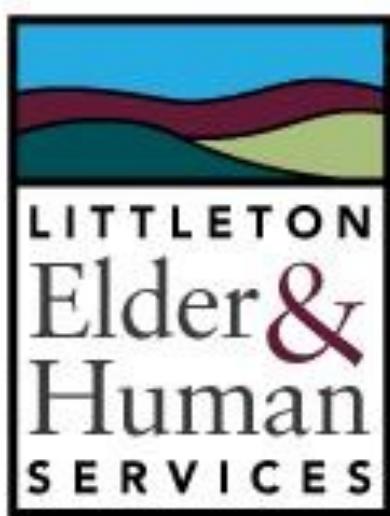


The Broadcaster



Tax Relief for Elders and the Disabled (T.R.E.A.D.)

Are you concerned about Littleton's low-income elderly population?

Would you like to directly aid these residents in paying their property taxes?

Donate now to the T.R.E.A.D. Fund

The money goes directly into a special account and every dollar is used for tax relief. Last year at Town meeting we voted to adopt Massachusetts state law Chapter 60, Section 3D, which allows a fund to be created to collect donations and disburse them to low-income elderly property owners and qualifying disabled owners.

If you would like to help, 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. Either way, you will receive a receipt for your Tax-Deductible contribution.

Know someone who needs help? 38% of Littleton residents over 65 have an income of less than \$25,000 annually.* Potential recipients should contact Tina Maeder at 978-540-2472 after January 1, 2017.

**Source: US Census Bureau, American Community Survey (2009-2013)*

Medicare Presentation

Join us on Wednesday October 5th as Art Budnik, a SHINE counselor from Minuteman Senior Services reveals what everyone needs to do EVERY year when they are on Medicare.

See Page 4 for more details.

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Happenings—October 2016

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

- Oct 3 and 17, Mondays, **Shoulder & Hand Massage**—By Appointment Only (P4)
- Oct 5, Wed at 10:30, **Medicare Presentation** (P4)
- Oct 7, 14, 21 & 28, Fridays at 11:00, **Brains & Balance Class** (P4)
- Oct 11, Tues from 10:00-12:00 noon, **Flu Clinic** (P4)
- Oct 12, Wed at 12:00 noon, **Oktoberfest** (P3)
- Oct 19, Wed at 10:30, **Scams Involving Medicare** (P4)
- Oct 20, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Oct 20, Thurs at 11:00 & 1:30, **Indian Hill Bach's Lunch Concert** (P8)
- Oct 20, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Oct 26, Wed from 8:00-9:00, **Veterans Breakfast** (P7)
- Oct 26, Wed at 1:00, **Crafts at the Council** (P8)
- Oct 26, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Oct 27, Thurs at 1:00, **Movie of the Month** (P8)
- 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

Classes are on Thursdays, 10:30 – 11:30 am in Room 230.

(We linger until noon.)



Topics for October:

- **Oct 6** – Basics of security; keeping your system and your information safe.
- **Oct 13** – Social engineering. Safe internet practices for accessing information.
- **Oct 20** – Telephone scams. Call blocking systems.
- **Oct 27** – The Cloud. What is it? Where is it? How do we use it safely?

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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Marjorie Payne, Chair
 Mary "Paddie" Hunt, Vice Chair
 Robert Stetson, Secretary
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 Susan Dunn
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 Rosanne Rico-Bales

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Barbara McRae, President
 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.

Medicare Presentation



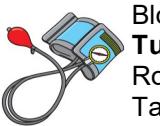
Join us **Wednesday October 5th at 10:30 am in Room 230**, as Art Budnik, a SHINE counselor from Minuteman Senior Services reveals what everyone needs to do **EVERY year** when they are on Medicare. You must register for this free program – **call 978-540-2470**. Open enrollment for Medicare changes is Oct 15th—Dec 7th.

Scams Involving Medicare



On **Wednesday, October 19th at 10:30 am in Room 230**, learn what you need to know to protect yourself from scams involving Medicare. The Massachusetts Senior Medicare Patrol Program will tell you how to detect errors, fraud and abuse and how to protect yourself from abusive marketing tactics. You must sign up to re-reserve your seat. Call **978-540-2470**. Open enrollment for Medicare starts in October.

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.

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.

FLU CLINIC

Get your flu shot on **Tuesday October 11th**. Clinic will be in **Room 103** from **10:00 am to 12:00 noon**. No signup is needed. Bring your insurance or Medicare card. \$20 if not insured.



Shoulder and Hand Massage



Shirley Jenner of Fine Balance BodyWorks returns to the COA in October to do hand and shoulder massage. \$3. You must make an appointment by calling **978-540-2470**. **Monday October 3 and October 17**.

"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 runs through 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!!

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: _____

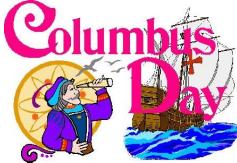
Amount of Donation: _____

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



OCTOBER MENU 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Grilled Chicken Breast w/ Honey Mustard Sauce Orzo Pilaf w/ Spinach Broccoli Whole Wheat Dinner Roll	4 Chicken & White Bean Chili White Rice Italian Blend Veg Whole Wheat Bread Spice Cake Diet: Lorna Doons	5 **HIGH SODIUM** **Ham & Cheese Bake Tater Tots Tossed Salad Multigrain Bread Applesauce	6 Minestrone Soup Breaded Pollock Filet Tartar Sauce Cous Cous Whole Wheat Bread Fresh Fruit w/ C	7 Roast Pork with Rosemary Gravy Sweet Potato California Veg Rye Bread Fruit Loaf
10  No Meals	11 Salisbury Steak with Jar- dinere Gravy Sour Cream/Chive Potato Tossed Salad Rye Bread Butterscotch Pudding Diet: Strawb. Graham	12 Cheesy Cauliflower Soup Alaskan Salmon Boat with Dill Sauce Rice Pilaf Multigrain Bread Tropical Fruit	13 Chicken Meatball with Mari- nara Sauce Cavatappi Pasta Au Gratin Broccoli Italian Bread Escalloped Apples Diet: Sliced Apples	14 Grilled Chicken Breast with Herb Sauce Yams Italian Blend Veg Whole Wheat Bread Strawberry Yogurt
17 Beef Stew Green Beans Whole Wheat Bread Pineapple Chunks	18 Chicken Drumstick with Hawaiian Sauce Brown Rice Cauliflower Multigrain bread Almond Cookie Diet: Gingerboy	19 Turkey a la King Penne Pasta Tossed Salad Wheat Dinner Roll Applesauce	20 Butternut Bisque Roast Pork with Cran Orange Sauce Whipped Potatoes Italian Bread Lemon Pudding Diet: SF Lemon Pud	21 Broccoli Bake Home Fries Stewed Tomatoes Whole Wheat Bread Fresh Apple
24 Corn Chowder Grilled Chicken Breast wit BBQ Sauce Yams Rye Bread Fruited Jello Diet: SF Jello	25 *White Vegetable Lasagna Carrots Italian Bread Mandarin Oranges	26 Autumn Harvest Soup Diced Chicken with Lemon Picatta Sauce Cavatappi Pasta Wheat Bread Vanilla Yogurt	27 Special Roast Beef w/ Au Jus Sour Cream/Chive Potato Tossed Salad Dinner Roll Chocolate Brownie Diet: Choc Grahams	28 Chicken Keilbasa Spanish Rice Peppers & Onions Hot Dog Bun Fresh Fruit w/ C
31 Shepards pie Broccoli Multigrain bread Cherry snack loaf Diet: Graham's		To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>	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 Do- nation: \$2.00	For weather emer- gencies and cancel- lations, please check Fox 25 TV station.



OCTOBER 2016



3 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" Shoulder and Hand Massage—by Appointment Only.	4 9:00-10:00 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	5 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Medicare Presentation Noon Lunch 1:00 Friends of the COA Board Meeting	6 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble	7 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
10 	11 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 10:00-12:00 Flu 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	12 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch Noon Friends of the COA Oktoberfest	13 7:30-9:00 Ladies and Men's Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble	14 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
17 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting Shoulder and Hand Massage—by Appointment Only.	18 9:00-10:00 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	19 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Scams Involving Medicare Noon Birthday Lunch	20 9:00-10:00 Fit 4 Life Class 10:45-11:45 Living Alone Grp 10:30-11:30 Computer Class 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	21 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
24 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	25 9:00-10:00 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	26 8:00-9:00 Veterans Breakfast 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga Lunch 1:00 Crafts at the Council 6:30-8:00 Caregivers Meeting	27 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 Movie of the Month	28 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
31 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"				

**IS YOUR BIRTHDAY IN OCTOBER?
Free Lunch Wed October 19th
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 Oct 17th** 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 **October** (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 Nov 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**



LADIES & MEN'S BREAKFASTS WILL BE COMBINED FOR OCTOBER

Thursday, October 13th - 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**.

DAY TRIP

Steam Train Ride and Riverboat Cruise



Saturday October 15th – includes luncheon and luxury motor coach. \$99 for Littleton residents. Contact Park and Rec 978-540-2490 for more information.

Thank you to the Rotary Club!



The Rotary Club of Littleton donated two Community-Support Agriculture shares to the Senior Diner this summer. All summer we have had the benefit of fresh lettuces and greens, squash, beautiful tomatoes, carrots and a variety of other vegetables from the Littleton Community Farm. We use the produce in our Senior Diner to supplement lunches and distribute the excess to seniors in the community. **Thank you, Rotary!**

Monthly Veterans Breakfast



Join us for the Veterans Breakfast **Wednesday October 26th** (last Wednesday 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.

Meals on Wheels Drivers Needed



Are you willing to give one hour a week to deliver meals to home-bound seniors? Contact Martha Childs at **978-486-8955** (Home) or **978-793-6178** (Cell) and she can explain the duties. Must have own transportation.



Discount Frozen Yogurt

Menches 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.

****FIND THE DELIBERATE ERROR****



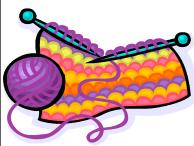
Find the 'error' we have inserted in this month's Broadcaster and you win a coupon entitling you to a free class or meal. Call **978-540-2470** with your 'error' or come in and show us that you have found it and we'll give you your coupon. Happy hunting!

Crafts at the Council

For October, we will be doing tole painting on **Wednesday, October 26th at 1:00 pm in Room 230**. 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.



Line Dancing



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



Looking for Scrabble Players-All Levels



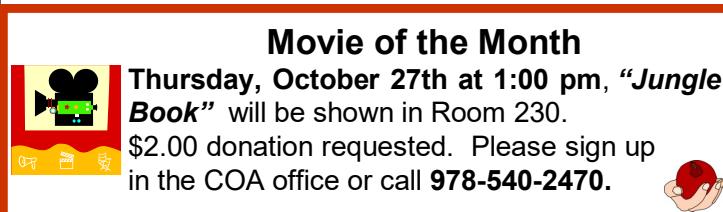
The Scrabble group will meet on **Thursdays at 12:45 pm in the Diner**. All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow 978-486-8589** for more information.



Mah Jongg



Come play Mah Jongg on **Tuesdays from 1:00-3:00 pm**. It 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, October 27th at 1:00 pm, "Jungle Book" 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



The next **Sunshine Club Bingo** at St Anne's Church Hall on King Street will be **Thursday, October 20th at 1:00 pm**. This event is open to all seniors free of charge and is non-denominational. Please come and join us.

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. Open to all who would enjoy eating a meal with friends. It's **FREE!**



Senior Bingo Afternoon



We're back! Come join us at the Congregational Church on **Thursday, October 13th from 1:00 to 3:30 pm** for an afternoon of Bingo, prizes and refreshments. We look forward to seeing you! Bring a friend and enjoy an afternoon "out" with friends. It's free! 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**.



SENIOR BOWLING

Monday through Friday 10:00-1:00
3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowldrome - 978-263-7638**



INDIAN HILL MUSIC

"BACH'S LUNCH" CONCERT: Indian Hill Music School presents **Gems for Flute and Piano: 1730-2016** performed by Eileen Yarrison (flute) and Michael Havay (piano). **TWO SHOWS - Thursday, October 20 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.

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
US Postage
Paid
Littleton, MA
Permit No. 19