

Volume 42  
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October 2010



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**COA Office Hours:** Monday - Friday 8:30 a.m. to 4:30 p.m.  
**COA Outreach Hours:** Monday - Thursday 9:00 a.m. to 3:00 p.m.

Dear Littleton Seniors:

I'm so sorry to be the one that must bring you all the not so good news about the stop mailing of the monthly newsletter. Due to the economy woes, level funding budgets over the last few years reducing the amount of funds available for programs and other activities, the Board had to take action to preserve as much funds as possible for services. In addition, the United States Postal Service is looking into asking the U. S. Congress to raise the postage rate by two (2) cents in January 2011; therefore, the postage funds in the budget will now help the LCOA to maintain more services for seniors. **How will you get a copy of the newsletter?** As Chairman, I've taken on the task by myself of finding businesses here in Littleton that would let the LCOA Newsletter be made available on their counter or in a floor stand holder that is being provided by the LCOA. **December 2010 will be the last month that the newsletter will be mailed to you.** Here is a partial drop list of locations: Tedeschi Food Shops, Donelan's Supermarkets, Nashoba Package Store, Aubuchon Hardware, Shear Madness, Toyota Dealership, Yankee Clipper, Kleenit Cleaners, Dinapoli Pizzeria in Westford, Fine Wine & Spirits, Shell Station Dunkin's Donut, Yangtze River Restaurant, Spring Brook Farm Country Store, Common Convenience, Congregational Church, and the new Tre Amici Restaurant, 529 King Street. In addition to the Town Hall Building, **I have another eleven (11) places/businesses to confirm** as drop locations for the newsletter. The **Board will set a yearly rate by 12/31/10 for 2011** for those who would like to pay **first class postage** to have the newsletter sent to their home or post office box via U. S. Mail – the rate should be somewhere between \$7 to \$10 for mailing. If a newsletter is more than one (1) oz, then the current first class postage will be around \$.70 to mail. I'm hoping to have a grand total of approximately 28 drop locations, not including the Town Hall Building. I want to thank all of the locations for being so willing to help the LCOA with this service, as well. We the Board Members hope that you all will understand that we are trying to preserve and keep all programs and other activities going for the well being of our seniors. By: George A. Sanders, Sr.

**BOARD MEMBERS**

George A. Sanders, Chairman  
Louise Curley, Vice Chairwoman  
Robert Stetson, Secretary  
Wilma Sorgente, Treasurer  
Norman Berry, Mary Catalanotto  
Barbara Kamb, Mary Kaye  
Mary Dugan, Rosemarie DiBacco  
Barry M. Curcio

**STAFF**

Carolyn Sloboda, Director 978-540-2470  
Tina Maeder, Outreach Coordinator 978-540-2472  
Carolyn Harlow, Dispatcher  
Patricia Foster, Dispatcher  
Neil Campbell, MART Driver  
Norman Harlow, MART Driver  
George Ogilvie, MART Driver  
Gayle Dalton, Meal Site Manager 978-540-2474

***The Board meets the 1st Monday of each month, except when it's a holiday, then the 2nd Monday at 2:30 p.m. in Room 230***

Day Trips Coordinator: Lois Soule

Broadcaster Editor: Rosemarie DiBacco

ENRICHING THE SENIOR COMMUNITY

LITTLETON SENIOR  
BROADCASTER



# SENIOR SPOTLIGHT



A BIG Thank You to these volunteers for their dedication to the success of our Thrift Shop.

Dean Butterfield  
Jennie Thomas  
Pat Nelson  
Susan Wielinski

Delia Protaswicki  
Ellen Aurajo  
Pat Croy  
Gail Metrano

**Special Notice:** The "**NEW DEADLINE**" for all submissions to be included in the **LCOA Broadcaster** is no later than (NLT) the 10<sup>th</sup> of the month – NO EXCEPTION(S). If not received by the 10<sup>th</sup>, then it will not be in the upcoming issue.

For further information, please call 978-540-2470.  
Thanks to all.

## Fall Classes, Trips & Workshops through Littleton Parks, Recreation & Community Education

Littleton Parks, Recreation & Community Education is offering a variety of classes, workshops and trips this fall.

The following classes are eligible for a 20% discount for seniors over the age of 65:

**Basics of Tea**, Tuesday, October 19, \$25

**Photograph & Computer for Seniors**, 7 Tuesdays, October 5-November 16, \$95 (\$20 material fee to instructor).

We are offering Tai Chi – Movements 1-12 for beginners on 10 Mondays, October 4 – December 13, \$90.

Trips include New York City Shopping Tour on Saturday, November 20, \$59; Christmas in Newport on Sunday, December 5, \$89; and Mary Poppins at the Opera House, Boston, on Friday, March 11, \$115.

All prices are based on non-resident status. If you haven't already taken a class with PRCE for calendar year 2010 the \$5 annual Registration fee will apply. See our brochure or visit us on the web at [www.littletonrec.com](http://www.littletonrec.com) for our complete listing of programs and events.

Hope to see you in one of our classes, workshop or trips.

# INFORMATION & OUTREACH INFORMATION

## ALZHEIMER CAREGIVER SUPPORT GROUPS

### Life Care Center of Nashoba Valley

191 Foster Street, Littleton

5:30 –7:30 p.m. 1st Wednesday of every month.

**Liz Lenkauskas (978) 486-3512.**

### Alzheimer's Association Helpline

Available for calls 7 days a week, 24 hours a day.

**1-800-548-2111.**

### Evening Support Group

The Inn at Robbins Brook, Acton/Westford

The 4th Tuesday Of each month at 6:00 p.m.

For information, call **Judy Ramirez (978)-399-2305.**

### Monthly morning Caregivers Support Group

Concord Park Assisted Living Residence in West Concord.

3rd Tuesday of the month at 10:30 a.m.

**Call Mary Baum (978) 369-4728.**

**Meg Candilore 978-369-6889**

### Concord Cooperative Elder Services, Inc.

Adult Day Health and Alzheimer's Care

Program in Concord . Please call **Social Services Department at (978) 318-0046.**

## Outreach Coordinator

**Tina Maeder, LSW**

**978- 540-2472**

**Room #232**

## LIVING ALONE SUPPORT GROUP

The Living Alone Group will be meeting on Thursday, **October 21, 2010** in Room 230 from 10:30 - 11:30. Please call Tina at 978-540-2472 for information.



## BLOOD PRESSURE CLINICS

Nashoba Nurses will be at the Littleton Senior Diner on Tuesday, **October 12, 2010** from 11:00-12:00 noon.



## PODIATRY CLINIC

The next Podiatry Clinic will be on Tuesday, **October 26**, starting at 9:30 a.m. Cost is \$25.00.

## FLU CLINIC

There will be a flu clinic on Thursday on October 28, 2010 for **Pine Tree Park** residents **only** from 10-11.

## SMOC

The Outreach office has been quite busy assisting clients with the SMOC recertification for fuel assistance. Please remember to schedule your appt by calling the Outreach office at 978-540-2472. Beginning November 1, 2010, the Outreach office will assist new Fuel assistance clients with their applications by appointment only.

The guidelines for a 1 person family for fiscal year 2011 will include the 60% of the estimated state median income which is a gross annual income not to exceed \$30,751. A household of 2 is \$40,213 and a household of 3 is \$49,675. Please remember in times of serious financial hardship, H. Vincent Couper funds and Friends of the Littleton COA may be able to assist. All inquiries are kept confidential and further information can be given by calling Tina Maeder at the Littleton Council on Aging Outreach office at 978-540-2472.

## CAREGIVER SUPPORT GROUP

The Caregivers Support Group will meet every other month on the first Thursday from 4:00-5:30 p.m. in Room 233 of the Littleton COA. The next meeting is on Thursday, November 4<sup>th</sup>, 2010 with Anne Marie Rowse from Senior Care Advisors. For more information please call Anne Marie at 978-456-3756 or email: [am-rowse@sca-ma.com](mailto:am-rowse@sca-ma.com).



Handicap Car Applications  
are available at the COA office

**Disclaimer:** Just because there is an announcement or advertisement in this Broadcaster, that does not mean that it is sponsored in any way by the LCOA; moreover, there are some LCOA sponsored programs and activities listed in this newsletter.

George A. Sanders, Chairman, LCOA

## WELLNESS CLINIC

The Wellness Clinic with Louise Curley will be held on the first, third, and fourth Tuesday of the month of September in Room 233 from 10:00 - 12:00.

Every Tuesday of the month in Room 233 except the 2nd Tuesday of the month where they will take place from 11:00 to 12:00 at the Senior Diner.



## WANTED

Musicians 60 years of age and older to play big band music.

Needed: PIANO, BASS, DRUMS, 5 SAXOPHONES, 4 TRUMPETS, 4 TROMBONES.

If interested, or would like more information call Mr. Ernest Stackpole at 978-486-3335.



## FREE DRESS REHEARSALS AT CANNON THEATRE

The Cannon Theatre is offering free admission to Littleton seniors to their dress rehearsals.

Please call the theatre for more information.  
The Cannon Theatre  
410 Great Road, Littleton  
Phone: 978-760-3397

The **SHINE** (Serving the Health Information Needs of Elders) program provides free, confidential health care information, assistance and counseling to elders and other Medicare beneficiaries. Volunteer health benefit counselors are trained and certified by the Executive Office of Elder Affairs and provide assistance at Councils on Aging.

Please call our office at 978-540-2470 for an appointment with our SHINE officer, Bob Selling. He will be more than happy to assist you.

## "Extra help" with Medicare prescription costs

If you have limited income and resources, you may qualify for extra help to pay your prescription drugs under Medicare Part D. Social Security's role is to help you understand how you may qualify and to process your application for extra help. To see if you qualify or to apply, call Social Security's toll-free number 1-800-772-1213 or 1-877-319-0728.

## Help with Medicare expense for people with low income

If you have a low income and few resources, your state may pay your Medicare premiums and, in some cases, other "out-of-pocket" medical expenses, such as deductibles and coinsurance. Only your state can decide whether you qualify for help under this program. If you think you qualify, contact your state or local medical assistance (Medicaid) agency, social services or welfare office.

## WISDOM WORKS

A Professional Employment Program for 55+  
Offered at the Billerica Council on Aging  
25 Concord Road, Billerica, MA 01821

Two workshops scheduled (6 to 8 p.m.) for:  
**Tuesday, Sept. 14, 21, 28, Oct. 5**  
**Wednesday, Oct. 13, 20, 27, Nov. 3**

The four workshop sessions include "Looking Back – What Next?", "Getting Started", "Job Search Strategies", and "Interviewing".

Human Resources professionals volunteer their time and expertise to facilitate the workshops developed by Keystone Associates, a premier outplacement firm in Burlington, MA.

If you are interested in participating or want more information, please contact Billerica COA Director, Donna Popkin at 978-671-0916 ext. 221.

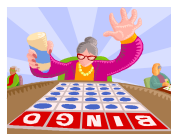




## MAH JONGG CLASSES

Wednesday, **October 6** and Friday, **October 8** from 1:00 - 2:00 p.m.  
No other classes in 2010.

Please call Milly at 978-486-3707 to sign up.



## BINGO AT THE SENIOR DINER

Starting in September, we will be having **BINGO** on Friday afternoons from 1:00 - 2:30. Please join us.

## LITTLETON SENIOR CITIZENS CLUB

The October meeting of the Senior Citizens Club will take place on Monday, **October 18** at 1:30 p.m. Our program will be a portrayal of **MARY QUEEN OF SCOTS**, performed by Muriel Dyas of Lunenburg. She will be dressed in the costume of the day. Muriel's logo is "Historically Speaking....let them tell their side of the story".

This theatrical presentation will take place in the Multi-purpose Room – refreshments will follow in the Meal Site. Muriel has received many wonderful testimonies about her presentations. We also will be fascinated by her performance. Come and enjoy! All welcome! Questions? Please call Peg Kosciuszek at 978-486-4432. Peg Kosciuszek, President

## ST. ANNE PARISH

### St. Anne's Sunshine Club Bingo

On the third Thursday of every month, St. Anne Church on King Street in Littleton holds Free Bingo games for Seniors. The Bingo starts at 1:00 p.m. downstairs in the Church Hall. All seniors are welcome. We are ALWAYS looking for new friends to come and play Bingo for prizes (usually groceries or small gifts).

Each month is based on a theme, the holiday for that month. After playing Bingo, we socialize and have coffee, tea, and also baked goodies.

If you need transportation please call Denise Gibbons at 978-501-0681 and we will be happy to arrange it. Come and join the fun and make new friends.

## INDIAN HILL MUSIC



### 'BACH'S LUNCH' CONCERT:

Indian Hill Music School's monthly faculty presents a program of traditional Irish tunes with renowned fiddler Laurel Martin: **TWO SHOWS - Thursday, October 21 at 11 am and 1:30 pm**, 36 King Street. Coffee, tea and cookies served; bring your lunch. FREE admission. Reserve a table at (978) 486-9524 x114. Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).



## BIRTHDAY LUNCHEON

October 13

**HAPPY BIRTHDAY!**

Your lunch will be paid for by Minuteman Senior Services. Cake provided by COA.

Make reservations by calling 978-540-2474. All are welcome. Bring a friend.

## LADIES' BREAKFAST

October 14 - 7:30 a.m. to 9:00 a.m.



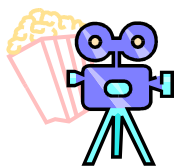
## MEN'S BREAKFAST

October 20 - 7:30 a.m. to 9:00 a.m.

### Senior Diner - Shattuck Street

Bacon, eggs, sausages, pancakes, home-fries, toast

Need a ride? **Call: 978-540-2470** - COA VAN



## MOVIES OF THE MONTH

The movie this month will be shown on Thursday, **October 28th** in Room 230 at 1:00 p.m. Watch for a bulletin on which movie will be shown. Your hosts are searching the movie theaters for the number one film on the charts. Come join us for a movie and treats but most of all be with friends.

Entry is \$2.00

Snacks, coffee and soft drinks will be served.



## Library Book Sale

Please support our local library's October book sale in the Vincent Cooper Room. There will be plenty of good books to purchase at a low cost to read during the winter months. Dates and hours for the sale are as follows: Thursday, **October 14**, 2 to 8 p.m.; Friday, **October 15**, 4 to 8 p.m. and Saturday, **October 16**, 10 a.m. to 3 p.m.



## SENIOR BOWLING

**Monday through Thursday 9:00-5:00**

**Friday 9:00-2:00**

2 Games and Shoes - \$6.00, 1 Game & Shoes - \$4.00

Socialize while you exercise! Complimentary Coffee!

Acton Bowladrome - 978-263-7638



## CABLE

Littleton Common cable show will be featuring Senator Jamie Eldridge in October. Watch every Tuesday and Thursday at 7 p.m on channel 8 Comcast and channel 38 Verizon.

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## LISTENING SESSION

On Friday, October 29th, Senator Eldridge will also be at the COA in Room 230 at 1:00 p.m. with Secretary Ann Hartstein for a "listening session" and an update on state levels.

Please join them for this casual yet informative visit.



## CONGREGATIONAL CHURCH

Afternoon Bingo for Seniors

Please join us on Thursday, **October 14th** for an afternoon of Bingo from 1 to 3:30 p. m. in the Parish Hall of the Congregational Church, 330 King Street. Finger desserts, cheese and crackers, tea and coffee will be served at 2:30 p.m. Bingo and door prizes will be awarded to the lucky winners. Come join us for an afternoon of fun, laughs and companionship and bring along a friend. We would love to see some new faces.



## WATERCOLOR CLASS

Painting with Watercolors. Wednesday, **October 13**, 9:00 a.m. To 11:30 am. Cost \$30 for six weeks, payable to the Littleton COA.

**\*\* MART TRANSPORTATION \*\***

Please schedule your appointments at least two business days ahead. We cannot accommodate same day appointments. If you know that you have an appointment, please call from

**9:00 a.m. to 2:00 p.m.**

Monday through Friday, except holidays, to schedule your ride as soon as possible.

When scheduling your appointment you **MUST** have the **EXACT** street, number and town of where you are going, as well as a pick up time at your home and when you are finished with your appointment.

Be ready at least one half hour before your pick up time and expect to wait at least one half hour for your pick up. **Time for appointments must be between 9 a.m. and return to Littleton by 3 p.m.**

**Please call: 978-540-2470**

In order to serve you better, when making a reservation for transportation, please **DO NOT** leave your requests on the answering machine.

**Please Note:**

- *If you have someone accompany you on the ride, they also will have to pay.*
- *Due to the increase in volume of rides, it is possible that you will have to be picked up earlier than your requested pickup time for your appointment or that you will have to wait on your return trip. All efforts are being made to accommodate everyone. Thank you for your patience.*

**LITTLETON COA MART VAN CHARGES**

**(Van service for Seniors and the disabled)**

**If the MART Van departure and return to Littleton is 15 miles or greater, your cost is \$7.00, except as noted below:**

<b><u>Monday–Friday 9 a.m.–3 p.m.</u></b>	<b><u>Each Way</u></b>
Medical appointments in Town	\$1.50
Shopping in Town	\$1.50
Medical appointments *out of Town	\$2.00
Shopping *out of Town	\$2.00
*Medical & Shopping out of Town " <b>ONLY</b> " to: Harvard, Ayer, Groton, Westford, Acton and Concord.	\$2.00

**2nd Wednesday of month**

WALMART (N. Chelmsford only)	10 am - 2 pm
Round Trip \$5.00 ( <b><u>Special Rate</u></b> )	

**4th Wednesday of month**

PHEASANT LANE MALL (NH)	10 am - 2 pm
Round Trip \$7.00 ( <b><u>Special Rate</u></b> )	

**Mondays:**

Shopping at MARKET BASKET	10 am - 2:00 pm
Shopping at DONELAN'S	10 am - 2:00 pm

**Men's and Ladies' Monthly Breakfasts**

Roundtrip \$2.00
<b><u>(Special Rate)</u></b>

LITTLETON COUNCIL ON AGING  
 P. O. BOX 1305  
 33 SHATTUCK ST., ROOM 231  
 LITTLETON, MA 01460  
**RETURN SERVICE REQUESTED**

**BULK RATE**

**US POSTAGE**

**PAID**

**LITTLETON, MA**

**PERMIT NO. 19**



# ACTIVITIES FOR OCTOBER



DAY	ACTIVITY	TIME	PLACE / DATE
MONDAY	* Line Dancing	10:00 a.m.	Multipurpose Room
	Senior Citizens Club	1:30 p.m.	<b>October 18</b>
TUESDAY	* Stretch & Flex	11:15 a.m. to 12:15 p.m.	Multipurpose Room
	* Exercise with Phyllis	1:00 p.m. to 2:00 p.m.	Multipurpose Room
	Mah-Jongg	1:00 p.m. to 4:00 p.m.	Room 230
WEDNESDAY	Men's Breakfast	7:30 a.m. to 9:00 a.m.	Sr. Diner - <b>October 20</b>
	Birthday Party	12:00 noon	Sr. Diner - <b>October 13</b>
	Computer Classes	<b>Call 978-540-2470 for Appt.</b>	Room 222
	Scrabble	1:00 p.m. to 4:00 p.m.	Room 230
THURSDAY	Ladies' Breakfast	7:30 a.m. to 9:00 a.m.	Sr. Diner - <b>October 14</b>
	Mah-Jongg	1:00 p.m. to 4:00 p.m.	Room 230 / 233
	Living Alone Group Meeting	10:30 a.m. - 11:30 a.m.	Room 230 - <b>October 21</b>
	* Stretch & Flex	11:15 a.m. to 12:15 p.m.	Multipurpose Room
	* Exercise with Phyllis	1:00 p.m. to 2:00 p.m.	Multipurpose Room
	Movie Of the Month	1:00 p.m.	Room 230 - <b>October 28</b>
	Bach's Lunch	11:00 a.m. and 1:30 p.m.	Indian Hill - <b>October 21</b>
	Congregational Church Bingo	1:00 p.m. - 3:00 p.m.	<b>October 14</b>
	St. Anne Sunshine Club Bingo	1:00 p.m. - 3:30 p.m.	<b>October 21</b>
	FRIDAY	Computer Classes	<b>Call 978-540-2470 for Appt.</b>
Wii		10:00 a.m. to 4:00 p.m.	Room 230
* Yoga		1:00 p.m. to 2:00 p.m.	Room 103
Bingo		1:00 p.m. to 2:30 p.m.	Sr. Diner
Bridge		1:00 p.m. <b>Call Ruth Lapin 978-486-4249</b>	Room 230

\* NOTE: There is a \$2.00 per class charge for: Line Dancing, Stretch & Flex, Exercise with Phyllis and Yoga.

**Veteran's Office** Open every Monday and Thursday 9:00 a.m. to noon in Room 222. For appointment call: 978-540-2485.



**THE TOWN OFFICES WILL BE CLOSED ON MONDAY, OCTOBER 11 (COLUMBUS DAY). THERE WILL BE NO MEALS ON WHEELS AND THE SENIOR DINER WILL NOT BE OPEN.**