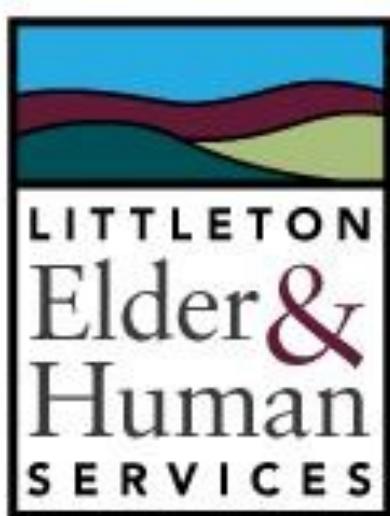


The Broadcaster



Town Funds Additional Outreach Worker and Van Driver

We are very grateful to the attendees at Town Meeting on May 1st who voted to allow Elder and Human Services to hire a second Outreach Worker and to add a half-time van driver to our driver pool.

We have seen a 43% increase in the number of residents served by our department comparing FY2016 to FY2015. Additional staff will help us to meet this increased demand.

And we are also thankful for the provision of the match money (\$11,640) needed to complete the purchase of our new van, with the remainder of the money coming from a successful grant application to the state. The new van should come into service in June.

Senior Tax Work-Off Program Sign-Ups – Sign up in July!



Smart Driver Course

Elder and Human Services/ COA will be offering the AARP Smart Driver Course **Wednesday, June 7th.**

See complete details on Page 10.

Seniors over 60 who own property in Littleton may be eligible to receive an abatement on property taxes in return for work. The work program runs for a year, following the town's fiscal year, from July until the following June.

Seniors work in a variety of town Departments – Assessors office, School Department, COA office, Senior Diner, Conservation Commission, Cemetery, Treasurer's office, Library.

The sign-up dates for this year's program will be in the COA area, 2nd floor Town-House, **Monday- Friday, July 10 - July 14, during the hours of 9:00 am to 12 noon, and July 17 - 21, from 1:00-4:00 pm.**

You must apply for the program during this period. If you are not able to come in to sign up for the program because you are away from Littleton during sign-up, contact the Director in the COA office at **978- 540-2470 before July 1st.**

See Page 9 for more details on eligibility and the program.

~ Pamela

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Happenings—June 2017

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

- June 5, Mon at 2:00, **Coloring, Coffee and Conversation** (P4)
- June 7, Wed, **AARP Smart Driver Course** (P10)
- June 9, Fri at 11:00, **Ernest Hemingway Comes to the COA** (P10)
- June 15, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- June 15, Thurs at 11:00 & 1:30, **Indian Hill Bach's Lunch Concert** (P8)
- June 15, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- June 15, Thurs at 1:00, **Trivia With Peter Duran** (P10)
- June 15, Thurs from 5:00-8:00 pm, **3rd Thursday on the Common** (P10)
- June 20, Tues, **Hearing Clinic**, by Appointment (P4)
- June 21, Wed at 11:00, **Cooking for 1 or 2** (P9)
- June 22, Thurs at 1:00, **Movie of the Month** (P8)
- June 28, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Senior Diner

Ongoing Exercise Programs (P4):

- Tues and Thurs, from 9:00-10:00, **Fit-4-LIFE with Phyllis**
- Tues and Thurs, from 11:15-12:15, **Stretch and Flex with Carol Winge**
- Wed from 9:30-10:30, **Gentle Flow Yoga**
- Mon and Sat, from 11:00-12:00, and Mon evenings at 6:00 pm, **Tai Chi-Qi Gong**.

REMINDER—SENIOR TAX WORKOFF PROGRAM SIGNUP

The sign-up dates for this year's program will be in the COA area, 2nd floor
TownHouse, **Monday- Friday, July 10 - July 14, during the hours of**
9:00 am to 12 noon, and July 17 - 21, from 1:00-4:00 pm. See Page 9
for complete details.

Bill Vales' Internet & Computer Classes



**Classes will be on hiatus for June, July & August.
We will resume in September.**

Look for more details in the September Broadcaster.

The IRS is NOT calling you!

 The IRS never calls or emails you demanding payment. This is a scam. Just HANG UP!

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
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
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Nancy Levine, Vice President
Tony Jesensky, Treasurer
Dottie Ruiz, Secretary
Ellen Araujo
Sharon Corbin
Carolyn Harlow
Carol Vales

33 Shattuck Street,
P.O. Box 1305
Littleton, MA 01460
Main Phone: 978-540-2470
Fax: 978-952-2363
Outreach: 978-540-2472
Senior Diner: 978-540-2474

COA Office Hours:

Monday-Friday
8:30 am- 4:30 pm

COA Outreach Hours:

Monday-Friday
9:00 am-3:00 pm

Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our site, www.littletonma.org, 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.

HEARING CLINIC



Megan Ford of HearSmart Audiology will be here on **Tuesday, June 20th** in the morning to conduct free hearing screenings. Call the COA office to arrange for your free 10-minute appointment. **978-540-2470**.

Ticked Off??



Ticks are going to be abundant this summer and with ticks come Lyme disease and other debilitating blood disorders. The best way to fight Lyme disease is to avoid being bitten by the deer tick that carries it.

Wear long pants tucked into your socks whenever you will be in brush, long grass or wooded areas. If you wear light colors, it is easier to spot the ticks before they attach.

If you have been exposed to a tick-friendly area, check yourself carefully during your next shower. You don't feel the tick bite (they inject a little anesthetic) so you are most likely to find them by sight or touch. Grasp firmly but gently (try not to squeeze it) and steadily pull until it releases. Treat the area with hydrogen peroxide or antibiotic cream. If a bull-eye develops, or you get a rash at the site or flu-like symptoms, see your doctor immediately.

HELP STOP Medicare FRAUD

Medicare beneficiaries are strongly encouraged to review their quarterly Medicare Summary Notice and their Medicare Explanation of Benefits to ensure Medicare is billed accurately. Do your part to reduce costs caused by fraud.

If there are any questions about prescriptions, doctors, pharmacies or services listed on the benefit statements, members can call their plan or **1-800-Medicare**. Be on the alert for out-of-state charges for prescriptions and services that you never received.



Brains and Balance Classes Resume In September. Check the September Broadcaster for information about Fall classes.

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.

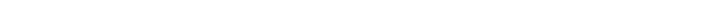
Tai Chi-Qi Gong

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.



Friends of the Council on Aging

A big thank you to the many volunteers who give their time to the Council on Aging and The Friends of the Council. We honored all with a luncheon in May to show our appreciation. You have a special place in our hearts. If you haven't volunteered and are considering giving time to a place where you will matter, consider the Council on Aging or the Friends of the COA.



THRIFT SHOP



"Scarves Are Us" is the theme for the Thrift this month. Every so often someone will ask, "How can I tie my scarf?" June is the month to find out all about the history and see examples of tying this piece of valuable fabric to change any outfit you are wearing from plain to special. Scarves are used as an accessory or in place of jewelry. Watch the June Littleton Common show, Comcast 8 or Verizon 38 and bring your scarf. Times are **Monday thru Friday 12:00 noon and 6:00 pm**.

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.

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**.

Coloring, Coffee and Conversation



The June meeting will be **Monday, June 5th 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.

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 Roast Turkey w/Gravy Whipped Potato Green Beans White Bread Vanilla Pudding	2 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Macintosh Apple
5 Grilled Chicken with Honey Mustard Sauce Tater Tots Cole Slaw Hamburger Bun Mixed Fruit	6 ~SPECIAL~ Alaskan Salmon Boat with Dill Sauce Red Bliss Potatoes Cauliflower au Gratin Wheat Dinner Roll Chocolate Mousse	7 <u>COLD PLATE</u> Corn Chowder Egg Salad Macaroni Salad Roman Veggie Salad Wheat Bread Raisins	8 Honey BBQ Pork Riblet Baked Beans Riviera Blend Veg White Bread Fruited Gelatin	9 Salisbury Steak w/Stroganoff Sauce Chantilly Potatoes Mixed Vegetables Wheat Bread Blueberry Yogurt
12 Parmesan Crusted Tilapia Garlic Mashed Potato Spinach Wheat Bread Apricots	13 Meatballs in Marinara Cavatappi Pasta Tossed Salad Italian Bread Watermelon	14 Navy Bean Soup Sloppy Joe Home Fries Hamburger Bun Applesauce Fruit cup	15 Grilled Chicken with Apricot Glaze Yams Broccoli Wheat Bread Blueberry Buckle	16 Beef Wrap Peppers & Onions Spanish Rice California Blend Veg Tortilla Cherry Snack n Loaf
19 Lasagna Rollup in Meat Sauce Roman Style Veg Wheat Bread Strawberry Yogurt	20 Chicken White Bean Chili Brown Rice Broccoli Corn Bread Raisins	21 Roast Pork with Cranberry Orange Sauce Scalloped Potato Genoa Blend Veg Wheat Bread Sliced Apples	22 <u>COLD PLATE</u> Grilled Chicken w/ Red Pepper Pesto Potato Salad Beet & Onion Salad Wheat Dinner Roll Mandarin Oranges	23 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Macintosh Apple
26 Grilled Chicken with Marsala Sauce O'Brien Potatoes Winter Blend Veg Wheat Bread Diced Peaches	27 Butternut Squash Bisque Potato Pollock with Tartar Sauce Brown Rice Pilaf White Bread Applesauce Fruit cup	28 Roast Turkey with Divan Sauce Sweet Potato Broccoli Wheat Bread Blueberry Snack n Loaf	29 Meatballs in Burgundy Sauce Whipped Potatoes Tossed Salad Wheat Bread Strawberry Rhubarb Crisp	30 Chicken Cacciatore Bowtie Pasta Italian Blend Veg Italian Bread Fresh Orange



JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	2 10:00 Wii Noon Lunch 1:00-2:30 Bingo
5 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 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg	7 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 AARP Smart Driver Course (must sign up)	8 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	9 10:00 Wii 11:00 Ernest Hemingway Comes to COA Noon Lunch 1:00-2:30 Bingo
12 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	13 9:00-10:0 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 1:00-3:00 Mah-Jongg	14 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch 1:00-3:00 SHINE	15 9:00-10:00 Fit 4 Life Class 10:45-11:45 Living Alone Grp 11:00 & 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00 Trivia 1:00-2:30 Bereavement Grp 5:00-8:00 pm 3rd Thursday on the Common	16 10:00 Wii Noon Lunch 1:00-2:30 Bingo
19 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	20 9:00-11:00 Hearing Clinic (by Appointment) 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg	21 7:30-9:00 Men's & Ladies' Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Cooking for 1 or 2 Noon Lunch 1:00-3:00 SHINE	22 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00 Movie of the Month	23 10:00 Wii Noon Lunch 1:00-2:30 Bingo
26 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	27 9:00-10:0 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 1:00-3:00 Mah-Jongg	28 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE 6:30-8:00 pm Caregivers Mtg	29 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	30 10:00 Wii Noon Lunch 1:00-2:30 Bingo

IS YOUR BIRTHDAY THIS MONTH? Free Lunch Wednesday, June 14th HAPPY BIRTHDAY!



Your lunch will be paid for by Minuteman Senior Services. Lunch will be served in the newly-renovated Senior Diner. Cake provided by COA. **Make reservations by June 12th** by calling **978-540-2474**. All are welcome. Bring a friend.

Get a **FREE** Class

As a reward for attendance, get a coupon for a **FREE** class 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!**



MEN'S AND LADIES' BREAKFASTS WILL BE COMBINED IN JUNE, JULY AND AUGUST ON THE 3RD WEDNESDAY OF THE MONTH—June 21st, July 19th and August 16th from 7:30-9:00 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**.

Are You A Good Cook?



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



This cruise features Casco Bay, Bailey Island and L.L. Bean in Freeport. Bus to Portland and then a 2 hour narrated ferry cruise around the Maine islands. Lunch on Bailey Island at the famous Cook's Lobster House. Returns to Portland with time for shopping and sightseeing. **Register by July 19th** for this trip which departs the Littleton Town Hall at **7:00 am on Saturday, August 19th**. Returns at **6:30 pm**. Only \$105, includes lunch. Call Park and Rec to sign up – **978-540-2490**.

Interested in serving your community and helping elders in Littleton?



We have two openings for COA Board members. If you are interested, we suggest you attend one of our meetings (**second Monday of each month at 1:30 in Room 307**), or watch some of our meetings on LCTV on-demand. Then, if you think you would like to work with us, you may apply by completing an application in the Board of Selectmen's Office on the 3rd floor of town hall. The BOS appoints members to our Board for 3 year terms.

Get to Know Your COA Board

The COA Board is made up of 9 town residents who volunteer to address the issues of elders in our community. Board meetings are open to all and are held on the **2nd Monday of each month at 1:30 pm**, in Room 307 of Town Hall. They are also televised.

Mary Catalanotto, COA Board Member



Mary moved to Littleton in the 1960's, from California and worked in Accounting for ISOREG Corporation for 15 years. She returned to school and after receiving her Social Work License, she assisted patients with nursing home placements, working at what was called Nashoba Hospital. More recently she worked in Littleton's Family Medicine doctors office. Always interested in seniors, she has served on the COA Board for several terms, variously acting as Secretary, Tax-Program Coordinator, and managing Communications. She is currently part of the Housing SubCommittee.

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!

Crafts at the Council



Crafts will be off for the Summer, but we have an exciting year planned. We begin again with **Embellished Note Cards by Ann Marie on September 27th** and the **Tole Painting Workshop on October 25th**, led by Ann Marie, Joyce and Gina. On tap for the year will also be **Indoor Fairy Gardens, Cake Decorating, Buttons are not Just for Sewing, Fresh Greens Arrangements** and more. Join us on the **4th Wednesday of the month @1:00** for fun and laughter. Many thanks to Anita, Kathy, Beverly and Doreen for all their help throughout the year.

See you in 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.

Looking for Scrabble Players-All Levels



The Scrabble group will meet on **Thursdays at 1:00 pm in Room 233**. All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow 978-486-8589** for more information.

Veteran Services



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

Come Join the Fun!!



Line Dancing **Mondays at 9:00 am. MultiPurpose Room – no sign up needed.**

Mah Jongg **Tuesdays from 1:00-3:00 pm in Room 230.**

Bingo **Friday afternoons from 1:00 - 2:30 pm in the Senior Diner**



Movie of the Month

Thursday, June 22nd at 1:00 pm, "La La Land" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



Monthly Veterans Breakfast Resumes in September



Join us for the Veterans Breakfast **Wednesday September 27th** (last Wednesday of the month) **8:00-9:00 am in the Senior Diner**. Free for veterans of all ages and sponsored by the Littleton Fire and Police Departments.

Bingo at St. Anne's Church

There is no Sunshine Club Bingo at St. Anne's Church during June, July or August. See you in September. For more information, **call Denise Gibbons @ 978-501-0681**.

Senior Bingo Afternoon



There will be no Senior Bingo at the Congregational Church from June through September. Have a good summer and we look forward to seeing you again in October!

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

Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening at 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 BOWLING

Monday through Friday 10:00-1:00

3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowldrome - 978-263-7638.**



INDIAN HILL MUSIC

"BACH'S LUNCH" CONCERT: Indian Hill Music School presents songs from great (and not so great) movie musicals featuring Martha Warren (voice) and Amy Lee (piano). **TWO SHOWS - Thursday, June 15th at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE admission.** Reservations required for groups of 5 or more at [\(978\) 486-9524](tel:(978)486-9524) (press 0). Learn more at www.indianhillmusic.org.

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

Senior Tax Work-Off Program Sign-Ups

Sign up!

Dates of sign-up are listed on Page 1. The STWOP allows eligible seniors to work in Town Departments and receive in exchange an abatement on their property taxes. Work is paid at the minimum wage (\$11 per hour) and the 'wages' earned are applied to property taxes as an abatement.

You may be eligible if you:

- Are 60 years of age or older
- Possess skills needed by Town Departments
- Own the property for which taxes are paid
- Sign up annually through the Council on Aging
- Pass a CORI

If you had changes to your Deed (such as establishing a Trust), **contact the Office of the Assessors** to ensure that you still qualify. Please do this before coming to sign up.

Contact the COA office at 978-540-2470 for more information on how the program operates.

Veterans: There is also a Veterans Tax Work-Off Program available. You do not need to be a senior to be part of the Veterans program. You must show your discharge Form DD-214. Call John Boroski at **978-540-2485** for details.

Tax Work-Off Refund on Withholding

 Are you in the Senior Tax Work-Off Program and over 70.5 years old? You are eligible to have the money being withheld for the OBRA program refunded to you each year. Participants in the STWOP are town employees and their "income" (which is received as a direct abatement on property taxes) is subject to taxes. OBRA is the state equivalent of FICA taxes. See Cindy Filipe in the Treasurer's Office for a form that you can submit to apply for your OBRA money to be returned to you. Questions? Call the COA office at **978-540-2470** and talk to the Director.

DO YOU LIKE TO SING?



We would like to gather together a group of people who enjoy singing. Come join us and have fun and a lot of laughs. We don't do Opera or Classical.

For more info and to sign up, call Carolyn Harlow @ **978-486-8589**.

PRIME TIME PADDLERS

The Prime Time Paddlers will be starting their 7th season of kayaking and enjoying Mother Nature. It's free and fun!

We try to kayak somewhere close to Littleton once a week, on a Thursday, and always paddle as a group. All you need is a kayak with a paddle and life jacket, and a car to get you to wherever we are going.

We also suggest bringing a hat, sun block, and water to drink. A cell phone is also a good idea.

For more information, please call the **COA office at 978-540-2470**, and someone will get back to you with details.



Cooking for 1 or 2



Denise Mercury, Registered Dietitian Nutritionist from Minuteman Senior Services comes to the COA on **Wednesday June 21st** for an exciting program about how to plan, shop and prepare healthy meals when you are cooking for 1 or 2 people. Join

Denise in our Senior Diner at 11:00 am for this free, special program.

Call 978-540-2470 to reserve your place. Seating is limited.

Worried you might have Alzheimer's?



Do you forget appointments or misplace belongings and then wonder if you are 'losing it'? If you forget something but later remember you missed it, chances are good that there's nothing to be concerned about. If you forget the appointment and forget that you even MADE the appointment...see your doctor.

The same applies to misplaced belongings. Every so often everyone misplaces something. What we usually do is to retrace our steps (mentally or literally) until we find it again. What is different for a person who has memory loss is they can't always remember where they've been earlier in the day. So they are unable to retrace their steps to find their misplaced possession.

Jumpin' Juba Music!!!

The Jumpin' Juba duo comes to the COA on **Wednesday July 5th at 12:30 pm** in the MultiPurpose Room. Come and hear this upbeat bluesy rock & roll jam band! Steve Hurl finger picks and Bruce Ward plays a **mean** boogie-woogie piano. Call the COA at **978-540-2470** to reserve your seat!



AARP Smart Driver Course



Elder and Human Services/COA is happy to announce that we will be offering the AARP Smart Driver Course **Wednesday, June 7th**. This course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older.

During the Course attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. **You may be eligible to receive a multi-year auto insurance discount upon completing the course** (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

Our course will be taught by Doug Prentiss, AARP Driver Safety Instructor. The fee is \$10 for AARP members and \$15 for non-members. Sign up for the course by calling **978-540-2470**.

Senior Legal Hotline



The Volunteer Lawyers Project (**VLP**) of the Boston Bar Association operates a Senior Legal Helpline that provides free legal information and referral services to Massachusetts residents who are 60 years old or older. **The helpline telephone number is 800-342-5297 and is open Monday through Friday 9:00 am to 12:00 pm.**

Senior Discount at Springdell Farm



Springdell Farm on Rt 119 is offering a 20% discount on vegetables to seniors this summer on Tuesdays! Come by on a Tuesday and get fresh fruits and vegetables of the season – corn, tomatoes, greens. Springdell has a great variety and all the offerings are fresh from the farm. Be sure to look on the surplus table for free bags of extra vegetables to take home!

The COA van offers rides to Springdell and the other farm stands on Route 119 – call **978-844-6809**.

Thanks to our Advertisers!



Our publisher, LPi, publishes our newsletter at no cost to us in exchange for the revenue earned from our advertisers.

If you are interested in advertising in our newsletter, contact Lisa Templeton at LPi – L Templeton@4LPi.com

or call **800-477-4574 x6377**.

And if you already advertise with us – Thank you! and we ask our readers to thank you also.

Call **978-540-2470** to reserve your seat.

3rd Thursday Celebration



Look for Littleton COA at the **3rd Thursday** celebration on the Common on June 15th, from 5:00-8:00 pm!

Games, giveaways, music and more.

Trivia is Back!!



Peter Duran returns with his wonderful trivia questions. Come and test your knowledge on **Thursday June 15th at 1:00 pm, in Room 230**. Peter is the Trivia Master in Acton. Door Prizes! Fun Competition!

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

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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