

Senior Broadcaster



Photo by Jim Donnelly

Senior/Veterans/Blind Tax Exemptions

 The deadline for filing for exemptions for qualifying seniors (over 70), surviving spouses of veterans, the blind, etc., in the Office of the Assessors is **March 31st**. If you think you may qualify for one of these exemptions, call the Assessors at **978-540-2412** or visit their office in **Room 206 of TownHall, 33 Shattuck Street**.

From the Director

Pastel Painting with Greg Maichak Returns

The Littleton Cultural Commission, in conjunction with the Massachusetts Cultural Council has again provided a grant to bring Greg Maichak to the Council on Aging to conduct a workshop entitled "Stunning Still Lifes". This is a hands-on pastel workshop with all materials included.

The workshop fills quickly, so call the COA office at **978-540-2470** to reserve a seat for this always-popular free program—**Wednesday March 9th, from 12:00 – 2:00 pm** in the MultiPurpose Room.

RAD for Seniors

Police Officer Ashley Brooks returns to the COA to offer a self-defense class. This 10 session program provides awareness information and defensive strategies for older adults. First of the twice-weekly sessions are **Wednesday March 23rd and Friday March 25th, from 1:00 – 2:30 pm** in the MultiPurpose Room. Officer Brooks has received special training in teaching defensive strategies to seniors. How to defend against scams and frauds will also be covered in this free course. Sign up now by calling **978-540-2470**. Those who attended the last series of sessions may wish to attend for a refresher.

Eating for Wellness

Join us on **Wednesday March 2nd at 10:30 am** for an exciting presentation on "Eating for Wellness". Call **978-540-2470** to hold your seat. Refreshments will definitely be served!

March is Diabetes Awareness Month

Have your blood sugar tested for free at the **Blood Pressure Clinic on Tuesday, March 8th, from 10:00 – 11:00 am in Room 230**. Or join the **Diabetes Discussion Group** on the **2nd Thursday of the month, March 10th at 1:00 pm** in Room 233.

This is just a sample of what we have for everyone in March. Check inside for our regular programs, information on services, and other offerings.

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—March 2016

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

- March 2, Wed at 10:30, **Eating for Wellness** (P1)
- March 8 and 22, Tuesdays from 1:30-2:30, **Newcomers Group** (P4)
- March 9, Wed from 12:00-2:00, **Pastel Painting** (P1)
- March 10, Thurs at 1:00, **Diabetes Open Discussion Group** (P4)
- March 15, Tues, **Hearing Clinic** by Appointment (P4)
- March 16, Wed at noon, **St. Patrick's Day Lunch** (P3)
- March 17, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- March 17, Thurs at 11:00 and 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- March 17, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- March 18, Fri at 7:30 pm, **Littleton Lyceum** (P4)
- March 21, Mon at 1:30, **Senior Citizens Club** (P8)
- March 23, Wed at 1:00, **Crafts at the Council** (P8)
- March 23 (Wed) and 25 (Fri), from 1:00-2:30, **RAD for Seniors** (P1)
- March 24, Thurs at 1:00, **Movie of the Month** (P8)
- March 30, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Community Room at 19 Shattuck Street (Pine Tree Park)
- Fridays from 9:00-10:30, **Senior Chorus** (P7)

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

Winter Closings



- * The Senior Diner is closed whenever the Littleton schools are closed. Check your TV for information.
- * The COA is open whenever the TownHall is open. If you have questions, call **978-540-2470** and listen to the message.
- * Vans will not be running when the TownHall is closed.

Internet & Computer Classes on Thursdays 10:30-11:30 am, in ROOM 230, with Bill Vales (We linger until noon)



- Mar 3** - Survey of Windows 10 Part 1
- Mar 10** - Organizing email. Using folders and contact lists.
- Mar 17** - Survey of Windows 10 Part 2
- Mar 24** – Backing up data
- Mar 31** - Map applications; Google Maps, Google Earth

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

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.

**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 be meeting on **Thursday March 17th from 10:30-11:30 am in Room 205**. Refreshments served, new members welcome.

Please call Tina Maeder at **978-540-2472** to sign up.



Do you need help paying for your heat this winter? We can help provide information for assistance for you. Call Tina Maeder in the Outreach office at 978-540-2472.

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (March 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.

Caregivers Meeting

Those who are caring for an adult in the home are invited to attend a monthly support group. The group will meet **Wed March 30th from 6:30-8:00 pm** in Room 233. The speaker will be Carrie Ballou, Community Liaison from Nashoba Nursing Service and Hospice..

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

Call Tina at 978-540-2472.

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.**

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, March 1, 15 and 29, from 1:00-2:30 pm**, in Room 233. Please contact Tina Maeder to sign up by calling **978-540-2472**.

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**.



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.

SMOC Fuel Assistance

Applications for new clients began on **November 1, 2015**. Contact Tina Maeder for more information at **978-540-2472**.

Current 2016 Fuel Assistance Guidelines

<u>Gross Annual Income</u>	
1 person household	\$33,126
2 person household	\$43,319
3 person household	\$53,511

The Good Neighbor Energy Fund

The Salvation Army has designed this GNEF program to meet the needs of those who are not eligible for the SMOC fuel assistance program and the income requirements are as follows:

1 person household gross annual income needs to be between \$33,126- \$44,168; 2 person \$43,319-\$ 57,759; 3 person \$53,511-\$71,348. This is based on 60-80% of the State Median Income Level. GNEF will make a one-time payment directly to a Vendor up to \$300.00. Call Tina Maeder for further information at **978-540-2472**.

Friends of the Council on Aging

We are trying to keep the home fires burning by using our imagination and talents to plan special luncheons for our seniors. We had to pass on the annual New Year's party, but improvised for our Valentine's party, February 17th. 80 seniors came to enjoy Tony Funches and our light lunch.

In March we will move to Nashoba Tech for our St. Patrick's Day corned beef and cabbage luncheon. There will be entertainment and food catered by the Nashoba Tech Culinary Dept. The price is \$5.00 per person and you **MUST call 978-540-2470** to reserve a seat. See you on **Wednesday, March 16th at noon**.

Added note: The cast for the **2016 Senior Follies** are rehearsing and anxious to see you on **April 17th** at the Littleton High School auditorium.

THRIFT SHOP



The weather gave us a few "vacation" days by snowing enough to close our doors for a few days. This gave us time to rearrange some shelves and racks. This month we will have a sale of sweaters at \$1.00 each.

Sale dates are **March 1st to March 15th**. Come in and see what we have; you won't want to miss this great buy. Our hours are **Monday through Friday, 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 (March 10th), 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.

Blood Sugar Testing March 8



March is **National Diabetes Awareness Month**. Tamara Bedard, RN, from Nashoba Nursing will be doing free blood sugar screenings at the Blood Pressure Clinic on **Tuesday, March 8th, from 10:00-11:00 am in Room 230**. No appointment is needed.

Newcomers Group



Cortney Walker, Salem State University Intern will be facilitating a new group for those who are new to Littleton or have not had the opportunity to meet other residents of the town since moving to Littleton. The 8 week program started Feb 23rd and will run every other week. There is still time to join in March and the remaining dates are as follows: Tuesdays, **March 8th, 22nd, and April 5th**. Please contact Cortney in the Outreach office at **978-540-2472** if you have any questions or would like to sign up. This program will be held in **Room 233 from 1:30-2:30 pm**.

The new Walking Group, the "Prime Time Trekkers" will be on hiatus for the Winter. Check the April Broadcaster for dates when we resume.

AARP Tax Program 2015 2015 Income Tax Help



Please call the COA at **978-540-2470** to schedule an appointment with the AARP Tax Team to complete state and federal tax forms for 2015.

Circuit Breaker General Information



You may be eligible for a refund of part of your property taxes or rent on your Massachusetts State Income Tax. Make an appointment with the AARP Tax Preparation team to see if you are eligible. **Call 978-540-2470**.

Hearing Clinic



Megan Ford of HearSmart will be here **Tuesday, March 15th** in the morning. Call the COA office for a 10 minute appointment at **978-540-2470**.

Littleton Lyceum



**Tanglewood Marionettes:
"The Dragon King"
Friday 18 March, 7:30 pm**

Back by popular demand are the Tanglewood Marionettes! Come enjoy their beautifully hand-crafted marionettes and colorful sets combined with integrated lighting and music that creates a fully immersive theatrical experience. The Dragon King is an underwater fantasy based on Chinese folklore and tells the tail of an intrepid Grandmother who journeys to the bottom of the sea in search of the elusive Dragon King, and the answers to why he has forsaken the land above.

The Tanglewood Marionettes is sponsored by the Rotary Club of Littleton. **Purchase tickets online**.

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 Wing
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 10:00-11:00 am** led by Diane Walsh. \$3.
Yoga is now in the Multi Purpose Room.

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.

MARCH 2016 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The Littleton Senior Diner will be closed until renovations are completed. Lunches will be served in the Community Room at Pine Tree Park, 19 Shattuck Street. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474</p>	<p>1 Chicken White Bean Chili (314) Mixed Veggies (28) Brown Rice (5) Multigrain Bread (110) Fresh Orange (0)</p>	<p>2 **Hot Dog (550) Hot Dog Bun (270) Tater Tots (29) Diced Carrots (43) Pineapple (1)</p>	<p>3 Roast Pork (66) Apricot Glaze (22) Mashed Potatoes (94) Broccoli (9) 7 Grain Bread (200) Scalloped Apple Diet: Apple Slices (4)</p>	<p>4 Lasagna Rolls (290) Tomato Basil Sauce (31) California Veggies (27) Wheat Bread (121) Blueberry Yogurt (75)</p>
<p>7 Diced Chicken (65) Teriyaki Sauce (63) Crunchy Chinese Noodles (58) Brown Rice (5) Oriental Veggies (21) Rye Bread (150) Mandarin Oranges (7)</p>	<p>8 **HIGH SODIUM** Turkey Breast (496) Turkey Gravy (119) Bread Stuffing (224) Diced Carrots (43) Multigrain Bread (110) Strawberry Jello (8) Diet: Pineapple (1)</p>	<p>9 Chicken Breast (320) Cacciatore Sauce (106) Bowtie Pasta (1) Green Beans (3) Italian Bread (230) Fresh Orange (0)</p>	<p>10 Meatloaf (214) Gravy (128) Sweet Potato (35) Peas (2) Multigrain Bread (110) Pineapple Cake (368) Diet: Grahams</p>	<p>11 Breaded Fish (273) Butternut Squash (0) Spinach (109) Honey Wheat Bread (140) Diced Peaches (5)</p>
<p>14 Chicken Breast (320) Florentine Sauce (213) Mashed Potatoes (94) Broccoli (9) Whole Wheat Roll (105) Fresh Orange (0)</p>	<p>15 **Sliced Pork (562) Hamburger Roll (230) BBQ Sauce (82) Diced Carrots (43) Brown Rice (5) Pineapple (1)</p>	<p>16 Chicken & Rice Bake (327) California Veggies (27) Whole Wheat Bread (121) Oatmeal Cookie (124) Diet: Mixed Fruit (10)</p>	<p>17 St. Patrick's Day Special **HIGH SODIUM** **Corned Beef Hash (874) Braised Cabbage (25) Carrots (43) Rye Bread (127) Lime Jello (41) Diet: Sugar Free Lime Jello</p>	<p>18 Broccoli Bake (482) Stewed Tomatoes (150) Home Fries (5) Multigrain Bread (110) Tropical Fruit (10)</p>
<p>21 Beef Patty (200) Mushroom Sauce (83) Mashed Potatoes (94) Brussels Sprouts (12) Whole Wheat Bread (121) Fresh Orange (0)</p>	<p>22 Chicken Meatballs (190) Marinara Sauce (94) Penne (1) Mixed Veggies (28) Italian Bread (230) Apple Sauce (15)</p>	<p>23 Beef Stew (194) Broccoli (9) Rye Bread (150) Strawberry Yogurt (75)</p>	<p>24 Chicken Breast (320) Supreme Sauce (56) Winter Squash (8) California Veggies (27) Dinner Roll (132) Sugar Cookie (181) Diet: Strawberry Grahams</p>	<p>25 Rainbow Trout (40) Lemon Vinaigrette (29) Rice Pilaf (356) Spinach (109) 7 Grain Bread (200) Fresh Orange (0)</p>
<p>28 **Chicken a la King (535) Bowtie Pasta (1) Mixed Veggies (28) Biscuit (340) Mandarin Oranges (7)</p>	<p>29 Salisbury Steak (193) Gravy (140) Sour Cream & Chive Mashed Potatoes (94) Spinach (109) Wheat Bread (121) Vanilla Yogurt (50)</p>	<p>30 Roasted Turkey (496) Cran/Orange Sauce (106) Sweet Potato (26) Green Beans (2) Multigrain Bread (110) Blueberry Buckle (360) Diet: Applesauce</p>	<p>31 Grilled Chicken (320) Red Pepper Pesto (22) Brown Rice (5) Black Beans & Corn (231) Wheat Bread (121) Pineapple (1)</p>	<p>Suggested Voluntary Donation: \$2.00</p>

MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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 Mah-Jongg 1:00-2:30 Social Anxiety Grp	2 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE 10:30 Eating for Wellness Lunch 1:00 Friends of the COA Board Meeting	3 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble	4 9:00-10:30 Senior Chorus 10:00 Wii Noon Lunch 1:00-2:30 Bingo
7 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	8 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 10:00-11:00 Blood Sugar Testing 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:30-2:30 Newcomers Group	9 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Birthday Lunch 12:00-2:00 Pastel Painting with Greg Maichak	10 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 Diabetes Open Discussion Group	11 9:00-10:30 Senior Chorus 10:00 Wii Noon Lunch 1:00-2:30 Bingo
14 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting	15 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 Mah-Jongg 1:00-2:30 Social Anxiety Grp Hearing Clinic by Appointment	16 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Lunch Noon St. Patrick's Day Lunch	17 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 10:30-11:30 Living Alone Group 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	18 9:00-10:30 Senior Chorus 10:00 Wii Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
21 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 Senior Citizens Club	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 Mah-Jongg 1:30-2:30 Newcomers Group	23 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Lunch 1:00 Crafts at the Council 1:00-2:30 RAD for Seniors	24 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 Movie of the Month	25 9:00-10:30 Senior Chorus 10:00 Wii Noon Lunch 1:00-2:30 Bingo 1:00-2:30 RAD for Seniors
28 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	29 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 Mah-Jongg 1:00-2:30 Social Anxiety Grp	30 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Lunch 6:30-8:00 pm Caregivers Mtg	31 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble	

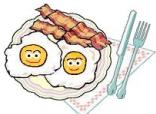
IS YOUR BIRTHDAY IN MARCH? Free Lunch Wed March 9th HAPPY BIRTHDAY!

Your lunch will be paid for by Minuteman Senior Services. Lunch will be served at 19 Shattuck Street in the Pine Tree Park Community Room. Cake provided by COA. **Make reservations by March 7th** 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 **March** (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 April 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**



MEN'S AND LADIES' BREAKFASTS WILL BE ON HIATUS UNTIL THE SENIOR DINER KITCHEN RENOVATIONS ARE COMPLETED.



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 – Foxwoods Casino and Captain Jack's Lobster Bake



Take a luxury Silver Fox Coach to Foxwoods with a lobster or Prime Rib lunch at Captain Jack's. **Register by March 5th.** Trip departs Town Hall parking lot **Tuesday, April 5th at 8:00 am.** \$84. Call Park and Rec **978-540-2490** for more information and reservations.

Help Rebuild Castle In the Trees Playground

Contact Sarah at castleinthetrees@hotmail.com or visit www.castleinthetrees.org to learn how to help with this community service project on **Sept 20-25**. Volunteers are needed to help serve food, loan tools, and aid construction of Littleton's new playground.



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.

Want To Sing?



Join the Senior Chorus of the Cameron Music Makers. **Friday mornings, 9:00 – 10:30 am.** For more details contact Director Tom Boyer **978-577-6173** or Carolyn Harlow **978-486-8589**.

Senior Conference April 21



The 36th Annual Senior Conference will be hosted by Senator Eldridge on **Thursday, April 21st from 8:00 am-2:00 pm**, at the Assabet Valley Regional Technical H.S. 215 Fitchburg Street, Marlborough. Workshops, Exhibits, free lunch. **Call Daniello at 617-722-1120 for tickets.**



Anyone for Bridge?

Thursday's Bridge Group (in Boxborough) is a low-key group looking for additional players. Contact Hal at **978-486-8793** for more details about joining. **Meets Thursdays at Boxborough Town Hall, 10:00 am to 1:00 pm.**

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



March crafts will be **Wed March 23rd at 1:00 pm in Room 230**. This month's craft will be Adult Coloring. Pens and pencils will be provided as well as templates for coloring. Those with their own pens and pencils are encouraged to bring them. Call **978-540-2470** to reserve a seat. Cost is \$3.



Bingo at St. Anne's Church

Thursday, March 17th at 1:00 pm in St Anne's Church Hall on King Street. Come join us and play bingo for groceries and small prizes. It is free and all seniors are welcome.

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!

Senior Bingo Afternoon

Come join us on **Thursday, March 10th** in the Parish Hall of the Congregational Church from **1:00 to 3:30 pm** for an afternoon of Bingo, prizes and refreshments. It's free! Come join the fun and companionship! 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 Bowladrome - 978-263-7638

INDIAN HILL MUSIC

'BACH'S LUNCH' CONCERT: Indian Hill Music School presents the North Shore Chamber Music Piano Trio featuring music by Haydn, Beethoven, Brahms, Dvorak, Ravel, & more! - **TWO SHOWS - Thursday, March 17th 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.

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



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

Please join us



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.

Littleton Senior Citizens Club



The Littleton Senior Citizens Club will meet on **Monday, March 21st, at 1:30 pm**, hopefully in the newly-renovated Senior Diner. We will be having a fun-filled meeting with Stephanie Beach bringing her magic to all of us. Bring your friends with you to enjoy a magical afternoon in March. While enjoying delicious refreshments we will have time to socialize with those we have not seen since before the Christmas holidays. Hope to see everyone on the 21st.

Looking for Scrabble Players-All Levels



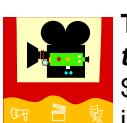
The Scrabble group is moving to **Thursdays at 12:45 pm in Room 233**. All levels welcome – we would be happy to have beginners join us for play. Call Carolyn Harlow **978-486-8589** for more information.

Mah Jongg



Mah Jongg players meet at **1:00 pm on Tuesdays at the COA in Room 230**. Come and join the group.

Movie of the Month



Thursday, March 24th at 1:00 pm, "The Martian" will be shown in Room 230.

\$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



**** 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:

Monday-Friday 9 am-3 pm **Each Way**

Medical appointments in Town	\$1.50
Shopping in Town	\$1.50
Medical appointments *out of Town	\$2.00
Shopping *out of Town	\$2.00

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

We also provide rides for Boston and Burlington Medical Appointments

Boston – Littleton van goes to Boston on the 1st and 3rd **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 2nd and 4th **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

US Postage

Paid

Littleton, MA

Permit No. 19