

The Broadcaster



FRAUD ALERT

BEWARE OF IRS FRAUD

You all know that the IRS does not call you to notify you of problems. However, now scammers are sending letters. If you have any doubt about a contact or letter from the IRS, call them at **1-800-829-1040** to ask if it is real. **DO NOT** use any phone numbers on the fraudulent letter or phone message.

Rides Available to Polls on November 8th and to Town Meeting Wednesday November 16th at 7:00 pm

If you need a ride to vote on **Election Day, Tuesday November 8th**, call Dispatch Services at **978-844-6809** to arrange for van service to and from the polls. And join us at the **Special Town Meeting** this month, on **Wednesday November 16th**. Town Meeting begins at 7:00 pm. Van service can be arranged by calling Dispatch.

November is National Caregivers Month

Many Littleton residents are caring for an adult in the home – a parent, spouse, relative or friend. We offer services to support these caregivers. Come and see us before you become stressed and worn-out.

Monthly we hold a **Caregiver Support Group**, on the last Wednesday of the month. This support group provides a light supper and the opportunity to talk with others in similar circumstances. Our **Social Club** meets three days a week for those with mild dementia or other cognitive problems. **Friendly Visitors** and **Meals On Wheels** are offered in the home.

Tina Maeder, our Outreach Coordinator, is available for one-to-one appointments to discuss all these options and many other resources. Call her at **978-540-2472**.

Veterans – Attend our Special Breakfasts

The Littleton Police Department and Fire Department host a free breakfast for veterans on the last Wednesday of each month (**November 30th**). The breakfast is held in the Senior Diner (first floor of TownHall) from **8:00-9:00 am**. Come in for a cup of coffee, a free breakfast and some conversation. No signups needed.

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Happenings—November 2016

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

- Nov 2, Wed at Noon, **LFD Pizza Party** (P4)
- Nov 4, Fri at 10:30, **Coffee With the Assessor** (P4)
- Nov 7, Mon at 2:00, **Coloring, Coffee and Conversation** (P4)
- Nov 9, Wed at Noon, **Veterans' Day Luncheon** (P3)
- Nov 16, Wed at 10:30, **Diabetes Discussion** (P4)
- Nov 17, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Nov 17, Thurs at 11:00 & 1:30, **Indian Hill Bach's Lunch Concert** (P8)
- Nov 17, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Nov 17, Thurs at 1:00, **Movie of the Month** (P8)
- Nov 21 at Noon, **Senior Citizens Club Luncheon** (P7)
- Nov 30, Wed at 10:30, **Ramblin' Richard Returns** (P7)
- Nov 30, Wed from 8:00-9:00, **Veterans Breakfast** (P7)
- Nov 30, Wed at 1:00, **Crafts at the Council** (P8)
- Nov 30, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- 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**

NOVEMBER HOLIDAYS—COA CLOSED

Friday November 11: Veterans Day

Thursday November 24: Thanksgiving.

Senior Diner is closed on **Friday November 25** – COA is open

Bill Vales' Internet & Computer Classes

**Classes are on Thursdays, 10:30 – 11:30 am in Room 230.
(We linger until noon.)**

Topics for November:

- **Nov 3** - Sharing information on the web (Dropbox, Google Drive)
- **Nov 10** - Social Media. (Facebook, LinkedIn, Google+)
- **Nov 17** - Digital Photography (Part 1)
- **Nov 24** - (no class)



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

BOARD MEMBERS

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Mary "Paddie" Hunt, Vice Chair
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Mary Catalanotto
Susan Dunn
Jean Johnson
Barbara Kamb
Mary Pickard
Rosanne Rico-Bales

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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Littleton, MA 01460

Main Phone: 978-540-2470

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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.

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

Residents need to make appointments for Outreach Services. Call 978-540-2472 to schedule with Tina.

Living Alone & Living Well Group

The Group will meet on **Thursday, November 17th from 10:45-11:45 am in Room 233.** Please call Tina Maeder, at **978-540-2472** for more information.

Littleton Social Club (LSC)

The LSC meets on **Mondays, Tuesdays, and Wednesdays** 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.**

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (November 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 Nashoba Nursing Service.

Social Anxiety Support Group

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

Caregivers Meeting

Those who are caring for an adult in the home are invited to attend a monthly support group. Caregivers Support group will be held in the Senior Diner on the evening of **Wednesday, November 30th, from 6:30-8:00 pm.** Our speaker will be Annete DeBisz. Please contact Tina in the Outreach Office at **978-540-2472.**

Medicare or Health Insurance Questions?

Our trained **SHINE** (Serving Health Information Needs for Everyone) counselor is at the COA every Wednesday from **9:00 am to 12:00 noon.** Call **978-540-2470** to make an appointment.

SMOC Fuel Assistance Program



Beginning November 1st we will be accepting appointments for new fuel assistance applicants. Call the Outreach Office for the eligibility requirements for the SMOC fuel assistance program. There will be several programs to apply to for assistance. The Good Neighbor Energy Fund from the Salvation Army should be taking applications in January 2017. **Please call Tina in the Outreach Office** with your questions and to see if you may be able to qualify for assistance: **978-540-2472.**

Need Help with Vet Bills?

A gift from the Bradford Sampson Relief of Animals Fund makes it possible to assist low-income town residents who are facing expensive veterinary bills. **Contact Tina Maeder (978-540-2472)** to determine eligibility and to apply for funds from this gift.



Friends of the Council on Aging



Veterans' Day Luncheon

The Friends of the LCOA and the LCOA are co-sponsoring a Veterans' Day Luncheon, for Littleton veterans at **noon, on Wednesday, November 9th**, in the Multi-Purpose Room. We welcome all Littleton's veterans, young and old from all branches of the service. We are fortunate to have Nashoba Valley Tech High School cater this event. Veterans and their spouses are free. Guests will be charged \$5.00. **Reservations are a must and can be made by calling the COA office at 978-540-2470, no later than November 4th. Seating is limited and by reservation only.**

Also, please mark your calendars for our next event. Join the **FLCOA on December 7th, at noon**, in the Multi-Purpose room for some holiday merriment. We will serve a light lunch, have an ornament and cookie exchange, with some karaoke music. This event is free.

THRIFT SHOP

The Thrift Shop has just received a lot of new items of clothing, holiday decorations, and household goods. The Thrift Shop is open **Monday-Friday from 10:00 am to 3:00 pm.** The Friends will have a table at the **Holiday Fair December 5th.** Beautiful, amazing items will be for sale, made by the Loving Stitches. We will also be selling special, unique holiday items. Please stop by.



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.

A reminder that the Outreach Office (978-540-2472) is available to assist caregivers in finding Respite Services if needed.

Diabetic?



Join us on **Wednesday November 16th at 10:30 am, in Room 230**, to hear about the latest information on diabetes and self-care. Between doctor visits, there is a lot you can do to keep yourself healthy. Come to this free program. **Call 978-540-2470** to reserve your seat. Those who sign up are eligible for a prize!

Do You Have Stress In Your Life?



Join us for two **FREE** workshops to address ways to manage stress in your life. Classes meet on **Fridays Dec 2nd and 9th at 10:30 am**, conducted by Lauren McHugh, Health and Wellness Professional. **Call 978-540-2470** to reserve a seat. Attendance is limited.

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**.

Coffee With...The Assessor



Chief Assessor Kathy Miller comes to the Senior Diner on **Friday November 4th, at 10:30 am** to share information on exemptions due to seniors and veterans and to answer questions about re-evaluation and tax assessments. Call the COA at **978-540-2470** to sign up for this free program. Free coffee, tea and doughnuts!



REMINDER! Daylight Savings Time ends November 6th. Don't forget to turn your clocks back one hour.

Did You Know . . .

500+ -- That's the number of rides that Elder and Human Services typically provides each month on our vans

33 -- That the average number of visitors to the COA each day last year

LFD Hosts Pizza Party



Join Fire Chief Scott Wodzinski and the Littleton Fire Fighters for a pizza party on **Wednesday November 2nd at noon** in the Multi-Purpose Room. **Call 978-540-2470** to reserve a seat for this free pizza lunch. This will be a chance to ask questions about the new Fire Station.

Coloring, Coffee and Conversation



The adult coloring craze has come to the COA! Come in and join like-minded others for coffee, conversation and coloring. **First Monday of the month (November 7) at 2:00 pm in Room 233.** No charge – coloring blanks and books available. Bring your pencils and pens.

Volunteer Drivers Sought



Are you able to volunteer one day a month to drive seniors who cannot use our van service to appointments? We could use your help. Seniors who undergo procedures that require sedation cannot be returned to their homes on our van service. We want to set up a bank of volunteer drivers who will schedule themselves to be available to drive someone, if the need arises, on one day of the month. If you would like to help, **call Tina Maeder at 978-540-2472** to get cleared to support seniors who cannot drive themselves.

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 also meets on **Tuesday 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.



NOVEMBER MENU 2016





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 Three C Soup Grilled Chicken Apricot Sauce Cous Cous w/Red Pepper Wheat Bread Pears</p>	<p>2 Tossed Salad Beef Stew Dinner Roll Spice cake</p>	<p>3 Corn Chowder Chicken Drumstick BBQ Sauce Mashed Potatoes Wheat Bread Peaches</p>	<p>4 Baked Cheese Lasagna Meat sauce Italian Blend Vegetables Multigrain Bread Fresh Apple</p>
<p>7 Beef and Lentil Chili Brown Rice Carrots Rye Bread Fresh Orange</p>	<p>8 Minestrone Soup Roast Pork Rosemary Gravy Red Potatoes Italian Bread Applesauce</p>	<p>9 Chicken & Rice Casserole Spinach Multigrain Bread Sugar Cookie</p>	<p>10 Tossed Salad Rainbow Trout Lemon Vinaigrette Rice Pilaf Wheat Bread Mandarin Oranges</p>	<p>11</p>  <p>No Meals Served</p>
<p>14 Portuguese Kale Soup Sliced Beef (wrap) Peppers and Onions Flour Tortilla Peaches</p>	<p>15 Tossed Salad Chicken & White Bean Chili Brown Rice Wheat Bread Fruited Jello</p>	<p>16 SPECIAL ** High Sodium** Roast Turkey w/Herb Gravy* Cranberry Sauce Stuffing Mashed Potatoes Green Beans Dinner Roll Pumpkin Pie</p>	<p>17 Grilled Chicken Lemon Picatta Sauce Cavatappi pasta Brussels sprouts Multigrain Bread Chocolate Brownie</p>	<p>18 Broccoli Bake Home Fries Stewed Tomatoes Italian Bread Fresh Apple</p>
<p>21 Potato Pollock Tarter Sauce Winter Squash Broccoli Rye Bread Mixed Fruit</p>	<p>22 **High Sodium** Cheesy Cauliflower Soup Hot Dog Tater Tots Hot Dog Bun Lemon Cake</p>	<p>23 Tossed Salad Grilled Chicken Honey Mustard Sauce Cous Cous Wheat Bread Fruit Snack loaf</p>	<p>24</p>  <p>No Meals Served</p>	<p>25</p> <p>No Meals Served</p>
<p>28 Mulligawny Soup Beef Bolognaise Ziti Italian Bread Pineapple</p>	<p>29 Tossed Salad Grilled Chicken Pesto Sauce Mashed Potatoes Dinner Roll Blueberry Snack n Loaf</p>	<p>30 Autumn Harvest Soup Turkey Tetrazzini* Bowtie Pasta Multigrain Bread Applesauce</p>	<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>	<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>



NOVEMBER 2016



	1 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	2 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch Noon LFD Pizza Party 1:00 Friends of the COA Board Meeting	3 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 1:00 Scrabble	4 10:00 Wii 10:30 Coffee With the Assessor Noon Lunch 1:00-2:30 Bingo
7 9:00-11:00 Line Dancing 9:00-1:00 LSC 10:00-12:00 Massage (by Appointment Only) 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee and Conversation	8 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 ELECTION DAY	9 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga Noon Veterans' Day Luncheon	10 7:30-9:00 Ladies 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 1:00 Scrabble	11 
14 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	15 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	16 7:30-9:00 Mens' Breakfast 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Diabetes Discussion Noon Birthday Lunch SPECIAL TOWN MEETING AT 7:00 pm	17 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 1:00 Scrabble 1:00-3:00 Bereavement Group 1:00 Movie of the Month	18 10:00 Wii Noon Lunch 1:00-2:30 Bingo
21 9:00-11:00 Line Dancing 9:00-1:00 LSC 9:00-1:00 LSC 10:00-12:00 Massage (by Appointment Only) 11:00-12:00 Tai Chi Noon Lunch Noon Senior Citizens Club Luncheon Noon-2:00 "Loving Stitches"	22 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	23 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga Lunch	24 	25 10:00 Wii Noon Lunch 1:00-2:30 Bingo
28 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	29 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	30 8:00-9:00 Veterans Breakfast 9:00-12:00 SHINE 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Ramblin' Richard Returns 1:00 Crafts at the Council 6:30-8:00 Caregivers Meeting		

IS YOUR BIRTHDAY IN NOVEMBER? Free Lunch Wed November 16th *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 Nov 14th** 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 **November** (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 Dec 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

LADIES' BREAKFAST



November 10th - 7:30 am to 9:00 am



MEN'S BREAKFAST

November 16th - 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

NYC Holiday Shopping Trip – Dec 3, \$69



Get an early start on your Christmas shopping, spend the day sightseeing, or visit New York's world class museums. For your convenience, a map of NYC illustrating points of interest is provided. Stops will be made at both Rockefeller

Center and Macy's. **Call 978-540-2490 to register by November 4th.** Fox Tours luxury bus leaves Littleton TownHall at 6:00 am and returns at 11:00 pm.

The Littleton Senior Citizens Club



is retiring. A retirement luncheon will be held on **Monday, November 21st**, at the Nashoba Valley Technical High School at noon. All reservations must be in to Marilyn not later than Sunday, November 13. If you would like to attend the luncheon and no one has called you for your reservation, please call **Marilyn Fedele at 978-742-4931** with your luncheon choice of either Baked Salmon or Chicken Piccata no later than **Sunday, November 13**.

Monthly Veterans Breakfast



Join us for the Veterans Breakfast **Wednesday November 30th** (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.

Ramblin' Richard Returns!



Back by popular demand – Ramblin' Richard (aka Richard Kruppa) brings us "Songs of the Season". Join us for a fun musical presentation! Richard is very talented and makes his show very enjoyable to all. This free program will be held **Wednesday November 30th at 10:30 am** in the MultiPurpose Room.

Are You A Good Cook?



If you are a good cook and want to share, the Senior Diner is looking for volunteers to cook soup throughout the winter for one of the Thursday Special Lunches. Call Gayle in the Diner for details – **978-540-2474**.

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



The craft for November will be a workshop for Holiday Greens Arrangements. Containers will be supplied or you may bring your own. The date is **Wednesday, November 30th 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 1:00 pm in Room 233**. All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow 978-486-8589** for more information.

Please note the change in time and location.

Mah Jongg



Come play Mah Jongg on **Tuesdays from 1:00-3:00 pm**. Those interested in learning the game, please leave your name and phone number at the COA office (**978-540-2470**) for Milly Curtin. **2016 Mah Jongg lessons will end Tuesday, December 13th.**

Movie of the Month



Thursday, November 17th at 1:00 pm, "Love and Friendship" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



Friday afternoons from 1:00 - 2:30 pm in the Senior Diner
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, November 17th from 12:00-3:00 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



Come join us on **Thursday, Nov. 10th from 1:00 to 3:30 pm** for an afternoon of Bingo, prizes and refreshments at the Congregational Church. We look forward to seeing you! 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 Bowladrome - 978-263-7638**

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music School presents *All American Music Featuring Trombone* performed by Laryssa Doohovskoy (voice), Alexei Doohovskoy (trombone), and Marina Pavlova (piano). **TWO SHOWS - Thursday, November 17 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](tel:9784869524) (press 0). Learn more at www.indianhillmusic.org. Please do not make reservations via email. On the day of the concert please refrain from entering and exiting the hall during the performance. Thank you!

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. Ride service is curb-to-curb.
- **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 – Massachusetts Regional Transit Authority and the Town of Littleton.

LITTLETON EHS TRANSPORTION 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