

The Broadcaster



JUNE 2019



FROM LIZ'S DESK

Hello Sunshine!

What an exciting Spring we had, and the Summer is shaping up to be just as great! We had very exciting news from Town Meeting in May with the approval of the Senior Center Stabilization Fund. There is a lot of work ahead of us, but the momentum is still strong! We will need your help this summer. As we plan for the future, EHS/COA will be holding several Focus Groups and we will need volunteer participants. The discussion will concentrate on attitudes toward aging, community center vs. senior center, programs and services, and building/facilities. Stay tuned for the dates! If you have an expertise in Strategic Planning and would like to volunteer some time, please contact Liz by calling the main office at **978-540-2470**.

In other exciting news I want to congratulate Nicole Lorensen on her promotion to Assistant Director of EHS! Nicole has been instrumental in growing our programming, reaching more of our under 60 residents, forming the Littleton Coalition Against Addiction, and revamping operations in our Outreach Department. We look forward to all the great things Nicole will do in her new role!

Thank you to all the Senior Property Tax Work-Off Program participants who completed their hours last month! So many departments rely on your help and wide range of skills. What an asset to the town! **The sign-up dates for the new fiscal year's program will be in the COA Room 230, Monday-Friday, July 8-July 19th, during the hours of 9:00 am to 12 noon.** You must apply for the program in person during this period. If you are not able to come in to sign up for the program because you are away from Littleton during sign-ups, contact the **COA office at 978- 540-2470**.

There is also a Veterans Tax Work-Off Program available. You do not need to be a senior to be part of the Veterans program. Call John Boroski at **978- 540-2485** for details.



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

Happenings—June 2019

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

3rd Thursday at Fay Park	P9	June 20	Thurs
Caregivers Meeting	P3	June 26	Wed
Coloring, Coffee and Conversation	P8	June 3	Mon
Critical Home Repair Info Session	P9	June 27	Thurs
Drum Circle	P9	June 21	Fri
Flower Arrangement Class	P9	June 13	Thurs
How to Talk to Your Doctor	P4	June 19	Wed
Indian Hill Bach's Lunch Concert	P8	June 20	Thurs
Littleton Community Farm Pres	P9	June 12	Wed
Littleton Conservation Trust Spring Walk	P7	June 8	Sat
Living Alone and Living Well Group	P3	June 20	Thurs
Movie of the Month	P8	June 27	Thurs
National Donut Day Coffee	P9	June 7	Fri
Recovery Conversations	P3	June 5	Wed
Shaker Lane Kindergarten Concert	P10	June 17	Mon
Swarovski Crystal Bracelet Making Class	P9	June 25	Tues
Veterans Breakfast	P8	June 26	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	

Refer to Calendar on Page 6 for specific times.

BILL VALES' INTERNET & COMPUTER CLASSES



COA Internet Presentations are on hiatus for June, July and August. Classes will start sometime in September 2019. Check the Broadcaster for start date and time.

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

STAFF

Liz Tretiak, Director
 Nicole Lorensen, Assistant Director
 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
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33 Shattuck Street,
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 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 (June 20th)** 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.



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 (June 5th)** 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 (June 4th and 18th)** from **1:00-2:30 pm**, in Room 233.

New members are welcome, but please contact Nicole Lorensen at 978-540-2475 to sign up.

Caregivers Meeting

Caregivers Support group will be meeting on **Wednesday, June 26th, from 6:30-8:00 pm in the Littleton Senior Diner**. A representative from Home Instead Senior Care will be our speaker.

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

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 Lorensen (978-540-2475)** for confidential assistance.

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.



Did you know:

- On average, men live about 5 years less than their female counterparts?
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide?
- 1 in 2 men will develop cancer in their lifetime?
- Men make ½ as many physician visits for prevention as women?

Schedule a checkup today!

Learn more at www.menshealthmonth.org

How to Talk to your Doctor



Patty Sardella, a health care advocate, will be joining us on **Wednesday, June 19th at 10:00 am** to present on "How to Talk to your Doctor"

Please call the COA at 978-540-2470 to register.

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.



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.



Friends of the Council on



The Friends of the COA want to thank all who helped our seniors gain the step up to begin talks for a senior center. We look forward to hosting many more theme luncheons in a place large enough to allow more to attend. In September we will begin our next season of social activities for your enjoyment. Good health and a happy summer from the FLCOA Board.

FRIENDS' THRIFT SHOP



The Friends Thrift Shop volunteers enjoy your visits and purchases. Each sale contributes to programs for Littleton seniors. Thank you for your continued support. Look forward to the Thrift's fashion show in June. Date to be announced soon.

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
3 Chicken Meatballs Sweet & Sour Sauce White Rice Asian Blend Vegetables Wheat Bread Lorna Doones	4 Shepherd's Pie Peas Rye Bread Strawberry Cup	5 Grilled Chicken Breast Peach Salsa Orzo Pilaf w/Spinach Tossed Salad Multigrain Bread Pineapple Whip	6 Roast Turkey Gravy Bread Stuffing Three C Soup Wheat Bread Applesauce Cup	7 Potato Pollock Tartar Sauce Wild Rice Pilaf Broccoli Wheat Dinner Roll Fresh Fruit
10 Macaroni & Cheese Stewed Tomatoes Wheat Bread Diced Peaches	11 Lasagna roll with Meat sauce Tossed Salad Vegetables Italian Bread Dried Cherries	12 SPECIAL Roast Beef w/gravy Garlic Mashed Potatoes Green Bean Casserole Dinner Roll Chocolate Cake	13 COLD PLATE Grilled Chicken Breast Red Pepper Pesto Red Potato Salad Broccoli Salad Multigrain Bread Fresh Fruit	14 Chicken & White Bean Chili Brown Rice California Blend Multigrain Bread Yogurt
17 Haddock Newburg Red Bliss Potatoes Spinach Multigrain Bread Mixed Fruit	18 *Steak & Cheese Pinwheel Potato Wedges Tossed Salad Yogurt	19 Grilled Chicken Breast Teri- yaki Vegetable Fried Rice Vegetable Barley Soup Mul- tigrain Bread Fortune Cookie Fresh Fruit	20 Chicken & Rice Bake Brussels Sprouts Wheat Bread Chocolate Chip Cookie	21 Hot Dog Baked Beans Carrots Hot Dog Bun Pineapple Chunks
24 Beef Bolognese Penne Pasta Mixed Vegetables Italian Bread Diced Pears	25 Glazed Chicken Drumstick Cinn .Mashed Sweet Pota- toes Tossed Salad Multigrain Bread Almond Cookie	26 COLD PLATE Turkey & Tortellini Salad Beet & Onion Salad Three Bean Salad Wheat Dinner Roll Fig Bar	27 BBQ Pulled Pork Sandwich O'Brien Potatoes Corn Chowder Hamburger Bun Tropical Fruit	28 Chicken Meatballs Swedish Sauce Egg Noodles Genoa Blend Veg Rye Bread Fresh Fruit
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	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





JUNE 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 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 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	6 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	7 9:00-10:00 National Donut Day Coffee 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball Noon Lunch 1:00-2:30 Bingo
10 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	11 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	12 9:00-1:00 LSC 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong 10:30 Littleton Community Farm Presentation Noon Lunch	13 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:30 Flower Arrangement Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	14 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball Noon Lunch 1:00-2:30 Bingo
17 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-11:30 Shaker Lane Kindergarten Concert 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 5:30 pm Tai Chi	18 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	19 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 10:00 How to Talk to Your Doctor 10:00-12:00 Senior Ping Pong Noon Lunch	20 9:00-10:00 Fit 4 Life Class 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"	21 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball 10:00 Drum Circle Noon Lunch 1:00-2:30 Bingo
24 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	25 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 Swarovski Crystal Bracelet Making Class	26 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	27 9:00-10:00 Fit 4 Life Class 10:00 Critical Home Repair Information Session 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month	28 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball Noon Lunch 1:00-2:30 Bingo

THE GOOD LIFE

5 Star Rating

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LADIES' BREAKFAST

June 13th - 7:30 to 9:00 am



MEN'S BREAKFAST

June 19th- 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

Volunteer Spotlight—Kathy Meyers



If you've ever tried to read through the intricacies of your health insurance plan, you know how confusing and frustrating it can be to understand. Luckily for the residents of Littleton, we have Kathy Meyers as our SHINE Counselor to help understand what you need in a plan and guide you on your way to getting it.

Kathy has lived in the same house, with her husband, since 1987 where she raised 2 sons and spent lots of time puddle jumping and reading. Kathy says her favorite destination is the local library. Kathy notes that her favorite genre of books is detective mysteries which, she said "may explain why I find helping people find the best Medicare options so satisfying".

Kathy became a SHINE Counselor 3 years ago because she likes working with people one on one. Kathy has a background in Public Health as well as Medical and Dental benefits customer service experience and thought becoming a SHINE Counselor would be a good match. A good match, indeed. Kathy goes above and beyond for her clients and has quickly become well known as a trusted and valued source of information.

The Town of Littleton is so lucky to have such a dedicated and knowledgeable volunteer. Thank you Kathy. Your hard work does not go unnoticed. You are an asset to the town and a delight to have in the office. Your family, especially your mom, are incredibly lucky to have you!

Kathy is here as our SHINE counselor most Friday mornings, please call the front desk to sign up.

Littleton Conservation Trust: Spring Walks

Annual Bird Nestbox Walk - Long Lake Park

When: Saturday, June 8, 2019, 9:00—11:30 am

Location: Long Lake Park (Colonial Ave.)



Come tour the tree swallow and bluebird nestboxes at Long Lake Park, with Dustin Neild, who installed this trail in 2015. Since that time, the boxes have been highly successful every year and this walk takes place at the peak of nesting activity, so we're sure to see nests, eggs, hatchlings and nestlings at almost every stage of development while also learning about proper nestbox sites, installation, monitoring and management techniques. No dogs, please, as we will be in sensitive habitat during nesting season. Previously this walk has also been highlighted by encounters with fawns, barred owlets, ravens, cedar waxwing, indigo bunting, and more.

Bring binoculars and/or camera. No dogs, please, as we will be in sensitive habitat during nesting season.

Bring binoculars and/or camera. No dogs, please, as we will be in sensitive habitat during nesting season.

No registration Necessary. Hiking shoes or other footwear with good traction are suggested. Sneakers are not recommended. No dogs are allowed on these hikes. Be sure to bring personal water, snacks, bug spray etc. If you have questions, contact us online at:

<https://littletonconservationtrust.org/contact-us/>

PRIME TIME PADDLERS



The Prime Time Paddlers (PTP) will be starting their 8th season of kayaking. It's free and a lot of fun! We try to kayak (weather depending) somewhere close to Littleton once a week, on **Thursday's from 1:00-3:00 pm**, and always

paddle as a group. So mark your calendars - our first paddle will be **June 6th** on Long Lake. All you need is a kayak, with a paddle and life jacket, and a car to get you to wherever we are going. We also suggest bringing a hat, sun block, and water to drink. A cell phone is always a good idea.

For more information, please call the **COA office at 978-540-2470**, or email jakay601@verizon.net. Someone will get back to you with details.

Crafts at the Council



There will be NO Craft Classes for June, July and August.

We have enjoyed all of our craft classes with you this year and look forward to some great classes starting in September.



Thank you all for coming, and remember we will be starting with loop knitting of a scarf, so if you are interested, watch for a sale at JoAnn's to get your yarn. See you then and have a wonderful summer.

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



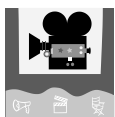
Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, June 26th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**



Come join us for Bingo at the Senior Diner, **every Friday from 1:00-2:30 pm.**

See you there!!

Movie of The Month



Thursday, June 27th at 1:00 pm, "The Upside" will be shown in Room 230. \$2.00 donation requested.



Coloring, Coffee and Conversation



The next meeting will be **Monday June 3rd at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

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



There will be no Bingo at the Congregational Church from June—September. Our next meeting will be **October 19th**. Jane Lyons **978-486-3436**.

Bingo at St. Anne's Church



The Sunshine Club at St. Anne's Church does not meet in June, July or August.

Our next meeting will be on **September 19th**.

Any questions, call **Chris Banks at 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 World of Operetta"**, featuring Martha Warren, soprano, Rob Woodin, baritone, Eric Kamen, piano. **TWO SHOWS - Thursday, June 20th 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 (press 0). Learn more at www.indianhillmusic.org.

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

Special Programs - Mark Your Calendar

Friday June 7th, 9:00-10:00 am, Room 230

National Donut Day Coffee and Donut Drop-In Hour



Thank you to Donelan's Super-market for sponsoring this event and supplying the yummy donuts!

Wednesday June 12th, 10:30 am, Room 103

Littleton Community Farm



Littleton has many farms and farmstands that we all know and love, but you may not know about one farm that is tucked away from the main roads.

Littleton Community Farm will offer an overview of the farm, what they do and how they are helping the community of Littleton. Learn what goes into running the farm and how they may even be responsible for your delicious lunch on Thursdays!

Call 978-540-5470 to sign up.

Thursday June 13th, 10:30 am, Room 230

Flower Arrangement Class



Fresh flower arrangement class by Ed Warhol. A long-time Littleton resident who has been in the floral industry for many years, Ed is a graduate of Henry Simmons Floral Design School in Boston and is currently a floral designer for Cataldo's Gift & Garden Center in Littleton. Class is limited to 12 to accommodate design assistance; \$15 per person. Reservations limited to Littleton residents.

Call the EHS/COA office at 978-540-2470 to sign-up. Participants must bring their own scissors for flower cutting.

Friday June 21st, 10:00 am, Room 230

Drum Circle



Drum circles promote socialization, and ensures a healthy non-strenuous workout.

It not just about drumming, and research has shown that recreational music making can reduce stress, improve moods, enhance creativity and improve cognition.

On a deeper level, it builds camaraderie and the respect of others and has been used in counseling sessions, support groups and rehabilitation, including therapy for those suffering from dementia.

David Currier oversees dementia training and program development for Life Care Centers of America, Northeast Division, and has used drum circles and music therapy to enhance the life's of those suffering from Alzheimer's disease and related dementias.

David also facilitates drum circles at local senior centers throughout New England and promotes healthy life style changes that can actually reduce the chances of developing dementia, especially for those over the age of 65.

Call the EHS/COA office at 978-540-2470 to sign-up.

Tuesday June 25th, 1:00 pm, Room 233

Swarovski Crystal Bracelet Making Class



Instructor Donna Gonzalez will lead a class on bracelet making. Each participant will make their own piece of fine jewelry made of Swarovski crystals, stones, and sterling silver findings. Class cost is \$25, limited to 10 participants.

Call the EHS/COA office at 978-540-2470 to sign-up.

Thursday, June 27th, 10:00 am, Room 230

Critical Home Repair Info Session



Do you have a leaking roof? Gutters that took a beating over the winter? Are you or a loved one in need of a wheelchair ramp or to make your home more accessible?

Habitat for Humanity's Critical Home Repair Program can help with these modifications and more, join us for an Information Session to learn how they can help and how you can apply. Keep yourself and your home safe for years to come.

Call the EHS/COA office at 978-540-2470 to sign-up.



Thursday, June 20th
5:00-8:00 pm
Fay Park



PARKS, RECREATION, & COMMUNITY EDUCATION

LITTLETON MASSACHUSETTS

WILSON
Bus Lines



FOR RESERVATIONS - CALL 978-632-3894

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 & Sightseeing	\$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, Assistant Director, COA
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

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!



You are invited to an end of the year concert by The Shaker Lane Kindergarten!

Join us as we perform some of our favorites songs learned from our time in kindergarten.



When: Monday, June 17th, 2019

Time: 11:00 am-11:20 am

Where: Shaker Lane Cafeteria

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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JUNE 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.