



# The Broadcaster

MARCH 2020



## LITTLETON EHS/COA SERVICES



### FROM LIZ'S DESK

#### A Special Message of Gratitude

Thank  
You!

The COA Board and EHS/COA Director and Staff would like to extend their sincere gratitude to the Friends of the COA Board, and to the Middlesex Savings Bank and the Middlesex Savings Bank Charitable Foundation, for the extremely generous donation of \$21,000 towards the cost of a new

wheelchair accessible van. This new van, which we plan to acquire at the end of next fiscal year, will replace our old 2009 van with high mileage. We are so excited for a new van and for the transportation program expansion possibilities that lie ahead. We provided over 4,000 rides in 2019 to our seniors and disabled adults, for both medical and social trips. We anticipate this number will grow and grow, and we will be ready to meet the need!



March 17th

#### Space Update



Last month the architects working with the Town presented 6 possible space options to the Board of Selectmen. If you missed the presentation, you can watch it on LCTV via the town website. These options took into account all town departments' space needs. We were pleased to see that EHS/COA's space needs were made a priority in all of these options! The Boards are now reviewing the options for their recommendations and high-level cost estimates are being compiled. Progress is being made!

\*\*\*\*\*  
\* 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 5TH OF THE PREVIOUS MONTH\*\*

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# Happenings—March 2020

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

Aqua Aerobics	P4	Mar 4,11,18,25	Wed
Book Buddy Program	P10	March 13	Fri
Caregivers Meeting	P3	March 25	Wed
Coloring, Coffee and Conversation	P10	March 2	Mon
Crafts at the Council	P8	March 11	Wed
Friends' St. Patrick's Day Luncheon	P4	March 18	Wed
Game Time	P10	March 5	Thurs
Indian Hill Bach's Lunch Concert	P8	March 12	Thurs
LGBTQ+ Event	P9	March 26	Thurs
Life Ahead Discussion	P4	March 25	Wed
Littleton Lyceum	P10	March 6	Fri
Living Alone and Living Well	P3	March 19	Thurs
Lunch & Learn: "Sellers Seminar"	P9	March 20	Fri
Massage With Sarah Walker	P4	March 16	Mon
Movie of the Month	P8	March 26	Thurs
Podiatry Clinic-By Appointment Only	P4	March 17	Tues
Scrapbooking & Card Making	P9	March 3	Tues
Taste of Littleton	P9	March 27	Fri
Veterans Breakfast	P8	March 25	Wed
Veteran to Veteran Social Club	P10	March 12	Thurs
LFD Blood Pressure Check	P4	Thursdays	
Bingo	P8	Fridays	
Bridge Group	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.)

- March 5** Purchasing a new computer. Denial of Service attacks.
- March 12** Using search for general information, images and YouTube.
- March 19** Internet of Things (IoT). Benefits, vulnerabilities and risks.
- March 26** Map applications; Google maps, Google earth, historical maps, wetland maps.

## STAFF

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

## BOARD MEMBERS

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 Ann Lee Ellis  
 Anita Harding  
 Susan Melander  
 Mary Pickard  
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 Nancy Levine, Vice President  
 Tony Jesensky, Treasurer  
 Dottie Ruiz, Secretary  
 Sandra Casale  
 Sharon Corbin  
 Andy Fredette  
 Carol Vales

33 Shattuck Street,  
 P.O. Box 1305  
 Littleton, MA 01460

Main Phone: 978-540-2470

Fax: 978-952-2363

Outreach: 978-540-2472

Senior Diner: 978-540-2474

COA Office Hours:

Monday-Friday

9:00 am- 4:00 pm

COA Outreach Hours:

Monday-Friday

## Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our site, [www.littletonma.org](http://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 10:30 am 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](mailto: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 Nicole Lorenson at 978-540-2475** for more details or to sign up.

### Living Alone & Living Well Group

Please join our group which meets on the **3<sup>rd</sup> Thursday of the month (March 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.

### Caregivers Meeting

Caregivers Support group will be meeting on **Wednesday, March 25th, from 6:30-8:00 pm** in the Senior Diner sponsored by Epic Wellness.

**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 Question



**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.

### 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 March meetings will be held on **Tuesdays March 10th and 24th 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.



*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.

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



Good Neighbor Energy Fund began accepting applications in January. If your 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.

### 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.**

## Life Ahead



Join others in recovery for a light dinner, support, social engagement and discussion on the last Wednesday of the month (**March 25th**) from **6:00-7:00 pm** in Room 230.

Please contact Nicole with any questions, **978-540-2475**.

## New Program! Aqua Aerobics Class at Westfit Starting on Wednesday, March 4th at 10:15am Instructor: Diane Grey Cost: \$25 for 4 weeks



Our Aqua Aerobics class is an hour long high energy class with a community feel to the group. The class will start with 5 minutes of warm-up and stretching. Then you will go into a 20-25 min aerobic portion to get the heart rate up. Students will use barbells for an arm workout by using the resistance of the water to build muscle and tone the arms. The class can be modified for anyone with hand/wrist/shoulder problems. Buoyancy belts and noodles are available for going to the deep end of the pool to work on range of motion. People who are uncomfortable in deep water can stay in the shallow section if desired. The class finishes with 8-10 minutes of stretching and cool down exercises. Call the COA at **978-540-2470** to sign up.

## Podiatry Clinic



The next Podiatry Clinic: **Tuesday, March 17th, from 9:30-1:00 pm in Room 233.**  
**By Appointment only.** Call **978-540-2470** to schedule an appointment. The cost is **\$35.**

## Massage with Sarah Walker



**Monday, March 16th**

**from 10:00 am-12:30 pm, Room 230**

\$5 for 10 Min. Call the front desk at **978-540-2470** to sign up.

**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.  
**\$3 per session.**

**STRETCH AND FLEX**  
with Carol Wing  
Tues and Thurs  
11:15-12:15  
Designed for all fitness levels. **\$3 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.** **\$5 per session**

## 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.

## Friends of the Council on Aging



### Erin go bragh

We all will be Irish on **Wednesday, March 18th**, when we celebrate St. Patrick's Day at **noon in the Shattuck St. Multi-Purpose room.** Green is the color and the menu is corn beef and cabbage, which will be catered by Nashoba Tech. Come and enjoy the company of old friends and new. Cost is \$5.00 residents and \$7.00 non-residents.

Call **978-540-2470** for reservations.

## FRIENDS' THRIFT SHOP



Friends' Thrift Shop will be holding its semi-annual bag sale earlier this year, from **Monday, March 16th, through Thursday, March 26th.** A Grocery bagful will be \$3.00 and a white trash bagful will be \$5.00. We will close the week of March 30th to restock.

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



We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by the Friends of the COA.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Philly Steak & Cheese Peppers & Onions Home Fries Mini Sub Roll Pineapple Chunks	3 Grilled Chicken Marsala Cavatappi Pasta Italian Blend Veg Multigrain Bread Diced Pears	4 Turkey Corn Stew Carrots Whole Wheat Bread Fresh Fruit	5 Autumn Harvest Soup Roast Pork With Herb Gravy Bread Stuffing Wheat Dinner Roll Pineapple Coconut Cake	6 Lasagna Roll with Marinara Sauce Tossed Salad Italian Bread Fruit Yogurt
9 Grilled chicken Red Pepper Pesto Israeli Cous Cous Spinach Multigrain Bread Mixed Fruit	10 Three C Soup Potato Pollock Tartar Sauce Red Bliss Potatoes Whole Wheat Bread Sliced Peaches	11 Beef Stew Tossed Salad Dinner Roll Vanilla Yogurt	12 Sweet & Sour Chicken Vegetable Fried Rice Asian Veg Blend Multigrain Bread Choco Chip Cookie Bar	13 Broccoli Bake Home Fries Stewed Tomatoes Rye Bread Fresh Fruit
16 Beef & Lentil Chili Brown Rice California Blend Vegetables Dinner Roll Diced Pears	17 <u>SPECIAL</u> Corned Beef Hash Braised Cabbage Glazed Carrots Pumpernickel Bread Apple Streusel Cake	18 Mulligatawny Soup Roast Pork Onion gravy Mashed Potatoes Multigrain Bread Fresh Fruit	19 Homestyle Chicken Drummer Au Gratin Potatoes Tossed Salad Whole Wheat Bread Mandarin Oranges	20 Baked Pollock Picatta Spinach & Orzo Pilaf Italian Blend Veggies Multigrain Bread Lorna Doones
23 Chicken & Rice Bake Brussels Sprouts Multigrain Bread Sliced Peaches	24 Corn Chowder Hot Dog Baked Beans Hot Dog Bun Pineapple Chunks	25 Grilled Chicken with Supreme Sauce Sweet Potatoes Spinach Whole Wheat Bread WG Choc Chip Muffin	26 Vegetable Barley Soup Roast Turkey w/Gravy Mashed Potatoes Wheat Dinner Roll Carnival Cookie	27 Mini Cheese Ravioli Primavera Sauce Tossed Salad Italian Bread Fresh Fruit
30 Navy Bean Soup Chicken Meatballs with Swedish Sauce White Rice Whole Wheat Bread Applesauce	31 Grilled Chicken Cacciatore Sauce Tri color Rotini Tossed Salad Italian Bread Blueberry Buckle	To CANCEL or ORDER, Call your local 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](http://www.4LPi.com/careers)

THIS SPACE IS  
**AVAILABLE**

Call LPi at  
**1.800.477.4574**  
for more  
information.

# MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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 and Conversation 5:30 pm Tai Chi	3 :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 1:00-3:00 Scrapbooking & Card Making	4 9:00-1:00 LSC 9:30-10:30 Yoga 10:15 Aqua Aerobics Noon Lunch 10:30 Friends of the COA Board Meeting	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 1:00-3:00 Game Time	6 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo 7:30 pm Littleton Lyceum
9 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 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	11 9:00-1:00 LSC 9:30-10:30 Yoga 10:15 Aqua Aerobics Noon Lunch 10:30 Friends of the COA Board Meeting 1:00-3:00 Crafts at the Council	12 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 11:00 & 1:30 Indian Hill Bach's Lunch Concert Noon Lunch Noon Fire Dept BP Check 1:00-3:00 Veteran to Veteran Social Club	13 9:30 Bridge Group 10:00-12:00 Line Dancing 10:30-11:30 Book Buddy Program Noon Lunch 1:15 Bingo
16 9:00-11:00 Line Dancing 9:00-1:00 LSC 10:00-12:30 Massage with Sarah Walker 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 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 Podiatry Clinic—By Appointment Only	18 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 10:15 Aqua Aerobics Noon Friends of the COA St. Patrick's Day Lunch	19 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	20 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch Noon "Lunch & Learn: Sellers' Seminar" 1:15 Bingo
23 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 1:00-2:30 Social Anxiety Grp	25 7:30-8:30 Veterans Bkfst 9:00-1:00 LSC 9:30-10:30 Yoga 10:15 Aqua Aerobics Noon Lunch 6:00-7:00 pm "Life Ahead" Discussion 6:30-8:00 pm Caregivers Mtg	26 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month 3:00-5:00 LGBTQ+ Event	27 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch Noon "Taste of Littleton" 1:15 Bingo
30 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			

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## LADIES' BREAKFAST

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



## MEN'S BREAKFAST

March 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

#### Resolve to Recycle More



There are now two collection points for your hard-to-recycle plastics: at the back entrance of the Reuben Hoar Library, and in the yellow bin at the Transfer Station in Littleton. You may recycle (reasonably empty and dry):

- oral care products & manual toothbrushes (no electric toothbrush heads)
- personal care products (skin, lip, eye, ear and foot care, as well as cosmetics)
- vitamins/minerals/supplement blister packs, tubes, bottles (no prescription bottles)
- air freshener and cleaning pumps, trigger sprays, cartridges (no aerosols)
- throw-away mop refills, detergent inner bags (brand-specific – see URL below)
- pet food pouches and bags (brand-specific – see URL below)

Terracycle gives points for each item which translate into cash for non-profits such as 4-H, the Littleton schools, and the library. Still have questions? Reference the web site <https://sites.google.com/view/littleton-ma-recycles>, or email [littletonma.recycles@gmail.com](mailto:littletonma.recycles@gmail.com)



#### 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!

#### WISH LIST



Grocery Gift Cards

Postage Stamps

## MEN'S BREAKFAST

March 18th- 7:30 am to 9:00 am

#### Emergency Contact Information

- ★ Littleton Police Department: 911 or 978-540-2300
- ★ Littleton Fire Department: 911 or 978-540-2302
- ★ **Psychiatric Emergency Services: (800) 540-5806** If you are experiencing a mental health or emotional crisis, please call to speak to an Advocates crisis clinician. We are available to help 24 hours a day, every day.
- ★ **National Suicide Prevention Hotline: (800)273-8255**
- ★ **Samaritans Statewide Helpline: (877)870-4673** The Samaritans Statewide Helpline is available to anyone in Massachusetts who is in need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.
- ★ **COIN: Community Outreach Initiative Network, Addiction and Recovery assistance 508-488-5072**

#### Winter Weather Policy



Littleton EHS Winter Weather Policy regarding van service: EHS vans will follow the decision of Littleton Public Schools. When Littleton schools are canceled, all van services will be canceled. If Littleton schools are delayed, van service will begin at 10:00 am, and all appointments prior to 10:00 am will be canceled or rescheduled.

Residents will be notified by Dispatch to reschedule if their ride is canceled.



*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.*

#### 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 March 11th from 1:00-3:00 pm in the Multi-Purpose Room. The cost is \$3.00.**

The winds of March are upon us, so what to make in craft class? If you haven't guessed, it is a wind chime. Roberta will come to help us design and make a jeweled wind chime to hang in your window. I will be asking that people sign up early since there will be a limit of 20 for the class.

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!



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.**

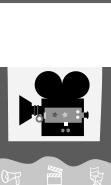
## Veterans Breakfast



Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this **FREE** offering. **Wednesday, March 25th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**



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



## Movie of The Month



**Thursday, March 26th at 1:00 pm, "Christopher Robin", will be shown in Room 230. \$2.00 donation is requested. Please sign up in the COA office or call 978-540-2470.**

## Bridge Group



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

## Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening at the Congregational Church from 5:30 to 6:30 pm**. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's **FREE!**

## Bingo at St. Anne's Church



The Sunshine Club will meet on **Thursday, March 19th from 1:00-3:00 pm** at St. Anne's church. We will play bingo for prizes. Coffee, tea and refreshments will be served. All are welcome.

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

## Senior Bingo Afternoon



Come join us on **Thursday, March 12th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes, finger desserts, coffee and tea. So come, bring a friend and enjoy an afternoon with friends. It's **FREE**.

**Jane Lyons 978-486-3436**

## SENIOR BOWLING



**Tuesday - Thursday 10:00-1:00**

3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowladrome - 978-263-7638.**

## INDIAN HILL MUSIC



Our March "BACH'S LUNCH CONCERT" is scheduled for **Thursday, March 12<sup>th</sup> – The Great American Songbook**, featuring Justin Meyer, bass, Billy Novick, clarinet, Jack Senier, piano and Jeff Stout, trumpet.

**Performances at 11:00 am and 1:30 pm, 36 King Street, Littleton, MA. Complimentary coffee, tea, and cookies; bring your lunch. FREE admission.**

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

Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

**Please do not make reservations via email. Thank you!**

# Special Programs -Mark Your Calendar

## Tuesday, March 3rd, 1:00-3:00 pm, Room 233 Scrapbooking, Card Making, Crafting—OH MY!



Thanks to a generous donation, we have found ourselves with a surplus of scrapbooking and card making supplies.

Come by Room 233 on the first Tuesday of the month, to work on your current scrapbook or start one! We will have supplies, but feel free to bring your own and come by to spark some creativity. This is a drop in event, no sign up necessary.

## Thursday, March 26th, 3:00-5:00 pm First Church Unitarian, Littleton LGBTQ+ Event: Coming Out Through the Generations



Join us at the First Church Unitarian in Littleton on **March 26th** to hear coming out stories from individuals spanning the generations; stay for socializing and discussion, leave feeling inspired. We hope you will join us!

Please contact Nicole with any questions, **978-540-2475**.

## Friday March 20th, Noon, Room 230 Lunch & Learn: Sellers Seminar



Annette DeBisz, Realtor, will present on the topic "Home". This event will get you prepared to sell your home with modern, proven strategies to avoid stress and costly mistakes. I will have industry experts ranging from attorneys, lenders, home inspectors, to explain how you can set yourself up for success.

Please call **978-540-2470** to sign up!

## Tuesday, April 7th, 12:30 pm, Room 230 Lunch & Learn: Brain Boosting



Join Littleton EHS and Bridges of Westford for a brain boosting lunch and presentation. We will learn which evidence-based brain boosters can help you achieve maximum brain health.

Specific recommendations relate to social engagement, cognitive activity, physical health and exercise, nutrition and more.

Please call **978-540-2470** to sign up!

## Friday, March 27th at Noon Anthony's Coal Fired Pizza at The Point Taste of Littleton



Join us at Anthony's Coal Fired Pizza in The Point at 12:00 pm and meet some new friends for lunch!

**Please call the COA to sign up at 978-540-2470**, so we can call the restaurant with a headcount for adequate seating. When you arrive you can check in under "Littleton COA"

*This is a new program to promote socialization and encourage new friendships; participants are responsible for paying for their own lunch.*

## Mindful Movement

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

Fridays, April 3rd—May 15th (no class 4/10)  
1:00-2:00 pm at the COA, Room 230

**Please call the COA to sign up at 978-540-2470 (Space is Limited)**

*This program was funded through a grant by CHINA 15, and was made possible by Determination of Need funds received from Lahey Hospital and Medical Center.*

## Wednesday, April 22nd 5:30 pm, Room 233 Narcan Training



**Learn how to recognize an overdose and how to administer Narcan!**

**Back by popular demand!**



## 2nd Annual Hats Off to Littleton Event

Decorate your door for spring.  
Craft opportunities **March 18th & 25th**

\$5.00 entry fee  
Prizes

Judging on April 3rd, 2020

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



On the first **Thursday** of each month (**March 5th**) 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.

## Coloring, Coffee and Conversation



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



## AARP Smart Driver Safety Course

Even the most experienced drivers can benefit from brushing up on their driving skills, so Littleton Elder and Human Services is offering a driver safety program through AARP **on Wednesday, April 22, 2020 from 9:45 am to 3:00 pm in Room 103**.

The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course, attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

The fee is \$15 for AARP members and \$20 for non-members. The course will run from 9:45 am to 3:00 pm, with a break for lunch.

## Littleton Lyceum Established 1825



### Ball in the House Friday, March 6th, 7:30 pm

Lyceum is excited to present Ball in the House, R&B/Soul/Pop a cappella group based out of Boston, MA, whose high energy shows have audiences singing, dancing, even beatboxing along.

Purchase tickets at the door or online at:

[www.littletonlyceum.org](http://www.littletonlyceum.org).



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

## Bruce Freeman Rail Trail Walkers



Meet up, make friends, and accomplish a common goal! Each week we will walk 1.5-2 miles of the Rail Trail beginning on the Lowell side and concluding on the Concord Side. The program includes transportation to and from and a bagged lunch. The Bruce Freeman Rail Trail winds through

the communities of Lowell, Chelmsford, Westford, Carlisle, Acton, and Concord. The completed section is 14.2 miles and follows the route of the old New Haven Railroad Framingham & Lowell line. The trail has a 10-foot wide pavement with a 2-foot wide packed shoulder on each side. Walking shoes required!

**Ages: 50+**

**Day: Tuesday**

**Dates: 4/14/20-6/2/20**

**Time: 9:00 am-11:00 am**

**Location: Bruce Freeman Rail Trail**

**Fees: \$70**

## Veteran to Veteran Social Club



Littleton EHS would like to welcome Veterans of all ages to join our new Veteran Social Club, hosted by United States Air Force Veteran, Hal Arthur.

This group will meet on the **2<sup>nd</sup> Thursday (March 12th) of each month from 1:00-3:00 pm in Room 233**.



## Book Buddy Program

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 is just one of our Intergenerational Programs for seniors.

**Once a month on a Friday, from 10:30 to about 11:30 am, on March 13th, April 10th and May 8th (no meeting in February),** 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.

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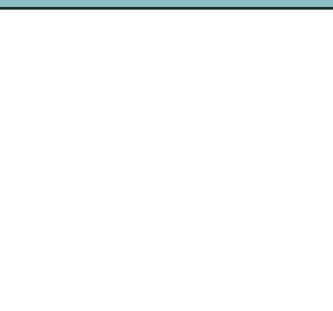
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## MARCH 2020

### \*\*\*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.

- 1<sup>st</sup> and 3<sup>rd</sup> Fridays – Boston area hospitals
- 2<sup>nd</sup> and 4<sup>th</sup> 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.