

# The Broadcaster



Photo by Jim Donnelly

## Unclaimed Property Scam

If you receive a letter purporting to be from the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA), do not respond. This is a fraud. Official unclaimed property notices never direct owners to pay money for fees or taxes. [www.findmassmoney.com](http://www.findmassmoney.com) is a free website to use to search for unclaimed property.

## Senior Tax Work-Off Program Sign-Ups



Seniors over 60 who own property in Littleton may be eligible to receive an abatement on property taxes in return for work. The work program runs for a year, following the town's fiscal year, from July until the following June.

The sign-up dates for this year's program will be in the COA area, 2<sup>nd</sup> floor Town-House, **Monday-Friday, July 11-15, during the hours of 9:00 am to 12 noon, and July 18-22, from 1:00-4:00 pm.**

You must apply for the program during this period. If you are not able to come in to sign up for the program because you are away from Littleton during sign-up, contact the Director in the COA Office at **978-540-2470 before July 1st.**

You may be eligible if you:

- Are 60 years of age or older
- Possess skills needed by Town Departments
- Own the property for which taxes are paid
- Sign up annually through the Council on Aging
- Pass a CORI

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.

If you are signing up for the program for the first time you will need to provide positive identification to complete the process. Call the COA office, **978-540-2470**, for information on what type of ID is needed or 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.

## 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—July/August 2016

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

- July 19, Tues, **Podiatry Clinic**-by Appointment Only (P4)
- July 20 at 10:30, **Ramblin' Richard's "Songs & Stories of WWII"** (P7)
- July 21 & Aug 18, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- July 21 from 5:00-8:00 pm, **3rd Thursday**, Town Common
- July 28 & Aug 18, Tues from 1:00-2:00, **Living Alone & Living Well Group** (P3)
- July 27, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Aug 17 at noon, **Summer Cookout** (P7)
- 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 (*No classes July 18-22*)
- Wed from 9:30-10:30, **Gentle Flow Yoga** (*No classes July 18-22*)
- Mon and Sat, from 11:00-12:00, and Tues evenings at 6:00 pm, **Tai Chi-Qi Gong**

### **REMINDERS**

- **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.
- The **August Menu** is not available at the time of printing this Newsletter. It will be available by August 1st in hard copy at the Senior Diner and posted outside the COA offices.
- No **COA Board Meeting** in July. Next one is August 8th.
- No **Friends of the COA Board Meeting** in July. Next one is August 3rd.
- No **Veterans Breakfast** in July or August. Next one is September 28 at 8:00 am.
- No **Crafts at the Council** in July or August.
- No **Caregivers Support Group** in August.
- No **Senior Citizens Club Meeting** in July or August.
- No **Indian Hill Bach's Lunch concerts** in July or August.
- No **Movie of the Month** in July or August.



**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

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](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

The Group will meet on **July 28th, and August 18th 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.

\*\*\*\*\*

## 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**.

\*\*\*\*\*

## Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3<sup>rd</sup> Thursday of each month (July 21st and August 18th) 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, July 12th and 26th, and August 9th and 30th, from 1:00-2:30 pm**, in Room 233. Please contact Tina Maeder to sign up by calling **978-540-2472**.

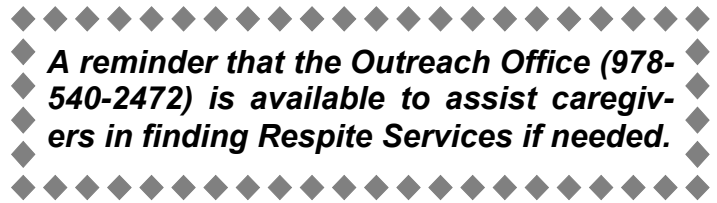
\*\*\*\*\*

## 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.**



 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.




## 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, July 27th, from 6:30-8:00 pm** with Stephanie Burton and Dan MacRae from Nashoba Park. Please contact Tina in the Outreach Office at **978-540-2472**.

***There will be no Caregivers Support group in August. Caregivers can call Tina in the Outreach Office if you should require any assistance at 978-540-2472.***



## Friends of the Council on Aging



The Friends of the COA is a non-profit organization earning money from the sales in our Thrift Shop and from donations to our fund raisers. Thanks to your support, we will continue to provide financial assistance to the Council on Aging and requests of the Director and Outreach programs.

\*\*\*\*\*

# THRIFT SHOP



The Friends' Thrift Shop is a place for all seasons. We receive donations every day for Winter, Summer, Spring and Fall. If you haven't been to our store, now is the time. You won't be disappointed.

Stop by and look around— **Monday through Friday, from 10:00 am to 3:00 pm**, second floor, Town House, Shattuck Street.



## Podiatry Clinic



Next Podiatry Clinic: Tuesday, July 19th. **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.**

\*\*\*\*\*

## 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 **2<sup>nd</sup> 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**.

\*\*\*\*\*

## Meals on Wheels Drivers Needed



Are you willing to give 1 hour a week to deliver meals to homebound seniors? **Contact Martha Childs at 978-486-8955 (Home) or 978-793-6178 (Cell)** and she can explain the duties. Must

have own transportation.

## LFD and LPD Cookouts



Watch for announcements about dates for Littleton Fire Department and Littleton Police Department Cookouts this summer. You can subscribe to our weekly email reminders by calling the COA office at 978-540-2470.

\*\*\*\*\*

## Farmer's Market Coupons



Farmer's market coupons will be available again this year in late July. This program is funded by the United States Department of Agriculture and administered through Minuteman Senior Services, to provide an opportunity for elder and disabled low income residents to receive \$25.00 in vouchers to purchase fresh produce at the local farmer's markets. Please call Tina in the Outreach Office at **978-540-2472** for the guidelines for this program.

**All classes below are in the Multi-Purpose Room. Call 978-540-2470 to register.**

**FIT-4-LIFE with Phyllis**  
Tuesday and Thursday,  
**9:00 to 10:00**  
Intermediate to Advanced.  
\$2 per session.



**STRETCH AND FLEX**  
with Carol Winge  
Tuesday and Thursday,  
**11:15-12:15**  
Designed for all fitness  
levels. \$2 per session.

### Gentle Flow Yoga

Join the Gentle Yoga group which meets on **Wednesdays from 9:30-10:30 am** led by Carol Winge. \$3.

### Tai Chi-Qi Gong

**Tai Chi-Qi Gong** is offered on **Mon and Sat from 11:00 am to 12:00 noon** in the MultiPurpose Room. Tai Chi now also meets on **Tues evenings at 6:00 pm in Room 230**. Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are **WELCOME!** \$3 per session.

## 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: \_\_\_\_\_

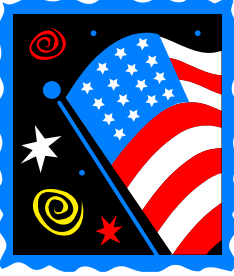
Or bring your check to the COA office, Room 231 TownHouse - Thank You!





# JULY MENU 2016

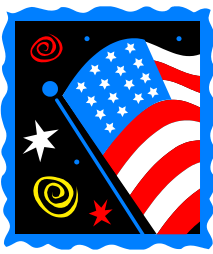


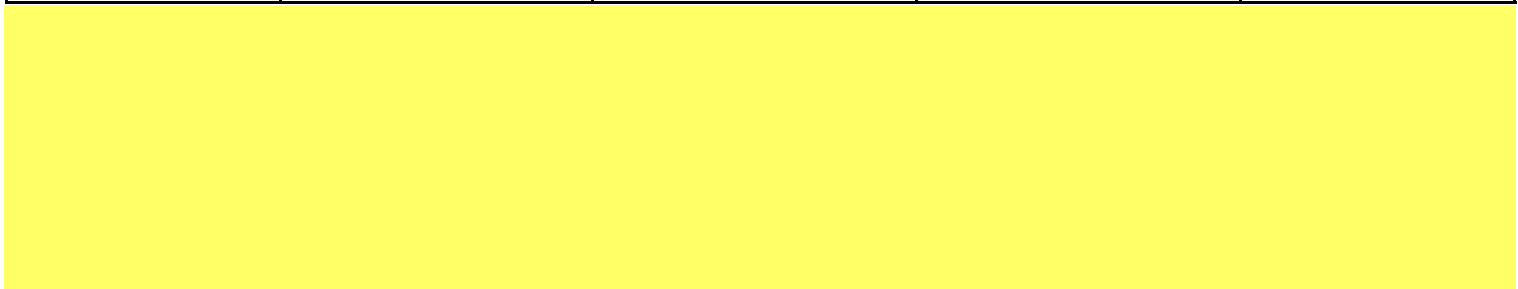
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00</p>	<p><i>The Sodium values are listed beside each menu item.</i> <i>All Meals include 1% Milk</i> <i>Each carton of milk provides 110 calories and 125mg sodium.</i></p>	<p>Suggested Voluntary Donation: \$2.00</p>	<p>The August Menu is not available at the time of printing this Newsletter. It will be available in hard copy at the Senior Diner and posted outside the COA offices.</p>	<p><b>1</b> Beef Chili (237) Corn (1) Brown Rice (5) Dinner Roll (132) Applesauce w/ C (15)</p>
 <p><b>July 4th Holiday</b></p>	<p><b>5</b> Shepherd's Pie (407) Broccoli (10) Whole Wheat Bread (160) Pears (5)</p>	<p><b>6 SPECIAL</b> *Pulled Pork (562) BBQ Sauce (110) Macaroni &amp; Cheese (244) Green Beans (12) Hamburger Bun (230) Strawberry Rhubarb Crisp (7) Diet: Sliced Strawberries</p>	<p><b>7</b> Grilled Chicken (320) Lemon Piccata (35) Penne Pasta (1) Tossed Salad (5) Multigrain Bread (164) Blueberry Loaf (160)</p>	<p><b>8</b> Lasagna Roll Ups (290) Meat Sauce (50) Spinach (65) Italian Bread Pineapple (1)</p>
<p><b>11</b> Roast Pork (70) Rosemary Gravy (85) Mashed Potatoes (66) Mixed Vegetables (28) Wheat Dinner Roll (105) Sliced Apples (4)</p>	<p><b>12</b> Chunky Tomato Soup (177) Chicken &amp; Rice Bake (327) Multigrain Bread (164) Chocolate Chip Cookie (231) Diet: Chocolate Graham</p>	<p><b>13</b> *Hot Dog (540) Baked Beans (200) Tossed Salad (5) Hot Dog Bun (270) Applesauce (15)</p>	<p><b>14</b> Broccoli Bake (482) Stewed Tomatoes (150) Home Fries (5) Rye Bread (150) Strawberry Yogurt (75)</p>	<p><b>15</b> Grilled Chicken (320) Peach Salsa (40) Couscous (24) Summer Squash (3) Whole Wheat Bread (160) Fresh Orange (1)</p>
<p><b>18</b> Cream of Broccoli Soup (275) Rainbow Trout (35) Lemon Vinaigrette (10) Rice Pilaf (141) Multigrain Bread (164) Peaches (5)</p>	<p><b>19</b> Ground Beef Burgundy (165) Egg Noodles (4) Tossed Salad (5) Italian Bread (230) Mandarin Oranges (7)</p>	<p><b>20 COLD</b> Grilled Chicken Breast (320) Red Pepper Pesto (22) Three Bean Salad (89) Multigrain Bread (164) Snack Loaf (115) Diet: Lorna Doones (56)</p>	<p><b>21</b> Chicken Meatballs (190) Sweet &amp; Sour Sauce (38) White Rice (122) Oriental Vegetables (21) Whole Wheat Bread (160) Almond Cookie (181) Diet: Apple Cinnamon Graham (85)</p>	<p><b>22</b> Sloppy Joes (259) Mashed Potatoes (66) Mexicali Corn (1) Hamburger Bun (230) Fresh Plum (1)</p>
<p><b>25</b> Chicken Kielbasa (400) Peppers and Onions (27) Black Beans &amp; Corn (336) Hot Dog Bun (270) Applesauce w/ C (15)</p>	<p><b>26 COLD</b> Tuna Salad Plate (328) Italian Pasta Salad (156) Cold Beet Salad (217) Rye Bread (150) Cantaloupe (7)</p>	<p><b>27</b> Vegetable Gumbo (50) Roast Turkey (456) Herb Gravy (80) Stuffing (224) Wheat Dinner Roll (105) Vanilla Yogurt (50)</p>	<p><b>28</b> Chicken Leg (290) Apricot Glaze (32) Dilled Red Potato (386) Tossed Salad (5) Whole Wheat Bread (160) Lemon Cake (95) Diet: Lemon Graham (85)</p>	<p><b>29</b> Roast Pork (70) Cran-Orange Sauce (71) Sweet Potatoes (26) Broccoli (10) Multigrain Bread (164) Peaches (5)</p>



# JULY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>4</b> 	<b>5</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b> 6:00 pm Tai Chi	<b>6</b> <b>9:00-1:00 LSC</b> <b>9:30-10:30 Yoga</b> 10:00-1:00 SHINE Noon Lunch	<b>7</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> <b>12:45 Scrabble</b>	<b>8</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>11</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>12</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch <b>1:00-2:30 Social Anxiety Grp</b> 1:00-3:00 Mah-Jongg 6:00 pm Tai Chi	<b>13</b> <b>9:00-1:00 LSC</b> <b>9:30-10:30 Yoga</b> 10:00-1:00 SHINE <b>Noon Birthday Lunch</b>	<b>14</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> <b>12:45 Scrabble</b>	<b>15</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>Senior Tax Work-Off Program Sign-Up: Monday-Friday, July 11-15, from 9:00 am to 12:00 noon.</b>				
<b>18</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>19</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 10:00-12:00 BP Clinic Noon Lunch 1:00-3:00 Mah-Jongg <b>6:00 pm Tai Chi</b> <b>Podiatry Clinic-by Appt.</b>	<b>20</b> <b>7:30-9:00 Ladies and Men's Breakfast</b> <b>9:00-1:00 LSC</b> 10:00-1:00 SHINE <b>10:30 Ramblin' Richard</b> Noon Lunch	<b>21</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> Noon Lunch <b>Noon Fire Dept BP Check</b> <b>12:45 Scrabble</b> <b>1:00-3:00 Bereavement Group</b> 5:00-8:00 3rd Thursday, Town Common	<b>22</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>No Stretch &amp; Flex or Yoga this week.</b>				
<b>Senior Tax Work-Off Program Sign-Up: Monday-Friday, July 18-22, from 1:00 to 4:00 pm</b>				
<b>25</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>26</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b> 6:00 pm Tai Chi	<b>27</b> <b>9:00-1:00 LSC</b> <b>9:30-10:30 Yoga</b> 10:00-1:00 SHINE Noon Lunch <b>6:30-8:00 pm Caregivers Mtg</b>	<b>28</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> <b>12:45 Scrabble</b> <b>1:00-2:00 Living Alone Group</b>	<b>29</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo



## IS YOUR BIRTHDAY IN JUL OR AUG? Free Lunch Wed Jul 13th or Aug 10th *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 Jul 11th or Aug 8th** 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 **Jul or Aug** (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 Sept 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

## LADIES & MEN'S BREAKFAST



July 20th - 7:30 am to 9:00 am



## LADIES & MEN'S BREAKFAST



August 17th - 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**.

## Prime Time Paddlers



The Prime Time Paddlers have returned to start their 6th season. It's hard to believe that we started in 2011 with just 4 paddlers. So far this year, we have over 20 registered. There is no cost to join us.

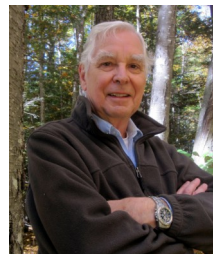
The PTP love the outdoors, kayaking, and experiencing Mother Nature. We also enjoy the camaraderie we share with each other. Please don't worry about not knowing anyone. We all started out as strangers.

We try to kayak somewhat close to Littleton once a week, on Thursdays, and always paddle as a group. It's not good or safe to go by oneself.

For more information, please call the **COA office at 978-540-2470**, and someone will get back to you with details, plus the time, a schedule, and directions. All you need is a car to get your kayak to wherever the trip is scheduled, a kayak, a paddle and a life jacket. We always suggest bringing water, sun block, and a hat. Having a cell phone is also a good idea.

Come join us for a lovely paddle.

## "Ramblin' Richard" from the Bel Airs



Join us **Wednesday July 20th at 10:30 am** for a lively program of music. "Ramblin' Richard" Kruppa, a member of the Bel Airs music group, brings his program "Songs and Stories of World War II – Popular Wartime Songs and their Stories you didn't Know." During this free program Rich will sing and accompany himself on guitar, banjo and the ukulele

\*\*\*\*\*

## Summer Cookout with Senator Eldridge and Rep Arciero



Our annual cookout hosted by our state legislators will be held **Wednesday, August 17th, at noon** in the Courtyard and Multipurpose Room at the Town House. Call the **COA at 978-540-2470** to sign up for this free event. If you need transportation, contact Dispatch at **978-844-6809**.

## \*\*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 Crafts Group will not meet in July or August. Check the September Broadcaster for information about the September session.



\*\*\*\*\*

## 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.

\*\*\*\*\*

## Littleton Senior Citizens Club

The Littleton Senior Citizens Club will not meet in July or August. Check the September Broadcaster for information about the September meeting.

\*\*\*\*\*

## Looking for Scrabble Players-All Levels



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

**Harlow 978-486-8589** for more information.

\*\*\*\*\*

## Mah Jongg



Come play Mah Jongg on **Tuesdays from 1:00-3:00 pm**. Nothing like the computer Mah Jongg program. Mah Jongg is a great way to stimulate the brain cells having fun and meeting new

friends too. Hope to see you soon. Those interested in learning the game, please leave your name and phone number at the COA office (978-540-2470) for Milly Curtin.

## Movie of the Month



There is no "Movie of the Month" in July or August.



# BINGO

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

*Please join us*



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

## Bingo at St. Anne's Church



There is no Bingo at St. Anne's Church in July or August. We will start up again on **September 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!

\*\*\*\*\*

## Senior Bingo Afternoon



CCOL Bingo afternoon will not meet in July, August or September. We will resume in October. 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



There are no 'BACH'S LUNCH' CONCERTS in July or August. We will resume in September. Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

**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

US Postage

**Paid**

Littleton, MA

Permit No. 19