

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

Greetings All,

Here's hoping that March comes in like a lamb and stays that way as we welcome Spring!

Remember to "*Spring Ahead*" an hour with your clocks on Sunday, March 13 as Day Light Savings arrives. But, before you do, please consider attending the St. Patrick's Day Senior lunch at CCHS on Saturday, March 12. The traditional corned beef and cabbage meal will take place in the new high school cafeteria.

This FREE lunch is always a good time. As usual, it will be served by students from the high school. See page 5, the Food Court page, inside this newsletter for more details including information on how to RSVP and to register for the COA van, if transportation is needed.

Speaking of transportation, please check out the chart on our Transportation page (pg. 3), which shows cost information, both full price and the discounted amounts, if one were to purchase travel vouchers for the new transportation program through the COA office. If you have questions about how to use the new service, please call us.

Lastly, check out our page 6 piece about qualifications for the Massachusetts Senior Circuit Breaker Tax Credit and where to find help to file for it. If you qualify, this credit could save you over \$1,000 off of your state taxes.

Be well and remember, we're here for you!

David



Transportation .....	3
Trips & More.....	4
Meals/Misc/Activities ..	5-6
Outreach/Events .....	7-8
COA Exercise.....	9
Events Calendar.....	10



## Transportation Announcement New Benfield Farms Shuttle to COA Monthly Lunch at FRS

An additional stop has been added to the COA shuttle service for the monthly lunch at FRS. The shuttle's first pickup stop will be at Benfield Farms at 11am, then Village Court at 11:15am and finally at Congregational Church at 11:30am. The shuttle will arrive at FRS at 11:45am.



### CARLISLE COA OFFICE HOURS

Monday 9am - 5pm  
 Tues - Thu 9am - 3pm  
 Friday 9am - 1pm  
 (978) 371-2895 Office  
 (978) 371-6690 Van line  
 (978) 371-6693 Director

### COA Staff

**Director: David Klein**  
 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**  
**Admin. Assist.: Mary Hopkins**  
 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

PLEASE SUPPORT  
THESE ADVERTISERS,  
THEY MAKE OUR  
NEWSLETTER POSSIBLE

CALL  
© LITURGICAL PUBLICATIONS INC.  
AT 1-800-477-4574

**HELP PROTECT YOUR FAMILY**

**CALL NOW! 1-888-862-6429**



## OBJECTIVE. INDEPENDENT.

INVESTMENT ADVICE AND MANAGEMENT  
Independence Powered by LPL Financial



Combined experience of more than 30 years in providing professional investment advice.

Douglas Newman, Principal  
Annie Halvorsen, Principal  
Denise Green, Client Services

## PINNACLE ADVISORS

Call us to discuss your investment needs and schedule a complimentary evaluation of your current portfolio.  
**www.PinnAdvisors.com (978)254-5788**

120 Pine Brook Road, Carlisle, MA 01741  
INFO@PINNADVISORS.COM

Securities and advisory services offered through LPL Financial,  
A Registered Investment Advisor, Member FINRA/SIPC

## Your Ad Here

SUPPORT OUR COMMUNITY  
THROUGH LOCAL ADVERTISING

Contact Lisa Templeton to place an ad today!  
LTempleton@4LPi.com or (800) 477-4574 x6377



## our SENIOR CENTER

The Online Directory of Senior Centers

### NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter  
emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)

EYEWEAR by

*Giorgio*  
eyewear that is fashionable, with flair!

978-256-6500

Eye Exams Available  
Senior Discounts

60 Chelmsford Street  
Chelmsford

[www.eyewearbygiorgio.com](http://www.eyewearbygiorgio.com)



NEXT EXIT

## DREAM JOB



- Growing company hiring Ad Sales Executives • Full-time
- Sales experience preferred • Competitive benefits program
- Overnight travel required • Uncapped commissions

E-mail [jobs@4LPi.com](mailto:jobs@4LPi.com) for more information

# SPREAD THE WORD! Shop Our Advertisers! YOUR SUPPORT MATTERS!



For ad info. call 1-800-888-4574 • [www.4LPi.com](http://www.4LPi.com)

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 & Class Policy

If Carlisle Public School is cancelled, all classes/programs will be cancelled. The COA van will not run until 10am. If Carlisle Public School is delayed, all classes beginning before 10am will be cancelled. Call the COA for classes starting 10am or later to find out if they will be held and/or if you are unsure about a scheduled ride.

**NOTE: Please keep driveways and sidewalks clear of snow/ice. Please sand if necessary.**

#### Donations/Fees\*

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

#### Local grocery/Shopping trips

Every Friday morning at 9am is the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690.

#### Transportation reservations

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

#### Shuttle pick-up for the COA monthly lunch at FRS

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.



CTS is a new transportation service being piloted by the Town of Carlisle to add range and scheduling flexibility for residents' transportation needs, particularly seniors and those with disabilities that might not have access to other transportation. The Town has contracted with a vendor called Flow Transportation to provide the transportation services. Information about the program can be found on our new Transportation website at [www.Carlislematransportation.com](http://www.Carlislematransportation.com).

Although the program is meant to help those with mobility challenges, the agreement with Flow Transportation offers favorable ride rates to all Carlisle residents. This is a livery service, not a taxi firm, so please make reservations two or more days in advance. Requests received with less than 48 hours-notice from the time of your trip will be made on a best efforts basis only. Below is pricing for travel to and from Carlisle. The discounted price is for eligible seniors and disabled persons. The full price is for Carlisle residents that do not meet the criteria for the discounted rate.

Destinations to/from the following Town/Cities	Non-Discounted Price for those who are not disabled or age 60 or over	Price with use of Vouchers sold through the COA Office	Vouchers Required
Carlisle	\$9	\$3	1
Acton, Bedford, Billerica, Chelmsford, Concord, Westford*	\$12	\$6	2
Littleton, Lowell, Burlington, Lexington, Lincoln, Maynard*	\$16	\$9	3
Arlington, Belmont, Harvard, Waltham, Winchester, Woburn*	\$20	\$12	4
Cambridge, Somerville, Medford, Stoneham, Newton, Watertown*	\$24	\$15	5
Boston (Airport Trips not eligible, nor rides over 30 miles)*	\$28	\$18	6

\*Includes rides to towns of similar distance.

## TRIPS & More

### Restaurant Reviews

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



#### Mangia, Mangia Monday, March 7

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

#### Atlantic Sea Grill, Monday, April 4



Please join us for a delicious lunch at the Atlantic Sea Grill, Fish Market & Bar on Monday, April 4. Van leaves VC at 11am and CC at 11:15am. Van fee \$2. Returning between 2-3pm. Deadline to register is Monday, March 28.



**Daylight Savings Time begins at 2:00 am on Sunday, March 13. Turn your clocks forward one hour.**

### Theatrical Happenings

Call Lillian DeBenedictis to register at (978) 371-8023

#### Sweet Charity Wednesday, April 13, 2pm

Join COA Theatre Coordinator, Lillian DeBenedictis, on a trip to the Stoneham Theatre to see a production of *Sweet Charity* on Wednesday, April 13 at 2pm. Ticket price is \$37/pp. To register, contact Lillian at (978) 369-1848.



#### Peabody Essex Museum Tuesday, April 19



Please join us on a trip to the Peabody Essex Museum in Salem. The Museum entrance fee is \$15 and the van fee is \$10, for a total of \$25 due upon registration. Please make check payable to the "Carlisle COA". Lunch on your own at the Museum Atrium Café. The COA will provide one van for 13 people, first-come, first-served, leaving VC at 9:15am & CC at 9:30am returning between 3-4pm. Call Joanne Willens at (978) 371-8023 by Tuesday, April 12 to reserve your spot.

### The Friends of the Carlisle COA Rose Pullara Fund and the Gleason Library invite you to attend the 12<sup>th</sup> Annual Carlisle Cultural Lecture Series 2016

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

#### **March 2 - The Great American West**

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



#### **March 9 - Winslow Homer**

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

#### **March 23 - New York, New York**

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



## 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).



### Monthly Coffee Wednesday, March 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 Jean Bagnaschi and Nancy Jaysane.

### Chelmsford Crossing Lunch Thursday, March 3, 12pm

Minuteman Senior Services and FRS are hosting lunch cooked by Chelmsford Crossing. Menu: lobster roll, potato salad, cole slaw, watermelon wedge, & brownie for dessert. Register at (978) 371-2895 by 11am on Thursday, February 25. Suggested donation: \$3. **After lunch:** "Cruising the Balkan Peninsula from top to bottom" with Mark Hopkins. Mark's camera documents a two-week trip that begins in Athens, Greece, and proceeds by small ship through the Gulf of Corinth and up the spectacular east coast of the Adriatic Sea, with many stopovers in Greece, Albania, Montenegro, and Croatia.



### Nashoba Tech. Lunch Wednesday, March 9, 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, March 2 to register. Menu choices include meat lasagna, rosemary skewered shrimp with rice pilaf and vegetable medley, or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$5 plus tip, payable at school.

### Men's Breakfast Thursday, March 10, 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.



### St. Patrick's Day Lunch Saturday, March 12, 12pm



The Concord-Carlisle High School students will serve senior citizens from Concord and Carlisle at the annual St. Patrick's Day Luncheon on Saturday, March 12 in the CCHS cafeteria. Doors open at 11:30am, lunch will be served at 12 noon. Guests will enjoy a traditional boiled dinner of corned beef and cabbage, potato and carrots. Traditional Irish soda bread and a plate of sweets for each table will round out the meal. This is a **FREE** event. The COA van will be available on a first-come, first-served basis for 13 seniors. Please call (978) 371-2895 to register by noon, Thursday, March 3, and let us know if you need a ride.

### "SENIOR MOMENTS" at Monday, March 14 & 28, 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.



### COA Luncheon Thursday, March 17, 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 by noon, Monday, March 14. Shuttle available. **Stay after lunch** and be entertained by the New New Orleans Traditional Jazz Band including our own Santo Pullara. Come enjoy the Dixieland music and feel free to dance in the aisles!

### Quarterly Breakfast at Nashoba Tech. Wednesday, March 30, 9am

Menu: Choice of eggs (scrambled, Benedict or omelet), bacon, sausage, sautéed potatoes, French toast, pastry, juice, coffee or tea. To register, call the COA at (978) 371-2895 by noon on Wednesday, March 23. **Cost:** \$3 plus tip, payable at the door.

**\*\*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).



## Monthly Coffee Wednesday, April 6, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. This coffee is hosted by Holly Salemy and Nancy Shohet West.

## Chelmsford Crossing Thursday, April 7, 12pm

Minuteman Senior Services and St. Irene are hosting lunch cooked by Chelmsford Crossing. Menu: stuffed peppers, mashed potato, whole baby carrots, & dessert. Register at (978) 371-2895 by 11am on Thursday, March 31. Suggested donation: \$3.



## Hair Cuts on the Go! Mon., March 14, Town Hall

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



## Knitting in Service Society Thursday, March 17, 7:30pm

**Know how to knit or want to learn?** Knitting in Service Society (KISS) is a group who knit hats/scarves to benefit Boston's homeless. For meeting location, please contact Angela at the COA at (978) 371-2895.



## Senior Circuit Breaker Credit

Put up to \$1,070 in YOUR pocket!

### You may Qualify if you:

- ✓ Are 65 or older on or before December 31, 2015
- ✓ Own or rent in Massachusetts as principal residence

### Your total income does not exceed:

- ✓ Single..... \$57,000
- ✓ Married filing joint..... \$85,000
- ✓ Head of household..... \$71,000
- ✓ Your assessed real estate valuation does not exceed ..... \$693,000

### How do I apply?

To claim the Circuit Breaker Credit, you must file a MASS state income tax return, even if you typically don't file a return - *and* - include Schedule CB, the Circuit Breaker Credit form. You can file your tax return for FREE online through the Dept. of Revenue's WebFile for Income at [mass.gov/dor/wfi](http://mass.gov/dor/wfi) and be guided

by a question and answer format. Or, you may download forms to be filled out.

### Where can I get help for FREE to prepare my tax return and Schedule CB?

If you need help, VITA (Volunteer Income Tax Assistance) helps low income and middle income people fill out tax returns for free. Call them at 1-800-906-9887. There are other options including AARP's Tax-Aide program and you can reach them at 1-888-227-7669. For more options check out the seniors webpage: [mass.gov/dor/seniors](http://mass.gov/dor/seniors) or call customer service at (617) 887-6367 (Toll-free in Mass: 1-800-392-6089).



## Outreach with Angela

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

The Low-Income Home Energy Assistance Program (LIHEAP) began in November for 2015/2016. Please call to discuss applying for fuel assistance if your yearly GROSS income is less than or equal to:

- Family of 1 - \$33,126
- Family of 2 - \$43,319
- Family of 3 - \$53,511
- Family of 4 - \$63,704

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 - \$33,126 to \$44,168
- Family of 2 - \$43,319 to \$57,759
- Family of 3 - \$53,511 to \$71,348
- Family of 4 - \$63,704 to \$84,939
- Call for info on larger families for both LIHEAP or the Good Neighbor Fund.

It is possible other fuel assistance may also be available; please call the COA to discuss.

Support is also available for your Real Estate taxes. There are senior exemptions along with support for the disabled, veterans, those who are blind, and exemptions from the Community Preservation Surcharge Income Exemption; for details on these programs, please contact our 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, 2016.

Finally, when you have your income taxes done, ask your preparer about the Senior Circuit Breaker Tax Credit. See page 6 of this newsletter for more information.

If you qualify, please consider applying for the available support.

Best,  
Angela

### Community Conversations @ Gleason Library

#### Selling on Craigslist Tuesday, March 15, 7pm

Melody Orfei has worked in the technology field for 15 years, has a business management degree, and volunteers for many non-profits. Come join her at Gleason Library to learn the basics on how to safely sell items on Craigslist. You'll be taught how to search, post and reply to posts. Attendees must have basic computer skills, an email account and the ability to use a mouse and keyboard. Note that an email account is required to sell items on the Craigslist website. Please bring your own device (the library has a very small number of devices that we can borrow - first come; first served), so please call the COA to register by noon on March 8, and note if you need a device.



### Justice Denied: A Personal Perspective Thursday, March 24, 2:30pm, Gleason Lib.



This talk by Margaret Yamamoto tells the story of the Japanese internment during World War II as seen through the eyes of a Japanese-American family. It follows their passage from immigration in the 1890s through imprisonment during the war years and documents how they rebuilt their lives. Beyond describing the internment experiences of a single family, the talk focuses on the plight of the 120,000 Japanese - two-thirds of them American citizens - who were imprisoned by a Presidential order deemed by many to be in violation of the US Constitution. Margaret Yamamoto, a Lincoln resident, is a member of the family featured and was incarcerated at two months of age. She is co-president of the New England Chapter of the Japanese American Citizens League and is retired after 40+ years in communications and public relations, mostly recently at WGBH. Please call the library at (978) 369-4898 to register.

## Community Events

### Carlisle Chamber Orchestra

**Friday, March 4, 8pm**



Please join the Carlisle Chamber Orchestra on Friday, March 4 at 8pm for an *All Beethoven Concert*, Alan Yost conducting. The concert will take place at the Carlisle Congregational Church, 147 School St. \$15 suggested donation at the door.

### Ask a Lawyer

**Monday, March 14, 1-3:30pm**

**Monday, April 4, 10am-12:30pm**



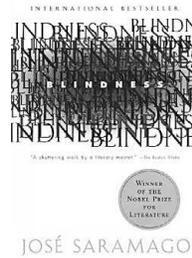
Attorney Eric Prichard from the law firm of Brown & Brown, PC in Bedford will be available to answer estate planning, elder law and Medicaid planning questions at Town Hall on March 14 & April 4. If you would like a review of your estate plan, or if you have general questions about estate or long-term planning, please give us a call at (978) 371-2895 to schedule a short, **FREE** appointment to meet with Attorney Prichard. We will be booking time in half-hour increments, on a first-come, first-served basis.

### Community Book Club

**@ Gleason Library**

**Monday, March 14, 10:30am**

*Blindness* by José Saramago



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

### Caregiver Support Group: 3:30-4:30pm & Bereavement SPRT Group: 4:30-5:30pm **Monday, March 14 & April 11**

Are you taking care of someone and would like to talk with others in the same situation or have you lost a loved one and would love support from others? Come join the Carlisle COA's **FREE** Caregiver Support and/or Bereavement Support Group with Anne Marie Rowse as facilitator at the Gleason Library, in Carlisle at 3:30pm for the Caregiver Support Group and/or at 4:30pm for the Bereavement Support Group. *Open to residents from any town.*

Anne Marie Rowse, Principal of Senior Care Advisors, LLC, is a certified geriatric care manager and has completed 4 units of Clinical Pastoral Education as a Chaplain. For more info, please email [amarowse@charter.net](mailto:amarowse@charter.net) or call her at (508) 479-0652.



The **Carlisle eCommunity Directory** officially launches Friday, April 1. This online Directory, initiated by the Carlisle Parent Teacher Organization (PTO), will offer town activities, resident listings, local businesses and much more!

Log on today at [www.carlislecommunity.com](http://www.carlislecommunity.com) to learn more.

### French Language Club

**Wednesday, March 16, 11:30am**



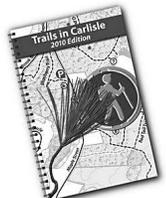
If you speak French or would like to, please come to the Benfield Farms, 2<sup>nd</sup> Fl. Community Rm. A volunteer will lead the group by bringing a topic to discuss; if you are planning to travel to a French speaking country and have words/phrases that you would like to learn, please bring your topic to the meeting. Register by calling the COA at (978) 371-2895.

### Spring Outside Walking Group

**Thursdays, March - April**



You are invited to join the outside walking group to start on Thursday, March 3. We meet at 9:30am on Thursday mornings at Center Park for about a two hour walk at a moderate pace. 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](mailto:jane.anders@comcast.net) or Helen Young at (978) 369-6147 if you have questions. Expect mud. You don't need to sign up, just show up!



## 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

##### March 7, 14, 21, 28 @ FRS

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

#### TUESDAYS

##### March 1, 8, 15, 22, 29 @ St. Irene

**Zumba - 10:45am.** Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Mar.-May).

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

**Ballroom Dancing - 2pm. Classes on 3/15, 3/22, 3/29. FREE** thanks to the generosity of our teachers, Barry Kasven & Cynthia Horn.

#### WEDNESDAYS

##### March 9, 16, 23, 30

**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 (Mar. 9-April 27). **Call the Recreation Dept. to register (978) 369-9815.** Checks payable to Carlisle Recreation Dept.

**Line Dancing - 1:45pm, FRS\*.** No experience or partner required. Instructor: Katrina Rotondi. Fee: \$40 (Mar.-May). *\*Change of venue for February 24, all of March & April 27.*

#### THURSDAYS

##### March 3, 10, 17, 24, 31

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

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

#### FRIDAYS

##### March 4, 11, 18 @ Town Hall ( No Class 3/25)

**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.** Current session runs 2/26 - 5/6. Fee prorated. For more info see osbkarate.com or call the COA.

### FREE Blood Pressure Clinics

#### Wednesday, March 2, 9am

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

#### Thursday, March 3, 11:30am

Chelmsford Crossing Lunch, FRS, sponsored by COA Volunteer.

#### Thursday, March 10, 8am

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

#### Thursday, March 17, 11am

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

#### Monday, March 28, 10am

Senior Moments, Ferns, sponsored by Right at Home.

### Podiatry Clinic



#### Tuesday, March 1

(Benfield, 2nd Fl., 575 South St. )

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

### Ballroom Dancing

#### Tuesdays, 2pm, St. Irene

3/15, 3/22, 3/29, 4/5, 4/19, 4/26

5/3/, 5/10, 5/17, 5/24



Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register by calling the COA at (978) 371-2895.

### Walking @ Carlisle School Gym

#### Monday-Friday, 6:45-7:30am

To walk you **MUST** call David Flannery (978) 371-2279 after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open. In case of fire, exit the gym door and go to the parking area adjoining Spaulding field.

# March 2016

SU	MON	TUE	WED	THU	FRI	SA
		<b>1</b> <b>Podiatry Clinic:</b> by appt. <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm	<b>2</b> <b>Coffee &amp; BP:</b> 9am <b>ARTMATTERS:</b> 1:30pm, Great American West, St. Irene <b>Line Dancing:</b> 1:45pm	<b>3</b> <b>Outdoor Walking:</b> 9:30am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>Chelmsford Crossing:</b> 12pm, BP 11:30am, FRS; <i>after lunch:</i> "Cruising the Balkan Peninsula"	<b>4</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am <b>Carlisle Chamber Orchestra:</b> 8pm, Congregational Church	<b>5</b>
<b>6</b>	<b>7</b> <b>Restaurant Review:</b> Mangia, Mangia VC 10:45am, CC 11am <b>Tap:</b> 1:30pm	<b>8</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm	<b>9</b> <b>Yoga:</b> 9:30am <b>Nashoba Tech Lunch:</b> 11:45am <b>ARTMATTERS:</b> 1:30pm, Winslow Homer, St. Irene <b>Line Dancing:</b> 1:45pm	<b>10</b> <b>Men's Breakfast &amp; BP:</b> 8am <b>Outdoor Walking:</b> 9:30am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am	<b>11</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am <b>St. Patrick's Day Lunch @ CCHS</b> → Sat. March 12, 12pm	<b>12</b>
<b>13</b>	<b>14</b> <b>Hair Cuts on the Go!:</b> by appt. <b>Sr. Moments:</b> 9:30am <b>Book Club:</b> 10:30am @ Gleason Library <b>Ask a Lawyer:</b> by appt. <b>Tap:</b> 1:30pm <b>Caregiver Grp: &amp; Bereavement Grp:</b> 4:30pm, Gleason Lib.	<b>15</b> <b>COA Board:</b> 10:30am <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm <b>Ballroom Dancing:</b> 2pm <b>Comm. Conversation:</b> 7pm, Selling on Craigslist, Gleason Lib.	<b>16</b> <b>Yoga:</b> 9:30am <b>French Club:</b> 11:30am <b>Line Dancing:</b> 1:45pm	<b>17</b> <b>Outdoor Walking:</b> 9:30am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>COA Lunch:</b> 11:45am, BP 11am, FRS; <i>after lunch:</i> New New Orleans Traditional Jazz Band <b>KISS:</b> 7:30pm	<b>18</b> <b>Grocery Shopping:</b> 9am <b>SAMA:</b> 10:45am	<b>19</b>
<b>20</b>	<b>21</b> <b>Tap:</b> 1:30pm	<b>22</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm <b>Ballroom Dancing:</b> 2pm	<b>23</b> <b>Yoga:</b> 9:30am <b>Line Dancing:</b> 1:45pm <b>ARTMATTERS:</b> 1:30pm, NY, NY, St. Irene	<b>24</b> <b>Outdoor Walking:</b> 9:30am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am <b>Cultural Event:</b> 2:30pm, Justice Denied, Gleason Lib.	<b>25</b> <b>Grocery Shopping:</b> 9am <b>NO SAMA</b>	<b>26</b>
<b>27</b>	<b>28</b> <b>CCHS Poetry:</b> 9am <b>Sr. Moments:</b> 9:30am, BP 10am <b>Tap:</b> 1:30pm 	<b>29</b> <b>Zumba:</b> 10:45am <b>Tai Chi:</b> 12:30pm <b>Ballroom Dancing:</b> 2pm	<b>30</b> <b>Yoga:</b> 9:30am <b>Nashoba Brkfast:</b> 9am <b>Line Dancing:</b> 1:45pm <b>ARTMATTERS:</b> Snow Date	<b>31</b> <b>Outdoor Walking:</b> 9:30am <b>Fitness:</b> 9:45am <b>Cardio:</b> 10:45am	<b>NOTE: Inside walking.</b> Mon.-Fri. 6:45 - 7:30am, CPS. See pg. 9 for more info.	

## DEE FUNERAL & CREMATION SERVICES

*Caring for Families since 1868*

**978-369-2030**

Susan M. Dee Charles W. Dee

[www.deefuneralhome.com](http://www.deefuneralhome.com)



**Linda Butterworth-Till**  
Attorney-at-Law

Estate Planning, Elder Law, Probate  
Long-Term Care Planning

Call or e-mail for a  
complimentary consultation

779 North Road 978-369-4017  
Carlisle, MA lbtesq@lbtesq.com

# The Edwards Team

40 Year Carlisle Resident



We're here to help! We know this town!  
We love this town!

Charity Edwards Direct: 978-369-2336 • 508-397-2509 Helen Edwards

Office: 978-369-1670

300 Baker Ave., Suite 300 • Concord MA



Experience The Laura B' Team



## 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

ROLLINS INSURANCE AGENCY

369-6883

Carlisle Center, Carlisle, MA

## LET US PLACE YOUR AD HERE.

" We lived in New Hampshire, where we had lots of outdoor activities. We still have that here. Now **our friends are coming down to visit here and they are really sort of jealous.** We have the best of both worlds. " – Will and Bev Reed, Residents

A lifestyle that gives you the freedom to pursue your passions is something that everyone can appreciate. At The Commons in Lincoln, you can do the things you love because we take care of everything else for you. That includes lawn care, housekeeping and even snow removal. Every day, our expert chefs prepare lunches and dinners that will tantalize your taste buds. All this leaves you time to enjoy whatever you please, from nature walks on nearby trails to cultural attractions only minutes away in Boston. It is all part of our *Lifecare Advantage*.



Call **1-877-219-6116** to schedule a personal tour, or visit **www.TheCommonsInLincoln.com/visit** to take a video tour of the Reeds' home.



A Benchmark Signature Living Lifecare Community

222 Sandy Pond Road | Lincoln, MA 01773



**COMING SOON!** Rental Assisted Living, Memory Care and Skilled Nursing  
**NOW TAKING DEPOSITS.**

*\*Opening in 2016. Subject to regulatory approval.*



For ad info. call 1-800-888-4574 • www.4lpi.com

Carlisle Council on Aging, Carlisle, MA 06-5075

**Town of Carlisle  
66 Westford Street  
Carlisle, MA 01741**

**Presorted Standard  
US Postage Paid  
Carlisle, MA 01741  
Permit No. 1**

## **Return Service Requested**



### **Spring Health Lecture Series**

**Wednesday, April 6 & April 20, 7:00pm, Gleason Library, Hollis Room**

The Friends of the Carlisle COA and the FOGPL invite you and your friends to attend the 12<sup>th</sup> Annual Carlisle Health Series. Call the Gleason Library to register at (978) 369-4898. Refreshments for are being provided by Lifecare Center of Acton. RSVP to reserve your seat at [gleasonlibrary.org/calendar](http://gleasonlibrary.org/calendar) or call (978) 369-4898.

**April 6 - Getting the Most of Your Visit with Your Doctor** presented by Dennis Rosen, M.D., a specialist at Children's Hospital Boston, and Assistant Professor in Pediatrics at Harvard Medical School. Dr. Rosen has written a book on communication between physicians and patients, "Vital Conversations: Improving Communication Between Doctors and Patients." In "Vital Conversations," Dr. Rosen draws upon research in biomedicine, sociology, and anthropology and integrates personal stories from his own practice of medicine in three different countries (and as a patient himself, on occasion). He demonstrates how important good communication between physicians and patients is to the provision of high-quality—and less expensive—care, and how without it, medical adherence and the utilization of preventive medical services fall, and the rates of medical complications, hospital readmissions and unnecessary testing and procedures rise.

**April 20 - What you should know about concussions especially in our youth** presented by Dr. Robert Cantu, MD, FACS, FAANS, FICS, FACSM. Dr. Cantu is one of the world's foremost authorities on brain trauma and concussions in sports. Join us for his talk on Wednesday, April 20 at 7pm. Goals and objectives of his talk are:

- To be able to identify concussion symptoms and post-concussion syndrome
- Discuss epidemiology of concussion including mortality/morbidity statistics
- To be able to understand chronic traumatic encephalopathy
- Complications of mismanagement of concussion
- Understand criteria for resuming activity
- To understand unique risk that concussions have for youth as compared to adults



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.