

Senior Broadcaster



Photo by Jim Donnelly

****NEW****
Monthly Veterans
Breakfast



Join us for the Veterans Breakfast, **Wednesday, June 22nd** from **7:30-9:00 am**, in the Senior Diner. This will be a monthly event on the **4th Wednesday** of each month.

If you had changes to your Deed (such as establishing a Trust), **contact the Office of the Assessors** to ensure that you still qualify. Please do this before coming to sign up.

Contact the COA office at 978-540-2470 for more information on how the program operates.

Veterans: There is a Veteran's Tax Work-Off Program available. You do not need to be a senior to be part of this program. You must show your discharge Form DD-214. Call John at **978-540-2485** for details.

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Happenings—June 2016

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

- Wednesdays, starting June 1, from 10:00-12:00, **Drawing Class** (P7)
- June 9, Thurs at 1:00, **Diabetes Open Discussion Group** (P4)
- June 16, Thurs at 10:30, **Coffee With Alan Bell** (P7)
- June 16, Thurs at 11:00 and 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- June 16, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- June 21, Tues at noon, **1st Day of Summer Barbeque** (P4)
- June 22, Wed from 7:30-9:00, **Veterans Breakfast** (P1)
****NEW****
- June 22, Wed at 6:30 pm, **Elder Law Presentation** (P4)
- June 23, Thurs at 1:00, **Movie of the Month** (P8)
- June 28, Tues from 1:00-2:00, **Living Alone & Living Well Group** (P3) **NOTE NEW DAY & TIME THIS MONTH**
- June 29, Wed at 11:00, **"From Jazz to HipHop"** (P7)
- June 29, 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.
- Thursdays from 3:00-5:00, **Cooking for One** (P4)

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**

REMINDER: Senior Tax Work-Off Program Sign-Ups (P1)

Monday- Friday, **July 11-15**, during the hours of 9:00 am to 12:00 noon, and **July 18-22**, from 1:00-4:00 pm.

*****Third Thursday on the Common*****

Look for us on **June 16th** at the Third Thursday celebration on the Town Common. **5:00 - 7:00 pm.**



Bill Vales' Internet & Computer Classes on Thursdays 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

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Mary "Paddie" Hunt, Vice Chair
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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.

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 June, the Living Alone and Living Well group will meet on the 4th Tuesday of the month, **June 28th, from 1:00-2:00 pm** in Room 233. New members welcome, please call Tina Maeder, at **978-540-2472** for more information. **NOTE THE NEW TIME.**



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.

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (June 16th) 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.



Fresh Produce Available

Littleton Community Farms (LCF) has generously donated several Community Supported Agriculture (CSA) shares to Elder and Human Services. Families who are interested in receiving a box of fresh produce every week for the summer should contact **Tina Maeder (978-540-2472)** to make an application to participate in this free program. CSA boxes are picked up at LCF near Faye Park each week and contain a variety of fresh grown seasonal produce. Families are encouraged to contact Tina to discuss this program.

The Friends of the COA are providing gift cards to be used by Littleton elders at the local farm stands this summer as well. Contact Tina to discuss eligibility for receiving one of these cards.

Friends of the Council on Aging

Emmett Schmarsow, Manager for Councils on Aging and Senior Centers, Mass Executive Office of Elder Affairs, was a guest on LCTV's Littleton Common with Barbara McRae in May. The subject was senior centers and general topics about the health and welfare of our seniors.

Tune in to Community TV stations channel 8 (Comcast) and channel 38 (Verizon) or view the program on LCTV's On Demand Website: <http://littleton.vod.castus.tv/vod/>

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, June 7th and 21st, from 1:00-2:30 pm**, in Room 233. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Caregivers Meeting

The monthly Caregivers Support group will be held in The Senior Diner on the evening of **Wednesday, June 29th, from 6:30-8:00 pm** with Sharon Nolli from the PACE program.. 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.



THRIFT SHOP

The best of the best is on the racks at our Friends Thrift Shop. Donations are made every day and sorted through to give you quality merchandise. Thank you to all who donate and also to Options for all the donations they make to our shop. Come in and see what we have and bring a friend. You're contributing to senior programs.

Stop by and look around— **Monday through Friday, from 10:00 am to 3:00 pm.**



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.



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** (June 9th), 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.

Elder Law Presentation



Kathleen (Kitty) O'Connor of Eckel, Morgan & O'Connor LLC will be in Room 103 on the evening of **Wednesday June 22nd at 6:30 pm**, to discuss legal issues surrounding estate and long-term care planning. Kitty recently hosted our evening Caregiver Support group and has been asked back by popular demand.

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!

Cooking for One



This small class (limited to 8) will teach you to make easy and delicious meals. Each class ends with a meal you can take home for that evening. **Thursdays in June, 3:00-5:00 pm** in the Senior Diner. You must register for this free class - **978-540-2470**.

Taught by Paul Tokmakian.

First Day of Summer BBQ



Herald the 'official' beginning of summer with a bar-be-que at the Senior Diner at **noon on Tuesday June 21st**, in the Courtyard and the Diner. Free for all - burgers and hotdogs and all the fixings! Call **978-540-2470** to sign-up. Call us so we'll know how many of you are coming.

Celebrate Summer!

JUNE 2016 MENU

<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>The Sodium values are listed beside each menu item. * Designates Entrees that contain more than 500 mg sodium All Meals include 1% Milk</p>	<p>1 Chicken Meatballs(190) Swedish Sauce(10) Mashed Potatoes(66) Tossed Salad(5) Whole Wheat Bread(160) Oatmeal Cookie(97) Diet: Gingerboy(60) HDM: Carrots(64)</p>	<p>2 Vegetable Soup (240) *Breaded Chicken Breast*(573) Mozzarella Cheese(97) Marinara Sauce(31) Penne Pasta(1) Italian Bread(230) HDM: Peas (2) Fresh Fruit(1)</p>	<p>3 Roast Pork (73) Rosemary Gravy Brown Rice(5) Green Beans (3) Multigrain Bread (164) Applesauce w/C</p>
<p>6 Tomato Florentine Soup(164) Salmon(67) Lemon Mustard Sce(117) Brown Rice Pilaf(159) Whole Wheat Bread(160) HDM: Spinach(65) Mixed Fruit(10)</p>	<p>7 Beef Patty(200) Onion Gravy(26) Tossed Salad(5) Whipped Potato(66) Rye Bread(150) HDM: Carrots(64) Brownie Diet: SF Chocolate Pudding</p>	<p>8 Chicken Breast Filet(320) Coq au Vin(67) Diced Red Potatoes(5) Broccoli(10) Multigrain Bread(164) Fruit Loaf(234) Diet: Lorna Doones(56)</p>	<p>9 Chicken Cranberry Salad Three Bean Salad(89) Potato Salad Hot Dog Roll(270) Mandarin Oranges(7)</p>	<p>10 Ground Beef Bolognese (223) Penne Pasta (1) California Vegetables(35) Whole Wheat Bread(160) Fresh Fruit(1)</p>
<p>13 Chicken Meatball (190) Marinara Sauce(31) Tater Tots(29) Spinach(65) Sub Roll(218) Blueberry Yogurt(125)</p>	<p>14 Three C Soup(299) Chicken Breast Filet (320) Apricot Sauce(22) Brown Rice w/ red (5)Pepper Whole Wheat Bread(160) HDM: Peas Fresh Tropical Fruit</p>	<p>15 Father's Day Special Roast Beef(38) Au Jus HDM: Pot Roast Whipped Potato w/Sour cream and Chives(94) Green Beans(3) W Wheat Dinner Roll(105) Apple Struesel Cake(191) Diet: Apple Grahams(85)</p>	<p>16 Shepherd's Pie(407) Broccoli(10) Multigrain Bread(164) Fresh Fruit(1)</p>	<p>17 Pork Patty(280) BBQ Sauce(110) Baked Beans(132) Tossed Salad(5) Rye Bread(150) HDM :Carrots(64) Applesauce w/C(2)</p>
<p>20 Chicken Breast Filet(320) Teriyaki(36) Brown Rice(5) Peas(2) Whole Wheat Bread(160) Pineapple(1)</p>	<p>21**High Sodium** Minestrone Soup(152) Sliced Turkey(3 ounces)(384) Lettuce Leaf(0) Hamburg Roll(230) Roman Blend Salad (158) (Broccoli/Cauliflower/pepper) HDM: Italian Pasta Salad(158) Lemon Pudding(200) Diet: SF Lemon Pudding</p>	<p>22 Chicken Corn Stew*(513) Tossed Salad(5) Whole Wheat Bread(180) HDM: Brussels Sprouts(12) Fresh Fruit(1)</p>	<p>23 Potato Pollock(273) Butternut Squash(5) Spinach(65) Multigrain Bread(164) Sugar Cookie(181) Diet: Lemon Graham(85)</p>	<p>24 Lasagna(290) Tomato Basil Meat Sauce(70) Italian Green Beans(3) Italian Bread(230) Mixed Fruit(10)</p>
<p>27 Salisbury Steak(193) Jardinere Gravy(64) Whipped Potatoes(66) Green Beans(3) Whole Wheat Bread(160) Fresh Fruit(1)</p>	<p>28 A Chic Chicken Leg(290) Cacciatore Sauce(71) Tossed Salad(5) Cavatappi Pasta(1) Italian Bread(230) HDM: Brussel Sprouts(12) Peach Crisp(8) Diet: Gingerboy(60)</p>	<p>29 Broccoli Bake(482) Carrots(64) Home Fries(5) Whole Wheat Bread(160) Applesauce w/C(2)</p>	<p>30 Crm of Cauliflower Soup(429) Roast Pork(73)/Apple Gravy(19) Sweet Potato(26) Multigrain Bread(164) HDM: Cauliflower(14) ButterscotchPudd (230) Diet: SF ButterscotchPudding</p>	

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00-1:00 LSC 9:30-10:30 Yoga (NEW TIME) 10:00-12:00 Drawing Class 10:00-1:00 SHINE Noon Lunch 1:00 Friends of the COA Board Meeting	2 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 "Brains & Balance" 3:00-5:00 Cooking for One	3 10:00 Wii Noon Lunch 1:00-2:30 Bingo 1:00 "Brains & Balance"
6 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	7 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp 6:00 pm Tai Chi	8 9:00-1:00 LSC 9:30-10:30 Yoga (NEW TIME) 10:00-12:00 Drawing Class 10:00-1:00 SHINE Noon Birthday Lunch	9 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 Diabetes Discussion Grp 1:00 "Brains & Balance" 3:00-5:00 Cooking for One	10 10:00 Wii Noon Lunch 1:00-2:30 Bingo 1:00 "Brains & Balance"
13 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting	14 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg 6:00 pm Tai Chi	15 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga (NEW TIME) 10:00-12:00 Drawing Class 10:00-1:00 SHINE Noon Lunch	16 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30 Coffee w/Alan Bell 11:00 & 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 "Brains & Balance" 1:00-3:00 Bereavement Group 3:00-5:00 Cooking for One 5:00-7:00 3rd Thurs on Common	17 10:00 Wii Noon Lunch 1:00-2:30 Bingo 1:00 "Brains & Balance"
20 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	21 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 1st Day of Summer BBQ 1:00-3:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp 6:00 pm Tai Chi	22 7:30-9:00 Veterans' Breakfast (NEW) 9:00-1:00 LSC 9:30-10:30 Yoga (NEW TIME) 10:00-12:00 Drawing Class 10:00-1:00 SHINE Noon Lunch 6:30 Elder Law Presentation	23 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 Movie of the Month 1:00 "Brains & Balance" 3:00-5:00 Cooking for One	24 10:00 Wii Noon Lunch 1:00-2:30 Bingo 1:00 "Brains & Balance"
27 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	28 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 1:00-2:00 Living Alone Group 1:00-3:00 Mah-Jongg 6:00 pm Tai Chi	29 9:00-1:00 LSC 9:30-10:30 Yoga (NEW TIME) 10:00-12:00 Drawing Class 10:00-1:00 SHINE 11:00 From Jazz to HipHop Noon Lunch 6:30-8:00 pm Caregivers Mtg	30 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 12:45 Scrabble 1:00 "Brains & Balance" 3:00-5:00 Cooking for One	

IS YOUR BIRTHDAY IN JUNE? Free Lunch Wed June 8th 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 June 6th** by calling **978-540-2474**. All are welcome. Bring a friend.

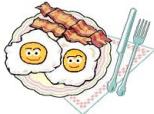


Get a FREE Class

As a reward for attendance, get a coupon for a **FREE** class in 2016 when you attend 6 or more classes in **June** (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 July 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

LADIES' BREAKFAST

June 9th—7:30 am to 9:00 am



MEN'S BREAKFAST

June 15th - 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**.

Grants Awarded to Elder and Human Services



EHS has been the recipient of three grants recently. The Commissioners of Trust Funds awarded \$4,000 from the Bradford Stanford Trust, to be used to help low-income residents pay for veterinary services for pets. A \$2,000 grant was received from CHNA15 (Community Health Network Area 15) to be used to publicize the services of EHS and raise awareness of what we have to offer. The Massachusetts Councils on Aging (MCOA) has given us \$1,000 with a promise of an additional \$2,000 after July 1st, to be used to run a falls prevention class. **Our "Brains and Balance" 12-week class started the week of May 2.**

From Jazz to HipHop

Join us on **Wednesday June 29th at 11:00 am** in the MultiPurpose Room for an exciting bit of entertainment! The kids (ages 10-14) from MusicDance.edu are here to entertain us with their dance moves and musical instruments. This high-energy, fun session is funded through the Littleton and Massachusetts Cultural Commissions. Come and check out this **FREE** performance.



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.

Drawing for the Straight Line Impaired



Bill Harland will lead this art class intended for beginners. Join Bill on **Wednesdays in June, 10:00 – 12:00 in Room 230**. No experience required, materials supplied. \$3 per session.

Coffee With Alan Bell



Join Alan Bell, Financial Advisor with Edward Jones in Littleton, for a cup of coffee and ask him about living in retirement and tax-efficient estate management in this turbulent world of ours. **Thursday, June 16th at 10:30 am** in the Senior Diner.



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!

FIND THE DELIBERATE ERROR

Crafts at the Council



There are no Crafts sessions until September.



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.

Senior Bingo Afternoon



The Bingo afternoon at the Congregational Church will not meet in June, July, August or September. We will resume in October. Any questions, call **Jane Lyons at 978-486-3436**.

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 and join Mah Jongg on **Tuesdays from 1:00-3:00 pm in Room 230**. It's nothing like the computer Mah Jongg program. Mah Jongg is a great way to stimulate the brain cells, have fun and meet new friends too. Mah Jongg players meet at **1:00 pm on Tuesdays at the COA in Room 230**.

Movie of the Month

Thursday, June 23rd at 1:00 pm, "The Finest Hour" 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



There is no Bingo at St. Anne's for June, July and August. We will start up again on **Sept 15th at 1:00 pm**.

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!



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 Trios for Violin, Cello, and Piano featuring Angel Hernandez, Caroline Reiner-Williams, and Roy Imperio. **TWO SHOWS - Thursday, June 16 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.

Reminder: There are no Bach's Lunch concerts in July and August.

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:

<u>Monday-Friday 9 am-3 pm</u>	<u>Each Way</u>
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

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