 2015 it was estimated at a very high figure of 40%. Of course we live in the Northeast, we're in a suburban/rural area, and our population is very well educated which are all markers of high participation. All that being said, I hope that nobody objects that we're proud of the figure nonetheless.

Warm Regards, David

66 Westford Street Carlisle, MA 01741



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## Marblehead Yacht Club

**Tuesday, July 5**

Join our own multi-talented Carlisle resident Bert Williams for a COA day trip to the beautiful coastal town of Marblehead. You can enjoy a picnic lunch (bring your own or purchase locally) to be eaten on the deck of the Marblehead Yacht Club overlooking Marblehead Harbor. Following lunch, an optional 1/2 hour harbor tour on a 26' powerboat is available. Carlisle residents given first preference until June 30. Out-of-towners will be kept on a wait list until that date. Our 13 seat passenger van leaves Congregational Church at 10am and returns around 5pm. Van fee is \$5 **due upon registration to reserve your spot.** Please call the COA office to register at (978) 371-6690 or (978) 371-2895 by noon, Thursday, June 30. Rain date Wednesday, July 6. Bad weather both days cancels the trip and refunds your payment. Flyers with more details available at the COA office.



### NEW 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

### COA Staff

**Director: David Klein**  
coadirector@carlisle.mec.edu  
**Outreach & Prog. Mgr.: Angela Smith**  
asmith@carlisle.mec.edu  
**Transportation Coord.: Debbie Farrell**  
coaride@carlisle.mec.edu  
**Admin. Assist.: Linda Cavallo-Murphy**  
coaadmin@carlisle.mec.edu  
**LICSW: Peter Cullinane**

### COA Board Officers

**Board Chairperson**  
Verna Gilbert  
**Vice-Chair**  
Donna MacMullan  
**Treasurer**  
Walter Hickman  
**Co-Secretaries**  
Elizabeth Acquaviva  
Kathy DeVivo-Ash

### Board Members

Giovanna DiNicola  
Peggy Hilton  
Reuben Klickstein  
Jean Sain  
**Associate Members**  
Maxine Crowther  
Lillian DeBenedictis  
Jerome Lerman, Helen Lyons  
Abha Singhal

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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 of your trip. Discount voucher-tickets for Carlisle seniors or those with disabilities are available through purchase at the COA office at Town Hall. One-time registration for the voucher discount program is required. More info on the service & pricing is available at <http://carlislematransportation.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



**Nancy's Airfield Café**  
**Wednesday, June 8**

Join us as we return to Nancy's Airfield Café in Stow for some fresh food prepared with love and from locally-sourced ingredients. Van leaves VC at 10:15am, CC at 10:30am, returning 2-3pm. Van fee \$2. Contact Joanne Willens re: registration/questions.

**Castles of Gloucester & Marblehead**  
**Tuesday, June 14**



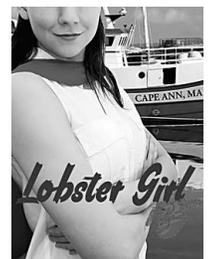
Join us as we travel to Gloucester to visit and explore Hammond Castle and grounds. Entrance fee is \$9/pp. Afterwards continuing to Marblehead for lunch on your own at The Landing Restaurant on Marblehead Harbor followed by a trip to the Herreshoff Castle (now a bed & breakfast) for a walk on their beautiful grounds. The van leaves VC at 9:15am & CC at 9:30am, returns between 4-5pm. Van fee \$5 and due upon registration. Please contact Joanne Willens re: registration/questions.

### Theatrical Happenings

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

**Lobster Girl**  
**Wednesday, June 22, 2pm**

Join us as we return to Stoneham Theatre to see Lobster Girl the musical. Ticket price is \$37/pp due upon registration. Lunch on your own at Felicia's Restaurant. Van leaves VC at 11am and CC at 11:15am. Van fee \$2. Returning between 5-6pm. Contact Lillian DeBenedictis re: registration/questions at (978) 369-1848.



### IKEA Job Interview



**Happy Father's Day**



**Happy Father's Day!**  
**From the COA Staff**

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



### Chelmsford Crossing Lunch Wednesday, June 1, 12pm

Minuteman Senior Services and Congregational Church are hosting lunch cooked by Chelmsford Crossing. Menu: BBQ chicken leg, corn on the cob, cole slaw, fruit wedge and dessert. Register at (978) 371-2895 by noon on Wednesday, May 25. Suggested donation: \$3. **Following lunch:** Brian Kane, a Carlisle resident, a professional musician, educator and author will entertain us. His performances are themed around exciting periods of American music-the Big Band Swing Era and the Great American Songbook. Brian's program will feature his internationally acclaimed saxophone and woodwind playing, vocals and very natural sounding background tracks that seamlessly recreate a jazz quartet. This program is supported in part by a grant from the Carlisle Cultural Council, a local agency supported by the Massachusetts Cultural Council, a State Agency.



### Monthly Coffee Thursday, June 2, 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 Elizabeth Acquaviva and Peggy Hilton.

### Men's Breakfast Thursday, June 9, 8am



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

### "SENIOR MOMENTS" at Monday, June 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.



### Women's Breakfast Tuesday, June 21, 9am

Kathy DeVivo Ash and Elizabeth Acquaviva are joining together to host a lovely breakfast on Tuesday, June 21 at 9am in the Sleeper Room, Village Court, 145 Church Street. Please register by calling (978) 371-2895 no later than noon on Monday, June 13 (space is limited so sign up early). Come enjoy the company of your neighbors and friends. ***If you would like to contribute a homemade breakfast item or volunteer to help with this event***, please contact Elizabeth at (978) 369-0364.



### COA Luncheon Thursday, June 16, 11:45am



Join us at St. Irene (*note venue change*) and enjoy the company of your senior friends & neighbors. Enjoy a delicious and "good for you" lunch of sandwiches, and desserts provided by Concord Park. To register, call the COA at (978) 371-2895 no later than noon, Friday, June 10. Shuttle available. Concord Park's management company Senior Living Residences' (SLR) is the developer of the Brain Healthy Cooking Program, an award-winning nutrition program that brings residents at their assisted living communities delicious taste-tested brain healthy choices on their daily menus and offers heart-healthy, memory boosting advice and recipes for anyone through their companion website [BrainHealthyCooking.com](http://BrainHealthyCooking.com). After lunch, SLR's Brain Healthy Cooking program will be discussed. The program is largely based on the popular and well-researched Mediterranean Diet, and features "brain healthy foods" such as dark berry fruits, leafy green vegetables, whole grains, herbs, spices, fish and seafood. This lunch will be coordinated by our wonderful team of volunteers. Donations to the Carlisle COA are optional, but are greatly appreciated.



**\*\*NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

# FOOD COURT Cont., & Miscellaneous Info./Activities

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

## Birds of Prey (Intergenerational Event) Tuesday, 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.



## 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.



## 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.



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

-Patio Outside & Clark Rm., Town Hall-

Come to the Carlisle Town Hall 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 intend on bringing by calling (978) 371-2895 by noon, Monday, July 11.



## Carlisle Farmers Market



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.

## OUTREACH with Angela



### Tips for Driver Safety from the Mayo Clinic



As the good weather approaches, more of us will be out on the road. Here are some tips to help you drive safely.

1. Stay physically active to improve your strength and flexibility which can improve safety by making it easier to turn the steering wheel, look over your shoulder, and make other movements while driving and parking. Please consider joining the COA or Recreation Dept. in any of our exercise classes (refer to pg. 9 to see some of the wonderful choices that are available; we would love to have you join us; classes are prorated if you start late!)
2. Schedule regular vision and hearing tests. Some senses, such as hearing and vision, tend to decline with age. Impaired hearing can be a concern for older drivers by limiting the ability to hear an approaching emergency vehicles or trains. Common age-related vision problems; such as cataracts, glaucoma and macular degeneration; can make it difficult to see clearly or drive at night. Check with your doctor.
3. Manage chronic conditions. Work with your doctor to manage chronic conditions especially those that may impact driver safety, safety as diabetes or seizures. Review your medications with your doctor since many drugs, including those for pain, antihistamines and muscle relaxants can affect driver safety.
4. Understand your physical limitations and make any necessary adjustments. Discuss with your doctor the possibility of a referral to an occupational therapist; possibly some assistive devices or even a different vehicle might be helpful.
5. Drive under optimal conditions. Safety is increased when you are driving during the daytime, in good weather, on quiet roads and in familiar areas. Also don't drive when you are tired, angry or after drinking alcohol.
6. Plan your route ahead of time. When driving don't do anything that takes your focus from the road. Update your driving skills. Consider taking a refresher course. The RMV offers the following information about possible local driving programs: AAA Senior Driving, <http://seniordriving.aaa.com/> or call your local AAA office for information on AARP Smart Driver Course (888) 687-2277; in Control Advanced Driver Training, 188 Main Street, Suite 202, Wilmington, MA 01887, (978) 658-4144.
7. Emerson hospital has an Evidence-Based Driver Assessment Program geared toward adults who have undergone a change in health status. This program consists of two sessions with a certified occupational therapist. If you, a loved one, or a clinician is concerned about your safety while driving, you will need to request a referral (required) from your Primary Care Physician or Specialist for this program. To schedule an assessment, call the Center for Rehabilitative and Sports Therapies at (978) 287-8244.

Have a great summer!

Angela

### Are you sixty or older and could you use a little help with your food bill?

The Greater Boston Food Bank has the Commodity Supplemental Food Program that provides eligible individuals with two FREE (already packed) bags of food once a month containing shelf-stable products such as cereal (hot and ready to eat), 100% fruit juice, shelf-stable milk, beef stew, peanut butter, rice or pasta, apple sauce (unsweetened), canned fruit, and low-sodium vegetables and cheese. Products may vary. This averages 30 pounds of food. Eligibility is determined by gross monthly income and household size:

- Household size of 1 - Weekly \$295, Monthly \$1,276, Yearly \$15,301
- Household size of 2 - Weekly \$399, Monthly \$1,726, Yearly \$20,709



Call the Carlisle COA to apply (978) 371-2895. If approved, the Billerica COA have generously offered to collaborate with us and provide our seniors with the ability to pick up from their Council on Aging on the third Wednesday of the month from 1-3pm. When the application is submitted, a proxy can be set up allowing another person to pick up for you.

## COMMUNITY EVENTS

### Pass It Forward Day

**Saturday, June 11, 10am-3pm**

Please consider donating your new and gently used items at the Pass It Forward Day on Saturday, June 11, 2016, 10am-3pm, at the Carlisle Transfer Station. Sponsored by Carlisle's Household Recycling Committee.

The charities below have asked for the following items:

- Adult clothing for Acton Community Supper, Big Brother Big Sister, Concord Players, MIT's International Students
- Baby's and children's things for Cradles to Crayons
- Children books, poetry books recent science magazines for Benton Library, Concord Poetry Center, Discovery Museum
- One lampshade with diameter 2" down from top of at least 8 1/2" and at bottom of at least 17" for a Carlisle senior via the COA
- Household items, especially flatware, king/queen sheets, blankets, metal bed frames, dressers for Household Goods Recycling Ministry
- Science things and arts and crafts for Discovery Museum
- Working "Polycom"-type conference phone for Discovery Museum
- Laptops for homeless veterans in Bedford
- Bicycles (plus a voluntary \$10 contribution per bicycle) for Bikes Not Bombs.

See the Mosquito for more details.

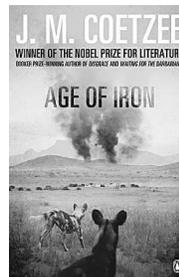
The smallest  
act of  
kindness  
is worth more  
than the grandest  
intention.

### Summer Outside Walking Group

**Thursdays in June, July & Aug. @ 9:30am**



You are invited to join the outside walking group on Thursday mornings throughout most of the summer. We meet at 9:30am on Thursday mornings at Center Park for about a two hour walk at a moderate pace. You don't need to sign up, just show up! Please contact Helen Young at (978) 369-6147 for more information & if you have questions.



### Community Book Club

**@ Gleason Library**

**Monday, June 13, 10:30am**

*The Age of Iron* by Jay M. Coetzee

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



### French Language Club

**Wednesday, June 15, 11:30am**

If you speak French or would like to, please come to the Benfield Farms, 2<sup>nd</sup> 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

**Thursday, June 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.

## COMMUNITY EVENTS & Other Info.

# RIVERFEST

JUNE 18TH AND 19TH, 2016



A WEEKEND OF CELEBRATION ON AND AROUND THE SUDBURY, ASSABET & CONCORD RIVERS.

45 great events including some in Carlisle - **All Free & Open to the Public!** Please visit <http://riverfest.sudbury-assabet-concord.org/> for full list of events. Here some below that we think you will find fun/interesting:

- Middlesex Canal Exhibits, Billerica, June 18-19, 12-4pm. Learn about the construction and function of the Middlesex Canal, the greatest work of its kind in the US until the Erie Canal. Middlesex Canal Museum, 71 Faulkner St. N. Billerica.
- Sudbury River Pontoon Boat Tours, Concord, June 18-19, 2-3pm. 1-hour boat tour will leave from the South Bridge Boat House (486 Main Street). For more info, and to book a seat, call 978-371-1785. Advance reservations are required.
- Fishing Derby, Billerica, June 18, 8am-12pm. Annual Yankee Bassmasters of New England Fishing Derby at Micozzi Beach on Nutting Lake (586 Middlesex Turnpike.) Bait provided. Prizes for top anglers.
- Summer Solstice Celebration, Concord, June 19, 6:30pm. Music will entertain those who wish to picnic on the beautiful ground of the Old Manse, on the shore of the Concord River.
- Solstice Bonfire, Concord, June 19, 8pm. Join the bonfire at the Old Manse.

## The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

#1

If you need police



#2

If you need fire



#3

If you need an ambulance



If the 9-1-1 dispatcher asks questions, press

#4

For YES



#5

For NO



Source: MA State 911 Department and the Executive Office of Public Safety and Security

<http://www.mass.gov/eopss/agencies/state-911/e911/about-e911/silent-call-procedure-2.html>

## 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

##### June 7, 14, 21, 28 @ 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.).

#### WEDNESDAYS

##### June 1, 8, 15, 22, 29

**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 (May 4-June 22, **No class 6/29**). **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

##### June 2, 9, 16, 23, 30

**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

##### June 3, 10, 17, 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.** Summer session runs 5/20 - 8/5. Fee prorated. For more info see osbkarate.com or call the COA.

### Walking @ Carlisle School Gym

#### **Monday-Friday, 6:45-7:30am - Last Day of School 6/21**

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.

### FREE Blood Pressure Clinics

#### Wednesday, June 1, 11:30am

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

#### Thursday, June 2, 9am

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

#### Thursday, June 9, 8am

**Men's Breakfast, Sleeper Room,** Life Care Center of Nashoba Valley.

#### Thursday, June 16, 11am

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

#### Tuesday, June 21, 9am

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

#### Monday, June 27, 10am

**Senior Moments, Ferns,** sponsored by Right at Home.



### Hair Cuts on the Go!

#### Mon., June 6, Town Hall

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

### Podiatry Clinic @ Benfield Farm

#### Tuesday, July 5

For an appointment, 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."



**Need a walker? Is your walker the wrong size?** The COA has a wide selection of walkers to give away, lend or trade. Call us at (978) 371-2895 if you need one.

# JUNE 2016

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> <b>Yoga:</b> 9:30am <b>Chelmsford Crossing:</b> 12pm, BP 11:30am, Cong. Church; <i>after</i> <i>lunch:</i> Brian Kane, jazz extraordinaire <b>Line Dancing:</b> 1:45pm	<b>2</b> <b>Coffee &amp; BP:</b> 9am <b>Outside Walking</b> <b>Group:</b> 9:30am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am	<b>3</b> <b>Grocery</b> <b>Shopping:</b> 9am <b>SAMA:</b> 10:45am	<b>4</b>
<b>5</b>	<b>6</b> <b>Hair Cuts on the Go!:</b> by appt. <b>Walk w/ Goats:</b> CC 9:15am <b>Bridge Playshop:</b> 7pm	<b>7</b> <b>Rain Date for Walk</b> <b>w/ Goats:</b> CC 9:15am <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm	<b>8</b> <b>Yoga:</b> 9:30am <b>Restaurant Review:</b> Nancy's Airfield Café VC 10:15am, CC 10:30am <b>Line Dancing:</b> 1:45pm	<b>9</b> <b>Men's Breakfast</b> <b>&amp; BP:</b> 8am <b>Outside Walking</b> <b>Group:</b> 9:30am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am	<b>10</b> <b>Grocery</b> <b>Shopping:</b> 9am <b>SAMA:</b> 10:45am	<b>11</b> <b>Pass It</b> <b>Forward</b> <b>Day!</b> 10am- 3pm
<b>12</b>	<b>13</b> <b>Sr. Moments:</b> 9:30am <b>Book Club:</b> 10:30am, Gleason Library <b>Bridge Playshop:</b> 7pm	<b>14</b> <b>Castles of Gloucester</b> <b>&amp; Marblehead:</b> VC 9:15am, CC 9:30am <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm  	<b>15</b> <b>Yoga:</b> 9:30am <b>French Club:</b> 11:30am <b>Line Dancing:</b> 1:45pm	<b>16</b> <b>Outside Walking</b> <b>Group:</b> 9:30am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>COA Lunch:</b> 11:45am, BP 11am, St. Irene; <i>after lunch:</i> Brain Healthy Cooking Program <b>KISS:</b> 7:30pm	<b>17</b> <b>Grocery</b> <b>Shopping:</b> 9am <b>SAMA:</b> 10:45am	<b>18</b> <b>Opening</b> <b>Day of</b> <b>Carlisle</b> <b>Farmers</b> <b>Market</b> 8am - Noon  
<b>19</b> 	<b>20</b> 	<b>21</b> <b>Women's Breakfast</b> <b>&amp; BP:</b> 9am <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm <b>COA Board Meeting:</b> 7pm, Town Hall  <i>Last Day of School</i> <i>Last Day of Indoor</i> <i>Walking @ CPS</i>	<b>22</b> <b>Yoga:</b> 9:30am <b>Line Dancing:</b> 1:45pm <b>Lobster Girl @</b> <b>Stoneham Theatre:</b> 2pm , VC 11am, CC 11:15am	<b>23</b> <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am.	<b>24</b> <b>Grocery</b> <b>Shopping:</b> 9am <b>SAMA:</b> 10:45am  <b>Old Home Day</b> "Grown in Carlisle" 4-8:30pm	<b>25</b> <b>Old</b> <b>Home</b> <b>Day</b>  6:15am- 5pm <i>Stop by</i> <b>COA</b> <b>Craft</b> <b>Table!</b>
<b>26</b>	<b>27</b> <b>Sr. Moments:</b> 9:30am, BP 10am	<b>28</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm	<b>29</b> <b>NO Yoga</b> <b>Line Dancing:</b> 1:45pm	<b>30</b> <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am	<b>NOTE: Inside</b> <b>walking.</b> Mon.- Fri. 6:45-7:30am, CPS. See pg. 9 for more info.	

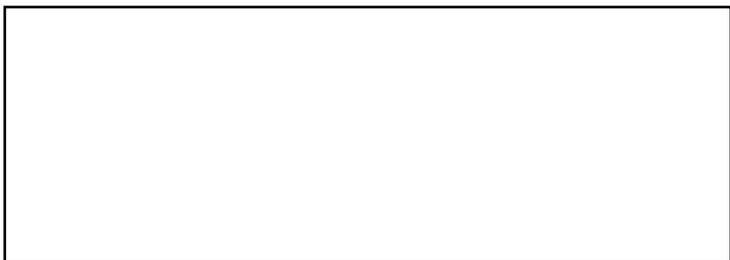
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## **Carlisle's Old Home Day Weekend – "Grown in Carlisle"**

**Friday, June 24 - Saturday, June 25**

Come and enjoy some good old fashion fun with your fellow Carlisleans at the Old Home Day weekend.

### **Friday, June 24**

- ❁ Ice Cream Social - 6:30pm**

### **Saturday, June 25**

- ❁ Free Pancake Breakfast - 8am**
- ❁ The Great Parade - 10am**
- ❁ Country Fair - 10:30am**
- ❁ Boy Scout BBQ Lunch - 11am**
- ❁ Awards - 12pm**
- ❁ Heald House Tours - 2pm**
- ❁ Firefighters Chicken BBQ - 4pm**
- ❁ Cakewalk - 5pm**



"Old Home Day", August 12, 1913, Carlisle, Mass.

Please look for our van in the parade, decorated by the National Charity League, and stop by our Country Fair table and more learn about what we do, and have your grandkids (and those young-at-heart) decorate a t-shirt for **FREE**.