

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

66 Westford Street Carlisle, MA 01741

Message from the Director

Intergenerational Killer Whales & More

Greetings All, Quick quiz: About how many mammal species do scientists estimate stop having children midway through their lifespans? If you answered three, you knew far more than I did when I first heard a BBC report about the evolutionary mystery that links humans, orcas (aka killer whales) and short-finned pilot whales, the latter two of which are part of a group known as cetaceans.

It's difficult not to be intrigued by news stories with titles like: *Whales and humans linked by 'helpful grandmothers.'* I admit, I grew up knowing my own two loving and very helpful grandmothers so in a way that was not exactly a newsflash. But it turns out that there are deeper things going on. On the cetacean, whale side scientists believe that the post menopausal lives of female whales have evolved to play a crucial role in the survival of their younger relatives. Indeed these older adult female whales often use their knowledge and experience to lead and protect their adult children. Scientists have been following around certain packs of whales for decades and have found it quite common to find "grandmother" whales leading their adult children in hunting for food.

In August a killer whale named J2, but also known as *Granny*, was spotted in the Pacific off the Washington coast (see her picture to the right - it looks like orcas don't go very grey). *Granny* is believed to be 105 years old, which would mean that she was born the year before the Titanic sank. She may be among the oldest orcas, but somewhat like humans, orcas commonly have a 60 to 80

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year lifespan. *Granny* and other older female whales live a very active lifestyle, leading their pods of children and sometimes adopted children. Adult male orcas usually stay with their mothers for as long as they live ("As they should!" said one of my MCOA colleagues). Here's a link for more information: <http://www.smithsonianmag.com/science-nature/after-menopause-killer-whale-moms-become-pod-leaders-180954480/?no-ist>.

Gene Wilder, thank you for making us smile. You are already missed! Have a wonderful October All!

Yours, David



COA Hours

Monday - Friday
9am - 3pm

(978) 371-2895 Office
 (978) 371-6690 Van line
 (978) 371-6693 Director

COA Staff

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

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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.

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.



Carlisle Transportation Services (CTS)

To meet your alternative transportation needs, consider Carlisle's latest option, Flow Transportation Services. Flow can be reached at (978) 602-5606 for ride scheduling. Please call a minimum of 48 hours before your trip. Discount voucher-tickets for Carlisle seniors or those with disabilities may be purchased at the COA office at Town Hall. One-time registration for the voucher discount program is required. More info on the service & pricing is available at <http://carlisletransportation.com/cts-transportation/> or call the COA at (978) 371-2895.

ELECTION DAY (November 8) TRANSPORTATION

The COA will provide transportation for seniors and disabled residents to Town Hall on Election Day.

The COA shuttle will stop at both Benfield Farms and Village Court at the following times:

- 9:00am Benfield Farms → 9:15am Village Court → 9:30am Town Hall *
- 10:45am Benfield Farms → 11:00am Village Court → 11:15am Town Hall *
- 12:30pm Benfield Farms → 12:45pm Village Court → 1:00pm Town Hall *
- 2:15pm Benfield Farms → 2:30pm Village Court → 2:45pm Town Hall *

* Return trip back home at completion of voting by all in the group.



If you don't live at Benfield Farms or Village Court and need a ride, please call the COA transportation line at (978) 371-6690 to make a reservation.

TRIPS & More

Restaurant Review/Day Trips

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

Dino's Kouzina & Pizzeria

Monday, October 3



Come join us for a delicious lunch -Greek-style- at Dino's in West Concord. Van leaves VC at 10:45am, CC at 11am, returning between 2-3pm. Van fee \$2. Please contact Joanne Willens to register.



Ken's NY Deli & Brick Oven Pizzeria

Monday, November 7

Join us again as we travel to Ken's NY Deli in Bedford. Van leaves VC at 10:45am, CC at 11am, returning between 2-3pm. Van fee \$2. Please contact Joanne Willens by noon on Wednesday, November 2.

Theatrical Happenings

Stay Tuned for more Theatrical Shows!

Edward M. Kennedy Institute

Tuesday, October 11



Join Joanne Willens on a tour of the Edward Kennedy Institute. Enjoy the many exhibits, view his political career and his legacy. Entrance fee is \$12/pp due upon registration. Please make check payable to "Carlisle COA." Van fee is \$5. Van leaves VC at 10am, CC at 10:15am. Lunch on your own afterwards at Sullivan's on Castle Island. Only 12 seats available - first-come, first-served. Out-of-towners will be placed on a wait list until October 4. Contact Joanne Willens at (978) 371-8023 to register by Monday, October 3.

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*.



Monthly Coffee

Wednesday, October 5, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. This coffee is hosted by Nancy Jaysane & Jean Bagnaschi.

Chelmsford Crossing Lunch

Thursday, October 6, 12pm

Minuteman Senior Services and FRS are hosting lunch cooked by Chelmsford Crossing. Menu: bacon wrapped meatloaf, gravy, whipped potato, mixed vegetable, dinner rolls and apple pie. Register at (978) 371-2895 by noon on Thursday, September 29. Suggested donation: \$3. **Following lunch:** Please join us to hear the lovely sounds of the Chelmsford Crossing Songbird Chorus & participate in a sing-a-long. The Songbird Chorus have been performing at local senior living residences, senior centers and adult day care centers since the spring of 2016. Their music ranges from traditional folk songs to popular songs for the 20th century.

Minuteman Tech Lunch

Wednesday, October 12, 11:30am



Choose from meals created with great care by the culinary arts students at Minuteman Tech. Call the COA at (978) 371-2895 no later than noon, Wednesday, October 5 to register. Menu choices include chicken, broccoli & pasta with cheese sauce; broiled swordfish 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.*



Men's Breakfast

Thursday, October 13, 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!



COA Lunch

Thursday, October 20, 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: pizza, salad, dessert and cold/hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 by noon, Monday, October 17. Shuttle available. **Following the lunch:** Several talented players from the Savoyard Light Opera Company will be performing selections from the Golden Era of Broadway and beyond.

"SENIOR MOMENTS" at

Monday, October 24, 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.



Quarterly Breakfast @ Nashoba Tech

Wednesday, October 26, 9am

Menu: choice of eggs (scrambled, benedict or omelet), bacon, sausage, sautéed potatoes, French toast, pastry, juice, coffee or tea. To register, call the COA at (978) 371-2895 by Wednesday, October 19. **Cost:** \$3 (subsidized by COA grant), plus tip, payable at the door.

The Passive Aggressive Raven



****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 asap.



Monthly Coffee

Wednesday, November 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 Life Care Center of Nashoba Valley.

Chelmsford Crossing Lunch

Thursday, November 3, 12pm

Minuteman Senior Services and St. Irene are hosting lunch cooked by Chelmsford Crossing. Menu: prime rib of beef au jus, baked potato, asparagus, dinner roll, dessert. Register at (978) 371-2895 by noon on Thursday, October 27. Suggested donation: \$3. **Following lunch:** Please join us as the senior members of the Concord Traveling Players present staged readings of comic one-act plays and excerpts from Broadway shows. The program will include plays about a wife and husband misremembering their past, another husband and wife arguing over proper diet, two sisters refusing to reminisce about their past, an all too familiar tussle with an automated phone voice, and a song called, "I'm My Own Grandpa." The group includes Carlisle residents Rik Pierce, Paul Gill and Birgitta Knuttgen.



Nashoba Tech Lunch

Wednesday, November 9, 11:45am

Choose from meals created by the culinary arts students at Nashoba Tech. Call the COA at (978) 371-2895 by noon on Wednesday, November 2 to register. Menu choices: chicken parmesan, baked haddock, or vegetarian meal based on seasonal vegetables along with starch, chef's choice. Cost: meal \$5 / soda \$1, plus tip, payable at school.

Silk Scarf Painting

Tuesday, November 15, 2pm, Town Hall



Let your creative side shine through! Join Karen Halloran, Community Liaison from CareOne at Concord, for a complimentary silk scarf painting class. You will leave with a lovely scarf for yourself or a gift for a friend. No experience necessary and all materials included. To register please call the COA at (978) 371-2895 by no later than noon, Tuesday, November 8. Please note that this event is limited to 10 people; first-come, first-served. Carlisle residents have first preference. Wait-listed Carlisle residents and out-of-towners will stay on a wait list until Tuesday, November 8.



DID YOU KNOW...

Did you know if you are in need of medical equipment, the Carlisle COA may have just what you need to borrow? We generally have a stock of walkers, commodes, raised toilet seats, canes, crutches, shower chairs, wheelchairs, and more. Just give us a call at (978) 371-2895 if you need something.



OUTREACH with Angela

October is fire safety month, and COA Transportation Coordinator, Debbie Farrell, wanted to remind us to have our house numbers clearly posted. Therefore, please take a quick look to see if any of your house numbers have fallen off or faded and needs to be replaced. To ensure that our COA van drivers and/or any emergency responders, if needed, can locate you, your house must be clearly marked from the street or it can waste precious time to locate you! Here are a few tips to help:

- **House** - The number should be posted so that it is visible from both directions of travel. Trees, bushes or other debris should *not* block visibility from the road. If possible, place house numbers on your home near the front door, above eye level and near a light source
- **Mailbox** - Do not use your mailbox as the only means of identification for your house. If your mailbox is not in front of your house or near your driveway, emergency responders cannot locate you if you do not have your house number attached to your house or on a post or sign in your yard. Black and white stickers are easily noticeable. Remember to mark your mailbox on both sides. Numbers on the mailbox door may be great for your mail carrier, but are extremely difficult for drivers to see. Show only your number. Your name and street are not needed.
- **Number Size** - Bigger is better. The number should be at least four inches tall if displayed on a house or sign. Get boldface type. Thick and wide is better.

Please be safe, and we hope to see many of you soon as our fall programs gear up.

Best, Angela



COMMUNITY EVENTS

Senior Flu Clinic

Friday, October 14, 10-11:30am @ Town Hall, Clark Room



Sponsored by the Carlisle BOH and supported by the Carlisle COA. This clinic will provide the influenza vaccine to Seniors 65+. Nurses are provided by Emerson Home Care. No appointment is needed. BRING YOUR MEDICARE CARD! Need a ride, call the COA van line (978) 371-6690. Homebound seniors, call (978) 371-2895 to arrange a home visit. *Refreshments provided by Benchmark Senior Living at Robbins Brook.*



Chinese Traditional Art

Thurs., October 13, 10:30am

-Carlisle Public School-

Come join Yih Ping Chang, an architect and Carlisle resident, and Chiao Bin Huang, a Chinese language teacher at Carlisle Public School (CPS) for introduction to traditional Chinese Art. CPS students studying Chinese will help serve tea and some will demonstrate their knowledge of the Chinese language. Light refreshments will be served. Please register for this event no later than Thursday, October 6 by calling (978) 371-2895. Location: Chinese classroom (S120), Carlisle Public School. Please sign in at the main office in the Spalding Building. Park in the circle parking on School Street or in the main parking lot off Church Street or along Church Street. Please also consider carpooling.

Best of the Fall's Theatre Season

Tuesday, October 25, 1:30pm

-Gleason Public Library, Hollis Room-



We might have to wait a couple more years for "Hamilton," but the Boston-area theater season is in full swing this fall, with plenty of can't-miss productions in Boston's Theater District as well as at New Rep in Watertown, Merrimack Repertory Theatre in Lowell, and numerous regional venues. Get an insider's view of the upcoming theater calendar from Carlisle's Patti Hartigan, an award-winning journalist who was a staff arts reporter, theater critic, and cultural columnist for The Boston Globe for more than 12 years. Patti is now contributing editor at Boston Magazine and continues to write about theater for the Globe and other national publications. Find out what she's excited to see and what she recommends that everyone else see, and ask her all your questions about Boston-area theater.

COMMUNITY EVENTS Cont.

Community Book Club @ Gleason Library



Mon., October 3, 10:30am
The Spectator Bird
by Wallace Stegner

Mon., November 14, 10:30am
Colorless Tsukuru Tazaki and His Years of Pilgrimage
by Haruki Murakami



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

Ballroom Dancing Tuesdays, 2pm, St. Irene

**October 4, 11, 18, 25,
November 1, 8, 15, 22, 29**



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.



The Invisible Challenge of Hearing Loss

Monday, October 17, 10am
- St. Irene -

Dorothy Potts, Licensed Hearing Instrument Specialist, will highlight the causes of hearing loss, the impact of hearing loss on social interaction and the consequences of untreated hearing loss. She will also explain the correlation between chronic diseases and hearing loss. Dorothy Potts currently works for Zounds of Westford and will gladly schedule anyone interested in a follow up free baseline hearing exam at their facility. *Light breakfast (bagels, scones, fruit, juice & coffee) will be served courtesy of Zounds.* Please call the COA at (978) 371-2895 to register for this informative talk by Wednesday, October 12.

Knitting in Service Society Thursday, October 20, 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. **Please turn in all completed garments to be tagged at the October 20 meeting.** Completed garments will be taken to Boston for the November 6 Common Cathedral gathering.

French Language Club Wednesday, October 26, 3:30pm



If you speak French or would like to, please come to the Benfield Farms, 2nd Floor. Community Room. A volunteer will select a topic for group discussion. If you will be traveling to a French speaking country and have words/phrases that you would like to learn, please bring topic to the meeting. Register by calling the COA at (978) 371-2895.

Caregiver & Bereavement Support Group October 3, November 14 & December 12, 3pm - Bedford Town Center -

Anne Marie Rowse, a geriatric care manager and Chaplain is offering a **FREE** Caregiver & Bereavement Support Group at Bedford Town Center, 12 Mudge Way, Fitch Room on Mondays, 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 email amarowse@charter.net or call her at (508) 479-0652. You need not sign up. This program is supported by both the Bedford and Carlisle Council on Aging.

COMMUNITY EVENTS Cont. & Other Info.

Islam Talks with Jason Giannetti Wednesdays, October 5, 1:30pm

The third and last session of Professor Jason Giannetti's talk on Islam in the modern world will take place on Wednesday, October 5, 1:30pm at the Gleason Public Library. Space is limited; please register with the Gleason Public Library at (978) 369-4898 or gleasonlibrary.org/calendar. Sponsored by FOCCOA and FOGPL. *Light refreshments to be provided by Life Care Center of Acton.*

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.

Outside Walking Group

Thursdays, Starting October 13 @ 9:30am

Please meet us at 9:30am at Center Park for the fall session of the Outside Walking Group. We will be 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 Helen Young helenyoung@alum.mit.edu or Jane Anderson (978) 369-9672, jane.anders@comcast.net if you have any questions. Expect mud. You don't need to sign up, just show up!



Music of Russia and France with Richard Travers Wednesday, October 19, 26 & November 2 at 1:30pm

From Russia with Love to Vive La France! Music educator Richard Travers returns to Carlisle this fall with a lively series of music history presentation. Talks will take place on Wednesdays at 1:30pm at the Gleason Public Library, 3rd floor, Hollis Room.

10/19/16 - *From Russia with Love Part 1*: The topics in this lecture include the history of music in Russia, how the music evolved from the influence of western civilization, and the Great Russian Chorus music. Stravinsky, Borodin, Rachmaninoff and many other composers will be discussed as well as performers such as Horowitz and Rostropovich.

10/26/16 - *From Russia with Love Part 2*: The influence of ballet (Nureyev, Baryshnikov) and classical music (Shostakovich/Prokofiev) will be presented from the Soviet perspective. The lecture will also look at how composers and performers managed to write and play music under the oppressive Soviet regime. Ballet Music will be included as well as Russian Folk songs.

11/2/16 - *Vive La France*: This lecture presents some of the most significant French composers and performers from renaissance to modern times. Composers such as Gounod, Berlioz, Ravel, Faure and Offenbach will be discussed as well as singers and performers such as Edith Piaf.

Seating is limited for this free series; please register at gleasonlibrary.org or call 978-369-4898. Sponsored by the Friends of the Council on Aging and the Friends of the Gleason Public Library. *Light refreshments to be provided by Life Care Center of Acton.*

Carlisle Public School

Halloween Parade

Monday, October 31, 10:30am

-Village Court-

Stop by to see the great costumes!

SAVE THE DATE



Thursday, December 8
Elm Bank Reservation
Wellesley

Details to follow soon!

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

October 3, 17, 24, 31 @ FRS (No Class 10/10)

Intergenerational Tap - 1:30pm. Beginners welcome! Taught by Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

TUESDAYS

October 4, 11, 18, 25 @ St. Irene

Zumba Gold - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

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

WEDNESDAYS

October 5, 12, 19, 26 @ St. Irene

Line Dancing - 1:45pm. No experience or partner required. Instructor: Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

THURSDAYS

October 6, 13, 20, 27

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Fee: \$40 (Sept.-Nov.). *Please note change in venue on 10/20 - Fitness will be at Cong. Church.*

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

FRIDAYS

October 14, 21, 28 @ Town Hall (No Class 10/7)

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 8/19 - 11/4. Fee prorated. For more info see osbkarate.com or call the COA. *Please note time change on 10/14 - SAMA will take place at 12:30pm.*



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 Spalding field.

FREE Blood Pressure Clinics

Wednesday, October 5, 9am

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

Thursday, October 6, 11:30am

Chelmsford Crossing Lunch, FRS sponsored by a COA Volunteer.

Thursday, October 13, 8am

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

Thursday, October 20, 11am

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

Monday, October 24, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic @ Benfield Farm

Mon., Oct. 31 & Tues., Nov. 1

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."



Hair Cuts on the Go!

Mon., Oct. 3, 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.

Life is like riding a bicycle.
To keep your balance, you must
keep moving.
— Albert Einstein



OCTOBER 2016

| SU | MON | TUE | WED | THU | FRI | SA |
|----|--|--|---|--|--|----|
| | | | | | | 1 |
| 2 | 3 Hair Cuts on the Go! : by appt. Book Club : 10:30am Restaurant Review : Dino's, VC 10:45am, CC 11am Tap : 1:30pm Caregiver & Bereavement Grp : 3pm, Bedford | 4 Zumba : 10:45am Tai Chi : 12:30pm Ballroom Dancing : 2pm | 5 Coffee & BP : 9am Islam Talks : 1:30pm Line Dancing : 1:45pm | 6 Fitness : 9:45am Cardio : 10:45am Chelmsford Crossing : 12pm, BP 11:30am, FRS; <i>after lunch</i> : Chelmsford Crossing Songbird Chorus | 7 Grocery Shopping : 9am NO SAMA | 8 |
| 9 | 10 Town Hall & COA Closed  | 11 Ed Kennedy Institute : VC: 10am, CC: 10:15am Zumba : 10:45am Tai Chi : 12:30pm Ballroom Dancing : 2pm | 12 Minuteman Tech Lunch : 11:30am Line Dancing : 1:45pm | 13 Men's Brkfst & BP : 8am Outside Walking : 9:30am Fitness : 9:45am Cardio : 10:45am Community Conversation : Chinese Traditional Art., 10:30am, CPS | 14 Grocery Shopping : 9am Flu Clinic : 10am-11:30am, Town Hall SAMA : 12:30pm | 15 |
| 16 | 17 Hearing Loss Talk : 10am, St. Irene Tap : 1:30pm | 18 Zumba : 10:45am Tai Chi : 12:30pm Ballroom Dancing : 2pm Spaghetti Supper : 5pm, Carlisle Public School COA Board Meeting : 7pm, Town Hall | 19 Russia with Love (Part I) : 1:30pm Line Dancing : 1:45pm | 20 Outside Walking : 9:30am Fitness : 9:45am Cardio : 10:45am. COA Lunch : 11:45am, BP 11am, FRS; <i>after lunch</i> : Savoyard Light Opera Company KISS : 7:30pm | 21 Grocery Shopping : 9am SAMA : 10:45am | 22 |
| 23 | 24 Sr. Moments : 9:30am, BP 10am Tap : 1:30pm | 25 Zumba : 10:45am Tai Chi : 12:30pm Community Convers. : 1:30pm, Fall Theatre Ballroom Dancing : 2pm | 26 Nashoba Tech Breakfast : 9am Russia with Love (Part II) : 1:30pm Line Dancing : 1:45pm French Club : 3:30pm | 27 Outside Walking : 9:30am Fitness : 9:45am Cardio : 10:45am | 28 Grocery Shopping : 9am SAMA : 10:45am | 29 |
| 30 | 31 Podiatry Clinic : by appt. Halloween Parade : 10:30am, VC Tap : 1:30pm |  | | | NOTE: Inside walking. Mon.-Fri. 6:45-7:30am, CPS. See pg. 9 for more info. | |

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Celebrate Veterans Day, Friday, November 11 by joining us in a 5K and 1 mile run/walk for all ages. The 1-mile race begins at 9am followed by the 5K at 9:45am, rain or shine. Runners and walkers of all ages and from all towns are welcome in either or both race. Free race T-shirts will be given to participants while supplies last. Entry fee for participants age 19 and under, 60 and older, and all veterans is \$15 if pre-registered online or \$20 on race day. For all others the entry fee is \$20 if pre-registered or \$25 on race day (tax and processing fee extra). Trophies and medals will be awarded to first place finishers in many categories. To register online go to www.lightboxreg.com. Registration on the day of the race begins at 8am at the FRS.

This road race is hosted by the Carlisle Council on Aging with help from the Carlisle Veterans Committee and support from the Concord-Carlisle Community Chest.

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