



Carlisle Connection

Serving
Carlisle's 60+
Community



S E P T E M B E R 2 0 1 5

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

66 Westford Street Carlisle, MA 01741

Message from the Director

Greetings & Welcome to our Newsletter. Veteran COA readers will note that this is the first use of our new logo and tagline (see above) in this medium. On top of our normal full schedule of events and activities we have a few new initiatives that I'd like to share with you below and on the following pages.

Yours, David

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COA Road Race - With support from the Concord Carlisle Community Chest, the Council on Aging is proud to sponsor our inaugural COA Road Race: "A 5K and 1 Mile Run/Walk for All Ages." Check out the race logo (designed by Carlisle resident David Freedman) and "Save the Date" message on the back page of this newsletter. This event incorporates the COA's sentiment of inclusive participation among all ages and abilities.

The COA Road Race will be held the morning of November 11th, Veterans Day. We're happy to be able to offer a new event for Carlisle that also honors those who've served our country. We will have official timing and awards for the serious runners among us, but also offer exercise, fun and goodies for all participants. Stay tuned for more information here and in the Mosquito.

COA & RecCom Team-Up - Check out pages 6 and 7 for information about classes that are being co-sponsored by Carlisle's Recreation Commission and Council on Aging. These are some of the same classes offered in the just released, Fall 2015, Carlisle Recreation Bulletin. However, if you're a senior, or even age 50 and up, you can take the class for a discount. The COA, through an agreement with RecCom, will use various grant resources to pay for the difference. We hope that this is helpful. Please let us and/or RecCom know what you think. Thanks to Holly Mansfield & Angela Smith for all their help!

Do you live alone? If so, why not call the COA and sign up for our FREE RUOK® Telephone Reassurance System. RUOK® automatically calls you at a predetermined time that you set. When RUOK® hears a voice response on the phone it delivers a short pre-recorded call message from the COA. If you don't pick up after several tries, the police will try to reach you, and if there is still no reply they will stop by and check on you at home. This system has saved lives. Please take advantage of this FREE offering since anyone can fall or have something happen. Call the COA at (978) 371-2895 to sign up.

<p><u>CARLISLE COA OFFICE HOURS</u></p> <p>Monday 9am - 5pm Tues - Thu 9am - 3pm Friday 9am - 1pm</p> <p>(978) 371-2895 Office (978) 371-6690 Van line (978) 371-6693 Director</p>	<p><u>COA Staff</u></p> <p>Director: David Klein coadirector@carlisle.mec.edu</p> <p>Outreach & Prog.: Mgr. Angela Smith asmith@carlisle.mec.edu</p> <p>Transportation Coord.: Debbie Farrell coaride@carlisle.mec.edu</p> <p>Admin. Assist.: Linda Cavallo-Murphy Admin. Assist.: Mary Hopkins coadmin@carlisle.mec.edu</p> <p>LICSW: Peter Cullinane</p>	<p><u>COA Board Officers</u></p> <p>Board Chairperson Verna Gilbert</p> <p>Vice-Chair Donna MacMullan</p> <p>Treasurer Walter Hickman</p> <p>Co-Secretaries Elizabeth Acquaviva Kathy DeVivo-Ash</p>	<p><u>Board Members</u></p> <p>Giovanna DiNicola Peggy Hilton Reuben Klickstein Jean Sain</p> <p><u>Associate Members</u></p> <p>Maxine Crowther Lillian DeBenedictis Jerome Lerman, Helen Lyons Muggsie Rocco, Abha Singhal</p>
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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. *Need a ride to RMV, SS Office, or local errands? These are rides that we can help you with in addition to medical appts.*

Donations/Fees*

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

Medical appointments

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

Local grocery /Shopping trips

Join us every Friday morning at 9am for 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

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

TRIPS & More

Restaurant Reviews

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

Atlantic Sea Grill

Wednesday, September 9

Enjoy a fresh seafood lunch at the Atlantic Sea Grill in Acton. Van leaves VC at 10:50am, CC at 11:10am, returning between 2-3pm. Van fee \$2.00. Deadline to register is Thursday, September 3.

Emma's Café

Monday, October 5

We are off to Stow for a delicious lunch at Emma's Café. Van leaves VC at 10:15am, CC at 10:30am, returning between 2-3 pm. Van fee \$2. Deadline to register is Monday, September 28.



**"By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer."**

Helen Hunt Jackson, *September*, 1830-1885

COA Day Trips

Quechee Gorge & Simon Pearce Trip

Tuesday, September 22

Join us as we return to Vermont in the fall. Our first stop is Quechee Gorge Village and then onto the Village of Quechee for glass blowing at Simon Pearce, shopping and lunch on your own. Coach leaves CC at 9am, returning between 5-6 pm. The coach fee \$15/pp. which must be paid when registering for the trip. Deadline to register is Tuesday, September 15. Please contact the COA to register at (978) 371-8023.



Museum of Fine Arts Boston

Wednesday, October 21

Join us as we head into the city to the MFA for the day. Van leaves VC at 9am and CC at 9:15am. First come first served - only 12 seats available on van. We need 10 seniors who are non-members of the MFA in order to get the senior group price of \$18 for an entrance fee. Lunch is on your own. Van fee is \$10/pp., due upon registration; deadline is Thursday, October 1. To register, please contact Joanne Willens at (978) 371-8023.



Theatrical Happenings

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

A Funny Thing Happened on the Way to the Forum

Wednesday, September 16



Join Lillian to see another great play at Stoneham Theatre on Wednesday, September 16. Ticket price is \$37/pp., payable upon registration. Deadline to register is Wednesday, September 2. Lunch on your own at Felicia's restaurant. Van leaves VC at 11am, CC at 11:15am. Return between 5 - 6pm. Van fee \$2. Please make checks payable to Carlisle COA.

FOOD COURT & Miscellaneous Activities

**Chelmsford Crossing/
Minuteman Senior Services Lunch**
Wednesday, September 2, 12pm

The Congregational Church is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy a gluten-free beef pot roast, with celery, carrots & onions, whipped potato, gravy and a chef's choice for dessert. Register at (978) 371-2895 by noon on Friday, August 28. Suggestion donation: \$3. **Following the lunch:** actor Stephen Collins who will make Shakespeare's words come alive. Stephen will perform as King Lear, Edmund, Iago, Prospero, Bottom and others. Stephen Collins grew up in Cambridge, and received a BA in Literature from UMass Boston. After twenty plus years in a sales career, he is back doing what he truly loves - performing and teaching.

Monthly Coffee
Thursday, September 3, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. Coffee is hosted by Jean Sain, Verna Gilbert & Alice Hardy. Come, enjoy good food and meet old and new friends.

Men's Breakfast
Thursday, September 10, 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, delicious, hearty breakfast prepared by a volunteer chef, Dana Smith, and helpers. Suggested donation: \$3 for Men's Breakfast.

"SENIOR MOMENTS" at 
Monday, September 14 & 28, 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to senior attendees for coffee.

**COA Annual Town Employee
Appreciation Luncheon**

Thursday, September 17, 11:45am

Please join us at FRS to thank our town employees, and enjoy the company of your senior friends and neighbors. Please note that this lunch is **FREE**. Our wonderful team of COA Volunteers headed by Verna Gilbert will provide us with cold cut and cheese platters, breads, condiments, desserts, and cold drinks. To register call the COA at (978) 371-2895 no later than noon on Monday, September 14. **For your entertainment:** Enjoy the music of our own Santo Pullara and Ray Taylor who will serenade us with a variety of sounds that are sure to bring a smile to your face. Shuttle available, see page 2.

Nashoba Valley Tech. Lunch 
Wednesday, September 23, 11:45am

Choose from meals created with great care by the culinary arts students at Nashoba Valley Tech. Call the COA at (978) 371-2895 no later than noon, Wednesday, September 16 to register. Menu choices include braised beef medallions with peppers, onions, mushrooms and brown sauce, baked seafood casserole or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$10 plus tip, payable at school.

**Chelmsford Crossing/
Minuteman Senior Services Lunch**
Thursday, October 1, 12pm

The FRS is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Corned beef & cabbage, potatoes, whole baby carrots and pie for dessert. All gluten free except dessert. Register at (978) 371-2895 by noon on Thursday, September 24. Suggested donation: \$3. **Following the lunch:** Cliff Hakim, founder of Inspired Stones, will explore the wonders of our earth, inspire your creativity, and bring out the "rock star" in you. Cliff will show you pictures of his work, tell stories and ask volunteers to build their own Cairn, a balanced stack of stones, often used as trail and land markers.

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

Outreach with Angela

Want to Learn More about our Town: The Town of Carlisle has a Senior Tax Worker Program. Each year, town departments request seniors (60 or older) to take on tasks in return for credit of up to \$1,000 toward their property taxes. As a matter of fact, if you live in Carlisle with a senior property owner, you can even work on their behalf. **If you aren't 60, but would like to find out more about our town** by helping in various Town departments, you can become a volunteer. Currently, we are in need of a crossing guard (at school release), administrative help for the Town Clerk, working with RecCom to log folks into evening badminton games (twice a week), and helping at our library. Helpers have told me how much they enjoy meeting other Carlisleans, learning and helping others; a rewarding experience. Time commitments range from just 25 hours to 110 hours **per year**. If you think you can help or would like to learn more, please contact me at (978) 371-2895; also check the requirements at to be a tax worker at http://www.carlislema.gov/Pages/CarlisleMA_COA/SrTaxWorkers2016.pdf.

If you can't help, **please** encourage a friend or neighbor who might be interested. You can make a difference either as a tax worker or a volunteer!

Thanks, Angela

Community Events



Medicare Open Enrollment Presentation

Thursday, October 22, 1pm

-Benfield Farms, 1st Floor Community Room-



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information!*

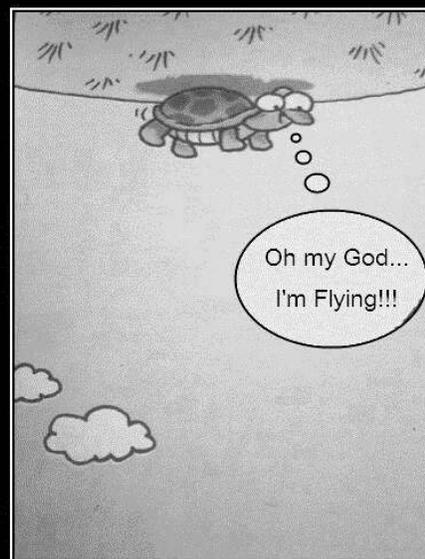
During **Medicare Open Enrollment, from October 15 to December 7**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help *you*: please come to the Medicare Open Enrollment presentation on Thursday, October 22, 1pm, at Benfield Farms, 1st Floor Community Room.

French Language Club

Wednesday September 16, 10:30am

-Benfield Farms, 2nd Floor Community Room-

If you speak French or would like to, you are welcome to join. 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. This group will evolve to fit the needs of its members. Register by calling the COA at (978) 371-2895. Meetings will be the third Wednesday of every month, September-June, 10:30-11:30am.



Optimism its the best
Way to see life

Community Event (continued)

America in the Middle East: Talks by Dr. Gary Hylander
Wednesday, September 23, 30 & October 7 at 7pm

At the turn of the twentieth century, the interests of the United States in the Middle East were primarily missionary and humanitarian. With the end of the Second World War, however, Washington policymakers became more involved in the region. Concerns over western access to Middle Eastern oil, Soviet expansion into the region and the security of Israel governed American foreign policy. In the aftermath of 9/11 however, waging a “war on terror,” the threat of militant Islam and the perceived existential malice of the “axis of evil” dominated the thinking of Washington’s strategists.

Join the sponsors of these talks, the Friends of the Library and the Friends of the Carlisle COA, for a three part series on America in the Middle East this fall with historian Gary Hylander, Ph.D. and his flair for bringing history to life. Dr. Hylander is a Presidential Historian and a pedagogical specialist for the National Endowment for the Humanities. Talks will take place at 7pm on Wednesday evenings, September 23, September 30, and October 7, at the Gleason Library, third floor Hollis Room.

Seating is limited for this free series; please register at gleasonlibrary.org or call (978) 369-4898.

Save the Date for Opera!

Wednesday, October 28, November 4 & 18 at 1:30pm

This fall, music director and educator Richard Travers presents a series on opera, including its history and in-focus looks at Giuseppe Verdi and Giacomo Puccini. Talks will take place on Wednesdays at 1:30pm at the Gleason Library, Hollis Room.

- ◇ October 28: History and Development of Opera
- ◇ November 4: Verdi, including Aida, Macbeth, Rigoletto, La Traviata and Nabucco
- ◇ November 18: Puccini, including Madame Butterfly, Tosca, Turrandot and La Boheme
- * Snow date November 23

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 Rose Pullara Fund and the Friends of the Gleason Public Library.

Carlisle Community Book Club

Monday, September 14, 10:30am
-Gleason Library, Hollis Room-



A Painted House by John Grisham

For information contact Mary Zoll at (978) 369-5236.

Hair Cuts on the Go!

Monday, September 21, Town Hall

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

Knitting in Service Society

Thursday, September 17, 7:30pm

Know how to knit or want to learn? Knitting in Service Society (KISS) is a group of girls and women who knit hats and scarves to benefit those in need. New members are welcome. Feel free to knit at home. We knit for Boston’s homeless through Common Cathedral. For meeting location, please contact Angela at the COA at (978) 371-2895.

Ballroom Dancing

Tuesdays, 2pm, St. Irene
(9/22, 10/6, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8)

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



Carlisle Recreation Commission Offerings

Carlisle seniors are welcome to take part in the following adult programs offered by the Carlisle Recreation Commission at a *special senior rate*. **Call the Recreation Commission to register at (978) 369-9815.**

Checks payable to the Carlisle Recreation Commission.

Yoga: Kripalu

Dates: Wednesdays

Session I: September 9-October 28 (8 wks)

Session II: November 4-December 16 (7 wks)

Times: 9:30-10:30am

Who: Everyone Welcome!

Fee: **Session I: \$40 (Carlisle Seniors Only)**

Session II: \$35 (Carlisle Seniors Only)

Location: Benfield Farms, 575 South Street

Instructor: Karen Verrill, Kripalu Certified

Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Classes combine stretching, dynamic breathing and classic hatha yoga postures. Please bring a mat or blanket.

Zumba® Fitness

Dates: Mondays

Session I: September 14-November 2 (7 wks)

(No Class 10/12)

Session II: November 9-December 21

Time: 6:00-7:00pm

Who: Ages 18 & Up

Fee: **Each Session: \$58 (Carlisle Seniors Only)**

Drop In Rate: \$10/Class

Location: Exercise Room in Carlisle School

Instructor: Teresa Allen

Forget about the workout! Just lose yourself in the music and find yourself in shape at the Ultimate Dance-Fitness Party. Smile, hear some great music, meet some new people AND get in your workout. Join Zumba Today!

Square Dancing

Dates: Mondays

Session I: September 14-October 26 (6 wks)

(No Class 10/12)

Session II: November 2-December 7 (6 wks)

Time: 7:00-9:30pm

Who: Everyone Welcome!

Fee: **Each Session: \$50 (Carlisle Seniors Only)**

Location: Exercise Room, Carlisle School

Instructor: Daniel Sorano

Get your partner; Get your date, Make some squares, Square'm up eight! Come and enjoy a weekly dance group without any fancy footwork. Western square dancing takes walking, listening and turning into different variations, sequences and enjoyment that will make for a rewarding, happy and fun filled experience.

Introduction to the MELT Hand Method

Dates: Thursdays

Session I: September 24

Session II: October 22

Session III: November 19

Session IV: Dec. 17

Time: 12:00-1:30pm

Who: Ages 18 & Up

Fee: **Each Session: \$45 (Carlisle Seniors Only)**

Location: Carlisle Town Hall

Instructor: Christy Monahan

Come for a 90-minute introductory session to the MELT Method and experience immediate changes in how your body looks and feels. Learn simple self-treatments you can do at home in only 10 minutes a day, to remain active and pain free for life. This class uses specialized soft body rollers and small MELT hand and foot balls to stimulate the results of manual therapy. It will relieve your aches and pains, reduce inflammation, ease chronic neck and low back strain, and improve your alignment.

Mystery Walks - Hike to New Places

Dates: Wednesdays, October 7-November 11 (6 wks)

Time: 9:30am-Noon

Who: Everyone Welcome!

Fee: **Each Session: \$65 (Carlisle Seniors Only)**

Location: Local Trails

Instructor: Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We walk 4 to 5 miles, rain or shine. After registering, email maryhurley@comcast.net for meeting locations. **Our first meeting will be at the North Bridge parking lot in Concord**, off Monument Rd. Weather cancellations made up at the end of the session, as needed.

Learn to Knit Socks and More!

Dates: Tuesdays

Session I: September 15-October 20 (6 wks)

Session II: October 27-December 15 (6 wks)

Times: 6:00-8:00pm

Ages: Ages 16 & Up with some knitting experience

Fee: **Each Session: \$60 (Carlisle Seniors Only)**

Using double pointed needles, learn how to knit socks from top to toe! Knitting needles and yarn is included in your fee, and you can keep the needles! Great way to learn different knitting techniques including long tail cast on, knitting in the round, picking up stitches, casting on in the round, increasing and decreasing stitches, picking up your gussets, and perfecting your grafting and Kitchener stitch! Knowing how to do the knit stitch and purl stitch is a requirement.

Carlisle Recreation Commission Offerings (continued)

Watercolor Studio Workshop

Dates: Mondays

Session I: September 28-November 9 (6 Wks)
(No Class 10/12)

Session II: November 16-December 21 (6 Wks)

Time: 1:00-3:00pm

Who: Ages 18-Up

Fee: **Each Session: \$100 (Carlisle Seniors Only)**

Location: Carlisle Town Hall

Instructor: Joyce Dwyer

Explore the many dimensions of watercolor, wet-on-wet, wet-on-dry, transparency and opaqueness. Spontaneity, imagination and interpretation will be combined with techniques of composition, line, value, and perspective. A range of subject from still life to landscape will be the focus of each workshop. All skill levels welcome!

Charcoal & Pastel Drawing for Beginners

Dates: Saturdays

Session I: September 26-October 24 (5 wks)

Session II: November 7-December 12 (5 wks)
(No Class 11/28)

Time: 1:30-3:30pm

Who: Everyone Welcome

Fee: **Each Session: \$85 (Carlisle Seniors Only)**

Location: TBD in Carlisle

Instructor: Alma Bella Solis

Bringing your own art subject to work on this 5 week art course, you will be taught the drawing methods of outline and contour in charcoal medium; choosing and applying the colors in pastel; shading, blending, detailing, and connectedness with pastels. You will need to bring and 18" x 24" drawing pad; easel; charcoal pencils/sticks; set of soft pastel sticks; blending stumps; and tri-tip eraser.

Tips and Tricks for Getting your Home Organized One Room at a Time

Date: Thursday, October 1

Time: 6:30-8:00pm

Who: Everyone Welcome

Fee: **\$20 (Carlisle Seniors Only)**

Location: Carlisle Town Hall

Instructor: Judith Guertin, "All Ways Organized", LLC

You look around your home and home office and feel so overwhelmed. Join Productivity Consultant and Professional Organizer, Judith Guertin of All Ways Organized, LLC for Tips and Tricks for Getting your Home Organized One Room at a Time. Learn the 5 Step Productive Environment Process™ that you can apply to every organizing task you ever face. You too can have a Productive Environment™ where you can, "accomplish your work and enjoy your life™!"

Knitting Club

Dates: Wednesdays

Session I: September 16-October 21 (6 wks)

Session II: October 28-December 16 (6 wks)
(No Class 11/11 & 11/25)

Times: 6:30-7:30pm

Who: Ages 18 & Up

Fee: **Each Session: \$60 (Carlisle Seniors Only)**

Location: Carlisle Town Hall

Instructor: Emily Edwards

Would you like to learn how to knit? Or need a refresher course? This is the perfect class for you! Teachings will entail basic knitting skills such as casting on, casting off, the knit stitch and the purl stitch. Using these skills we will make a simple yet eye catching scarf, as well as a basic baby hat. First class will be a trip to the craft store so you can pick out the yarn and needles of your choice. This course is perfect for any new beginner, or as a refresher!

Cardio Tennis

Dates: September 16-October 15

Time: Wednesday or Thursday: 9:00-10:00am

Who: Everyone welcome!

Fee: **\$85 (Carlisle Seniors Only)**

Location: Carlisle Courts

Instructor: New England Team Tennis

This is a fast-paced one hour workout for players of all levels. Focus is on getting the heart rate up and improving your condition. Please wear sneakers and bring a tennis racquet.

Tennis 101: Beginner

Dates: September 16-October 15

Time: Wednesday or Thursday, 10:00-11:00am

Who: Everyone welcome!

Fee: **\$95 (Carlisle Seniors Only)**

Location: Carlisle Courts

Instructor: New England Team Tennis

This program is for those adults with little or no tennis experience. Students will learn basic tennis skills including grips, proper technique, rules, scoring and more. Please wear sneakers and bring a tennis racquet.

Tennis 102: Advanced

Dates: September 16-October 15

Time: Wednesday or Thursday, 11:00-12:30pm

Who: Everyone welcome!

Fee: **\$150 (Carlisle Seniors Only)**

Location: Carlisle Courts

Instructor: New England Team Tennis

This program is for those who have a grasp on the basic strokes but lack overall consistency. Coaches will continue to work with students on technique and start to pull all the strokes together.

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!**

MONDAYS**September 14, 21, 28 @ FRS, Union Hall**

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

TUESDAYS**September 1, 8, 15, 22, 29 @ St. Irene**

Zumba - 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.).

Ballroom Dancing - 2pm on 9/22 & 9/29. FREE due to the generosity of our teachers, Barry Kasven & Cynthia Horn.

WEDNESDAYS**September 2, 9, 16, 23, 30 @ St. Irene**

Line Dancing - 1:45pm. Get ready to boot, scoot and boogie. Come and learn choreographed dances with repeated sequence of steps. No experience necessary and no partners required. Instructor: Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

THURSDAYS**September 3, 10, 17, 24**

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Wear comfortable clothes. Fee: \$40 (Sept.-Nov.).

Cardio-Boost Class - 10:45am, Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Sept.-Nov.). **9/17 @ Town Hall.**

FRIDAYS**September 11, 18, 25 (No Class 9/4)**

SAMA (Senior Approach to Maintaining Ability) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** Current session started 8/14 and runs until 10/23. Fee prorated based on your start date. For more info contact osbkarate.com or call the COA.

FREE Blood Pressure Clinics**Wednesday, September 2, 11:30am****Chelmsford Crossing Lunch**

Congregational Church, sponsored by COA Volunteer.

Thursday, September 3, 9am

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

Thursday, September 10, 8am

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

Thursday, September 17, 11am

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

Monday, September 28, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic**Tuesday, September 1**

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

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

Inside Walking @**Carlisle School Gym**

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

To walk you **MUST** call David Flannery (978) 371-2279 any time 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.

Caregiver Support Group

Monday, September 14, 4pm

Anne Marie Rowse of Senior Care Advisors, facilitates a **FREE** Support Group at Gleason Library, Hollis Rm. For more information, please email: amorowse@charter.net.

September 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Podiatry Clinic by appt. Zumba: 10:45am Tai Chi: 12:30pm	2 <i>Carlisle Public Schools Open</i>  Yoga: 9:30am Chelmsford Crossing Lunch: 12pm, BP 11:30am, Cong. Church; <i>following lunch: Stephen Collins as Shakespeare</i> Line Dancing: 1:45pm	3 COA Coffee & BP: 9am Fitness: 9:45am Cardio: 10:45am	4 Grocery Shopping: 9am NO SAMA	5
6	7 COA CLOSED 	8 Zumba: 10:45am Tai Chi: 12:30pm	9 Yoga: 9:30am Restaurant Review: Atlantic Sea Grill - VC 10:50am, CC 11:10am Line Dancing: 1:45pm	10 Men's Breakfast & BP: 8am, Sleeper Rm. Fitness: 9:45am Cardio: 10:45am	11 Grocery Shopping: 9am SAMA: 10:45am 	12
13	14 Tap: 1:30pm Sr. Moments: 9:30am, Ferns Book Club: 10:30am, Gleason Library Caregiver Support: 4pm, Gleason Library	15 Zumba: 10:45am Tai Chi: 12:30pm	16 Yoga: 9:30am French Club: 10:30am Benfield 2nd Floor Community Room Stoneham Theatre: <i>A Funny Thing Happened on the Way to the Forum</i> - VC 11am, CC 11:15am Line Dancing: 1:45pm	17 Fitness: 9:45am Cardio: 10:45am COA Lunch: 11:45am Town Employee Appreciation Lunch KISS Knitting: 7:30pm	18 Grocery Shopping: 9am SAMA: 10:45am	19
20	21 Haircuts on the Go!: by appt. Tap: 1:30pm	22 Quechee Gorge & Simon Pearce Trip: CC 9am Zumba: 10:45am Tai Chi: 12:30pm Ballroom: 2pm	23 Yoga: 9:30am Nashoba Tech Lunch: 11:45am Line Dancing: 1:45pm America in the Middle East: Part I - 7pm, Gleason Library 	24 Fitness: 9:45am Cardio: 10:45am	25 Grocery Shopping: 9am SAMA: 10:45am	26
27	28 Sr. Moments: 9:30am, Ferns, BP 10am Tap: 1:30pm	29 Zumba: 10:45am Tai Chi: 12:30pm Ballroom: 2pm	30 Yoga: 9:30am Line Dancing: 1:45pm America in the Middle East: Part II - 7pm, Gleason Library		NOTE: <i>Inside walking</i> - Mon.-Fri. 6:45-7:30am CPS See pg. 8 for more info.	

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2 0 1 6 C A L E N D A R

2016

Everyday may not be good, but there's something good in every day!

Important 2016 Dates to Remember

COA Events

- * COA Valentine Lunch & Tea - February 18
- * ArtMatters Series -
 - Great American West: March 2
 - Winslow Homer: March 9
 - New York, NY: March 23
- * Spring Health Series -
 - "Vital Conversations" Improving Communications Between Doctor & Patient with Dr. Rosen: April 6
 - A Talk on Concussions with Dr. Cantu: April 20
- * Spring Fling - May 13

Carlisle Town Holidays Town Hall Closed

- Jan. 1 - New Year's Day
- Jan. 18 - Martin Luther King Day
- Feb. 15 - Presidents Day
- Apr. 18 - Patriot's Day
- May 30 - Memorial Day
- July 4 - Independence Day
- Sept. 5 - Labor Day
- Oct. 10 - Columbus Day
- Nov. 11 - Veterans Day
- Nov. 24 - Thanksgiving Day
- Nov. 25 - Day after Thanksgiving
- Dec. 26 - In honor of Christmas Day

JANUARY 2016							FEBRUARY 2016							MARCH 2016						
S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S
					<u>1</u>	2	1	2	3	4	5	6			1	2	3	4	5	
3	4	5	6	7	8	9	7	8	9	10	11	12	13	6	7	8	9	10	11	12
10	11	12	13	14	15	16	14	<u>15</u>	16	17	18	19	20	13	14	15	16	17	18	19
17	<u>18</u>	19	20	21	22	23	21	22	23	24	25	26	27	20	21	22	23	24	25	26
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31																				
APRIL 2016							MAY 2016							JUNE 2016						
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3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	<u>18</u>	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
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JULY 2016							AUGUST 2016							SEPTEMBER 2016						
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31																				
OCTOBER 2016							NOVEMBER 2016							DECEMBER 2016						
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					1			1	2	3	4	5				1	2	3		
2	3	4	5	6	7	8	6	7	8	9	10	<u>11</u>	12	4	5	6	7	8	9	10
9	<u>10</u>	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	<u>24</u>	<u>25</u>	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				<u>25</u>	<u>26</u>	27	28	29	30	31
30	31																			

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Program Manager: Angela Smith (978) 371-2895
& Outreach Coord.

Transportation Coordinator: Debbie Farrell (978) 371-6690
Administrative Assistant: Linda Cavallo-Murphy (978) 371-2895
Administrative Assistant: Mary Hopkins (978) 371-2895

COA Office Hours: Mon. - 9 AM to 5 PM, Tues. - Thurs. - 9 AM to 3 PM, & Fri. 9 AM to 1 PM

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