



Carlisle Connection

NOVEMBER/DECEMBER 2022

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COAHS OFFICE

Office Hours
Mon - Fri: 9:00am - 3:00pm

COAHS WEBSITE

www.carlislecoahs.org

COAHS FACEBOOK PAGE

www.facebook.com/carlislecoahs

COAHS STAFF

Director | Joan Ingersoll
jingersoll@carlislema.gov

Program Manager
Linda Cavallo-Murphy
lcavalломurphy@carlislema.gov

Social Services Manager
Carol Grueneich
cgrueneich@carlislema.gov

Transportation/Office Manager
Myriam Fleurimond
mfleurimond@carlislema.gov

MESSAGE FROM THE DIRECTOR

We are excited to share that the COAHS has a new website, www.carlislecoahs.org. The website can be accessed directly or on the COAHS page of the town website. Many thanks to Carol Grueneich who took the lead on this initiative and dedicated significant time and effort to create the layout, design, and content. Our new website includes descriptions of our many programs, services, and activities, as well as a monthly calendar, newsletters, and information on support available for residents.

As the weather turns cooler and the holiday season approaches, we are anticipating an increased need for assistance due to rising fuel costs and the impact of inflation. If you are concerned about your household's ability to manage home heating and/or holiday expenses, we have a number of programs available to residents of any age and families. We can help you apply for federal fuel assistance and can also send a payment directly to your heating vendor to defray some of these costs. We have gift cards to help with food and other holiday expenses, and information on ongoing programs providing assistance with food and housing. All requests are kept confidential, and the application process is simple.

We are very grateful for the support of the town's faith communities and the many residents who send donations and gifts to help their neighbors in need. The generosity of the Carlisle community and ongoing assistance from the Concord-Carlisle Community Chest and the Friends of the Carlisle COA enables us to meet all the heating and holiday assistance requests we receive.

Wishing you a warm, peaceful, and joyous holiday season.

Warm Regards,

Joan



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organizations

In-home
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to make an
appointment

Request an
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**Need a
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It may be time for your next
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COVID-19 booster vaccines keep you, your family, and
your community healthy. Health officials recommend a fourth
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CAROL'S COLUMN

It's no secret that socializing with others is both enjoyable and good for us. According to the Mayo Clinic, it "not only staves off feelings of loneliness, but also it helps sharpen memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer." I know myself that if I get stuck in an unpleasant mood, getting together with someone is a sure way to getting to a better place. But it seems that socializing, much like sleep and exercise, is often neglected even though pleasant and healthy. Some people may have social anxiety that makes it hard to get together with people they don't know well. This can be treated with counseling and the COAHS can help you find good quality counseling. Others may have just forgotten how pleasant it is to meet new people and share time with others. We all get stuck sometimes in habits and routines that aren't working well for us. We at the COAHS want to support a healthy and vibrant community and ideally, eliminate loneliness. We offer many opportunities for socializing and trying new activities. You will find people are welcoming and often quite interesting once you get beyond the polite introductions. If you don't see the type of event that you enjoy, let us know and we will try getting a new group together. "Life is either a great adventure, or nothing at all." These are the words of Helen Keller, who overcame many obstacles in life so that she could connect with others. We hope to connect with you soon!

MAKING CONNECTIONS

COAHS 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 Support: Monday, November 14 & December 5, 19 at 1:00pm, Carlisle Town Hall. A group intended for those at any point in the grief process.

Caregiver Support: Wednesday, November 9, 23 & December 14, 28 at 1:30pm, Carlisle Town Hall. 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.

Mix & Mingle: Tuesday, December 13 at 4:00pm. Not just for singles, but for anyone who wants to get to know some new people in town. Refreshments will be served and there will be opportunities to meet and get to know others. We will gather in the Clark Room at Carlisle Town Hall. Contact Carol to register or for more information.

Virtual Coffee Hour: This group is going on hiatus for the holidays. If you would like to join Carol and other members of the community for an hour of lively conversation, please let her know of your interest. This virtual group is great for those homebound this winter.

COAHS Board Officers

Board Chair
Ann James
Vice-Chair
Toni McBride
Secretary
Verna Gilbert
Treasurer
Elisabeth Bojarski

COAHS Board Members

John Ballantine
Mary Cheever
Sally Hayen
Amy Livens
Ann Quenin

COAHS Assoc. Members

Maxine Crowther
Jerry Lerman
Abha Singhal

Message from the Friends of the Carlisle Council on Aging

Want to show your support for the good work of the Friends of the Council on Aging? Donations are gratefully accepted at any time! All contributions are used to support Carlisle's senior population. Mail a check in any amount to P.O. Box 38, Carlisle, MA 01741 or donate online via PayPal at www.carlisle.org/foccoa. We are a 501(c)(3) organization.

COAHS EATS

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THANKSGIVING TOGETHER LUNCH

Tuesday, November 8 | 12:00pm

FRS, Union Hall

Let's celebrate Thanksgiving together! Join us for roasted turkey with all the trimmings. Free for Carlisle 60+. Please register by Thurs., November 3.

WINTER SOLSTICE LUNCH

Wednesday, December 21 | 12:00pm

Carlisle Congregational, Fellowship Hall

Come in from the cold and warm up with a delicious roast beef lunch. Live acoustic guitar music will accompany the meal. Complimentary for Carlisle 60+. Register by Wednesday, December 14.

MEN'S BREAKFAST

Wednesday, November 2 | 9:00am

Carlisle Town Hall, Heald Room

Join us for coffee and breakfast goodies. Space limited. Registration is required by Tues., Nov. 1.

SALUTE TO VETERANS BREAKFAST

Wednesday, November 9 | 9:00am

Ferns Country Store

All Carlisle military veterans and active service personnel are invited for a complimentary breakfast in honor of your service and sacrifice. Please register by Friday, November 4.

WOMEN'S BREAKFAST

Wednesday, December 7 | 9:00am

Carlisle Town Hall, Clark Room

Let's get together for breakfast. Space limited. Please reserve your seat by Friday, December 2.

SENIOR MOMENTS

Mon., Nov. 14, 28 & Dec. 12 | 10am

Ferns Country Store

A casual coffee drop-in for Carlisle residents & friends 60+ to sit, relax, and chit-chat. Pastries courtesy of the Carlisle COAHS and Bridges of Westford. Ferns gives 10% off coffee to Senior Moments attendees. Blood pressure clinic provided by Bridges on November 28.



CCHS THANKSGIVING DRIVE-THRU

Saturday, November 19 | 12:00pm

Carlisle Fire Station

Enjoy a delicious thanksgiving turkey meal offered by the students of Concord-Carlisle High School (CCHS).

Carlisle 60+ residents please call the Carlisle COAHS at 978-371-2895 to register by Thursday, November 10. Space is limited. If you are a resident of Village Court, Benfield, or are homebound, when registering, please let us know if you would like your meal delivered.

Sponsored by the CCHS Student Government, CCHS Parents Association, Carlisle Council on Aging and Human Services, and Friends of the Carlisle Council on Aging.

Drive-thru times by last name at the Carlisle Fire Station are as follows:

A-L: 12:00-12:15pm

M-Z: 12:15-12:30pm

Restaurant Review

TOWN MEETING BISTRO

Tuesday, December 27 | 12:00pm

Inn at Hastings Park, Lexington

The upscale Town Meeting offers visitors traditional bistro fare with a focus on New England flavors. This is a perfect space to enjoy the holiday season with your Carlisle friends and neighbors. You may drive on your own or sign up for the COAHS van. Van fee \$5 payable to driver on the day of the trip. Only 12 seats available on the van. Please register by Thursday, December 22.

DIVAS & DIVOS

Wednesday, November 2 & 9 | 1:30pm
Zoom

Whether you're a wannabe prima donna, or a bonafide Divo, this is your gateway to the world of divas, drama, and divine musical theatics. This 2-part series focuses on famous Divas and Divos, and explores the vocal idiosyncrasies and famous arias that define each singer. Andy Papas is a classically trained professional opera singer, who will regale the audience with stories from backstage, offering a real life glimpse into the world of opera. **Register with the Gleason Public Library at 978-369-4898.** Sponsored by the Friends of the Council on Aging and the Friends of the Gleason Public Library.

PLANNING AHEAD—HEALTH AND FINANCIAL DECISION-MAKING

Tuesday, November 15 | 1:00pm
St. Irene Parish Hall

Join Elder Law Attorney Cathleen Summers as she explains the basics of estate planning, living will, health care proxy and other legal matters when planning ahead. **Register by Thurs., November 10.**

SECRET STORIES BEHIND THE WORLD'S MOST ICONIC PAINTINGS

Tuesday, November 22 | 1:00pm
Zoom

From American Gothic to Whistler's Mother to Nighthawks, there are some images that are so ubiquitous in our culture that we have stopped looking at them closely. This virtual art appreciation program presented by art historian Jane Oneail delves into these iconic works and shares the secret stories behind their creation and reception. **Registration required by Friday, November 18.**

STAY STRONG AND COORDINATED

Wednesday, December 14 | 1:00pm
St. Irene Parish Hall

Get an early start to your New Year's resolution to improve your health with Paul Connolly, certified personal trainer and fitness instructor. Paul will share tips on strength training, nutrition, sleep, fall prevention, and mental health. **Please register by Monday, December 12 to secure your seat.**



HOLIDAY WREATH MAKING

Tuesday, December 6 | 10:30-11:30am
St. Irene Parish Hall (*No Early Birds*)

Come and join the Carlisle Garden Club and the COAHS for a creative and festive morning of decorating your own holiday wreath. **This event is free and for Carlisle 60+ only.** Limit of one wreath per household. Thank you to the Carlisle Garden Club for their generosity. **Registration required by no later than Tuesday, November 29.**

RESPECTING RESISTANCE IN DEMENTIA

Session I: Wed., Nov. 9 | 5:00-6:15pm
Session II: Sat., Nov. 19 | 10:00-11:15am
Town Hall or Brick Building

Learn why someone living with dementia may refuse or resist care, activities, or something else offered. Come prepared to learn what you can do to re-engage them and methods to approach your offer in a different way. Fee: Carlisle 60+: \$10pp; everyone else: \$20pp. Instructor: Olivia Evans, CDP, CMDCP. Please visit carlislema.myrec.com to register for this program and for a complete listing of Carlisle Recreation Department classes and trips.

COAHS DAY TRIP

FESTIVAL OF TREES

Friday, December 2
Tyngsborough

Celebrate the season by visiting the Tyngsborough Festival of Trees, featuring two spectacular buildings of uniquely decorated holiday trees, and seasonal displays, set in Tyngsborough's historic Old Town Hall. Lunch together afterwards at the Dream Diner. There is no cost to enter the Festival of Trees. Van fee \$5 payable to driver on the day of the trip. Only 12 seats available. Departs at 9:30am from the Carlisle Congregational Church. Carlisle 60+ residents have first preference. **Please reserve your spot by Wednesday, November 30.**

EXERCISE & CLINICS

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HYBRID EXERCISE WITH KATRINA ROTONDI

Katrina Rotondi, dance teacher at Gotta Dance studio has been instructing exercise classes for the COAHS for over 15 years.

Fall Session: Sep.-Nov.; Winter Session: Dec.-Feb.

Fee: \$60 for a 3-month session for Carlisle seniors; \$80 for everyone else. FOCCOA scholarships available for Carlisle seniors.

Venue & Start Time Changes: Due to early voting and election day at Town Hall, the venue and start time for Katrina's exercise classes varies in early November. Please make note of the venue/time changes listed on the COAHS Calendar, page 8.

To register please contact the COAHS at 978-371-2895.

ZUMBA

Tuesdays | 10:30am - No class 12/27

Improve your strength and endurance to fun and lively music.

FITNESS

Thursdays | 9:45am - No class 11/24, 12/15 & 12/29

Helps with bone building and balance. Great for all ability levels, may be done in a chair.

CARDIO

Thursdays | 10:45am - No class 11/24, 12/15 & 12/29

Boost cardiovascular health, lower blood pressure and improve your sleep with this aerobic workout.

KENDRA THYNE PILATES VIA ZOOM

Kendra is a Carlisle resident and owner of Kendra Thyne Pilates.

To register please contact Kendra at 201-315-7946

BALANCE AND AGILITY

Mondays | 1:30pm - No class 11/21 & 12/26

Focus is on building strength in the center of the body. A sturdy chair, an exercise band, and a small ball are used. **Fee:** Carlisle seniors: \$60; everyone else \$80, per 3 month session. Subsidized by the COAHS.

PILATES CHAIR

Wednesdays | 10:00am

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

PILATES MAT

Fridays | 1:00pm - No class 11/11 & 11/25

Helps build a strong, balanced body and increased flexibility. Only a mat and some floor space needed for this 30 minute class. **Fee:** \$5/class for Carlisle seniors. Subsidized by the COAHS.

MINDFULNESS FOR HEALTHY AGING

**Tuesday, Nov. 1 | 1:00pm
Zoom**

Learn how to reduce your stress, boost your mood, and manage your anxiety via mindfulness.

Offered by Tufts Medical Center's Debbie Lyn Toomey, MSN, RN. Please contact Linda Cavallo Murphy at 978-371-2895 for the Zoom link.

PODIATRY CLINIC

Mon., Nov. 14 | By Appt.

The COAHS Podiatry Clinic for routine nail care services is offered by Dr. Ayleen Gregorian in her Bedford 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, call the COAHS at 978-371-2895 and let us know if you need a ride. Podiatry clinic patients must continue to wear a mask at all times.

HAIRCUTS ON THE GO

**Mon., Nov. 7 & Dec. 19 |
By Appt.**

Hair stylists Suzanne Hickey & Georgia Triantafilis provide quick and clean cuts for \$12 (plus a tip if you wish) at the Carlisle Fire Station. Please call the COAHS to schedule your appt. No walk-ins please.

MAH JONGG

Thursdays | 2:00pm

Carlisle Town Hall, Clark Room

Join us for weekly Mah Jongg at Town Hall on Thursdays from 2:00-4:00 pm. Come make some new friends while enjoying this game of strategy, skill, and luck. Basic knowledge of the game required. Call the COAHS to register.

GLEASON KNITTERS

1st & 3rd Fridays | 10:30am

Gleason Public Library

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 with the Gleason Knitters. This group is led by Jackie Engelhardt. **For more info please contact Jackie at jpengelhardt39@gmail.com.**

PARLEZ-VOUS FRANCAIS?

Fridays | 3:00pm

Join Carlislean Daniel Métraux weekly for a mid-afternoon of French community and cultural connection. **Please email Daniel directly at danmet13@gmail.com for more information.**

READING POETRY ANEW

Tuesdays, Nov. 1 & Dec. 6 | 10:00am

Zoom

Dip or dive into the pleasures of poetry. This informal course, led by Carlislean Mary Zoll, will include poetry readings and reactions, discussions of the patterns and techniques used in the poems, and perhaps some intellectual understanding of the poems. This class meets virtually. **Visit gleasonlibrary.org or call the library at 978-369-4898 for more info and to receive the Zoom link.**

CARLISLE COMMUNITY BOOK CLUB

Mondays, Nov. 7 & Dec. 5 | 10:30am

Zoom

The Carlisle Community Book Club welcomes new members anytime. **Visit gleasonlibrary.org or call the library at 978-369-4898 for book titles and to receive the Zoom link.** Sponsored by the COAHS and the Gleason Public Library.

LIBRARY OF THINGS

Gleason Public Library

The Gleason lends out so much more than books! Our Library of Things lets our users share a variety of equipment to "try before you buy," to save money, and to test out something you might not have come across otherwise. Recent additions include: metal detector, radon detector, and snowshoes in several sizes! Visit gleasonlibrary.org or ask at the Reference Desk to browse the full collection.

IMPORTANT REMINDER

MEDICARE Open Enrollment



Enrollment Period
October 15th - December 7th

Coverage Begins
January 1st

COAHS TRANSPORTATION

The COAHS transportation program provides rides Monday-Friday, 9:00am-3:00pm for medical appointments, COAHS events, grocery shopping, and other errands for Carlisle seniors and residents with disabilities of any age.

Ride Categories/Suggested Donations

- Rides within Carlisle - Free
- Rides within a 10-mile radius - \$5 round trip
- Rides between 10 & 30 miles - \$20 round trip
- Boston medical rides - \$30 round trip plus any parking fees

Advanced notice is required to schedule rides.

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+, or age 18+ with a disability. An active Lyft account is necessary to participate.

For all COAHS transportation services and questions, please contact Myriam Fleurimond, 978-371-6690 or mfleurimond@carlislema.gov.

COAHS CALENDAR

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NOVEMBER 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| | -1- 10:00 Poetry Anew 10:30 Zumba @ FRS 1:00 Mindfulness for Healthy Aging | -2- 9:00 Men's Breakfast 10:00 Pilates Chair 1:30 Divos & Divas-Part I | -3- 9:00 Fitness @ FRS 9:45 Cardio @ FRS 2:00 Mah Jongg 8:00 The 39 Steps | -4- 9:00 Shopping 10:30 Gleason Knitters 1:00 Pilates Mat 3:00 French Group |
| -7- Haircuts by Appt. 10:30 Book Club 1:30 Balance & Agility | -8- 10:00 Zumba @ Brick Building 12:00 COAHS Lunch | -9- 9:00 Veterans Breakfast 10:00 Pilates Chair 1:30 Divos & Divas-Part 2 1:30 Caregiver Support | -10- 9:45 Fitness 10:45 Cardio 2:00 Mah Jongg | -11- COAHS Closed  |
| -14- Podiatry Clinic by Appt. 10:00 Senior Moments 1:00 Bereavement Support 1:30 Balance & Agility | -15- 10:30 Zumba 1:00 Health & Financial Decision Making | -16- 10:00 Pilates Chair | -17- 9:45 Fitness 10:45 Cardio 2:00 Mah Jongg | -18- 9:00 Shopping 10:30 Gleason Knitters 1:00 Pilates Mat 3:00 French Group SAT, 11/19, 12:00: CCHS Thanksgiving Drive-Thru |
| -21- No Balance & Agility | -22- 10:30 COAHS Board 10:30 Zumba 1:00 Secret Stories | -23- 10:00 Pilates Chair 1:30 Caregiver Support | -24- COAHS Closed  | -25- COAHS Closed  |
| -28- 10:00 Senior Moments & BP Clinic 1:30 Balance & Agility | -29- 10:30 Zumba | -30- 10:00 Pilates Chair | | |

DECEMBER 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| | | | -1- 9:45 Fitness 10:45 Cardio 2:00 Mah Jongg | -2- 9:00 Shopping 9:30 Festival of Trees 10:30 Gleason Knitters 1:00 Pilates Mat 3:00 French Group |
| -5- 10:30 Book Club 1:00 Bereavement Support 1:30 Balance & Agility | -6- 10:00 Poetry Anew 10:30 Wreath Making 10:30 Zumba | -7- 9:00 Women's Breakfast 10:00 Pilates Chair | -8- 9:45 Fitness 10:45 Cardio 2:00 Mah Jongg | -9- 9:00 Shopping 1:00 Pilates Mat 3:00 French Group |
| -12- 10:00 Senior Moments 1:30 Balance & Agility | -13- 10:30 Zumba 4:00 Mix & Mingle | -14- 10:00 Pilates Chair 1:00 How to Stay Strong & Coordinated 1:30 Caregiver Support | -15- No Fitness No Cardio 2:00 Mah Jongg | -16- 9:00 Shopping 10:30 Gleason Knitters 1:00 Pilates Mat 3:00 French Group |
| -19- Haircuts by Appt. 1:00 Bereavement Support 1:30 Balance & Agility | -20- 10:30 COAHS Board 10:30 Zumba | -21- 10:00 Pilates Chair 12:00 COAHS Lunch 7:00 Caroling @ Village CT 8:00 Caroling @ Benfield | -22- 9:45 Fitness 10:45 Cardio 2:00 Mah Jongg | -23- 9:00 Shopping 1:00 Pilates Mat 3:00 French Group |
| -26- COAHS Closed Christmas Observed  | -27- No Zumba 12:00 Town Meeting Bistro | -28- 10:00 Pilates Chair 1:30 Caregiver Support | -29- No Fitness No Cardio 2:00 Mah Jongg | -30- 9:00 Shopping 1:00 Pilates Mat 3:00 French Group |

SUPPORT THE FRIENDS OF THE CARLISLE COA

The Friends of the Carlisle COA, established in 1994, is a non-profit volunteer organization dedicated to raising funds in support of the Carlisle COA's valuable work to make Carlisle a safe, enriching, and welcoming community for our seniors. The Friends are grateful to you, the Carlisle community, for your past generous contributions and hope that we can count on you again this year.

In FY 2022 (July 1, 2021-June 30, 2022) your contributions were used to:

- Provide fuel, food, and emergency assistance for seniors in need
- Subsidize the cost of senior podiatry and blood pressure clinics
- Subsidize exercise, social, and senior meals
- Underwrite medical equipment costs
- Sponsor cultural and health lecture series with Gleason Library
- Provide holiday cheer bags for seniors
- Sponsor educational ZOOM presentations
- Provide transportation to medical appointments
- Subsidize bimonthly COA newsletter and supplies for COA programs
- Subsidize the volunteer recognition luncheon

Please look for the Friends' annual fundraising flyer in the mail in early December and consider a donation to the Friends. Your gift will help support the many COA programs vital to our seniors. The Friends are grateful for your continued generosity. Mail a check made out to the Friends of the Carlisle Council on Aging (FOCCOA) in any amount and mail to P.O. Box 38, Carlisle, MA 01741 or donate online via PayPal at www.carlisle.org/foccoa. We are a 501(c)(3) organization!

We would like to recognize the generosity of our FY 2022 contributors. We are so grateful that they were willing to join together to promote the well-being of Carlisle seniors

FRIENDS OF THE CARLISLE COUNCIL ON AGING FY 2022 CONTRIBUTORS

| | | |
|---------------------------------|-------------------------------|-------------------------------------|
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FOCCOA/COMMUNITY NEWS

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FRIENDS OF THE CARLISLE COUNCIL ON AGING FY 2022 CONTRIBUTORS

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John & Marie-Louise Petrie
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David & Judith Willard
Jane & Bert Williams
Mary Zoll

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Clyde Kessel
Angela Smith
Bob Supnik

In Memory of:

Shoba Akertar
Bobby Buchanan
Keith Fortier
Peggy Ellen Gill
David & Jeffrey Keast
Emma Lee & Guido D'Asti
Gordon Munson
Florence Newman
Richard Paglia

COMMUNITY NEWS

Carlisle has a new Sustainability Coordinator and Environmental Sustainability Committee

Sue Thomas, Carlisle's new Sustainability Coordinator, has been getting acquainted with town boards and departments and discussing possible needs and opportunities both within town government and in the community to reduce impacts on the environment and Carlisle's carbon footprint. Carlisle created this part-time grant funded position for 2022-2023 to help drive progress on the sustainability goals outlined in the Master Plan, Carlisle Forward. The position itself is a goal listed in the plan. In addition, the Select Board chartered the new Environmental Sustainability Committee (ESC) on August 9 and charged it with developing a town-wide environmental sustainability work plan. Everyone in town has a part to play in achieving these goals, which will benefit the entire town.

In November and December, concerns about energy use and heating costs loom large, especially with expected rate increases from Eversource. Lower your electric bill and give the climate a gift by providing tax credits to develop clean energy in Massachusetts. Join Carlisle's Community Choice Power Supply Program to lock in your rates and green both your wallet and the grid.

Take big or small steps to conserve energy with Mass Save Programs. The Heatsmart Alliance is also available to help. Check out the Environmental Sustainability Committee's webpage on the Carlisle Town website and follow the Bits & Bytes column for additional information.

HOLIDAY CAROLING WITH THE CARLISLE COMMUNITY CHORUS

Thurs., Dec. 21 | 7:00pm | Village Court

Thurs., Dec. 21 | 8:00pm | Benfield Farms

Come and enjoy some good old fashion holiday caroling with the Carlisle Community Chorus, an intergenerational choral community now in its 12th year. Starting at 7:00pm, the Carlisle Community is invited to join us outdoors at Village Court, 145 Church Street. Then at 8:00pm, the Carlisle Community Chorus will sing masked indoors for Benfield Farms residents in the 2nd Floor Community Room.



OPEN REHEARSAL OF *THE 39 STEPS*

Thursday, November 3 | 8:00pm

The Concord Players

51 Walden St., Concord

The Concord Players offer seniors the opportunity to attend the open dress rehearsal of *The 39 Steps* on November 3 at 8:00pm. While admission is free, donations at the door are greatly appreciated. Open seating is first come, first served.

Based on the 1935 adventure film, *The 39 Steps* are performed with a cast of only four. One actor plays the hero, one actress plays the girl, and two other actors play every other character in the show: heroes, villains, men, women, children and even the occasional inanimate object, so the serious spy story becomes a chaotic farce.

Please check www.concordplayers.org for the most current COVID-19 audience protocols.

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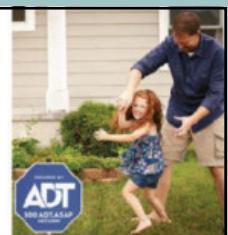
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The Carlisle Council on Aging and Human Services celebrates the diversity of our senior community and strives to embed inclusivity, dignity, and respect in our services, programs, and advocacy.

HOME HEATING ASSISTANCE

The COAHS can help you manage your home heating costs this winter. The Low-Income Home Energy Assistance Program (LIHEAP) provides financial assistance to eligible individuals and families whether their home/apartment is owned or rented, and in some cases even when heat is included in rent. Gross Annual Household Income limits for this federally funded program are \$42,411 for 1 person, \$55,461 for 2 people, \$68,511 for 3 people and \$81,561 for 4 people. To learn more about the program and application process call the COAHS at 978-371-2895 or visit Community Teamwork at www.commteam.org.

If you do not meet the income guidelines for LIHEAP, the COAHS has funds available through donations and grants to help residents and families for whom winter heating costs create a financial hardship. Inquiries are confidential and the application process is simple. Please contact us for more information.

CREATING A LEGACY OF IMPACT— CC COMMUNITY CHEST

Join your neighbors in celebrating the Concord-Carlisle Community Chest's 75 years of collective impact, and help to strengthen its important role in our community for years to come. Since 1947, the Community Chest has relied on the generosity of Concord and Carlisle residents to support many local non-profit human service organizations, such as the Carlisle COAHS's vital programming. We hope that all residents will consider a donation to the Community Chest in this Anniversary year to help our neighbors most in need. For more information or to make a donation, visit www.cccommunitychest.org or contact Jennifer Ubaldino at 978-369-5250.

CONCORD CARLISLE COMMUNITY CHEST



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