

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

Renewing your Driver's License and Vehicle Registration Online

A representative from the Registry has demonstrated for us the on-line Driver's License and Vehicle Registration renewal process and we will be offering help to individuals who wish to take advantage of this service. Call the COA office at **978-540-2470** to make an appointment for renewal help. Assistance will be offered on the 2nd and 3rd Friday of each month.

To renew your Driver's License on-line you must be under 75 years of age (those over 75 must renew in person). You will need your Driver's License number, date of birth, Social Security Number, and Credit Card information.

To renew your Vehicle Registration on-line you will need the Registration number and plate type, and Credit Card information. Your registration renewal must not be marked "Insurance Stamp Required". In that case you must go to the Registry office. Of course you can freely access the online site yourself anytime, or with the help of a family member or friend, too. <https://www.massrmv.com/>

February is focused on the heart...

Check out the Americanheart.org for events related to heart health. February also includes National Cardiac Rehab week and Random Acts of Kindness Week, both 2/14 – 2/20.

Build your heart health through our exercise programs – Fit-4-Life, Stretch & Flex, TaiChi QiGong, and Yoga. All are indoors, low cost, and geared for all levels of ability.

Update on the renovation of the Senior Diner

Renovations are continuing apace. Those attending programs in the MultiPurpose Room have likely heard the drilling and pounding through the walls. We are especially grateful to Minuteman Senior Services for their generous donation that covers the cost of our new, sanitizing dishwasher which will be installed between our spanking-new stainless steel three-well sink and our new electric stove.

I hope to be able to announce our grand re-opening date in the next newsletter!

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

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 Feb 18th 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.

Bereavement Drop-In Group

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

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 Feb 24th from 6:30-8:00 pm** with our host Karen Rivero from Visiting Angels. We will meet in Room 233.

Please contact **Tina Maeder at 978-540-2472**. A light supper will be provided. New Members welcome.

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 **10:00 am to 1:00 pm**. Call **978-540-2470** to make an appointment.

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, Feb 2nd and 16th, 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.



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.

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 Good Neighbor Energy Fund began processing applications for fuel assistance in **January 2016**. 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



While we are looking forward to the completion of the Sr. Diner, we have decided to go on without it so that we may continue our monthly theme luncheons. Join us on **Wednesday, February 17th at 12:00 noon** in the Multi-Purpose Room for a Valentine's Party featuring the return of vocalist Tony Funches. A light lunch will be served so it's important that we know how many will attend. This event is free. Please call **978-540-2470** for a reservation. We look forward to seeing you.

We are planning a St. Patrick's luncheon on **March 16th**, catered by Nashoba Tech Culinary class. Place TBD.

THRIFT SHOP



There is always something new at the Thrift Shop. Donations come in every day and are put on the shelves and racks by our volunteers. We haven't escaped the cold weather yet, so come in and check out our coats, hats, scarves, and mittens.

Come in soon and check out the new merchandise. We will be happy to help you with your choices. Our hours are **Monday through Friday, 10:00 am to 3:00 pm**. Our Volunteers would enjoy your visit.



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 (Feb 11th), 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

Chair Massage



Make your appointment now for a relaxing chair massage with Shirley Jenner of Fine Balance Bodyworks and Roberta Jackson of Massage More. Call the COA office at **978-540-2470** to schedule a morning appointment for **Monday Feb 8th and/or Monday Feb 22nd**. Massages are \$3 and you remain clothed throughout.

The new Walking Group, the "Prime Time Trekkers" will be on hiatus and will meet again in March.

Circuit Breaker General Information



A refund on Massachusetts State Income Tax of a portion of property taxes or rent paid (main home only) in calendar year 2015 is available to seniors 65 or older (if married, only one spouse needs to be 65) if you meet the income guidelines below:

- \$57,001 Single Tax Return
- \$71,001 Head of Household Return
- \$85,001 Married Filing a Joint Return

You may be eligible, even if your property is in trust and even if you do not have to file. Make an appointment with the AARP tax aide to check for eligibility.

Call 978-540-2470.

AARP Tax Program 2015 2015 Income Tax Help



Please call the COA at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2015. Appointments start in February.

Bring with you:

- * **Your 2014 Federal and State tax Returns**
- * **Form MA 1099-HC.** It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number, and your subscriber number has to be entered on your Massachusetts tax return.
- * **W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc.**
- * The amount and date of any federal and state estimated tax payments that you made.
- * All four quarterly **property tax bills** that you paid in calendar year 2015. It is very important that you bring all four bills that you paid in calendar year 2015.
- * All **water bills** that you paid in calendar year 2015.

If you sold any stocks or bonds, bring the date that you bought the stock or bonds and the amount that you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

Medical and Dental Expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aids and eyeglasses. Add up the mileage when you drive to get prescription drugs or go to the doctor, dentist, hospital, etc. Do not include health insurance premiums, long-term care premiums, or Medicare premiums in your total – each of these premiums needs to be reported separately.

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.

FEBRUARY 2016 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 American Chop Suey Broccoli Rye Bread Pears	2 Grilled Chicken Breast Coq au Vin Sour Cream & Chive Riviera Style Veg Blend Wheat Bread Sugar Cookie Diet: Lorna Doons	3 Potato Leek Soup Roast Turkey w/Tarragon Gravy Butternut Squash HDM: Green Beans Dinner Roll Fresh Fruit	4 Chicken Jambalaya Brown Rice Tossed Salad HDM: Corn Multigrain Bread Pineapple	5 Shepard's Pie Carrots Italian Bread Apple Cinnamon Muffin Diet : Strawberry Grahams
8 Portuguese Kale Soup Grilled Chicken Breast with Herb Sauce Couscous w/Red Pepper HDM: Mixed Veggies Whole Wheat Bread Peaches	9 Valentine's Day Special Baked Ham with Pineapple Sauce Scalloped Potatoes California Veg Blend Dinner Roll Apple Cherry Crisp Diet: Apple Grahams	10 Ash Wednesday Garden Vegetable Soup Broccoli Cheese Bake Corn HDM: Stewed Tomatoes Multigrain Bread Vanilla Yogurt	11 Chicken Kielbasa Baked Beans Carrots Rye Bread Applesauce	12 Breaded Alaskan Pollock) Spanish Rice Tossed Salad HDM: Peas Whole Wheat Bread Mandarin Oranges
15  Presidents' Day No Meals	16 Three C Soup Roast Pork with Apple Cider Sauce Sweet Potatoes HDM: Green Beans Dinner Roll Pineapple	17 Ground Beef Patty with Mushroom Sauce Whipped Potatoes) Tossed Salad HDM: Corn Wheat Bread Fresh Fruit	18 Grilled Chicken Breast with Pesto Cream Sauce Tricolor Rotini Genoa Veg Blend Multigrain Bread Lemon Cake Diet: Lemon Grahams	19 Vegetable Lasagna with Tomato Basil Sauce Italian Blend Veggies Garlic Bread Stick Strawberry Cup Diet: Applesauce w/C
22 Sweet and Sour Chicken Meatballs Brown Rice Winter Veg Blend Whole Wheat Bread Mixed Fruit	23 Vegetable Gumbo Soup Salisbury Steak with Onion Gravy Au Gratin Potatoes HDM: Mixed Veggies Multigrain Bread Yogurt	24 Grilled Chicken Breast Florentine Parslied Noodles Tossed Salad HDM: Stewed Tomatoes Rye Bread Fresh Fruit	25 Autumn Harvest Soup Shaved Steak with Cheese Sauce Baked Potato HDM: Carrots Sub Roll Mandarin Oranges	26 Salmon with Dill Sauce Red Bliss Potatoes Roasted Brussels Sprouts Whole Wheat Bread Ginger Cookie
29 Chicken Parmesan with Marinara Sauce * Ziti Green Beans Italian Bread Applesauce w/C			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	Suggested Voluntary Donation: \$2.00



FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	2 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 1:00-2:30 Social Anxiety Grp	3 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-11:30 Writing Group 10:00-1:00 SHINE Lunch 1:00 Friends of the COA Board Meeting	4 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	5 9:30-11:00 Writing Critique 10:00 Wii Noon Lunch 1:00-2:30 Bingo
8 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting Chair Massage By Appointment	9 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	10 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-11:30 Writing Group 10:00-1:00 SHINE Birthday Lunch	11 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	12 9:30-11:00 Writing Critique 10:00 Wii Noon Lunch 1:00-2:30 Bingo
15  Presidents' Day	16 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 1:00-2:30 Social Anxiety Grp	17 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-11:30 Writing Group 10:00-1:00 SHINE Noon Lunch Noon Valentine's Party Lunch	18 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	19 9:30-11:00 Writing Critique 10:00 Wii Noon Lunch 1:00-2:30 Bingo
22 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" Chair Massage By Appointment	23 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	24 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-11:30 Writing Group 10:00-1:00 SHINE Noon Lunch 1:00 Crafts at the Council 6:30-8:00 pm Caregivers Mtg	25 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	26 9:30-11:00 Writing Critique 10:00 Wii Noon Lunch 1:00-2:30 Bingo
28 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	29 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg			

IS YOUR BIRTHDAY IN FEB? Free Lunch Wed Feb 10th *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 Feb 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 2015 when you attend 6 or more classes in **Feb** (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 March 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**.

Anyone for Bridge?



Thursday's Bridge Group (in Boxborough) is a low-key group who are 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.

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**.

Writing Group Sessions



Are you a writer looking for inspiration and support? We offer two groups. **The Writing Group** is a non-judgmental session, Weds 10:00-11:30 am. \$4 per session. You will write in the session and receive positive feedback.

The Writing Critique Group meets Fridays 9:30- 11:00 am. \$4 per session. Bring ~ 2 pages of writing to share. **Call 978-540-2470** to sign up and get questions answered.

Sand Bucket Program



Elder and Human Services is once again providing buckets of sand for seniors who are unable to get to the Highway Department to pick one up. **Call 978-540-2470** to request a bucket for this year. If you are able, you can drive to the Highway Department on Ayer Road and fill your own bucket. If you received a bucket last year, please bring it to the COA and let us know if you want a refill.

Winter Closings



* The COA will be closed **Monday February 15th** in observance of Presidents' Day.

* 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.

****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



Wednesday, Feb 24th at 1:00 pm. Looking forward to Summer, we will be decorating mirrors and picture frames with seashells and sea glass. Call **978-540-2470** to reserve a seat. This class fills up quickly! Cost is \$3, all materials supplied.

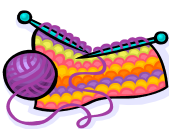


Veteran Services



Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222. For appointment call **John Boroski at 978-540-2485**.

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

There will be **no Senior Citizens Club meeting in February**. Information about the March meeting will be in the March issue of the Senior Broadcaster.

Looking for Scrabble Players-All Levels



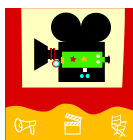
The Scrabble group is moving to **Thursdays at 12:45 pm in Room 233**. All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow 978-486-8589** for more information.

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, Feb 25th at 1:00 pm, "The Intern" 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 Sunshine Club Bingo at St Anne's Church Hall in February. Our next Bingo is March 17th.

Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening** at the Congregational Church **from 5:30 pm 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



It's back! **Thursday, February 11th from 1:00 to 3:30 pm** in the new Parish Hall of the Congregational Church. Come join us for an afternoon playing Bingo with friends. Door prizes, Bingo prizes, finger desserts, tea and coffee will be provided. It's free!

Any questions, call **Jane Lyons at 978-486-3436**.

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

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 a Homage to the Great Spanish Classical Guitarist, Andres Segovia featuring Berit Strong (guitar) and Lisa Cleveland (bayan). **TWO SHOWS - Thursday, February 18th at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations required for groups at [\(978\) 486-9524](tel:9784869524) (press 0). Learn more at www.indianhillmusic.org

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

RETURN SERVICE REQUESTED

Bulk Rate

US Postage

Paid

Littleton, MA

Permit No. 19