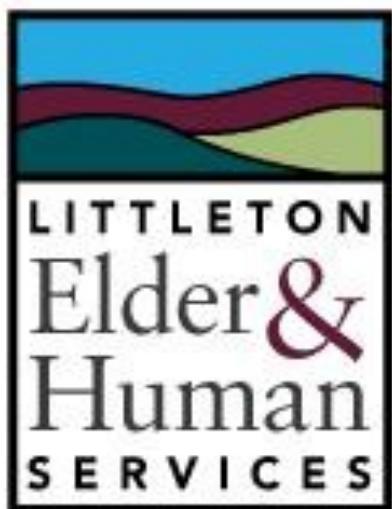


The Broadcaster



Avoiding Scammers

Alan Bell of Edward Jones, Inc. will give a talk on how to avoid being scammed. **Wednesday Sept 21st at 10:30 am in Room 230** at the TownHouse. No charge, but you must sign up to reserve a seat: Call **978-540-2470**.



From the Director

EHS Offers the Best Value in Fitness!

Fitness and Exercise Programs at the Center

Elder and Human Services offers a variety of fitness and exercise programs throughout the week. None are more than \$3 per session.

Fit-4-Life and Stretch and Flex: Programs are offered on **Tuesday mornings**. These exercise groups offer a workout for those at all levels of fitness.

TaiChi-QiGong: This slow and graceful exercise program is offered on **Mondays, Tuesdays and Saturdays**. Excellent to improve balance and concentration!

Yoga: Our Gentle Yoga class meets on **Wednesday mornings**. Designed to appeal to all levels.

Check Page 4 inside for details on all these classes. No signup is needed – just come! No contracts and no long-term commitments!

Free Blood Pressure Clinic:

Tuesdays 10:00-12:00 Room 230, staffed by RNs

Fuel Assistance: We are ready to assist low-income Littleton residents with making applications for Fuel Assistance and/or Food Stamps. **See page 3** for details on this program.

Caregiver Support: Those who are caring for an adult in the home can find information and support at our monthly Caregiver Support Group. The CSG meets **the last Wednesday of each month, from 6:30 – 8:00 pm** in the Senior Diner (at TownHall). We also run a **Social Club** three days a week for isolated seniors, including those with cognitive issues. For details on both of these offerings, call **Tina Maeder at 978-540-2472**.

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—September 2016

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

- Sep 7, Wed at 10:30, **Basics of Alzheimer's** (P4)
- Sep 8, Thurs at 10:30, **Reiki Information Session** (P4)
- Sep 9, Fri at 7:30 pm, **Littleton Lyceum** (P7)
- Sep 14, Wed at 1:00, **Fall Fashion Show** (P3)
- Sep 15, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- Sep 15, Thurs at 11:00 & 1:30, **Indian Hill Bach's Lunch Concert** (P8)
- Sep 15, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Sep 19, Mon at 1:30, **Senior Citizens Club** (P8)
- Sep 20, Tues, **Podiatry Clinic**-by Appointment Only (P4)
- Sep 27, Tues, **Hearing Screenings**-by Appointment Only (P4)
- Sep 28, Wed from 8:00-9:00, **Veterans Breakfast** (P4)
- Sep 28, Wed at 1:00, **Crafts at the Council** (P8)
- Sep 28, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Sep 29, Thurs at 1:00, **Movie of the Month** (P8)
- Sep 30, Fri at 11:00, **Brains & Balance Class** (P4)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Senior Diner.

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 Winge**
- Wed from 9:30-10:30, **Gentle Flow Yoga**
- Mon and Sat, from 11:00-12:00, and Tues evenings at 6:00 pm, **Tai Chi-Qi Gong**

Bill Vales' Internet & Computer Classes on Thursdays
Classes start September 22nd, 10:30 – 11:30 am in Room 230.
(We linger until noon.)



Topics for September:

Sept 22 - What's new? Latest on new hardware, new software and new malware.

Sept 29 - Review of the layout of the Windows PC desktop. Navigating around the system. Focus on Windows 10 and 7.

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
Paul Tokmakian, MART Driver
Gayle Dalton, Senior Diner Manager
Nancy Hilsinger, Editor

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Mary "Paddie" Hunt, Vice Chair
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Nancy Levine, Vice President
Tony Jesensky, Treasurer
Dottie Ruiz, Secretary
Ellen Araujo
Sharon Corbin
Carolyn Harlow
Carol Vales

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-Friday

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.

Podiatry Clinic



Next Podiatry Clinic: Tuesday, **Sept 20th** in **Room 103**. By Appointment only. **Call 978-540-2470** to schedule an appointment. **Cost is \$30.**

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. The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner.**

Reiki

Come to a Reiki information session on **Thursday September 8th at 10:30 am** at the COA. You must sign up for this program – call **978-540-2470**.

New Monthly Veterans Breakfast



Join us for the Veterans Breakfast **Wed Sept 28th** (last Wed of the month) **8:00-9:00 am in the Senior Diner.** Free for veterans of all ages and sponsored by the Littleton Police Department.

The Basics of Alzheimer's

Julie McMurray from the Alzheimer's Association will be at the COA to discuss the basics of memory loss and Alzheimer's disease. Join us on **Wednesday September 7th at 10:30 in Room 230** to get your questions answered about this condition. **Call 978-540-2470** to reserve a seat.



Free Hearing Screenings

Tuesday morning September 27th starting at 10:30 am. Appointments are required for the 15 minute check. Dr. Megan Ford of HearSmart Audiology will conduct the testing.

"Brains & Balance" Classes



You CAN take steps to reduce the chance of suffering from a debilitating fall. Act now! Sign up for a 12-week exercise and learning class that will help prevent you from facing a hip fracture, sprain broken bones or worse yet, a long stay in a nursing home

Class meets once a week on **Fridays at 11:00 am** in the MultiPurpose Room. **Class starts Friday September 30th and runs until Friday December 23rd.** Cost is \$36. You can pay by cash or check made out to the COA. **Call 978-540-2470 to register.** This is a GREAT CLASS!!

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 Winge 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 9:30-10:30 am** led by Carol Winge. \$3.

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!

SEPTEMBER MENU 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	For weather emergencies and cancellations, please check Fox 25 TV station.	<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>	1 Chicken Ala King Penne Pasta Mixed Vegetables Whole Wheat Bread Chocolate Pudding Diet: SF Chocolate Pudding	2 Salisbury Steak Jardiniere Gravy Red Bliss Potatoes Carrots Dinner Roll Fresh Fruit w/C
5  No Meals Served	6 Corn Chowder Grilled Chicken Pico de Gallo Cous Cous Mexicali Corn Whole Wheat Bread Mixed Fruit	7 Chef Salad w/ Turk, Egg, Cheese and Romaine Pasta Salad with Red peppers Italian Bread Vanilla Yogurt	8 Marinated Beef Tips Peppers and Onions Herbed Egg Noodles Tossed Salad Wheat Dinner Roll Straw Apple Crisp Dt: Apple Cinn Graham	9 Sweet and Sour Meatballs Brown Rice Broccoli Multigrain Bread Fortune Cookie Mandarin Oranges
12 Veg Gumbo Soup Chicken w/Lemon Piccata Sauce Cavatappi Pasta Wheat Bread Applesauce	13 Potato Pollock Filet Scalloped Potatoes Tossed Salad Multigrain Bread Pineapple	14 Chicken Corn Stew Peas and Carrots Wheat Dinner Roll Fresh Orange	15 Sliced BBQ Pork Sweet Potato Coins Cole Slaw Hamburg Roll Apple Streusel Cake	16 Macaroni & Cheese Stewed Tomatoes Italian Bread Snack n Loaf
19 Beef and Lentil Chili Brown Rice Carrots Multigrain Bread Mandarin Oranges	20 Grilled Chicken Florentine Sauce Mashed Potatoes Ratatouille Whole Wheat Bread Choc Chip Cookie Diet: Choc Grahams	21 Roast Pork Apple Cider Gravy Yams Green Beans Dinner Roll Applesauce	22 Chicken and Rice Casserole Tossed Salad Whole Wheat Bread Tropical Fruit Salad	23 Sloppy Joes Tater Tots Spinach Hamburger Roll Blueberry Yogurt
26 Kielbasa Cabbage Casserole Diced Red Potatoes w/ Dill Rye Bread Peaches	27 Roast Turkey Cran Orange Sauce Butternut Squash Tossed Salad Italian Bread Fruit n Snack Loaf Diet: Lorna Doons	28 Grilled Chicken Coq Au Vin Rice Pilaf Brussels Sprouts Multigrain Bread Lemon Cake Diet:Lemon Grahams	29 Portuguese Kale Soup Meatloaf with Mushroom Gravy Mashed Potatoes Wheat Dinner Roll Mixed Fruit	30 Rainbow Trout Lemon Vinaigrette Au Gratin Potatoes Calif Veg Blend Wheat Bread Fresh Apple

SEPTEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble	2 10:00 Wii Noon Lunch 1:00-2:30 Bingo
5 	6 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 -3:00 Mah-Jongg 6:00 pm Tai Chi	7 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Basics of Alzheimer's Noon Lunch 1:00 Friends of the COA Board Meeting	8 9:00-1:00 LSC 9:00-10:00 Fit 4 Life Class 10:30 Reiki Info Session 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble	9 10:00 Wii Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
12 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting	13 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-2:30 Social Anxiety Grp 1:00-3:00 Mah-Jongg 6:00 pm Tai Chi	14 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Fall Fashion Show	15 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00-3:00 Bereavement Group	16 10:00 Wii Noon Lunch 1:00-2:30 Bingo
19 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 Senior Citizens Club	20 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg 6:00 pm Tai Chi Podiatry Clinic-by Appt.	21 7:30-9:00 Ladies and Men's Breakfast 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch	22 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble	23 10:00 Wii Noon Lunch 1:00-2:30 Bingo
26 :00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	27 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 10:30 Hearing Screenings (by appointment only) 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp 6:00 pm Tai Chi	28 8:00-9:00 Vets Breakfast 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Crafts at the Council 6:30-8:00 pm Caregivers Mtg	29 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 Movie of the Month	30 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo

**IS YOUR BIRTHDAY IN SEPTEMBER?
Free Lunch Wed September 21st
HAPPY BIRTHDAY!**

Your lunch will be paid for by Minuteman Senior Services. Lunch will be served in the newly-renovated Senior Diner. Cake provided by COA. **Make reservations by Sept 19th** 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 2016 when you attend 6 or more classes in **September** (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 Oct 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**



LADIES & MEN'S BREAKFASTS WILL BE COMBINED FOR SEPTEMBER

September 21st - 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



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**.

Prime Time Paddlers



The Prime Time Paddlers have returned to start their 6th season. It's hard to believe that we started in 2011 with just 4 paddlers. So far this year, we have over 20 registered. There is no cost to join us.

We try to kayak somewhat close to Littleton once a week, on Thursdays, and always paddle as a group. It's not good or safe to go by oneself.

For more information, please call the **COA office at 978-540-2470**, and someone will get back to you with details, plus the time, a schedule, and directions. All you need is a car to get your kayak to wherever the trip is scheduled, a kayak, a paddle and a life jacket. We always suggest bringing water, sun block, and a hat. Having a cell phone is also a good idea. Come join us for a lovely paddle.

Discount Frozen Yogurt



Menchie's at the Point offers a 20% discount **Monday-Friday from 11:00 am to 6:00 pm** for seniors. Some of their flavors: pineapple, peanut butter cup, peach, and, of course, all kinds of chocolate.

They have non-fat and no-sugar options, too.

Volunteer to Help Castle-In-The-Trees



Sign up now to help rebuild the Castle in the Trees playground the week of **September 20-25**. There are many ways to help. Check this website: <http://www.castleintheres.org/> or call **(978) 925-7529**.

**Littleton Lyceum
Blackstone Valley Bluegrass
Friday September 9, 7:30 pm**



These guys can really mix things up musically and entertain an audience! They're all multi-instrumentalists and play a wide range of bluegrass styles... but what really sets them apart are their powerful three and four part harmonies. Come check out [Blackstone Valley Bluegrass](http://www.blackstonevalleybluegrass.com) to hear some great bluegrass music, smooth harmonies, fast but tasteful pickin', and most importantly, to have a great time!

Purchase tickets [online](http://www.littletonlyceum.org/) at www.littletonlyceum.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

 Craft classes will begin **Wednesday, September 28th at 1:00 pm in Room 230**. We will be doing adult coloring. Also, this is a reminder that we will be doing tole painting on **October 27th**. It is important that you sign up for these classes by calling the COA office at **978-540-2470**. Cost is \$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.

Littleton Senior Citizens Club



The Littleton Senior Citizens Club will meet on **Monday, September 19th at 1:30 pm. in the Senior Diner**. This is a very important meeting. Several votes will be taken at this meeting. We hope to see everyone there.

Looking for Scrabble Players-All Levels

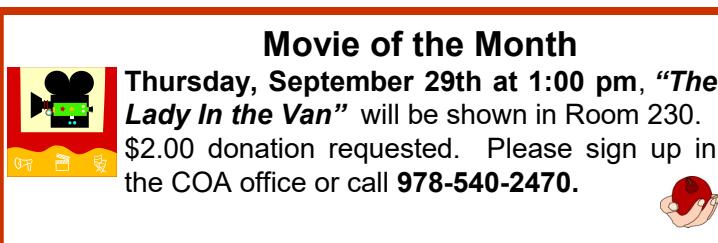


The Scrabble group will meet on **Thursdays at 12:45 pm in the Diner**. All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow 978-486-8589** for more information.

Mah Jongg



Come play Mah Jongg on **Tuesdays from 1:00-3:00 pm**. Mah Jongg is a great way to stimulate the brain cells having fun and meeting new friends too. Those interested in learning the game, please leave your name and phone number at the COA office (**978-540-2470**) for Milly Curtin.



Movie of the Month



Thursday, September 29th at 1:00 pm, "The Lady In the Van" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



BINGO

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

Please join us



Bingo at St. Anne's Church

 We will be starting up **Sunshine Club Bingo** on **September 15th at 1:00 pm** at St Anne's Church Hall located on King Street in Littleton. We play bingo for small prizes and grocery items. This event is open to all seniors free of charge and is non-denominational. Please come and join us. We play bingo and have coffee and refreshments. For more info: call Denise Gibbons @ **978-501-0681**.

Neighborhood Supper

 Come and enjoy a dinner out each **Tuesday evening** at the Congregational Church from **5:30 to 6:30 pm**. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week. The dinner is open to all who would enjoy eating a meal with friends. It's **FREE!**

Senior Bingo Afternoon

CCOL Bingo afternoon will not meet in September. We will resume in October. Any questions, call **Jane Lyons at 978-486-3436**.

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**.

 **Line Dancing**
Mondays at 9:00 am. Kick up your heels! MultiPurpose Room – no sign up needed; just come on in.

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**

INDIAN HILL MUSIC

 **"BACH'S LUNCH" CONCERT:** Indian Hill Music School presents Rob Woodin (vocals) and Shawn McCann (piano) performing Selections from Broadway & Jazz Cabaret. - TWO performances – **Thursday, September 15th at 11:00 am and 1:30 pm**. 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.

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

TRANSPORTATION

- Arrange a ride by calling Dispatch at **978-844-6809**; **Monday through Friday - 8:30 am to 4:00 pm** Messages on the answering machine after 4:00 pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Veterans ride for free. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests.
- **Requests should be made 48 hours in advance.**
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

LITTLETON EHS TRANSPORTATION CHARGES

Rides are provided to appointments between 9:00 and 3:00 pm.

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

***** Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE *****

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

- 1st and 3rd Fridays – Boston area hospitals
- 2nd and 4th Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

REMINDER

If you use the van on a weekly basis, please call EVERY week to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.

LITTLETON COUNCIL ON AGING

P. O. BOX 1305
33 SHATTUCK ST., ROOM 231
LITTLETON, MA 01460

RETURN SERVICE REQUESTED



(Photo by
Jim Donnelly)

Bulk Rate
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Paid
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