



# Carlisle Connection

Serving  
Carlisle's 60+  
Community



SEPTEMBER 2016

COA Official Town website: [www.carlislema.gov/coa](http://www.carlislema.gov/coa)

Friends of COA: [www.carlisle.org/foccoa](http://www.carlisle.org/foccoa)

## Message from the Director

Greetings All,

Are you in “back to school” mode, or happily hanging on to summer, or both? Here at the COA, as with most town departments and boards, we’re both kicking off our new fiscal year of activities while also starting to imagine, plan, and budget for next year (FY 2018, believe it or not). There’s much to share including one program that often seems to fly under the radar:

### Carlisle’s Senior Tax Worker Program - Slots still open!!

The senior tax worker program allows residents age 60 and older to work for a town department for a reduction of their property taxes of up to \$1,000. We still have a few slots open from town departments that need help including: our Housing and Conservation Commissions as well as the Town Clerk, Gleason Public Library and the School Cafeteria. Pay through the program is at \$10/hr for 2016 and \$11/hr for 2017. It’s a win, win!!

Another great need is for a part-time crossing guard, which is a position that is usually shared between two tax workers that put in about 50 hours each ‘total’ during the school year. If you would like to be one, it’s a wonderful way to connect with our young residents, and enjoy the outdoors of our special town center.

So please consider stopping by Town Hall to pick up an application, or downloading it at [http://www.carlislema.gov/Pages/CarlisleMA\\_COA/SrTaxWorkers2017.pdf](http://www.carlislema.gov/Pages/CarlisleMA_COA/SrTaxWorkers2017.pdf) or just calling the COA to discuss possibilities for you or a friend. We appreciate your help!

Finally, in the “Let’s give credit where credit’s due” department: I wanted to mention the passing of Marni Nixon, the great soprano who did often unacknowledged singing in many brilliant musicals including: The King and I, West Side Story, and My Fair Lady.

Warm Regards, David

66 Westford Street Carlisle, MA 01741

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### 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.

**SAVE the DATE**

Friday, November 11  
Veterans Day

Registration for the 2016 COA Veterans Day Run/Walk races opens September 15.  
Visit <http://lightboxreg.com> to register.

<p><b>COA Hours</b></p> <p><b>Mon, Wed &amp; Thurs:</b> 9am - 3pm</p> <p><b>Tues:</b> 9am - 7pm</p> <p><b>Friday:</b> 9am - 12pm</p> <p>(978) 371-2895 Office (978) 371-6690 Van line (978) 371-6693 Director</p>	<p><b>COA Staff</b></p> <p><b>Director:</b> David Klein dklein@carlisle.mec.edu</p> <p><b>Outreach &amp; Prog. Mgr.:</b> Angela Smith asmith@carlisle.mec.edu</p> <p><b>Transportation Coord.:</b> Debbie Farrell coaride@carlisle.mec.edu</p> <p><b>Admin. Assist.:</b> Linda Cavallo-Murphy <b>Admin. Assist.:</b> Myriam Fleurimond coaadmin@carlisle.mec.edu</p> <p><b>LICSW:</b> Peter Cullinane</p>	<p><b>COA Board Officers</b></p> <p><b>Board Chairperson</b> Donna MacMullan</p> <p><b>Vice-Chair</b> Abha Singhal</p> <p><b>Treasurer</b> Walter Hickman</p> <p><b>Co-Secretaries</b> Kathy DeVivo-Ash Giovanna DiNicola</p>	<p><b>Board Members</b></p> <p>Maxine Crowther Peggy Hilton Reuben Klickstein Jerome Lerman</p> <p><b>Associate Members</b></p> <p>Elizabeth Acquaviva John Ballantine, Verna Gilbert Helen Lyons, Ann Quenin Jean Sain</p>
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Carlisle Council on Aging, Carlisle, MA 06-5075

# TRANSPORTATION



**Van Line Reservations: (978) 371-6690 or email: coaride@carlisle.mec.edu**

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

**Donations/Fees\***

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

**Transportation reservations**

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

**Local grocery/Shopping trips**

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

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

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



**Carlisle Transportation Services (CTS)**

To meet your alternative transportation needs, consider Carlisle's latest option, Flow Transportation Services. Flow can be reached at (978) 602-5606 for ride scheduling. Please call a minimum of 48 hours before your trip. Discount voucher-tickets for Carlisle seniors or those with disabilities 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.

## TRIPS & More

### Restaurant Review/Day Trips

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



**Cracker Barrel Restaurant  
Tuesday, September 6**

Come and enjoy a delicious breakfast (served all day) or lunch at Cracker Barrel in Tewksbury. Van leaves VC at 10:30am, CC at 10:45am, returning between 2-3pm. Van fee \$2. Deadline to register with Joanne Willens by noon on Thursday, September 1.

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



We are off to the Tower Hill Botanic Garden in Boylston, MA. A 132 acre botanical garden with specular views of Mt. Wachusett and the Wachusett Reservoir. A reduced group admission rate of \$7/pp available if we have a minimum of 10 seniors, otherwise the senior rate is \$9. Van fee is \$5. Van leaves VC at 10:15am, CC 10:30am. Only 12 seats available on the van, first-come, first-served. Out-of-towners will be placed on a wait list until September 9. Please call Joanne Willens to register by noon on Wednesday, September 7.

### Theatrical Happenings



*Stay Tuned for more Theatrical Shows*

**99 Restaurant - Billerica  
Tuesday, October 4**



Come join us for a delicious lunch at the 99 Restaurant in Billerica. Van leaves VC at 10:45am, CC at 11am, returning between 2-3pm. Van fee \$2. Please contact Joanne Willens by noon on Monday, September 26.

**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 out to the "Carlisle COA." Van fee is \$5. Van leaves VC at 9:45am, CC at 10am. 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](mailto:coaride@carlisle.mec.edu) *asap*.



### Monthly Coffee

**Thursday, September 1, 9am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. This coffee is hosted by Verna Gilbert, Jean Sain & Maxine Crowther.

### Chelmsford Crossing Lunch

**Wednesday, September 7, 12pm**

Minuteman Senior Services and Congregational Church are hosting lunch cooked by Chelmsford Crossing. Menu: Beef pot roast, whipped potato, peas & carrots, dinner roll, dessert. Register at (978) 371-2895 by noon on Thursday, September 1. Suggested donation: \$3. **Following lunch:** Please join us to hear about an upcoming 10 day, 13 meal tour, including a trip to a family owned limoncello factory, regional wines with every dinner and highlights in Rome, Sorrento, Pompeii and much more. Joanne Willens will be taking a group on this wonderful journey from April 27 to May 6, 2017. The presentation will be done by Vincent Brown, Collette Travel District Sales Manager. Those who want to learn about this trip or traveling with Collette are invited to stay after the presentation.



### Men's Breakfast

**Thursday, September 8, 8am**

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

### COA Employee Appreciation Luncheon

**Thursday, September 15, 11:45am**

Please join us at FRS to thank our town employees, and enjoy the company of your senior friends and neighbors. 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. Desserts appreciated; please let the COA office know if you will bring a home-made dessert for this special luncheon. To register call the COA at (978) 371-2895 no later than noon on Monday, September 12. For your entertainment: Enjoy the music of very our own Santo Pullara and Ray Taylor who will serenade us with a variety of sounds that are sure to bring a smile to your face. Also during lunch, Mike Barrett a State Senator for the 3rd Middlesex District, which includes Carlisle, will be joining us. He is Chair of the Senate Committee on Post Audit and Oversight, a special Senate body charged with examining the performance of Executive branch programs and leads a major initiative to combat climate change in Massachusetts. Senator Barrett will recap the legislative session that just ended and give his take on what's next. Shuttle available.

### "SENIOR MOMENTS" at



**Monday, September 12 & 26, 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.



### Nashoba Tech. Lunch

**Wednesday, September 28, 11:45am**

Choose from meals created with great care by the culinary arts students at Nashoba Valley Tech in Westford. Call the COA at (978) 371-2895 no later than noon, Wednesday, September 21 to register. Menu choices include braised beef medallions, baked seafood casserole or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$5 (subsidized by COA grant) plus tip, payable at school.

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

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

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



## 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.

## 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.

## 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 & 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.

## Carlisle Farmers Market

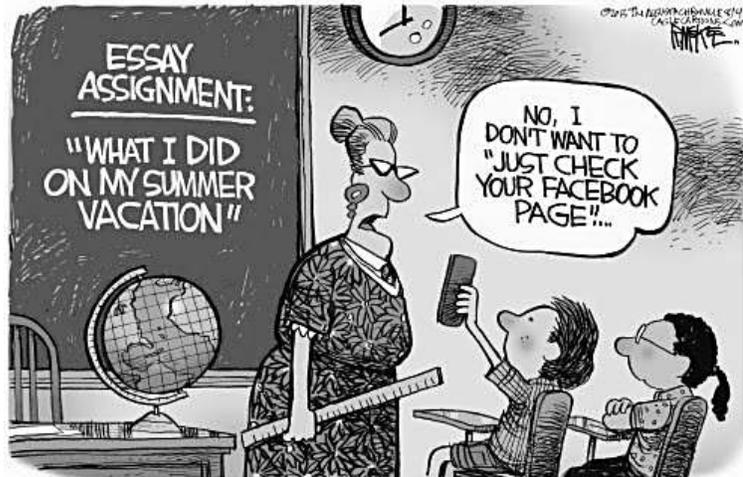


**Saturday  
8 am - Noon  
Kimball's - Rt 225**

The Carlisle Farmers Market is held every Saturday from 8am to noon through mid-October at the Kimball Farm Ice Cream parking lot on Route 225.



# BACK TO SCHOOL



## RUOK?



**FREE Telephone Reassurance Program & Weather/Disaster Registration**

Do you live alone? If so, why not call the Council on Aging and sign up for our **FREE RUOK® Telephone Reassurance System**. RUOK® automatically calls each person in the call care system 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 Council on Aging. If you don't pick up after several tries, the police will personally 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. So why not take advantage of this **FREE** offering since anyone can fall or have something happen. Please call the Council on Aging for more information at (978) 371-2895.

## OUTREACH with Angela



### Getting the Most Out of Your Doctor's Visit



So many of us have multiple doctor visits and it is important that we advocate for ourselves and do our best to help our physicians help us. Here are some helpful tips to remember:

- Before you go to your doctor's office make a list of what you want to discuss with your physician.
- Discuss your concerns or ask your questions at the beginning of the appointment. Be specific about any symptoms or concerns you have.
- Try to keep track of when symptoms started, changes over time, etc. Tell the doctor all the details of your symptoms or what you may have done to cause or worsen the situation even if you think they are embarrassing (most likely the doctor has heard it all before).
- Take notes so that you are sure that you know what to do and when.
- Repeat medication instructions back to ensure you have captured them correctly.
- If you don't understand a diagnosis or treatment, ask questions.
- If you are meeting the doctor to receive the results of recent tests, consider bringing a family member or a friend to help take notes for you.
- Speak up if you don't understand how to take your medications. Feel comfortable asking about side effects, when you can expect to feel better, or what to do if you feel worse.
- If you get home and find that you have questions, don't hesitate to contact your doctor's office and talk with their nurse or leave them a message.

Best wishes on using your doctor's visit to your advantage.

Angela

## COMMUNITY EVENTS



### Medicare Open Enrollment Presentation

**Tuesday, September 20, 2pm**

**-Carlisle Town Hall, Clark Room-**



**Medicare Open Enrollment period is coming - October 15 through December 7.  
Discover things you should do every year!**

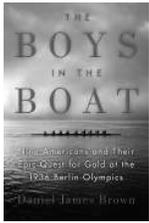
As our life and health conditions may change over time, so can our medical insurance plan! Be sure to review your current coverage for next year – 2017. Is it still the right coverage for your needs? Watch your mail! By the end of September you will receive the “Annual Notice of Coverage” from your current plan. This is a summary of your benefits and provides the opportunity to insure that the premium is still affordable, that your medical providers still accept the plan, that your medications are still covered and more.

From October 15 through December 7 you can make any necessary changes to your coverage effective for January 1, 2017. The Minuteman Senior Services SHINE Program can help to examine your plan and compare it to others available in your area. The Minuteman Senior Services SHINE Program will make you aware of things to consider when evaluating your health plan and answer questions for beneficiaries, family and caregivers at the Carlisle Town Hall, Clark Room hosted by the Council on Aging on Tuesday, September 20 at 2pm. Please register for the presentation by calling the COA, (978) 371-2895 by noon, Thursday, September 15.

SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling for Medicare beneficiaries and their caregivers. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org). If an individual SHINE appointment is needed, please call the COA at (978) 371-2895. *Light refreshments to be provided by Bridges by Epoch in Westford.*

## COMMUNITY EVENTS Cont.

### Community Book Club @ Gleason Library



**Monday, Sept., 12, 10:30am**

*The Boys in the Boat*  
by Daniel James Brown

**Monday, Oct. 3, 10:30am**

*The Spectator Bird*  
by Wallace Stegner



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



### Carlisle Community Chorus Looking for a Few New Voices

Do you enjoy music? Like to sing, even if it's just in the car or shower? The Carlisle Community Chorus is looking for more singers for its intergenerational chorus, ages 10 to 100! **The fall season begins with open rehearsals on Monday, September 12 & 19 from 7-8:45pm at the Carlisle School's Community Room.** Regular rehearsals are Monday nights, culminating in a community concert on January 10. Tara Callahan is the wonderful, talented, upbeat conductor. No auditions are necessary for this friendly chorus where everyone enjoys making music together. Bring a friend, spouse, daughter/son and/or grandchildren, too! Keep your eye on the Mosquito for a reminder or contact chorus board member [TimmBrandhorst@gmail.com](mailto:TimmBrandhorst@gmail.com) if you have any questions.

### French Language Club

**Wednesday, September 28, 3:30pm**



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

### Knitting in Service Society Thursday, September 15, 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.



### 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



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.

### **Fall 2016 Carlisle Recreation Programs** *"Making lifelong learning fun in Carlisle"*

For additional classes and trips, go to [www.carlisle.org/recreation](http://www.carlisle.org/recreation) or check out the recently released Fall 2016 Carlisle Recreation Brochure. Please note that the Carlisle Council on Aging subsidizes a number of classes for Carlisle seniors to make these programs more accessible to you. Enjoy!

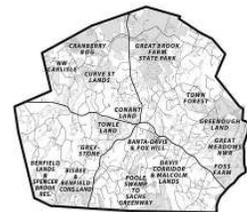
## COMMUNITY EVENTS Cont. & Other Info.



### Outside Walking Group Thursdays in September @ 9:30am

The current Outside Walking Group will continue walking in September on Thursday mornings. Please join us at 9:30am at Center Park. Helen Young will continue to lead the walks in September. Please contact [helenyoung@alum.mit.edu](mailto:helenyoung@alum.mit.edu) if you have any questions.

The fall session will begin on Thursday, October 13. (Meet at Center Park at 9:30am.) We will resume 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](mailto:helenyoung@alum.mit.edu) or Jane Anderson (978) 369-9672, [jane.anders@comcast.net](mailto:jane.anders@comcast.net) if you have any questions. Expect mud. You don't need to sign up, just show up!



### Caregiver & Bereavement Support Group

Anne Marie Rowse, a geriatric care manager and Chaplain is now offering a **FREE** Caregiver & Bereavement Support Group at Bedford Town Center, 12 Mudge Way, Fitch Room on Mondays, September 12, October 3, November 14 and December 12; 3-4:30pm. For those who want to talk privately about resources or one-on-one support, Anne Marie will stay until 5pm. This group is open to residents from any town. For more info, please email [amarowse@charter.net](mailto:amarowse@charter.net) or call her at (508) 479-0652. You need not sign up. This program is supported by both the Bedford & Carlisle Council on Aging.

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

### Islam Talks with Jason Giannetti @ Gleason Public Library

**Wednesdays, September 21, 28 & October 5, 1:30pm**

The fall, popular speaker Jason Giannetti returns to Carlisle for a three-part series on the history and context of Islam, from its origins to the modern world.

- Session 1 (September 21, 1:30pm) – Muhammad's historical and cultural milieu and the birth of a new religion
- Session 2 (September 28, 1:30pm) – The Golden Age of Islam
- Session 3 (October 5, 1:30pm) – Islam in the modern world

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

Sponsored by FOCCOA and FOGPL. Space is limited; please register with the Gleason Library at (978) 369-4898 or [gleasonlibrary.org/calendar](http://gleasonlibrary.org/calendar). *Light refreshments to be provided by Life Care Center of Acton.*

# 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

#### September 12, 19, 26 @ FRS (No Class 9/5)

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

### TUESDAYS

#### September 6, 13, 20, 27 @ 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

#### September 7, 14, 21, 28

**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. **Call the Recreation Dept. to register (978) 369-9815. Checks payable to Carlisle Rec. Dept. Join anytime. Fee prorated according to participant start date.**

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

### THURSDAYS

#### September 1, 8, 15, 22, 29

**Fitness Class - 9:45am, Town Hall, Clark Room.** Great for all ability levels, may be done in a chair. 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.).

### FRIDAYS

#### September 9, 16, 23, 30 @ Town Hall (No Class 9/2)

**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.

## FREE Blood Pressure Clinics

### Thursday, Sept. 1, 9am

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

### Wednesday, Sept. 7, 11:30am

Chelmsford Crossing Lunch, CC sponsored by a COA Volunteer.

### Thursday, Sept. 8, 8am

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

### Thursday, Sept. 15, 11am

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

### Monday, Sept. 26, 10am

Senior Moments, Ferns, sponsored by Right at Home.

## Podiatry Clinic @ Benfield Farm

### Tuesday, September 6

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 Triantafyllis 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.

## 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.

# SEPTEMBER 2016

SU	MON	TUE	WED	THU	FRI	SA
	<p><b>NOTE: Inside walking.</b> Mon.-Fri. 6:45-7:30am, CPS. See pg. 9 for more info.</p>			<p><b>1</b> Coffee &amp; BP: 9am Outside Walking Group: 9:30am Fitness: 9:45am Cardio: 10:45am</p>	<p><b>2</b> Grocery Shopping: 9am NO SAMA</p>	<b>3</b>
<b>4</b>	<p><b>5</b> Town Hall &amp; COA Closed  <b>HAPPY LABOR DAY</b></p>	<p><b>6</b> Podiatry Clinic: by appt. Restaurant Review: Cracker Barrel: VC 10:30am, CC 10:45am Zumba: 10:45am Tai Chi: 12:30pm</p>	<p><b>7</b> Yoga: 9:30am Chelmsford Crossing: 12pm, BP 11:30am, Cong. Church; <i>after lunch</i>: Rome &amp; Amalfi Coast Line Dancing: 1:45pm</p>	<p><b>8</b> Men's Breakfast &amp; BP: 8am Outside Walking Group: 9:30am Fitness: 9:45am Cardio: 10:45am</p>	<p><b>9</b> Grocery Shopping: 9am SAMA:10:45am</p>	<b>10</b>
<b>11</b>	<p><b>12</b> Sr. Moments: 9:30am Book Club: 10:30am, Caregiver &amp; Bereavement GRP: 3pm, Bedford Town Center Carlisle Community Chorus: 7pm</p>	<p><b>13</b> Zumba: 10:45am Tai Chi: 12:30pm</p>	<p><b>14</b> Yoga: 9:30am Tower Hill Botanic Garden: VC 10:15am, CC: 10:30am Line Dancing: 1:45pm</p>	<p><b>15</b> Outside Walking Group: 9:30am Fitness: 9:45am Cardio: 10:45am COA Lunch: 11:45am, BP 11am, FRS; <i>during lunch</i>: music by Santo Pullara &amp; Ray Taylor KISS: 7:30pm</p>	<p><b>16</b> Grocery Shopping: 9am SAMA:10:45am</p>	<b>17</b>
<b>18</b>	<p><b>19</b> COA BRD Meeting: 10:30am, Town Hall Carlisle Community Chorus: 7pm</p>	<p><b>20</b> Zumba: 10:45am Tai Chi: 12:30pm Medicare Open Enroll Program: 2pm, Town Hall</p>	<p><b>21</b> Yoga: 9:30am Islam Talks: 1:30pm Line Dancing: 1:45pm</p>	<p><b>22</b> Outside Walking Group: 9:30am Fitness: 9:45am Cardio: 10:45am.</p> <p style="text-align: center;"></p>	<p><b>23</b> Grocery Shopping: 9am SAMA:10:45am</p>	<b>24</b>
<b>25</b>	<p><b>26</b> Sr. Moments: 9:30am, BP 10am</p>	<p><b>27</b> Zumba: 10:45am Tai Chi: 12:30pm</p>	<p><b>28</b> Yoga: 9:30am Nashoba Tech Lunch: 11:45am Islam Talks: 1:30pm Line Dancing: 1:45pm French Club: 3:30pm</p>	<p><b>29</b> Outside Walking Group: 9:30am Fitness: 9:45am Cardio: 10:45am</p>	<p><b>30</b> Grocery Shopping: 9am SAMA:10:45am</p>	

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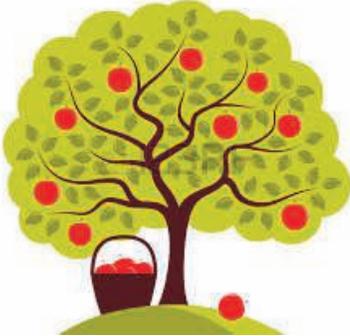
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## **Return Service Requested**



### **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 Library 3rd floor Hollis Room.

10/19/16 - *From Russia with Love Part 1*: The lecture begins with the history of music in Russia, how the music evolved from the influence of western civilization, 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](http://gleasonlibrary.org) or 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.*

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