

# Senior Broadcaster



Photo by Jim Donnelly

# The IRS is NOT Calling You!





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

## From the Director

# *It's Spring and Time to Clean Up!*

## *Catholic Heart Work Camp is Back*



**Catholic Heart work Camp** will be in Littleton the week of **June 20-24, 2016** to help those who need assistance with chore work and home repairs. For those not familiar with the CHWC, this is a Catholic Service camp that sends over 300 youth from all over the United States to help people who are isolated, shut-ins, those financially in need and those in physical need.

The youth stay at Lawrence Academy for the week and are bussed to Littleton homes to work for a day doing cleanup, building projects, painting, and generally assisting those in need with work around the home. The youth are supervised by adults and work as a team to help.

CHWC is in its 12<sup>th</sup> year of helping residents. Over the years they have built ramps and decks, painted sheds and fences, worked to make homes handicap accessible, and done general yard work and cleanup.

We are currently seeking work sites in Littleton and if you have a need, or know of someone who could use their assistance, please contact Tina Maeder for more information, at **978-540-2472**.

**You must sign up by May 20, 2016.** The majority of CHWC campers are 16+ in age and capable of doing good work. With the adults that supervise them, they have helped many Littleton residents in past years to start and complete projects.

Pamela



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**\*\*DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 10TH OF THE PREVIOUS MONTH\*\***

## Happenings—May 2016

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

- May 4 and May 11, Wed from 10:30-11:45 **Stress Workshop** (P4)
- May 5, Thurs from 10:00-11:00 “**Coffee With LFD**” (P7)
- May 5, Thurs from 1:00-2:00, **Living Alone & Living Well Group** (P3) **NOTE NEW TIME**
- May 5, Thurs, and May 6, Fri at 1:00, “**Brains & Balance Class**” (P4) Class also meets May 12 & 13, 19 & 20, 26 & 27
- May 5, Thurs at 7:00 pm, **Littleton High School Band Concert** (P7)
- May 10, Tues from 10:00-11:00, **Free Eye Clinic** (P4)
- May 12, Thurs at 1:00, **Diabetes Open Discussion Group** (P4)
- May 16, Mon at 1:30, **Senior Citizens Club** (P8)
- May 17, Tues at Noon, “**Lunch and Learn**” Hearing Session (P4)
- May 17, Tues, **Podiatry Clinic**—By Appointment Only (P7)
- May 19, Thurs from 10:00-11:00 “**Coffee With LPD**” (P7)
- May 19, Thurs at 11:00 and 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- May 19, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- May 21, Sat, **LCC 2nd Annual Day of Caring** (P7)
- May 25, Wed from 7:30-9:00, **Veterans Breakfast** (P7) **\*\*NEW Monthly Breakfast\*\***
- May 25, Wed at 1:00, **Crafts at the Council** (P8)
- May 25, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- May 26, Thurs at 1:00, **Movie of the Month** (P8)
- Tuesdays at 10:00, **Walking Group** (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 (NOTE NEW TIME)**
- Mon and Sat, from 11:00-12:00, and Tues evenings at 6:00 pm, **Tai Chi-Qi Gong**

### Internet & Computer Classes on Thursdays

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



- May 5** – File Compression for sending email attachments.
- May 12** – Review of what we covered in 2015-2016.

After May 12th we will be on hiatus until September 2016.

**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

Marjorie Payne, Chair  
 Mary “Paddie” Hunt, Vice Chair  
 Robert Stetson, Secretary  
 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

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](http://www.littletonma.org), select “Sign up for Town Notifications,” and enter your email address and select “Elder & Human Services Monthly Newsletter” on the next page. Look for the Broadcaster on the website, too.

**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

For the month of April, the Living Alone and Living Well group will meet on the 1st Thursday of this month, **May 5th, from 1:00-2:00 pm** in the Littleton Senior Diner. New members welcome, please call Tina Maeder, at **978-540-2472** for more information. **NOTE THE NEW TIME.**

## Walking Group Starting Up Again



The Prime Time Trekkers (PTT), a senior citizen walking group, will be starting up again. This will be a great time for you to enjoy Spring, and to see what Mother Nature has prepared for us.

The walks will take place May, with a break for the summer. They will start up again in September. Walks will be **every**

**Tuesday, at 10:00 am**, at a designated location, with directions. Some areas will be on fairly easy walking trails.

If you'd like to be a PTT or would like more information, please call the COA office at **978-540-2470**. Someone will get back to you.

\*\*\*\*\*

## SHINE-Need Help With Healthcare Costs?

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. **NOTE NEW TIME.**

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## Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, May 10th and 24th, from 1:00-2:30 pm**, in Room 233. Please contact Tina Maeder to sign up by calling **978-540-2472**.

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## Littleton Social Club (LSC)

The LSC meets on **Tuesdays, Wednesdays and Thursdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate. Cost includes transportation and lunch.

Please call Pamela Campbell for more information at **978-540-2470**.

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## 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, May 25th, from 6:30-8:00 pm** with Jenn Quinn, President of ComForCare Home care service. A light supper will be served. Please contact Tina in the Outreach Office at **978-540-2472**.

**A reminder that the Outreach Office is available to assist caregivers in finding Respite Services if needed.**

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.

## Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (May 19th)** 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.

## Friends of the Council on Aging



The Senior Diner is open, so now the Friends can begin planning the 2016/2017 programs. The Board did a great job working out logistics for the luncheons we had this year.

Working without the kitchen was a challenge, but we shared ideas and talent and were able to give our seniors programs they enjoyed. Get ready for our surprises in the Fall.

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## THRIFT SHOP

**The Thrift Shop will be closed May 2-6.**



We can finally pull out the summer clothes, or can we? If there are no more surprises weather-wise, you can sort through the new Spring and Summer merchandise at the Thrift.

We restocked the shelves and racks and are ready for you to visit the shop. Stop by and look around—**Monday through Friday, from 10:00 am to 3:00 pm.**



## Diabetes Open Discussion Group



Come and share your diabetic concerns with others who are facing similar issues. The Group meets the 2nd Thursday of each month (May 12th), in Room 233 at 1:00 pm. Call 978-540-2470 if you have questions. No sign-up needed - just come in.

## 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 Diner.

## Free Eye Clinic



Tuesday, May 10th, from 10:00-11:00 am in Room 230, by D'Ambrosio Eye Care, in conjunction with Nashoba Nursing—no appointment needed..



## Hearing Session

Come for "Lunch and Learn" with Zounds Hearing of Westford, on Tuesday, May 17th at noon in the Senior Diner.

## Do You Have Stress In Your Life?

Join us for two FREE workshops to address ways to manage stress in your life. **Wednesdays, May 4th and May 11th, from 10:30 – 11:45 am.** Call 978-540-2470 to reserve a seat in these sessions. Attendance is limited and these seats will fill up fast.

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## "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 two times per week, from May to July.

Classes start **Thursday, May 5th and Friday, May 6th, at 1:00 pm**, in the Multi-Purpose Room. Classes continue on **Thursdays and Fridays, May 12 & 13, 19 & 20, 26 & 27**. For only \$3 per session, you will come away stronger and better prepared to stay upright. Call 978-540-2470 to register. Ten dollar discount offered if you pay for all classes in advance!

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.  
**NOTE NEW TIME!**

### 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!

# MAY 2016 MENU

2 Ground- BeefBolognese(163) Penne Pasta (1) Broccoli (10) White Bread (123) Mandarin Oranges(7)	3 Minestrone Soup(152) Chicken Breast Filet (320) Red Pepper Pesto (22) Whipped Potato(66) Whole Wheat Bread (160) Escalloped Apples (39) Diet : Cinnamon Apples (1) HDM: Green Peas (2)	4 WG Chunk Chicken Sweet N' Sour Sauce(38) Brown Rice (5) Spinach (65) Multigrain Bread (164) Mixed Fruit (10)	5 Roast Pork (73) Apple Gravy (19) Sweet Potato (26) Tossed Salad 95 Rye Bread (150) Strawberry Jello (73) Diet:SF Jello HDM:Green Beans (3)	6 Turkey Tetrazzini Bowtie Pasta Mixed Vegetables(28) Multigrain Bread (164) Fresh Fruit (1)
9 Chicken Breast Filet(320) Stroganoff Sauce Brown Rice (5) Peas (2) Whole Wheat Bread (160) Pineapple (1)	<b>10 Mother's Day Special</b> Stuffed ChickenClassic Sage (500) Chicken Gr(26) Whipped Potatoes (66) Carrots w/Dill (64) Dinner Roll(132) Spice Cakew/(245)w/Topp Diet: Graham	11 Potato Pollock(273) Corn (1) Tossed Salad (5) Rye Bread (150) Fresh Fruit w/C (1) HDM:Broccoli(10)	12 Roast Beef (38) w/mustard pkg (55) Chickpea & Kidney Bean Salad(103) Tropical Fruit Salad (10) Whole Wheat Roll (105) Blueberry Yogurt (75)	13 Broccoli Bake(482) Home Fries(5) Stewed Tomatoes(150) Multigrain Bread(164) Peaches(5)
16 Beef Patty (200) BBQ Sauce (110) Whipped Potatoes(66) Carrots (64) Whole Wheat Bread (188) Fruit Loaf (170) Diet: Graham	17 Chicken (320) Cacciatore Sauce (71) Cavatappi Pasta (1) Tossed Salad (5) Italian Bread( 230) Almond Cookie (181) Diet: Diet Butterscotch Pud HDM:Italian Green Beans3	18 **HIGH SODIUM** Baked Ham(1040)* /Apricot Glaze(22) Scalloped Potatoes (25) Spinach (65) White Bread (123) Pineapple (1)	19 Egg Drop Spinach Soup (167) Chicken Meatballs (190) Teriyaki Sauce(36) Brown Rice (5) Whole Wheat Bread(160) Mandarin Oranges (7) HDM:Peas (2)	20 Beef Cabbage Casserole Whipped Potato(66) Whole Wheat Bread(160) Fresh Fruit (1)
23 Portuguese Kale Soup (211) Chicken Breast Filet(320) Supreme Sauce(33) Roasted Red Potatoes(1) Whole Wheat Bread (160) Peaches (5) HDM: Broccoli(10)	24 Chef Salad/Romaine (3) 2oz sliced turkey(330) 1ounce cheese(cheddar) 180) Italian Dressing (110) Corn and Black Bean Salad(74) Italian Bread(230) Fresh Fruit(1)	25 Hot Dog (540)* Baked Beans(140) Coleslaw (101) Hot Dog Roll (270) Applesauce (0) HDM: Carrots (64)	26 Rainbow Trout (35) Lemon Vinaigrette (10) Spinach (65) Winter Squash (8) Whole Wheat Bread (160) Pineapple Cake (364) Diet: Lorna Doones (56)	27 Chicken &Rice Casserole California Vegetables (22) Multigrain Bread (164) Strawberry Yogurt (75)
30  <i>Memorial DAY</i>	31 Macaroni and Cheese(488) Broccoli(10) Whole Wheat Bread(160) Mixed Fruit(10)	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	<b>The Sodium values are listed beside each menu item.</b> <b>All Meals include 1% Milk</b> <b>Each carton of milk provides 125mg sodium.</b>	Suggested Voluntary Donation: \$2.00

# MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>3</b> 9:00-10:0 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00 Walking Group</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b>6:00 pm Tai Chi</b>	<b>4</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga (NEW TIME) 10:00-1:00 SHINE <b>10:30-11:45 Stress Workshop</b> Noon Lunch <b>1:00 Friends of the COA Board Meeting</b>	<b>5</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 10:00-11:00 Coffee with LFD <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> 12:45 Scrabble 1:00 "Brains & Balance" 1:00-2:00 Living Alone Group 7:00 pm LHS Band Concert	<b>6</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo <b>1:00 "Brains &amp; Balance"</b>
<b>9</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" <b>1:30 COA Board Meeting</b>	<b>10</b> 9:00-10:0 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00 Walking Group</b> <b>10:00-11:00 Free Eye Clinic</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b> <b>6:00 pm Tai Chi</b>	<b>11</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga (NEW TIME) 10:00-1:00 SHINE <b>10:30-11:45 Stress Workshop</b> <b>Birthday Lunch</b>	<b>12</b> 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> 12:45 Scrabble 1:00 Diabetes Discussion Grp	<b>13</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo <b>1:00 "Brains &amp; Balance"</b>
<b>16</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" <b>1:30 Senior Citizens Club</b>	<b>17</b> 9:00-10:0 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00 Walking Group</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Hearing Session</b> 1:00-3:00 Mah-Jongg <b>6:00 pm Tai Chi</b> <b>Podiatry Clinic—By Appt</b>	<b>18</b> <b>7:30-9:00 Men's Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga (NEW TIME) 10:00-1:00 SHINE Noon Lunch	<b>19</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 10:00-11:00 Coffee with LPD <b>11:00 &amp; 1:30 Indian Hill</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> 12:45 Scrabble <b>1:00-3:00 Bereavement Group</b>	<b>20</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo <b>1:00 "Brains &amp; Balance"</b>
<b>23</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>24</b> 9:00-10:0 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00 Walking Group</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b> <b>6:00 pm Tai Chi</b>	<b>25</b> <b>7:30-9:00 Veterans' Breakfast (NEW)</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga (NEW TIME) 10:00-1:00 SHINE Noon Lunch <b>1:00 Crafts at the Council</b> <b>6:30-8:00 pm Caregivers Mtg</b>	<b>26</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> 12:45 Scrabble <b>1:00 Movie of the Month</b>	<b>27</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo <b>1:00 "Brains &amp; Balance"</b>
<b>30</b>  <i>Memorial Day</i>	<b>31</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00 Walking Group</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b>6:00 pm Tai Chi</b>		<b>Note: "Brains &amp; Balance" Classes are also held on Thursdays:</b> <b>May 12</b> <b>May 19</b> <b>May 26</b>	

**IS YOUR BIRTHDAY IN MAY?  
Free Lunch Wed May 11th  
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 May 9th** 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 **May** (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 June 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**



**LADIES' BREAKFAST**

May 12th—7:30 am to 9:00 am



**MEN'S BREAKFAST**

May 18th - 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**.

**LCC 2nd Annual Day of Caring**



The Littleton Council of Churches will again provide yard work assistance to households in need on the morning of **Saturday, May 21st**. Please contact Tina Maeder in the Outreach Office at **978-540-2472** if you are interested in having an LCC team work on your yard.

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**Podiatry Clinic**

Next Podiatry Clinic: **Tuesday, May 17th**. **Please Note room change!** Clinics will now be held in **Room 103**. By Appointment only. Call **978-540-2470** to schedule an appointment. **Cost is \$30**.

\*\*\*\*\*

**\*\*NEW\*\*—Monthly Veterans Breakfast**



Join us for the Veterans Breakfast, **Wednesday, May 25th, from 7:30-9:00 am**, in the Senior Diner. This will be a monthly event on the **4th Wednesday** of each month.

**Meals on Wheels Drivers Needed**



Are you willing to give 1 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.

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**Littleton High School Band Concert**



**Thursday, May 5th at 7:00 pm.** A free concert by the Littleton High School Band, at the High School.

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**Coffee With the LFD and LPD**



Come to the Senior Diner on **Thursday, May 5th, from 10:00-11:00 am** for **“Coffee With the Littleton Fire Department”** and **“Coffee With the Littleton Police Department”** on **Thursday, May 19th, from 10:00-11:00 am**. Bring your questions and join us for coffee.



**\*\*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



Mary Gosby will come to the crafts group on **Wed, May 25th at 1:00 pm** in Room 230 to lead a session on tole painting on wood and tin. No experience needed, all materials supplied. Cost is \$3. **Call 978-540-2470** to reserve a seat.

This is the last Crafts session until September.



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## 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.



## Bingo at St. Anne's Church

**Thursday, May 19th at 1:00 pm** in St Anne's Church Hall on King Street. Come play bingo for groceries and small prizes. We will also enjoy coffee and refreshments. There is no charge to play and we are open to all seniors. This will be our final bingo for the season. We will start up again on Sept 15, 2016.

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## 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. Host churches are as follows: 1st Tuesday, Congregational Church; 2nd Tuesday, Church of Latter Day Saints; 3rd Tuesday, First Church Unitarian; 4th Tuesday, St. Anne's and 5th Tuesday, First Baptist. The dinner is free and open to all who would enjoy eating a meal with friends. It's free!

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## Senior Bingo Afternoon



Come join us on **Thursday, May 12th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes and refreshments. Enjoy an afternoon of companionship, fun and laughter! Come and bring a friend. We look forward to seeing you! 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**

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## INDIAN HILL MUSIC

**'BACH'S LUNCH' CONCERT:** Indian Hill Music School presents Mary Crowe (vocalist) performing songs from Broadway & the Great American Songbook, accompanied by Mark Michaels (guitar) and Evelyn Harris (piano). **TWO SHOWS - Thursday, May 19th 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:(978)486-9524) (press 0). Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

**Movie of the Month**

**Thursday, May 26th at 1:00 pm, "Grandma"** 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**

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**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:

<b><u>Monday-Friday 9 am-3 pm</u></b>	<b><u>Each Way</u></b>
Medical appointments in Town	\$1.50
Shopping in Town	\$1.50
Medical appointments *out of Town	\$2.00
Shopping *out of Town	\$2.00

\*Medical & Shopping out of Town "ONLY" to: Harvard, Ayer, Groton, Westford, Acton and Concord. \$2.00

**We also provide rides for Boston and Burlington Medical Appointments**

**Boston** – Littleton van goes to Boston on the 1<sup>st</sup> and 3<sup>rd</sup> **FRIDAY** of the month **ONLY**.

We can take you to a pickup point for a MART van that goes to Boston on any day. Call for details.

**Burlington (Lahey)** – Van goes to Lahey on the 2<sup>nd</sup> and 4<sup>th</sup> FRIDAY of the month **ONLY**.

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

***\*\*\*Rides to Senior Diner and COA  
Always FREE\*\*\****

## REMINDER

If you use the van on a weekly basis, please call 48 hours in advance EVERY week. Otherwise, you will not get on the list.

## LITTLETON COUNCIL ON AGING

P. O. BOX 1305

33 SHATTUCK ST., ROOM 231

LITTLETON MA 01460

**RETURN SERVICE REQUESTED**

## Bulk Rate

U.S. Postage

Paid

Littleton, MA

Permit No. 19