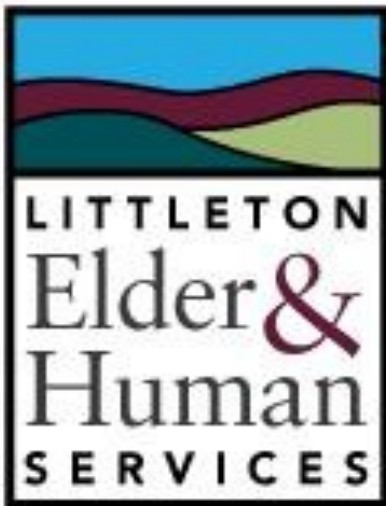


# The Broadcaster



## Master Plan Meeting



Wednesday,  
December 7th.  
Dinner at 6:00  
pm, discussion  
from 7:00 to  
9:00 pm.

RSVP to **978-540-2425**.  
Help plan Littleton's future.  
This is your opportunity to  
be heard. Your voice is  
important. Transportation  
is available.

## It's the Season of Giving

This is the time of year when people open their hearts to families and friends. It is also the time when people open their hearts to others, especially those who are less fortunate than they.

In this time of good cheer, please consider the benefit that your gift can bring to Littleton residents who are struggling. A tax-deductible contribution can be made to the Council on Aging with a check made out to us. Here are some suggestions.

**TREAD** program (Tax Relief for Elders And the Disabled) – This program provides assistance with property taxes for qualified low-income Littleton residents. This year we provided an average of \$650 to residents whose verified income was around \$21,000 annually. *This program is entirely supported by contributions.*

**TRANSPORTATION fund** – Each month we provide over 500 rides to residents who no longer drive. About 53% of these rides are to vital medical appointments. Although we receive state funding, it is never enough to cover all our driver and van expenses. Consider contributing to this fund as a way of ensuring that van service will be available when YOU need it!

**ENERGY AND EMERGENCY ASSISTANCE fund** – As expenses go up, more Littleton residents on fixed incomes find a shortfall between income and outgo. We assist many residents with applying for fuel assistance and food stamps, and we provide rides to the local food pantry. However, there are still situations in which families with children and the elderly find themselves without fuel because of a hard winter, or with an emergency furnace repair with no funds.

The average fuel assistance to a qualified family in Littleton is about \$600. Think of your own fuel bill and compare.

Please send your check to Elder and Human Services/Council on Aging, 33 Shattuck Street. If you want to direct your gift to one of the funds mentioned above, just put that in the Memo line.

Wishing you Wellness --

*Pamela*



Follow us on Facebook:  
**Littleton Elder and Human Services**

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## Happenings—December 2016

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

- Dec 2 and 9, Fridays at 10:30, **Stress Workshop** (P4)
- Dec 5, Mon at 2:00, **Coloring, Coffee and Conversation** (P7)
- Dec 7, Wed at noon, Friends of the COA **“Old Fashioned Christmas Celebration” Luncheon** (P3)
- Dec 15, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Dec 15, Thurs at 11:00 & 1:30, **Indian Hill Bach’s Lunch Concert** (P8)
- Dec 15, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Dec 21, Wed at 1:00, **Trivia Game** (P7)
- Dec 28, Wed from 8:00-9:00, **Veterans Breakfast** (P4)
- Dec 28, 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.

### 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**
- Mon and Sat, from 11:00-12:00, and Tues evenings at 6:00 pm, **Tai Chi-Qi Gong**

**Don't miss the Annual Littleton Holiday Bazaar on Saturday, December 3rd. See article on Page 4 for complete details.**

### HOLIDAY CLOSINGS—COA AND DINER CLOSED

**Monday, December 26: Christmas**  
**Monday, January 2: New Year's**

### Bill Vales' Internet & Computer Classes

**Classes are on Thursdays, 10:30 – 11:30 am in Room 230.**  
**(We linger until noon.)**



### Topic for December:

- **Dec 1** - Data backup strategies

We will be taking a hiatus for the holidays and will start up after the 1st of the year. A date will be selected and published in the January issue of The Broadcaster.

**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

Living Alone and Living Well Group will be meeting on **Thursday, December 15th**. Rita Biagioni, a local Health Coach, will be visiting our group to talk about "Staying healthy through the Holidays" Rita will share some great ideas, tips and techniques for navigating the holidays and still maintain your health, happiness, and joy for the season. We hope that you can join us. Room 233. Please call Tina Maeder, at **978-540-2472** for more information.

### Littleton Social Club (LSC)

The LSC meets on **Mondays, Tuesdays, and Wednesdays** 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 (December 15th) 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, December 6th and 20th, from 1:00-2:30 pm**, in Room 233. Please contact Tina Maeder to sign up by calling **978-540-2472**.

### 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, December 28th, from 6:30-8:00 pm**. with Kathi Crowley, Director of Community Outreach from River Court Residences of Groton as our host for the meeting. Please contact Tina in the Outreach Office at **978-540-2472**.

### Medicare or Health Insurance Questions?

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.

### SMOC Fuel Assistance Program



On November 1st we began accepting appointments for new fuel assistance applicants. Call the Outreach Office for the eligibility requirements for the **SMOC** fuel assistance program. There will be several programs to apply to for assistance. **The Good Neighbor Energy Fund** from the Salvation Army should be taking applications in January 2017. **Please call Tina in the Outreach Office** with your questions and to see if you may be able to qualify for assistance: **978-540-2472**.

### 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.

### Friends of the Council on Aging

The months are moving along faster than we would like. Where does that time go? We are busy trying to make sure our schedule each month has a program you will enjoy. These are the lunches the Friends plan and hope you'll participate in.



November has come and gone with our Veteran's Day luncheon. **Wednesday, December 7th** brings an **"Old Fashioned Christmas Celebration"** at noon in the Multi-Purpose Room. We will serve a light lunch and Christmas carolers will be joining us. Signing up is very important so that we may have enough seats and food. This is free. You will receive a lunch ticket at the door. **Call 978-540-2470** to sign up today.

Sign up early for the **January 18th** luncheon when we will enjoy a **Mardi Gras** theme to celebrate the new year. Watch for fliers with further information. We welcome each and every one of you on these special days.

### THRIFT SHOP



We have been overwhelmed by donations recently. The selections are fantastic and ready for your purchase. The rule is to never leave something behind that you would like or it will be gone when you return.

Come in and look around we are always happy to see you. **Open Monday thru Friday 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.

**A reminder that the Outreach Office (978-540-2472) is available to assist caregivers in finding Respite Services if needed.**

## Do You Have Stress In Your Life?



Join us for two FREE workshops to address ways to manage stress in your life. Classes meet on **Fridays Dec 2nd and 9th at 10:30 am**, conducted by Lauren McHugh, Health and Wellness Professional. Call **978-540-2470** to reserve a seat. Attendance is limited.

\*\*\*\*\*

## How to simplify the season, but keep the cheer



- \* The big tree has to go. Instead, opt for a small tabletop tree with colorful decorations and lights. That means no furniture to move around and no clean-up when the holidays are over.
- \* Whittle the mandatory eight different kinds of Christmas cookies down to just two favorites.
- \* Between children, grandchildren and great grandchildren, and many with spouses, gift giving can get quite out of hand. Be frank with your family and make a plan – draw names or do gift cards. Get yourself off your feet and out of crowded stores.
- \* Whittle the Christmas card list down to people who live far away and just need to know that you are still alive and relatively well. Change the lengthy handwritten note into a computer-generated letter to keep them informed. Emily Post probably wouldn't approve, but then she never walked in your shoes.
- \* Christmas dinner? If you are caregiving for someone whose deteriorating mobility has become a problem, rethink going to someone's home, especially if their homes are not handicap-accessible. Consider a holiday dinner of something other than the traditional, with a few favorite sides, and the mandatory pumpkin pie. Steak? Lobster tails? Use Skype to chat with the grandchildren and share their holiday excitement from a long distance.
- \* For Christmas day, sit in your living room, listen to some Christmas carols, watch the cardinals and chickadees flying in for a holiday feast and, hopefully, enjoy a few snowflakes to make the scene complete. The day will be stress-free, and give you and your loved ones a chance to appreciate the time you have together.

## Littleton Holiday Bazaar



On **Saturday December 3rd**, the **Annual Littleton Holiday Bazaar** will be held from **9:00 am until 3:00 pm**. The Bazaar will be held in the Middle School gymnasium, 55 Russell Street. The fair is free and open to all. Santa will be present and posing for pictures. Over 40 tables will offer homemade jams and jellies, gifts, crafts, hand-knit items, doll clothes, quilts, and sweets and goodies of all types. The Littleton Country Gardeners will be selling wreaths and centerpieces. The Café will be serving a lunch of Shepherd's Pie, clam chowder, beef stew, chili and hot dogs.

## United Woman's Club of Concord Annual Fair



On **Saturday, December 3rd**, the United Woman's Club of Concord will hold their Annual Fair from **9:30 am to 2:00 pm** at the Harvey Wheeler Community Center, 1276 Main St, Concord, MA 01742.

For additional information about the fair, the United Woman's Club of Concord or to be added to our contact please contact [lisamankitafay@yahoo.com](mailto:lisamankitafay@yahoo.com) or at **617-327-8159**.

\*\*\*\*\*

## Monthly Veterans Breakfast



Join us for the Veterans Breakfast **Wednesday December 28<sup>th</sup>** (last Wednesday of the month) **8:00-9:00 am in the Senior Diner**. Free for veterans of all ages and sponsored by the Littleton Police Department.

\*\*\*\*\*

## 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**.

**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 also meets on **Tuesday 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.



# DECEMBER MENU 2016



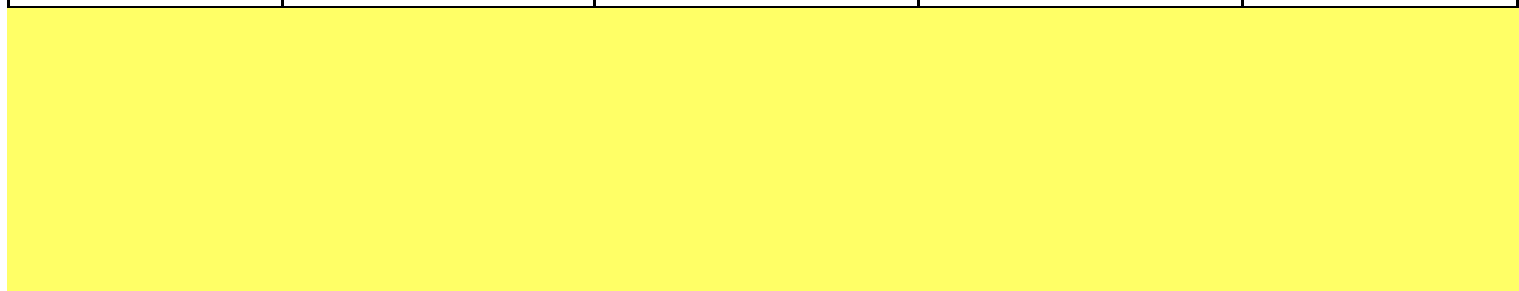
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00</p>	<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>	<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<p>1 Pork w/Cran-Orange Sauce Yams Green Peas Wheat Dinner Roll Almond Cookie</p>	<p>2 Chicken Jambalaya Brown Rice California Vegetables Wheat Bread Orange</p>
<p>5 Breaded Pollock Tarter Sauce Au Gratin Potatoes Italian Blend Vegetables Wheat Bread Diced Pears</p>	<p>6 <b>**High Sodium**</b> Cream of Broccoli Soup Grilled Chicken w/ Red Pepper Pesto Cous Cous Multigrain Bread Pineapple Cake</p>	<p>7 Chicken Meatballs Cacciatore Sauce Ziti Pasta Tossed Salad Italian Bread Cherry Snack Loaf</p>	<p>8 Beef Stew Broccoli Biscuit Diced Peaches</p>	<p>9 Macaroni &amp; Cheese Stewed Tomatoes Wheat Bread Apple</p>
<p>12 Egg Drop Spinach Soup Grilled Chicken Teriyaki Brown Rice Multigrain Bread Mandarin Oranges</p>	<p>13 <b>SPECIAL</b> Stuffed Chicken Breast Yams Brussel Sprouts Wheat Dinner Roll Strawberry Cheesecake</p>	<p>14 Vegetable Gumbo Soup Honey BBQ Pork Rib Sour Cr &amp; Chive Potatoes Hamburger Bun Apple Cobbler</p>	<p>15 American Chop Suey Tossed Salad Italian Bread Applesauce</p>	<p>16 Ground Sirloin Strip Onion Gravy Broccoli Baked Beans Whole Wheat Bread Pear</p>
<p>19 Chicken Corn Stew Spinach Wheat Dinner Roll Diced Peaches</p>	<p>20 Chicken Meatballs Mushroom Gravy Butternut Bisque Soup Chantilly Potatoes White Bread Chocolate Pudding</p>	<p>21 Roast Turkey Breast Herb Gravy Stuffing Butternut Squash Wheat Bread Mixed Fruit</p>	<p>22 Chicken Parmesan* Bowtie Pasta Tossed Salad Italian Bread Chocolate Chip Cookie</p>	<p>23 Haddock Newburg Orzo Rice Pilar w/Spinach Mixed Vegetables Multigrain Bread Fresh Fruit</p>
<p>26  <b>Christmas Holiday No Meals Served</b></p>	<p>27 Grilled Chicken Marsala Penne Pasta Broccoli Au Gratin Whole Wheat Bread Diced Pears</p>	<p>28 Chunky Tomato Soup Broccoli Bake Home Fries Wheat Dinner Roll Fresh Fruit</p>	<p>29 Baked Cheese Lasagna Meat Sauce Tossed Salad Rye Bread Gingerbread</p>	<p>30 Pork Roast w/Apple Gravy Red Bliss Potatoes Creamed Spinach White Bread Vanilla Yogurt</p>



# DECEMBER 2016



			<b>1</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b>	<b>2</b> 10:00 Wii <b>10:30 Stress Workshop</b> Noon Lunch 1:00-2:30 Bingo
<b>5</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" <b>2:00 Coloring, Coffee and Conversation</b>	<b>6</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>1:00 Friends of the COA Board Meeting</b> <b>1:00-2:30 Social Anxiety Grp</b> 1:00-3:00 Mah-Jongg <b>6:00 pm Tai Chi</b>	<b>7</b> 9:00-12:00 SHINE <b>9:00-1:00 LSC</b> <b>9:30-10:30 Yoga</b> <b>Noon "Old Fashioned Christmas" Luncheon</b>	<b>8</b> <b>7:30-9:00 Ladies Breakfast</b> 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b>	<b>9</b> 10:00 Wii <b>10:30 Stress Workshop</b> Noon Lunch 1:00-2:30 Bingo
<b>12</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" <b>1:30 COA Board Meeting</b>	<b>13</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b>6:00 pm Tai Chi</b>	<b>14</b> 9:00-12:00 SHINE <b>9:00-1:00 LSC</b> <b>9:30-10:30 Yoga</b> <b>Noon Birthday Lunch</b>	<b>15</b> 9:00-10:00 Fit 4 Life Class <b>10:45-11:45 Living Alone Grp</b> <b>11:00 &amp; 1:30 Indian Hill</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b> <b>1:00-3:00 Bereavement Group</b>	<b>16</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>19</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>20</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>1:00-2:30 Social Anxiety Grp</b> 1:00-3:00 Mah-Jongg <b>6:00 pm Tai Chi</b>	<b>21</b> <b>7:30-9:00 Mens' Breakfast</b> 9:00-12:00 SHINE <b>9:00-1:00 LSC</b> <b>9:30-10:30 Yoga</b> Lunch <b>1:00 Trivia Game</b>	<b>22</b> 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b>	<b>23</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>26</b>  <b>Christmas Holiday COA closed.</b>	<b>27</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b>6:00 pm Tai Chi</b>	<b>28</b> <b>8:00-9:00 Veterans Breakfast</b> 9:00-12:00 SHINE <b>9:00-1:00 LSC</b> <b>9:30-10:30 Yoga</b> <b>6:30-8:00 Caregivers Meeting</b>	<b>29</b> 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b>	<b>30</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo



## IS YOUR BIRTHDAY IN NOVEMBER? Free Lunch Wed December 14th *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 Dec 12th** 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 **December** (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 Jan 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

## LADIES' BREAKFAST

December 8th - 7:30 am to 9:00 am



## MEN'S BREAKFAST

December 21st - 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**.

## TRIVIA GAME



Do you remember your 1950's and 1960's TV shows? How about Christmas trivia? Test your knowledge at our new trivia event, **Wednesday December 21st at 1:00 pm in Room 230**. Trivia courtesy of Peter Duran, Trivia Master from Acton. Door Prizes! Fun

Competition!

Call **978-540-2470** to sign up to be eligible for a door prize. Bring your sharpened wits!

## Volunteer Drivers Sought



Are you able to volunteer one day a month to drive seniors who cannot use our van service to appointments? We could use your help. Seniors who undergo procedures that require sedation cannot be returned to their homes on our van service. We want to set up a bank of volunteer drivers who will schedule themselves to be available to drive someone, if the need arises, on one day of the month. If you would like to help, call **Tina Maeder at 978-540-2472** to get cleared to support seniors who cannot drive themselves.

## Coloring, Coffee and Conversation



The adult coloring craze has come to the COA! Come in and join like-minded others for coffee, conversation and coloring. **First Monday of the month (December 5th) at 2:00 pm in Room**

**233.** No charge – coloring blanks and books available. Bring your pencils and pens.

\*\*\*\*\*

## Are You A Good Cook?



If you are a good cook and want to share, the Senior Diner is looking for volunteers to cook soup throughout the winter for one of the Thursday Special Lunches. Call Gayle in the Diner for details – **978-540-2474**.

\*\*\*\*\*

## Did You Know . . .

**677** is the number of Littleton residents seen in Elder and Human Services in FY2016.

**38%** is the estimate of how many Littleton residents will be 60+ by the year 2035.

## \*\*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

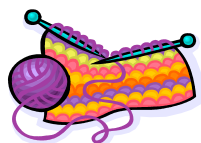


**Crafts at the Council will not meet in December. Happy Holidays to all.**



\*\*\*\*\*

## 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.

\*\*\*\*\*

## Looking for Scrabble Players-All Levels



The Scrabble group will meet on **Thursdays at 1:00 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.

## Veteran Services



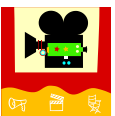
Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222. For appointment call John Boroski at 978-540-2485.

## Mah Jongg



Come play Mah Jongg on **Tuesdays from 1:00-3:00 pm**. Those interested in learning the game, please leave your name and phone number at the COA office (978-540-2470) for Milly Curtin. **2016 Mah Jongg lessons will end Tuesday, December 13th.**

## Movie of the Month



**There will be no "Movie of the Month" in December.**



**Friday afternoons from 1:00 - 2:30 pm in the Senior Diner**  
**Please join us**



## Bingo at St. Anne's Church



Join us on **December 15th from 1:00-3:00 pm** for our holiday party. We ask that attendants bring a \$5.00 wrapped gift for the Yankee swap. We will not play bingo but we will do some holiday games. Merry Christmas.

For more info call Denise Gibbons @ 978-501-0681.

\*\*\*\*\*

## 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.

Open to all who would enjoy eating a meal with friends. It's **FREE!**

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## Senior Bingo Afternoon



Come enjoy an afternoon of Bingo on **Thursday, December 8th from 1:00 to 3:30 pm** at the Congregational Church. Bingo prizes, finger desserts, tea and coffee will be provided at no cost to you. So—come and enjoy an afternoon of fun during this holiday season. We look forward to seeing you!

\*\*\*\*\*

## 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 Vintage Vocal Quartet performing music of the 30's & 40's. **TWO SHOWS - Thursday, December 15th 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 (press 0). Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

We started taking reservations for the December concerts on November 17th. Please do not make reservations via email. Thank you!

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



### \*\*\*TRANSPORTATION\*\*\*

- Arrange a ride by calling Dispatch at **978-844-6809**; **Monday through Friday - 8:30 am to 4:00 pm** Messages on the answering machine after 4:00 pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Veterans ride for free. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests. Ride service is curb-to-curb.
- **Requests should be made 48 hours in advance.**
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

### LITTLETON EHS TRANSPORTION CHARGES

**Rides are provided to appointments between 9:00 and 3:00 pm.**

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

**\*\* Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE \*\***

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

- 1<sup>st</sup> and 3<sup>rd</sup> Fridays – Boston area hospitals
- 2<sup>nd</sup> and 4<sup>th</sup> Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

### REMINDER

**If you use the van on a weekly basis, please call EVERY week to continue your reservation.** If you are accompanied by someone on the ride, they must also pay the fare.

LITTLETON COUNCIL ON AGING

P. O. BOX 1305

33 SHATTUCK ST., ROOM 231

LITTLETON, MA 01460

**RETURN SERVICE REQUESTED**



(Photo by  
Jim Donnelly)

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