

# Senior Broadcaster

## From the Director *Senior Diner Re-opens!*

The Senior Diner is again open in the TownHouse! We are very happy to have Gayle, our congregate lunches and our Meals on Wheels program back in the Senior Diner!



It has taken a lot of hard work to get our kitchen project finished. We thank the Permanent Municipal Building Committee, our Board of Selectmen, and our Town Administrator for all their efforts in getting this project through to completion. And many, many thanks are due to the residents of Littleton who voted the money at Town Meetings for this project. We now have a kitchen that is up-to-code in all respects!

Our commitment to a 'green' diner includes the use of real dishes and silverware whenever possible instead of disposable paper and plastic. Our new 3-well sink, sanitizing dishwasher and separate hand wash sink give us a safe and clean way to handle our dishes and silverware. We also now have, for the first time, a grease trap.

We have replaced our old electric stove (with its failing burners and erratic oven) with a new, energy efficient 6-burner range, topped with a super-safe fire suppression hood that gives us lights and a fan, as well as providing state-of-the-art fire safety equipment.

And with the re-opening, Men's and Ladies' Breakfasts, sponsored by the Friends of the COA, are again on the schedule.

Ladies Breakfast: 2<sup>nd</sup> Thursday of the month (April 14)

Men's Breakfast: 3<sup>rd</sup> Wednesday of the month (April 20)

Both of these breakfasts are a bargain at \$3. They are delicious and a great way to start your day. Come in for eggs cooked to order, bacon or sausage, toast, fruit, juice and coffee or tea. Renew old friendships and make new ones.

The re-opening of the Diner means the return of our 'Thursday Special Lunch' program, too. Special Lunch provides a home-cooked meal for \$3 as an alternative to the senior lunch provided through catering by Minuteman Senior Services.

*Pamela*

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## Happenings—April 2016

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

- April 1, 6, 8, 13, 15, 20 and 22 (Wednesdays and Fridays) from 1:00-2:30, **RAD for Seniors**
- April 5, Tuesday from 1:30-2:30, **Newcomers Group (P4)**
- April 6, Wednesday at 1:00, **Basket Weaving Class (P7)**
- April 14, Thurs at 1:00, **Diabetes Open Discussion Group (P4)**
- April 14, Thurs at 1:00, **3rd Annual Spaghetti Lunch (P4)**
- April 14, Thurs from 1:30 to 2:30, **Living Alone & Living Well Group (P3)**
- April 17, Sun at 3:00, Friends of the COA “**Senior Follies**” (P3)
- April 20, Wed at 12:00 Noon, **LELWD Annual Senior Luncheon (P4)**
- April 21, Thurs from 8:00 am-2:00 pm, **36th Annual Sr. Conference (P7)**
- April 21, Thurs at 11:00 and 1:30, **Indian Hill's "Bach's Lunch Concert" (P8)**
- April 21, Thurs from 1:00-3:00, **Bereavement Drop-in Group (P3)**
- April 25, Mon at 1:30, **Senior Citizens Club (P8)**
- April 26, Tues from 10:30 to 11:30, **Reception for Cortney Walker (P3)**
- April 27, Wed at 1:00, **Crafts at the Council (P8)**
- April 27, Wed from 1:00-2:00, **Downsizing Seminar (P4)**
- April 27, Wed from 6:30-8:00 pm, **Caregivers Meeting (P3)**
- April 28, Thurs at 1:00, **Movie of the Month (P8)**
- 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 (NOTE NEW TIME)**
- Mon and Sat, from 11:00-12:00, and Tues evenings at 6:00 pm, **Tai Chi-Qi Gong**

### **Internet & Computer Classes on Thursdays**

**10:30-11:30 am, in ROOM 230, with Bill Vales (We linger until noon)**



- Apr 7 – Working with Pictures and Images - Part 3
- Apr 14 – Windows 10. Navigating the system.
- Apr 21 – Using search for general information, images and YouTube.
- Apr 28 – Internet of Things (IoT). Benefits, vulnerabilities and risks.

**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

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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.

## 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 April, the Living Alone and Living Well group will meet on the 2<sup>nd</sup> Thursday of this month, **April 14th from 1:30-2:30 pm** in the Littleton Senior Diner. New members welcome, please call Tina Maeder, at **978-540-2472** for more information

### Reception for Salem State Intern Cortney Walker

Please help us wish Cortney well as she finishes with her Internship here at the Littleton COA to receive her BSW and pursue her Masters Degree. Cortney will be missed and will be remembered for the accomplishments she achieved during her time here with us. All are welcome to attend a **Reception from 10:30-11:30 on Tuesday, April 26th**, in the Littleton Senior Diner. Refreshments will be served.

Please call Tina in the Outreach office at **978-540-2472**.

### Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3<sup>rd</sup> Thursday of each month (April 21st) 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, April 12th and 26th, 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**.

### 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**.

### Caregivers Meeting

Those who are caring for an adult in the home are invited to attend a monthly support group. The group meets on the last Wednesday of the month, **April 27th, from 6:30-8:00 pm** in the Littleton Senior Diner. Kitty O'Connor, JD, LLM, from the Law offices of Eckel, Morgan and O'Connor, LLC, will be here to discuss legal issues and concerns for those caring for someone who is no longer able to care for themselves. 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.**



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.

### Friends of the Council on Aging

We enjoy seeing so many of you attend the luncheon programs we host. A great meal was served at our St. Patrick's Day party thanks to the Nashoba Tech Culinary Class. Getting out and visiting with friends or just watching the entertainment is a healthy part of what we are trying to bring to you. A few laughs might help too.



Speaking of that, join your **Senior Follies** cast on **Sunday, April 17th at 3:00 pm** for the third annual Senior Follies, "**They're No Angels**" at the Littleton High School auditorium. Tickets are on sale at the Thrift Shop for \$5.00 each. Lot's of fun for the family. Hope to see you there

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### THRIFT SHOP

The Thrift Shop held a sweater sale the beginning of March and another on slacks later in the month. This helped with the overload of each of these items.

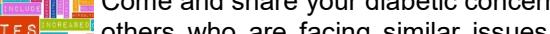
The next sale will be the annual \$3.00 bag sale from **April 25th to May 6th**; that's two whole weeks to find some new things for your wardrobe. And guys, don't forget we have some very nice men's clothes. If you're a man or woman looking for a job and need a good look, we just may have it in our Thrift Shop

Come in and see for yourself **Monday through Friday, from 10:00 am to 3:00 pm**.



## Diabetes Open Discussion Group





Come and share your diabetic concerns with others who are facing similar issues. **The Group meets the 2nd Thursday of each month (April 14th), in Room 233 at 1:00 pm. Call 978-540-2470 if you have questions.** No sign-up needed - just come in.

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## 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.

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# Downsizing Seminar



Learn important and valuable tips from LAER Realtor, Annette DeBisz. This program is geared towards those who are considering downsizing and selling their current home. Angelique Eliopoulos, real estate attorney, will also be available: **Wednesday, April 27th, from 1:00-2:00 pm**; room to be announced when you call to register: **978-540-2470**.

\*\*\*\*\*

# Walking Group Starting Up Again



The Prime Time Trekkers (PTT), a senior citizen walking group, will be starting up again. This will be a great time for you to enjoy Spring, and to see what Mother Nature has prepared for us.



The walks will take place in April and May, with a break for the summer. They will start up again in September. Walks will be **every Tuesday, at 10:00 am**, at a designated location, with directions. Some areas will be on fairly easy walking trails.

If you'd like to be a PTT or would like more information, please call the COA office at **978-540-2470**. Someone will get back to you.

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

|  |   |  |  |
|--|---|--|--|
| <p><b>FIT-4-LIFE with Phyllis</b><br/> <b>Tuesday and Thursday,</b><br/> <b>9:00 to 10:00</b><br/>         Intermediate to Advanced.<br/>         \$2 per session.</p> | <p><b>STRETCH AND FLEX</b><br/> <b>with Carol Winge</b><br/> <b>Tuesday and Thursday,</b><br/> <b>11:15-12:15</b><br/>         Designed for all fitness<br/>         levels. \$2 per session.</p> | <p><b>Gentle Flow Yoga</b><br/>         Join the Gentle Yoga<br/>         group which meets on<br/> <b>Wednesdays from 9:30-</b><br/> <b>10:30 am</b> led by Carol<br/>         Winge. \$3.<br/> <b>NOTE NEW TIME!</b></p> | <p><b>Tai Chi-Qi Gong</b><br/>         Tai Chi-Qi Gong is offered on <b>Mon and</b><br/> <b>Sat from 11:00 am to 12:00 noon</b> in the<br/>         MultiPurpose Room. Tai Chi now also<br/>         meets on <b>Tues evenings at 6:00 pm in</b><br/> <b>Room 230</b>. Join Ray and Dave for this<br/>         stimulating exercise that improves bal-<br/>         ance and concentration. Beginners are<br/>         WELCOME! \$3 per session.</p> |
|--|---|--|--|

# APRIL 2016 MENU

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p>Littleton Senior Diner is open 9:00 am to 1:00 pm<br/>Monday - Friday.<br/>Call: Gayle Dalton for Reservations<br/>Senior Diner<br/>978-540-2474<br/>Suggested Voluntary Donation: \$2.00</p> | <p><b>The Sodium values are listed beside each menu item.</b><br/><b>All Meals include 1% Milk</b><br/><b>Each carton of milk provides 125mg sodium.</b></p>  | <p>Suggested Voluntary Donation: \$2.00</p>   |  | <p><b>1</b><br/>Macaroni and Cheese(488)<br/>Broccoli (9)<br/>Italian Bread (230)<br/>Diced Peaches (5)</p>  |
| <p><b>4</b><br/>Mulligatawny Soup (287)<br/>Roast Pork (73)<br/>Apple Cider Gravy (19)<br/>Au Gratin Potatoes (39)<br/>Rye Bread (150)<br/>Applesauce w/C (2)<br/>HDM: Mixed Veggies (28)</p>    | <p><b>5</b><br/>Grilled Ckn Breast (320)<br/>Hawaiian Sauce (25)<br/>Brown Rice (5)<br/>Tossed Salad (9)<br/>Multigrain Bread (164)<br/>Strawberry Jello (73)<br/>Diet: SF Jello<br/>HDM: Sliced Carrots (43)</p> | <p><b>6*</b> <b>*High Sodium**</b><br/>Three C Soup (299)<br/>*Ham &amp; Cheese Bake (804)<br/>Sweet Potato (26)<br/>Whole Wheat Bread (188)<br/>Fresh Orange (0)<br/>HDM: Stewed Tomatoes (150)</p>  | <p><b>7</b><br/>*Chicken Divan (551)<br/>Rice Pilaf (59)<br/>Peas (2)<br/>Whole Wheat Bread (188)<br/>Oatmeal Raisin Cookie (97)<br/>Diet: Gingerboy</p>   | <p><b>8</b><br/>Meatloaf (214)<br/>Gravy (43)<br/>Winter Squash (0)<br/>Spinach (65)<br/>Honey Wheat Bread (202)<br/>Fresh Pear (2)</p>  |
| <p><b>11</b><br/>Chicken Kielbasa (400)<br/>Corn &amp; Black Beans (231)<br/>Onions &amp; Peppers (27)<br/>Hot Dog Bun (270)<br/>Tropical Fruit Salad (10)</p>                                   | <p><b>12</b><br/>Escarole Soup (52)<br/>Penne w/ Meat Sauce (253)<br/>Whole Wheat Bread (188)<br/>Lime Jello (115)<br/>Diet: Strawberry Grahams<br/>HDM: Green Beans (3)</p>                                      | <p><b>13</b><br/>Grilled Ckn Breast (320)<br/>Rosemary Gravy (35)<br/>Stuffing (196)<br/>Tossed Salad (9)<br/>Honey Wheat Bread (202)<br/>Pineapple (1)<br/>HDM: Sliced Carrots (43)</p>  | <p><b>14</b><br/>Split Pea Soup (96)<br/>Roast Turkey (496)<br/>Herb Gravy (26)<br/>Mashed Potatoes (66)<br/>Multigrain Bread (164)<br/>Strawberry Yogurt (75)<br/>HDM: California Blend Vegetables (27)</p> | <p><b>15</b><br/>Breaded Potato Pollock (273)<br/>Brown Rice (5)<br/>Mixed Vegetables (28)<br/>Cornbread (372)<br/>Mandarin Oranges (7)</p>  |
| <p><b>18</b><br/><br/><b>Holiday-No Meals Served Today</b></p>  | <p><b>19</b><br/>Grilled Ckn Breast (320)<br/>Apricot Glaze (32)<br/>Butternut Squash (0)<br/>Roman Blend Veggies (30)<br/>Multigrain Bread (164)<br/>Pineapple (1)</p>   | <p><b>20 SPECIAL</b><br/>Vegetable Barley Soup (257)<br/>HDM: Pot Roast w/Au Jus (38)<br/>Cong: Roast Beef w/Aujus<br/>Mashed potatoes (66)<br/>Dinner Roll (132)<br/>Apple Streusel Cake (191)<br/>Diet: Apple Grahams<br/>HDM: Brussels Sprouts(12)</p> | <p><b>21</b><br/>Broccoli Bake (482)<br/>Homefries (5)<br/>Stewed Tomatoes (150)<br/>Whole Wheat Bread (188)<br/>Chocolate Pudding (135)</p>   | <p><b>22</b><br/>Chicken Meatballs (190)<br/>Swedish Sauce(10)<br/>Bowtie Pasta (1)<br/>Tossed Salad (9)<br/>Multigrain Bread (164)<br/>Applesauce w/C (2)<br/>HDM: Italian Blend Veggies (41)</p> |
| <p><b>25</b><br/>Navy Bean Soup (222)<br/>Salmon (67)<br/>Lemon Vinaigrette (10)<br/>Scalloped Potatoes (25)<br/>Whole Wheat Bread (188)<br/>Fresh Orange (0)<br/>HDM: Peas (2)</p>              | <p><b>26</b><br/>Beef Patty (200)<br/>BBQ Sauce (110)<br/>Sweet Potato (26)<br/>California Veg (27)<br/>Hamburger Roll (230)<br/>Lemon Cake (248)<br/>Diet: Lemon Grahams</p>                                     | <p><b>27</b><br/>*Breaded Chicken Breast (573)<br/>Mozzarella Cheese (193)<br/>Marinara Sauce (47)<br/>Cavatappi Pasta (1)<br/>Tossed Salad (9)<br/>Multigrain Bread (164)<br/>Strawberry Yogurt (75)<br/>HDM: Spinach (109)</p>                          | <p><b>28</b><br/>Shepherd's Pie (197)<br/>Broccoli (9)<br/>Honey Wheat Bread (164)<br/>Blueberry Loaf (160)<br/>Diet: Peaches</p>  | <p><b>29</b><br/>Tomato Florentine Soup (164)<br/>Chicken Primavera (479)<br/>Rotini Pasta (1)<br/>Italian Bread (230)<br/>Pineapple (1)<br/>HDM: Sliced Carrots (43)</p>                          |

# APRIL 2016

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   |  |  |   | <b>1</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo<br>1:00-2:30 RAD for Seniors         |
| <b>4</b><br>9:00-11:00 Line Dancing<br><b>11:00-12:00 Tai Chi</b><br>Noon Lunch<br>Noon-2:00 "Loving Stitches"                                      | <b>5</b><br>9:00-10:0 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:00-12:00 BP Clinic</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br>1:00 Mah-Jongg<br><b>6:00 pm Tai Chi</b>   | <b>6</b><br><b>9:00-1:00 LSC</b><br><b>9:30-10:30 Yoga (NEW TIME)</b><br>10:00-1:00 SHINE<br>Lunch<br><b>1:00 Friends of the COA Board Meeting</b><br><b>1:00 Basket Weaving Class</b><br><b>1:00-2:30 RAD for Seniors</b> | <b>7</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:30-11:30 Computer Class</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br><b>Noon Fire Dept BP Check</b><br><b>12:45 Scrabble</b>   | <b>8</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo<br><b>1:00-2:30 RAD for Seniors</b>  |
| <b>11</b><br>9:00-11:00 Line Dancing<br><b>11:00-12:00 Tai Chi</b><br>Noon Lunch<br>Noon-2:00 "Loving Stitches"<br><b>1:30 COA Board Meeting</b>    | <b>12</b><br>9:00-10:0 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:00-12:00 BP Clinic</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br>1:00 Mah-Jongg<br><b>1:00-2:30 Social Anxiety Grp</b><br><b>6:00 pm Tai Chi</b>   | <b>13</b><br><b>9:00-1:00 LSC</b><br><b>9:30-10:30 Yoga (NEW TIME)</b><br>10:00-1:00 SHINE<br><b>Birthday Lunch</b><br><b>1:00-2:30 RAD for Seniors</b>  | <b>14</b><br><b>7:30-9:00 Ladies' Breakfast</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:30-11:30 Computer Class</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br><b>Noon Fire Dept BP Check</b><br><b>12:45 Scrabble</b><br><b>1:00 Diabetes Discussion Grp</b><br><b>1:00 Spaghetti Lunch</b><br><b>1:30-2:30 Living Alone Group</b> | <b>15</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo<br><b>1:00-2:30 RAD for Seniors</b> |
| <b>18</b><br>   | <b>19</b><br>9:00-10:0 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:00-12:00 BP Clinic</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br>1:00 Mah-Jongg<br><b>6:00 pm Tai Chi</b>  | <b>20</b><br><b>7:30-9:00 Men's Breakfast</b><br><b>9:00-1:00 LSC</b><br><b>9:30-10:30 Yoga (NEW TIME)</b><br>10:00-1:00 SHINE<br>Noon Lunch<br><b>12:00 LELWD Sr. Luncheon</b><br><b>1:00-2:30 RAD for Seniors</b>        | <b>21</b><br><b>8:00-2:00 36th Annual Sr. Conf</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:30-11:30 Computer Class</b><br>11:15-12:15 Stretch & Flex<br><b>11:00 &amp; 1:30 Indian Hill</b><br>Noon Lunch<br><b>Noon Fire Dept BP Check</b><br><b>12:45 Scrabble</b><br><b>1:00-3:00 Bereavement Group</b>                              | <b>22</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo<br><b>1:00-2:30 RAD for Seniors</b> |
| <b>25</b><br>9:00-11:00 Line Dancing<br><b>11:00-12:00 Tai Chi</b><br>Noon Lunch<br>Noon-2:00 "Loving Stitches"<br><b>1:30 Senior Citizens Club</b> | <b>26</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:00-12:00 BP Clinic</b><br><b>10:30-11:30 Reception for Cortney Walker</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br>1:00 Mah-Jongg<br><b>1:00-2:30 Social Anxiety Grp</b><br><b>6:00 pm Tai Chi</b> | <b>27</b><br><b>9:00-1:00 LSC</b><br><b>9:30-10:30 Yoga (NEW TIME)</b><br>10:00-1:00 SHINE<br>Noon Lunch<br><b>1:00 Crafts at the Council</b><br><b>1:00-2:00 Downsizing Seminar</b><br><b>6:30-8:00 pm Caregivers Mtg</b> | <b>28</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:30-11:30 Computer Class</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br><b>Noon Fire Dept BP Check</b><br><b>12:45 Scrabble</b><br><b>1:00 Movie of the Month</b>  | <b>29</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo                                     |

**IS YOUR BIRTHDAY IN APRIL?  
Free Lunch Wed April 13th  
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 April 11th** by calling **978-540-2474**. All are welcome. Bring a friend.

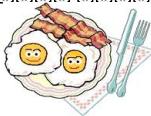


**Get a FREE Class**

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

**LADIES' BREAKFAST**

April 14th—7:30 am to 9:00 am



**MEN'S BREAKFAST**

April 20th - 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**.

**LCC 2nd Annual Day of Caring**



The Littleton Council of Churches will again provide yard work assistance to households in need on the morning of **Saturday, May 21st**. Please contact Tina Maeder in the Outreach Office at **978-540-2472** if you are interested in having an LCC team work on your yard.

**Catholic Heart Work Camp**



The Catholic Heart Work Camp will be here the week of **June 20-24** to assist those in need with chore work and repairs. Please contact Tina for more info, at **978-540-2472**. Must sign up by May 20th.

**Senior Conference April 21**



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



**Basket Weaving Class**

**Wednesday, April 6th at 1:00 pm.** Come learn how to weave and go home with a napkin basket! You will learn basic basket weaving techniques and create a basket that you will be able to use around your home. The basket measures 7x7x4H. Color embellishment options will be available. Jenn Rhodes owns **BasketWeavingSupplies.com** and will lead this **FREE** workshop. Call **978-540-2470** to reserve a seat.

**Littleton High School Band Concert**



**Thursday, May 5th at 7:00 pm.** A free concert by the Littleton High School Band, at the High School.

**Want To Sing?**



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

**\*\*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



April's craft will be a Victorian silk flower arrangement of a tussie mussie or a table basket. \$3, all materials supplied. **Wed, April 27, 1:00 pm in, Room 230. Call 978-540-2470** to reserve a seat.

Mary Gosby will come to the crafts group on **Wed, May 25th at 1:00 pm** in Room 230 to lead a session on tole painting on wood and tin. No experience needed, all materials supplied. Cost is \$3. This is the last Crafts session 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.

## Littleton Senior Citizens Club



Due to the holiday on our usual meeting day, the Littleton Senior Citizens Club will meet on **Monday, April 25th, at 1:30 pm** in the newly renovated Senior Diner and we will be having our annual election of officers.

\*\*\*\*\*

## Looking for Scrabble Players-All Levels



The Scrabble group has moved 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, April 28th at 1:00 pm, "Aloha" 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**



## Penny Sale at St. Anne's Church



On **April 21st at 1:00 pm**, we will have a penny sale instead of Bingo at St. Anne's Church Hall. All Seniors are welcome. Refreshments will be served after this event.

\*\*\*\*\*

## 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



Join us on **Thursday, April 14th from 1:00 to 3:30 pm** for an afternoon of Bingo, prizes and desserts at the Congregational Church. Come and bring a friend. We look forward to seeing you! Any questions, call **Jane Lyons at 978-486-3436.**

## Veteran Services



Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222.

For appointment call **John Boroski at 978-540-2485.**

## SENIOR BOWLING

**Monday through Friday 10:00-1:00**



3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays.

**Acton Bowladrome - 978-263-7638**

\*\*\*\*\*

## INDIAN HILL MUSIC



**BACH'S LUNCH' CONCERT:** Indian Hill Music School presents jazz, swing, and Dixieland tunes with the Justin Meyer Swing Quartet: **TWO SHOWS - Thursday, April 21st 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](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:**

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

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

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

**We also provide rides for Boston and Burlington Medical Appointments**

**Boston** – Littleton van goes to Boston on the 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