

The Broadcaster



JUNE 2018



FROM LIZ'S DESK

Summer

Happy Summer everyone! We here at the COA wish you plenty of sunny days and nice cool breezes! While you are outside soaking up the sun, make sure to wave to your neighbors and check in to see how they are doing. One of the many things that makes Littleton a great community is the neighbor-to-neighbor connections that have organically created an entire network of resources. It's these connections that strengthen the community and fill the gaps that sometimes traditionally structured services cannot fill. Every day we are amazed at the amount of people calling or stopping by looking for volunteer opportunities. If you need a hand in making some connections for yourself, whether you're looking to volunteer or looking for a volunteer's help, please give us a call!



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Senior Citizen Property Tax Work-Off Program



Thank you to all the Senior Citizen Property Tax Work-Off Program participants who completed their work! What an asset to the town!

Mark your calendars for next year's signup during the 2nd and 3rd weeks in July. Reach out to the COA for more information if you are considering signing up for the first time.

****DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 10TH OF THE PREVIOUS MONTH****

Happenings—June 2018

(These are just a few of our events. Look inside for more.)

Bereavement Drop-in Group	P3	June 21	Thurs
Brains and Balance	P4	June 1 & 8	Fri
Caregivers Meeting	P3	June 27	Wed
Coloring, Coffee and Conversation	P4	June 4	Mon
Fire & Police Departments Cookout	P8	June 14	Thurs
Foxwoods/Mohegan Sun Trip	P9	June 12	Tues
Futuristic Follies	P4	June 10	Sun
Indian Hill Bach's Lunch	P8	June 21	Thurs
Kindergarten Concert	P10	June 15	Fri
Living Alone and Living Well	P3	June 21	Thurs
Line Dancing Classes **NEW**	P8	Every	Monday
Movie of the Month	P8	June 28	Thurs
Oral Health Presentation	P4	June 15	Fri
Tips for Downsizing	P10	June 22	Fri
Trail Fest	P10	June 2	Sat
Veterans Breakfast	P8	June 27	Wed
LFD Blood Pressure Check	P4	Every	Thurs
<u>Ongoing Exercise Programs</u>			
Fit-4-Life with Phyllis	P4	Tues & Thurs	
Stretch & Flex with Carol Winge	P4	Tues & Thurs	
Gentle Flow Yoga	P4	Wed	
Tai Chi-Qi Gong	P4	Mon & Sat	

Refer to Calendar on Page 6 for specific times

BILL VALES' INTERNET & COMPUTER CLASSES



**May 10th was the last class for this year.
Then we are off for the Summer. See you in
September.**

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

STAFF

Liz Tretiak, Director
Tina Maeder, Outreach Coord.
Nicole Lorensen, Outreach Coord.
Neil Campbell, MART Driver
Laurie Dee, MART Driver
Richard Kent, MART Driver
William Monahan, MART Driver
Sam Palmer, 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
Ann Lee Ellis
Jean Johnson
Mary Pickard
David Sill

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

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

Living Alone & Living Well Group

This group meets the 3rd Thursday of each month in Room 230. **The June date is Thursday, June 21st, from 10:45-12:00 noon** in room 233. If you are living alone and living well, or want to be, please join us.

We will then take a break over the summer for July and August and participants may get together informally during this time. **Contact Nicole or Tina for further information at 978-540-2475 or 978-540-2475.**

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 (June 21st) 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.

Caregivers Meeting

Caregivers Support Group will be held on **Wednesday Evening, June 27th, from 6:30-8:00 pm**. We welcome Valerie Jackson from Care-One in Concord as our Host. Please contact Tina at **978-540-2472** if you plan on attending.

Medicare or Health Insurance Questions?



Please contact, Elizabeth Killeen at **781-221-7029** to make a private, confidential appointment with a **SHINE** counselor. **SHINE** services are provided through Minuteman Senior Services.

Social Anxiety Support Group

The Social Anxiety Support Group meets every other **Tuesday in Room 233**. If you have anxieties, social or otherwise, we would love to have you join our group. We have a close-knit group of residents from Littleton and surrounding towns who are very open and eager to offer ideas, coping mechanisms and support for anyone who has anxieties and would like to talk about them in a supportive, safe space. The June meetings will be held on **Tuesdays, June 5th and 19th, from 1:00-2:30 pm, in Room 233**.

New members are welcome, but please contact Nicole Lorenson at 978-540-2475 to sign up.

Medical Equipment Loan Program Change

Due to a recent change in this program, as reported in the May Broadcaster, if you need to access equipment, please call the Outreach Offices at **978-540-2475 or 978-540-2472** and the Outreach Office will obtain necessary information for the Rotary club to deliver the needed equipment to Littleton residents.

Do you have medical supplies or equipment you no longer need and would like to donate?



Please call the COA at **978-540-2470** to be sure we are able to accept your donation and schedule a pickup.

We are no longer able to accept dropped off equipment so please call to schedule a pickup!

Littleton Coalition Against Addiction 100% Confidential

Get help today so you can see tomorrow



Kelly Young, Recovery Coach
617-334-5367
kellyamericorps@paariususa.org



Nicole Lorenson, Outreach Coordinator
978-540-2475
nlorenson@littletonma.org



Donna Kivlin, Recovery Coach
978-431-0162
donnaamericorps@paariususa.org



Barbara Whitcomb, Suicide Prevention
978-486-4928
bwhitcomb@4sans.org

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

Oral Health Presentation by Dr. Padma

Fri, June 15th from 10:00 –11:30 am in Room 230



As we grow older, certain health concerns earn our full attention, especially the importance of good oral health. Come meet Dr. Padma of North Acton Dental and learn about denture care, help for dry mouth, implant decisions, as well as other dental concerns for seniors.

Dr. Padma graduated with a DMD from Tufts School of Dental Medicine, Boston, in 1997, and was a practicing dentist in India prior to that. Her childhood was spent in Zambia, Africa. In the US, she has worked in various MA dental offices prior to acquiring her own practice in Acton. She is an active member of the American Dental Assoc. MA Dental Society and Middlesex District Dental Society.



Brains and Balance

The final two sessions of Brains and Balance will be held on **Fridays, June 1st, 8th at 11:00 am, in the Multi-Purpose Room.**

Coloring, Coffee and Conversation



The next meeting will be **Monday, June 4th at 2:00 pm in Room 230.** No charge – coloring blanks and books available. Bring your pencils and pens.

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.** Susan Hoag and Tamara Bedard from Nashoba Nursing Service join 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



BACK BY POPULAR DEMAND

'FUTURISTIC FOLLIES'

THE MOVIE



DUE TO A HUGE DEMAND FOR A REPEAT PERFORMANCE, WE HAVE DECIDED TO SHOW IT AGAIN.

DON'T MISS THIS OPPORTUNITY TO SEE IT.

MARK YOUR CALENDARS FOR SUNDAY, JUNE 10TH AT 2:00 PM AT THE LITTLETON HIGH SCHOOL PERFORMING ARTS CENTER.

TICKETS ARE \$5.00 EACH, AT THE DOOR, OR AT THE FRIENDS OF THE LCOA THRIFT SHOP, 2ND FLOOR, AT THE LITTLETON TOWN HALL.

Any questions, please call 978-540-2470.



THRIFT SHOP



THE THRIFT SHOP IS OPEN! Summer is coming and we have the summer clothes: men's, women's, and children; large, medium, and small sizes.

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 the Friends of the COA.

All classes below are in the Multi-Purpose Room, except Tai Chi-Qi Gong Monday classes, which will now meet in Room 123. Call 978-540-2470 to register.

FIT-4-LIFE with Phyllis
Tuesday and Thursday,
9:00 to 10:00
Intermediate to Advanced.
NOW \$3 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 from 11:00 am-12:00 noon and again at 6:30 pm in Room 123.** The class also meets on **Sat from 11:00 am to 12:00 noon in the MultiPurpose Room.** Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are **WELCOME!** \$3 per session.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>			<p>1 Haddock Newburg Brown Rice Pilaf Spinach Rye Bread Raisins</p>
<p>4 Beef & Lentil Chili Brown Rice Green Beans Dinner Roll Mandarin Oranges</p>	<p>5 Chicken Meatballs Swedish Sauce Egg Noodles Broccoli Rye Bread Blueberry Buckle</p>	<p>6 Broccoli Bake Home Fries Stewed Tomatoes Multigrain Bread Lorna Doones</p>	<p>7 Grilled Chicken Breast Apricot Sauce Scalloped Potatoes Tossed Salad Wheat Bread Diced Pears</p>	<p>8 Roast Pork Rosemary Gravy Mashed Potatoes Glazed Carrots Multigrain Bread Fresh Fruit</p>
<p>11 Haddock with Lemon Dill Sauce Red Bliss Potatoes Summer Vegetable Blend Wheat Bread Diced Pears</p>	<p>12 Beef Bolognese Penne Pasta Tossed Salad Italian Bread Fresh Fruit</p>	<p>13 SPECIAL/High Sodium Chicken French* Wild Rice Pilaf Broccoli Au Gratin Multigrain Bread Pineapple Whip</p>	<p>14 Cold Plate Chef Salad w/ Egg, Turkey, Cheese Three C Soup Multigrain Bread Applesauce</p>	<p>15 Meatloaf Onion Gravy Sour Cream & Chive Mashed Peas and Carrots Dinner Roll Snack n Loaf</p>
<p>18 BBQ Pork Rib Patty Baked Beans California Blend Vegetables Hamburger Bun Blueberry Yogurt</p>	<p>19 Chicken Marsala Orzo Pilaf w/ Spinach Brussel Sprouts Multigrain Bread Apple Streusel Cake</p>	<p>20 Cold Plate Turkey Apple Salad Macaroni Salad Escarole Soup ½ Pita Pocket Fresh Fruit</p>	<p>21 Roast Pork Apple Gravy Yams Tossed salad Wheat Bread Mixed Fruit</p>	<p>22 Chicken & Rice Bake Broccoli Multigrain Bread Diced Pears</p>
<p>25 Chicken Parmesan Cavatappi Pasta Vegetable Gumbo Soup Dinner Roll Fresh Fruit</p>	<p>26 Potato Pollock Tartar Sauce Butternut Squash Tossed Salad Multigrain Bread Diced Peaches</p>	<p>27 Chicken Meatballs Hawaiian Sauce White Rice Oriental Blend Wheat Bread Raisins</p>	<p>28 Marinated Steak Tips Peppers & Onions Potato Wedges Sub Roll Almond Cookie</p>	<p>29 Mac & Cheese Stewed Tomatoes Wheat Bread Vanilla Yogurt</p>


**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**





JUNE 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
4 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee & Conversation 6:00 pm Tai Chi	5 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	6 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting	7 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	8 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
11 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Mtg 6:00 pm Tai Chi	12 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg <i>Foxwoods/Mohegan Sun Trip</i>	13 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	14 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Fire & Police Departments Cookout Noon Fire Dept BP Check	15 10:00 Wii 10:00-11:30 Oral Health Presentation 11:00-11:30 Kindergarten Concert Noon Lunch 1:00-2:30 Bingo
18 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	19 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	20 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	21 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex 10:45-Noon Living Alone Grp 11:00 and 1:30 Indian Hill Bach's Lunch Concert Noon Lunch Noon Fire Dept BP Check 1:00-2:30 Bereavement Grp	22 10:00 Wii 11:00 Tips for Downsizing Noon Lunch 1:00-2:30 Bingo
25 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	26 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	27 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 6:30-8:00 pm Caregivers' Support Group	28 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month	29 10:00 Wii Noon Lunch 1:00-2:30 Bingo

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.



HOME SECURITY TEAM



CALL NOW! 1-888-862-6429

LADIES' BREAKFAST

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

**MEN'S BREAKFAST**

June 20th- 7:30 am to 9:00 am

**Senior Diner - Shattuck Street**

Bacon, eggs, sausages, pancakes, home-fries, toast

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs

ELDER ABUSE?

If you suspect someone is being abused, neglected or financially exploited, contact **Minuteman Senior Services, Protective Services at 781-221-7069** during regular business hours; after hours on evenings, holidays and weekends, call **1-800-922-2275** to speak confidentially to the **Elder Abuse Hotline**.

Volunteer Spotlight—Nancy Hilsinger

Our Volunteer Spotlight for June is someone who devotes so much time and energy to the Town of Littleton that many have mistaken her for a full-time employee. Nancy Hilsinger began editing the Broadcaster in 2012 and has also been a volunteer at LCTV for the past 5 years, doing editing and making an occasional on-screen appearance. Nancy says that she enjoys the volunteer work she does because it allows her to be creative and is so different from what she did prior to retirement from Finance.

Nancy has lived in Littleton for 50 years, and loves spending time with her Maine Coon Cat, Rosy. Nancy enjoys the flexibility that volunteering gives her, but mostly she enjoys contributing to the community and keeping her brain active.

Nancy works extremely hard for the Town of Littleton and we are all better for having her here with us: a friendly face, an extremely knowledgeable contributor and a great friend to us all.

Are You on Our Email List?

Littleton EHS sends out a weekly email to keep you in the loop about what is going on here at the COA. In addition to that we have a weekly wellness newsletter to offer tips and interesting ideas on all aspects of wellness. If you would like to be added to our list please contact **Nicole Lorenson at 978-540-2475**.



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.

PRIME TIME PADDLERS

The Prime Time Paddlers (PTP) will be starting their 7th season of kayaking, and enjoying Mother Nature and her waterways. It's free and a lot of 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

always a good idea.

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

Walnut Pear Bread

3 large eggs	2 tsp ground cinnamon
1 ½ cups sugar	1 tsp baking soda
¾ cup vegetable oil	1 tsp salt
1 tsp vanilla extract	1 tsp lemon juice
3 cups all-purpose flour	1 cup chopped walnuts
2 tsp baking powder	
4 cups finely chopped, peeled, ripe pears (you can use canned pears in a pinch but drain well)	

In a bowl, combine eggs, sugar, oil and vanilla; mix well. Combine flour, baking powder, cinnamon, baking soda and salt, stir into the egg mixture until moistened. Toss pears with lemon juice, stir pears and walnuts into batter (batter will be thick).

Spoon into 2 greased 9x5 loaf pans. Bake at 350 for 55-60 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Thank you to Linda for sharing this with us. She won 2nd place in the 2018 Library Bread Bake-Off for this recipe!!

If you have a recipe you would like to submit, please send it to nlorenson@littletonma.org



Crafts at the Council



Crafts will be off for the Summer. But watch for our fall schedule in the September Broadcaster.

Loving Stitches



Littleton's 'Loving Stitches' group meets every **Monday from 12:00-2:00 pm in Room 233**. Bring your own lunch and then enjoy some time to knit or crochet items that are donated to various, local charities.

Call 978-540-2470 for more information.



Fire & Police Dept Cookout



The Littleton Fire and Police Departments will be hosting a cookout for Littleton Seniors on **Thursday, June 14th at noon at the new Fire Station**.

Please RVSP by calling the COA at 978-540-2470.

Veterans Services



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid and/or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more.

Open every Monday and Thursday 8:45-11:45 am in Room 222. Call John Boroski at 978-540-2485 to make an appointment.

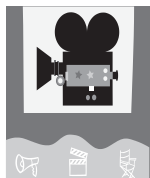
NEW Line Dancing Classes with Kari Mondays in the Multi-Purpose Room



Beginners from 9:00-10:00 am

Advancing Beginners from 10:00-11:00 am

Movie of the Month



Thursday, June 28th at 1:00 pm, "The Post" will be shown in Room 230. \$2.00 donation requested.

Please sign up in the COA office or call 978-540-2470.



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, June 27th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

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



Senior Bingo at the Congregational Church will be off for the Summer. But we will resume in October.

Any questions, call Jane Lyons at 978-486-3436. We look forward to seeing you in October.

Bingo at St. Anne's Church



Bingo at St. Anne's Church will be off for the Summer. We will resume in the Fall.

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 Jimmy Van Heusen featuring Pamela Hines (piano), Elise Roth (vocals), Dave Clark (bass), and Miki Matsuki (drums): **TWO - SHOWS - Thursday, June 21st at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations required for groups at (978) 486-9524 (press 0). Learn more at www.indianhillmusic.org.

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

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

The 7th Annual Conference for Grandparents Raising Grandchildren Community Providers and Supporters



Wednesday, June 6, 2018

8:30 am—3:00 pm

The Best Western Royal Plaza Hotel
181 Boston Post Road
Marlborough, Ma. 01752

The conference is FREE and LUNCH IS INCLUDED
Please RSVP to colleen.pritoni@state.ma.us

Conference participants will have the opportunity to learn about community resources and services for grandparents raising grandchildren. Participants will also have the opportunity to attend workshops on a variety of issues such as the impact of trauma on children and families, understanding the impact of the opioid crisis on seniors/grandparents, accessing educational resources for trauma survivors, and grief and loss in children.

There will also be over a dozen service providers in the Resource Table Hall for participants to visit to learn even more about the many local and statewide resources for kinship families.

If you are a grandparent raising a grandchild and are looking for additional resources, please **contact Nicole at 978-540-2475**.



A Memory Café is a safe and comfortable space where caregivers and their loved ones experiencing memory loss can socialize, listen to music, play games, and enjoy other appropriate activities. They provide an environment for mutual support and an opportunity to exchange information with those in similar situations.

The cafe is on the first floor in our clean, bright and inviting Fellowship hall, with easy access from the two main side entrances: Goldsmith and King Street, red doors). Handicap access is found in the rear entrance on Goldsmith street. Staff are on hand to assist as needed.

Memory Café

Monthly on the Fourth Saturday, 10:00 am-12:00 pm

First Baptist Church

Littleton Common

461 King St. Littleton MA

978-486-4660

FOXWOODS/MOHEGAN SUN TRIP

Littleton is partnering with Westford on day trips.

Join us as we head to Connecticut on our Casino getaway day!



We are planning to travel to **Foxwoods and Mohegan Sun Casinos on Tuesday, June 12th** and are inviting all those ages 50 and over to join us. Buckingham Motor Coach will once again be driving us with **departure from the**

Franco-American Club (55 West Prescott Street, Westford) at 7:30 am. Please park at the rear of the lot.

The fee for this trip will be \$36, which includes driver gratuity and is due at sign-up. You will receive bonus and food coupons when you arrive at the casino.

We will drop off at Foxwoods and proceed to Mohegan Sun only if we have a minimum of twelve participants for Mohegan.

Please call the Westford Council on Aging at 978-692-5523 to sign-up and tell us which casino you would prefer!

June is LGBT Pride Month



LGBT Pride Month is a movement that celebrates sexual diversity. For lesbian, gay, bisexual and transgender (LGBT) people, it is a way of protesting about discrimination and violence. It promotes their dignity, equal rights, self-

affirmation and is a way of increasing society's awareness of the issues they face.

June was chosen as Pride Month because it is when the Stonewall Riots took place, in 1969. The Stonewall Riots were a series of spontaneous, violent demonstrations by members of the community against a police raid that took place in the early morning hours of June 28, 1969, at the Stonewall Inn in the Greenwich Village neighborhood of New York City. They are widely considered to constitute the most important event leading to the gay liberation movement and the modern fight for LGBT rights in the United States.

After the Stonewall Riots, the LGBT community in New York City faced gender, race, class, and generational obstacles to becoming a cohesive community. Within six months, two gay activist organizations were formed in New York, concentrating on confrontational tactics, and three newspapers were established to promote rights for gays and lesbians. Within a few years, gay rights organizations were founded across the U.S. and the world. On June 28, 1970, the first gay pride marches took place in New York, Los Angeles, San Francisco and Chicago commemorating the anniversary of the riots. Similar marches were organized in other cities and continue to be held annually.

KINDERGARTEN CONCERT



Littleton Seniors are invited to a very special concert at Shaker Lane Elementary School, put on by all the Kindergarten Classes, on Friday, June 15th at 11:00 am. The concert will be held in the cafe and will last approximately 30 minutes. There will be a light snack and drink offered at the tables during the performance. We hope that you can come and be entertained by our little stars! Please sign up by calling the COA office at 978-540-5470, and bring a friend.

What: A Kindergarten Concert

Where: Shaker Lane Elementary School café

When: June 15, 2018 at 11:00-11:30 am

Who: All Littleton Seniors!

Why: Why Not!!

Chess Club and Chess Classes



Littleton seniors are invited to attend Chess Club and Chess Classes at the Acton COA:

Beginner's Chess Class Thursdays 12:30 to 2:00 pm

Learn how the pieces move, what are check and checkmate, the 10 Golden Rules of chess and some basic strategies.

Intermediate Chess Class Thursdays 2:00 3:30 pm

For players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback.

Chess Club Thursdays 1:30 to 4:30 pm

For players with some experience. You only need to know the basics to play.

Both the chess classes and chess club are free.

The address of the Acton Senior Center is 30 Sudbury Road in Acton.



Tips for Transitioning: De-Cluttering, Downsizing, and Moving

Friday, June 22nd at 11:00 am in Room 230

Marie LeBlanc, owner of Transitions Liquidation Services, will talk frankly and sincerely about her experiences helping seniors and their loved ones ease the stress of decluttering, downsizing, and moving. From organizing household and personal belongings to reducing the emotions of transitioning to a new home, Marie's company has guided over 900 successful moves.

Her presentation will feature:

- * Getting Started
- * Making Decisions
- * Options for Selling
- * Donating
- * Making the Move
- * Next Steps

You'll learn just how important it is to "purge now and purge often!"

Lunch is included. Residents of Littleton and surrounding areas are invited!

Sign up by calling the COA Office at 978-540-2470.



Trail Fest 2018

Hiking • Food • Music • Fun!

Saturday, June 2

Yapp Conservation Land, Littleton

426 Newtown Rd.

Yoga and stretching, starting at 9:30 a.m.

Guided 6K and 3K walks, starting at 10:00 a.m.

Lunch, live music, a petting zoo, and more, starting at Noon

Co-Hosts: Sudbury Valley Trustees, Littleton Conservation Trust, Town of Littleton

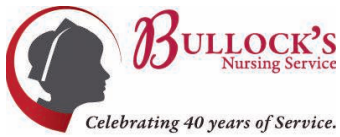
SVT Members / LCT Members / Littleton Residents: \$5 each/\$15 per family

Others: \$10 each/\$25 per family

For more details and registration info:

www.svtweb.org/TrailFest





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JUNE 2018

*****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 am 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.