

# Senior Broadcaster



Photo by Jim Donnelly

## Fire Dept Hosts Pizza Party!



Join Fire Chief  
Scott Wodzinski,  
Deputy  
Chief Tom

Clancy, and all your favorite local firefighters as they host a pizza party for seniors at the COA.

Sign up by calling **978-540-2470** to reserve your seat for this free party, **Wednesday December 2nd at noon** in the MultiPurpose Room.

## **FROM THE DIRECTOR**

### **New TREAD Program – Tax Relief for Elders And the Disabled**

I am happy to tell everyone that the TREAD warrant item was passed at Town Meeting. This is a program that accepts donations into a special town Fund and distributes them to assist qualifying low-income elders and the disabled with paying their property taxes.

If you are interested in contributing to the Fund, or know someone who is, they can send a check payable to the Town of Littleton, “**TREAD Program**” or donate through the on-line property tax payment program accessible from the Tax Collector page on the town website. **Every dollar contributed goes directly to tax relief for those in need!** Those interested can apply through the COA office.

### **Update on the renovation of the Senior Diner**

Progressing through the bidding, advertising and permit process by fits and starts, we can now happily announce that renovations on the Senior Diner have started!

Watch for our Grand re-opening early in the New Year!

### **Stress during the Holiday Season**

Thanksgiving opens the official holiday season, a time of lights, indoor evergreens, and the turning of the new year. This is traditionally a time of feasting and parties. This is also the time that many of us are reminded of those who will not be present for the holidays.

Take time this season to give yourself permission to relax and even to be sad. There is pressure to be Merry and celebrate. If you need to, balance that with quiet time to reflect and remember. Elder and Human Services has yoga and tai chi classes that emphasize quiet, studied movement. Take a bath with soothing oils. Turn off the TV and listen instead to an evening of music that you enjoy. Indulge yourself with reading a good book or magazine. Smell is the sense that most strongly recalls memories – a pine, bayberry or cedar candle can bring back memories of Christmas past. And allow yourself some indulgence in the special foods that bring back good memories.

*Pamela*

## **Contents**

Happenings.....	2	Health/Fitness/Wellness .....	4	Men's/Ladies' Breakfasts .....	7
Spotlight .....	2	Menu .....	5	COA Activities/Classes .....	7
Outreach.....	3	Calendar .....	6	Day Trips.....	7
Friends of the COA.....	3	Birthday Lunch .....	7	Ongoing Activities .....	8
				Community Programs .....	8

## Happenings—December 2015

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

- Dec 2, 9, 16, 23, and Jan 6, Wed from 10:00-11:30, **Writing Workshop** (P7)
- Dec 2, Wed at noon, **Fire Dept Pizza Party** (P1)
- Dec 2, Wed at 1:00, **Crafts at the Council** (P8)
- Dec 4, 11 & 18 and Jan 8, Fridays, from 9:30-11:30, **Writing Critique Sessions** (P7)
- Dec 7, Mon at 1:00, **Mass Association for the Blind & Visually Impaired Information Session** (P4)
- Dec 9, Wed at 1:00, **Friends of the COA Fashion Show** (P3)
- Dec 10, Thurs at 1:00, **Diabetes Open Discussion Group** (P4)
- Dec 14, Mon at Noon, **Senior Citizens Club Christmas Lunch** (P8)
- Dec 15, Tues at 1:30, **Hearing Clinic** (P4)
- Dec 17, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- Dec 17, Thurs at 11:00 and 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- Dec 17, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Dec 31, Thurs, **New Year's Eve Day Trip** (P7)
- Jan 6, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Community Room at 19 Shattuck Street (Pine Tree Park)
- Thursdays at 1:00, **"Prime Time Trekkers"** new walking group (P4)

### Ongoing Exercise Programs (P4):

- Tues and Thurs, from 9:00-10:00, **Fit-4-LIFE with Phyllis**
- Tues and Thurs, from 11:15-12:15, **Stretch and Flex** with Carol Wing
- Wed from 10:00-11:00, **Gentle Flow Yoga**
- Mon and Sat, from 11:00-12:00, and Tues evenings at 6:00 pm, **Tai Chi-Qi Gong**

## Emergency Preparedness

In the event of a power failure or snow emergency, the police station will be acting as a warming center, just as it has in the past. Call **978-540-2300** if you have questions or need assistance. Of course, use 911 if you have an emergency and need help immediately.



## Internet & Computer Classes on Thursdays

**10:30-11:30 am, in ROOM 230, with Bill Vales (We linger until noon)**

For December there will be one COA Internet Presentation.  
**December 3 - Social Engineering**



We will be taking a hiatus for the holidays and will start up after the 1st of the year. A date will be selected and published in the January issue.

**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  
Helen Bailey, MART Driver  
Neil Campbell, MART Driver  
Richard Kent, MART Driver  
Gina Monahan, MART Driver  
William Monahan, MART Driver  
George Ogilvie, MART Driver  
Paul Tokmakian, MART Driver  
Gayle Dalton, Senior Diner Manager  
Nancy Hilsinger, Editor

## BOARD MEMBERS

Marjorie Payne, Chair  
Mary "Paddie" Hunt, Vice Chair  
Robert Stetson, Secretary  
Mary Catalanotto  
Susan Dunn  
Jean Johnson  
Barbara Kamb .

## FRIENDS OF THE COA

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

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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](http://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.

# OUTREACH INFORMATION

## Living Alone & Living Well Group

The group will be meeting on **Thursday Dec 17th from 10:30-11:30 am in Conference Room 205**. The group will be facilitated by Cortney. Refreshments served, new members welcome.



## SMOC Fuel Assistance

The Outreach office is currently assisting residents with their SMOC fuel assistance recertifications. Applications for new clients begins on **November 1, 2015**. Please contact Tina Maeder for more information at **978-540-2472**.

## Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3<sup>rd</sup> Thursday of each month (Dec 17th) from 1:00-3:00 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 Nasoba Nursing Service.

## Current 2016 Fuel Assistance Guidelines

<u>Gross Annual Income</u>	
1 person household	\$33,126
2 person household	\$43,319
3 person household	\$53,511

## Caregivers Meeting

Those who are caring for an adult in the home are invited to attend a monthly support group. The Dec meeting has been changed to **Wednesday, Jan 6th from 6:30-8:00 pm** with our host Amy Gagne from Right at Home. We will meet in Room 233.

Please contact **Tina Maeder at 978-540-2472**. A light supper will be provided. New Members welcome.

## The Good Neighbor Energy Fund

The Good Neighbor Energy Fund will begin processing applications for fuel assistance beginning **January 2016**. The Salvation Army has designed this GNEF program to meet the needs of those who are not eligible for the SMOC fuel assistance program and the income requirements are as follows:

1 person household gross annual income needs to be between \$33,126- \$44,168; 2 person \$43,319-\$ 57,759; 3 person \$53,511-\$71,348. This is based on 60-80% of the State Median Income Level. GNEF will make a one-time payment directly to a Vendor up to \$300.00. 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.

## Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, Dec 8th and 22nd, from 1:00-2:30 pm**, in Room 233. Please contact Tina Maeder to sign up by calling **978-540-2472**.

## Friends of the Council on Aging



How did the holidays come upon us so quickly? It seemed that we just celebrated our 25th anniversary with a BBQ at Kimball's. Not to worry, the Friends have planned more special events for you to enjoy in this New Year.

The Friends of the Littleton Council on Aging, want to take this opportunity to wish you and yours the very best of this holiday season.

Merry Christmas, Happy Hanukkah, and Happy Kwanza!

## Littleton Social Club (LSC)

The LSC now meets on **Tuesdays, 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**.



We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by your donations to the Friends of the COA.

## THRIFT SHOP



We are planning a December Fashion Show with clothes from our shop. The models are getting ready and hope to see you there when they show the latest styles. Join us on **Wednesday, December 9th, at 1:00 pm** in the Multi-Purpose room, Shattuck St. All styles and all sizes.

Tea and desserts. This is **FREE** and you do not have to make reservations.



## Diabetic Open Discussion Group



Come and share your diabetic concerns with others who are facing similar issues. **The Group meets the 2nd Thursday of each month (Dec 10th), Room 233 at 1:00 pm. Call 978-540-2470 if you have questions. No sign-up needed - just come in.**

\*\*\*\*\*

## New Walking Group



Join the new Walking Group, the **"Prime Time Trekkers"**, as they walk trails in Littleton and surrounding towns, **every Thursday afternoon starting at 1:00 pm**. Call the COA office **978-540-2470** for details.

\*\*\*\*\*

## Hearing Clinic

**Tuesday, December 15th at 1:30 pm.** Call the COA office for an appointment at **978-540-2470**.

\*\*\*\*\*

## 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.



## How to Avoid Overeating Over the Holidays

You know the holidays are coming and there will be ample opportunities to eat poorly or to overeat. So in the interest of being mindful of our actions and having a strategy on what we want to change, let's select some small goals to meet. Let's get ready now.

Skip some desserts over the next few weeks so you can indulge without guilt. Skip the random cookie, don't buy a candy bar while in line, don't order a dessert when dining out. It's a bit like pay-it-forward – instead of eating and feeling guilty after, you'll face the holidays having already prepared yourself.

Another strategy? If you don't buy it and have it at home, you'll be less likely to grab it during 'screen time'. For a taste of something sweet, buy apples or pears instead – slices are great when paired with a (small) piece of cheese.

\*\*\*\*\*

**Monday, December 7th, Carol Curdo from Mass Association for the Blind and Visually impaired** will give an informational session on the agency at 1:00 pm in Room 233. Please sign up by calling the main office at **978-540-2470** to reserve a spot.

**All classes below are in the Multi-Purpose Room. Call 978-540-2470 to register.**

**FIT-4-LIFE with Phyllis**  
**Tuesday and Thursday, 9:00 to 10:00**  
 Intermediate to Advanced.  
\$2 per session.



**STRETCH AND FLEX with Carol Wing**  
**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 10:00-11:00 am** led by Diane Walsh. \$3.  
**Yoga is now in the Multi Purpose Room.**

## Tai Chi-Qi Gong

Tai Chi-Qi Gong is offered on **Mon and Sat from 11:00 am to 12:00 noon** in the MultiPurpose Room. Tai Chi now also meets on **Tues evenings at 6:00 pm in Room 230**. Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are WELCOME! \$3 per session.

## Support Transportation!

**We provide van service 5 days a week for seniors and the disabled**

Donate today: Make Checks Payable to: Council On Aging  
 And mail to 33 Shattuck Street, Littleton , MA 01460

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount of Donation: \_\_\_\_\_

Or bring your check to the COA office, Room 231 TownHouse - Thank You!

**Your tax-deductible donation goes directly to pay for Transportation services**

# DECEMBER 2015 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The Littleton Senior Diner will be closed until renovations are completed. Lunches will be served in the Community Room at Pine Tree Park, 19 Shattuck Street. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474</p>	<p>1 Autumn Harvest Soup Sloppy Joe Mashed Potatoes HDM: Corn Hamburger Bun Almond Cookie Diet: Iorna doones</p>	<p>2 <b>High Sodium</b> Chicken Parmesan Bowtie Pasta Tossed Salad (cong) HDM :Broccoli Dinner Roll Applesauce</p>	<p>3 Chunky Tomato Soup Chicken Divan Cous Cous HDM : Green Peas Wheat Bread Apple</p>	<p>4 Sweet &amp; Sour Meatball White Rice Green Beans Wheat Dinner Roll Strawberry cup Diet: Grahams</p>
<p>7 Chicken Breast w/ Florentine Sauce Pasta Sliced Carrots Wheat Bread Orange</p>	<p>8 Cream of Spinach Salisbury Steak w/ Mushroom Gravy Garlic Mashed Pot HDM: Spinach Multigrain bread Diced Pears</p>	<p>9 Turkey &amp; Corn Stew Broccoli Cornbread Blueberry Yogurt</p>	<p>10 Breaded Alaskan Pollock Chantilly Potatoes Tossed Salad (cong) HDM:Stewed Tomatoes Dinner Roll Apple Cinnamon Muffin Diet: Grahams</p>	<p>11 Chicken Teriyaki Brown Rice Oriental Vegetable Wheat Bread Fortune Cookie Mixed Fruit</p>
<p>14 Winter Squash Soup Grilled Chicken w/Red Pepper Pesto Cous Cous HDM: winter squash Dinner Roll Applesauce</p>	<p>15 <b>SPECIAL</b> Roast Beef w/Au Jous HDM: Pot Roast SourCream &amp; Chive Mashed Potatoes Brussel Sprouts Wheat Dinner Roll Pineapple Cake Diet: apple graham</p>	<p>16 Chicken Jambalaya Brown Rice Tossed Salad (cong) HDM:Spinach Wheat Bread Orange</p>	<p>17 Cream of Cauliflower BBQ Pork Patty Mashed Sweet Potatoes HDM:Cauliflower Hamburg Roll Strawberry Yogurt</p>	<p>18 Butternut Mac n Chs Broccoli Wheat Bread Pears</p>
<p>21 Chicken Kielbasa w/ Peppers &amp; Onions O'Brien Potatoes Hot Dog Roll Pineapple</p>	<p>22 Mulligawtany Soup Grilled Chicken w/Cranberry Orange Sauce Orzo w/Spinach HDM:Butternut Squash Dinner Roll Blueberry Buckle Diet: lemon graham</p>	<p>23 Pork Roast w/Mustard Sauce Scalloped Potatoes Tossed Salad (cong) HDM:Carrots Multigrain Bread Strawberry Cup Diet: gingerboy</p>	<p>24 Meatloaf w/ Onion Gravy Red Bliss Potatoes Green Peas Wheat Dinner Roll Mixed Fruit</p>	<p>25 </p>
<p>28 Cheesy Potato Soup Swedish Chicken Meat- balls Herbed Egg Noodles HDM: Carrots Wheat Bread Fresh Orange</p>	<p>29 Cabbage Casserole Marinara Sauce Tossed Salad (cong) HDM: Italian Green Beans Italian Bread Diced Pears</p>	<p>30 Grilled Chicken w/Lemon Tarragon Sce Sweet Potatoes California Vegetable Wheat Dinner Roll Sugar Cookie Diet: Grahams</p>	<p>31 <b>High Sodium</b> Roast Turkey w/Gravy Mashed Potatoes Green Peas Multigrain Bread Applesauce</p>	<p>1 Suggested Voluntary Donation: \$2.00 All meals include 1% milk.</p>

# DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00-10:0 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	<b>2</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>10:00-11:30 Writing Workshop</b> Noon Lunch <b>Noon Fire Dept Pizza Party</b> <b>12:45 Scrabble</b> <b>1:00 Friends of the COA Board Meeting</b>	<b>3</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 "Prime Time Trekkers"</b> <b>Walking Group</b>	<b>4</b> <b>9:30-11:30 Writing Critique</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>7</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" <b>1:00 Mass. Association for the Blind Info Session</b>	<b>8</b> 9:00-10:0 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b>	<b>9</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>10:00-11:30 Writing Workshop</b> <b>Noon Birthday Lunch</b> <b>1:00 Friends of the COA Fashion Show</b> <b>12:45 Scrabble</b>	<b>10</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Diabetic Open Discussion Group</b> <b>1:00 "Prime Time Trekkers"</b> <b>Walking Group</b>	<b>11</b> <b>9:30-11:30 Writing Critique</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>14</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch <b>Noon Senior Citizens Club Christmas Luncheon</b> Noon-2:00 "Loving Stitches" <b>1:30 COA Board Meeting</b>	<b>15</b> 9:00-10:0 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:30 Hearing Clinic</b>	<b>16</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>10:00-11:30 Writing Workshop</b> Noon Lunch <b>12:45 Scrabble</b> <b>6:30-8:00 pm Caregivers Mtg</b>	<b>19</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:30-11:30 Living Alone Group</b> <b>11:00 &amp; 1:30 Indian Hill</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00-3:00 Bereavement Group</b> <b>1:00 "Prime Time Trekkers"</b> <b>Walking Group</b>	<b>18</b> <b>9:30-11:30 Writing Critique</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>21</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>22</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b>	<b>23</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>10:00-11:30 Writing Workshop</b> Noon Lunch <b>12:45 Scrabble</b>	<b>24</b> 00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 "Prime Time Trekkers"</b> <b>Walking Group</b>	<b>25</b> 
<b>28</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>29</b> 9:00-10:0 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	<b>30</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Lunch <b>12:45 Scrabble</b>	<b>31</b> 00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>New Year's Eve Day Trip</b> <b>1:00 "Prime Time Trekkers"</b> <b>Walking Group</b>	

## IS YOUR BIRTHDAY IN DEC?

Free Lunch Wed Dec 9th

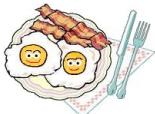
HAPPY BIRTHDAY!

Your lunch will be paid for by Minuteman Senior Services. Lunch will be served at 19 Shattuck Street in the Pine Tree Park Community Room. Cake provided by COA. **Make reservations by Dec 7th** 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 **Dec** (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 Jan 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**



**MEN'S AND LADIES' BREAKFASTS WILL BE ON HIATUS UNTIL THE SENIOR DINER KITCHEN RENOVATIONS ARE COMPLETED.**



**ELDER ABUSE?** If you suspect someone is being abused, neglected or financially exploited, contact **Minuteman Senior Services, Protective Services at 781-221-7069** during regular business hours; after hours on evenings, holidays and weekends, call **1-800-922-2275** to speak confidentially to the **Elder Abuse Hotline**.



## DAY TRIP

### New Year's Eve Day Trip Thursday, December 31st



Best of Times presents a cabaret show at the Hilton Double Tree in Leominster, MA, featuring Jan Peters and a music selection of popular Broadway and standard tunes. Dancing to the Tom LaMark Orchestra. Meal choice of baked scrod or prime rib/roast sirloin/sirloin steak.

Departure time TBD. All-inclusive cost (including gratuity) is \$92 p/p.

Call the Westford COA - **978-692-5523** for more information.

## The IRS is NOT Calling You!

The IRS never calls you demanding payment and does not leave messages informing you that you will be arrested. This is scam – just hang up! And the IRS does not send emails demanding payment. Do not go to websites in emails like this. If you are in doubt, contact the COA **978-540-2470** or call the police department, **978-540-2300**.

\*\*\*\*\*

## INTERESTED IN A NEW CARD GAME?



**Pitch** is an American trick taking game derived from an English game of **All Fours** according to Wikipedia and we had some new residents in town interested in finding 2-3 more people to play. If you are interested, please contact the COA at **978-540-2470** to let us know and we will help coordinate the group.

## Writing Workshop—Round 3



Sign up for a non-judgmental workshop designed to provide inspiration and promote writing. Led by writer Michele Order Litant, who is a certified writing workshop instructor. **Wednesdays Dec 2, 9, 16, 23 and Jan 6, 10:00-11:30 am.** \$4 per session – you must register to obtain a seat. Call **978-540-2470**. **NOTE THE TIME CHANGE.**

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## Writing Critique Sessions

Are you an active writer looking for feedback to improve your writing? In this workshop, we will read aloud writing done outside of class. Critique will be given. Bring a copy of a piece of writing (no more than two pages). **Fridays, Dec 4, 11, 18 and Jan 8 from 9:30-11:30 am, Room 233.**

\$4 per session. You must register – call **978-540-2470**.

## \*\*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



Crafts will meet on **Wednesday Dec 2nd at 1:00 pm.**

The popular Fresh Greens Arrangements. Please bring your own container which would be suitable for your dining table or mantle. Oasis and greens will be provided. Bring scissors or pruning shears if you have them. All materials supplied, \$3. Call **978-540-2470 to reserve a seat.** Multi-Purpose Room.



## 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.

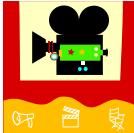
## Littleton Senior Citizens Club



**OUR CHRISTMAS LUNCHEON** will be held on **Monday, December 14, at 12:00 noon** at Nashoba Valley Technical High School. RSVP no later than Monday, November 30, 2015 to Marilyn Fedele at 978-742-4931. If no answer, please leave a message.

There will be **no Senior Citizens Club meetings during the months of January and February.** Information about the March meeting will be in the March issue of the [Senior Broadcaster](#).

## Movie of the Month



**There is no Movie in December.** Check [January Newsletter](#) for January movie selection.



## BINGO

**Friday afternoons from 1:00 - 2:30 pm in the Multi-Purpose Room**

**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.**

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## Looking for Scrabble Players-All Levels



The Scrabble group meets on **Wednesday at 12:45 pm in Room 230.** All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow 978-486-8589** for more information.

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## 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. Watch this Newsletter for updates.

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## SENIOR BOWLING

**Monday through Friday 10:00-1:00**



3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays.

**Acton Bowladrome - 978-263-7638**

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## Mah Jongg



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

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## INDIAN HILL MUSIC

**'BACH'S LUNCH' CONCERT:** Indian Hill Music School presents songs from Irving Berlin's White Christmas and Holiday Inn featuring Suzanne Cabot, vocals; Jamie Dunphy, guitar; John Clark, saxophone; and Justin Meyer, bass. **TWO SHOWS - Thursday, December 17 at 11 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. FREE admission. Reservations required for groups at [\(978\) 486-9524](tel:(978)486-9524) (press 0). Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

**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:**

**Monday-Friday 9 am-3 pm** **Each Way**

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 1<sup>st</sup> and 3<sup>rd</sup> **FRIDAY** 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 2<sup>nd</sup> and 4<sup>th</sup> **FRIDAY** of the month **ONLY**.

**Note the new day: Fridays instead of Tuesdays.**

**\*\*\*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.**

**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