

Call for transport to...

Community Activities

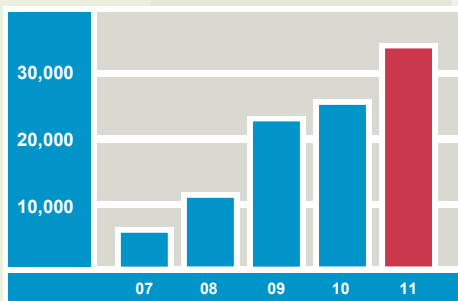
- Monthly luncheons
- Monthly coffees
- Line dancing
- Book club
- Handicraft group
- Yoga
- Weekly lectures
- Shopping trip

Personal Activities

- Blood pressure clinic
- Flu shots
- Tax filing help
- Winter fuel support
- Home help

Schedules available at town hall, library, Ferns, the Center, or by calling the Center.

COMMUNITY FUNDING FOR TRAVEL



CARLISLE COMMUNITY CENTER
- Enlivening a sense of community -

DID YOU KNOW...

Research shows that seniors who get out and about are happier, healthier, and live longer. Here's a relevant reference to the topic. Why not read more about it at the library.

Csikszentmihalyi, M. (1997). *Finding flow – The psychology of engagement with everyday life*. New York, NY: Harper Collins Publishers, Inc.



Carlisle Community Center

5432 West Street
Carlisle, MA 54321

1-800-555-5555 or 1-543-555-5555
1-543-555-0151 fax
<http://www.carlislema.gov/>



Carlisle Community Center

Getting out and about In and around Carlisle



- Calling for transport
- Learning Centre at the library
- What's on?
- Yoga for seniors
- Financial planning and help
- Medical insurance and healthcare advice
- Staying warm this winter
- Support your community center

Carlisle is already a great place to live as a senior. There is always a lot going on and you can be a part of it. Recent research has shown that taking part helps keeps you active and healthy. Go on! It's interesting, it's fun, and it's good for you.



- Call for transport. It's now more available than ever.
- Library has both computers and classes in learning to use them.
- Yoga & Meditation for seniors. It's not about tying yourself in knots.
- Keep you home warm this winter. There is no reason not to.
- Medical Insurance questions, call Mike for answers.
- What's On? Call Julie for the very latest.

Getting out and about in and around Carlisle

GETTING AROUND JUST GOT EASIER

Recent changes in the allocation of funds has liberated extra funding for the transportation of seniors. This means that the "Call and Go" program is being extended. If you need to get around town, or to nearby communities, all you have to do is call.



SENIOR SCHOOL SPORTS

Susan Emmons, Carlisle Citizen of the Year (pictured), shows youngsters how it is

done at the recent "senior" school sports day. Contact Julie to get the latest about upcoming events.

QUESTIONS ABOUT MEDICAL INSURANCE

If you have questions about medical insurance and how recent changes affect you then contact Michael.

LEARNING CENTER AT THE LIBRARY

If you thought the library just had books, think again. Be-

sides CDs, DVDs, and audiobooks, it also has lectures, events, and classes. It also has the popular "story time" program and child mentoring. Perhaps you can attend some events and support others by lending a hand.

COMING TO TERMS WITH THE COMPUTER

Learn how to use a computer and stay connected with friends and family from your home or from the library. There are courses specifically geared to the needs of seniors and, best of all, they even have computers available for you to learn on and use even if you don't have a computer at home.

HELPING HANDS

Sometimes we all need a little help. Whether you need help filing your taxes, paying the winter's fuel bill, or shoveling the path, give us a call.

HELP YOUR CENTER

There are lots of ways to get involved. If you have time and interest find out some of the many ways to support building the community with us.

So whether you need help or can give help, give us a call on 1-800-555-5555.

