



Carlisle Connection

Serving
Carlisle's 60+
Community



NOVEMBER 2016

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

Greetings All,

As we approach the Holiday season, I'd like to remind everyone to keep fit. Don't let the change in temperatures dampen your drive to get exercise and make movement part of your everyday routine. Fall in New England is an awesome season! So dress appropriately for sure, but get yourself out there; go to a class, take a walk, ride a bike, visit the library, or come to one of our many great COA events including the **COA Veterans Day Intergenerational Road Race**. There are actually two race events, a One Mile walk/run and for those who are more intrepid, a 5k. (see the back page of this issue for registration details)!

Q. For Carlisle engineers: What's the ratio of a pumpkin's circumference to its diameter?

A. Pumpkin Pi.

Lastly, for those who like to receive the most up to date info, the COA has an email newsletter called Bits & Bytes and another called News You Can Use that we'd be happy to send to you. Just call the COA at (978) 371-2895 and ask to be added to our email list.

An early Happy Thanksgiving to you and your family!

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Holiday Wreath Making

Wednesday, Nov. 30, 10:30am

The Carlisle Garden Club and the Council on Aging will host a holiday wreath-making event from 10:30-11:30am (**No Early Birds Please**) at St. Irene. Light refreshments will be served. To register please call the COA at (978) 371-2895 no later than noon on Tuesday, November 22. Please note this event is for Carlisle seniors only. Max 2 wreaths pp. 2nd wreath is \$5.



Concord - Carlisle Community Chest ~ Neighbors Helping Neighbors Won't you join us in the support of our community

The Concord-Carlisle Community Chest has announced the start of the 2016-2017 Annual Campaign, during which it hopes to raise \$650,000 to support neighbors in need. The Chest relies on the generosity of Concord and Carlisle residents to continue its commitment of neighbors helping neighbors. We hope that during this season of giving all residents will consider a donation to the Chest to help our neighbors in need. For more information or to make a donation, please visit www.ccommunitychest.org or call Karen or Liz at (978) 369-5250.

COA Hours

Monday - Friday
9am - 3pm

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

COA Staff

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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.

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

Donations/Fees*

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

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.

RESTAURANT REVIEW/DAY TRIPS/THEATRE



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 at (978) 371-8023 to register by noon on Wednesday, November 2.

Atlantic Sea Grill

Monday, December 12



Please join us for a delicious lunch at the Atlantic Sea Grill, Fish Market & Bar in Acton. Van leaves VC at 11am and CC at 11:15am. Van fee \$2. Returning between 2-3pm. Please register by calling Joanne Willens at (978) 371-8023 by Monday, December 5.



**MERRIMACK
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Tuesday, November 15

Get an early start on your holiday shopping and join us for a day trip to the Merrimack Outlets. Seniors get a discount on Tuesdays! Van leaves VC at 9am, CC at 9:15am, returning between 3-4pm. Lunch on your own. Van fee \$5. Please call Joanne Willens to register by Wednesday, November 9.



Festival of Trees

Thursday, December 8

Join us as we return to Elm Bank in Wellesley for the Festival of Trees and Snow

Village tour. We have a morning reservation at 10am. **Van leaves VC at 8:15am and CC at 8:30am.** Lunch on your own will follow tour at Papa Razzi restaurant. Entrance fee is \$5. Van fee is \$5. Please note this day trip is limited to 12 people; first-come, first-served. Contact Joanne Willens at (978) 371-8023 to register by Thursday, December 1. First preference given to Carlisle seniors. Out-of-town seniors will stay on wait list until Thursday, December 1.



Mame

Wednesday, December 7



Join Lillian DeBenedictis to see another great show at Stoneham Theatre on Wednesday, December 7. Ticket price is \$37/pp., due upon registration. Please make check payable to "Carlisle COA." Lunch on your own at Felicia's Restaurant. Van fee is \$5. Van leaves VC at 11:15am, CC at 11:30am. Returning between 5 - 6pm. Please call Lillian at (978) 369-1848 to register by Wednesday, November 30.

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, 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

Tuesday, November 8, 11:45am

Choose from meals created by the culinary arts students at Nashoba Tech. Call the COA at (978) 371-2895 by noon on Tuesday, November 1 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, (subsidized by COA grant) plus tip, payable at school.



Men's Breakfast

Thursday, November 10, 8am

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

"SENIOR MOMENTS" at



Monday, November 14 & 28, 9:30-11am

A casual coffee drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives 10% off coffee to senior attendees.



COA Lunch

Thursday, November 17, 11:45am

Join us at FRS and enjoy the company of your senior friends and neighbors. This meal is run by our wonderful team of COA Volunteers. Menu: turkey dinner with all the fixings, dessert and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Thursday, November 10. Shuttle available, see page 2. **Following lunch:** a special performance by Carlisle's own Middle School Concert Band directed by Kevin Maier. Come enjoy the wonderful sounds of some of our talented Carlisle Public School students. Preference given to Carlisle seniors; out-of-town seniors on wait list until Thursday, Nov., 10.



****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

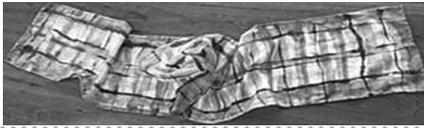
If you have registered for a lunch or event and cannot attend, please call the COA as soon as possible at (978) 371-2895. If you need a ride to a lunch or event, please call the COA Van Line at (978) 371-6690 or email coaride@carlisle.mec.edu *asap*.

Silk Scarf Painting ~ Full - Wait-List Only 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. This event is currently full, but we are taking names for a wait list. We will try to schedule another session.



Monthly Coffee

Thursday, December 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 Donna MacMullan, Kathy DeVivo-Ash, & Walter Hickman.

Chelmsford Crossing Lunch

Wednesday, December 7, 12pm

Minuteman Senior Services and Congregational Church are hosting lunch cooked by Chelmsford Crossing. Menu: stuffed chicken breast, mashed potato, peas & pearl onions, dinner roll and dessert. Please register at (978) 371-2895 by noon on Thursday, December 1. Suggested donation: \$3.

Following lunch: For a small town, originally devoted to farming and related activities, Carlisle has a surprisingly rich history embodied in the documents and artifacts entrusted to the Historical Society. Phil Drew, President of the Carlisle Historical Society, will introduce you to some of the most intriguing.



Need Help with Fall Yard Work?

If you are in need of yard work help and paying someone might be difficult, Carlisle School teacher Mr. Gale and his 6th Grade Advisory Group are ready, willing and able to help a small number of Carlisle seniors in November. To get on the list (and wait list; we will try to get others to help as well), just call the COA at (978) 371-2895. First come; first served. Preference given to new clients.



Men's Breakfast

Thursday, December 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!

Minuteman Tech Lunch

Wednesday, December 14, 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, December 7 to register. Menu baked seafood casserole, roast turkey with all the fixings or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** meal \$5 / soda \$1 (subsidized by COA grant) plus tip, payable at school. Please note effective November, the COA is obligated to pay for any meal that is cancelled within two days of the event. Therefore, if you registered, please make a serious effort to notify us before the two business days if you cannot attend. *Photo ID (driver's license, state-issued ID or passport) required.*



COA Holiday Luncheon

Thursday, December 15, 11:45am

Join us at FRS and enjoy the company of your senior friends and neighbors. Santa "Nick" Lunig will be passing out goodies to all the seniors. This meal is run by our wonderful team of COA Volunteers. Menu: roast beef dinner, dessert and cold & hot drinks. Suggested donation: \$3. **Following the lunch:** a special performance by members of the *Carlisle Public School Choir*. The group is directed by Tara Callahan, our Carlisle School Music Teacher. Come enjoy the wonderful sounds of some of our talented Carlisle Public School students. To register call the COA at (978) 371-2895 no later than noon, Thursday, December 8. Preference given to Carlisle seniors; out-of-town seniors on wait list until deadline.



Winter Weather/Snow Van & Class Policy

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

OUTREACH with Angela

DID YOU KNOW?...

I wanted to let our seniors know that we have a number of opportunities that they might find helpful:

Medical Equipment: Maybe you, a spouse or a loved one needs a cane, walker, shower chair, or wheelchair? Before you order a new piece of medical equipment, check and see if the COA has a donated item in stock for you to borrow.

RUOK Phone Call: Do you live alone or spend weeks alone while your loved one travels? If so, please consider signing up for our **FREE** RUOK phone call. You pick the day(s) of the week/time of day that you would like to receive an automated phone call. As long as you pick up the phone, nothing happens and the call will come on your next scheduled day, but if you don't answer, the system will call a few times and then the Police will try to contact you. If there is still no answer, the Police will do a well-being visit to ensure you are ok. This system has saved lives because even healthy folks can fall and not be able to get to a phone!

Shredding: Susan Pray, the Business Manager of Carlisle Public Schools is going to help our Carlisle seniors out! On the 3rd Monday of every month (4th if one is a holiday), you can go to the school and drop off your confidential material at the bin in the Community Rm entry. Park at the Highland Building circle between 9:30am-2:30pm. If you see school bus mini vans, please wait until they leave with their students. Walk down to the left of Highland and the Community Rm door will be on your left. ***Please confidential info only.*** This would include paper that has a social security number, name and address. Ex.: old taxes, investment documents, old copies of wills or health care proxies, etc. Do not shred anything that just has your name or address (cut off your name and address and recycle.)

Want to sell something to Craig's List, but concerned about who will come to your home; worry no more. Chief Fisher of the Carlisle Police Dept. has set up the Carlisle Police Station and their parking lot as a SAFE Zone. This SAFE Zone allows you to make arrangements to meet someone in the police station for anything small enough to bring in or meet someone in the parking lot between the hours of 7am and 10pm.

Need a contractor? Although the COA cannot recommend anyone, we have captured the names and number of vendors/contracts that folks in town have used and liked. If you have a contractor you have used that you feel did a great job at a reasonable price, please send us their area of expertise, name and number.

Best, Angela



COMMUNITY EVENTS

COMMUNITY CONVERSATIONS @ Gleason Public Library

Online Computer Safety Class

Tues., Nov. 1, 1:30pm, Gleason Library

Access to the Internet has become indispensable, but the Internet can be a dangerous place for the unwary. Today, the proceeds from computer crime exceed the illegal drug trade. Companies, individuals, and national governments have all been hacked. But with some simple training and common-sense precautions, you can significantly reduce the likelihood of being victimized by online thieves and scammers. This class will cover how to set up your computer and your Internet connection to be secure; how to manage accounts and passwords; how to browse the Internet and shop online safely; how to detect and avoid suspicious messages and web sites; how to respond to scams and threats; and what to do if a problem arises. Bob Supnik worked in computer and software design for more than 50 years before retiring and has extensive experience in computer security. Please call the COA at (978) 371-2895 by October 27 to register.



**Pre-Holiday
Nutrition Talk
December 6
1:30pm
Gleason Library**

Back by popular demand, Stop & Shop nutritionist Julie Hersey, MS, RD, LDN, will discuss tips on how to tackle holiday parties and strategies for meals to help you enjoy your favorite holiday foods without guilt. Julie's wonderful samples will be served! Please call the COA at (978) 371-2895 to register by Wednesday, November 30.

COMMUNITY EVENTS Cont.

Ballroom Dancing

Tuesdays, 2pm, St. Irene

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.

Community Book Club @ Gleason Library

Mon., November 14, 10:30am

Colorless Tsukuru Tazaki and His Years of Pilgrimage
by Haruki Murakami



Mon., December 12, 10:30am
Slow Waltz in Cedar Bend by Robert Waller



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

FOGPL Annual Meeting

Thursday, November 17, 7pm, FRS

Join the Friends of the Gleason Public Library as they present their annual meeting featuring the wonderful bakers, The Brass Sisters. Recently featured on Chronicle, Marilyn and Sheila Brass will entertain you with stories, recipes and their all-around wonderful and infectious personalities. Everyone is invited to bake something they would love to share. Come and join in the culinary fun. Light refreshments and treats from their cookbooks will be served.



Concord Players

Senior Open Dress Rehearsal of
Around the World in 80 Days

Thursday, November 3 at 8pm
51 Walden St., Concord. \$5 at the door.

Caregiver & Bereavement Support Group

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, 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.

Knitting in Service Society

Thursday, November 17, 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.

French Language Club

Wednesday, November 30, 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.

COMMUNITY EVENTS Cont. & Other Info.

Islam Talk with Jason Giannetti Wednesday, November 16, 1:30pm

Were you on the wait-list to hear Professor Jason Giannetti's on Islam or didn't get to the last session and would like to? Well we got a treat for you! Professor Giannetti will repeat the third lecture in this fall's series, "Islam in the Modern World" on Wednesday, November 16, 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, an MTS from Harvard Divinity School, and a Master's of Near Eastern and Judaic Studies from Brandeis. He has a Juris Doctor degree from BC Law School.

Outside Walking Group

Thursdays, 9:30am - Meet @ Center Park



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 Jane Anderson (978) 369-9672, jane.anders@comcast.net or Helen Young helenyoung@alum.mit.edu 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, 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. His last and third lecture in this series will take place at the Gleason Public Library, 3rd floor, Hollis Room.

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 lecture; please register at gleasonlibrary.org or call (978) 369-4898. If you registered and cannot attend, please call the Library to cancel. 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.*

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.



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

November 7, 14, 21 @ FRS (No Class on 11/28)

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

TUESDAYS

November 1, 8, 15, 22, 29 @ 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.). **No Class on 11/1.**

WEDNESDAYS

November 2, 9, 16, 23, 30

Yoga - 9:30am, Benfield. Learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body. Fee: \$35 for Carlisle seniors (Session 11/2 - 12/21). **Call the Rec. Dept. to register (978) 369-9815. Checks payable to Carlisle Rec. Dept.**

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

THURSDAYS

November 3, 10, 17

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

November 4, 18 @ Town Hall (No Class 11/11 & 11/25)

SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Sarah Hanley. Fee: **\$100/10wks.** Next session runs 12/2 - 3/3. Fee prorated. For more info see osbkarate.com or call the COA.



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, November 2, 9am

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

Thursday, November 3, 11:30am

Chelmsford Crossing Lunch, FRS sponsored by a COA Volunteer.

Thursday, November 10, 8am

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

Thursday, November 17, 11am

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

Monday, November 14 & 28, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic @ Benfield Farm

Tuesday, November 1

For an appt. 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." Next clinics will be on Jan. 3 & 9, 2017.



Hair Cuts on the Go!

Mon., Nov. 21, 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.



"Fall Back" Time Change

Sunday, November 6

It's that time again to adjust your clocks for Day Light Savings. Remember to set your clocks **back** one hour on Sunday, Nov. 6. At the same time you should change your batteries in your smoke and CO2 detectors. If you can't do this yourself and don't have a family member to help, call the COA at (978) 371-2895.

NOVEMBER 2016

SU	MON	TUE	WED	THU	FRI	SA
		1 Podiatry Clinic: by appt. Zumba: 10:45am Community Convers.: 1:30pm, Online Computer Safety Ballroom Dancing: 2pm	2 Coffee & BP: 9am Yoga: 9:30am Russia with Love (Part III): 1:30pm Line Dancing: 1:45pm	3 Outside Walking: 9:30am Fitness: 9:45am Cardio: 10:45am Chelmsford Crossing: 12pm, BP 11:30am, St. Irene; <i>after lunch:</i> Concord Traveling Players Concord Players Dress Rehearsal: 8pm	4 Grocery Shopping: 9am SAMA: 10:45am	5
6	7 Restaurant Review: Ken's NY Deli, VC 10:45am, CC 11am Tap: 1:30pm 	8 Zumba: 10:45am Nashoba Tech Lunch: 11:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm 	9 Yoga: 9:30am Snow Date for Russia with Love: 1:30pm Line Dancing: 1:45pm	10 Men's Brkfst & BP: 8am Outside Walking: 9:30am Fitness: 9:45am Cardio: 10:45am	11 Town Hall & COA Closed  	12
13	14 Sr. Moments: 9:30am Book Club: 10:30am Tap: 1:30pm Caregiver & Bereavement Grp: 3pm, Bedford Town Hall	15 Merrimack Outlets: VC 9am, CC 9:15am COA Board Meeting: 10:30am, Town Hall Zumba: 10:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm Silk Scarf Painting: 2pm, Town Hall	16 Yoga: 9:30am Islam Talk: 1:30pm Line Dancing: 1:45pm	17 Outside Walking: 9:30am Fitness: 9:45am Cardio: 10:45am. COA Lunch: 11:45am, BP 11am, FRS; <i>after lunch:</i> CPS Band Ensemble KISS: 7:30pm FOGPL Annual Meeting: 7pm	18 Grocery Shopping: 9am SAMA: 10:45am CCHS Thanksgiving Dinner: 12pm 	19
20	21 Hair Cuts on the Go!: by appt. Sr. Moments: 9:30am, BP 10am Tap: 1:30pm	22 Zumba: 10:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm	23 No Yoga Line Dancing: 1:45pm	24 Town Hall & COA Closed 	25 Town Hall & COA Closed 	26
27	28 Sr. Moments: 9:30am, BP 10am	29 Zumba: 10:45am Tai Chi: 12:30pm Ballroom Dancing: 2pm	30 Yoga: 9:30am Wreath Making: 10:30am, St. Irene Line Dancing: 1:45pm French Club: 3:30pm		NOTE: Inside walking. Mon.-Fri. 6:45-7:30am, CPS. See pg. 9 for more info.	

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