

The Broadcaster



OCT 2019



Columbus Day

**Monday, Oct 14th
COA and Senior
Diner Closed**



FROM LIZ'S DESK

Did you know over 15% of Littleton renters are **severely** cost-burdened, spending more than 50% of their income on housing?

EHS/COA and the Affordable Housing Trust are pleased to announce the roll-out of the new Littleton Rental Assistance Program (LRAP). The goal of the program is to provide greater housing stability and housing opportunities to cost-burdened renters in town. LRAP will provide monthly rental payment assistance to income-eligible households who are renting qualified housing units in the Town of Littleton. This program is intended to help those households afford necessary expenses, such as medical, transportation, and education expenses that will permanently improve their circumstances while they work closely with EHS/COA Outreach to create a road to self-sufficiency.

LRAP is funded by the Community Preservation Act, through the Littleton Affordable Housing Trust. Please call the EHS/COA Office for specific eligibility requirements at **978-540-2470** or visit our website at <https://www.littletonma.org/elder-and-human-services>

From the COA Board

The Littleton COA Board is looking for volunteers to participate in our resident focus groups. The COA Board's goal is to meet with residents to assess our current and future senior needs. We are looking to hear from both residents who currently participate in our COA activities and those who do not currently participate. The discussions will focus on senior programs and activities, services available, space needs, and aging in Littleton. Participants will be asked to commit to a one-hour meeting. If you are interested in serving the Council on Aging in this endeavor, please call us at **978-540-2471** and indicate which date you are able to attend: **October 16 at 4:00 pm, October 21 at 11:00 am, October 23 at 12:00 pm, or October 30 at 8:30 am.**

 ★ **Please call the main office at 978-540-2470 to sign up for ALL** ★
 ★ **events up to 3 days prior, to ensure a spot .** ★

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

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Happenings—October 2019

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

Book Buddy Program	P10	TBD	
Brains and Balance	P9	Oct 9,16,23,30	Wed
Caregivers Meeting	P3	Oct 30	Wed
Coffee With a Cop	P9	Oct 4	Fri
Coloring, Coffee and Conversation	P4	Oct 7	Mon
Crafts at the Council	P8	Oct 23	Wed
Flu Shot Clinics	P9	Oct 8	Tues
Friends Halloween Party Luncheon	P4	Oct 16	Wed
Healing Conversations	P4	Oct 21	Mon
Indian Hill Bach's Lunch	P8	Oct 10	Thurs
Littleton Lyceum	P10	Oct 4	Fri
Living Alone and Living Well	P3	Oct 17	Thurs
Medicare Open Enrollment Pres	P7	Oct 18	Fri
Movie of the Month	P8	Oct 24	Thurs
RAD Presentation for Seniors	P9	10/23-12/18	Wed
Recovery Conversations	P3	Oct 2	Wed
Senior Housing Forum	P9	Oct 29	Tues
Veterans Breakfast	P8	Oct 30	Wed
LFD Blood Pressure Check	P4	Thursdays	
Bingo	P8	Fridays	
Bridge Group (NEW)	P8	Fridays	
See Page 4 for list of exercise programs	P4	Mon-Fri	

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.)

Oct 3	No Class.
Oct 10	Basics of security; keeping your system and your information safe.
Oct 17	Social engineering. Safe internet practices for accessing information.
Oct 24	Email systems. Email clients, webmail, changing email systems.
Oct 31	The Cloud. What it is, where it is? How do we use it safely?

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

STAFF

Liz Tretiak, Director
 Nicole Lorenson, Assistant Director
 Amy DeMichele, Outreach Coordinator
 Sue Raymond, Admin
 Neil Campbell, MART Driver
 Laurie Dee, MART Driver
 Richard Kent, MART Driver
 William Monahan, MART Driver
 John Stenstrom, MART Driver
 Sam Palmer, On-Call MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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 Dottie Ruiz, Secretary
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 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

Broadcaster by Email and Online!!

You can get the Broadcaster by email!
 Visit our site, 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 Nicole at 978-540-2475 or Amy at 978-540-2472 to schedule an appointment.

New to Town? Never used the COA before? Call or email Outreach Coordinator Amy DeMichele for a New Participant Packet for all the info you need!

978-540-2472 ademichele@littletonma.org

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 Liz Tretiak at 978-540-2470 for more details or to sign up.

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 (October 8th and 22nd) 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.



Recovery Conversations With Tipping Point Recovery

- Is your loved one struggling with addiction?
- Do you feel overwhelmed?
- You're not alone!

Recovery Conversations provides families an honest approach to recovery by effectively coaching families and providing tools and resources to educate and empower, rather than enable.

These **FREE** sessions are held on the **first Wednesday of the month (October 2nd) from 6:00-7:30 pm in Room 230**.

Medicare or Health Insurance Questions



Serving the Health Insurance Needs of Everyone

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

Living Alone & Living Well Group

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

Please contact Amy DeMichele at 978-540-2472 for more information and to sign up.

We have a great group and would love to welcome new members.

Caregivers Meeting

Caregivers Support group will be meeting on **Wednesday, October 30th, from 6:00-8:30 pm in the Senior Diner**

Right at Home will be sponsoring the group with a light dinner and refreshments for the group.

Please contact Liz Tretiak at 978-540-2470 to let us know if you plan on attending or have any questions.



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 Amy at 978-540-2472. All calls are confidential

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.

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 from Nashoba Nursing Service joins us on the **2nd Tuesday of each month from 10:00-11:00 am** for screenings. The LFD will also take your blood pressure on **Thursdays at noon** in the Senior Diner as their schedule allows.

Coloring, Coffee and Conversation



The group will meet on **Monday October 7th at 2:00 pm in Room 233.** No charge – coloring blanks and books available. Bring your pencils and pens.

Monday, Oct 21st, 3:00-4:00 pm, Room 233

Healing Conversations

Please join us for Healing Conversations, a free adult bereavement support group series offered by Nashoba Nursing Service & Hospice. The program is facilitated by Kathy Benson, LICSW and Lucia Camara. Registration is not required.

If you have any questions, please contact Kathy Benson at **978-425-6675** or email kbenson@nashoba.org

Call 978-540-2470 to sign up.

Telephone Check-In



Would you or someone you know like to receive weekly or bi-weekly phone calls from a Littleton EHS Volunteer? This is a great way to stay connected, keep in touch and be able to socialize when you aren't able to get out of the house.

Please contact Nicole at 978-540-2475 to sign up!



Friends of the Council on Aging



The new season of theme luncheons hosted by the Friends of the Littleton COA started with the 50's in September and we move on to a Halloween costume party on **Wednesday, October 16th at noon in the Shattuck Street Multi-Purpose Room.** Costumes are welcome and there will be a prize for the best one. We are still limited on the number attending, so get your name in soon. **Call: 978-540-2470 to sign up.** \$5.00 residents - \$7.00 non-residents.



On **November 6th** it's our chance to honor our Veterans. This luncheon will be catered by Nashoba Technical High School's Culinary Dept. Vets and spouses are free. Cost for guests will be \$5.00 residents, \$7.00 non-residents.

Join us every month for a special lunch with old and new friends.

Call the COA office for reservations at 978-540-2470.

FRIENDS' THRIFT SHOP



Friends' Thrift Shop is bursting with fall and winter clothing. Whether you want stylish or practical, we have it all. And we've been putting aside outfits for an upcoming fashion show on **November 3rd.** Details will be in the next issue of the Broadcaster.

Stay tuned! Meanwhile, come by and say hello and peruse our racks.

We're open Monday through Friday and our hours are 10:00 am - 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.
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 Wing
Tues and Thurs
11:15-12:15**

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

Gentle Flow Yoga

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

Join the Gentle Yoga group. \$3.

Tai Chi-Qi Gong

**Monday-11:00-12:00 &
5:30 pm.**

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

Line Dance With Kari Monday

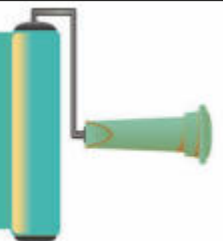
Beginners from 9:00-10:00 am

Adv Beginners from 10:00-11:00 am

\$5 per session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00	1 Homestyle Chicken Drumstick Red Bliss Potatoes Broccoli Multigrain Bread Chocolate Chip Cookie	2 Split Pea Soup Roast Pork w/ Rosemary Gravy Garlic Mashed Potatoes Italian Bread Fresh Fruit	3 Chicken and Corn Stew Tossed Salad Wheat Bread Mandarin Oranges	4 BBQ Beef Patty Mac and Cheese California Blend Veg Hamburger Bun Vanilla Yogurt
7 Chicken Meatballs Swedish Sauce Egg Noodles Scandinavian Blend Veg Marble Rye Pineapple	8 Grilled Chicken Cacciatore Penne Pasta Tossed Salad Wheat Dinner Roll Fresh Fruit	9 Beef & Pork Meat Pie Beef Gravy Tossed Salad Wheat Dinner Roll Snack n Loaf	10 Butternut Bisque Potato Pollock Tartar Sauce Au Gratin Potatoes Wheat Bread Spice Cake	11 Turkey w/Gravy Stuffing Green Beans Multigrain Bread Applesauce
14 	15 BBQ Pulled Pork Baked Beans Corn Hamburger Roll Fresh Fruit	16 Chicken Jambalaya Brown Rice Tossed Salad Multigrain Bread Mixed Fruit	17 Mulligatawny Soup Grilled Chicken w/Supreme Sauce Red Bliss Potatoes Wheat Bread Almond Cookie	18 Stuffed Cabbage Casserole Carrots Pumppernickel Bread Fruit Yogurt
21 Minestrone Soup Haddock w/Lemon Picatta Sauce Orzo Pilaf w/Spinach Multigrain Bread Tropical Fruit	22 Broccoli Bake Home Fries Tossed Salad Italian Bread Diced Peaches	23 Vegetable Barley Soup Glazed Chicken Drumstick Chantilly Potatoes Wheat Bread Fresh Fruit	24 SPECIAL Chicken Cordon Bleu Chicken Gravy Wild Rice Pilaf Creamed Spinach Dinner Roll Chocolate Brownie	25 Meatloaf Jardinière Gravy Sour Cream & Chive Mashed Potatoes Mixed Vegetables Multigrain Bread Snack N Loaf
28 Beef Bolognese Ziti Pasta Genoa Blend Wheat Bread Applesauce	29 Autumn Harvest Soup Mediterranean Grilled Chicken Cous Cous w/Red pepper Multigrain Bread Lemon Cake	30 Turkey Tetrazzini Egg Noodles Tossed Salad Dinner Roll Fruit Yogurt	31 Roast Pork w/ Apple Berry Sauce Cinnamon Sweet Potatoes Cauliflower Wheat Bread Diced Pears	To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**





OCTOBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	2 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting 6:00-7:30 pm Recovery Conversations	3 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	4 9:00 Coffee With a Cop 9:30 Bridge Group Noon Lunch 1:30 Bingo 7:30 pm Littleton Lyceum
7 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 2:00 Coloring, Coffee & Conversation 5:30 pm Tai Chi	8 9:00-10:0 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 10:00-12:00 + 3:00-6:00 Flu Shot Clinics	9 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Class Noon Lunch	10 7:30-9:00 Ladies Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:00 and 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	11 9:30 Bridge Group Noon Lunch 1:30 Bingo
14  Columbus Day	15 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	16 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Class 12:00 Friends' Halloween Party Lunch	17 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	18 9:30 Bridge Group 10:00 Medicare Open Enrollment Pres. Noon Lunch 1:30 Bingo
21 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 3:00 Healing Conversations 5:30 pm Tai Chi	22 9:00-10:0 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	23 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Class Noon Lunch 1:00-3:00 RAD for Seniors 1:00-3:00 Crafts at the Council	24 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	25 9:30 Bridge Group Noon Lunch 1:30 Bingo
28 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 5:30 pm Tai Chi	29 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:30-3:30 Senior Housing Forum	30 7:30-8:30 Veterans' Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Class Noon Lunch 1:00-3:00 RAD for Seniors 6:30-8:00 pm Caregivers' Support Group	31 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	

THE GOOD LIFE

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LADIES' BREAKFAST

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



MEN'S BREAKFAST

October 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

Driver Spotlight—Neil Campbell



Our driver spotlight for this month is **Neil Campbell**. Neil has been a driver here with us at Littleton EHS for many years and knows the ins and outs of scheduling, traffic and the importance of people getting where they need to go.

Neil is dependable, personable, smart and a savvy driver. He takes his position here seriously and with a winning smile and sense of humor.

In his spare time, Neil enjoys spending time with his family and golfing.

In addition to all of his great qualities Neil let us all in on a grilling secret this summer. Did you know that you can cut and grill a peach on your outside grill? Before it gets too cold, give it a try and raise a grilled peach to Neil!

Thank you, Neil. You go above and beyond for us and for the residents of Littleton and we appreciate you very much!

Medicare Open Enrollment Presentation

Fri, October 18th 10:00 am, COA Room 230

Call 978-540-2475 to sign up!



It's time for your Medicare check-up! This is your annual opportunity to review your health coverage, compare health plans, obtain premium and co-payment information and learn of any additional covered services and prescription plans.

SHINE counselors are available to meet with individuals onsite at the Council on Aging during scheduled hours.

To make an appointment please call 978-540-2470! SHINE can provide telephone counseling and in-home counseling as needed for those who are homebound or without transportation.

SHINE, a State Health Insurance Program (SHIP), is partially funded by the federal Administration for Community Living (ACL). SHINE is a program of Minuteman Senior Services (MSS) that offers free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff and volunteers.

Additional funding for the MSS SHINE program is provided by Lahey Hospital and Medical Center, The Dana Home Foundation, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations.

For more information, please call 888-222-6171 or visit www.minutemansenior.org

Please Join Us!

John F. Boroski, Director of Veterans Services

And

The Town of Littleton Board of Selectmen

Invite you to the rededication of the
Edgar P. Romilly Veterans Corner

Sunday, November 10, 2019
1:00 p.m.

Littleton Common
Littleton, Massachusetts

Questions can be directed to
John F. Boroski, VSO at jboroski@littletonma.org
or
Cindy Napoli, Selectman at selectmen@littletonma.org

Lest We Forget!



Create your own Medicare Account for a Personalized Plan Experience!

By creating an account you can:

- Build a better drug list, with suggestions on prescriptions you have filled within the last year.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to others available.

To create your account, visit Medicare.gov/plan-compare and click "log in or create account".

If you have questions about this or need help creating your account, please call the front desk at **978-540-2470** to make an appointment with our **SHINE** Counselor.

Crafts at the Council



Wednesday, Oct 23rd from 1:00-3:00 pm in the Multi-Purpose Room. The cost is \$3.00.



It is fall already! How time flies. It is time to decorate for the season. At the October craft class we will be painting slate tiles to be hung on your porches as decorations. We will be using stencils and free hand painting techniques. There will be embellishments available if you wish to use them.

Please sign up early as the class size will be limited. Hope to see you there with all your crafty ideas.

Call the COA at 978-540-2470 ASAP to sign up.

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 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



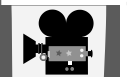
Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, October 30th (last Wednesday of the month), Senior Diner at**

Town Hall, 7:30-8:30 am.



Come join us for Bingo at the Senior Diner, every Friday at 1:30 pm. See you there!!

Movie of The Month



Thursday, Oct 24th at 1:00 pm, "Poms", with Diane Keaton, will be shown in Room 230. \$2.00 donation requested.

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



Bridge Group—NEW!!



Littleton EHS is happy to welcome a friendly Bridge Group to the COA, **every Friday starting at 9:30 in Room 230**. Beginners are welcome and there will be members available to help teach you the rules of the game!

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!**

Bingo at St. Anne's Church



The Sunshine Club will meet on **Thursday, October 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 desserts. Please join us. All are invited.

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

Senior Bingo Afternoon



Come join us on Thursday, October 10th from 1:00 to 3:30 pm at the Congregational Church for an afternoon of Bingo, prizes, finger desserts, tea & coffee. Enjoy an afternoon outing with friends! We look forward to seeing you! **Jane Lyons 978-486-3436**.

SENIOR BOWLING



Tuesday - Thursday 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: Our second Bach's Lunch concert is scheduled for **Thursday, October 10th - Dream With Me: Music Inspired by the Night**, featuring Laryssa Doohovskoy, mezzo-soprano; Alexei Doohovskoy, trombone; and Marina Pavlova, piano. **Performances at 11:00 am and 1:30 pm, 36 King Street, Littleton, MA.** Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission.

Reservations required for groups of 5 or more. **Call (978) 486-9524 (press 0).**

Learn more at www.indianhillmusic.org.

Please do not make reservations via email. Thank you!

Special Programs –Mark Your Calendar

Friday, October 4th, 9:00 am, Room 233

Coffee With a Cop



Stop by the COA on October 4th for a coffee hour with Littleton Police Officers in Room 233.

Did you know that Littleton has a Senior Liaison Officer? Come meet him and some other officers you may or may not already know!

Tuesday, October 8th



10:00 am-12:00 pm

Room 103, Town Offices

OR

3:00-6:00 pm

Littleton Middle School

**Wednesday, Oct 9th-Nov 13th, 11:00 am
Multi-Purpose Room**

Brains and Balance Classes



Brains and Balance begins a new series on **October 9th** with Instructor Holly Kuovo.

Brains and Balance classes will be held on Wednesdays in the Multi-Purpose Room. Limited to 12 class participants. **\$15 for the 6 week session.**

Losing your balance and losing mental capacity are NOT inevitable parts of the aging process! Research shows that you can work to keep your body AND your mind sharp.

Call 978-540-2470 to sign up.

**Wednesday, Oct 23-Dec 18, 1:00-3:00 pm
Multi-Purpose Room**

RAD for Seniors (Resisting Aggression Defensively)

Join Littleton Police Department's Police Officer Ashley Pinard to learn about self-defense skills, fraud prevention, and other safety tips. The 2 hour classes will be part presentation and part physical movement- all voluntary within your comfort level.

Call the COA Office at 978-540-2470 to sign up.

Tuesday, October 29th, 1:30-3:30 pm, Room 103

Senior Housing Forum With



The 55+ Housing Forum discusses:

- Aging in Place; Downsizing and Decluttering
- Finances; Current Housing Costs and Targeted Housing Costs
- Affordable Housing and the Application Process
- 55+ Communities and Supportive services

Call the COA Office at 978-540-2470 to sign up.

DECEMBER—SAVE THE DATE

Tuesday, December 3rd, 1:00-3:00 pm

**“Sail Away on the Craft of Pastel Painting,”
with Artist Gregory John Maichack**



The Littleton COA will host award-winning pastel artist Gregory John Maichack to present an adult hands-on workshop, “Sail Away on the Craft of Pastel Painting.” Imagine using sailboat references and Maichack's pastel version of Monet's Impressionist painting, “Sailboat at Le Petit-Gennevilliers,” to create your own pastel painting. In this new, highly researched two

-hour workshop, you will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper, creating a painting in your own style, realistic or Impressionistic, in this fun pastel painting workshop. This pastel painting workshop is designed for sheer beginners to experienced artists.

Seats may fill quickly so please call (978) 540-2470 to pre-register.

REMINDER

Quarter 2 Real Estate Taxes are due November 1st. You should have received a bill for this in June, so there will be no new bill mailed.

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

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Oct 11	Fall Foliage Train Ride-New Hampshire	\$93
Nov 7	It's a Mystery Tour	\$100
Dec 7	NY City Shopping & Sightseeing	\$75

- All trips are non-refundable. Tours and inclusions are subject to change.
- Payment must be made at time of registration and a seat cannot be held without payment
- An email is sent the week of the trip with confirmation of details.

For more detailed information or to register for any trip, contact:

www.littletonrec.com—978-540-2490

Transportation Destination



Did you know that our EHS Vans can provide more than just medical transportation?

Our vans can take you to the COA to attend a multitude of activities and we can

also bring you out to lunch, to local shopping plazas, parks or to visit a friend.

Call Dispatch at 978-844-6809 to schedule your ride. Don't let the hassle of driving and parking get in the way of enjoying yourself!

Littleton Coalition Against Addiction 100% Confidential



Nicole Lorenson, Assistant Director, COA
978-540-2475
nlorenson@littletonma.org



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



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

Book Buddy Program to Continue This Fall



If you are looking for an hour of fun, please join the Book Buddy reading program at Shaker Lane School, with Michelle Barth's kindergarten class. This program has been so successful, we've been asked to come back. This is just one of our Intergenerational Programs for seniors.

Once a month starting in October, on an assigned day, we will go to Shaker Lane School, meet your Buddy, and teacher, Michelle Barth and her class. We will be assigned 1-3 Book Buddies each, and read stories together. You may bring your own book, or pick one from a selection provided for us.

This is a fun program, and very rewarding for the students and you.

If you are interested and would like further information, **please call the COA, at 978-540-2470.** Someone will get back to you with specific details.

Littleton Lyceum

Established 1825



Pabon Salsa, Fri, Oct 4, 7:30 pm

Salsero Edwin Pabon will delight the audience with salsa, merengue, bolero, and mambo from his native Puerto Rico. We can guarantee you'll be inspired to get up and dance in the aisles.

Eyes on Owls	Friday, Nov 15, 2019
Tanglewood Marionettes – "Cinderella"	Friday, Jan 10, 2020
Ball in the House	Friday, March 6, 2020

Purchase tickets at the door or [online](http://www.littletonlyceum.org) at **www.littletonlyceum.org.**

All programs take place at the Littleton High School's Performing Arts Center.

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.

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OCTOBER 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.

- 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.