



The Broadcaster

APRIL 2020



FROM LIZ'S DESK

LITTLETON EHS/COA SERVICES



Patriots' Day
Monday, April 20th

Due to the evolving COVID-19 situation, some April programs may be temporarily canceled or rescheduled for a later date. Please call the COA at 978-540-2470 for more information. Thank you for your patience and understanding.



Telephone Check-in: Would you, or someone you know, like to receive check-in phone calls or emails from our staff? This is a great way to stay connected and keep in touch and socialize. Please contact Amy to sign up at 978-540-2472.



Are you on our email list? We send out a weekly email to keep you in the loop on what's going on here at the COA. Please contact Nicole to sign up at 978-540-2475.

CDC Guidelines on Proper Hand Washing



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Turn off the faucet with a paper towel, not your clean hands.

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—April 2020

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

AARP Smart Driver Course	P9	April 22	Wed
Book Buddy Program	P10	April 10	Fri
Brains & Balance Class	P4	Apr 8,15,22,29	Wed
Caregivers Meeting	P3	April 29	Wed
Coffee Hour With CaptionCall	P9	April 10	Fri
Coffee With a Cop	P9	April 17	Fri
Coloring, Coffee and Conversation	P10	April 6	Mon
Crafts at the Council	P8	April 8	Wed
Game Time	P10	April 2	Thurs
Indian Hill Bach's Lunch Concert	P8	April 16	Thurs
Life Ahead	P4	April 29	Wed
Living Alone and Living Well	P3	April 16	Thurs
Lunch & Learn: "Badger Funeral Home"	P9	April 29	Wed
Lunch & Learn: "Brain Boosting"	P9	April 7	Tues
Mindful Movement	P9	Apr 3,17,24	Fri
Movie of the Month	P8	April 23	Thurs
Narcan Training	P9	April 22	Wed
Veterans Breakfast	P8	April 29	Wed
Veteran to Veteran Social Club	P10	April 9	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.)

- April 2 Backing up data. Different approaches.
- April 9 More Google services. Google Docs and Forms.
- April 16 Sharing information on the internet.
- April 23 Telephone scams and internet phishing. Call blocking systems.
- April 30 Photography and Google Photos.

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

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 Dottie Ruiz, Secretary
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 Andy Fredette
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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 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 **3rd Thursday of the month (April 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, April 29th, from 6:30-8:00 pm** in the Senior Diner. COA will provide dinner.

Please contact Amy DeMichele at 978-540-2472 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.



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**.

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 April 7th and 21st from 1:00-2:30 pm, in Room 233.**

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



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?

Life Ahead



Join others in recovery for a light dinner, support, social engagement and discussion on the last Wednesday of the month (**April 29th**) from **6:00-7:00 pm in Room 230**.

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

Brains and Balance



Losing your balance and losing your mental capacity are no longer inevitable parts of the aging process! Research shows that you can work to keep your body AND your mind sharp. **Brains and Balance** begins a new series on **Wednesdays, April 8th- May 27th at 11:00 am, in the Multi-Purpose Room**. The series runs every Wednesday for 8 weeks. The cost is \$40, paid in advance. You will come away stronger and better prepared to stay upright.

Please call to sign up, space is limited- 978-540-2470.

CANCELLED

Some Changes to Exercise Classes



TAI CHI EXERCISES

Saturday morning TaiChi has moved permanently to Room 103.



On April 16th, Stretch and Flex and Fit-4-Life will be held in the Couper Room.

Going on



Call **978-540-2470** to stop your Broadcaster mailings. This saves the COA money. Thank you!



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. April 16th in the Couper Room.	STRETCH AND FLEX with Carol Wing Tues and Thurs 11:15-12:15 Designed for all fitness levels. \$3 per session April 16th in the Couper Room.	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 Now in Room 103 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
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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.

CANCELLED

Friends of the Council on Aging



The Friends have enjoyed hosting this season's theme lunches where so many catch up with friends old and new. We are looking forward to another year of these successful gatherings.

Join us again in September when we begin the 2020-2021 season. Meantime look for news about a Fashion Show and possibly surprises.

FRIENDS' THRIFT SHOP



Friends Thrift Shop will be closed from **Monday, March 30th through Friday, April 3rd**, in order to restock our shelves after the bag sale. **We will reopen on Monday, April 6th**, with fashions in time for Easter. Stop in and check out our full, new stock of Spring fashions.

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
<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 Meatloaf Mushroom Gravy Sr. Cr & Chive Whipped Potato Green Beans Wheat Dinner Roll Vanilla Yogurt</p>	<p>2 Cheesy Cauliflower Soup Chicken Jambalaya Brown Rice Multigrain Bread Peaches</p>	<p>3 Tuna Noodle Casserole Spinach Whole Wheat Bread Fresh Fruit</p>
<p>6 <u>SPECIAL</u> Chicken Cordon Bleu* Orzo Spinach Pilaf Broccoli Wheat Dinner Roll Chocolate Chip Cookie</p>	<p>7 Portuguese Kale Soup Cheese Lasagna Roll Meat Sauce Multigrain Bread Mixed Fruit</p>	<p>8 Beef & Cabbage Casserole Tossed Salad Wheat Bread Fresh Pear</p>	<p>9 Garden Vegetable Soup Chicken Meatballs Sweet & Sour Sauce White Rice Rye Bread Applesauce</p>	<p>10 Pollock Loin Red Pepper Pesto Chantilly Whipped Potato Green Beans Multigrain Bread Lorna Doones</p>
<p>13 Sloppy Joe Potato Wedges Green Beans Hamburger Bun Pineapple Chunks</p>	<p>14 3 C's Soup Chicken Coq au vin Butternut Squash Wheat Dinner Roll Chocolate Pudding</p>	<p>15 White Chicken Chili Brown Rice Spinach Corn Bread Fresh Apple</p>	<p>16 Roast Pork Rosemary Gravy Whipped Potato Tossed Salad Multigrain Bread Sliced Pears</p>	<p>17 Chicken Fajita Flour Tortilla Red & Green Peppers Corn Fruit Yogurt</p>
<p>20 </p> <p>Patriots' Day</p>	<p>21 Potato Pollock Tartar Sauce Mashed Potato Green Beans Wheat Bread Peaches</p>	<p>22 Chicken Drumstick Whipped Sweet Potato Tossed Salad Multigrain Bread Fig Bar</p>	<p>23 Beef Stew Brussels Sprouts Wheat Dinner Roll Brownie</p>	<p>24 Broccoli Bake Home Fries Stewed Tomatoes Multigrain Bread Fresh Fruit</p>
<p>27 Cheese Omelet with Cheese Sauce Spinach Home fries Pork Sausage Patty Wheat Dinner Roll Clementine</p>	<p>28 BBQ Pulled Pork Sweet Potato Coins Corn Bread Cole Slaw Pears</p>	<p>29 Chicken Brunswick Stew Mixed Veg Rye Bread Lorna Doones</p>	<p>30 Gypsy Soup Grilled Chicken Teriyaki Veg Fried Rice Multigrain Bread Fortune Cookie Pineapple Whip</p>	

 WE'RE HIRING AD SALES EXECUTIVES

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- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

THIS SPACE IS AVAILABLE

Call LPi at 1.800.477.4574 for more information.

APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 10:30 Friends of the COA Board Meeting	2 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00-3:00 Game Time	3 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:00 Mindful Movement 1:15 Bingo
6 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee 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 12:30 Lunch & Learn "Brain Boosting" 1:00-2:30 Social Anxiety Grp	8 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Noon Lunch 1:00-3:00 Crafts at the Council	9 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex 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	10 9:00 Coffee Hour With Caption/Call 9:30 Bridge Group 10:00-12:00 Line Dancing 10:30-11:30 Book Buddy Program Noon Lunch 1:15 Bingo
13 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch 1:30 COA Board Meeting Noon-2:00 "Loving Stitches" 5:30 pm Tai Chi	14 9:00-10:00 Fit 4 Life Class 9:00-11:00 Bruce Freeman Rail Trail Walk 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	15 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Noon Lunch	16 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer 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	17 9:00 Coffee With a Cop 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:00 Mindful Movement 1:15 Bingo
20  Patriots' Day	21 9:00-10:00 Fit 4 Life Class 9:00-11:00 Bruce Freeman Rail Trail Walk 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	22 9:00-1:00 LSC 9:30-10:30 Yoga 9:45 AARP Smart Driver Course 11:00 Brains & Balance Noon Lunch 5:30 pm NARCAN Trng	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	24 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:00 Mindful Movement 1:15 Bingo
27 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	28 9:00-10:00 Fit 4 Life Class 9:00-11:00 Bruce Freeman Rail Trail Walk 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	29 7:30-8:30 Veterans Bkfst 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Brains & Balance Noon Lunch Noon Lunch & Learn-Badger Funeral Home 6:00-7:00 pm Life Ahead 6:30-8:00 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	

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LADIES' BREAKFAST

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



MEN'S BREAKFAST

April 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

It's Spring Cleaning Time - Recycle Your Hard-to-Recycle Plastics



There are now a number of collection points around Littleton for your hard-to-recycle plastics: at the back entrance of the Reuben Hoar Library, in the yellow bin at the Transfer Station, and in the front lobbies of the Russell Street, Middle, and High Schools. 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 – no aerosols)
- 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)
- PopSocket accessories and *any* cell phone case
- Schwarzkopf hair products

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

WISH LIST



Grocery Gift Cards

Postage Stamps



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.

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

Beatles Multi-Media Event

April 23

A Cultural and Historical Reflection of the 1960s Through the Music of The Beatles will be presented on **Thursday, April 23 beginning at 1:00 pm in the Multi-Purpose Room.**



The Beatles are the most influential band in history. In 1964, their breakout moment was on *The Ed Sullivan Show*, where an estimated 73 million viewers tuned in to see the "Lads from Liverpool" in their first live American television performance. On April 4, 1964, they became the only artists to ever occupy the top five spots of the *Billboard Hot 100* chart simultaneously. With landmark albums like *Revolver* and *Sgt. Pepper's Lonely Hearts Club Band*,

they consistently broke musical barriers. They have sold more than one billion records. As a testament to their longevity and popularity, their album titled *1*, containing all their #1 hits, was the best-selling album of the 2000s. Their music is timeless and appeals to fans in every generation.

This performance combines live music with a multi-media presentation to explore, not only the music of The Beatles, but the influence they exerted in every area of the cultural landscape.

The presenter is Fran Hart, founding member of the Beatles Tribute Band 4EverFab.

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 April 8th from 1:00-3:00 pm in the Multi-Purpose Room. The cost is \$3.00.



April is the time to think Spring. This month we will be making flower pot creations. That means creating window sill dolls. These will be your very own designs made with flower pots, straw hats, smiling wooden heads and fabric. Every one will be unique to your personalities.

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.**



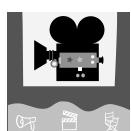
Veterans Breakfast

Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this **FREE** offering. **Wednesday, April 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, April 23rd at 1:00 pm, "The Peanut Butter Falcon", (postponed from February) 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, April 16th at St Anne's church from 1:00-3:00 pm**. Senior citizens of all denominations are invited for bingo and refreshments.

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

Senior Bingo Afternoon



Come join us on **Thursday, April 9th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes, finger desserts, coffee & tea. It's **FREE!** Bring a friend and enjoy an afternoon outing. **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 April Bach's Lunch concerts are scheduled for **Thursday, April 16th - Zefira Trio**, featuring Olga Patramanska-Bell, violin, Ashima Scripp, cello and Eleanor Perrone, piano.

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.

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.

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.

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!

Coffee Hour with CaptionCall

Friday, April 10th, 9:00 am, Room 233



Join our event to learn the health benefits of treating hearing loss and how to qualify for a **COMPLIMENTARY** CaptionCall captioning telephone.

Please call 978-540-2470 to sign up.

Coffee with a Cop

Stop by the COA on **Friday, April 17th at 9:00 am** for a coffee hour with Littleton Police Officers in Room 233.



Did you know that Littleton has a Senior Liaison Officer? Come meet him and some other officers you may or may not already know!

HOLIDAY CLOSING REMINDER

Monday, April 20th-Patriots' Day

COA and Senior Diner Will be Closed



Driver Safety

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 22nd, 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.



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

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

Lunch & Learn: Badger Funeral Home



Badger Funeral Homes invites you to a **'Lunch and Learn'** on Wednesday, April 29th 12:00 noon in Room 230.

Come enjoy a delicious lunch as the staff of Badger Funeral Home talks about the benefits of pre-planning, veterans' benefits, cremation, Life Celebration, obituary writing and more.

Please sign up at the front desk, 978-540-2470.

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

The Littleton High school theatre program presents: Disney's Beauty and the Beast



What: Littleton High School Drama presents *Disney's Beauty and the Beast*

When: Friday April 3 at 7:30pm; Saturday April 4 at 2:00 pm and 7:30pm; and Sunday April 5 at 2:00 pm.

Where: Littleton High School Performing Arts Center (Littleton High School)

Tickets: \$12 general admission/\$10 seniors and students

Tickets available at the door (cash or check only)

HEAR YE' HEAR YE' COME ONE, COME ALL



The Friends of the COA and the COA have started a couple of **FREE** musical groups that may peak your interest. You don't have to be a fabulous singer or play an instrument well, but it might be fun to join others. The COA even has a piano.

We would like you join us. We meet every Monday, 12:30-1:30 pm in Room 103. This date and times are subject to change. **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.

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: Tuesdays

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

Time: 9:00 am-11:00 am

Location: Bruce Freeman Rail Trail

Fees: \$70

Coloring, Coffee and Conversation



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



On the **first Thursday of each month (April 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.

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 **2nd Thursday (April 9th) of each month from 1:00-3:00 pm in Room 233.**

Book Buddy Program



On **Fridays, April 10th and May 8th from 10:30 to about 11:30 am**, 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.

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**

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APRIL 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.

- 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.