

Senior Broadcaster



Photo by Jim Donnelly



Transportation is Key!

Transportation is the Key to independent living as an elder in Littleton. Seniors in Littleton who can no longer drive need Transportation to be able to get to the activities that support healthy living: preventive healthcare and treatment, good nutrition, banking, the library, and educational and social programs.

Elder and Human Services runs two vans every day. Priority is given to medical appointments and we take seniors to area doctors and hospitals as well as Boston hospitals and clinics, the VA and Lahey.

In July of 2012 we provided **163** rides for **41** riders.

In December of 2014 we provided **506** rides for **71** different riders.

You may not be riding the van today, but you probably have a neighbor who is riding. And you might need us tomorrow!

We ask your financial support to provide funding for this expanding service. In FY2014 we were short of funds and needed to use some of our maintenance funding to cover driver salaries, and we expect the same shortfall for 2015.

Help us to keep the vans on the roads each day for as long as seniors need them. Send your check of support today, made out to "**COA Transportation Fund**", to Elder and Human Services, 33 Shattuck Street, Littleton, MA 01460.

What's Your Opinion?

The **Needs Assessment** for mature residents of Littleton will be arriving in your mailbox soon. We want to hear what you are concerned about! Be sure to complete your survey and return it in the self-addressed envelope. If you have any difficulty completing the questions or need more information, call the COA office @ **978-540-2470**.

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Happenings—April 2015

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

- Apr 1, Wed at 10:30, **“Don’t Be Fooled”** (P4)
- Apr 2, Thurs from 11:15-Noon, **Intergenerational Event** (P3)
- Apr 6, Mon at 10:00, **Crafts at the Council** (P8)
- Apr 9, Thurs at 1:00, **Spaghetti Luncheon** (P7)
- Apr 14, Tues from 10:00-11:00, **Eye Clinic** (P4)
- Apr 15, Wed from 12:30-1:15, **Humble Home Care Services** (P4)
- Apr 16, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- Apr 16, Thurs at 11:00 & 1:30, **Indian Hill’s “Bach’s Lunch Concert”** (P8)
- Apr 16, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Apr 22, Wed at Noon, **LELWD Annual Senior Luncheon** (P7)
- Apr 23, Thurs from 8:30-2:00, **35th Annual Senior Conference** (P7)
- Apr 23, Thurs at 1:00, **Elder Abuse and Neglect** (P4)
- Apr 25, Sat at 12:15, **“Dr. Deborah Presents”** (P4)
- Apr 26, Sun at 3:00, **Senior Follies** (P3)
- Apr 27, Mon at 1:30, **Senior Citizens Club Meeting** (P8)
- Apr 27, Mon from 7:00-9:00 pm, **Fort Devens Museum Fundraiser**
- Apr 29, Wed from 6:30-8:30 pm, **Caregivers Meeting** (P3)
- May 9, Sat, **New York 9-11 Memorial and Museum Tour** (P7)



Senior Spotlight

Shirley Jenner, owner of Fine Balance Bodyworks has been coming to the COA twice a month for over two years, providing shoulder massages for seniors. Thank you Shirley!

Internet & Computer Classes

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

- Apr 2 - **NO CLASS**
- Apr 9 - Email Contacts
- Apr 16 - Security vs. Privacy
- Apr 23 - Activities for the Summer
- Apr 30 - Technology and Security Update

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

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 Dorothea Chase
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 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

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, April 16th 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.

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, April 14th and 28th, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

LELWD Discounts for Seniors



Seniors who are 62 or older are entitled to discounts on their LELD and LWD Electric and Water bills. The discounts are as follows:

LWD - \$20.00 base charge: credit is \$10.00 or half.

LELD - \$5.00 base charge: credit is 100% or \$5.00.

The \$5.00 discount on electric bills will be listed as a "customer credit" on your bills. If you are not currently receiving these discounts, please call: **978-540-2222**.

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (April 16th) 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.

Intergenerational Event



Please join us for a great intergenerational event on **Thursday, April 2nd** 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 Spring get together from **11:15-12 noon**. Please call Tina Maeder for more information at **978-540-2472**. **Everyone welcome.**

Caregivers Meeting



Those who are caring for an adult in the home are invited to attend a monthly support group. The next meeting is **Wednesday, April 29th from 6:30-8:30 pm** in the Senior Diner with Laura Blair from Concord Health Care Center. Contact Tina Maeder at **978-540-2472** for more details about whether this would be helpful for you. A light supper is provided as well as information on caregiving and resources.



THE ANGELS ARE BACK!



Winter has gone and We are ready for a little fun.

The Angels are back in Littleton, but it's not exactly where they expected to be. You enjoyed the show last year and because of your laughter you encouraged us to come back. Well here we are with the second (and we hope annual) **Senior Follies** and our crazy cast.

The Senior Follies will return on **Sunday April 26th at 3:00 pm** in the Littleton Middle School auditorium/cafeteria. Look for our fliers and how to purchase tickets. Get them early—we sold out last year.

THRIFT SHOP



Thank you to all who came to our \$3.00 a bag sale, which enabled us to start Spring with our new look. We were ready for a facelift after the Winter we had. I know you are putting away the heavy duty clothing and looking for lighter wear. Come in and see what we have when the shop opens again for business on **Monday April 6th**. Yea Spring!

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



Elder Abuse and Neglect



Elder abuse is present in every community, at every income level and in every social and cultural group. Come learn more about what is elder abuse, who is protected, and who can help. Renee Prestia, Protective Services Program Manager from MMSS, will be here **Thursday April 23rd at 1:00 pm in Room 233** to talk about who is protected and how to report suspected abuse.

Dr. Deborah Presents...



Dr. Deborah Diamond, D.C., of the Network Chiropractic Healing Center, comes to the COA on **Saturday, April 25th**, to talk about how you can improve your health and well-being. Reconnect with your body! This **FREE**, current, and informative program will be held in **Room 103 at 12:15 pm**. Dr. Deborah gave a TED talk on health and is a charismatic and dynamic speaker. Call **978-540-2470** if you have questions.

Don't Be Fooled....



Join us April Fools Day, **Wednesday April 1st**, to meet with Ashley Brooks and Pablo Fernandez from the Littleton Police Department. They will be talking about frauds that are frequently perpetrated upon older adults. Join us at **10:30 am in Room 230**. And NO, the IRS is not calling you at home to tell you that you owe them money....

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

Tai Chi-QiGong 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-QiGong is offered on **Mondays and 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.

The Monday April 6th and April 11th classes are **FREE!**

Free Eye Clinic



Tuesday, April 14th, D'Ambrosio Eye Care will host a free eye clinic, sponsored by the Nashoba Associated Boards of Health. Room 230, **10:00-11:00 am**.

Fire Dept BP Check



The Littleton Fire Department Ambulance Crew will be in the Senior Diner on **Thursdays** at lunch time to perform blood pressure tests on anyone who wishes to have one, unless they have an emergency call.

Humble Home Care Services



Nancy Kibuthu, owner of Humble Home Care Services will be bringing dessert to the Senior Diner on **Wednesday, April 15th from 12:30 to 1:15 pm**. Nancy runs a very reasonably priced non-medical Home Care agency and will be with us to answer questions about her staff and services.

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.

APRIL 2015 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>		<p>1 Portugese Kale Soup Grilled Chicken Caribbean Sauce Brown Rice HDM:Spinach Whole Wheat Bread Mandarin Oranges</p>	<p>2 Chicken a la King Herbed Egg Noodles Peas and Carrots Herb Biscuit Pineapple Black:</p>	<p>3 GOOD FRIDAY Broccoli Bake Tater Tots Green Beans Whole Wheat Bread Sugar Cookie Diet: Lemon Graham</p>
<p>6 Minestrone Soup Roast Pork w/Rosemary Gravy Whipped Potatoesw/Sour Cream Whole Wheat Bread HDM:Spinach Muffin Diet: Blueberry Graham</p>	<p>7 Meatball Cacciatore Rotini Pasta Tossed Sadal HDM:Peas Garlic Bread Stick Fresh Fruit((Banana))</p>	<p>8 SPECIAL Chicken Kiev Brown Rice/Red Pepper Sesame Broccoli Whole Wheat Roll Lemon Cake Diet:Gingerboy Cookie</p>	<p>9 Cream of Tomato Soup Fish Wedge Oven Roasted Potatoes/Paprika Whole Wheat Bread Applesauce</p>	<p>10 Macaroni and Cheese California Blend Italian Bread Pineapple</p>
<p>13 Chicken Breast Teriyaki Herbed Noodles Spinach Whole Wheat Bread Fresh Fruit(orange)</p>	<p>14 Escarole Soup Beef Bolognaise Penne Pasta HDM:Green Peas Italian Bread Pears</p>	<p>15 Beef Stew(Potatoes,carrots) Tossed Salad HDM: Green Beans WG White Bread Applesauce</p>	<p>16 Pork Rib w/BBQ Sauce Mashed Potatoes Broccoli Rye Bread Peach Crisp Diet: Apple Cinnamon Graham</p>	<p>17 Chicken Jambalaya White Rice Italian Green Beans Multigrain Bread Tapioca Pudding Diet: SF tapioca Pudding</p>
<p>20 Patriot's Day Holiday </p>	<p>21 Corn Chowder Baked Quartered Chicken w/Apricot Sauce Brussel Sprouts HDM: Corn Multigrain Bread Fresh Fruit</p>	<p>22 Thai Sweet Chicken Brown Rice Oriental Vegetables Whole Wheat Bread Pineapple Fortune Cookie</p>	<p>23 Tomato Cabbage Soup Roast Turkey w/ Tarragon Gravy Mashed Potatoesw/Chives HDM: Green Peas Whole Wheat Bread Chocolate Chip Cookie Diet: Chocolate Graham</p>	<p>24 Fish Sticks Sweet Potato Coins Broccoli/Red Pepper Salad HDM: Broccoli Whole Wheat Bread Flavored Yogurt</p>
<p>27 HIGH SODIUM MEAL Split Pea Soup Baked Ham with Honey Mustard Sauce Scalloped Potatoes w/Spinach Whole Wheat Bread HDM: Green Peas Mandarin Oranges</p>	<p>28 Beef Burger w/ Jardinere Gravy Mashed Potato Green Beans Whole Wheat Bread Fresh Fruit</p>	<p>29 Chicken Corn Stew Italian Green Beans Biscuit Hermit Diet: Fig Newton</p>	<p>30 Cheese Lasagna w/Tomato Basil Meat Sauce Tossed Salad Italian Bread HDM: Kale Chocolate Pudding Diet: SF Chocolate Pudding</p>	<p>All meals include 1% milk</p>

APRIL 2015



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00-1:00 LSC 10:00-1:00 SHINE Noon Lunch 12:45 Scrabble 1:00 "Don't Be Fooled" 1:00-2:00 Yoga 1:00 Friends of the COA Board	2 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:00 Intergenerational Event 11:15-12:15 Stretch & Flex Noon Lunch NO COMPUTER CLASS TODAY	3 10:00 Wii Noon Lunch 1:00-2:30 Bingo
6 9:00-11:00 Line Dancing 10:00 Crafts at the Council 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	7 9:00-10 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	8 9:00-1:00 LSC 10:00-1:00 SHINE Noon Birthday Lunch 12:45 Scrabble 1:00-2:00 Yoga	9 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 1:00 Spaghetti Luncheon	10 10:00 Wii Noon Lunch 1:00-2:30 Bingo
13 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 Senior Citizens Club 1:30 COA Board Meeting	14 9:00-10:0 Fit 4 Life Class 10:00-11:00 Eye Clinic 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	15 7:30 Men's Breakfast 9:00-1:00 LSC 10:00-1:00 SHINE Noon Lunch 12:30-1:15 Humble Home Care Services 12:45 Scrabble 1:00-2:00 Yoga	16 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	17 10:00 Wii Noon Lunch 1:00-2:30 Bingo
20 Patriot's Day Holiday 	21 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	22 9:00-1:00 LSC 10:00-1:00 SHINE 12:45 Scrabble Noon Lunch Noon LELWD Annual Senior Luncheon 1:00-2:00 Yoga	23 8:30-2:00 35th Annual Senior Conference 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 Elder Abuse & Neglect	24 10:00 Wii Noon Lunch 1:00-2:30 Bingo
27 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 Senior Citizens Club Meeting 7:00-9:00 Ft. Devens Fund-raiser	28 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	29 9:00-1:00 LSC 10:00-1:00 SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 6:30-8:30 Caregivers Meeting	30 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	

BIRTHDAY LUNCHEON Wednesday, April 8th HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by April 6th** 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 **April** (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 May 1st in the COA office. **MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!**



LADIES' BREAKFAST April 9th - 7:30 am to 9:00 am



MEN'S BREAKFAST

April 15th - 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

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 9th**; \$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**.

Check with the Westford (978-692-5523) and Groton (978-448-1170) COAs for information on additional day trips.

35th Annual Senior Conference



Hosted by State Senator Jamie Eldridge, **Thursday, April 23rd from 8:30 am to 2:00 pm** at Hudson High School, 69 Brigham Street, Hudson. There will be workshops, entertainment, exhibits, prizes, speakers and **FREE** coffee, donuts and lunch. For more information, **call District Director, Danillo Sena** at **617-722-1120** or **email Danillo.Sena@masena.gov**.



Join us for **Coffee With the LPD** on **Wednesday April 29th at 10:30 am** in the Senior Diner. Bring your questions for Police Chief Matt King.

LELWD Annual Senior Luncheon



The Littleton Electric Light and Water Departments hold their 24th Annual Senior Citizen Luncheon on **Wednesday April 22nd at noon**. The luncheon will be held at the Russell Street Elementary School Cafeteria. Tickets are available from the COA office or **call LELWD**. **Call 978-540-2222** if you have questions

Spaghetti Luncheon

The Littleton School Department is sponsoring a **Free** Spaghetti Luncheon in honor of Littleton's **Senior** Citizens. This event will be held on **Thursday, April 9th at 1:00 pm** at the High School. Please come and enjoy spending time with a few of our High School **Seniors** and other students that represent our school district community.

Please do not come early as students will be in session.

Parking: Please drive all the way up the hill to the very back of the school and park in visitor parking or next to the playing fields. You will enter through the parking lot doors in the back of the school by the gymnasium/dumpsters. Please do not enter through the front doors of the school as school is in session. Sitting is limited to 75 Seniors. **Reservations and tickets are a must.** Please call in advance at **978-540-2470** to reserve your seat.

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!



Movie of the Month

There will be no Movie in April. Come see us at the Senior Follies on **Sunday April 26th at 3:00 pm**



Crafts at the Council



Monday, April 6th at 10:00 am: Maureen Donnelly will be demonstrating her **Buttons for Babes** bracelets.

Monday, May 4th at 10:00 am: the crafters will work on a Group Inspirational Mixed Media Project. You will take a unique piece of artwork home that everyone helped to make. Our craft instructor, Julie Brogan will be taking requests and ideas for future craft/art projects.

These are very popular sessions and the seats fill quickly. Call **978-540-2470** to reserve your place. \$3. Room 230.



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



Due to the Patriot's Day Holiday, the Littleton Senior Citizens Club will be meeting on the fourth Monday of April, **April 27th, at 1:30 pm** in the Senior Diner.

We will have a great young man, Sam Alvarez, as our guest speaker. Sam will tell us all about the current happenings at the Library as well as the exciting things to come. And, we will be able to converse with Sam and ask him all sorts of questions while enjoying our yummy desserts. We hope to see all of you on the 27th.

Reduced Cost Dental Services

Middlesex Community College in Lowell offers reduced cost cleaning and preventative services.

Call **978-656-3250** or **781-280-3250**.



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**.

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.

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 re-start 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 an eclectic array of dances and songs by Chopin, Willson, and Bach with trombonist Alexei Doo-hovskoy and pianist Marina Pavlova. **TWO SHOWS - Thursday, April 16th at 11:00 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 (press 0). Learn more at 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:

<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.

LITTLETON COUNCIL ON AGING

P. O. BOX 1305

33 SHATTUCK ST., ROOM 231

LITTLETON MA 01460

RETURN SERVICE REQUESTED

Bulk Rate

U.S. Postage

Paid

Littletown MA

Permit No. 10