

The Broadcaster



HOLIDAY CLOSINGS



Monday, December 25:
Christmas Day
COA and Diner closed



Monday, January 1:
New Year's Day
COA and Diner closed.



Tips to Stay Safe During the Winter Months

Believe it or not, winter is here and while many dread the cold weather and snow, there are several safety measures, according to the CDC, that will help to ensure you are safe and well prepared for the season.

- Check your heating system, before you need it! Be sure everything is working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Check windows and doors to be sure they are properly insulated (this will also help to keep your energy bill manageable).
- Clean out gutters and repair any roof leaks that heavy snow/ice will worsen.
- Test/replace batteries in your smoke detectors/carbon monoxide detectors.
- Keep a full tank of gas in your car.
- Being prepared for weather emergencies is important. When you hear a forecast of a bad storm, it is important to be sure you have enough food and water on hand, as well as batteries, flashlights, a first aid kit and any medicine you need.
- Be cautious when driving, and be sure that the tailpipe of your car is not blocked by snow prior to starting it. Be safe and try to enjoy it!

More information can be found at:

<https://www.cdc.gov/features/winterweather/index.html>

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Happenings—December 2017

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

- Dec 1, Fri at 11:00, **Brains & Balance Class** (P4)
- Dec 2, Sat at 6:00 am, **New York City Shopping Trip** (P7)
- Dec 2, Sat from 9:00-3:00, **Littleton Holiday Bazaar** (P9)
- Dec 2, Sat from 9:30-2:00, **United Woman's Club of Concord Annual Holiday Fair** (P10)
- Dec 4, Mon at 2:00, **Coloring, Coffee and Conversation** (P9)
- Dec 6, Wed at noon, **Friends of the COA "Silver Bells & Snowflakes" Christmas Luncheon** (P4)
- Dec 6, Wed at 5:30 pm, "Know Your Rights: Living in a Mobile Home Community" Presentation (P9)
- Dec 8 and Dec 15, Fridays from 10:30-11:45, **Stress Management Through Self Care** (P4)
- Dec 8, Fri from 10:30-11:45, **Book Buddy Program** (P10)
- Dec 14, Thurs, **Boston Pops Holiday Concert** (P7)
- Dec 14, Thurs at 10:00, **Holiday Fraud Presentation** (P9)
- Dec 18, Mon from 10:00-11:00, **Emerson Hospital Center for Advanced Wound Care Breakfast** (P7)
- Dec 20, Wed at 11:00, **Ramblin' Richard Holiday SongFest** (P9)
- Dec 21, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Dec 21, Thurs at 11:00 and 1:30, **Indian Hill Bach's Lunch** (P8)
- Dec 21, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Dec 27, Wed from 8:00-9:00, **Veterans Breakfast** (P8)
- Dec 27, Wed at 1:00, **Crafts at the Council** (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**
- Mon and Sat, from 11:00-12:00, and Mon evenings at 6:00 pm, **Tai Chi-Qi Gong**

Bill Vales' Internet & Computer Classes

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



- Dec 7 – Data backup strategies
- Dec 14 – Moving email systems; moving contacts/address book, notifying people and websites.

Going on vacation? Call 978-540-2470 to stop your Broadcaster mailings. This saves the COA money. Thank you!

STAFF

Tina Maeder, Outreach Coord.
Nicole Lorenson, Outreach Coord.
Helen Bailey, MART Driver
Neil Campbell, MART Driver
Richard Kent, MART Driver
Gina Monahan, MART Driver
William Monahan, MART Driver
Sam Palmer, MART Driver
Paul Tokmakian, MART Driver
Gayle Dalton, Senior Diner Manager
Nancy Hilsinger, Editor

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Dottie Ruiz, Secretary
Ellen Araujo
Sharon Corbin
Andy Fredette
Carol Vales

33 Shattuck Street,

P.O. Box 1305

Littleton, MA 01460

Main Phone: 978-540-2470

Fax: 978-952-2363

Outreach: 978-540-2472

Senior Diner: 978-540-2474

COA Office Hours:

Monday-Friday

8:30 am- 4:30 pm

COA Outreach Hours:

Monday-Friday

9:00 am-3:00 pm

Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our site, www.littletonma.org, select "Sign up for Town Notifications," and enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

Stress Management through Self-Care



You are probably aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. **But do you realize that your ability to manage stress is just as important for your overall health and well-being?**

Join Health and Wellness Professional Lauren McHugh as she describes the effect that stress has on our health. She will then share some simple but powerful strategies for preventing and reducing it. This interactive course will give you the opportunity to share ideas, meet new people, and create a plan to try every strategy discussed! Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need!

Stress Management through Self-Care will take place on **Friday, December 8th AND Friday, December 15th from 10:30-11:45 am in Room 233**. Please register for both sessions by calling **978-540-2470**.

Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellcoaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist, NASM Senior Fitness Specialist, and "A Matter of Balance" Coach.



Free Blood Pressure Screening

Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Tamara Bedard from Nashoba Nursing Service joins us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner**.



Chair Massages!

Shirley Jenner, Licensed Massage Therapist will be providing chair massages on the following mornings: **January 8th and 22nd, February 5th and 26th, and March 12th and 26th**. The American Massage Therapy Association reports that a massage can ease stress and anxiety, improve balance, help you sleep better and reduce arthritic pain in addition to numerous other benefits. The cost is \$3 per person. Appointments are necessary. **Please call 978-540-2470 to reserve your spot and come relax!**



Brains and Balance Classes!

The last of the Brains and Balance classes will be held on **Friday, December 1st at 11:00 am, in the Multi-Purpose Room**. Call the COA office at **978-540-2470** or come in to sign up.



Friends of the Council on Aging

The season has begun and the Friends of the COA are set to go. We've reserved the Multi-Purpose room for our **Christmas "Silver Bells and Snowflakes" Luncheon on Wednesday, December 6th at noon**. A light lunch will be served. Also get ready to sign up for the January 10th 50's party and February 14th Valentine's luncheon. As always, signing up at the COA office is a **MUST**.

Call **978-540-2470** to sign up. We are looking for new programs for our "Citizens Older and Active" (COA). Any ideas? Leave your name and phone number with the COA office and we will get back to you ASAP.



THRIFT SHOP

Winter coats and clothing are in. Is it really Winter? Ready or not, we have what you need for any weather. Stop in and see us. We will be happy to help with your search.

The Thrift Shop is open **Monday through 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.

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.

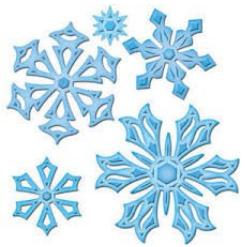


STRETCH AND FLEX with Carol Winge
Tuesday and Thursday, 11:15-12:15
 Designed for all fitness levels. \$2 per session.

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 **Monday evenings at 6:00 pm in the Multi-Purpose Room**. Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are WELCOME! \$3 per session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>	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			1 Lasagna Broccoli Herbed Carrots
4 Beef Patty with Onion Gravy Wild Rice Broccoli Wheat Bread Mixed Fruit	5 Beef Bolognaise Penne Italian Blend Vegetables Multigrain Bread Blueberry Yogurt	6 Hot Dog Baked Beans Sliced Carrots Hot Dog Bun Fresh Fruit	7 Grilled Chicken with Marsala Sauce Mashed Potatoes Green Peas Apple Streusel Cake	8 Beef Stew Green Beans Multigrain Bread Tropical Fruit
11 Cheese Omelet with Cheese Sauce Sausage Links Home Fries Wheat Bread Fresh Orange	12 Bok Choy Soup Teriyaki Chicken Brown Rice Multigrain Bread Tropical Fruit	13 Steak & Peppers Grinder Roll Tossed Salad Tater Tots Fresh Fruit	14 Escarole Soup Grilled Chicken with Lemon Picatta Sauce O'brien Potatoes Wheat Bread Brownie	15 Roast Pork Herb Gravy Sour Cream & Chive Potatoes Genoa Blend Veg Multigrain Bread Blueberry Yogurt
18 Minestrone Soup Lasagna Roll-up with Meat Sauce Italian Bread Peaches	19 Special Roast Beef with Au Jus Mashed Butternut Squash Broccoli Au Gratin Wheat Dinner Roll Blueberry Cobbler	20 Pumpkin Bisque Grilled Chicken with Marsala Sauce Almond Brown Rice Pilaf Multigrain Bread Fresh Fruit	21 Beef & Lentil Chili Brown Rice Tossed Salad Corn Bread Strawberry Yogurt	22 Chicken Cacciatore Bowtie Pasta Summer Blend Veg Wheat Bread Blueberry Snack N Loaf
25  NO MEALS SERVED	26 Baked Haddock with Lemon Dill Sauce Au Gratin Potato Carrots Multigrain Bread Mandarin Oranges	27 Meatballs with Stroganoff Sauce Egg Noodles Tossed Salad Wheat Bread Cranberry Apple Crisp	28 Lentil & Kale Soup Roast Pork with Cran-Orange Sauce Yams White Bread Applesauce Cup	29 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Raisins

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
4 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee and Conversation 6:00 pm Tai Chi	5 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-2:30 Social Anxiety Grp 12:30-3:30 Mah-Jongg	6 9:00-1:00 LSC 9:30-10:30 Yoga Noon- Friends' Christmas Lunch 1:00-3:00 SHINE 5:30 pm "Know Your Rights: Living in a Mobile Home Community"	7 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	8 10:00 Wii 10:30-11:45 Stress Management Through Self Care 10:30-11:45 Book Buddy Program Noon Lunch 1:00-2:30 Bingo
11 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Mtg 6:00 pm Tai Chi	12 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 12:30-3:30 Mah-Jongg	13 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch 1:00-3:00 SHINE	14 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:00 Holiday Fraud Presentation 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Fire Dept BP Check Noon Lunch 1:00 Scrabble Boston Pops Holiday Concert	15 10:00 Wii 10:30-11:45 Stress Management Through Self Care Noon Lunch 1:00-2:30 Bingo
18 9:00-11:00 Line Dancing 9:00-1:00 LSC 10:00-11:00 Emerson Wound Care Center Breakfast 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	19 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-2:30 Social Anxiety Grp 12:30-3:30 Mah-Jongg	20 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Ramblin' Richard Song-Fest Noon Lunch 1:00-3:00 SHINE	21 9:00-10:00 Fit 4 Life Class 10:45-Noon Living Alone Grp 11:00 and 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00-2:30 Bereavement Grp	22 10:00 Wii 1:00-2:30 Bingo
25 	26 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 12:30-3:30 Mah-Jongg	27 8:00-9:00 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE 1:00 Crafts at the Council	28 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	29 10:00 Wii 1:00-2:30 Bingo

**IS YOUR BIRTHDAY THIS MONTH?
Free Lunch Wed, December 13th
HAPPY BIRTHDAY!**



Your lunch will be paid for by Minuteman Senior Services. Lunch will be served in the Senior Diner. Cake provided by COA. **Make reservations by December 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 when you attend 6 or more classes in the previous month (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 the first of the month in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

LADIES' BREAKFAST



December 14th - 7:30 am to 9:00 am



MEN'S BREAKFAST



December 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**.

New York City Shopping!

Y  **N Y** Saturday, December 2nd. Departs from Littleton at **6:00 am** with stops at Rockefeller Center and Macy's. Shopping or sightseeing on your own, with departure from New York at **6:00 pm**. Cost is \$69. Contact Littleton Park and Rec **978-540-2490** for reservations or more details.

Boston Pops Holiday Concert

 Thursday, December 14th. Departs from Littleton in the am with lunch at the Venezia Restaurant overlooking the harbor. Attend the 4:00 pm matinee performance from First Balcony seats. Arrive home at approximately 7:00 pm.

Contact Littleton Park and Rec **978-540-2490** for reservations or more details.

Planning a day trip? Consider buying Trip Insurance- talk with Park and Rec about cost and conditions.

Center FOR
ADVANCED WOUND CARE

Mark your Calendar for a Special Breakfast Event!

Monday, December 18th 10:00-11:00 am

The Emerson Hospital Center for Advanced Wound Care delivers state-of-the-art outpatient clinical care. Our specialized team provides comprehensive therapy using the latest scientific advances, all while healing your wound in a truly compassionate way. After all, not all wounds are skin deep. To treat difficult, chronic wounds, it takes a strong, caring team and a deep commitment. It takes a group of physicians with advanced training in wound management, a nursing staff trained in chronic wound treatment and technicians ready to assist you along the way. Together, we complement your physician's services to deliver the best care possible.

We will discuss:

- Diabetes and wounds
- Vascular issues and wounds
- Trauma - falls, scrapes and bumps!
- Surgical wounds that haven't healed
- Radiation complications

Please call **978-540-2475** to reserve your spot!

Crafts at the Council

Come and enjoy a calming craft with Anita after the Christmas holiday on **Wednesday, December 27th at 1:00 pm, in the Multi-Purpose Room**. She will show us the many uses of decorating with buttons. Her husband David has once again used his carpentry skills in making us the framework for our creations. Please join us.

Please call **978-540-2470** to register for this class. The cost is \$3.

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.

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

Veterans Breakfast

 Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday December 27th (last Wednesday of the month), Senior Diner at Town Hall, 8:00-9:00 am.**

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**.

Come Join the Fun!!

Line Dancing	Mondays at 9:00 am. MultiPurpose Room – no signup needed.
Mah Jongg	Tuesdays from 12:30-3:30 pm in Room 230.
Bingo	Friday afternoons from 1:00 - 2:30 pm in the Senior Diner

Movie of the Month

 **There is no Movie of the Month for December.**

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!**

Senior Bingo Afternoon



Come join us for an afternoon of Bingo, prizes and refreshments on **Thursday, December 14th** at the Congregational Church from **1:00 to 3:30 pm**. We look forward to seeing you! Jane Lyons [978-486-3436](tel:978-486-3436).

Bingo at St. Anne's Church



The Sunshine Club will meet on **Thursday, December 21st at 1:00 pm** in the Conference Room at St. Anne's Church. (Enter single glass door closest to the garage. Go down the stairs - bottom of stairs door to Conference room is on the right.) Bingo (Holiday style) is free and winners get small prizes. Refreshments are served after the games. The group is non-denominational.

We request that Bingo players do not arrive before 12:30 pm. The Conference Room is frequently used before the Sunshine Club meets, and we need some time to set up. Thank you.

For more information call Topsy Hunt at [978-486-3783](tel:978-486-3783).

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

 Indian Hill Music School presents the Justin Meyer Jazz Quartet: **TWO SHOWS - Thursday, December 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.

Call to reserve tables for groups of five or more for December. **Please do not make reservations via email.** Thank you!

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

Know Your Rights: Living in a Mobile Home Community



The Northeast Justice Center, a civil legal aid organization, will be hosting a "Know Your Rights: Living in a Mobile Home Community" Presentation on **Wednesday, December 6th, at 5:30 pm** at the Littleton COA.

Ever wondered who is legally responsible for paying to replace your oil storage tank? Or supplying, maintaining, and repairing equipment and systems for basic utilities - including heat - to your home site? Under what circumstances does the Operator have a right to enter your lot and/or home? Am I responsible for repairing damage to my driveway?

This informative presentation seeks to educate mobile home community residents on their basic legal rights living in a mobile home community under Massachusetts law, as well as tell you about the free legal services it provides to low-income, elderly and other vulnerable individuals across Northeastern Massachusetts.

Please call **978.540.2470** to reserve a spot!

Ramblin' Richard Holiday SongFest



Join us for a Holiday program of songs and stories on **Wednesday, December 20th at 11:00 am in the Multi-Purpose Room**. Ramblin' Richard will perform an array of well-known and beloved secular Christmas holiday songs such as: Holly Jolly Christmas, Santa Claus is Coming to Town, Winter Wonderland, Jingle Bells, White Christmas, and Rudolph the Red Nosed Reindeer. In addition to singing the songs, accompanied by three instruments, Richard will tell their interesting and little-known stories about how the songs came about and how they related to the life and times in America.

Littleton Holiday Bazaar

 **On Saturday December 2nd, 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 home-made 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.



Whether you know someone or are someone with a memory impairment or other impairment that may make it difficult to eat out in a crowded, often times, loud restaurant, The Purple Table Reservation is a new initiative that tries to make it easier and more enjoyable to get out.

The Purple Table Reservation restaurant training program is designed for those who are living with Dementia/Alzheimer's Disease, Autism, PTSD, TBI, a hearing or vision impairment, or other physical or cognitive condition that may benefit from a more predictable environment and additional accommodations when dining out. A Purple Table Reservation ensures that you and your loved ones will be assisted by staff who have been trained to understand and accommodate different needs.

Locally, there are 2 restaurants that offer a Purple Table Reservation:

The Red Raven, 3 Nagog Park Acton, Massachusetts 01720, Phone: 978-274-2231.

Rapscallion Table & Tap, 5 Strawberry Hill Road Acton, Massachusetts 01720, Phone: 978-429-8161.

Learn more at www.purpletables.com

Coloring, Coffee and Conversation



The next meeting will be **Monday, December 4th at 2:00 pm in Room 230**. No charge – coloring blanks and books available. Bring your pencils and pens. Group normally meets the first Monday of the month.

Holiday Fraud



The holidays are right around the corner. Are you armed with vital information to keep yourself safe from scammers?

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them.

Enjoy the holiday season with peace of mind and information to keep you safe.

This valuable program will take place on **Thursday, December 14th at 10:00 am**. Please call **978-540-2470** to reserve your spot.

AARP Tax Program 2017 2017 Income Tax Help



Please call the **COA** at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2017.

AARP provides training and sponsors this volunteer program. If you are over 50 and cannot afford to pay a tax preparer, this program was designed for you! AARP membership is not required.

Bring with you:

- Your 2016 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-2's, SSA-1099's, 1099's (DIV, INT, B, G, MISC, etc.) schedule K-1's, 109's etc.
- The amount and date of any federal and state estimated tax payments that you made.
- All 4 quarterly property tax bills that you paid in calendar year 2017. It is very important that you bring all 4 bills that you paid in calendar year 2017.
- All water bills that you paid in calendar year 2017.
- Medical and Dental Expenses- bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).

Sausage-Stuffed Acorn Squash

Ingredients:

2 medium acorn squash, cut lengthwise in half, seeded
1 package Jimmy Dean Premium Pork Hot Roll Sausage (or any sausage of your choice)
½ cup chopped onion
1 ½ cups soft bread crumbs
1 cup packed baby spinach, chopped
½ cup dried cranberries
½ cup shredded sharp cheddar cheese
¼ cup slivered almonds, toasted
1 egg
2 tablespoons milk

Place squash, cut-sides down, in microwavable dish; cover. Microwave on HIGH 10-12 minutes or until tender. Cool slightly

Cook sausage and onion in a large skillet over MEDIUM-HIGH heat 8-10 minutes or until thoroughly cooked, stirring frequently; drain. Add remaining ingredients, mix well.

Turn squash halves over, fill with sausage mixture. Microwave, covered, 2-3 minutes or until thoroughly heated. Cut in half to serve.

Big thanks to Joyce for this delicious recipe!
If you have a recipe to share, please email it to
nlorenson@littletonma.org

Book Buddy Program



The Book Buddy Program started again in November. Once a month, on an assigned day, you will go to Shaker Lane School and meet with Michelle Barth, and her Kindergarten class.

We will be assigned 1-2 Buddies each, and read stories together. This is a fun program. You won't be disappointed. There is a limit of 15 seniors for each class.

The dates are always on a Friday, and the times are always at **10:30-11:45 am** These dates are: **December 8th, (None in January and February), March 2nd, April 6th, and May 4th**.

If you are interested, please call the **COA office at 978-540-2470**. They will need your name, phone number, and email address. Someone will get back to you with details.

ANNUAL HOLIDAY FAIR United Woman's Club of Concord

More than a hundred years of philanthropy - Role Models Superstars - Live by Example - United Woman's Club of Concord



Saturday, December 2nd

9:30 am to 2:00 pm

Harvey Wheeler Community Center
1276 Main St, Concord, MA 01742

Save the date – mark your calendar

*Jewelry: 5 nine foot tables of costume & high end.

*Hand crafted ornaments, doll clothes, quilts, hostess gifts & much more.

*Boutique & exceptional attic treasures.

*Sweets & Treats like grandma made and Café serving lunch & refreshments.

For additional info please contact:

lisamankitafay@yahoo.com or 617-327-8159



Find us on
Facebook

Did you know that Littleton Elder and Human Services has a Facebook page? Stay connected by searching for us to get daily updates and information on our events as well as helpful tips for town residents. In addition to the monthly newsletter this is a great place to get information right away and connect with other Littleton residents and COA members.



The Littleton Council on Aging values the diversity of our participants, staff, volunteers, and the Littleton community. We strive to promote a welcoming environment including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

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 TRANSPORTATION 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.

- 1st and 3rd Fridays – Boston area hospitals
- 2nd and 4th 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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