



The Broadcaster

DEC 2019



LITTLETON EHS/COA SERVICES



FROM LIZ'S DESK

Hello friends! It's hard to believe that it is December already. Where did all the time go? It seems like the summer begins, you blink your eyes, and then snow is back and the year is ending. I often hear the phrase, "The days are long, but the years are short," and it is surely resonating with me this year. Can you relate?

The year-end is a good time to reflect back on the past 12 months. What happened in your world? Was the year joyous and full of blessings? Did you encounter some hardships or unexpected health issues? On one of these "long days" take a quiet moment to process it all. Give yourself permission to let go of any negativity and leave it in the past and try to focus on celebrating your resiliency.

Consider making self-care a priority in 2020. Whether it be through trying a new exercise class, joining in on one of our game days, or joining us for a hot breakfast, we can help make self-care easy.

Happy Holidays, everyone!

From the COA Board

Folks, please help us design a place to meet your needs and the anticipated needs of those who will soon be 55 years or older! **Attend a Focus Group on Thursday, December 12th at 5:30 pm, or Monday, December 16th at 4:30 pm.** Call the COA Front Desk to sign up at **978-540-2470**. We need YOUR input to advocate for you! Best Wishes for a wonderful Holiday season.

Happy
Holidays

* 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—December 2019

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

Book Buddy Program	P10	Dec 13	Fri
Blue Christmas Service	P7	Dec 19	Thurs
Brains and Balance Class	P9	Dec 4, 11	Wed
COA Focus Groups	P1	Dec 12, 16	Thurs; Mon
Coloring, Coffee and Conversation	P4	Dec 2	Mon
Crafts at the Council	P8	Dec 4	Wed
Friends' Holiday Luncheon	P4	Dec 11	Wed
Il Forno Holiday Luncheon	P7	Dec 9	Mon
Indian Hill Bach's Lunch Concert	P8	Dec 12	Thurs
Living Alone and Living Well	P3	Dec 19	Thurs
Mindful Movement	P9	12/2-1/6	Tues
Movie & Dessert "An Affair to Remember"	P9	Dec 31	Tues
New England Flute Orchestra	P7	Dec 16	Sun
Pastel Painting Class	P9	Dec 3	Tues
Recovery Conversations	P3	Dec 4	Wed
Tax Abatements & Deferrals	P9	Dec 13	Fri
Understanding Littleton's Public Health	P4	Dec 10	Tues
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.)

Dec 5 Digital Photography (Part 2)

Dec 12 Data backup strategies

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
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 Sam Palmer, On-Call MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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 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 (December 19th)** 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 (December 4th)** from 6:00-7:30 pm in Room 307.

Caregivers Meeting

There is no Caregivers Support Group Meeting in December.

Check the January Broadcaster for information on the date and time for the January meeting.

Please contact Liz Tretiak at 978-540-2470 if you 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 December meetings will be held on **Tuesdays December 3rd and 17th 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.

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.

Coming in January 2020

LGBTQ+ And Aging

Join us for a viewing of 'Gen Silent', a 2010 documentary film following the lives of six LGBT seniors living in the Boston area who must choose if they will hide who they are in order to survive in the long-term health care system. Join us for coffee and conversation afterwards.

This event is open to all!

For more information call the COA at 978-540-2470 and ask to speak with Nicole or Amy

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**.

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

REMINDER-HOLIDAY CLOSINGS

Wednesday, December 25—Christmas

Wednesday, January 1—New Year's Day

COA and Senior Diner Will be Closed



It's Christmas and time for celebrating. We hope you have signed up, or do it now, for our **Holiday Luncheon on Wednesday, December 11th.** Lasagna is on the menu and music by the Acton Community Chorus. Celebration begins at noon in the Shattuck St., Multi-Purpose room. Wear your Holiday best and be there with the Holiday spirit.

Call 978-540-2470 to sign up.



Red is the color to wear for our January luncheon when we celebrate the Chinese New Year. **The date is Wednesday, January 15th at noon in the Multi-Purpose room.**

Look for more information when fliers are posted soon.

Cost for all luncheons is \$5.00 for residents and \$7.00 for non-residents.

FRIENDS' THRIFT SHOP



The Friends Thrift Shop is open **Monday through Friday from 10:00 am-3:00 pm.**

Please stop by and say hello and cruise our racks. We have donations coming in regularly, and there are lots of warm clothing to be had for these upcoming cold months!



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
2 Pollock Newburg Cous Cous w/Carrots Spinach Pumpernickel Bread Peaches	3 Autumn Harvest Soup Beef Burrito Red & Green Peppers On a Flour Tortilla Blueberry Buckle	4 Chicken Breast Cran-Orange Sauce Red Bliss Potatoes Carrots Whole Wheat Bread Mandarin Oranges	5 Gypsy Soup Chicken Jambalaya Brown Rice Multigrain Bread Snack N Loaf	6 Meat Loaf with Gravy Whipped Potato Green Beans Rye Bread Fresh Fruit
9 Beef Bolognese Cavatappi Pasta Italian Blend Veg Italian Bread Fruit Yogurt	10 Chicken Breast BBQ Sauce Potato Wedges Brussel's Sprouts Hamburger Bun Pineapple	11 Turkey Corn Stew Genoa Blend Veg Multigrain Bread Fig Bar	12 3 C's Soup Roast Pork Apple Gravy Whipped Potato Wheat Bread Apple Crisp	13 Chicken Meatballs Sweet & Sour Sauce Brown Rice Mixed Veg Multigrain Bread Fruit Cup
16 Cheesy Cauliflower Soup Grilled Chicken Breast Coq au Vin Sauce Butternut Squash Multigrain Bread Mixed Fruit	17 Chicken Kielbasa Onions & Peppers Sauerkraut German Potato Salad Sub Roll Fresh Fruit	18 <u>SPECIAL</u> Pot Roast w/ Gravy Au Gratin Potatoes Broccoli Wheat Dinner Roll Pineapple Coconut Cake	19 Garden Veggie Soup Potato Pollock Tatar Sauce Mac & Cheese Wheat Bread Peaches	20 Broccoli Bake Seasoned Home Fries Stewed Tomatoes Multigrain Bread Snack N Loaf
23 Beef & Lentil Chili Brown Rice Broccoli Wheat Dinner Roll Apricots	24 Chicken Meatballs Tomato Basil Sauce Cavatappi Pasta Genoa Blend Veg Italian Bread Almond Cookie	25 	26 Grilled Chicken Marsala Whipped Potato Mixed Vegetables Multigrain Bread Applesauce	27 Pollock Lemon Dill Sauce Sweet Potatoes Cauliflower Au Gratin Wheat Dinner Roll Fruit Yogurt
30 Vegetable Barley Soup Lasagna Roll-up Meat Sauce Green Beans Multigrain Bread Mandarin Oranges	31 Gilled Chicken Teriyaki Asian Blend Vegetable Fried Rice Wheat Bread Fortune Cookie Pineapple Whip	January 1 	To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>	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

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www.4LPi.com/careers

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AVAILABLE

Call LPi at
1.800.477.4574
for more
information.

DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Mindful Movement 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	3 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 Group 1:00-3:00 Pastel Class	4 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Noon Lunch 1:00 Friends of the COA Board Meeting 1:00-3:00 Crafts at the Council 6:00-7:30 pm Recovery Conversations	5 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	6 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo
9 9:00 Mindful Movement 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	10 9:00-10:0 Fit 4 Life Class 10:00 Understanding Littleton's Public Health 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	11 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Noon Friends of the COA Holiday Lunch	12 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 5:30 COA Focus Group	13 9:30 Bridge Group 10:00-12:00 Line Dancing 10:30 Tax Abatement and Deferals 10:30-11:30 Book Buddy Program Noon Lunch 1:15 Bingo
16 9:00 Mindful Movement 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 4:30 COA Focus Group 5:30 pm Tai Chi	17 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	18 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	19 7:30-9:00 Ladies Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 5:45 Blue Christmas Service	20 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo
23 9:00 Mindful Movement 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	24 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		26 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	27 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo
30 9:00 Mindful Movement 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	31 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 Movie & Dessert: "An Affair to Remember"			

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**LADIES' BREAKFAST**

December 12th - 7:30 to 9:00 am

**MEN'S BREAKFAST**

December 18th- 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—Laurie Dee

Our driver spotlight for December is one of our newer drivers, Laurie Dee. Laurie has been with us for about a year and a half and has made such a positive impact on the clients she serves in the van and the community.

Laurie says that her favorite part of the job is hearing people's stories and trying to brighten their days as much as she can. The hardest part, Laurie finds, is hearing about people's struggles and knowing just how many residents are homebound.

Laurie has 6 grandchildren (5 boys and 1 girl!) and spends as much time as she can with them. She also enjoys spending time at her house on Sebago Lake, boating, ice skating, cross country skiing and snow shoeing.

IL FORNO, RESTAURANT
529 KING STREET
LITTLETON, MA

HOLIDAY LUNCHEON
MONDAY, DECEMBER 9TH
11:00 AM, 12:00 PM OR 1:00 PM

This is a FREE luncheon open to the community. Please call the COA front desk at 978-540-2470 to sign up for a seating.

Reservations are needed.



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.


Blue Christmas Service
December 19, 2019


Common Thursdays:
 Soup at 5:45 p.m.
 Service at 6:15 p.m.

*A time of prayer, music, and remembrance
 during the holiday season
 for those who have had losses or
 who need a quiet time of worship*

Fellowship Hall
First Baptist Church of Littleton
461 King St., Littleton, MA

All are welcome; space is accessible

Info: office@fbclittleton.org or www.fbclittleton.org



Starting in January, on the **first Thursday of each month from 1:00-3:00 pm**, **Room 233** will be open and stocked with board games and playing cards. Bring a friend, or meet someone here and pick the game of your choice!

This is a drop in activity time, no sign up necessary.

**new england
 flute orchestra**
 of indian hill music

HOLIDAY CONCERT: New England Flute Orchestra of Indian Hill Music -- our 20-member adult flute ensemble led by Dr. Eileen Yarrison -- plays seasonal and holiday favorites from around the world: **Sunday, December 16, 3:00 pm** at 36 King Street, Littleton, MA. **TICKETS: \$10.**

Learn more: (978) 486-9524, Ext 116
 or www.indianhillmusic.org.

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, December 4th from 1:00-3:00 pm in the Multi-Purpose Room. The cost is \$3.00.



We will be making the fresh greens centerpieces as well as door swags. All supplies will be furnished. Come and join us and get into the Christmas spirit.

Hope to see you then.

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

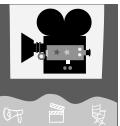


There is no Veterans Breakfast in December due to the Christmas holiday. The January Veterans Breakfast will be on Wednesday, January 21st. Check the January Broadcaster for details.



Come join us for *Bingo at the Senior Diner*, every Friday at 1:15 pm. See you there!!

Movie of The Month



There is no movie for December. Details for the January movie will be in the January edition of the Broadcaster.



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, December 19th from 1:00-3:00 pm** at St. Anne's church. Small prizes for the bingo games will be provided. Coffee, tea and desserts will be served. All are welcome.

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

Senior Bingo Afternoon



Please join us on **Thursday, December 12 from 1:00 to 3:30 pm** for an afternoon of Bingo, prizes, finger desserts, coffee & tea at the Congregational Church. Come & bring a friend to enjoy an afternoon outing among friends. There is no cost for this afternoon. 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 fourth Bach's Lunch concert is scheduled for **Thursday, December 12th - Rhapsody in Red, White, and Blue**, featuring Bonnie Anderson on piano (see attached flyer). **Performances are 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 at (978) 486-9524. Learn more at www.indianhillmusic.org

Please do not make reservations via email. Thank you!

Special Programs -Mark Your Calendar



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.



Tuesday, 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.

Friday Dec 13th, 10:30 am, Room 233
Multi-Purpose Room,

Tax Abatements and Deferrals in Littleton: What to Know



Littleton EHS welcomes members from the Assessor’s Office to share information on abatements and deferrals available here in town, as well as how to apply and eligibility requirements.

Please call the front desk to sign up, 978-540-2740.



Join us on New Years’ Eve, 12/31, at 1:00 pm for a movie and dessert in Room 230.

Call the front desk to sign up:

978-540-2470.

WISH LIST



Postage Stamps



Grocery Gift Cards



Loaves and Fishes Holiday Meal pickup for December is December 16th 9:00-11:30 am and 5:30-7:00 pm.

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



Brains and Balance Classes

Brains and Balance classes with Instructor Holly Kuovo will be held on Wednesdays in the Multi-Purpose Room.

Call 978-540-2470 to sign up.



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

Call the Outreach offices for more information: Nicole at 978-540-2475 or 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.



Good Neighbor Energy Fund will begin accepting applications in **January 2020**, if you're income exceeds the requirements for SMOC, you may be eligible for assistance through the Salvation Army.

Please contact Amy at 978-540-2472 or Nicole at 978-540-2475 to set up an appointment to complete an application for this program.

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!

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 December 13th, (none in January or February), March 13th, April 10th and May 8th, 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.

HEAR YE' HEAR YE' COME ONE, COME ALL



How about we all start out our new year with something exciting we can do for our OURSELVES?

Do you like to sing and not only in the shower? Would you like to sing with another person or even in a group?



Do you like to play a musical instrument? Would you like to play solo or with others?



Don't be shy. We really need you. How many of our seniors sit at home with something exciting to look forward to? Hmmmm!

The Friends of the COA and the COA are hoping to start a couple of groups that may peak your interest. You don't have to be a fabulous singer and sometimes you might even think you sing off key. The clue here is that you love to sing.

Do you have an instrument that's been sitting in the closet for years, and have been thinking of taking it out and playing it again? It may not be fun to play alone, but it would be great to play with others. Which musical instruments do you play? The COA even has a piano.

We would like to get some groups involved and hope we come up with a plan. This may take some time to start up, but it's certainly worth it. Come on now, you know you want to. **Please call the COA at 978-540-2470.** Tell them that you are interested in singing, or playing an instrument, or both. Someone will get back to you with more information.

Promise!

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DECEMBER 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.