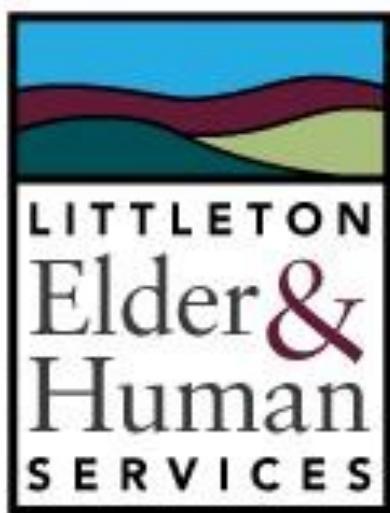


# The Broadcaster



## HOLIDAY CLOSING



**Presidents' Day**  
Monday, February 19th  
COA and Diner Closed

## Tips to Stay Safe During the Winter Months



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

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

More information can be found at:

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

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## Happenings—February 2018

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

- Feb 5, Mon at 2:00, **Coloring, Coffee and Conversation** (P7)
- Feb 5 and 26, **Chair Massage**, by Appointment Only (P4)
- Feb 9, Fri at 7:30 pm, **Littleton Lyceum** (P9)
- Feb 14, Wed at Noon, **Friends' Valentine's Day Lunch** (P4)
- Feb 15, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Feb 15 Thurs at 11:00 and 1:30, **Indian Hill Bach's Lunch** (P8)
- Feb 15, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Feb 15, Thurs from 3:00-5:00, **Heart Health Panel** (P10)
- Feb 22, Thurs at 1:00, **Movie of the Month** (P8)
- Feb 23, Fri at 10:00, **Fall Prevention Presentation** (P4)
- Feb 27, Tuesday at 4:30, **Bob Shapiro's Quartet** (P10)
- Feb 28 Wed from 7:30-8:30, **Veterans Breakfast** (P8)
- Feb 28, Wed at 1:00, **Crafts at the Council** (P8)
- Feb 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**

### Bill Vales' Internet & Computer Classes

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



- Feb 1: Sharing information on the web (DropBox, Google Drive).
- Feb 8: Moving email systems; moving contacts/address book; notifying people and websites.
- Feb 15: Digital Photography.
- Feb 22: Backing up data on your system.

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

## STAFF

Tina Maeder, Outreach Coord.  
 Nicole Lorenson, Outreach Coord.  
 Neil Campbell, 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  
 Jean Johnson  
 Mary Pickard

## FRIENDS OF THE COA

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

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](http://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.

## 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.**



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

## Living Alone & Living Well Group

This group meets the 3<sup>rd</sup> Thursday of each month in Room 230. The January date is **Thursday, February 15th, from 10:45-12:00 Noon** in room 233. If you are living alone and living well, or want to be, please join us. This group is designed for the recently bereaved or for those who simply live alone and would like to speak in a supportive environment. We have a great group and would love to welcome new members.

**Please contact Tina Maeder at 978-540-2472 or Nicole Lorenson at 978-540-2475 to sign up.**

## **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 **3<sup>rd</sup> Thursday of each month (February 15th) 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

Those who are caring for an adult in the home are invited to attend a monthly support group. This month's meeting will be held in the Senior Diner on **Wednesday evening, February 28th from 6:30-8:00 pm.**

**Please contact Nicole at 978-540-2475 or Tina at 978-540-2472 if you plan on attending.**

## **SMOC Fuel Assistance Program**

The Outreach office has been busy with recertification of SMOC applications and began accepting new applicants on November 1st. Appointments are needed to complete a fuel assistance application or recertification.

## **2017-2018 Guidelines**

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

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

**See Page 10 for information and guidelines for the Good Neighbor Energy Fund.**

## **Social Anxiety Support Group**

The Social Anxiety Support Group meets every other Tuesday in Room 230. 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. Stay tuned to the Newsletter for dates and times. The February meetings will be held on **Tuesdays, February 13th and 27th from 1:00-2:30 pm, in Room 233.**

**New members are welcome, but please contact Tina Maeder at 978-540-2472 or Nicole Lorenson at 978-540-2475 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 a private, confidential appointment. Appointments are needed. **SHINE** services are provided through Minuteman Senior Services.

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

## February is National Heart Health Month



Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer. Make a difference in your community by spreading the word about strategies for preventing heart disease and encouraging those around you to have their hearts checked and commit to heart-healthy lives.

For more information visit [www.heart.org](http://www.heart.org)

## Radiant Home Care Presents: Part 2 of the Preventing Hospitalization Series



**Friday, February 23<sup>rd</sup> at 10:00 am, the topic will be Education through Prevention.**

Education is the single largest tool to prevent health related problems! It's about doing the right things, eating the right foods and being watchful and mindful. Please call the COA at **978-540-2470** to sign up.

## Free Blood Pressure Screening



Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Tamara Bedard from Nashoba Nursing Service joins us on the **2<sup>nd</sup> 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**.

## Fit-4-Life Classes—Price Increase



As of January 1<sup>st</sup> the cost for the COA's Fit-4-Life Class increased to **\$3 per class**. If you're a regular, you know how great this class is. If you haven't been to a class yet, come check it out!

**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!



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

## Friends of the Council on Aging

Our Intergenerational Programs are very popular. The seniors and children are enjoying the interaction.

Our monthly lunches are also very popular, bringing 80 to 100 of our Littleton seniors together for the activities. It's a great time to enjoy our friends and catch up. Sign up each month and spend some time with us.

Celebrate Valentine's Day with the Friends of the COA on **February 14th, at noon in the Multi-Purpose Room**.

The meal will be chili, salad, rolls, and dessert. Thank you to Nashoba Tech's Culinary Arts students.

**No sign up is needed for this one.**

## THRIFT SHOP



We are still looking for anyone interested in joining the volunteers who keep the Thrift Shop a special place to shop. Drop in and visit with our crew. You are welcome to see if it's a place you would like to contribute a couple of hours to help us build our funds for COA programs.

Call the COA office at [978-540-2470](http://978-540-2470) and sign up. 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.

**Minuteman Senior Services FEBRUARY 2018 Senior Dining Menu**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>For weather emergencies and cancellations, please check Fox 25 TV station</b>		1 Roast Pork w/Apple Gravy Mulligatawny Soup Yams Wheat Bread Applesauce	2 Chicken Teriyaki Vegetable Fried Rice Oriental Vegetables Multigrain Bread Tropical Fruit Fortune Cookie
5 Beef Patty w/Onion Gravy Cream of Broccoli Soup Sour Cream & Chive Mashed Potatoes Multigrain Bread Diced Peaches	6 <i>Special</i> Sage Stuffed Chicken Mashed Sweet Potatoes Cauliflower Gratin Dinner Roll Almond Cookie	7 Beef Bolognese Penne Pasta Italian Bread Vanilla Yogurt	8 Macaroni & Cheese Chunky Tomato Soup Wheat Bread Diced Pears	9 Beef Burgundy Egg Noodles Broccoli Multigrain Bread Fresh Fruit
12 Chicken Jambalaya Brown Rice Escarole Soup Wheat Bread Applesauce	13 Roast Pork w/Rosemary Gravy Garlic Mashed Potatoes Tossed Salad Dinner Roll Mixed Fruit	14 Broccoli Bake Home Fries Vegetable Soup Wheat Bread Fresh Fruit	15 Chicken w/Apple Berry Sauce Wild Rice Pilaf Brussels Sprouts Multigrain Bread Chocolate Mousse	16 Potato Pollock Tartar Sauce Orzo Pilaf w/Spinach Mixed Vegetables Wheat Bread Snack n Loaf
19 President's Day No Meals Served 	20 Beef and Lentil Chili Brown Rice Broccoli Italian Bread Diced Pears	21 Grilled Chicken Florentine Cheesy Mashed Potatoes  Glazed Carrots Wheat Bread Gingerbread	22 Roast Turkey w/Herb Gravy Stuffing Butternut Squash Multigrain Bread Diced Peaches	23 Cheese Lasagna w/ Marinara Sauce Tossed Salad Wheat Dinner Roll Fresh Fruit
26 Chicken Cacciatore Cavatappi Pasta Riviera Blend Italian Bread Applesauce	27 Sweet & Sour Meatballs White Rice Egg Drop Spinach Soup Multigrain Bread Mandarin Oranges	28 Shepherd's Pie Tossed Salad Pumpernickel Bread Snack n Loaf	<b>Littleton Senior Diner is open 9:00 am to 1:00 pm</b> Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00	<b>To CANCEL or ORDER, Call your local meal site by 11:00 am the DAY BEFORE</b>



# FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b>	<b>2</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>5</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" <b>2:00 Coloring, Coffee and Conversation</b> 6:00 pm Tai Chi <b>Chair Massage by Appt.</b>	<b>6</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	<b>7</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>1:00 Friends of the COA Board Meeting</b> <b>1:00-3:00 SHINE</b>	<b>8</b> <b>7:30-9:00 Ladies' Breakfast</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b>	<b>9</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo <b>7:30 pm Littleton Lyceum</b>
<b>12</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch <b>1:30 COA Board Mtg</b> Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	<b>13</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b>	<b>14</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga <b>1:00-3:00 SHINE</b> Noon Friends of the COA Valentine's Day Lunch	<b>15</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> <b>10:45-Noon Living Alone Grp</b> 11:00 and 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex <b>Noon Fire Dept BP Check</b> Noon Lunch <b>1:00 Scrabble</b> <b>1:00-2:30 Bereavement Grp</b> <b>3:00-5:00 Heart Health Panel</b>	<b>17</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
	<b>20</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	<b>21</b> <b>7:30-9:00 Men's Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>1:00-3:00 SHINE</b> <b>1:00 Crafts at the Council</b>	<b>22</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b> <b>1:00 Movie of the Month</b>	<b>23</b> 10:00 Wii <b>10:00 Fall Prevention Presentation</b> Noon Lunch 1:00-2:30 Bingo
<b>26</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi <b>Chair Massage by Appt.</b>	<b>27</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b> 4:30 Bob Shapiro's Quartet	<b>28</b> <b>8:00-9:00 Veterans Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>1:00-3:00 SHINE</b> <b>1:00 Crafts at the Council</b> <b>6:30-8:00 pm Caregivers Meeting</b>		

## LADIES' BREAKFAST



February 8th - 7:30 am to 9:00 am



## MEN'S BREAKFAST



February 21st - 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

#### 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!**

#### 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.

### Winter Transportation Policy



With winter fully upon us, we would like to clarify that if Littleton Public Schools are closed due to inclement weather, Littleton EHS/COA Vans will not run. The safety of Littleton residents and our van drivers is of the upmost importance. In the event of a snowstorm, please check to see if Littleton schools are closed. If they are, you will be contacted to reschedule your ride.

### The Concord Players Present



by Moss Hart and George S. Kaufman  
Directed by Kathy Lague

#### SENIOR OPEN DRESS REHEARSAL

Thursday, February 8, 2018 at 8:00 pm  
\$5 at the door

51 Walden St, Concord

For more information, contact:  
Joanne Hines  
Jbhines@gmail.com

### Volunteers Needed



Are you interested in spending some of your free time volunteering for Littleton EHS?

We are looking for locals who are interested in being put on our volunteer driver list. There is no commitment for hours; just an agreement to be contacted when a resident needs a ride to see if you are able and available to provide transportation.

Please call the **COA** at **978-540-2470** for more information if you are interested.

### Coloring, Coffee and Conversation



The next meeting will be **Monday, February 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.

#### \*\*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 for a COA sponsored event.

As of **January 1, 2018**, Eagle Eye Coupons will only be redeemable for COA sponsored events. Coupons may no longer be redeemed for any event with the Friends of the COA apple logo next to it or for Minuteman dining. Come in and show us the error and we'll give you your coupon. Happy hunting!



*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.*

## Crafts at the Council

Join us on Wednesday, **February 28<sup>th</sup> at 1:00 pm**. Once again we have the gifted Ann Marie Chernosky leading the workshop on note cards of Littleton. Her photos of local sites capture the beauty of our town for you to personalize. Please call **978-540-2470** to register for this workshop. The cost is \$3.00.

## 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.

## 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 February 28th (last Wednesday of the month)**, Senior Diner at Town Hall, 7:30-8:30 am.

## 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 the COA office at **978-540-2470** for more information.

## Come Join the Fun!!



### Line Dancing

**Mondays at 9:00 am. MultiPurpose Room – no signup needed.**

### Mah Jongg

**Tuesdays from 12:30-3:30 pm in Room 230.**

### Bingo

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

## Movie of the Month



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



## Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening** at the Congregational Church from **5:30 to 6:30 pm**. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's **FREE!**

## Senior Bingo Afternoon



Come join us for an afternoon of Bingo, prizes and refreshments on **Thursday, February 8th**, at the Congregational Church from **1:00 to 3:30 pm**. If Littleton schools are closed, there will be no Bingo.

Jane Lyons [978-486-3436](tel:978-486-3436)

## 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 Sunshine Club does **NOT** meet in February. We look forward to seeing you again on **Thursday, March 15th at 1:00 pm** in the Conference Room. Stay healthy and stay warm.

Any questions call Topsy Hunt at [978-486-3783](tel:978-486-3783)

## SENIOR BOWLING



**Monday through Friday 10:00-1:00**

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

## INDIAN HILL MUSIC



Indian Hill Music School presents the *Come to the Cabaret* featuring Mary Crowe (vocals) and Evelyn Harris (piano): **TWO SHOWS - Thursday, February 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 at [978-486-9524](tel:978-486-9524) (press 0). Learn more at [www.indianhillmusic.org](http://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.

## Littleton Lyceum

Established 1829

### Gerwick Puppets:

#### Stories from Thornton Burgess

**Friday, February 9, 2018, 7:30 pm**

The [Gerwick Puppets](#) use stories adapted from the Massachusetts author, Thornton W. Burgess, to introduce children and adults to the habits and habitats of some common New England animals. This musical show is very engaging and interactive.

### Frost Heaves

**Friday, March 9, 2018 7:30 pm**

From the quintessential, yet fictional, New England town of Frost Heaves come the [Frost Heaves Players](#) and their wry, Yankee sense of humor. Fred Marple, the unofficial spokesman for the town, relates the town's wacky adventures via music, singalongs and some surprises! The entire family will enjoy this show.

Purchase tickets online at [littletonlyceum.org](http://littletonlyceum.org)

### \*\*\*\*\* Chewy Oatmeal Raisin Cookies \*\*\*\*\*

1 ½ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
½ teaspoon salt  
1/8 teaspoon ground nutmeg  
1 cup (2 sticks) unsalted butter  
1 cup light brown sugar  
½ cup granulated sugar  
2 large eggs  
1 teaspoon vanilla extract  
3 cups old fashioned rolled oats  
1 ½ cups raisins



Heat oven to 350° F. In a medium bowl, whisk together the flour, baking soda, cinnamon, salt, and nutmeg.

Using an electric mixer, beat the butter and sugars on medium-high speed until fluffy, 2 to 3 minutes. One at a time, beat in the eggs, then the vanilla. Reduce speed to low and gradually add the flour mixture, mixing until just combined (do not overmix). Mix in the oats and raisins by hand.

Drop heaping tablespoonfuls of the dough onto baking sheets, spacing them 2 inches apart.

Bake, rotating the baking sheets halfway through, until golden, 12 to 14 minutes. Cool slightly on the baking sheets, then transfer to wire racks to cool completely.

Store the cookies in an airtight container at room temperature for up to 5 days.

If you have a recipe you would like to share, please send it in to [nlorenson@littletonma.org](mailto:nlorenson@littletonma.org).

## RMV NEAR ME



The Registry of Motor Vehicles is partnering with area COAs to provide five of the most common transactions at COA sites. Littleton is one of those sites! Transactions are: license renewals (for licensed drivers younger than age 75), registration renewals (if no insurance stamp is required), change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. **Call Nicole Lorenson at 978-540-2475 and schedule an appointment.** You will need a valid credit card to process any transaction; no cash will be accepted.



### Check out Littleton's New Movie Theater, O'Neil Cinemas at The Point!

Offering \$7 movie tickets for anyone aged 62 and up, all day long, every Wednesday. Treat yourself to a popcorn/drink combo for \$4.

Super Bargain Tuesday for all ages offers \$6 movie tickets all day, every Tuesday, with discounts on candy, popcorn and drinks.

Sit back, relax, and enjoy the show!

## Staying Active this Winter



It has been well-reported that walking regularly can help improve your balance and coordination, strengthen your bones and muscles and help to maintain an active lifestyle. But how are you supposed to get out and walk in the cold, icy weather? Why not try Mall Walking?

The Pheasant Lane Mall in Nashua, NH offers a Mall Walker Program called, 'Hearts and Soles'. This program is designed to provide a safe, indoor location for walkers of all ages. The doors to the Food Court open **Monday-Saturday at 8:00 am** for those who wish to walk. This program is sponsored by Lowell General Hospital and is a great way to stay active throughout the winter months. Get a group together or go alone and meet some new friends. **Happy Walking!**



## AARP Tax Program 2017 2017 Income Tax Help

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

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

Bring with you:

- Your 2016 Federal and State Tax Returns.
- Form MA 1099-HC. It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number and your subscriber number has to be entered on your Massachusetts tax return.
- W-2's, SSA-1099's, 1099's (DIV, INT, B, G, MISC, etc.) schedule K-1's, 109's etc.
- The amount and date of any federal and state estimated tax payments that you made.
- All 4 quarterly property tax bills that you paid in calendar year 2017. It is very important that you bring all 4 bills that you paid in calendar year 2017.
- All water bills that you paid in calendar year 2017.
- Medical and Dental Expenses: bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).

### Bob Shapiros' Quartet



The Quartet will be performing on **Tuesday, February 27<sup>th</sup> at 4:30 pm** in Room 233. Come listen to the beautiful a capella sounds of this quartet from then and now. Please call the COA at **978-540-2470** to sign up! It's FREE.

## Good Neighbor Energy Fund Program



The Outreach office is working with residents who may be eligible for this energy program, **please call Tina at 978-540-2472 or Nicole at 978-540-2475** to inquire about eligibility and make an appointment.

Income for either the PRIOR twelve months or the past month (times 12 months for annual figure) must be within 60% to 80% of the State Median Income Level as indicated below.

### Total GROSS Annual Income

Household Size	Minimum	to	Maximum
1	\$34,001	to	\$ 45,335
2	\$44,463	to	\$ 59,284
3	\$54,925	to	\$ 73,233
4	\$65,387	to	\$ 87,183
5	\$75,849	to	\$101,132
6	\$86,311	to	\$115,081

## The Book Buddy Program



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

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

The dates are always on a **Friday, and the times are always at 10:30-11:45 am. The dates are: March 2<sup>nd</sup>, April 6<sup>th</sup>, and May 4<sup>th</sup>.**

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

## Heart Health Information Panel-Feb 15th



Please join us as Nashoba Valley Hospital, Rivercourt Residences, The Littleton Business Association and Littleton EHS host a Heart Health Informative Panel Session and cooking demonstration in honor of National Heart Month. Heart healthy hors d'oeuvres and refreshments will be served.

**February 15<sup>th</sup>, Thursday, from 3:00-5:00 pm in the Senior Diner. Please call to sign up spots will go fast.**



### \*\*\*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.

- 1<sup>st</sup> and 3<sup>rd</sup> Fridays – Boston area hospitals
- 2<sup>nd</sup> and 4<sup>th</sup> 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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