

The Broadcaster



REMINDER!

Daylight Savings Time ends Sunday, November 5th. Don't forget to turn your clocks back one hour.

A Message from the COA Board

As many of our Littleton seniors have heard, our Director of Elder and Human Services has resigned her position. We want to take this opportunity to express our thanks for all she was able to accomplish for the senior community and general community of Littleton in her time with us.

We are on the verge of a whole new potential for our seniors in effective programming for their health and strength. We aim at meeting their needs in terms of affordable and adequate housing that will allow them to remain in Littleton for the rest of their lives. We strive to provide many opportunities to seniors to cover the increasing expenses of retired life through tax work-off programs, grants, stipends, and financial aid. We continue to utilize our comprehensive study of senior needs. Our new van has provided for additional transportation needs for the safety and comfort of our riders.

The Board of the Council on Aging has worked closely with other Town boards to make the lives of our senior population as enjoyable as possible. We pledge to continue the work to make Littleton a multi-generational community in every sense of the word. We invite you to work with us and with the office of Elder and Human Services to meet the needs of your life, and to be an active part of the senior community.

Your attendance and participation at any and all activities and programs are more than welcome. We invite you to explore the opportunity to serve, as there are two openings on the Council on Aging Board.

Marge Payne, Chair; Paddie Hunt, Vice Chair; and Bob Stetson, Secretary - Littleton Council on Aging.

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Happenings—November 2017

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

- Nov 3, 17 & 24, Fridays at 11:00, **Brains & Balance Class** (P4)
- Nov 6, Mon at 2:00, **Coloring, Coffee and Conversation** (P4)
- Nov 6, Mon from 6:30-7:30 pm, **“Dementia Conversations”** (P4)
- Nov 13, Mon morning, **Chair Massage-by Appointment** (P4)
- Nov 14, Tues at 10:00, **“Meet & Greet Nicole Lorenson”** (P7)
- Nov 16, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Nov 16, Thurs at 11:00 and 1:30, **Indian Hill Bach’s Lunch** (P8)
- Nov 16, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Nov 17, Fri at 7:30 pm, **Littleton Lyceum, Dances of India** (P9)
- Nov 29, Wed from 8:00-9:00, **Veterans Breakfast** (P8)
- Nov 29, Wed at 1:00, **Crafts at the Council** (P8)
- Nov 29, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Nov 30, 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**
- Mon and Sat, from 11:00-12:00, and Mon evenings at 6:00 pm, **Tai Chi-Qi Gong**.

December Happenings:

- Dec 2, Sat, **New York Shopping Trip** (P7)
- Dec 14, Thurs, **Boston Pops Holiday Concert** (P7)

HOLIDAY CLOSINGS

- ★ **Friday, November 10: Veteran’s Day—COA and Diner Closed** ★
- ★ **Thursday, November 23: Thanksgiving—COA and Diner Closed** ★
- ★ **Friday, November 24: Town Offices Open; Senior Diner Closed** ★

Bill Vales’ Internet & Computer Classes

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



- Nov 2** - Sharing information on the web (Dropbox, Google Drive)
- Nov 9** - Social Media. (Facebook, LinkedIn, Google+)
- Nov 16** - Digital Photography (Part 1)
- Nov 23** - (no class, Thanksgiving)
- Nov 30** - Digital Photography (Part 2)

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

BOARD MEMBERS

Marjorie Payne, Chair
Mary “Paddie” Hunt, Vice Chair
Robert Stetson, Secretary
Mary Catalanotto
Maureen Donnelly
Jean Johnson
Mary Pickard

FRIENDS OF THE COA

Barbara McRae, President
Nancy Levine, Vice President
Tony Jesensky, Treasurer
Dottie Ruiz, Secretary
Ellen Araujo
Sharon Corbin
Andy Fredette
Carol Vales

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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.

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 Tina at 978-540-2472, or Nicole at 978-540-2475 to schedule an appointment.

Living Alone & Living Well Group

The group will meet on **Thursday, November 16th from 10:45-12:00 Noon** in room 233. Please call Tina Maeder for more information at: **978-540-2472**.

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.

The LSC is accepting new residents into this program. The cost includes transportation and lunch.

Please call Tina Maeder at **978-540-2472** for more details or to sign up.

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (November 16th) from 1:00-2:30 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, November 7th and 21st, from 1:00-2:30 pm, in Room 233**. New members are welcome, but 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. This month's meeting will be held in the Senior Diner on **Wednesday evening, November 29th from 6:30-8:00 pm**. We welcome back Jennifer Cook, Director of Community Relations for the Atrium in Chelmsford, a Benchmark Community.

Please call **Nicole at 978-540-2475** if you plan on attending.



Do you need help paying for your heat this winter? We can help provide information for assistance for you. Call Tina Maeder at 978-540-2472, or Nicole Lorensen at 978-540-2475 in the Outreach office.

SMOC Fuel Assistance Program

The Outreach office has been busy with recertification of SMOC applications and will accept new applicants after November 1, 2017. Appointments are needed to complete a fuel assistance application or recertification.

2017-2018 Guidelines

<u>Household Size</u>	<u>Gross Annual Income</u>
1 person household	\$34,380
2 person household	\$44,958
3 person household	\$55,537
4 person household	\$66,115

Please call **Tina at 978-540-2472 or Nicole at 978-540-2475** in the Outreach Office if you are in need of energy assistance. Other energy assistance programs are also available.

November is National Caregivers Month



As a Caregiver, many times your own health and well-being gets put on the back burner while caring for someone else. Some helpful tips for Caregivers from the Alzheimer's Association: find time for yourself, ask for help and support, from family members or look into a respite program, visit your doctor regularly, try to maintain a healthy diet and exercise regimen.

Caregiving is a full time job, so give yourself credit for all that you do and try to make time for yourself.

Medicare or Health Insurance Questions?



Our trained **SHINE** (Serving Health Information Needs for Everyone) counselor is at the COA every **Wednesday from 1:00-3:00 pm**. Call **978-540-2470** to make a private, confidential appointment. Appointments are needed. **SHINE** services are provided through Minuteman Senior Services.

A reminder that the Outreach Office (978-540-2472 or 978-540-2475) is available to assist caregivers in finding Respite Services if needed.

Alzheimer's Program



"Dementia Conversations", on Monday, November 6th from 6:30-7:30 pm in Room 230. This workshop will offer tips on making legal and financial plans, driving concerns and working with your doctor.

Registration is required and we need a minimum of 10 for the program to run, so please pre-register at **1-800-272-3900**.

Chair Massages!



Shirley Jenner, Licensed Massage Therapist will be providing chair massages on the morning of **Monday, November 13th**. The cost is \$3 per person. 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. **Please call 978-540-2470 to reserve your spot and come relax!**

Brains and Balance is Back!



Losing your balance and losing your mental capacity are no longer inevitable parts of the aging process! Brains and Balance classes will be held on **Fridays, November 3rd, 17th and 24th at 11:00 am, in the Multi-Purpose Room**. The series runs every Friday through December 1st. The cost is \$25, paid in advance. You will come away stronger and better prepared to stay upright. **Call the COA office at 978-540-2470 or come in to sign up.**

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**.

Line Dancing



Line Dancing with Kari, **Mondays 9:00-11:00 am**—drop in class in the Multi-Purpose room - \$3.00.

Beginner class from 9:00-9:30 am, Beyond Beginner from 9:30-11:00 am
Come enjoy the fun AND benefits

Do you know someone who is struggling with utility or food bills?

Have them contact the COA office at 978-540-2470.

Friends of the Council on Aging



Veterans Day

Friends of the COA will be saluting (Littleton) Veterans by welcoming all ages and branches to our annual **Veteran's Day lunch on Wednesday, November 8th at noon**. Join us at the Shattuck Street Multi-Purpose room for a turkey dinner catered

by Shirley Caterers.

Deadline for reservations is November 6th. Please call the COA office at **978-540-2470** to sign up. Veterans and spouses are free. Guests pay \$5.00.

THRIFT SHOP



It's time for a change. We are looking for someone to manage the Thrift Shop. It has been under the same management for the past 20 years and it's time for retirement. If you're interested in this rewarding "volunteer" job please call Barbara at **978-263-7905**.

A huge thank you to George Ogilvie for the help and time he gives to our Thrift. He is greatly appreciated.

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.



Minuteman Senior Services NOVEMBER 2017 Senior Dining Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>	<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>1 Sweet N Sour Pork Vegetable Fried Rice Oriental Blend Veg Wheat Roll Mandarin Oranges Fortune Cookie</p>	<p>2 Meatballs Penne Pasta Tossed Salad Italian Bread Vanilla Pudding</p>	<p>3 Potato Pollock Brown Rice Broccoli Wheat Bread Fig Bar</p>
<p>6 Macaroni & Cheese Stewed Tomatoes Pumpnickel Bread Mixed Fruit</p>	<p>7 Chicken Picatta Bow Tie Pasta Corn Niblets Marble Rye Bread Tropical Fruit</p>	<p>8 Beef Patty w/ Gravy Garlic Mashed Potatoes Tossed Salad Wheat Bread Yogurt</p>	<p>9 Chicken A La King Brown Rice Winter Blend Veg Biscuit Fresh Fruit</p>	<p>10  No Meals Seved</p>
<p>13 Beef Stew Green Beans Marble Rye Pineapple</p>	<p>14 Holiday Meal **High Sodium** Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Stuffing Cranberry Sauce Dinner Roll Vanilla Mousse</p>	<p>15 Chicken Milano Yukon Gold Potatoes Mixed Vegetables Whole Wheat Bread Fruited Ambrosia</p>	<p>16 Broccoli Bake Home Fries Stewed Tomatoes Pumpnickel Bread Fresh Fruit</p>	<p>17 BBQ Pork Rib Brown Rice Peas and Carrots Hamburger Roll Raisins</p>
<p>20 Chicken Sausage Jambalaya* Rice Pilaf Green Peas Wheat Bread Mandarin Oranges</p>	<p>21 Fish Victor Sour Cr/Chive Potatoes Vegetable Soup Wheat Roll Peaches</p>	<p>22 Swedish Meatballs with Gravy Wide Noodles Scandinavian Vegetables Italian Bread Fresh Fruit</p>	<p>23 24  No Meals Seved</p>	
<p>27 Roast Pork w/ Gravy Mashed Sweet Potatoes Winter Mix Vegetables Wheat Bread Cherry Muffin</p>	<p>28 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple</p>	<p>29 Baked Ham Hawaiian Tossed Salad Cauliflower Wheat Roll Applesauce Cup</p>	<p>30 Salmon Boat w/ Dill Sauce Garlic Mashed Potatoes Peas & Pearl Onions Marble Rye Bread Cranberry Cake</p>	



NOVEMBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting 1:00-3:00 SHINE	2 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	3 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
6 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 6:30-7:30 pm Dementia Conversations	7 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	8 9:00-1:00 LSC 9:30-10:30 Yoga Noon Veterans Day Luncheon 1:00-3:00 SHINE	9 7:30-9:00 Ladies' Breakfast 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	10  No Meals Served
13 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 Chair Massage in the morning—by appointment	14 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-11:00 "Meet and Greet" Nicole Lorenson 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	15 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch 1:00-3:00 SHINE	16 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer 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 Fire Dept BP Check Noon Lunch 1:00 Scrabble 1:00-2:30 Bereavement Grp	17 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum, "Dances of India"
20 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	21 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	22 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE	23 	24 10:00 Wii 11:00 Brains & Balance 1:00-2:30 Bingo Senior Diner Closed; No Meals Served
27 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	28 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	29 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 6:30-8:00 pm Caregivers Meeting	30 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 1:00 Movie of the Month	

IS YOUR BIRTHDAY THIS MONTH? Free Lunch Wed, November 15th **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 November 13th** 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

November 9th - 7:30 am to 9:00 am



MEN'S BREAKFAST

November 15th - 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!



Saturday, December 2nd. Departs from Littleton at **6:00 am** with stops at Rockefeller Center and Macy's. Shopping or sight-seeing 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.

****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. Come in and show us the error and we'll give you your coupon. Happy hunting!

New Addition to Outreach Dept

Nicole Lorenson



Nicole Lorenson is our new full-time Outreach Coordinator, who will be working closely with Tina Maeder. Nicole was born and raised in Littleton and moved to Pepperell 4 years ago. When she's not working she can be found snuggling with her 6 month old son, Hayden.

A UMASS Lowell graduate with lots of experience working with elders both in the community and in residential settings-Nicole is eager

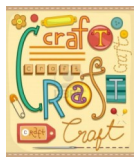
to get to know each and every one of you. Next time you're in the area, stop by and introduce yourself!

WELCOME

Please join us in the Littleton Senior Diner on **Tuesday, November 14th, from 10:00-11:00 am** to welcome **Nicole Lorenson** to Littleton COA/Elder and Human Services. Many of you have already met Nicole, who started in September as an additional Outreach Coordinator for the COA/LEHS.

Please let us know if you plan on attending by calling **978-540-2470** to sign up so we can plan for refreshments.

Crafts at the Council



Wednesday, November 29th at 1:00 pm in the Multi-Purpose Room. How can we not offer the fresh greens arrangements for your holiday table. Come and make an arrangement with fresh greens gathered by our team, Anita, Kathy and Sharon trudging through the woods!

Add your personal touch of adornments. We will also have ornaments ready for the making. Please call **978-540-2470** to register for this class. \$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 November 29th (last Wednesday of the month), Senior Diner at Town Hall, 8:00-9:00 am.**

Veteran Services



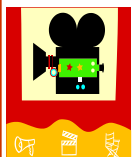
Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222. For appointment call **John Boroski at 978-540-2485.**

Come Join the Fun!!



- Line Dancing** Mondays at 9:00 am. Multi-Purpose Room – no sign up 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



Thursday, November 30th at 1:00 pm, "Beauty and the Beast" will be shown in Room 230. This is the live action movie with Emma Watson, from 2017. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470.**



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 on **Thursday, Nov. 9th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes and refreshments. Bring along a friend to enjoy an afternoon playing Bingo with friends—it's free! Look forward to seeing you!
Jane Lyons (978-486-3436).

Bingo at St. Anne's Church



The **Sunshine Club at St. Anne's Church** will meet on **Thursday, November 16th at 1:00 pm** in the Conference Room. (Enter single glass door closest to garage. Go down the stairs -- bottom of stairs, door to Conference Room is on the right.) BINGO 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.** 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.**

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 Music of J.S. Bach featuring Tatiana Kolossova Bercu (piano & Harpsichord): **TWO SHOWS - Thursday, November 16th 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 of 5 or more at [\(978\) 486-9524](tel:9784869524) (press 0). Learn more at www.indianhillmusic.org.

Please do not make reservations via email. Thank you!

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

Littleton Lyceum

Established 1829

Dances of India

Friday, November 17th, 7:30 pm



This performance will be a visually stunning and musically enthralling array of traditional and modern dance from India. It will include classical dances such as Kuchipudi, Kathak and Odissi as well

as folk dances representative of the different Indian states. You will also experience Bollywood dance and a fusion dance that is a combination of eastern and western dance moves and music. Each dance piece will be very unique in form and attire, in beat and rhythm and in its grace and elegance, each piece will tell its own beautiful story. Programs take place at the Littleton High School Performing Arts Center.

Purchase tickets online at littletonlyceum.org

Common Scams—Don't Get Tricked!!



Email Scam: This scam puts you at great risk – a successful email scam can get access to your computer and your bank records. Some scams happen when thieves break into the computer of someone you know and use their address book to send you an enticing email: "This is the funniest thing I've ever seen! Click here!" or "I really needed to share this with you. Click Here!". Another email scam looks like it is from your bank, credit card company, etc. and is asking you to "update your account information".

What to do? If you get an email from someone you don't know, never click on it. If you get a suspicious email (like one of the above) from someone you know, be cautious. Send them a separate email (don't use reply) and ask if they just sent you a link. You may be surprised to have a reply that says "I'm so sorry – someone broke into my computer and they are sending emails to everyone".

The Grandparent Scam: This is when a criminal calls a senior pretending to be a grandchild in trouble. In some instances, they are aware of the grandchild's name and use it (they might get this from Facebook). The scammer tells the senior they need a credit card number or to have money wired to them *immediately*, and begs them not to tell their "parent." Frightened seniors panic and comply.

What to do? The scammers often trick you by saying "Grandma, I'm in trouble!". Then when you respond with "Jeremy, is that you?" they start calling themselves "Jeremy". If you get a call like this, tell their "grandchild" that you are ending the conversation and will call them right back. Use the phone number that you have for the child. If the child doesn't pick up, it is likely a scam call. **Contact the Littleton Police at 978-540-2300.**

Meals on Wheels for Homebound Seniors



Littleton Elder and Human Services, through Minuteman Senior Services, provides home-delivered hot meals to frail elders and homebound seniors. With advance request, frozen meals for evenings and weekends can also be delivered with the noon hot meal. Each meal meets 1/3 of the Recommended Dietary Allowances for adults and is appropriate for a 'no added salt' diet. Therapeutic diet meals are available with a physician's prescription. You must be 60+ years old and homebound. Requested donation is \$2 per meal. To sign up: Call Minuteman Senior Services **888-222-6171** and ask for Meals on Wheels.

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.

Need Help with Your "Device"?



Let the Tiger Tech Help Desk team help **you** with problems with your iPhone, iMac, Android phone, Chromebook, Facebook, Skype, photos, Windows, and with searching the web. Littleton High School students are ready and able to help you with your problems.

Call the COA at 978-540-2470 to sign up for a "help session". Students meet with seniors on **Tuesday afternoons from 2:30-3:30 pm** at the High School Library. You must have an appointment. This is a free service.

Coloring, Coffee and Conversation



The next meeting will be **Monday, November 6th 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.

Book Buddy Program



The Book Buddy Program is starting 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: November 17th, 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.

RMV NEAR ME



The Registry of Motor Vehicles is partnering with area COAs to provide five of the most

common transactions at COA sites. Littleton is one of those sites! Transactions are: license renewals (for licensed drivers younger than age 75), registration renewals (if no insurance stamp is required), change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. **You must call the COA at 978-540-2470 and schedule an appointment.** You will need a valid credit card to process any transaction; no cash will be accepted.

Almost Homemade Apple Stuffing Recipe



- 1 medium tart apple, chopped
- ½ chopped onion
- ¼ chopped celery
- 1 tablespoon butter
- 1 package of stuffing mix

In a large skillet, sauté apple, onion and celery in butter. Prepare stuffing mix according to package, stir in apple mixture.

We would love to feature your favorite recipe in The Broadcaster. If you have one you'd like to share please submit it to Nicole at nlorenson@littletonma.org.



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.

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

For additional info please contact:

lisamankitafay@yahoo.com or 617-327-8159

Signs of Unsafe Driving in Older Adults



Age is not the only factor that can impact your driving ability, but it can be an important one. Change in vision, reaction time, the ability to assess a dangerous situation and even flexibility of the neck and arms can all result in a slower response to a dangerous situation.

No one wants to admit that they may be 'slipping' in regard to driving, but for the safety of yourself, your family members, and other drivers and pedestrians, take a minute to think about these signs of difficulties. You may want to think of being evaluated (or having a loved one evaluated) if these things are happening:

- Ignoring traffic signs and signals (or 'not seeing' them)
- Becoming easily agitated or angered when driving
- Falling asleep when driving, or having trouble focusing on the road
- Getting lost in familiar areas
- Reacting slowly to dangerous situations
- Forgetting or ignoring basics (like yielding right-of-way when entering a rotary)
- Having trouble judging distances

If you or a loved one is having difficulty, you should consider taking the AARP course we are offering in October. Or discuss with your physician about obtaining a referral for a driving evaluation. One is offered by the Occupational Therapy department at Emerson Hospital.

*****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 – Massachusetts 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.

- 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)

Bulk Rate

US Postage

Paid

Littleton, MA

Permit No. 19