

Senior Broadcaster



Photo by Jim Donnelly

Coffee with the Fire Department



Tyson David, Littleton Fire-fighter and EMT, will be our guest at a coffee hour in the Senior Diner, **Friday, February 20th at 10:30 am.** Come and hear about their program to install free smoke and carbon monoxide detectors for seniors.

From the Director

In the course of talking to people in Littleton, speaking to groups and meeting with town officials and committees, I have the chance to share what we offer here in Elder and Human Services. I am often met with the comment "I didn't know you did that!" That's enough for me to think we ought to list some of what we offer:

- Our **Outreach Program** serves everyone in the community in need – not just seniors
 - Fuel Assistance** **Social Anxiety & Living Alone Groups**
 - Food Stamps** **SHINE—help with Health Insurance**
- **Nutrition** is supplied by **Minuteman Senior Services**
 - Meals on Wheels** **Daily Hot Lunch**
 - "Special" Thursday Lunch** supplied by volunteers
- **Transportation** program 5 days a week with two vans
 - Doctor, Dental, Therapy and Health Appointments**
 - Food Pantry, grocery,**
 - Free rides to the COA**
- **Tax Relief and Assistance**
 - Senior Tax Work-Off Program**
 - AARP – trained Tax Return Assistants**
- **Supportive Social Activities**
 - Littleton Social Club** (formerly the ChitChat Club)
- **Activities, Recreation, Fitness and Wellness**
 - Gentle Yoga** **Stretch & Flex**
 - TaiChi and Qi gong** **Mah Jongg**
 - Fit-4-Life Exercise** **Scrabble**
 - Shoulder Massage**

Well – the list goes on and on.

Check out the inside pages for special programs (**Free Online Classes, Smoke Detectors, Aging Skin Care**) – and sign up for the email service to get notice of changes and additions to our programming. You can sign up on the Town Home Page – www.littletonma.org. Check us out on Facebook!

Pamela

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Happenings—February 2015

(These are just a few of our events-look inside the Broadcaster for more)

- Feb 2, Mon at 10:00, **Crafts at the Council** (P8)
- Feb 4, Wed at 10:30, **Meet the New Library Director** (P7)
- Feb 5, Thurs, 3:00-4:30, **Valentine Party with the Girl Scouts** (P7)
- Feb 11, Wed, **Friends of the COA Valentine Party** (P3)
- Feb 13, Fri at 10:00, **Caring for Your Skin in Winter** (P7)
- Feb 13, Fri from 11:15-12:00, **Intergenerational Valentine's Party** (P3)
- Feb 19, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- Feb 19, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Feb 19, Thurs at 11:00 & 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- Feb 20, Fri at 10:30, **Coffee With the Fire Department** (P1)
- Feb 25, Wed from 3:00-8:00 pm, **LCTV Open House** (P4)
- Feb 26, Thurs at 1:00, **Movie of the Month** (P7)

Coming up:

- Mar 2, Mon at 10:00, Crafts at the Council, **"Paper Bowls"** (P8)
- Mar 18, Wed, Friends of the COA **St. Patrick's Day Party** (P3)
- Mar 20, Fri at 7:30 pm, **Littleton Lyceum "The Hardtacks"** (P8)
- May 9, Sat, **New York 9-11 Memorial and Museum Tour** (P7)

The COA will be closed **Monday, February 16th**,
in observance of Presidents' Day.



Winter Closings



- The Senior Diner is closed whenever the Littleton schools are closed. Check your TV for information.
- The COA Office is open whenever the Town Hall is open. If you have doubts, **call 978-540-2470** for information.
- Vans will not be running when the Town Hall is closed.

Internet & Computer Classes

Thursdays, 10:30-11:30 am, in ROOM 233, with Bill Vales

- Feb 5** - Survey of Windows "My Computer" and Control Panel.
Feb 12 - Organizing email. Using folders and contact lists.
Feb 19 - Data backup strategies.
Feb 26 - Mapping applications; Google Maps, Google Earth, other mapping applications.

Going on vacation? Call 978-540-2470 to stop your Broadcaster mailings. This saves the COA money. Thank you!

STAFF

Pamela Campbell, Director
 Tina Maeder, Outreach Coordinator
 Neil Campbell, MART Driver
 Richard Kent, MART Driver
 Gina Monahan, MART Driver
 George Ogilvie, MART Driver
 Paul Tokmakian, MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

BOARD MEMBERS

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 Louise Curley, Vice Chair
 Robert Stetson, Secretary
 Mary Catalanotto
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 Susan Dunn
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FRIENDS OF THE COA

Barbara McRae, President
 Nancy Levine, Vice President
 Tony Jesensky, Treasurer
 Dottie Ruiz, Secretary
 Ellen Araujo
 Dorothea Chase
 Sharon Corbin
 Carolyn Harlow

33 Shattuck Street,

P.O. Box 1305

Littleton, MA 01460

Main Phone: 978-540-2470

Fax: 978-952-2363

Outreach: 978-540-2472

Senior Diner: 978-540-2474

COA Office Hours:

Monday-Friday
 8:30 am- 4:30 pm

COA Outreach Hours:

Monday-Thursday
 9:00 am- 3:00 pm

Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our site, www.littletonma.org, select "Sign up for Town Notifications," and enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg
Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall

OUTREACH INFORMATION

Having Trouble Paying Fuel Bills?



- **SMOC Fuel Assistance Program**
- **Good Neighbor Energy Fund**

Call Tina in the Outreach Office, **978-540-2472**, to make an appointment to discuss your eligibility for these programs.

Littleton Social Club (LSC)



The LSC (formerly the Chit Chat Club) meets on **Wednesdays and Thursdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate. Cost includes transportation and lunch. Please call Pamela Campbell for more information at **978-540-2470**.

Living Alone & Living Well Group

The group will be meeting on **Thursday, February 19th from 10:30-11:30 am in Room 205 (Assessor's Conference Room)**. Refreshments served, new members welcome. Please call Tina Maeder at **978-540-2472** to sign up.

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, February 3rd and 17th, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Intergenerational Event



Please join us for a great intergenerational event on **Friday, February 13**, in the Littleton Senior Diner.

Kerry Bremer, special educator from the Case Collaborative will be joining us again with her students and staff for a Valentine's get together from **11:15-12 noon**. Please call Tina Maeder for more information at **978-540-2472**. **Everyone welcome.**

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (February 19th) from 1:00-2:30 pm**, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Littleton Council on Aging.

Respite-Companion Program



This program continues to be available for those who need companionship and a caring person to be with while your caregiver cannot be with you.

The cost is \$10 per hour with a 2 hour minimum. Although no personal care is given, it provides a great deal of support for those in need. Please call Tina Maeder for further

information at **978-540-2472**.

SHINE-Need Help With Healthcare Costs?

Our trained **SHINE** (Serving Health Information Needs for Everyone) counselor is at the COA every Wednesday from **10:00 am to 1:00 pm**. Call **978-540-2470** to make an appointment.



Friends of the Council on Aging



No Winter Blues for our seniors if we can help it!



The Friends have plans to cheer you up. Join your friends and sweethearts on **Wednesday, February 11th** for the annual **Valentine's Party**. We are serving Lasagna and dessert. **Cost is \$3.00 per person.**



When the March winds are blowing, we will be inside enjoying a **St. Patrick's Day Party** catered by Nashoba Tech students who will serve Corned Beef and Cabbage. **Date: Wednesday, March 18th Cost: \$5.00 per person.**

All activities are in the Shattuck St. Multi-Purpose room. Please sign in or call the Senior Diner at **978-540-2474**. Look for our fliers which will include time and entertainment.

THRIFT SHOP



We know you are curious about our annual \$3 a bag sale. Mark the weeks of **March 16 to 20 and 23 to 27** for this well attended sale. BUT... don't wait for the sale to buy the things you see now, they may not be there for you later.

In the meantime, we continue to be the best closet in town. New items come in every day and many go out the same day. Drop in often and visit, browse and buy, buy, buy. We appreciate your business and so do our senior programs.

The Thrift Shop is open **Monday through Friday from 10:00 am to 3:00 pm**.



AARP Tax Program 2014

2014 Income Tax Help



Please call the COA at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2014. Bring with you:

- **Your 2013 Federal and State tax Returns**
- **Form MA 1099-HC.** It is very important to bring this form if you have private health insurance,

since the insurance company's name, tax identification number, and your subscriber number has to be entered on your Massachusetts tax return.

- **W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc.**
- The amount and date of any federal and state estimated tax payments that you made.
- All four quarterly **property tax bills** that you paid in calendar year 2014. It is very important that you bring all four bills that you paid in calendar year 2014.
- All **water bills** that you paid in calendar year 2014.

If you sold any stocks or bonds, bring the date that you bought the stock or bonds and the amount that you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

Medical and Dental Expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aids and eyeglasses. Add up the mileage when you drive to get prescription drugs or go to the doctor, dentist, hospital, etc. Do not include health insurance premiums, long-term care premiums, or Medicare premiums in your total – each of these premiums needs to be reported separately.

Vision Loss Services in Mass.



The number of individuals with vision loss is expected to double by 2030, often due to aging. Vision loss is one of the major reasons for older adults losing independence, and it can lead to social isolation and depression – but it doesn't have to. The Massachusetts Association for the Blind and Visually Impaired (MABVI) believes that losing any or all of your vision shouldn't prevent you from living your life the way you want.

Services available at little or no cost:

- Low vision examinations conducted by an eye doctor
- In-home vision rehabilitation with an Occupational Therapist
- Peer-led low vision support groups
- Volunteer services: trained volunteers to help with tasks such as grocery shopping, reading mail, or getting to medical appointments

Anyone who wants more information should call **888-613-2777** or visit the Association's website at www.mabvi.org.

Free Blood Pressure Screening



Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Tamara Bedard from Nashoba Nursing Service joins us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.



Come to the LCTV Studio Open House, Wednesday, February 25th, from 3:00-8:00 pm. See where your local TV shows are made and get hands-on experience. Look for fliers with more details.

All classes below are in the Multi-Purpose Room, Except Yoga (see below)

FIT-4-LIFE with Phyllis

Tuesday and Thursday, 9:00 to 10:00

Intermediate to Advanced.
\$2 per session.



STRETCH AND FLEX with Terri Zaborowski

Tuesday and Thursday, 11:15-12:15

Designed for all fitness levels. \$2 per session.



Gentle Flow Yoga

Join the Gentle Yoga group which meets on **Wednesdays from 1:00 to 2:00 pm** in the basement of the Library, led by Diane Walsh. \$3.

Gentle flow yoga is for all levels. Join us to stretch, strengthen and relax! Beginners welcome! Please bring a towel. Mats provided. Namaste.



Tai Chi Restart

Tai Chi (pronounced Tie Chee) is a slow, low-impact relaxing form of exercise. Among the benefits are: promotes good balance; improves lower body and leg strength; reduces bone loss; enhances mental capacity and concentration.

Tai Chi has moved to **11:00 am on Mondays** and will also be offered on **Saturdays from 11:00 am to 12:00 noon** in the MultiPurpose Room. Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are WELCOME! \$3 per session.



FEBRUARY 2015 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 Roast Turkey/Jardinaire Gravy Sweet Potatoes Green Beans Multigrain Bread Applesauce w/C	3 Minestrone Soup Chicken Patty Parmesan Spaghetti/Marinara/ Mozzarella Whole Wheat Hamburger Roll; Orange HDM: Penne HDM: Mixed Veggies	4 Salisbury Steak/Beef Gravy Mashed Potato/ Chives Carrots Whole Wheat Bread Butterscotch Pudding Diet: SF Butterscotch Pudding	5 Cajun Lentil Pork Stew Toss Salad Whole Wheat Bread Blueberry Buckle Diet: Strawberry Graham HDM: Broccoli 2 Compartment Tray	6 Chicken Breast/Soy Gin- ger Sauce Brown Rice & Pea Salad Oriental Vegetables Rye Bread Pineapple HDM: Brown Rice
9 Chicken Stew Kale Bread Stick Mandarin Oranges HDM: Whole Wheat Bread 2 Compartment Tray	10 Stuffed Cabbage Casserole Marinara Sauce Italian Blend Rye Bread Chocolate Pudding/Topping Diet: SF Choc. Pudding 2 Compartment Tray	11 Grilled Chicken Breast w/Honey Mustard Sauce Mashed Sour Cream Potato Mixed Vegetables Multigrain Bread Fresh Fruit	12 SPECIAL Potato Leek Soup Salmon w/Peach Salsa Toss salad Whole Wheat Dinner Roll Pineapple Cake Diet: Angel Food Cake HDM: Whipped Potato HDM: Green Beans Almondine	13 BBQ Meatballs Baked Beans Onions & Peppers Whole Wheat Hot Dog Roll Applesauce/C
16 	17 Tomato Florentine Soup Grilled Chicken Breast Mush- room Sauce O'Brien Potatoes Whole Wheat Bread Mixed Fruit HDM: California Blend	18 Fish Sticks Mac & Cheese Toss Salad Whole Wheat Bread Fresh Orange HDM: Green Beans	19 Roast Turkey/Gravy Whipped Potato Carrots/Dill Whole Wheat Bread Sugar Cookie Diet: Lorna Doones	20 Broccoli Bake Corn Stewed Tomatoes Whole Wheat Bread Fresh Fruit (no orange) Black: Meatballs
23 Escarole Soup Quartered Chicken/ Tarragon Sauce; Mashed Potato Whole Wheat Bread Fruited Jello Diet: SF Jello HDM: California Blend	24 White Bean Chicken Chili Brown Rice Toss Salad Biscuit Pineapple HDM: Green Beans	25 Kielbasa** Baked Beans Spinach Hot Dog Roll Tapioca Pudding Diet: SF Tapioca Pudding **High Sodium Meal	26 Beef Stroganoff (Shaved Steak) Parsley Egg Noodles Carrots & Peas Multigrain Bread Pineapple	27 Tortellini w/Mozzarella & Spinach Supreme Sauce Broccoli Italian Bread Pear Crisp/Topping Diet: Graham Black: Chicken w/Red Pepper Pesto
Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00	All meals include 1% milk			





FEBRUARY 2015



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00-11:00 Line Dancing 10:00 Crafts at the Council 11:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	3 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp	4 9:00-1:00 LSC 10:00-1:00-SHINE 10:30 Meet New Library Director and Learn About Classes Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00 Friends of the COA	5 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 3:00-4:30 Valentine Party with Girl Scouts	6 10:00 Wii Noon Lunch 1:00-2:30 Bingo
9 9:00-11:00 Line Dancing 11:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Meeting	10 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	11 9:00-1:00 LSC 10:00-1:00-SHINE Noon Lunch Friends of the COA Valentine's Party 12:45 Scrabble 1:00-2:00 Yoga	12 7:30 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch	13 10:00 Wii 10:00 Caring for Your Skin in Winter 11:15-Noon Intergenerational Valentine's Party Noon Lunch 1:00-2:30 Bingo
16 	17 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp	18 7:30 Men's Breakfast 9:00-1:00 LSC 10:00-1:00-SHINE Noon Birthday Lunch 12:45 Scrabble 1:00-2:00 Yoga	19 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill. 11:15-12:15 Stretch & Flex Noon Lunch 1:00-2:30 Bereavement Group	20 10:00 Wii 10:30 Coffee With the Fire Department Noon Lunch 1:00-2:30 Bingo
23 9:00-11:00 Line Dancing 11:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	24 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	25 9:00-1:00 LSC 10:00-1:00-SHINE 12:45 Scrabble 1:00-2:00 Yoga 3:00-8:00 LCTV Open House	26 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Movie of the Month	27 10:00 Wii Noon Lunch 1:00-2:30 Bingo



BIRTHDAY LUNCHEON Wednesday, February 18th HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by February 16th** by calling **978-540-2474**. All are welcome. Bring a friend.

Get a FREE Class

As a reward for attendance, get a coupon for a **FREE** class in 2015 when you attend 6 or more classes in **February** (meals don't count). Attend Tai Chi, a craft class, an exercise class, get your blood pressure taken, play Mah Jongg or Scrabble – you choose the six to attend. We will track you through the attendance sheets.

Pick up your coupon after March 1st in the COA office.

MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!

LADIES' BREAKFAST

February 12th - 7:30 am to 9:00 am



MEN'S BREAKFAST

February 18th - 7:30 am to 9:00 am

Senior Diner - Shattuck Street

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

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs

Need a ride? **Call: 978-844-6809**

Day Trip

New York 9-11 Memorial and Museum Tour



Depart from Littleton Townhouse for Fox Motor Coach tour to New York City's 9-11 Memorial and sightseeing in Manhattan. Tour date: **Sat May 9, 2015**, \$109 per person, includes admission to the museum, visit to

Rockefeller Center, luxury motor coach. Questions? Contact **Littleton Park and Rec at 978-540-2490**.

Learn Something New!



Meet the new Director of the Library, Sam Alvarez, and hear about the Universal Continuing Education on-line classes available free from the Library. Join us **Wednesday February 4 at 10:30** in Room 230. Sam will demonstrate how easy it is to access more than 500 different classes.

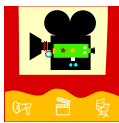
Caregivers Meeting



Those who are caring for someone in the home are invited to attend a monthly support group. Contact Tina Maeder at **978-540-2472** for more details about when this group meets and whether it would be helpful for you. A light supper is provided as well as information on caregiving and resources.

Movie of the Month

Thursday, February 26th at 1:00 pm, "Elsa & Fred" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



Valentine's Day Party with Girl Scout Troop 63102



Please join the Girl Scouts for a Valentine's Day party on **Thursday, February 5th from 3:00-4:30 pm** at the Littleton Senior Diner. There will be cookie decorating and card making. Also have your picture taken to send in your card! Plenty of drinks, snacks and desserts will be served!

Space is limited to 20, so please **sign up by February 3rd** by calling **978-540-2472**. We hope you can make it!

Caring For Your Skin in Winter



Dr. Prativa Basnet will be at the COA on **Friday, February 13** for a 'Coffee With...' presentation. Dr. Basnet comes to us from Nashoba Valley Medical Center and will be at the Senior Diner at **10:00** on the 13th. Come for coffee and to ask questions about winter skin care. **Call 978-540-2470** if you have questions.

Brass Quintet at Indian Hill



Exceptional players from the Orchestra of Indian Hill brass section perform music from Brahms to Bernstein: Clark Matthews, horn; Mary-Lynne Bohn, trumpet; Anthony Gimenez, trumpet; Peter Cirelli, trombone; and Michael Stephan, tuba.

Sunday, February 8, 3:00pm at 36 King Street (Rte. 495/Exit 30), Littleton, MA. TICKETS: \$10 (Tickets sold at the door.)

Learn more: (978) 486-9524 or www.indianhillmusic.org.

FIND THE DELIBERATE ERROR



Find the 'error' we have inserted in this month's Broadcaster and you win a coupon entitling you to a free class or meal. **Call 978-540-2470** with your 'error' or come in and show us that you have found it and we'll give you your coupon. Happy hunting!

Crafts at the Council



Monday, February 2nd at 10:00 am—We are pleased to bring back Maureen Donnelly with her **Buttons for Babes** bracelets.

Monday, March 2nd Paper Bowls with Trish Nadeau. Start saving magazines to use. These are very popular sessions and the seats fill quickly. **Call 978-540-2470** to reserve your place. \$3.



Loving Stitches



Knit or crochet to help others. Items that are made are then donated to various charities. Yarn and needles are available. Every

Monday, 12 noon-2:00 pm in Room 233.

Call 978-540-2470 for more information.

Looking for Scrabble Players-All Levels



The Scrabble group meets on **Wednesday at 12:45 pm** in the **Senior Diner**. All levels welcome – we would be happy to have beginners join us for play. **Call Carolyn Harlow 978-486-8589** for more information.

Littleton Senior Citizens Club



There will be no Senior Citizens Club Meeting during the month of February. We will return to our monthly meetings on **Monday, March 16**, with a fun and educational program.

Littleton Lyceum

"The Hardtacks: Folk Music of the Civil War Era" on Friday, March 20th, at 7:30 pm



The Hardtacks explore the American Civil War through unique combinations of period music and visual materials. You'll hear Marek Bennett and Woody Pringle perform songs such as "Dixie", "Swing Low, Sweet Chariot", "Home, Sweet Home" and "Ring, Ring De Banjo".

Bingo at the Congregational Church

The Senior Bingo afternoon, normally held the second Tuesday of the month from October through May at the Congregational Church, will **NOT** take place until further notice.



AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30 pm

Please join us

Veteran Services



Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222.

For appointment call **John Boroski at 978-540-2485**.

Sunshine Club Bingo at St. Anne's



There is NO Sunshine Club Bingo at St. Ann's Church in February. We will resume on **March 19th**. For more information, call Denise Gibbons @ **978-501-0681**.

NEIGHBORHOOD SUPPER



The Tuesday night Neighborhood Supper held at the Congregational Church will **NOT** be held until further notice, since the church is undergoing extensive renovations. Hopefully, we'll restart the Supper in our newly rehabbed kitchen late Spring or early Summer. 2015.

Mah Jongg



Mah Jongg players meet at **1:00 pm on Tuesdays at the COA in Room 230**. Come and join the group.

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

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill

Music School presents Dixieland, swing, and pop tunes with the Justin Meyer Jazz Quartet. Featuring Billy Novick, clarinet; Dave Whitney, trumpet; Bob Sundstrom, banjo; and Justin Meyer, bass. **TWO SHOWS - Thursday, February 19 at 11 am and 1:30 pm**, 36 King Street (Rte. 495/Exit 30), Littleton, MA. Coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations required: (978) 486-9524 (press 0). Learn more at www.indianhillmusic.org.

CALL US TO ARRANGE TO BRING YOUR GROUPS TO THE ABOVE AFTERNOON CONCERTS!! (978) 486-9524 (press 0)

Disclaimer: Some announcements and advertisements in this Broadcaster are not sponsored by the LCOA.

**** MART TRANSPORTATION-SEE CHANGES ****

- Dispatch Hours: 8:30-4:00, Mon-Fri. Call 978-844-6809.
- Transportation requests must be scheduled at least 48 hours in advance. Call as soon as you schedule your appointment. Please call **978-844-6809** to schedule your ride. We will do our best to accommodate same-day **Emergency** medical appointments.
- When scheduling your appointment, you must have the exact street, number and town of where you are going, as well as any information on when you will be finished with your appointment. **Give the dispatcher a telephone number for your destination.**
- Be ready at least one half-hour before your pick-up time and expect to wait at least one half hour for your pickup. **Time for appointments must be between 9:00 am and return to Littleton by 3:00 pm**
- In order to serve you better, when making a reservation for transportation, please **Do Not** leave your requests on the answering machine, just your name and number.
- If your ride back is cancelled, please call the **Dispatcher at 978-844-6809**, or you will be charged for a full day.

Please Note:

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

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:

<u>Monday–Friday 9 am–3 pm</u>	<u>Each Way</u>
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 "**ONLY**" to: Harvard, Ayer, Groton, Westford, Acton and Concord. \$2.00

We also provide rides for Boston and Burlington Medical Appointments

Boston – Littleton van goes to Boston on the 1st and 3rd **TUESDAY** of the month **ONLY**.

We can take you to a pickup point for a MART van that goes to Boston on any day. Call for details.

Burlington (Lahey) – Van goes to Lahey on the 2nd and 4th **TUESDAY** of the month **ONLY**.

*****Rides to Senior Diner and COA
Always FREE*****

REMINDER

If you use the van on a weekly basis, please call **48 hours** in advance **EVERY** week. Otherwise, you will not get on the list.

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