



Carlisle Connection

Serving
Carlisle's 60+
Community



MAY / JUNE 2022

COA Website: carlislema.gov (click on "Council on Aging")
Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director

If you are under 60 you may be wondering why you are receiving the Council on Aging newsletter. Let me explain. The Council on Aging (COA) supports active aging in many ways, and focuses the majority of our attention, services, and resources on positively impacting the lives our senior residents. You may not be aware that the COA also serves as a resource for residents under 60 and families. We assist with benefit applications, nutrition support, and financial emergencies, and provide transportation to residents under 60 with disabilities.

The COA is fortunate to have 5 distinct funding sources that make up our total budget. These include, in order of level of funding provided, the Town of Carlisle, the Lowell Regional Transit Authority, the Friends of the Carlisle Council on Aging, the Concord-Carlisle Community Chest, and the Massachusetts Executive Office of Elder Affairs. While each of these sources have distinct guidelines and requirements, this diversity of funding allows the COA to provide services that benefit the community as a whole. The Concord-Carlisle Community Chest grant specifically includes funds that are designated to support families and residents under 60 who need assistance. In the past year we have helped families with heating assistance, holiday gifts, grocery purchases, and emergencies. We also have funds to assist with the cost of school supplies and summer camp.

To increase community awareness and better reflect the true scope of our services, the COA staff and



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board, with the support of the Select Board, has proposed changing our name to the Council on Aging and Human Services (COAHS). We hope that this new name, as well as town-wide distribution of our bimonthly newsletter, will enable us to reach a greater number of residents under 60 and families who need services or support, as well as all who may be interested in learning more about what we have to offer.

Warm Regards,

Joan

You're invited
Friends of Carlisle Council on Aging
Annual Meeting

Guest Speaker: Bryan Sorrows
Carlisle resident and Fire Chief

“This time, it isn’t a drill: How Carlisle manages emergencies, now and in the future.”

Sunday, May 22, 2022, 2-4 pm
St. Irene Church, 181 East St., Carlisle, MA

RSVP jbagnaschi@comcast.net or 978-369-7414

Refreshments Served

COA Office

Monday - Friday:
9 am-3 pm

Main Office:
978-371-2895

Transportation Line:
978-371-6690

Director:
978-371-6693

COA Staff

Director: Joan Ingersoll
jingersoll@carlislema.gov

Program Mgr: Linda Cavallo-Murphy
lcavallomurphy@carlislema.gov

Social Services Mgr: Carol Grueneich
cgrueneich@carlislema.gov

Transp./Office Mgr: Myriam Fleurimond
mfleurimond@carlislema.gov

COA Board Officers

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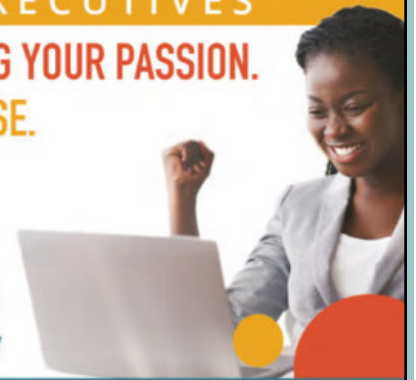
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TRANSPORTATION



For Carlisle Transportation Services please contact:

Myriam Fleurimond, Transportation/Office Manager at 978-371-6690, mfleurimond@carlislema.gov.

The COA transportation program provides rides for medical appointments, COA events, grocery shopping, and other errands for Carlisle seniors and residents with disabilities of any age. The program operates Monday-Friday from 9 am-3 pm.

Local Rides

Ride requests for local trips should be made at least two business days in advance.

- Rides within Carlisle are free.
- Rides within a 10-mile radius have a suggested donation of \$5 round trip.

Non-Local Rides

We have recently expanded our transportation program to accommodate a greater number of medical appointments throughout Middlesex County. These non-local ride requests should be made when you schedule your appointment or at least one week in advance.

- There is a suggested donation of \$20 round trip for destinations between 10 and 30 miles, excluding metro Boston. Parking fees are the responsibility of the rider.

Boston Medical Rides

We have a limited capacity to provide medical rides to Boston for residents with no other means of transportation. Boston medical rides are available Monday through Friday for appointments scheduled between 10 am and 1 pm. Boston medical ride requests should be made 2 weeks in advance whenever possible.

- The suggested donation for Boston medical rides is \$30 round trip plus any parking fees.

Market Basket Shopping Trip

Weekly Shopping trips to Market Basket in Westford are provided on Fridays at 9 am. Limited space is available in the van. Call the COA Transportation line at (978) 371-6690 by noon on Wednesday of each week to attend. Please bring your own reusable shopping bags.

Lyft Discount

Discount of up to \$10 for four one-way rides per person, per month within 55 miles of Carlisle Town Hall. For Carlisle resident ages 50 and over, or age 18 and above with a disability. The discount is applied directly, so you do need to have an active Lyft account to participate. Please contact COA Transportation at 978-371-6690 for registration information.

Please Note - All COA Transportation clients in addition to our drivers are required to wear masks in our COA vehicles until further notice. If you need a face mask, please contact the COA at 978-371-6690 and one will be provided to you.

Please Note: Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Thank you for your understanding. Please feel free to call us at 978-371-2895 to verify any information.

OUTREACH

Carol's Column by Carol Grueneich, COA Social Services Mgr.

The pandemic touched everyone, disrupting daily routines, and isolating us from friends and family. We all experienced some level of added stress, anxiety, or depression, but many were able to minimize those effects through increased time spent on self-care. Self-care is taking time for nurturing yourself by getting exercise, eating and sleeping well, finding time to relax, and staying connected with friends and family in some way. However, for many others, the symptoms of the disruptions from COVID persist even today. Problems sleeping, problems with relationships, problems with concentrating, and getting stuck in unhealthy habits are just a few examples of the aftereffects of two years of COVID-related worry and restrictions. When these symptoms persist, getting some support from a counselor can help you process difficult experiences. Getting support can bring back balance to your life and help

you emerge from your experiences stronger and more resilient.

Surveys show that there are many people who need the support of counseling. The COA recognizes that counseling can be expensive, so we applied for and received a grant that will pay for online counseling sessions for people who find it a challenge to fit this cost into their budget. Online counseling has many advantages, including a wide choice of counselors, the privacy of getting care in your own home and the convenience of not having to travel to an office. If technology is an issue, we can help there too. We do not want to turn away anyone who feels that they could use support. You can contact me at the COA if you would like to sign up or if you have questions - 978-371-2895 or cgrueneich@carlislema.gov.

MAKING CONNECTIONS

COA Social Services Manager, Carol Grueneich, is offering several groups to help make meaningful connections within the Carlisle community and beyond. **If you are interested in joining any of these groups, and/or would like more information, please contact Carol at 978-371-2895, cgrueneich@carlislema.gov.**

- ◆ **Bereavement/Grief Group:** A grieving support group is forming in May—day/time to be determined. If you are interested or just have questions please contact Carol.
- ◆ **Caregiver Support:** Open to all caregivers, the group provides an opportunity for sharing and discussion. There is a short presentation at each meeting on a topic relevant for caregivers. The group meets at Carlisle Town Hall every other Wednesday from 11 am-12 pm. Please reach out to Carol for more information.
- ◆ **Senior Cycling:** Every Tuesday starting in June, pedal with COA volunteer Kim Donovan as she leads seniors on a bike ride through pleasant and quiet Carlisle streets. Please contact Carol for details.
- ◆ **Virtual Coffee Hour:** Offered every 1st and 3rd Monday at 9:30 am via Zoom. Join us for an hour of lively conversation online. It's a great way to start the week and get to know other members of the community.

SOCIAL SERVICES

The Habitat for Humanity Critical Home Repair Program

This program offers assistance to seniors and veterans to make repairs that alleviate health, safety, and code violations. Income limit for 1-person household is \$56,440 and for a 2-person household \$64,440. **For more info and eligibility requirements contact Carol Grueneich at 978-371-2895, cgrueneich@carlislema.gov.**

Home Medical Equipment Loan Program

The Carlisle COA has a diverse quantity of home medical equipment to loan free of charge on a first come, first served basis to all Carlisle residents. We have walkers, raised toilet seats, shower chairs, wheelchairs, and a variety of other types of medical equipment. If you need any of these items on a temporary basis, we would be happy to loan out what we have in stock to you. We ask that only that these items be returned properly cleaned, so that they are ready for the next person to use. **Call the COA at 978-371-2895 to make your request.**

COA EATS

Women's Breakfast

Wednesday, May 4, 9 am, Town Hall



Let's catch up over breakfast in the Clark Room at Town Hall. Space limited. **Please call the COA at 978-371-2895 to reserve your seat as soon as possible.**

Senior Moments

**Monday, May 9, 23 & June 13, 27
10 am @ Ferns Country Store**

A casual coffee drop-in for Carlisle residents & friends 60+ to sit, relax, and chit-chat. Pastries courtesy of the Carlisle COA and Bridges by EPOCH, Westford. Ferns gives 10% off coffee to Senior Moments attendees. **Blood pressure screening provided by Bridges at this event on May 23 and June 27.**

May COA Lunch

May 24, 12 pm, Congregational Church

Join us at 12 pm for an in-person lunch featuring BBQ chicken at Carlisle Congregational Church, Fellowship Hall. *Following lunch at 1 pm the Concord Traveling Players troupe will help us commemorate the upcoming Memorial Day holiday with a medley of patriotic songs. Complimentary for Carlisle 60+ residents.* Registration is required. **Please call the COA at 978-371-2895 by Tuesday, May 17.**

Veterans Coffee

Thursday, May 26, 11 am, Town Hall



Enjoy coffee and pastries on us. If you have served or are active duty in the U.S. Armed Forces please come to this special coffee hour in honor of your service. **Registration requested. To sign up please call the COA at 978-371-2895 by Thurs, May 19.**

Men's Breakfast

Wednesday, June 1, 9 am, Town Hall

Join us for Men's Breakfast in the Clark Room at Town Hall. Stop by, say hello, and sit down with your fellow gentlemen and friendly COA staff for *free* coffee and breakfast treats. **Registration requested. To sign up please call the COA at 978-371-2895 by Friday, May 27.**

June COA Lunch

Thursday, June 16, 12 pm, St. Irene

Find your seat in St. Irene Parish Hall at 12 pm and choose from a variety of grinders and wraps for lunch. *After your meal, the 2022 Carlisle Cultural Council awardee, Dan Kirouac, will entertain you with a one-hour piano & vocal concert. Complimentary for Carlisle 60+ residents.* Registration is required. **Call the COA at 978-371-2895 by Thursday, June 9.**



Summer Solstice Meet & Greet

Tuesday, June 21, 5 pm, Carlisle Town Hall Patio



Let's celebrate the longest day of year with a glass of wine and yummy appetizers on the Town Hall patio. Space limited. **Carlisle 60+ residents please register by calling the COA at 978-371-2895 by Tuesday, June 14. Appetizers provided by Kennedy Meadows Gracious Retirement Living in Billerica.**

RESTAURANT REVIEW

Rapscallion Table & Tap-Acton

Tuesday, May 17

Enjoy lunch featuring locally sourced ingredients inside their historic farmhouse or al fresco on the patio. You may drive on your own or sign up for the COA van. Van departure time TBD. Van fee \$5 payable to driver on the day of the trip. Only 12 seats available on the van. **Please call the COA at 978-371-2895 to register by Tuesday, May 10.**

Tavern in the Square-Littleton

Tuesday, June 28

Tavern in the Square is considered a "New American" restaurant. Let's try lunch at their Littleton location. You may drive on your own or sign up for the COA van. Van departure time TBD. Van fee \$5 payable to driver on the day of the trip. Only 12 seats available on the van. **Please call the COA at 978-371-2895 to register by June 21.**

Please Note: In-person events and activities may be revised based on new recommendations from the Carlisle Board of Health and/or new state or federal guidance related to the Coronavirus.

IN-PERSON & HYBRID PROGRAMS

Wang Theatre “On Location Tour” Wednesday, May 11, 1 pm, St. Irene



The Boch Center will bring the beauty and wonder of the historic Wang Theatre live to you with their “On Location Tour” on May 11 at 1 pm at St. Irene Parish Hall. This experience will take you behind-the-scenes of one of Boston’s most prominent landmarks during the celebration of its 96th anniversary. Learn about the theatre’s architectural highlights and unique history – from its hotel roots and glamorous days as a movie “cathedral,” to today’s role as an impressive venue for performances and events. View the same dressing rooms and hallways once walked by entertainers like Bruce Springsteen, Ella Fitzgerald, Mikhail Baryshnikov, Queen, Elton John, Lady Gaga, Liza Minnelli and more! This experience will provide opportunities to see areas not normally accessible to the public. The many slides containing photos, video, and music alongside the stories shared, will make you feel like you are right there in the theatre. **Please call the COA at 978-371-2895 to register by Monday, May 9 for this free & fun in-person presentation.**

Keeping it Fresh and Preventing Waste Thursday, June 2, 1 pm, Zoom



Do you find yourself tossing out food before you get to enjoy it? Join Emily Hayes RD, LDN of Stop & Shop Nutrition Partners virtually to learn how to prevent food waste right in your own kitchen. Learn how to store fresh food to make it last longer, along with tips for meal planning, recipes, and how to use up food scraps. We’ll also review what the dates found on food labels, including “Sell By,” “Best By,” and “Use By,” mean for stocking your pantry and refrigerator. **To register for this Zoom webinar, please call the COA at 978-371-2895 to register by Tuesday, May 31.**

Jewish Songwriters of the 60s & 70s Wed., May 18, 1:30 pm, Gleason Library

To help us celebrate Jewish American Heritage Month, music history lecturer John Clark will present Jewish songwriters of the 60s and 70s, particularly the music history created by the Burt Bacharach/Hal David duo and the singer/songwriter Neil Diamond. Team Bacharach/David wrote all of the early hits of Dionne Warwick like “Don’t Make Me Over” and “Walk on By,” then in 1970 they scored a Grammy for their musical, “Promises, Promises” and an Oscar for “Raindrops Keep Fallin’ on My Head.” Neil Diamond’s big break was in 1966 when the musical group The Monkees took his “I’m a Believer” to the top of the chart. Diamond also hit big as an artist with “Solitary Man” and “Cherry, Cherry.” He enjoyed tremendous success up until his retirement in 2018, including “Sweet Caroline,” which has reached legendary status, especially for us Red Sox fans! **Relive the 60s & 70s by registering with the COA at 978-371-2895 by Friday, May 13.**

Gen Silent Film Screening Wed., June 15, 2 pm, Gleason Library

Please join us to watch Gen Silent, a critically acclaimed documentary by Stewart Maddox. The film introduces us to six older adults from the Boston LGBT community, many who had been out of the closet but felt compelled to go back in the closet as they got older and were more reliant on health care services. Filmed in 2010, it has been shown at numerous film festivals, universities, and medical centers. Immediately following the film there will be an opportunity for questions and discussion about the documentary and LGBT issues and history. This is a hybrid event offered in conjunction with the Gleason Library. Virtual access via Zoom or in-person viewing at the library for 25 max. Light refreshments served. **Please call the COA at 978-371-2895 to register for this free event by Wednesday, June 8.**

Boost Your Brain Health by Eating Well Tuesday, June 7, 12:30 pm, Gleason Library



Current research shows that certain diets can boost your brain health, at any age! Learn how easy nutrition guidelines and recipes offered by the Senior Living Residents at Concord Park can get you started on the road to a healthier mind and improved memory! Tasty brain healthy food samples will be provided. **Call the COA at 978-371-2895 to register by May 31.**

DAY TRIPS

Royall House & Slaves Quarters Tuesday, May 31 (tentative)

The Carlisle Historical Society & Carlisle COA are working together to bring you an opportunity to tour the Royall House & Slave Quarters in Medford. In the eighteenth century, the Royall House and Slave Quarters was home to the largest slaveholding family in Massachusetts and the enslaved Africans who made their lavish way of life possible. Today, the Royall House and Slave Quarters is a museum whose architecture, household items, archaeological artifacts, and programs bear witness to intertwined stories of wealth and bondage, set against the backdrop of America's quest for independence. **If you are interested in this day trip please email Linda at lcavallomurphy@carlislema.gov asap.**



ROYALL HOUSE &
SLAVE QUARTERS

Butterfly Place & Kimball Farm (Westford) Tuesday, June 14

Let's flutter over in the COA van to the Butterfly Place in Westford—an indoor garden filled with hundreds of freely-flying butterflies! But before mingling with the winged beauties, we will lunch at Kimball Farm Grill & Seafood Shack in Westford. Nothing beats the heat of summer like classic New England specialties: fried scallops and clams, lobster rolls, steak tips, burgers, hand-cut onion rings and more. Order your food at the counter, and there is plenty of outdoor seating in their tented picnic table area. Butterfly Place entrance fee is \$8 paid at entry. Van fee is \$5 due day of trip. Van departure time TBD. **Please call the COA at 978-371-2895 to register by Thursday, June 9 for this fun local excursion.**



SEE PAGE 11 FOR DAY TRIP TO TOUR TWO FRANK LLOYD WRIGHT HOUSES

COA/RECREATION PARTNERSHIP OFFERINGS

To sign up for the offerings below, please visit www.carlisle.org.assn.la/ to register online or contact Holly Mansfield, Director of Carlisle Recreation, at 978-369-9815, hmansfield@carlislema.gov.

Dementia Caregiver Stress and Self Care

This one-hour interactive program is for anyone 18+ who interacts with persons living with dementia. You will learn the basics of the disease and its progression, what is normal vs. what may be dementia, how to approach stress, and avenues for self care. You will walk away equipped with resources and tools to feel supported, knowledgeable, and confident, no matter your role in their life.

Session I: Saturday, May 7, 10-11 am; **Session II:** Wednesday, May 18, 5-6 pm

Fee: Carlisle 60+: \$15 (subsidized by the Carlisle COA); everyone else: \$30

Instructor: Olivia Evans, NCCDP Certified Dementia Practitioner

Location: TBD—Carlisle Town Hall or Brick Building

Watercolor Studio Workshop Mondays, May 2-June 6 (No class 5/30)

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 weekly workshop.

Time: 12:45-2:45 pm

Fee: Carlisle residents 60+: \$70 (subsidized by the Carlisle COA); everyone else: \$100

Instructor: Joyce Dwyer

Location: Brick Building, 97 School Street, Carlisle

Feel Good Yoga Thursdays, April 28-June 2

Through a gentle yoga flow, coordinated with the breath, this “feel good” yoga class will increase your energy, focus the mind, and relax the body. With mindful stretching, students can gain flexibility, reduce tension, and improve range of motion. Bring a yoga mat and water. The use of yoga blocks and straps is offered and encouraged to provide extra support and offset limited range of motion.

Time: 8:45-9:45 am

Fee: Carlisle residents 60+: \$60 (subsidized by the COA); everyone else: \$90

Instructor: Laurel Huggins

Location: Brick Building, 97 School Street, Carlisle

VIRTUAL HAPPENINGS

The Presidency of Harry S. Truman Tuesday, May 3, 1 pm, Zoom

Learn how President Truman shaped the highest office of the land. What were the successes and failures of his Presidency and how has history viewed his administration since his death. Presented by Harry S. Truman Library and Museum Education Director Mark Adams. **Please register for this virtual lecture by calling the COA at 978-371-2895 by noon on Monday, May 2.**



Computer Security-Don't Be Scammed Tuesday, May 10, 1 pm, Zoom

Seniors are increasingly the targets of email and phone scams, as well as computer malware of all types. This lecture offered by Carlisle resident and COA Tech Volunteer, Bob Supnik, is aimed at helping seniors protect themselves from scams and malware. It will cover commonsense protection measures for your computers and mobile devices; how to recognize scams; and what to do if you should fall victim. **Please register for this presentation with a Q&A opportunity by calling the COA at 978-371-2895 by Friday, May 6.**



COA CLUBS



Calling All Mah Jongg Players

Join us for weekly Mah Jongg at Town Hall on Thursdays from 2-4 pm. Come make some new friends while enjoying this game of strategy, skill, and luck. Must have basic knowledge of the game. **Call the COA to register at 978-371-2895.**

Bridge at Town Hall

Play Bridge every Monday 2-4 pm in Carlisle Town Hall. All experience levels welcome. Group led by Jackie Engelhardt. **Please call the COA at 978-371-2895 to register before your 1st session, join in any Monday.**



Community Book Club Mon., May 2 & June 6 @ 10:30 am

The Community Book Club continues to meet via Zoom. The book title for May is "Island of the Lost: Shipwrecked at the Edge of the World," by Joan Druett, and for June, "The End of Days," by Jenny Erpenbeck. **Visit www.gleasonlibrary.org or call 978-369-4898 for more information and to receive the Zoom link.**

Gleason Knitters

1st & 3rd Fridays, 10:30 am



Join the Gleason Knitters every 1st & 3rd Friday at 10:30 am at the Gleason Public Library! Find new inspiration, exchange techniques or ideas, see a different or new yarn or favorite pattern, or impart a favorite trick you learned. Bring whatever project you may be working on. If you need help in knitting or crocheting maybe we can help. If you knit, sew, crochet, stitch, applique, bead weave or do any other creative pursuit that's portable enough to bring along - come and be craftily social. This fall we look forward to begin teaching how to knit. This group is led by Jackie Engelhardt. **Please reach out to Jackie at jpengelhardt39@gmail.com with any questions you may have.**

Reading Poetry Anew

Tuesday, May 3 & June 7, 10 am

Dip or dive into the pleasures of poetry. This informal course, led by Mary Zoll, will include poetry readings and reactions, discussions of the patterns and techniques used in the poems, and perhaps deeper understanding of the poems. **Visit www.gleasonlibrary.org or call 978-369-4898 for more information and to receive the Zoom link.**

Parlez-vous francais? Every Friday at 3 pm

Join Daniel Métraux weekly for a mid-afternoon of French community and cultural connection. Francophones from every culture & fluency level are welcome. **Please email Daniel directly at danmet13@gmail.com for more information.**

FOR YOUR HEALTH

EXERCISE with Katrina Rotondi

Katrina Rotondi is a dancer and dance teacher by trade at Gotta Dance in Billerica. She has been instructing exercise classes for the Carlisle COA for over 13 years.

- **Spring Session: March-May, Virtual**
- **Summer Session: June-August, Hybrid**
- **Fee: \$60 for a 3-month session for Carlisle 60+ residents; \$80 for everyone else.**
- **FOCCOA scholarships available for Carlisle 60+ residents.**



To register, please call the COA at 978-371-2895.

TUESDAYS

Zumba Gold - 10:30 am. Improve your strength and endurance to fun and lively music. Virtual via Zoom. In-person venue: TBD.

Line Dancing - 11:30 am. Lots of fun while providing an aerobic workout! Virtual via Zoom. In-person venue: TBD.

THURSDAYS

Fitness - 9:45 am. Helps with bone building and balance. Great for all ability levels, may be done in a chair. Virtual via Zoom. In-person venue: TBD. *This class starts in the summer session.*

Cardio-Boost - 10:45 am. Boost cardiovascular health, lower blood pressure and improve your sleep with this aerobic workout. Virtual via Zoom. In-person venue: TBD.

Kendra Thyne Pilates—Body Harmony via Zoom

Kendra Thyne is a Carlisle resident and owner of Kendra Thyne Pilates. Kendra has been teaching dance and Pilates for 25 years.

MONDAYS: Balance and Agility Class - 1:30 pm

This class will focus on building strength in the center of the body. During class, students will use a sturdy chair, an exercise band, and a small ball. They will strengthen the core and gently stretch the spine and appendages. Simple-to-follow exercises will be performed seated and standing. **Fee for Carlisle 60+ residents: \$60; everyone else \$80 per 3-month session. Subsidized by the Carlisle COA.**

WEDNESDAYS: Pilates Chair Class - 10 am

Designed for those who have difficulty getting on the floor. Performed with a sturdy, armless chair. **Fee: Free of charge. Open to all.**

FRIDAYS: Beginner Pilates Mat Class - 1 pm

Mat Pilates helps build a strong, balanced body and increases flexibility. You only need a mat and some floor space to participate in this 30-minute beginners class. **Fee: \$5 per class for Carlisle 60+ residents. Subsidized by the Carlisle COA.**

To register and for more details, please contact Kendra Thyne at:

- **Email: kendrathynepilates@gmail.com**
- **Phone: 201-315-7946**
- **www.kendrathynepilates.com**

Walk Wednesdays



Join COA staff and board members for a half-hour walk Wednesdays at 10 am. No registration required. Meet up at the Gleason Public Library parking lot (left side) and walk.

Mindful Meditation

Thursdays, May 5 & 12, 4 pm



Join Ed LeClair on Zoom for Mindful Meditation. Many of us have stressful lives, and mindfulness is proven to have a positive impact on stress and anxiety. These **free** classes are suitable for beginners as well as experienced meditators. Ed LeClair, a Concord resident and former Carlislean, has been a meditator for 30 years and has taught meditation classes since 1994. **To register email: Linda Cavallo-Murphy, lcavalломurphy@carlislema.gov.**



Podiatry Clinic **Monday, May 9**

~By Appointment~

The Podiatry Clinic is held in Dr. Ayleen Gregorian's Bedford, MA office at 41 North Rd., Suite 202. Appointments run every 15 minutes. The fee is \$40; **Carlisle seniors only pay \$25** because of the generosity of the Friends of the Carlisle COA. Please make your check payable to Dr. Gregorian. **For an appointment, please call the COA at 978-371-2895 and let us know if you need a ride.** Clinic patients must continue to wear a mask at all times.



Haircuts on the Go! **Mon., May 2 & June 13** **~By Appointment~**

Hair stylists Suzanne Hickey & Georgia Triantafilles provide quick and clean cuts for \$12 (plus a tip if you wish) at the Carlisle Fire Station. Masks are required regardless of vaccination status. **Please call the COA at 978-371-2895 to schedule your appointment.**

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Haircuts: By Appt. Virtual Coffee: 9:30 Gardening Class: 10:00 Book Club: 10:30 Watercolor Studio: 12:45 Balance & Agility: 1:30 Bridge: 2:00	3 Poetry Anew: 10:00 Zumba: 10:30 Harry S. Truman Presidential Library & Museum: 1:00	4 Women's Breakfast: 9:00 COA Walking Grp: 10:00 Pilates Chair: 10:00 Caregiver Support: 11:00	5 Yoga: 8:45 Fitness: 9:45 Cardio: 10:45 Mah Jongg: 2:00 Mindful Meditation: 4:00	6 Shopping: 9:00 Knitting: 10:30 Pilates Mat: 1:00 French Group: 3:00 Sat., 5/7 @ 10:00 Dementia Caregiver →	7
8	9 Podiatry: By Appt. Gardening Class: 10:00 Senior Moments: 10:00 Watercolor Studio: 12:45 Balance & Agility: 1:30 Bridge: 2:00	10 Zumba: 10:30 Computer Security-Don't Be Scammed: 1:00	11 COA Walking Grp: 10:00 Pilates Chair: 10:00 Wang Theatre – "On Location" Tour: 1:00	12 Yoga: 8:45 Fitness: 9:45 Cardio: 10:45 Mah Jongg: 2:00 Mindful Meditation: 4:00	13 Shopping: 9:00 Pilates Mat: 1:00 French Group: 3:00	14
15	16 Virtual Coffee: 9:30 Gardening Class: 10:00 Watercolor Studio: 12:45 Balance & Agility: 1:30 Bridge: 2:00	17 Zumba: 10:30 Rapscaillon Table & Tap (Acton): TBD	18 COA Walking Grp: 10:00 Pilates Chair: 10:00 Caregiver Support: 11:00 Jewish Songwriters: 1:30 Dementia Caregiver: 5:00	19 Yoga: 8:45 Fitness: 9:45 Cardio: 10:45 Mah Jongg: 2:00	20 Shopping: 9:00 Knitting: 10:30 Pilates Mat: 1:00 French Group: 3:00	21
22	23 Senior Moments: 10:00 BP: 10:30 Gardening Class: 10:00 Watercolor Studio: 12:45 Balance & Agility: 1:30 Bridge: 2:00	24 COA Board: 10:30 Zumba: 10:30 COA Lunch: 12:00 Traveling Concord Players Musical Salute: 1:00	25 COA Walking Grp: 10:00 Pilates Chair: 10:00	26 Yoga: 8:45 Fitness: 9:45 Cardio: 10:45 Veterans Coffee: 11:00 Mah Jongg: 2:00 Afternoon Jazz: 2:00	27 Shopping: 9:00 Pilates Mat: 1:00 French Group: 3:00	28
29	30 COA CLOSED Memorial Day	31 Zumba: 10:30 Royall House: TBD				

JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Men's Breakfast: 9:00 COA Walking Grp: 10:00 Pilates Chair: 10:00 Caregiver Support: 11:00	2 Yoga: 8:45 Fitness: 9:45 Cardio: 10:45 Prevent Food Waste: 1:00 Mah Jongg: 2:00	3 Shopping: 9:00 Knitting: 10:30 Pilates Mat: 1:00 French Group: 3:00	4
5	6 Virtual Coffee: 9:30 Gardening Class: 10:00 Book Club: 10:30 Watercolor Studio: 12:45 Balance & Agility: 1:30 Bridge: 2:00	7 Senior Cycling: 9:30 Poetry Anew: 10:00 Zumba: 10:30 Line Dancing: 11:30 Boost Brain Health by Eating Well: 12:30	8 COA Walking Grp: 10:00 Pilates Chair: 10:00	9 Fitness: 9:45 Cardio: 10:45 Mah Jongg: 2:00	10 Shopping: 9:00 Pilates Mat: 1:00 French Group: 3:00	11
12	13 Haircuts: By Appt. Gardening Class: 10:00 Senior Moments: 10:00 Balance & Agility: 1:30 Bridge: 2:00	14 Senior Cycling: 9:30 Zumba: 10:30 Line Dancing: 11:30 Kimball-Westford & Butterfly Place: TBD	15 COA Walking Grp: 10:00 Pilates Chair: 10:00 Caregiver Support: 11:00 Gen Silent Film Screening: 2:00	16 Fitness: 9:45 Cardio: 10:45 COA Lunch: 12:00 Cultural Concert: 1:00 Mah Jongg: 2:00	17 Shopping: 9:00 Knitting: 10:30 Pilates Mat: 1:00 French Group: 3:00	18
19	20 COA CLOSED Juneteenth (Observed)	21 Senior Cycling: 9:30 Zumba: 10:30 Line Dancing: 11:30 Meet & Greet: 5:00	22 COA Walking Grp: 10:00 Pilates Chair: 10:00	23 Fitness: 9:45 Cardio: 10:45 Mah Jongg: 2:00 Afternoon Jazz: 2:00	24 Shopping: 9:00 Pilates Mat: 1:00 French Group: 3:00	25
26	27 Gardening Class: 10:00 Senior Moments: 10:00 BP: 10:30 Balance & Agility: 1:30 Bridge: 2:00	28 Senior Cycling: 9:30 COA Board: 10:30 Zumba: 10:30 Line Dancing: 11:30 Tavern in the SQ: TBD	29 COA Walking Grp: 10:00 Pilates Chair: 10:00 Caregiver Support: 11:00	30 Fitness: 9:45 Cardio: 10:45 Mah Jongg: 2:00		

More DAY TRIPS & MISCELLANEOUS

Frank Lloyd Wright House Tours Thursday, July 14

CURRIER MUSEUM of ART Discover the drama and serenity of Frank Lloyd Wright's Zimmerman and Kalil Houses, the only two Frank Lloyd Wright homes in New England open for public tours offered by the Currier Museum of Art in Manchester, NH. This day trip is limited to nine seniors. Visit begins with a brief intro, followed by a self-guided exploration inside the houses with docents present to answer questions. After the house tours, we will head back to the Currier and take in some more art in the various galleries on our own. Lunch will be at the Museum's Café. Fee for the Wright house tours which includes museum entrance is \$35 due upon registration. Please make check payable to the "Carlisle COA." Van fee is \$10 due day of trip. Van departure time TBD. Carlisle 60+ residents have first preference. Scholarships available for Carlisle seniors if cost is an issue. **Please call the COA 978-371-2895 to reserve your spot by Thursday, June 16.**



Carlisle Farmers Market
Locally Grown

Saturday
8 am - Noon
Kimball's - Rt 225

The Carlisle Farmers Market is held every Saturday - starting on June 25 this year and running through mid-Oct. - from 8am to noon at the Kimball Farm Ice Cream parking lot on Route 225.

Knitting in Service Society (KISS)

The Knitting in Service Society is a group of knitters from Carlisle and the surrounding towns who provide hand-knit hats & scarves to those experiencing homelessness. Let's knit together via Zoom. **For meeting dates and more info contact carlisleknits@gmail.com.**

HAS THE PAST YEAR CHANGED WHAT YOU NEED IN A HOME?
Curious about the current real estate market?
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The Carlisle Council on Aging celebrates the diversity of our senior community and strives to embed inclusivity, dignity, and respect in our services, programs, and advocacy.

Getting Back to Normal After Two Years of COVID

There were many hardships to bear during the pandemic. Now it seems that life is returning to normal, but many of us are still feeling stuck in the past, with lingering anxiety and depression from our experiences during this time. Short-term counseling can provide the support you need to move on. The COA has received a grant that will be used to pay for counseling for those for whom counseling is not affordable. **For more details, call Carol Grueneich, COA Social Services Manager, 978-371-2895 or email at cgrueneich@carlislema.gov.**



Afternoon Jazz for All Ages 4th Thursdays, 2 pm, May-August

Come and enjoy a great afternoon of jazz performed by the New New Orleans Jazz Band live on the front lawn of the Gleason Public Library every 4th Thursday, 2-3 pm, May through August. Rain cancels the event. No registration required. *All ages welcome!* **Please contact Linda Cavallo-Murphy at the COA if you have any questions.**



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