

The Broadcaster



MAY 2019



FROM LIZ'S DESK



Happy Older Americans Month!

Every May the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, "Connect, Create, Contribute," encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

We want to thank you all for supporting the EHS/COA Dept; whether it be through your donations, by attending our events, or by advocating on our behalf for the Littleton community! Special thanks to all of our EHS/COA volunteers who make Littleton a better town to age in place in every day with their hard work!

As the weather gets warmer, we hope it encourages you to get out and get active! Thanks to our friends in Park & Rec. we are bringing back Pickleball and are now introducing Ping Pong! Stop by for a lively game and a cup of coffee. We look forward to seeing you!

Please check our full calendar of events and **call the Front Desk at 978-540-2470 for more info!**



Monday, May 27th
COA & Senior Diner
Closed

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

Happenings—May 2019

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

Ask the Pharmacist	P9	May 14	Tues
Book Buddy Program	P9	May 3	Fri
Caregivers Meeting	P3	May 29	Wed
Coloring, Coffee and Conversation	P8	May 6	Mon
Consolidating Debt-Citizens Bank	P7	May 16	Thurs
Crafts at the Council	P8	May 22	Wed
Healing Conversations	P3	May 7	Tues
How to Destress Your Life	P9	May 15	Wed
Indian Hill Bach's Lunch Concert	P8	May 16	Thurs
Living Alone and Living Well Group	P3	May 16	Thurs
Movie of the Month	P8	May 23	Thurs
Podiatry Clinic—By Appointment Only	P4	May 21	Tues
Recovery Conversations	P3	May 1	Wed
RiverCourt Residences-Free Lunch	P7	May 22	Wed
Spring Cleaning—Nashoba Nursing	P9	May 10	Fri
Stroke & Stroke Prevention	P4	May 22	Wed
UnRetire Yourself Presentation	P7	May 14	Tues
Veterans Breakfast	P8	May 29	Wed
LFD Blood Pressure Check	P4	Thursdays	
Pickleball	P10	Fridays	
Senior Ping Pong	P10	Wed & Fri	
See P4 for list of exercise programs	P4	Thursdays	
See P10 for LMS & LHS Events	P10		

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.)

May 2 Map applications, Google maps, Google Earth, historical maps, wetland maps

May 9 End of year summary. **Last class until September**

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

STAFF

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 Nicole Lorensen, Outreach Coord.
 Sue Raymond, Admin
 Neil Campbell, MART Driver
 Laurie Dee, MART Driver
 Richard Kent, MART Driver
 William Monahan, MART Driver
 John Stenstrom, MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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 Carol Vales

33 Shattuck Street,
 P.O. Box 1305
 Littleton, MA 01460
 Main Phone: 978-540-2470
 Fax: 978-952-2363
 Outreach: 978-540-2472
 Senior Diner: 978-540-2474

COA Office Hours:
 Monday-Friday
 8:30 am- 4:30 pm
 COA Outreach Hours:
 Monday-Friday
 9:00 am-3:00 pm

Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our site, www.littletonma.org, select "Sign up 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 to schedule an appointment.**

Living Alone & Living Well Group

Please join our group which meets on the **3rd Thursday of the month (May 16th)** in Room 233 from 10:30-11:30 am. New members welcome.

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

Caregivers Meeting

Caregivers Support group will be meeting on **Wednesday, May 29th, from 6:30-8:00 pm** in the Littleton Senior Diner. **Anne-Marie Chernosky** will be our host and speaker for the evening.

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



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 **1st Wednesday of the month (May 1st)** from 6:00-7:30 pm in Room 230.

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, (May 7th and 21st)** 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.

Healing Conversations

Are you grieving? Please join us for **"Healing Conversations," Tuesday, May 7th from 5:00-6:00 pm at the Hazen Library in Shirley**. This is a free adult bereavement support group offered by Nashoba Nursing Service & Hospice. The programs are facilitated by Lucia Camara and Kathy Benson, LICSW.

Those interested, **please call Kathy Benson, LICSW at Nashoba Nursing Service at 978-425-6675, or by email kbenson@nashoba.org**



A big, heartfelt thank you to the Littleton Council of Churches for providing another wonderful **Day of Caring** to the Littleton Community.

We appreciate the work and dedication of the numerous Littleton church teams who made this day possible!

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**.

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 Nicole Lorenson (978-540-2475)** for confidential assistance.

May is Better Sleep Month



Who couldn't use more sleep?? Did you know that lack of sleep and related sleep disorders are considered a Public Health Epidemic by the CDC?

You may recognize some of these signs of insufficient sleep: irritability, exhaustion, being easily distracted which can impair learning, memory, concentration and judgement. However there are some consequences of poor sleep that aren't always as obvious. Research suggests that prolonged sleep deprivation can lead to; weight gain, high blood pressure, depression, diabetes, heart disease etc.

The good news is there are some things you can do tonight to help improve your chances of a good nights sleep. Experts say that the ideal temperature for your bedroom is between 65 and 67 degrees and turning off your phones, televisions and tablets in your bedroom help your brain and eyes wind down for bed. Make sure your mattress and pillows are comfortable and provide the right amount of support for you and trade caffeinated drinks for tea or water before your preferred bedtime.

Happy Sleeping!

More information can be found at www.bettersleep.org

MAY IS STROKE AWARENESS MONTH

Please join Virginia Leonard from Nashoba Valley Medical Center and Joanne McCole from Nashoba Home Care and Hospice on **Wednesday, May 22nd at 10:00 am in Room 230** for a discussion on "**Stroke and Stroke Prevention**".

May is Stroke Awareness month. The goal of the presentation is to educate on the factors leading to strokes, the signs of stroke and some steps to prevent strokes. **It's FREE!**

Free Blood Pressure Screening



Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Susan Hoag and Tamara Bedard from Nashoba Nursing Service join us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching. The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner**.

Podiatry Clinic



The next Podiatry Clinic: **Tuesday, May 21st, in Room 233. (This will be the room location going forward.) By Appointment only. Call 978-540-2470 to schedule an appointment. The cost is \$35.**



Friends of the Council on Aging



The Friends had a quiet month in April—no luncheon for the seniors because the High School and Littleton Electric Light Dept. gave them their special attention. Thank you to both.

May is the Town Meeting and the Friends have been concentrating on what would happen there for a Senior Center. A small lunch for our volunteers is next, invitation only, and then helping the Thrift Shop staff with a Fashion Show. We hope to have some surprises during the summer and the Theme lunches will begin in September. Thank you for supporting the Friends of the COA and their many programs.

FRIENDS' THRIFT SHOP



Spring has sprung at the Thrift Shop, now called **Friends' Thrift Shop**. We will be offering our newest inventory starting on **Monday, April 22nd**.

We're open Monday through Friday and our hours are 10:00 am - 3:00 pm

Stop by and say hi and shop our racks. There's something for everyone!



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 & 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

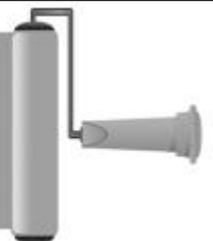
Adv Beginners from 10:00-11:00 am

\$5 per session



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>	<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 Butternut Bisque French Meat Pie Wheat Dinner Roll Clementine</p>	<p>2 Grilled Chicken Breast Lemon Picatta Sauce Whipped Potato Tossed Salad Multigrain Bread Blueberry Buckle</p>	<p>3 Roast Pork Apple Gravy Sweet Potato Green Beans Marble Rye Bread Applesauce Cup</p>
<p>6 Baked Haddock Lemon Dill Sauce Chantilly Potato Carrots Wheat Bread Lemon Pudding</p>	<p>7 BBQ Beef Burger Mexicali Corn Tater Tots Hamburger Bun Mandarin Oranges</p>	<p>8 COLD PLATE Chicken Caesar Salad* Cous Cous w/Carrots Pumpnickel Bread Strawberry Cup</p>	<p>9 SPECIAL Breaded Chicken Breast* Francaise Sauce Broccoli Au Gratin Garlic Whipped Potatoes Wheat Dinner Roll Strawberry Rhubarb Crisp</p>	<p>10 Beef and Lentil Chili Brown Rice Genoa Blend Veg Multigrain Bread Raisins</p>
<p>13 BBQ Pulled Pork Macaroni and Cheese Summer Blend Veg Hamburger Bun Sliced Apples</p>	<p>14 Grilled Chicken Breast Supreme Sauce Wild Rice Pilaf Tossed Salad Wheat Bread Canned Peaches</p>	<p>15 Turkey and Corn Stew Spinach Biscuit Sugar Cookie</p>	<p>16 Mulligatawny Soup Salisbury Steak Onion Gravy Whipped Potatoes Multigrain Bread Mixed Fruit</p>	<p>17 Chicken Meatballs Tomato Basil Sauce Tri-Color Rotini Broccoli Italian Bread Snack n Loaf</p>
<p>20 Grilled Chicken Breast Honey Mustard Sauce Peas and Carrots Sweet Potato Coins Multigrain Bread Pineapple Chunks</p>	<p>21 Potato Pollock Tartar Sauce Italian Green Beans O'Brien Potatoes Rye Bread Lemon Cake</p>	<p>22 Vegetable Soup Chicken Teriyaki Brown Rice Wheat Bread Fortune Cookie Clementine</p>	<p>23 Beef Stew Tossed Salad Pumpnickel Bread Canned Pears</p>	<p>24 Broccoli Bake Stewed Tomatoes Home Fries Wheat Bread Fruited Yogurt</p>
<p>27  MEMORIAL DAY</p>	<p>28 Chicken Drummer Baked Beans Coleslaw Wheat Bread Strawberry Cup</p>	<p>29 Pork & Red Pepper Pasta Broccoli Multigrain Bread Fig Bar</p>	<p>30 COLD PLATE White Bean Kale Soup Chicken Salad with Cranberries Macaroni Salad Wheat Dinner Roll Chocolate Brownie</p>	<p>31 Sloppy Joe Spinach Potato Wedges Hamburger Bun Fresh Fruit</p>



**SUPPORT THE ADVERTISERS
 THAT SUPPORT OUR COMMUNITY**





MAY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00-1:00 LSC 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch 1:00 Friends of the COA Board Meeting 6:00-7:30 pm Recovery Conversations	2 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	3 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball 10:30-11:45 Book Buddy Program Noon Lunch 1:00-2:30 Bingo
	6 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee & Conversation 5:30 pm Tai Chi	7 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 5:00-6:00 pm Healing Coverations	8 9:00-1:00 LSC 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch	9 7:30-9:00 Ladies' Breakfast 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
13 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 5:30 pm Tai Chi	14 9:00-10:00 Fit 4 Life Class 10:00-11:00 Ask the Pharmacist 10:00 UnRetire Yourself 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	15 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong 11:00 How to Destress Your Life Noon Lunch	16 9:00-10:00 Fit 4 Life Class 10:00 Citizens Bank Pres. 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 5:00-7:00 pm "Third Thursday"	17 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball Noon Lunch 1:00-2:30 Bingo
20 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	21 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</i>	22 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 10:00 Stroke & Stroke Prevention 10:00-12:00 Senior Ping Pong Noon Lunch Noon RiverCourt Residences Lunch 1:00-3:00 Crafts at the Council	23 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month	24 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball Noon Lunch 1:00-2:30 Bingo
27  MEMORIAL DAY	28 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	29 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch 6:30-8:00 pm Caregivers Meeting	30 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	31 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball Noon Lunch 1:00-2:30 Bingo

THE GOOD LIFE

OUR CARE TAKES CARE OF YOU

5 Star Rating



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LADIES' BREAKFAST

May 9th - 7:30 to 9:00 am



MEN'S BREAKFAST

May 15th- 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—Sean Denmark



**Thanks
to Our
Volunteers!**

This month we would like to spotlight Sean Denmark as a volunteer. Sean has lived in Littleton for a fairly short time, but has made a big impact. He moved here in 2001 from Concord, MA. Sean owns his own moving company and chooses to volunteer in his "free time" as a way to give back to the community. Sean volunteers mostly because he enjoys it but also because when his parents were aging he lived too far away to give them the amount of help he really wanted. Sean says that after that time he "adopted the community" and tries to do what he can to help out.

When Sean has some time to himself, which is not often, he enjoys mountain climbing, riding his bike and riding horses.

Thank you Sean. You have served your adopted community well, and we look forward to many more years of witnessing your kind heart at work!



RiverCourt Residences in Groton, MA welcomes you to a free luncheon on **Wednesday, May 22nd at noon**. After lunch you are

welcome to tour the community and visit the waterfall.

Please RSVP: Call 978-540-2470 for directions and to sign up.



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.

UnRetire YourselfSM

CARING FOR YOUR PARENTS: EDUCATION FOR THE FAMILY CAREGIVER®



The road to retirement is not the clear path it once was. If you're retired or planning on being retired in the next few years, learn how to tap into your passion to identify a fulfilling encore career.

This workshop will help you:

- Recognize the benefits of "unretiring" or returning to the workforce.
- Discover what you can do after retirement if you're still working.
- Identify ways to stay connected if you're not in the workforce or follow your passions to a different career.

Don't miss this opportunity!

DATE: Tuesday, May 14th

LOCATION: COA Room 233

TIME: 10:00am

Call the COA Office at 978-540-2470

to sign up.

Each Home Instead Senior Care franchise office is independently owned and operated. © 2018 Home Instead, Inc.



Citizens Bank Presents: Consolidating Debt

Thursday, May 16th at 10:00 am.

Please call the COA office at 978-540-2470 for more details and to sign up.

Crafts at the Council



Wednesday, May 22nd from 1:00-3:00 pm in the Multi-Purpose Room. The cost is \$3.00



May is a time for sunshine and new beginnings. We will be decorating Tee Shirts. We will be using stencils and small rosebuds as well as a variety of decorative trinkets and do-dads as embellishments. Please come and use our supplies to create a "One-Of-A-Kind" masterpiece to wear during the Spring and Summer months.

Attendance is limited, so 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



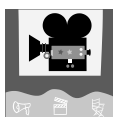
Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, May 29th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

Coloring, Coffee and Conversation



The next meeting will be **Monday May 6th at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

Movie of The Month



Thursday, May 23rd at 1:00 pm, "On the Basis of Sex" 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, May 9th from 1:00- 3:30 pm** at the Congregational Church for an afternoon of Bingo & prizes. This will be our final Bingo Afternoon until next October so come and enjoy the fun. Homemade slices of pie, cheese & crackers, tea & coffee will be served following Bingo.

Jane Lyons **978-486-3436**.

Bingo at St. Anne's Church



The Sunshine Club will meet on **Thursday, May 16th at 1:00 pm** at St. Anne's church. This will be our last bingo until September. We meet on the third Thursday of every month September through May. Bingo is played for small prizes and groceries. After bingo, there are refreshments. Please join us.

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

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: Indian Hill Music presents the **Music of Bing Crosby** performed by Billy Novick, saxophone/clarinet; Justin Meyer, bass; and Ted Powers, guitar/vocals. **TWO SHOWS – Thursday, May 16th 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.

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

Book Buddy Program



The Book Buddy Program continues. Once a month, on an assigned day, we will go to Shaker Lane School, to meet with Michelle Barth, and her Kindergarten class. We will each be assigned some Buddies, and read stories together. Books will be provided, or you can bring your own. This is a fun program, and you won't be disappointed.

The final date for 2019 is Friday, May 3rd from 10:30-11:45 am.

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

Ask the Pharmacist



Tuesday, May 14, 2019

**Presentation from 10:00-11:00 am,
15 minute 1-on-1 sessions from 11:00-Noon
Room 230—FREE**



- Do you take prescription or over-the-counter medications?
- Are you concerned about the cost of your medications or medication safety?

Come listen to a presentation on managing your medications and meet with a pharmacist from the MCPHS University Pharmacy Outreach Program at the Littleton COA on **Tuesday, May 14th at 10:00 am**. Come with your medications and questions and we will have answers!

Call the COA office at **978-540-2470** for more information or to sign up for a 1-on-1 session.



**Thursday, May 16th
5:00-7:00 pm
Fay Park**

Save These DATES

**Friday May 10th at 10:00 am
Room 230—FREE**



**Presentation
by Nashoba Nursing**

Your local public health nurse will present a program to discuss how the home environment can impact health. The presentation covers the basics of home hygiene (de-cluttering, cleaning and organizing) and highlights how 'addressing the mess' can positively impact not only general safety, but can also promote personal physical and emotional health and wellness. Tips on achieving healthy home goals included.

**Wednesday May 15th, 11:00 am
Room 230-FREE**

How to Destress Your Life



Sharon Nolli from Summit Elder-Care will present on "How to Destress Your Life" on **Wednesday May 15th from 11:00 am to 12:00 pm**. She will discuss the following:

- Being thankful
- Taking care of yourself
- Stop worrying about everyone else
- Laughter is important
- Exercise is vital
- Socializing
- Meditating
- Forgive and Forget

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**.



PARKS, RECREATION, & COMMUNITY EDUCATION

LITTLETON MASSACHUSETTS



FOR RESERVATIONS - CALL 978-632-3894

May 18	The Intrepid Sea, Air & Space Museum- New York City	\$170
June 15	Rhode Island Lighthouse Cruise & Quonset O Club	\$110
July 25	Foster's Downeast Clambake-York ME	\$87
Aug 20	Foxwoods Resort Casino-CT	\$35
Aug 24	7Seas Whale Watch-Gloucester MA	\$110
Sept 12	Martha's Vineyard	\$95
Sept 14	The Big E-Springfield MA	\$TBD
Oct 11	Fall Foliage Train Ride—NH	\$93
Nov 7	It's A Mystery Tour	\$100
Dec 7	New York City Christmas Shopping &	\$75
Dec 17	Holiday Boston Pops	\$TBD

- 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

Littleton Coalition Against Addiction 100% Confidential



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



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



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



**Tuesday, May 7th at 7:00 pm
Littleton High School Auditorium**

This is a **FREE** concert featuring the LHS Concert Band and the LHS Jazz Band.

Please come and enjoy.

Don't miss the upcoming Littleton Middle School and High School Drama performances!

"Who Pushed Humpty Dumpty?"

A mystery for the entire family with a large cast of your favorite nursery rhyme characters in some interesting situations – will be performed **May 17 & 18 at 7:00 pm and May 19 at 2:00 pm** at the Littleton Middle School Cafeteria.

Tickets are \$10 at the door (cash or check only) or can be purchased online at www.mktix.com/lms.

"The Drowsy Chaperone"

A parody of American musical comedy of the 1920s – will be performed **May 23 & 24 at 7:00 pm and May 25 at 1:00 pm and 7:00 pm** at the Littleton High School Performing Arts Center.

Tickets are available at the door for \$15/adults and \$12/children (cash or check only).



Senior Pickleball is ongoing on Friday mornings from **10:00 am-12:00 noon**, outdoors on the courts.

Call the COA at **978-540-2470** for details or to sign up.

No instructor. **Spring session is FREE.**

NEW: Senior Ping Pong



Room 123, every Wednesday and Friday from 10:00 am—12:00 noon. It's FREE.

Reserve your spot by calling the **COA at 978-540-2470**. Drop-in's welcome, but stop at the COA Front Desk first.



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MAY 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.