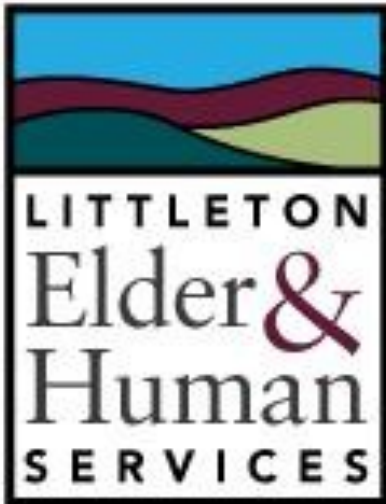


The Broadcaster



SCAM Alert!



Do Not Call Facebook for Help.

Facebook does not have a telephone help line. There are scammers who advertise a "help number" for Facebook – do not fall for it.

Avoid "Skimming" Devices

Tips on how to spot ATM and gas station skimmers—Wed, March 1st at 10:30 am. See complete article on page 10.

What's a MAG Center ?

A MAG center is a Multiple Age Group community center. More than a dozen towns and cities in Massachusetts have built them. Designed to service seniors, adult residents, children and teens, they provide dedicated space for each group (offices, meeting rooms, etc) but include shared spaces that can be reserved for use by the different groups.

Different age groups tend to use space at different times of day. Seniors are most likely to use space in the mornings, through lunch and into the early afternoon. Working adults who want to attend Park and Rec offerings are available during evening times and on weekends. Boards and Committees are looking for evening conference rooms. After school programs are...after school, and in the time gap between senior use and adult evening use.

The Littleton Board of Selectmen and Town Meeting are being asked to spend \$8 million dollars on a library building project. We want to open a discussion about serving the variety of needs of a broad range of Littleton residents.

The Council on Aging and Elder and Human Services are experiencing tremendous growth in demand for services. The number of individuals served jumped from 473 to 677 between FY2015 and FY2016. Visits to our offices and attendance at our events jumped from 11,964 to 14,041.

Join us on Thursday March 16th at 10:00 am to hear more about MAG centers and what you can do to help us create one in Littleton. Room 103.

~ Pamela

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Happenings—March 2017

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

- Mar 1, Wed at 10:30, “**Avoid Skimming Devices**” (P10)
- Mar 3, 10, 17, 24 & 30, Fri at 11:00, **Brains and Balance Class** (P4)
- Mar 6, Mon at 2:00, **Coloring, Coffee and Conversation** (P4)
- Mar 10, Fri from 10:30-11:45, **Volunteers Read to Kindergarteners** (P10)
- Mar 15, Wed from 12:00-1:30, **Lunch with the Girl Scouts** (P10)
- Mar 16, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Mar 16, Thurs at 11:00 & 1:30, **Indian Hill Bach’s Lunch Concert** (P8)
- Mar 16, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Mar 21, Tues, **Podiatry Clinic**, by Appointment Only (P4)
- Mar 22, Wed at Noon, **Friends of the COA St. Patrick’s Day Lunch** (P4)
- Mar 22, Wed at 2:00, **Crafts at the Council** (P8)
- Mar 23, Thurs at 1:00, **Movie of the Month** (P8)
- Mar 23, Thurs at 1:00, **Ramblin’ Richard SongFest** (P10)
- Mar 29, Wed from 8:00-9:00, **Veterans Breakfast** (P8)
- Mar 29, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Mar 30, Thurs at 1:00, **Trivia Game** (P10)
- 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**.

****WINTER CLOSINGS****

- * The Senior Diner is closed whenever the Littleton schools are closed due to weather. Check your TV for information.
- * The COA is open whenever the TownHall is open. If you have questions, call **978-540-2470** and listen to the message.
- * Vans will not be running when the TownHall is closed.

Bill Vales’ Internet & Computer Classes

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

Mar 2 - Review of Windows 10 Desktop.

Mar 9 - Using search for general information, images and YouTube.

Mar 16 - Internet of Things (IoT). Benefits, vulnerabilities and risks.

Mar 23 - Organizing email, moving email systems. Using folders and contact lists.

Mar 30 - Map applications: Google Maps, Google Earth, historical maps, wetland maps.

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
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Susan Dunn
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Rosanne Rico-Bales

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

33 Shattuck Street,

P.O. Box 1305

Littleton, MA 01460

Main Phone: 978-540-2470

Fax: 978-952-2363

Outreach: 978-540-2472

Senior Diner: 978-540-2474

COA Office Hours:

Monday-Friday

8:30 am- 4:30 pm

COA Outreach Hours:

Monday-Friday

9:00 am-3:00 pm

Broadcaster by Email and Online!!

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

The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg
Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall

OUTREACH INFORMATION

Residents need to make appointments for Outreach Services. Call 978-540-2472 to schedule with Tina.

Living Alone & Living Well Group

Living Alone and Living Well Group will be meeting on **Thursday, March 16th from 10:45-11:45 am**. We hope that you can join us in Room 233. New members are welcome. Please call Tina Maeder, at **978-540-2472** for more information.

Littleton Social Club (LSC)

The LSC meets on **Mondays, Tuesdays, and Wednesdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate. Cost includes transportation and lunch. Please call Pamela Campbell for more information at **978-540-2470**.

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (March 16th) from 1:00-3:00 pm**, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, March 7th and 21st, from 1:00-2:30 pm**, in Room 233. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Caregivers Meeting

Those who are caring for an adult in the home are invited to attend a monthly support group. Caregivers Support Group will welcome our host and speaker for the evening, Karen Halloran, Community Liaison from Care One in Concord. The meeting will be held in the Senior Diner on the evening of **Wednesday, March 29th, from 6:30-8:00 pm**. Please contact Tina Maeder in the Outreach Office at: **978-540-2472** if you will be attending.



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

SMOC Fuel Assistance Program

On November 1, 2016, we began accepting appointments for new fuel assistance applicants. Contact Tina in the Outreach Office for more information at: **978-540-2472**.

2017 SMOC Fuel Assistance Guidelines

Gross Annual Income

1 person household	\$34,001
2 person household	\$44,463
3 person household	\$54,925

Good Neighbor Energy Fund

The Good Neighbor Energy Fund from the Salvation Army began taking applications in January. The Salvation Army has designed this GNEF program to meet the needs of those who are not eligible for the SMOC fuel assistance program and the income requirements are as follows:

Gross Annual Income

1 person household	\$34,001-\$45,335
2 person household	\$44,463-\$59,284
3 person household	\$54,925-\$73,233

GNEF will make a one-time payment directly to a vendor, up to \$300. Participants are eligible for only one of these two programs.

Call Tina Maeder at 978-540-2472 for further information.

Think Spring

The Littleton Council of Churches is planning another **"Day of Caring" on May 21st**, to help those in need with yard work. Please call Tina in the Outreach Office at **978-540-2472** to add your name to the list. Names need to be submitted by the beginning of April and availability is limited, so please call ASAP to sign up.

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 an appointment. Please note the change in available times. Appointments are needed.

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

Podiatry Clinic



Next Podiatry Clinic: **Tuesday, March 21st** in **Room 103**. By Appointment only.
Call **978-540-2470** to schedule an appointment. **Cost is \$30.**

Coloring, Coffee and Conversation



The adult coloring craze has come to the COA! Come in and join like-minded others for coffee, conversation and coloring. March meeting will be **Monday, March 6th at 2:00 pm in Room 233**. No

charge – coloring blanks and books available. Bring your pencils and pens. Group normally meets the first Monday of the month.

It's Back!!! Brains and Balance Class



Researchers no longer believe that falling or losing your mental capacity are inevitable parts of the aging process. Join us in building both your body AND your brain -- stay mentally sharp and physically stable! Brains and Balance started February 10th and meets for twelve weeks until April 28th. This month the group meets on **Fridays**,

March 3rd, 10th, 17th, 24th and 30th, at 11:00 am in the MultiPurpose Room. Classes are \$24 (that's only \$2 per session) and you will come away stronger and better prepared to stay upright.

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**.

Friends of the Council on Aging



A good time was had by all at the Mardi Gras and Valentine's parties in February. The Friends hope to fill your year with as many songs, good food, and laughs as possible. Staying healthy is our goal for you. Join us whenever possible and take an active part in the senior activities.

We will be looking for you on **Wednesday, March 22nd at noon** in the Multi-Purpose Room for the St. Patrick's Day lunch and sing-along. Cost is \$5.

Contact the COA office at 978-540-2470 to sign up.

THRIFT SHOP



We will be having some surprises during the next few months. Some items will go on sale, so check with volunteer sales clerks or look for signs. Our annual \$3.00 a bag sale will be at the end of April, but don't wait to buy what you want. It may not be there then.

Thank you for your contributions to our Thrift Shop.



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.

Tai Chi-QiGong – Better Balance



TaiChi is low-impact and puts minimal stress on muscles and joints. It is known to improve balance, reduce the risk of falling, and aid in lowering blood pressure through its meditative qualities. Ray and Dave offer 3 classes throughout the week. **Mondays we**

have class at 11:00 am and again at 6:00 pm. Our third class is on Saturdays at 11:00 am. The cost is \$3 and beginners are always welcome. All classes are in the MultiPurpose Room – no sign up needed, just come!

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.



MARCH 2017 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00</p>	<p>To CANCEL or ORDER, Call your local meal site by 11:00 am the DAY BEFORE</p>	<p>1 Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Apple</p>	<p>2 Chicken Jambalaya Brown Rice Multigrain Bread Broccoli Mandarin Oranges</p>	<p>3 Potato Pollock Tartar Sauce Red Bliss Potatoes Coleslaw White Bread Chocolate Pudding</p>
<p>6 Beef and Lentil Chili Cavatappi Pasta Italian Green Beans Italian Bread Apricots</p>	<p>7 Grilled Chicken with red pepper sauce Cous Cous with red peppers Broccoli AuGratin Multigrain Bread Brownie</p>	<p>8 Chunky Tomato Soup Chicken and rice bake Dinner Roll Snack n Loaf</p>	<p>9 Roast Pork Rosemary Gravy Whipped potato Tossed Salad Wheat bread Apple sauce</p>	<p>10 Lasagna Roll-ups with Marinara and mozzarella Genoa Blend Veg Wheat Bread Fresh Orange</p>
<p>13 Turkey Corn Stew Broccoli Biscuit Mandarin Oranges</p>	<p>14 Grilled Chicken with BBQ Sauce Sour Cream and Chive Potatoes Tossed Salad Wheat Dinner Roll Peaches</p>	<p>15 ~Special~ High Sodium *Corned Beef Hash Braised Cabbage Carrots Rye Bread Apple Cherry Crisp</p> 	<p>16 Three Cs Soup Shepard's Pie Multigrain Bread Blueberry Yogurt</p>	<p>17 Rainbow Trout Lemon Vinaigrette Brown Rice Pilaf California Veg Wheat Bread Mixed fruit</p>
<p>20 Grilled Chicken Pesto Cream Sauce TriColor Rotini Italian Blend Veg Wheat Dinner Roll Diced Pears</p>	<p>21 Kale and Lentil Soup Roast Pork Apple Gravy Yams White Bread Chocolate Chip Cookies</p>	<p>22 Cheesy Beef Bake Tossed Salad Multigrain Bread Fresh Orange</p>	<p>23 Egg Drop Spinach Soup Chicken Meatballs Teriyaki Sauce Brown Rice Wheat Bread Fortune Cookie</p>	<p>24 Broccoli Bake Home Fries Stewed Tomatoes Italian Bread Pineapple</p>
<p>27 Vegetable Soup Sloppy Joe Home Fries Hamburger bun Vanilla Yogurt</p>	<p>28 Roast Turkey with Herb Gravy Winter Blend Veg Stuffing Wheat Bread Fresh Pear</p>	<p>29 Minestrone Grilled Chicken Lemon Picatta Sauce Orzo Rice Pilaf with spinach Italian Bread Applesauce</p>	<p>30 Salisbury Steak with Gravy Tossed Salad Chantilly Potatoes White Bread Apple Streusel Cake</p>	<p>31 Haddock Newburg Bowtie Pasta Mixed Vegetables Multigrain Bread Fresh Fruit</p>



MARCH 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Avoid Skimming Devices Noon Lunch 1:00-3:00 SHINE 1:00 Friends of the COA Board Meeting	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 Class 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	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 1:00-3:00 Mah-Jongg	8 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch 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 10:00 Wii 10:30-11:45 Volunteers Read to Kindergarteners 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
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	14 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 1:00-3:00 Mah-Jongg	15 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch Noon-1:30 Lunch With Girl Scouts 1:00-3:00 SHINE	16 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer 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 1:00-3:00 Bereavement Grp	17 10:00 Wii 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
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 1:00-3:00 Mah-Jongg Podiatry Clinic-By Appointment	22 9:00-1:00 LSC 9:30-10:30 Yoga Noon St. Patrick's Day Lunch 1:00-3:00 SHINE 2:00 Crafts at the Council	23 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 1:00 Ramblin' Richard	24 10:00 Wii 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
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 1:00-3:00 Mah-Jongg	29 8:00-9:00 Veteran's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE 6:30-8:00 pm Caregivers Mtg	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 Trivia Game	31 10:00 Wii 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo

IS YOUR BIRTHDAY THIS MONTH?

Free Lunch Wed, March 8th

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 March 6th** 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

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



MEN'S BREAKFAST

March 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**.

Are You A Good Cook?



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

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.

Bob Stetson

Secretary/Treasurer of the Board



Bob Stetson is the current Secretary/Treasurer of the COA Board. He is also actively working with the Housing Subcommittee. Bob is a graduate of Brown University and Andover Newton Theological School. Bob and his wife Ellie have lived in Littleton for 23 years and they retired here after a bi-vocational career that combined a 50 year ministry with the American Baptist Churches USA with being a Senior Vice President for Human Resources and Facility Management for a number of banks in New Jersey. Bob was also "Bob from Accountemps" for a period of time.

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!

The Tall Ships Are Coming to Boston!



Luxury bus trip to Boston Harbor and a narrated tour of the harbor on the Provincetown II boat. See the Tall Ships from the water! **Sunday June 18th, \$89**. Contact Park and Rec at **978-540-2490** for details and to sign up.

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 **Mondays at 2:30 pm**, in the High School Library. This is a free service.

Crafts at the Council

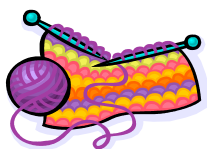


March Time Change: Crafts will meet on **Wednesday, March 22nd at 2:00 pm**, following the Friends St. Patrick's Day luncheon. March craft is a door decoration – a wreath, decorated frame, or a swag. All materials supplied - \$3. Welcome in Spring! To register call

978-540-2470 to hold your seat for this event.



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.

Monthly Veterans Breakfast



Join us for the Veterans Breakfast **Wednesday March 29th** (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.

Come Join the Fun!!

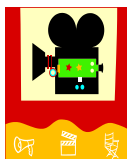
Line Dancing Mondays at 9:00 am. MultiPurpose Room – no sign up needed.

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, March 23rd at 1:00 pm, "Sully" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



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**.

Bingo at St. Anne's Church



The next Sunshine Club Bingo is **Thursday, March 16th, at 1:00 pm** at St Anne's Church.

For more information, call **Denise Gibbons @ 978-501-0681**.

Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening** at the Congregational Church from **5:30 to 6:30 pm**. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week.

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

Senior Bingo Afternoon



Come join us on **Thursday, March 9th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo and companionship. It's free! Come and bring a friend! Prizes, finger desserts coffee and tea are served at seasonally decorated tables

following Bingo.

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

SENIOR BOWLING

Monday through Friday 10:00-1:00



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

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music School presents *Traditional Irish Music & Dance*, featuring Mark Roberts (Irish flute & banjo), Laurel Martin (fiddle), and Kieran Jordan (dancer). **TWO SHOWS - Thursday, March 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).

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

Tax Relief for Elders and the Disabled (T.R.E.A.D.)



Our Needs Assessment showed us that 38% of seniors over 65 are living on less than \$25,000 a year. Many older homeowners have seen property taxes increase much faster than increases in Social Security. You can help these seniors directly -- If you are interested in contributing to the TREAD Fund, or know someone who is, they can send a check payable to the **Town of Littleton, "TREAD Program"** or donate through the on-line property tax payment program accessible from the Tax Collector page on the town website.

The TREAD program is used to provide assistance with paying property taxes for low-income seniors and the disabled in Littleton. ***Every dollar contributed goes directly to tax relief for Littleton residents in need!*** Applications for assistance are available through the COA office.

AARP Tax Program 2016 2016 Income Tax Help



Please call the COA at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2016.

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 2015 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-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc.**
- * The amount and date of any federal and state estimated tax payments that you made.
- * All four quarterly **property tax bills** that you paid in calendar year 2016. It is very important that you bring all four bills that you paid in calendar year 2016.
- * All **water bills** that you paid in calendar year 2016.

Medical and Dental Expenses -- bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).

Need Help with Vet Bills?

A gift from the **Bradford Sampson Relief of Animals Fund** makes it possible to assist low-income town residents who are facing expensive veterinary bills. **Contact Tina Maeder (978-540-2472)** to determine eligibility and to apply for funds from this gift.

Tax WorkOff Refund on Withholding



Are you in the Senior Tax WorkOff 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 there "income" (which is received as a direct abatement on property taxes) is subject to taxes. OBRA is the state equivalent of FICA taxes. See Ann Essman in the Town Accounting 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.

Circuit Breaker General Information



A refund of a portion of property taxes OR RENT paid, for a home that you lived in as your main home. Available to seniors 65+ (if married, only one spouse needs to be 65). You must meet income guidelines. This is paid **EVEN IF YOU DON'T HAVE TO PAY ANY INCOME TAX.**

- \$57,001 Single Tax Return
- \$71,001 Head of Household Return
- \$85,001 Married Filing Joint Return

Your main home can be a single or multiple family residence, a condominium or apartment. Refund will be up to a maximum of \$1,070, depending on the property tax paid in comparison to your total income.

Also -- a portion of your water charges can be added into this computation.

If your property is in a Trust --- if it is a *revocable* trust and you are the trustee, you are considered the homeowner. If it is a *revocable* trust and you are NOT the a trustee, you are treated as a renter. If it is an *irrevocable* trust, you are treated as a renter. You **MAY STILL BE ELIGIBLE**, dependent on income. Talk to your tax preparer or arrange for an appointment with the AARP-trained tax preparers who will be making appointments at the COA starting in February.

Senior/Veteran/Blind Exemptions

The deadline for filing for personal tax exemptions for qualifying seniors (over 70), surviving spouses of veterans, the blind, etc., is **March 31st**. Information on qualifications and applications are available in the office of the Assessors. If you think you qualify for one of these exemptions, you may call the **Assessor's Office at 978-540-2412**, or come in, to talk to one of the staff -- Room 206 TownHall, 37 Shattuck Street.

Join the Girl Scouts!



Girl Scouts®

The Girl Scouts from Troop #63104, are coming to treat us to lunch and stay to play games. Join the Girl Scouts on **Wednesday, March 15th, from noon till 1:30 pm**, at the Senior Diner. These lovely young ladies are providing a light lunch and will then stay to play games with us. Seats are very limited. You must call **978-540-2470** to reserve your seat for this lunch and an afternoon of fun.

Trivia Game



Do you remember your 1950's and 1960's TV shows? Test your knowledge at our trivia event, **Thursday March 30th at 1:00 pm in Room 230**. Trivia comes to us courtesy of Peter Duran, Trivia Master from Acton. Door Prizes! Fun Competition! **Call 978-540-2470** to be eligible for a door prize and bring your sharpened wits.

4th Annual Spaghetti Luncheon in Honor of Littleton's Seniors



The Littleton School Department is hosting their 4th annual Spaghetti Luncheon in honor of Littleton's senior citizens. This will take place on **Thursday, April 6, 2017, at 1:00 pm**, at the High School Cafeteria. School will still be in session. Please do not come early. Parking is in the rear of the building. Seating is very limited. Pick up your ticket at the COA office. **For more information, please call 978-540-2470.**

Avoid Being Scammed!!



If someone calls or sends a message claiming to be a family member or a friend desperate for money, verify it! The typical message is something like *"Grandpa, I'm in trouble/jail/an accident/Mexico and I need money right now. Don't tell Mom."*

- * Resist the urge to act immediately, no matter how dramatic the story is.
- * Verify the person's identity by asking questions that a stranger couldn't possibly answer. ("What's my pet's name?")
- * Call a phone number for your family member or friend that you know to be genuine.
- * Check the story out with someone else in your family or circle of friends, even if you've been told to keep it a secret.
- * [Don't wire money](#) — or send a check or money order by overnight delivery or courier.
- * Report possible fraud at ftc.gov/complaint or by calling **1-877-FTC-HELP**.
- * Contact your local police (**978-540-2300**) to report the attempt to scam you.

Ramblin' Richard SongFest



Back by popular demand – Ramblin' Richard (aka Richard Kruppa) brings us "Songs of the Season". Join us for a fun musical presentation! Richard is very talented and makes his show very enjoyable to all. This free program will be held **Thursday March 23rd at 1:00 pm** in the MultiPurpose Room.

Volunteers Needed to Read Stories to Kindergarteners



We are seeking volunteers to read to Shaker Lane kindergarteners once a month. **Meetings will be on Fridays, 10:30 to 11:45 am, March 10th, April 7th, and May 12th.** We are seeking 12 seniors and each senior will read to 2 students.

Volunteers must have their own transportation. You will have a snack with the kids (bring your own snack plus a drink), pick a short story and read, draw pictures about the story, play a game or two, and then leave. If you are interested, please call the COA, **978-540-2470**, and leave your name and phone number. Someone will call you back with further details.

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

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

Avoid "Skimming" Devices



Join Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation on **Wednesday, March 1st at 10:30 am**. Robin will present Consumer University with a focus on credit card skimming devices.

The presentation will include information about the Consumer Affairs Office and what they do for area residents. She will present tips on how to spot skimming devices found at gas stations and ATMs. Robin will also talk about identity theft and fraud. This presentation is free but you must sign up to reserve your seat.

Call the COA at 978-540-2470.

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)

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