



The Broadcaster

NOV 2019



FROM LIZ'S DESK

LITTLETON EHS/COA SERVICES



Mon, Nov 11th, &
Thurs, Nov 28th
COA and Senior
Diner Closed

The cold weather is here but we aren't hibernating here at the COA! We have several new programs in progress and some just starting up. Call to sign up for "Lunch and Cupcake Decorating" class this month, and come back for a massage with our massage therapist, Sarah, on the 18th. Be sure to also check out the new Mindful Meditations program for some gentle movement starting Monday December 2nd. It will be a perfect way to start your week with a Zen state of mind.

The Thanksgiving holiday gives us a perfect reminder to pause and reflect on all of the things we are grateful for in our lives. Here at the EHS/COA Dept we are incredibly thankful for our dedicated volunteers, our supportive COA Board, our generous Friends and all of the Town staff and residents that make the COA a wonderful place to be every day. We are also forever grateful for our Veterans for their service and sacrifices. We hope to see you all to honor you at our luncheon this month.

From the COA Board

Do You Know?

- That the current census of Littleton is just under 10,000 people?
- That the UMass Gerontology Institute projected "that by 2035 the number of Littleton residents age 60+ will more than double and comprise close to 40% of the Town's total population."
- According to the 2018 census, we currently have 2277 residents over 60+.
- The COA currently has 3800 square feet of space to service our current senior population, yet the Executive Office of Elder Affairs recommends we should have over 13,662 sq. feet of space at this time to meet the needs of our current senior population.
- We **MUST** consider this data when planning for a Senior Center in Littleton! How much space will we need just 15 years from now????

* 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—November 2019

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

10-Minute Chair Massage	P9	Nov 18	Mon
Book Buddy Program	P10	Nov 1	Fri
Brains and Balance Class	P9	Nov 6, 13 & 20	Wed
Caregivers Meeting	P3	Nov 20	Wed
Coffee With a Cop	P9	Nov 15	Fri
Coloring, Coffee and Conversation	P4	Nov 4	Mon
Crafts at the Council	P8	Nov 13	Wed
Friends' Thrift Shop Fashion Show	P4	Nov 3	Sun
Friends' Veterans Day Luncheon	P4	Nov 6	Wed
The Holidays & Dementia	P7	Nov 12	Tues
Indian Hill Bach's Lunch	P8	Nov 14	Thurs
Littleton Lyceum	P10	Nov 15	Fri
Living Alone and Living Well	P3	Nov 21	Thurs
Lunch & Cupcake Decorating	P9	Nov 15	Fri
Mindful Movement	P9	12/2-1/6	Tues
Movie of the Month	P8	Nov 21	Thurs
RAD Presentation for Seniors	P9	10/23-12/18	Wed
Recovery Conversations	P3	Nov 6	Wed
Rededication of Veterans Corner	P10	Nov 10	Sun
Veterans Breakfast	P8	Nov 27	Wed
LFD Blood Pressure Check	P4	Thursdays	
Bingo	P8	Fridays	
Bridge Group (NEW)	P8	Fridays	
Mah-Jongg		Tuesdays	
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.)

- Nov 7** Sharing information on the web (Dropbox, Google Drive)
- Nov 14** Social Media. (Facebook, LinkedIn, Google+)
- Nov 21** Digital Photography (Part 1)
- Nov 28** Thanksgiving—No Class.

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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 Tony Jesensky, Treasurer
 Dottie Ruiz, Secretary
 Sandra Casale
 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
 9:00 am- 4:00 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.

Living Alone & Living Well Group

Please join our group which meets on the **3rd Thursday of the month (November 21st)** 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.



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 (November 6th)** from **6:00-7:30 pm** in Room 307 in November and December.



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**.

Caregivers Meeting

Caregivers Support group will be meeting on **Wednesday, November 20th, from 6:00-8:30 pm** in the Senior Diner.

Rivercourt Residences 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.

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 November meeting will be held on **Tuesdays November 5th and 19th from 1:00-2:30 pm**, in Room 233.

New members are welcome, but please contact Nicole

Medicare or Health Insurance Questions



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

Serving the Health Insurance Needs of Everyone

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

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@paariusa.org



Barbara Whitcomb, Suicide Prevention
978-486-4928

bwhitcomb@4sans.org

ELDER ABUSE?

UNDERSTANDING LITTLETON'S PUBLIC HEALTH

When: Tuesday, December 10th

Where: COA Room 233

Time: 10:00 am

What to expect:

Gain an understanding of the public health system, the role of local public health boards, how local health departments impact our lives, and the public health services available to you as a Littleton resident!



Presented by Tamara Bedard, RN - Littleton's Town Nurse and the Community Health Manager at Nashoba Associated Boards of Health.



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!

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 November 4th at 2:00 pm in Room 233.** No charge – coloring blanks and books available. Bring your pencils and pens.

***** REMINDER-HOLIDAY CLOSINGS

Monday, November 11—Veterans Day

Thursday, November 28—Thanksgiving

COA and Senior Diner Will be Closed



Friends of the Council on Aging



On **November 6th** it's our chance to honor our Veterans. This luncheon will be held in the **Multi-Purpose Room at noon** and 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.



In December, it's our annual Holiday celebration. We will meet you in the **Shattuck St. Multi-Purpose room on December 11th.** The festivities will begin at noon and cost is \$5. per person. Meet and greet your friends old and new for this special day.

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



The Friends' Thrift Shop will be hosting the **'Second Time Around' Fashion Show on Sunday, November 3rd, at 1:30 pm**, in the Multi-Purpose Room on Shattuck Street. Tea and dessert will be available. No reservation needed.

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

9:00-10:00 am

Adv Beginners

10:00-11:00 am

**Friday: 10:00 am to
noon, Except 11/29**

\$5 per session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>	<p>Littletton 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>			1 White Bean Chicken Chili Brown Rice Peas & Carrots Marble Rye Fresh Fruit
4 Three C Soup Homestyle Chicken Drumstick Yukon Gold Potatoes Multigrain Bread Sliced Peaches Yogurt	5 Baked Pollock Loin Lemon Dill Sauce Wild Rice Pilaf Tossed Salad Wheat Bread Cherry Apple Crisp	6 Navy Bean Soup Breaded Chicken Breast Francaise Sauce Garlic Mashed Potatoes Pumpernickel Bread Fresh Fruit	7 Beef Stew Brussels Sprouts Biscuit Mixed Fruit	8 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Fig Bar
 No Meals Served	12 Minestrone Soup Chicken Parmesan Cavatappi Pasta Whole Wheat Roll Pear Halves	13 Sloppy Joe O'Brien Potatoes Tossed Salad Hamburger Bun Fresh Fruit	14 White Bean Kale Soup Chicken Rice Bake Wheat Bread Oatmeal Cookie	15 Roast Pork Rosemary Gravy Mashed Sweet Potatoes Mixed Vegetables Multigrain Bread Fruit Cup
18 Vegetable Soup Chicken Meatballs Sweet & Sour Sauce White Rice Wheat Bread Fortune Cookie Pineapple	19 Shepherd's Pie Tossed Salad Multigrain Bread Fruit Crunch Bar	20 <u>SPECIAL</u> Roast Turkey Herb Gravy Whipped Potatoes Bread Stuffing Maple Cinn Butternut Squash Wheat Dinner Roll Pumpkin Pie	21 Corn Chowder Homestyle Chicken Drummer Baked Beans Rye Bread Mandarin Oranges Yogurt	22 Potato Pollock Tartar Sauce Quinoa with Roasted Veggies Brussels Sprouts Multigrain Bread Fresh Fruit
25 Lasagna Roll Up Tomato Basil Sauce Italian Vegetable Blend Wheat Bread Mixed Fruit	26 Pork Rib-BQ Roasted Red Bliss Potatoes Cabbage Grinder Roll Gingerbread Cake	27 Grilled Chicken Honey Mustard Sauce Potato Wedges Peas and Carrots Multigrain Bread Fresh Fruit	 No Meals Served	29 No Meals Served

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1.800.477.4574
for more information.

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Bridge Group 10:00-12:00 Line Dancing 10:30-11:30 Book Buddy Program Noon Lunch 1:15 Bingo
4 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting 2:00 Coloring, Coffee & Conversation 5:30 pm Tai Chi	5 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 Friends of the COA Board Meeting 1:00-2:30 Social Anxiety Grp	6 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Noon Friends of the COA Veterans Day Lunch 1:00-3:00 RAD for Seniors 6:00-7:30 pm Recovery Conversations	7 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	8 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo
11 	12 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 10:00 The Holidays & Dementia 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	13 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance 1:00-3:00 RAD for Seniors 1:00-3:00 Crafts at the Council	14 7:30-9:00 Ladies Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	15 9:00 Coffee With a Cop 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 12:00 Lunch & Cupcake Decorating 1:15 Bingo 7:30 pm Littleton Lyceum
18 9:00-11:00 Line Dancing 9:00-1:00 LSC 10:00-12:30 10-Minute Chair Massage 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 5:30 pm Tai Chi	19 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	20 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Noon Lunch 1:00-3:00 RAD for Seniors 6:00-8:30 pm Caregivers Meeting	21 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 1:00 Movie of the Month	22 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo
25 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 5:30 pm Tai Chi	26 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	27 7:30-8:30 Veterans' Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 RAD for Seniors	28 	29 9:30 Bridge Group Noon Lunch 1:15 Bingo

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LADIES' BREAKFAST

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



MEN'S BREAKFAST

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

Senior Diner - Shattuck Street

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

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

Driver Spotlight—Sam Palmer



Our Driver Spotlight for November is another fan favorite—Sam Palmer. Sam has been a driver with Littleton EHS for many years and is a familiar face to so many residents in town. An avid outdoorsman, Sam always has great stories to share about his boat and his numerous other activities.

Sam is well known, well liked and a tremendous driver—courteous, friendly and personable. Sam always goes the extra mile for riders of the van, willing to help out other drivers when schedules are full

and all of this with a great attitude. In his spare time, Sam enjoys spending time with his family, fishing, boating and perfecting his archery skills.

Sam, we are so lucky to have you on the team and appreciate all you do for the residents of Littleton!

The Holidays and Dementia: Tips and Strategies for Enjoyable Visits

When: Tuesday, November 12th

10:00 am: Check-in and refreshments

10:30-11:30 am: Program

Where: Sargent Memorial Library
427 Massachusetts Ave, Boxborough, MA

To Register:

Call the Alzheimer's Association 24/7 Helpline at 800.272.3900 or visit: Communityresourcefinder.org

Please register by November 7th

Sponsored by the Liberty Alzheimer's Partnership, an affiliated partnership of the Alzheimer's Association of MA/NH Chapter



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 unique-

LITTLETON RENTAL ASSISTANCE PROGRAM



The Littleton Rental Assistance Program (LRAP) provides rental assistance to income-eligible households who are renting qualified housing units in the Town of Littleton. The goal of the program is to provide greater housing stability and housing opportunities to cost burdened renters in Littleton.

Call 978-540-2470 for more information, or visit: www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program.

LRAP is funded by the Community Preservation Act (CPA), through the Affordable Housing Trust, and administered by the EHS/COA.



Linda, Jerry, Kathy, Joe, Gordon, Diane, Leslie, Jackie, Peg, Bruce

Prime Time Paddlers on Lost Lake, Thursday, 9/19/19. Perfect day with perfect conditions.

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.**

Crafts at the Council

Wednesday, November 13th from 1:00-3:00 pm in the Multi-Purpose Room. The cost is \$3.00.



We will be creating candle holders and decorating them for either Thanksgiving or Christmas. There will be other Christmas decorations available for the making. There will be many ideas to use some of the collection of craft supplies that we have available. We have scheduled the "Live Greens" arrangements for December 4, 2019. Please come and join us for a fun afternoon of getting into the Holiday spirit. See you then.

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!



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, November 27th (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 1:15 pm. See you there!!



Movie of The Month

Thursday, Nov 21st at 1:00 pm, "Late Night", will be shown in Room 230. \$2.00 donation is requested.

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



Bridge Group



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, November 21st from 1:00-3:00 pm** at St. Anne's church. All are invited to come and enjoy bingo for prizes. Dessert and coffee will be served. Any questions, please contact **Chris Banks at 860-303-0001.**



Senior Bingo Afternoon

Come join us on **Thursday, November 14th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes, finger deserts, tea & coffee. Bring a friend to enjoy the afternoon with you! It's free! Any questions, call **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 Bowldrome - 978-263-7638.**



INDIAN HILL MUSIC

'BACH'S LUNCH CONCERT': Our third Bach's Lunch concert is scheduled for **Thursday, November 14th – Tribute to Vince Guaraldi**, featuring Pamela Hines, piano; Dave Clark, bass; and Miki Matsuki, drums (see attached flyer). Performances at 11:00 am and 1:30 pm, 36 King Street, Littleton, MA. Complimentary coffee, tea, and 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

Wednesday, Nov 6th, 13th, & 20th 11:00 am
Multi-Purpose Room

Brains and Balance Classes



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

Call 978-540-2470 to sign up.

Wednesdays, Oct 23-Dec 18, 1:00-3:00 pm
Multi-Purpose Room,
But in Room 103 on Nov 6th and 13th

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.

Friday, November 15th, 9:00 am, Room 233

Coffee With a Cop



Join us for coffee with Littleton's Senior Liaison Officer to introduce yourself, ask questions and find out more about him!



Friday, Nov 15th, 12:00, Room 230

Lunch and Cupcake Decorating at the COA!



Join RiverCourt Residences for an educational lunch followed by cupcake decorating for dessert here at the COA.

Space is limited so please call to sign up,
978-540-2470.

WISH LIST



Postage Stamps Grocery Gift Cards Hand Soap



**10-Minute Chair Massage with
Sarah Walker**
Monday, Nov 18th,

10:00 am-12:30 pm in Room 230

Call the COA office at 978-540-2470 to sign up.
The cost is \$5.00.

Mindful Movement

A 6 week series combining mindful meditation and gentle yoga stretches.

Mondays, December 2nd—January 6th
9:00 am at the COA, Room 230

\$15 per person for 6 week session.

**Please call the COA at 978-540-2470 or
stop by the front desk to sign up.**



DECEMBER—SAVE THE DATE

Tues, December 3rd, 1:00-3:00 pm, Room 233

“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.

The cost is \$5.00. Call the COA Office at 978-540-2470 to sign up.

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

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!



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

SMOC Fuel Assistance



The Low Income Home Energy Assistance Program (LIHEAP) helps eligible households pay a portion of winter heating bills.

Homeowners and renters include households whose cost of heat is included in the rent. Eligibility is based on gross annual income of household members 18 and older and family size. People who received Fuel Assistance last year should be receiving their recertification applications in the mail. **New applicants may apply after November 1st.**

Call Amy at 978-540-2472 to make an appointment.



The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Please contact Amy at 978-540-2472 to set up an appointment to complete an application for this program.

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 on a Friday, from 10:30 to about 11:30 am, on November 1, December 6, (none in January or February), March 6, April 3, May 1, 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.



Eyes on Owls, Friday, Nov 15th, 7:30 pm

Did you know that twelve different species of owls have been recorded living in New England? During Eyes on Owls you'll have a chance to learn about these fascinating birds. Marcia and Mark Wilson from Dunstable will share live, on stage, a selection of wild owls.

Tanglewood Marionettes – "Cinderella"	Friday, Jan 10, 2020
Ball in the House	Friday, March 6, 2020

Purchase tickets at the door or online at www.littletonlyceum.org.

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

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 jbiloski@littletonma.org
or
Cindy Napoli, Selectman at selectmen@littletonma.org

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NOVEMBER 2019

*****TRANSPORTATION*****

LITTLETON EHS TRANSPORTATION CHARGES

- 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.

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.