

The Broadcaster



JAN 2020



FROM LIZ'S DESK



AARP Tax Program 2019 2019 Income Tax Help

Please call the COA at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2019. AARP provides training and sponsors this volunteer program. If you are over 50 and cannot afford to pay a tax preparer, this program was designed for you! AARP membership is not required.

Bring with you:

- Your 2018 Federal and State Tax Returns.
- Form MA 1099-HC. It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number and your subscriber number has to be entered on your Massachusetts tax return.
- W-2's, SSA-1099's, 1099's (DIV, INT, B, G, MISC, etc.) schedule K-1's, 109's etc.
- The amount and date of any federal and state estimated tax payments that you made.
- All 4 quarterly property tax bills that you paid in calendar year 2019. It is very important that you bring all 4 bills that you paid in calendar year 2019.
- All water bills that you paid in calendar year 2019.
- Medical and Dental Expenses: bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).



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From the COA Board

Do you wonder about what is happening with regard to a Senior Center? Stay up to date by watching the monthly COA Board Meetings on LCTV. A monthly update is provided at each meeting.

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****

Happenings—January 2020

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

Caregivers Meeting	P3	Jan 29	Wed
Coloring, Coffee and Conversation	P4	Jan 6	Mon
Crafts at the Council	P8	Jan 8	Wed
Friends' Luncheon-Chinese New Year	P4	Jan 15	Wed
Game Time	P7	Jan 2	Thurs
"Gen Silent" Movie	P9	Jan 23	Thurs
Indian Hill Bach's Lunch Concert	P8	Jan 16	Thurs
Living Alone and Living Well	P3	Jan 16	Thurs
LFD Presents New Fire Truck	P9	Jan 15	Wed
Littleton Lyceum	P10	Jan 10	Fri
Massage With Sarah Walker	P4	Jan 27	Mon
Mindful Movement	P9	Jan 6	Mon
Movie of the Month	P8	Jan 23	Thurs
Podiatry Clinic-By Appointment	P4	Jan 21	Tues
Veterans Breakfast	P8	Jan 29	Wed
LFD Blood Pressure Check	P4	Thursdays	
Bingo	P8	Fridays	
Bridge Group (NEW)	P8	Fridays	
Mah-Jongg		Tuesdays	
See Page 4 for list of exercise programs	P4	Mon-Fri	

Refer to Calendar on Page 6 for specific times.

BILL VALES' INTERNET & COMPUTER CLASSES



Classes are held on Thursdays from 10:30-11:30 am in Room 230. (We linger until noon.)

Jan 23 Brainstorming and discussion of topics for the Winter/Spring 2019/2020 sessions.

Jan 30 Google Services, Part 1—Google Office Suite (Drive, Photos, Doc, Sheets, Slides, Forms and more)

STAFF

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

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FRIENDS OF THE COA

Barbara McRae, President
 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, 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

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 (January 16th)** 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, January 29th, from 6:00-8:30 pm** in the Senior Diner with attorney Margaret Hoag.

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 January meetings will be held on **Tuesdays January 14th and 28th 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.



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 will begin accepting applications in **January 2020**, 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.

STRETCH & FLEX CLASS



Beginning on February 1st, Stretch N Flex class fee will be \$3 per class. We never want cost to deter your participation. If a class fee prohibits your participation at all, please ask us about our financial assistance for subsidized

classes. Please see Liz, Nicole, or Amy in the COA Office for confidential assistance. Many health insurance companies reimburse yearly for fitness classes. We can assist you in determining if your health insurance company participates in this practice

Massage with Sarah Walker



**Monday, January 27th
from 10:00 am-12:30 pm, Room 230**

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

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!

Podiatry Clinic



The next Podiatry Clinic: **Tuesday, January 21st, from 9:30-1:00 pm in Room 233.**
By Appointment only. Call 978-540-2470 to schedule an appointment. The cost is \$35.

Coloring, Coffee and Conversation



The group will meet on **Monday January 6th at 2:00 pm in Room 233.** No charge – coloring blanks and books available. Bring your pencils and pens.



Friends of the Council on Aging



January—will it be warm or cold? Who knows—we live in New England after all. It won't stop us from coming to the January luncheon hosted by the Friends of the COA. Celebration will be the Chinese New Year. We hope to have Chinese cuisine. You may be

surprised. **Be at the Shattuck St. Multi-Purpose room at noon on Wednesday, January 15th.** Wear red for good fortune.

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

Call the COA office for reservations at 978-540-2470.

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.
\$3 per session.



STRETCH AND FLEX

**with Carol Wing
Tues and Thurs
11:15-12:15**

Designed for all fitness levels. \$2 per session.
(\$3 starting Feb 1st)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>	<p>Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00</p>	<p>1</p> 	<p>2</p> <p>Roast Turkey Herb Gravy Stuffing Broccoli Rye Bread Fresh Fruit</p>	<p>3\</p> <p>Sloppy Joe Seasoned Potato Wedges Peas and Carrots Hamburger Bun Mixed Fruit Cup</p>
<p>6</p> <p>Chunky Tomato Soup Macaroni and Cheese Multigrain Bread Peaches</p>	<p>7</p> <p>Sweet & Sour Chicken Brown Rice Broccoli Dinner Roll Oatmeal Cookie</p>	<p>8</p> <p>Shepard's Pie Beef Gravy Mixed Veggies Italian Bread Vanilla Yogurt</p>	<p>9</p> <p>Corn Chowder Grilled Chicken Breast Supreme Sauce Mashed Sweet Potato Pumpnickel Bread Mandarin Oranges</p>	<p>10</p> <p>Roast Pork Rosemary Gravy Whipped Potatoes Scandinavian Blend Veggies Multigrain Bread Snack N Loaf</p>
<p>13</p> <p>Grilled Chicken Breast Cran-Orange Sauce Scalloped Potatoes Green Beans Wheat Bread Mixed Fruit</p>	<p>14</p> <p>Autumn Harvest Soup Cheeseburger Roasted Red Bliss Potatoes Hamburger Bun Applesauce</p>	<p>15 <u>SPECIAL</u></p> <p>Salmon Boat Lemon Dill Sauce Wild Rice Pilaf Broccoli Au Gratin Wheat Dinner Roll Chocolate Mousse</p>	<p>16</p> <p>Lentil and Kale Soup Chicken Meatballs Swedish Sauce Parslied Noodles Multigrain Bread Pears</p>	<p>17</p> <p>Beef & Cabbage Casserole Genoa Blend Veggies Rye Bread Fruit Yogurt</p>
<p>20</p>  <p>No Meals Served</p>	<p>21</p> <p>Grilled Chicken Breast Marsala Sauce Garlic Mashed Potatoes Glazed Carrots Multigrain Bread Vanilla Pudding</p>	<p>22</p> <p>Mulligatawny Soup Turkey A la King Tri Colored Rotini Wheat Bread Fruit Cup</p>	<p>23</p> <p>BBQ Pulled Pork Baked Beans California Blend Veg Hamburger Bun Escalloped Apples</p>	<p>24</p> <p>Chicken Jambalaya Brown Rice Broccoli Dinner Roll Fresh Fruit</p>
<p>27</p> <p>Grilled Chicken Breast Cacciatore Sauce Orzo Pilaf with Spinach Mixed Veggies Multigrain Bread Apricots</p>	<p>28</p> <p>Vegetable Soup Potato Pollock Tartar Sauce Butternut Squash Wheat Bread Pineapple</p>	<p>29</p> <p>Chicken and Rice Casserole Spinach Wheat Bread Lorna Doones</p>	<p>30</p> <p>Beef Stew Cauliflower Italian Bread Brownie</p>	<p>31</p> <p>Broccoli Bake Roasted Home Fries Italian Blend Veggies Multigrain Bread Ginger Boy Cookie</p>



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AVAILABLE

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information.

JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 	2 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00-3:00 Game Time	3 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo
	6 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 and Conversation 5:30 pm Tai Chi	7 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	8 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 10:30 Friends of the COA Board meeting 1:00-3:00 Crafts at the Council	9 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check
	13 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting 5:30 pm Tai Chi	14 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	15 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 See the Littleton Fire Dept New Fire Truck Noon Friends of the COA Chinese New Year Lunch	16 9:00-10:00 Fit 4 Life Class 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check
	20 	21 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg Podiatry Clinic—by Appointment Only	22 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	23 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 Gen Silent Movie
27 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	28 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	29 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 6:00-8:30 pm Caregivers Mtg	30 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	31 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo

THE GOOD LIFE



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zūbi dental health

Alice Salazar-Schwaninger, DMD

www.zubidental.com

LADIES' BREAKFAST

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



MEN'S BREAKFAST

January 15th- 7:30 am to 9:00 am



Senior Diner - Shattuck Street

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

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

Get to Know the EHS Staff: Sue Raymond



You may recognize her as the friendly face greeting you in the front office, the fun host of our birthday parties, the expert newsletter coordinator or the creative mind behind our festive bulletin boards. Sue Raymond is the Administrative force behind the EHS department, supporting in more ways that can be summed up in an article. Sue spends many of her days in direct contact with the public via phone calls, walk-ins and emails; Sue gets everyone to where they need to go. Sue joined the EHS Department in 2018, and prior to that she worked in the Building Department. Sue says her favorite part of this job is how rewarding it is to see someone walk in, needing help and seeing them leave happier and more relaxed, knowing that the staff was able to help.

Sue is a Littleton resident and has lived here for 44 years, having seen the town grow from 1 stop light to a bustling town. Sue says her favorite part of Littleton is her neighborhood which is filled with friends who have grown with the town.

When asked what she wishes people knew about the EHS Department, Sue says residents should know that the EHS staff is here to help anyone, regardless of their age or hardship; many people believe that we are here to help only seniors, but we are here to help all residents of Littleton.

In her spare time, Sue enjoys spending time with her Scottish Terriers, Cayleigh and Robbie, taking walks around her neighborhood, tending to her garden and visiting her home in New Hampshire.

Sue is a huge asset to the department; always ready with a quick laugh, an understanding shoulder to lean on and always going above and beyond for her coworkers and for the residents of Littleton. We are so lucky to have her. Next time you are here, be sure to stop by and say hi or introduce yourself if you have not already met Sue!

WISH LIST



Grocery Gift Cards

Postage Stamps

Winter Transportation Policy



With winter fully upon us, we would like to clarify that if Littleton Public Schools are closed due to inclement weather, Littleton EHS/COA Vans will not run. The safety of Littleton residents and our van drivers is of the upmost importance. In the event of a snowstorm, please check to see if Littleton schools are closed. If they are, you will be contacted to reschedule your ride.



Starting in January, on the **first Thursday of each month (January 2nd) 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 DEADLINE FOR BROADCASTER SUBMISSIONS

Beginning with the February 2020 Broadcaster, the deadline for submission of articles will be the 5th of the month, instead of the 10th.



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 Lorensen at 978-540-2475.**

Crafts at the Council-New Schedule



January is a new beginning. Craft classes are changing. Here is the new schedule, so please make note of the dates on your calendars. **Wednesdays, January 8, February 5, March 11, April 8, and May 13.** For January, we will be painting scenes, designs or whatever you would like on wood boards. The boards will be 3 inches wide by 8 inches long or 3 inches wide by 16 inches long. You may bring a picture from a magazine or anything else that we can trace and transfer to the board that you will then paint. We will have many ideas available for you to use as well. Come and enjoy this fun tracing, transferring and painting project. It will be a lot of fun.

The cost is \$3.00 and the class is in the Multipurpose room from **1:00 to 3:00 pm on January 8, 2020.** See you there.

Call the COA at 978-540-2470 ASAP to sign up.

Loving Stitches



Littleton's 'Loving Stitches' group meets every **Monday from 12:00-2:00 pm in Room 233.** Bring your own lunch and then enjoy some time to knit or crochet items that are donated to various local charities. Yarn and needles are available. Come try it out and join this fun group!

Veterans Services



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome

Home Bonus, Veterans Work-Off Program and much more. Open every **Monday and Thursday 8:30 am-noon in Library Small Meeting Room. Town Hall Entrance, first door before elevator.** Call John Boroski at 978-540-2485 to make an appointment.

Veterans Breakfast



Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, January 29th (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, January 23rd at 1:00 pm, "The Aeronauts", 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, January 16th from 1:00-3:00 pm** at St. Anne's church. There will be bingo with prizes. 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, January 9th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes, finger desserts, tea & coffee. It's free! Bring a friend and enjoy an afternoon of fun and laughter! **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



'BACH'S LUNCH CONCERT': Indian Hill Music presents: "Bach's" Lunch", a free concert with Indian Hill Musicians.

Thursday, January 16th at 11:00 am, "Music for Flute and Marimba". Feel free to bring your lunch, and enjoy complimentary coffee, tea and cookies! **FREE admission.**

Call the COA at 978-540-2470 to RSVP and reserve your spot!

Learn more at www.indianhillmusic.org

Special Programs –Mark Your Calendar

**Wednesday, January 15th at 10:30 am
At the Littleton Fire Station**

See the LFD's New Fire Truck



Littleton Fire Department presenting on how their new Fire Truck was built. Join us at the Fire Station for an informative presentation followed by a tour of the truck.

January 15th at 10:30 am at the Littleton Fire Department.

Please call 978-540-2470 to sign up!

**Thursday, January 23rd, 3:00-5:00 pm
Multi-Purpose Room, Littleton Town Hall
Movie Screening of**



Followed by Discussion

This event has been organized in collaboration with Littleton Elder and Human Services, First Church Unitarian, First Baptist Church of Littleton and Minuteman Senior Services to provide education and support to the LGBTQ+ community and its allies.

**Friday Feb 21st, Noon, Room 233
The CBD Craze: Facts and Common
Misconceptions About CBD Oil**



We see "CBD For Sale Here" everywhere we go these days, at health food stores, gas stations, online and even in our health practitioners' offices. The mention of cannabidiol (CBD) oil, which contains CBD extracts from the cannabis plant, is bound to grab your attention and unsolicited advice about the risks and benefits from friends and self-proclaimed experts.

Join us for a "Lunch and Learn," **Friday, February 21st, lunch beginning at 12 noon** and a presentation from Joyce Strong, RN, Total Wellness beginning at **12:30 pm**. Please call the front desk to sign up, **978-540-2470**.

Pen-Pal Program



We have a **NEW** addition to our Intergenerational Programs. Would you enjoy exchanging letters and getting to know a young Littleton resident? The COA and Tricia Singer's 3rd Grade class have organized a **Pen-Pal Program**. We need 20 Participants to match each student with their own pen-pal.

The program is scheduled to begin in February.

Contact Amy at 978-540-2472 to receive additional information and sign up.

Senior Cohousing:

A Community Approach to Aging in Place



Members of Middlesex Senior Cohousing

Information Meeting

by Middlesex Senior Cohousing

Saturday, January 11, 2:00 – 4:30 pm

**Reuben Hoar Public Library, the Couper Room
41 Shattuck St., Littleton, MA**

RSVP to middlesexseniorcohousing@gmail.com

Come learn about senior cohousing and our project to build the *first senior cohousing neighborhood in New England!*

Cohousing is an innovative model that started in Denmark and operates on the understanding that **community** is the best insurance for having a fun and fulfilling 3rd Act. **And** getting the mutual support we need as we age.

Program features a slideshow, Q&A, refreshments, and facilitated break-out groups focused on aging in place and in community.

For more info, visit

www.middlesexseniorcohousing.org and the Co-housing Association of the United States at www.cohousing.org

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

New recycling initiative at a library near you!



There is a new collection point for your hard-to-recycle plastics, at the **Reuben Hoar Library in Littleton**. Here's a list of all the items you can put in the bin labeled "**Terracycle®**". The recycling is sponsored by Terracycle, plus companies such as Tom's of Maine, RB, and Febreze, who pay for the recycling to be done. Most types of items may be any brand, but there are some brand-specific collections due to this type of sponsorship. Items need to be reasonably empty and dry.

- **ANY BRAND** toothpaste tubes and caps, dental floss containers, deodorant containers (no aerosols), manual toothbrushes. (These may also be brought to the yellow bin at the Littleton transfer station.)
- **ANY BRAND** personal care containers such as tubes, bottles, caps, lids for cosmetics, skin care, lip, ear, eye, and foot care.
- **ANY BRAND** Vitamins, minerals, and supplements packaging (blister packs, tubes, bottles, caps, lids, cans, boxes; no prescription bottles).
- **ANY BRAND** Air freshener cartridges and plugs, packaging and flexible film packaging, and trigger heads; cleaning products pumps and trigger heads (i.e. for soap, glass cleaners, all-purpose cleaners).
- Pet food packaging brand-specific: Earth Animal, Earthborn Holistic, Guardian, Nulo, Open Farm, Portland, Royal Canin, Wellness, and Weruva brands.
- Swiffer refills (Sweeper, Duster, and WetJet pads) - please put these in a plastic bag first - it will be recycled too!
- Tide Eco-Box packaging (plastic parts only).

More information may be found at <https://www.terracycle.com>, and type in the brand(s) who is sponsoring the recycling. 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? **Please leave a text message at 978-501-5336.**

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 (none in January or 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.

Littleton Lyceum

Established 1826



Tanglewood Marionettes - "Cinderella"

Friday, Jan 10th, 7:30 pm

The Tanglewood Marionettes are back, this time with Cinderella. Set in the eighteenth century and featuring a dozen lavishly costumed 30" marionettes, this production of Cinderella is a Tanglewood Marionettes showpiece. This classic fairy tale told with wit and style will be sure to please audiences of all ages.

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

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

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? Hmmm!

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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JANUARY 2020

*****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.