

# The Broadcaster



JAN 2019



## AARP Tax Program 2018 2018 Income Tax Help

Please call the **COA at 978-540-2470** to schedule an appointment to complete state and federal tax forms for 2018.

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 2017 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 2018. It is very important that you bring all 4 bills that you paid in calendar year 2018.
- All water bills that you paid in calendar year 2018.
- Medical and Dental Expenses: bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).



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### HOLIDAY CLOSINGS

- Tuesday, Jan 1: New Year's Day-COA and Diner Closed
- Monday, Jan 21: Martin Luther King Day-COA and Diner Closed

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

# Happenings—Jan 2019

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

Caregivers Meeting	P3	Jan 30	Wed
Coloring, Coffee and Conversation	P7	Jan 7	Mon
Crafts at the Council	P8	Jan 23	Wed
Friends' Luncheon	P4	Jan 16	Wed
Indian Hill Bach's Lunch Concert	P8	Jan 17	Thurs
Indian Hill Vintage Vocal Quartet	P9	Jan 18	Fri
Intro to Reiki	P4	Jan 30	Wed
Littleton Lyceum	P7	Jan 18	Fri
Living Alone and Living Well Group	P3	Jan 17	Thurs
Movie of the Month	P8	Jan 24	Thurs
Podiatry Clinic	P4	Jan 15	Tues
Veterans Breakfast	P8	Jan 30	Wed
LFD Blood Pressure Check	P4	Thursdays	
<u>Ongoing Exercise Programs</u>			
Fit-4-Life With Phyllis	P4	Tues & Thurs	
Gentle Flow Yoga	P4	Wednesday	
Line Dancing	P4	Monday	
Stretch & Flex with Carol Winge	P4	Tues & Thurs	
Tai Chi-QiGong	P4	Mon & Sat	

Refer to Calendar on Page 6 for specific times.

## BILL VALES' INTERNET & COMPUTER CLASSES



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

**Jan 24** Brainstorming and discussion of topics for the Winter/Spring 2018/2019 sessions.

**Jan 31** Google Services part 2 - Google Office Suite (Docs, Sheets, Slides, Forms and more)

**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.  
Sue Raymond, Admin  
Neil Campbell, MART Driver  
Laurie Dee, MART Driver  
Richard Kent, MART Driver  
William Monahan, MART Driver  
Gayle Dalton, Senior Diner Manager  
Nancy Hilsinger, Editor

## BOARD MEMBERS

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## FRIENDS OF THE COA

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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 to receive Email Notifications," 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

Please join our group which meets on the **3<sup>rd</sup> Thursday of the month (January 17th)** in Room 233 from 10:30-11:30. New members welcome

Please contact Tina at 978-540-2472 or Nicole at 978-540-2475 for more information and to sign up.

### Littleton Social Club (LSC)

The LSC meets on **Mondays 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.

### Healing Conversations

Nashoba Nursing Service and Hospice has started a support program, "**Healing Conversations**".

Are you grieving? Please join us for Healing Conversations, a free adult bereavement support group series which began in November. The programs are facilitated by Lucia Camara and Kathy Benson, LICSW. Registration is not required, but appreciated.

There will be healing conversations in the area in January and for those interested, please call Kathy Benson, LICSW at Nashoba Nursing Service at 978-425-6675, or by email [kbenson@nashoba.org](mailto:kbenson@nashoba.org)

### Caregivers Meeting

Caregivers Support Group will be meeting on **Wednesday, January 30, 2019 from 6:30-8:00 pm**. We welcome Sarah Turcotte from Bridges by Epoch from Westford as our host and speaker for the evening.

Please contact Tina at 978-540-2472 to let us know if you will be attending or have any questions.

### 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 meetings will be held on **Tuesdays, January 15th and 29th, 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.



**Having difficulty paying your heating bills during the winter? LEHS offers a variety of assistance programs. Documentation of need is required.**

**Call the Outreach offices for more information: Nicole at 978-540-2475 or Tina at 978-540-2472. All Calls are confidential**

### SMOC Fuel Assistance Program 2018-2019 Guidelines

Applicants new to the SMOC Program began to make appointments November 1st.

<u>Household Size</u>	<u>Gross Annual Income</u>
1 person household	\$35,510
2 person household	\$46,437
3 person household	\$57,363
4 person household	\$68,289

### Medicare or Health Insurance Questions



**SHINE** counseling is back at the Littleton COA on Fridays from **9:00 am-12 noon** in room 232.

Please call the main office at **978-540-2470** to make your appointment with Kathy Myers to discuss your health insurance needs.

### FINANCIAL AID/CLASS SCHOLARSHIPS:



Any community member may request support to offset some or all of the fees associated with an activity. Please contact Tina Maeder (978-540-2472) or Nicole Lorenson (978-540-2475) for confidential assistance.

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

## Introduction to Reiki

**Wednesday, January 30<sup>th</sup>**  
**11:00 am-Noon in Room 230**



Kathy Benson, LICSW at Nashoba Nursing Service & Hospice presents the benefits and basic techniques of Reiki. Reiki is a powerful, safe and effective healing technique that can be used for stress and pain reduction, relaxation, and also promotes healing. Reiki is used in hospitals during illness, after injuries, pre and post-operative procedures and for pain management.

Many people find Reiki to be enormously beneficial in their professional and personal lives including parents, caregivers and health care providers. If time permits, Reiki will be performed on those attending, that request the experience.

## Podiatry Clinic



The next Podiatry Clinic: **Tuesday, January 15th, in Room 103.**

**By Appointment only.**

**Call 978-540-2470** to schedule an appointment. **The cost is \$35.**

## 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 **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.**



## Friends of the Council on Aging



### BIENVENIDOS AMIGOS TO A LA CANTINA



In January we will head south to warm up after our December visit to Santa at the North Pole and cold weather.

A warm welcome and Mexican food will be on the menu. Whole Foods will again be the caterer and they are planning a festive menu.

Join us at noon in the Shattuck Street Multi-Purpose room on **Wednesday, January 16th**. Littleton residents will get priority seating and it is free for them. Non-residents will pay \$5.00 each at the door.

**Call: 978-540-2470 to save a seat.**

## THRIFT SHOP



A very Happy New Year to all who volunteer to work at the Thrift Shop and to those who donate or purchase items from the shop. You are helping to support

programs for our seniors and help with Outreach requests when needed. Thank you to the Friends Board members for all of the work they do to make our programs a success.

**HERE'S TO A HEALTHY AND SUCCESSFUL 2019.**

We are open **Monday to Friday, 10:00 am-3:00 pm**, except for holidays. Our volunteers are there to help you.



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.**

**Call 978-540-2470 to register.**

### FIT-4-LIFE with Phyllis

**Tues and Thurs**  
**9:00 to 10:00**

Intermediate to Advanced.  
**NOW \$3 per session.**



### STRETCH AND FLEX

**with Carol Winge**  
**Tues and Thurs**  
**11:15-12:15**

Designed for all fitness levels. \$2 per session.

### Gentle Flow Yoga

**With Carol Winge**  
**Wednesdays**  
**9:30-10:30 am**

Join the Gentle Yoga group. \$3.

### Tai Chi-Qi Gong

**Monday-11:00-12:00 & 6:00 pm.**

**Saturday, 11:00-12:00,**  
 Beginners WELCOME!  
 \$3 per session

### Line Dance With Kari Monday


**Beginners** from 9:00-10:00 am

**Adv Beginners** from 10:00-11:00 am

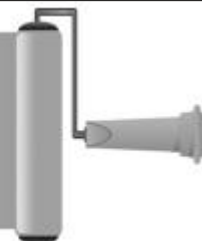
**Beginner/Adv Beginner** from 7:30-9:00 pm  
 \$5 per session

# Minuteman Senior Services JANUARY 2019

## Senior Dining 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>1</p>  <p><b>No Meals Served</b></p>	<p>2</p> <p>Apricot Glazed Chicken Breast Bok Choy Soup Veg Fried Rice Multigrain Bread</p>	<p>3</p> <p>BBQ Beef Burger Potato Wedges Broccoli Salad Hamburger Roll Mixed Fruit Cup</p>	<p>4</p> <p>Beef Bolognese Cavatappi Pasta Mixed Vegetables Wheat Dinner Roll Snack n Loaf</p>
<p>7</p> <p>Shepard's Pie Broccoli Wheat Bread Vanilla Yogurt</p>	<p>8</p> <p>Chicken Breast Florentine Sauce Vegetable Soup Orzo Pilaf w/ Spinach Multigrain Bread Apple Crisp</p>	<p>9</p> <p>Turkey Corn Stew Genoa Blend Veg Biscuit Fresh Fruit</p>	<p>10</p> <p>BBQ Pulled Pork Tossed Salad Mac &amp; Cheese Hamburger Bun</p>	<p>11</p> <p>Chicken Meatballs Swedish Sauce Parslied Noodles Spinach Italian Bread Raisins</p>
<p>14</p> <p>Chicken Teriyaki Veg Fried Rice Three C soup Multigrain Bread Tropical Fruit Fortune Cookie</p>	<p>15</p> <p>Potato Pollock Tartar Sauce Italian Green Beans Yams Wheat Bread Canned Peaches</p>	<p>16 <u>SPECIAL</u></p> <p>Chicken Cordon Bleu* Chicken Gravy Garlic Mash Potatoes Tossed Salad Wheat Dinner Roll Choco Chip Cookie Bar</p>	<p>17</p> <p>Beef Stew Brussel Sprouts Italian Bread Strawberry Cup</p>	<p>18</p> <p>Broccoli Bake Stewed Tomato Roasted Home Fries Multigrain Bread Ginger Boy Cookie</p>
<p>21</p>  <p><b>No Meals Served</b></p>	<p>22</p> <p>Chicken Breast Supreme Sauce Corn Chowder Sweet Potato Coins Wheat Bread Pineapple</p>	<p>23</p> <p>Roast Pork Apple Gravy Roasted Potatoes Tossed Salad Wheat Bread Applesauce</p>	<p>24</p> <p>White Bean Chicken Chili Brown Rice Broccoli Multigrain Bread Oatmeal Cookie</p>	<p>25</p> <p>Meatloaf with Mushroom Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Yogurt</p>
<p>28</p> <p>Chicken and Rice Bake Autumn Harvest Soup Wheat Bread Mixed Fruit</p>	<p>29</p> <p>Lasagna Roll Up with Meat Sauce Tossed Salad Italian Bread Brownie</p>	<p>30</p> <p>Chicken Breast Lemon Picatta Sauce Quinoa w/Roasted Veg Multigrain Bread Strawberry Cup</p>	<p>31</p> <p>Roast Turkey Herb Gravy Split Pea Soup Garlic Whip Potatoes Wheat Dinner Roll Butterscotch Pudding</p>	<p><b>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></b></p>

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**








# JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 	<b>2</b> 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting	<b>3</b> 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	<b>4</b> Noon Lunch 1:00-2:30 Bingo
<b>7</b> 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 7:30-9:00 pm Line Dancing	<b>8</b> 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	<b>9</b> 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	<b>10</b> 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	<b>11</b> Noon Lunch 1:00-2:30 Bingo
<b>14</b> 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 Meeting 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	<b>15</b> 9:00-10:00 Fit 4 Life Class 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 <i>Podiatry Clinic By Appointment Only</i>	<b>16</b> 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' Luncheon	<b>17</b> 9:00-10:00 Fit 4 Life Class 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	<b>18</b> Noon Lunch 1:00-2:30 Bingo 7:30 pm Indian Hill Vintage Vocal Quartet 7:30 pm Littleton Lyceum
<b>21</b> 	<b>22</b> 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	<b>23</b> 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 Crafts at the Council	<b>24</b> 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 Movie of the Month	<b>25</b> Noon Lunch 1:00-2:30 Bingo
<b>28</b> 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 7:30-9:00 pm Line Dancing	<b>29</b> 9:00-10:00 Fit 4 Life Class 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	<b>30</b> 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00-12:00 Intro to Reiki Noon Lunch 6:30-8:00 pm Caregivers Meeting	<b>31</b> 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	



OUR CARE TAKES CARE OF YOU

5 Star Rating

**LIFE CARE CENTER OF NASHOBA VALLEY**

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## LADIES' BREAKFAST

January 10th - 7:30 to 9:00 am



## MEN'S BREAKFAST

January 16th- 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-Solveig Steeman



Thanks to Our Volunteers!

Littleton EHS would like to kick off the New Year by highlighting one of our newest volunteers. You may have seen **Solveig Steeman** at our front desk on Monday mornings, helping us with shredding documents and organizing our bulletin boards, among many other things. Solveig is a recent graduate and has lived in Littleton for 3 ½ years. She decided to help out at the COA because she wanted to get more experience working in an office environment. Solveig says her favorite part of the job is to help people.

Solveig has a great ability to pick up on new tasks quickly and with ease. She has been so helpful and welcoming to all those who come by the front desk. We are so lucky to have her!

### Coloring, Coffee and Conversation



The next meeting will be **Monday January 7th at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

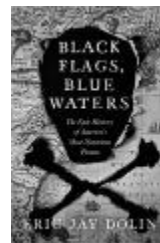
### Are You on Our Email List?



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.



### Eric Jay Dolin/Pirates Friday, 18 January 2019, 7:30 pm (new date)



Come hear Eric Jay Dolin discuss his latest book about surprising tales of vicious mutineers, imperial riches, and high-seas intrigue. Set against the backdrop of the Age of Exploration, *Black Flags, Blue Waters* reveals the dramatic and surprising history of American piracy's "Golden Age" — spanning the late 1600s through the early 1700s—when lawless pirates plied the coastal waters of North America and beyond. *This program is co-sponsored by The Rotary Club of Littleton.*

### Journeys in Traditional Spiritual and Gospel Music, featuring Suzanne Buell Friday, 8 March, 2019, 7:30 pm



Lyceum offers an extraordinary music event, the history of Gospel music in America as presented by Suzanne Buell. Suzanne has been a soloist with Gospel Pops at Symphony Hall as well as a recording artist with Stax. The program will feature the music of Mavis Staples, Sister Rosetta Tharpe, Mike Foster and many others as well as some traditional spirituals. Suzanne will tell stories of the origins of this American music and we will journey with her and find how some of these songs shaped the Civil Rights movement of the 1960s and gave life to many modern rock and blues artists. Don't miss this inspiring and informative night of music and musical history!

Purchase tickets at the door or online at [www.littletonlyceum.org](http://www.littletonlyceum.org). All Lyceum events are held in the **Littleton High School Auditorium, Littleton, MA**

## Crafts at the Council



Sign up now for the Craft Class, **"POT LUCK CRAFTS"** on **Wednesday, January 23rd, from 1:00-3:00 pm.**

It is the start of a new year and time to get creative. There will be wood, frames, buttons, shells, pine cones, tea candles, containers and much more. You will use your creativity to surprise me with your crafts and will have the opportunity to take home 2-3 completed projects. Let's see who will win the door prize. See you in January.

Call the COA office at **978-540-2470** to sign up for this class.

## 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.

Yarn and needles are available. Come try it out and join this fun group!

## 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 8:30 am-noon in Library Small Meeting Room. Town Hall Entrance, first door before elevator.**

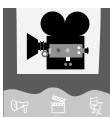
Call John Boroski at **978-540-2485** to make an appointment.

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

## Movie of the Month



**Thursday, January 24th at 1:00 pm, "Crazy Rich Asians"** will be shown in Room 230. \$2.00 donation requested.



## 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, January 10th, from 1:00 to 3:30 pm,** at the Congregational Church for an afternoon of Bingo, prizes and refreshments. We look forward to seeing you! Please note that if the Littleton schools are closed that day Bingo will be cancelled.

Jane Lyons **978-486-3436**

## Bingo at St. Anne's Church



The Sunshine club is a nondenominational meeting open to all senior citizens. Sunshine Club meets on **Thursday, January 17th at 1:00 pm** at St. Anne's church. Bingo is played each month for groceries and small prizes.

After bingo there are refreshments with coffee, tea and pastries. Please join us.

Any questions call: **Chris Banks, 860-303-0001.**

## 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 presents French classical works for wind trio featuring Hazel Malcolmson, bassoon; Catherine Weinfield-Zell, oboe; and Constantine Finehouse, piano. **TWO SHOWS - Thursday, January 17th 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.

Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

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



## January is National Blood Donor Month



January was declared National Blood Donor Month in 1970 by President Nixon to celebrate blood donors and increase donations.

Here are a few facts which highlight why blood donation is SO important:

Approximately 36,000 units of red blood cells and 7,000 units of platelets are needed every day in the U.S.

A single car accident victim can require as many as 100 pints of blood.

Approximately 6.8 million individuals donate blood in the U.S. annually. Although an estimated 38% of the population is eligible, less than 10% actually donate.

A single donation can potentially help more than one patient

The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 minutes.

Go to [www.redcrossblood.com](http://www.redcrossblood.com) to find a blood drive near you!



## Downsizing, Decluttering And Moving On

This is a new series starting in February.

It will be held once per month on Tuesdays: February 12th, March 12th, and April 9th, from 10:00-11:00 am in Room 233 with Annette Debisz from Laer Realty Partners. Call 978-540-2470 to sign up.



## PART-TIME VAN DRIVER WANTED

We are looking for a part-time van driver! If you or someone you know may be interested, please visit the Human Resources page at:

[www.littletonma.org](http://www.littletonma.org) to see a full job description, or call (978) 540-2455 for more information!



*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.*

## INDIAN HILL MUSIC



**VINTAGE VOCAL QUARTET**  
at Indian Hill Music: Swing down memory lane to tunes by Hoagy Carmichael, Duke Ellington, Cole Porter, and more.

Featuring Taylor O'Donnell, voice/piano; Paul Pampinella, voice/guitar; Adam Gautille, voice/trumpet; and David Thorne Scott, voice/bass:

**Friday, January 18th at 7:30 pm, 36 King Street, Littleton, MA. TICKETS: \$15**  
(Free for Indian Hill Music students.)

Call 978-486-9524 for tickets.

## Group Support for those Affected by Addiction



Caring for someone who is struggling with an addiction, whether from afar, or on a day-to-day basis, can be emotionally, physically and mentally overwhelming. Finding support in the community from others who are experiencing the same situation or have been in a similar situation can be a great way to find the balance in taking care of yourself.

**The Addiction Support Group will not meet in January. Check the February Broadcaster for the date of the February Meeting.**

100 % Confidential

No registration is necessary, please come if you are able and spread the word to those who may benefit.  
37 Shattuck Street, Room 233, Littleton, MA 01460.

## Littleton Coalition Against Addiction 100% Confidential



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## Littleton Commuter Rail Shuttle Park & Ride Spaces at IBM

**Pay \$2.50 for R/T shuttle from IBM, rather than \$6 to park at Littleton Station**

The Town of Littleton and the Montachusett Regional Transit Authority are pleased to announce that MART's week-day Littleton-Westford Commuter Rail Shuttle has added a new dedicated park and ride location to the shuttle route that will be available for use starting on Monday, October 29, 2018. The Town of Littleton has secured twelve spaces in the parking lot in front of IBM (in the southwest corner of the parking lot closest to Great Road [Rte. 119]). The spaces have signs designating them for the shuttle. These twelve free parking spaces at IBM are available to weekday commuters going to/from the Littleton-495 Commuter Rail station using the MART shuttle service (\$1.25 each way). *The roundtrip cost of \$2.50 per day compares to \$6.00 per day to park at the Littleton-495 MBTA commuter rail station.* Monthly shuttle passes cost \$25, and are available at Littleton Town Hall or from the bus driver.

### To use the shuttle during weekday morning service:

Be ready at the IBM Park & Ride stop by:	To arrive at Littleton MBTA Station by:	In order to catch these Fitchburg line trains from Littleton:
7:25 AM	7:35 AM	7:46 AM inbound to Boston 7:40 AM outbound to Wachusett
8:25 AM	8:35 AM	8:46 AM inbound to Boston 8:41 AM outbound to Wachusett

### During the weekday late afternoon service:

Arrive at Littleton Station on these Fitchburg trains:	To depart Littleton MBTA station at:	To arrive at IBM Park & Ride stop at:
5:15 PM inbound to Boston 5:01 & 5:15 PM outbound to Wachusett	5:20 PM	5:30 PM
6:19 PM inbound to Boston 6:29 PM outbound to Wachusett	6:38 PM	On demand (approx. 10 min after departure)

"The Town of Littleton is grateful to IBM's landlord, Hudson Advisors, for a license agreement for twelve park and ride commuter spaces in the IBM lot near Great Road / Rt. 119, to connect with the MART shuttle serving the Littleton MBTA commuter rail station on the Fitchburg line," said Littleton Town Administrator Keith Bergman. "The Town and IBM are members of the CrossTown Connect Transportation Management Association, a public-private partnership to expand transportation options for those who live and work in our community."

Begun on June 4, 2018, this shuttle connects the Littleton-495 Commuter Rail station with IBM/Littleton Common and businesses in Tech Parks East and West in Westford, making it possible to commute to and from these locations on public transportation. Residents going to Littleton Station will be able to board the shuttle at any of the scheduled stops or flag the bus down as it travels along Route 110. The shuttle service is made possible by a collaborative effort from the Towns of Littleton and Westford, MART, private business partners, CrossTown Connect, MassDevelopment, MassDOT, and the Montachusett Regional Planning Commission with support from the 495/MetroWest Partnership.

Additional information including a route map and complete shuttle schedule can be found on MART's website

**at: <http://www.mrta.us/routes-schedules/littleton-westford-commuter-rail-shuttle>**



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**JANUARY 2019**

**\*\*\*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.

- 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.**