

The Broadcaster

SEPTEMBER 2022



LITTLETON EHS/COA SERVICES

IMPORTANT NOTES:

We will be closed on
September 5th in
observance of Labor Day

Celebrate
LABOR
Day

Our Van Service is available
5 days a week, Monday-
Friday. See the back page of
this newsletter for details on
how to book a ride!

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From Liz's Desk: Hello everyone, happy beginning of autumn! We have a busy month of activities planned, and are trying to take advantage of our beautiful outdoor space as much as we can before it gets cold! Coming up this month we have the annual Police and Fire BBQ, an ice cream social, an outdoor acoustic music performance, the mental health fair, a van trip, and a music history event planned, just to name a few things!

I want to thank everyone who made the Cookout with State Representative Arciero last month a huge success! We had a great turnout and support from the Select Board, COA Board, Friends Board, and town administration and staff! It is wonderful to see the support, and it shows in how the town invests in the Elder and Human Services Department- in staffing, budgetary needs, and physical building space needs!

On that note, our new senior center building project is moving along. Last month LLB Architects met with various town department heads and town committee representatives to review building design plans. We received great feedback and ideas that we are incorporating into the plans. Check out our website to see the updated designs! www.littletoncenteronshattuck.com/

Many thanks to the Friends of the Littleton Council on Aging who purchased a new BINGO board for the us! They are also supporting the "Book and a Bite" collaboration with the Library, and supporting our senior outreach efforts!

Tax Relief for the Elderly and Disabled (T.R.E.A.D.)

What is T.R.E.A.D.? Town meeting voted to adopt MA State Law Ch. 60, Sec. 3D, which allows a fund to be created to collect donations and disburse them to low-income elderly property owners & qualifying disabled owners. Do you, or someone you know, need help? We could all use a little relief! Applicants must meet the following criteria:

Must own and occupy the property.

Must be 65+ or have a state recognized disability.

Must file an application disclosing exemptions & household income and expenses for all household members age 18+.

Please contact the COA at 978-540-2470 for more information on how to apply. Applications due no later than Sept. 30th.

Littleton Police and Fire Annual BBQ

Thursday, Sept. 15th at 12PM at the Littleton Fire Department

Join Littleton's finest for their annual BBQ on Thursday, Sept 15th at 12PM at the Littleton Fire Department. This is always a fun event!

Please call 978-540-2470 to sign up.



COA Board Update

Welcome Fall! We sure have had plenty of warm days but no decline in COA events! September hopefully will bring some rain to help with our drought, and also some new and interesting events.

It also is the time to reflect on the future and needs which require attention as we think about cooler weather. One of these is the TREAD program (Tax Relief for Elders And Disabled). Did you know that this program is ENTIRELY dependent upon individual donations? TREAD was created under MGL Ch60, Sec3D, which allows the Town to collect donations to be used to assist qualifying low income elderly and disabled property owners in paying their property taxes, all dependent on individual donations.

Do you also know that 38% of Littleton residents over 65 have an income of less than \$25,000.00? Yes... there is a need in Littleton to help seniors! Please help educate your friends and others about this opportunity to help folks. Donations can be made by sending a check to EHS payable to the Town of Littleton "TREAD" program or visit the online payment page at this address: www.littletonma.org/tax-collector/ then click "Online Payments."

You can find more information on the Town website under the EHS Department tab. Stay tuned for updates on our Senior Center project, work

continues on it!

-Marge Payne, Chair, COA Board

IMPORTANT REMINDER:

Registration opens on Thursday, September 1st at 9AM for all programs and activities included in this newsletter. All programs are open until filled. Please call the Department of Elder and Human Services at 978-540-2470 to register. * Priority is given to Littleton residents *

Participant Policies

Littleton's Dept of Elder and Human Services / Council on Aging's participant policies are in place for the safety and welfare of staff, instructors, guests, and our community. We'll continually review and adjust as conditions warrant. We reserve the right to pause or alter programs if necessary, and will make all attempts to notify participants in a timely manner of any changes.

- Everyone must register in advance for programs
- By entering the building to participate in programming or activities, you are acknowledging you have no symptoms of COVID-19 and have not been diagnosed with COVID-19.
- Face coverings will continue to be required on COA Transportation Vans, as required by state and federal guidelines about public transportation. Some Program Instructors may require masks.
- Residents are always welcome to set up appointments to meet in person with staff members.

The Littleton EHS / 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, socio-economic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

STAFF

Liz Tretiak, EHS Director
 Nicole Sarvela, Assistant EHS Director
 Amy DeMichele, Outreach Coordinator
 Alicia Rego, Outreach Coordinator
 Sue Raymond, Administrative Assistant
 Neil Campbell, Driver
 Richard Kent, Driver
 Sam Palmer, Driver
 Gayle Dalton, Senior Diner Manager

COA BOARD MEMBERS

Marjorie Payne, Chair
 Anita Harding, Vice Chair
 Ann Lee Ellis
 Marilyn Fedele
 Joseph Knox
 Susan Melander
 Lorilei Richardson
 David Sill
 Jeanne Sill

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

Main Phone: 978-540-2470
 Senior Diner: 978-540-2474

Monday-Friday
 9:00 am- 4:00 pm

FRIENDS OF THE COA

Nancy Levine, President
 Holly Steward, Acting President
 Susan Haug, Secretary
 Tony Jesensky, Treasurer
 Andy Fredette, Assistant Treasurer
 Sandra Casale, Thrift Shop Manager
 Joe Barry

Mail & Email:
Friends of the LCOA
PO Box 134,
Littleton, MA 01460
LCOAfriends@gmail.com



Broadcaster by Email and Online

You can receive the Broadcaster in your email! Visit our website at www.littletonma.org, select "Sign up to receive Email Notifications," enter your email address, select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

Disclaimer:

Some announcements and advertisements in this Broadcaster are not sponsored by EHS/COA.

Friends

of the Littleton Council on Aging

The “dog days” of summer are coming to an end. The Friends enjoyed some vacation time but still attended to business. Our new Bingo Board and number machine are up and running. We invite you to join the fun on Fridays at 1:00 in the Senior Diner. Call **978-540-2470** to sign up.

The Friends are assisting with the EHS and the Reuben Hoar Library’s “Book and a Bite” program. The library supplies the Books and the Friends are supporting the Bite! A personally selected book and a nice snack are delivered to home-bound seniors in town. A wonderful collaboration of efforts!

FLCOA invite anyone who wishes to support our fundraising efforts to become a member. We meet the first Wednesday of the month at 10:30 at 33 Shattuck Street. (Rm TBD) Come meet our Board of Directors and members to hear our ideas as we await breaking ground on our new Senior Center. We will be grateful for any level of involvement during this exciting time.

“You cannot get through a single day without an impact on the world around you. WHAT YOU DO MAKES A DIFFERENCE. You just have to decide what kind of a difference you want to make.”

-Jane Goodall

The Friends welcome donations or help of any kind because together we CAN make a difference! Thank you!!

Friends of the Littleton Council on Aging (FLCOA)
PO BOX 134, LITTLETON, MA 01460



Did you know? The apple symbol denotes that a program is generously funded by the Friends of the Littleton Council on Aging.

Watch “Highlights” on LCTV

Hosted by Anita Harding & Susan Melander, Council on Aging Board Members, the monthly show highlights programs, events, & activities provided by the Dept of Elder & Human Services including the Council on Aging.

Highlights is available OnDemand on LCTV at littletonma.org and is shown on LCTV's local cable channel

Mon. Wed. Fri. at 9:00 AM and 7:00 PM; Tues. & Thurs. 9:30 AM and 6:30 PM; Sat at 7:00 PM and Sun at 6:30 PM

Mental Health Fair

Saturday, September 17th 10AM-1PM
at Fay Park in Littleton

We are thrilled to announce our First Annual Mental Health Fair; in belated honor of Mental Health Awareness Month in May as well as Recovery Month in September, we will be hosting this fair with an amazing group of vendors with local resources and information!

Come check out this family friendly event on September 17th: music, games, FREE yoga classes with Lelia, food from Stevie's Back Road Catering, & more!

CONVERSATION GROUPS

Anxiety Group: Our Anxiety Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! Sept dates are 9/6 and 9/20. Email Nicole to register: NSarvela@littletonma.org

Living Alone & Living Well Group: Group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link. Sept date is 9/15, 10:30am-11:30am.

Caregiver Support: Next meeting will be 9/28 @ 6pm in the Senior Diner. Our host, *Visiting Angels*, will lead a brief discussion and provide dinner. Please call 978-540-2470 to sign up.



FREE SMOKE & CARBON MONOXIDE DETECTORS

The Littleton Fire Department has teamed up with Littleton Elder & Human Services to assist senior residents with **FREE** Smoke and Carbon Monoxide Detector Inspections and installations.



Contact LFD to set up an appointment at 978-540-2302.



Watch Mark & Barbara on “Littleton Common”

We look forward to some interesting subjects and guests as always and news about town organizations, businesses, our never-forgotten seniors and other programs of interest. Littleton Common is on LCTV's Public Channels: Comcast-Channel 8, and Verizon-Channel 38 at the following times:

Mon-Fri: Midnight, 12:00 noon & 5:00 pm
Sat & Sun: 5:00 am, 12:00 noon & 5:00 pm

The program is also available on LCTV's Video OnDemand at: littletonma.org and on YouTube.

OUTREACH CORNER

Please contact Amy or Alicia at 978-540-2470 for Outreach assistance.



HEALTH INSURANCE HELP

SHINE (Serving Health Information Needs of Everyone) is accepting appointments! If you would like to review your existing medical and prescription drug coverage and costs please contact us at **978-540-2470** to arrange a free 1-on-1 meeting with our SHINE counselor.

COST SAVINGS Strategies from SHINE:

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for big savings on your prescriptions? If you have Medicare, and your income and assets meet the guidelines, you may be eligible! Schedule your SHINE appointment today! 978-540-2470

Please join us in welcoming Alicia Rego to our staff here at Littleton EHS/COA! Alicia will be joining our Outreach Coordination team. Alicia comes to us with over a decade of experience in elder and human services, and 4 years experience as an Outreach Coordinator in another municipality. Alicia is S.H.I.N.E. certified and loves answering all your tough Medicare and health insurance questions. In past roles she has specialized in family caregiver support, and hospital transitions, and she brings compassion and empathy to all situations no matter how big, small, or complex they may be. Welcome Alicia!

Email: ARego@littletonma.org or call: #978-540-2470



Rental Assistance Programs

The Littleton Rental Assistance Program provides rental assistance to income-eligible households who are renting qualified housing units in Littleton. The assistance available through the program will be provided for a period of 1 year in the amount of \$250/month to each participating household. Applications found here:

<https://www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program>

Information from Hager Homestead: Affordable Housing Opportunity for Littleton Seniors

Littleton seniors have a chance to buy affordable units in Hager Homestead, an over-55 housing project now being built in Littleton, at 336-8 King Street. Some of these homes will be priced below market level for households whose incomes qualify, and Littleton seniors will have preference to purchase some of them. Move-in is planned for late 2023.

Hager Homestead will be run as a “co-housing” community, the first over-55 cohousing community in New England. Legally a condominium, cohousing is run differently than the typical condominium. Residents’ goal is to live together as neighbors who care for each other. The private homes are clustered near a spacious common house, where people can cook together and share meals, read books or work on crafts in the company of friends. Residents run the community themselves, and make decisions together. You can have as much privacy as you want – but you’re within a caring community.

To learn more, we want you to become a Hager Homestead “Explorer.” You can meet us, attend meetings of our different decision-making circles, as well as our social events. For more information on Hager Homestead or co-housing:

- Call Brenda at 978-907-0432 any time between 10am and 7pm, Mon-Sun
- Email: HagerHomestead@gmail.com We'll be happy to answer your questions!
- Attend one of our information sessions. The dates are listed on our home page www.hagerhomestead.org and on our Facebook page, (“Hager Homestead Cohousing”)

If you are interested in other affordable housing opportunities available in our area, please contact the Littleton Elder and Human Services Outreach Dept to learn more, or request application assistance: #978-540-2470



Concerned about a senior?

You can report elder abuse or neglect by phone or online. Report suspected elder abuse anytime day or night at (800) 922-2275 or file a report online at www.mass.gov/how-to/report-elder-abuse

Minuteman Senior Services

September 2022

Meals on Wheels Menu

<p>Entrees that contain more than 500mg sodium are designated by an *.</p>	<p>For weather emergencies and cancellations, please check Fox 25 TV station</p>		<p>1 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Dessert of the Day 2% Milk</p>	<p>2 Beef Stew California Veg Blend Dinner Roll Dessert of the Day 2% Milk</p>
<p>5 Holiday No Meals Served</p> 	<p>6 SPECIAL Broccoli & Cheese Stuffed Chicken Breast Smashed Red Potatoes Creamed Spinach Wheat Dinner Roll Dessert of the Day Diet Dessert of the Day 2% milk</p>	<p>7 Chicken and Rice Bake Scandinavian Veg Blend Marble Rye Bread Dessert of the Day 2% Milk</p>	<p>8 Roast Pork w/ BBQ Sauce Scandinavian Veg Blend Marble Rye Bread Dessert of the Day 2% Milk</p>	<p>9 Beef Bolognese Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Dessert of the Day 2% Milk</p>
<p>12 Chicken Jambalaya Brown Rice Broccoli Wheat Bread Dessert of the Day 2% Milk</p>	<p>13 French Meat Pie Roasted Brussels Sprouts Pumpernickel Bread Dessert of the Day 2% Milk</p>	<p>14 Chicken Breast Patty with Mediterranean Sauce* Orzo Pilaf with Spinach Capri Vegetable Blend Multigrain Bread Dessert of the Day 2% Milk</p>	<p>15 Roast Turkey w/ Rosemary Gravy Bread Stuffing Glazed Carrots Wheat Dinner Roll Dessert of the Day 2% Milk</p>	<p>16 Potato Pollock Tartar Sauce Scalloped Potatoes Scandinavian Veg Blend Wheat Bread Dessert of the Day 2% Milk</p>
<p>19 Macaroni & Cheese Stewed Tomatoes Dinner Roll Dessert of the Day 2% Milk</p>	<p>20 Chicken Teriyaki Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Dessert of the Day 2% Milk</p>	<p>21 Lasagna Roll w Meat Sauce Italian Vegetable Blend Italian Bread Dessert of the Day Diet Dessert of the Day 2% Milk</p>	<p>22 Breaded Chicken Drummer Yukon Gold Potatoes Broccoli & Cauliflower Wheat Bread Dessert of the Day 2% Milk</p>	<p>23 Roast Pork w/ Apple Gravy Whipped Potatoes Peas & Carrots Wheat Dinner Roll Dessert of the Day 2% Milk</p>
<p>26 Breaded Fish Filet with American Cheese* Au Gratin Potatoes Broccoli Multigrain Bread Dessert of the Day 2% Milk</p>	<p>27 Beef and Lentil Chili Brown Rice Carrots Wheat Dinner Roll Dessert of the Day 2% Milk</p>	<p>28 Chicken Breast Patty with Florentine Sauce Wild Rice Pilaf Capri Vegetable Blend Wheat Bread Dessert of the Day 2% Milk</p>	<p>29 Meatballs w/ Swedish Sauce Egg Noodles Spinach Marbled Rye Bread Dessert of the Day Diet Dessert of the Day 2% Milk</p>	<p>30 Classic Meatloaf with Gravy Garlic Mashed Potatoes Green Beans Dinner Roll Dessert of the Day 2% Milk</p>

SUPPORT OUR ADVERTISERS!



September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON EVENTS -GREEN VIRTUAL (ZOOM) EVENTS -RED HYBRID EVENTS -PURPLE			1 11:15-12:15 Stretch & Flex 12-Soup & Sandwich	2 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
5 Closed for Labor Day 	6 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	7 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Brains and Balance 12:30-2:30 RAD Self Defense	8 11:15-12:15 Stretch & Flex 12-Soup & Sandwich	9 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
12 10:00-11:00 Tai Chi <i>No Line Dancing this week</i> 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	13 10:00-12:00 BP Clinic & Nurse from Nashoba Nursing 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-3:00 Craft Class: Porch Boards	14 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Brains and Balance 12:30-2:30 RAD Self Defense	15 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex 12:00 Police & Fire BBQ @ the Fire Station 1:00-2:00 History of Feminism in Music	16 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo The Mental Health Fair at Fay Park is tomorrow, Saturday 9/17 10-1pm! ➔
19 10:00-11:00 Tai Chi 11:15-12:15 Line Dance 1 12:15-1:15 Line Dance 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 2:00 Ice Cream Social	20 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	21 8:00-9:00 Mens Breakfast 9:00-2:00pm AARP Safe Driver Course 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Brains and Balance 12:30-2:30 RAD Self Defense	22 10:00-12 End of Summer Soiree: Musician Chris Carter and Breakfast 11:15-12:15 Stretch & Flex 12-Soup & Sandwich 12:30 Out of the Box Trivia	23 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
26 10:00-11:00 Tai Chi 11:15-12:15 Line Dance 1 12:15-1:15 Line Dance 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	27 10:00-12:00 BP Clinic 10:00 Carlson Orchards Tour Bus Trip 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	28 7:30 Veterans Breakfast w/ LPD 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Brains and Balance 12:30-2:30 RAD Self Defense 6:00 Caregiver Group	29 11:15-12:15 Stretch & Flex 12-Soup & Sandwich 12:30 Out of the Box Trivia	30 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo



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WEEKLY FITNESS CLASSES

Mondays: Tai Chi 10-11am, in the MPR

Mondays: Line Dancing 1: 11:15am-12:15pm
Line Dancing 2: 12:15pm-1:15pm, in the MPR for both classes

Mondays: Chair Yoga with Rebecca 12:45-1:30pm in the Couper Room

Tuesdays: Stretch & Flex 11:15am-12:15pm in the MPR

Wednesdays: Yoga for Strength & Balance 9:30-10:30 am in the Sturtz Room at the RH Library

Thursdays: Stretch and Flex 11:15 am-12:15 pm in the MPR

All classes require pre-registration and pre-payment. Call 978-540-2470 to register.



Blood Pressure Screenings

Our weekly Nurse-staffed Blood Pressure Clinic holds BP screenings every **Tuesday from 10am - 12 noon, in Room 230** at the COA. Stop by every week and our nurses will keep a log for you. A Nashoba Board of Health Nurse will be available on the 2nd Tuesday of each month from 10:00-11:00 am for consultations. No advance sign-up necessary, just drop-in!

Join the Walking Club!

Looking to get some exercise? Want to get some fresh air? Join us every Wednesday morning at the Track at Russell Street School for walking club from 9AM-10AM. You choose how far you want to go, and you set your own pace.

Pedometers available for those who may want one! Please call to sign up, #978-540-2470



2022 Pickleball Memberships

Pickleball Membership is for the calendar year. Members get access to Littleton PRCE nets and reservation of Pickleball courts at no additional fee.

Individual Membership:

Senior Rate: \$35 Residents / \$45 Non-Residents



\$50 Residents/ \$60 Non-Residents.

Couples Rates: \$90 Residents/ \$105 Non-Residents

SET PICKLEBALL OPEN PLAY RESERVED TIMES:

Summer: M, W, F 9:00-11:00AM & 6:00-8:00P

Questions? Please call the PRCE office directly at 978-540-2490

Line Dancing with Kari

Mondays in the MPR, \$10 for the month of September *Masks Required*

Line Dance 1 from 11:15-12:15p

Line Dance 2 from 12:15-1:15p



Brains & Balance Class

Wednesdays @ 11am, Sept 7th – Oct. 26th
8 week session with Holly Kouvo of Fitting Fitness In®, Personal Trainer & Nutrition Specialist

Discover how much fun balance training can be while you exercise your brain with specially designed "Train the Brain" drills. These drills are designed to improve your **memory, reasoning, conceptualization, language, and problem solving skills**.

Falls are the leading cause of hospitalization and long term care in the US. Researchers no longer believe that falling or losing mental capacity are inevitable parts of the aging process. The Brains & Balance program can help **prevent falls** from happening.

This class helps you **stay mentally sharp** and **improves your balance** to prevent falls. The cost is \$40, paid in advance. Class size is limited, please call 978-540-2470 to register.



Get free at-home COVID-19 tests

To get a free Covid testing kit, please stop by the EHS/ COA office or give us a call at 978-540-2470. If you need home delivery assistance, please let us know. We have test kits available for residents of all ages.

Craft Class

**Wednesday September 13th,
1– 3pm in the MPR, \$5 per person**

Welcome to September and the return of craft classes! This month we will be creating Porch Boards. You will have several choices of designs- flowers, leaves, birds, fall themes & pumpkins. It is important to think of the words you would like on your board in advance of the class. With the large letter stencils you can choose a word with 7 letters, such as: welcome, autumn, fall, smile, believe, and such. Please see the example to see what I mean. This class will be on September 13, 2022 from 1:00 to 4:00. It will be held in the multi-purpose room and the cost will be \$5.00. See you there!

—Anita, Kathy, & Sue

**RAD Self Defense
for Seniors**

**Wed.'s, September (begins 9/7)
from 12:30-2:30pm**

Join LPD's Officer Abu for a 4 part self-defense course! Classes will be held Wednesdays in September (beginning 9/7) from 1230-230, your first class will meet at the Littleton Police Dept, subsequent classes will meet in the Multipurpose Room of Town Hall.

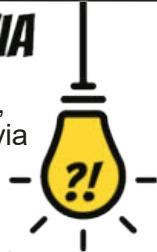
This course is FREE but requires advance sign up, please call 978-540-2470.

**Veterans Breakfast**
**Hosted by Littleton Police Dept,
Sept. 28th at 7:30am, in Senior Diner**

Join us for breakfast, prepared by our friends at the Littleton Police Dept. Veterans of all ages are welcome to this free offering!

**OUT OF THE BOX TRIVIA**

Come join the new Outreach Coordinator, Alicia Rego, for some "Out of the Box" trivia held on **Thursdays from 12:30-1:30**, beginning Sept 22nd. We will have a prepared list of questions with several topics to choose from. Along with your trivia smarts, feel free to bring your lunch, or enjoy Gayle's Thursday soup and sandwich special from the Senior Diner to-go style! Trivia will be held in room 230. Prizes to the top trivia whiz! Call to register 978-540-2470.



Tuesdays,

Sept 6, 13, 20, 27

1:00 PM– 4:00 PM, Room 230

Pre-registration is required.
Please call the Office at **978-540-2470** to register.



**Fridays, Sept 2, 9, 16, 23, 30th
at 1:00 PM in the Senior Diner**

Join us for BINGO in the Senior Diner every Friday afternoon. Pre-registration required. Limit 15 per session, call 978-540-2470 to sign up. Thanks to the Friends for sponsoring Bingo!

**Loving Stitches
Every Monday 12-2pm**

Call for knitters, crocheters etc.!

The Loving Stitches group meets every Monday from 12:00-2:00pm @ 33 Shattuck Street, in Room 233. The group makes items to be donated to charities rather than just working on personal items. Yarn is available from 3 cabinets full of donated yarn. A variety of needles are available as well as patterns. The requirements are: 1. a love of doing needlework, 2. enjoying company of others, and 3. wishing to help others! Call EHS, 978-540-2470 for more information or just show up!

Carlson Orchards Tour - Van Trip

Join us on a trip to Carlson Orchards in Harvard, Ma on September 27th at 10AM for a tour and apple picking to kick off the fall season. \$7 per person, includes transportation, please call to register 978-540-2470

Trip includes:

- Brief lecture on apples, growing conditions, and the equipment used for commercial picking.
- Quick demonstration on the proper way to pick apples and its importance on new growth apples.
- Trip into the orchard for apple picking (1/4 peck per person)
- Tour of the line operations as they are in production — packing house, cider jelly evaporator, apple slicing machine.
- Tasting of fresh Carlson Orchards Premium Blend apple cider.



The History of Feminism in Music

Music History with John Clark,
Thursday, September 15th 1-2PM

Please join us for a presentation on the 100-year history (1870 -1970) of the music that played a vital part in American women's struggles for equal status and equal rights. From the music of women's suffrage and labor strikes, to the early songs of female independence associated with the "flappers" of the Roaring Twenties, and then music from World War II and modern feminist anthems! Great songs and great discussion are sure to be had! Please call to register 978-540-2470



AARP Smart Driver Safety Course Sept. 21st from 9:00AM to 2PM

Driver Safety

Even the most experienced drivers can benefit from brushing up on their driving skills, so EHS is offering a Driver safety program through AARP on Sept. 21st from 9:00AM to 2PM , *including a break for lunch.*

This updated 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 new AARP Smart Driver Course, attendees will be taught:

- The current rules of the road
- How to understand new traffic control devices on our ever-changing roadways
- About defensive driving techniques
- About some of the new *technical features in vehicles like lane departure warnings, blind spot indicators and adaptive cruise control 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 (please consult your insurance agent for details). AARP membership is not required to take the course and there are no road tests to pass. Registration disclosure/disclaimer for Covid is required.

The fee is \$20 for AARP members and \$25 for non-members. Space is limited! To register for the course, contact Littleton EHS at 978-540-2470

Lunch Date: Soup & Sandwich Thursdays Sept 1, 8, 22, 29 at Noon

Join your friends and Gayle Dalton for lunch in the Senior Diner! Thursday at noon come by for Gayle's Thursday soup and a sandwich!

Please call us at 978-540-2470 to sign up in advance, just \$3 for a full meal!



Ice Cream Social with the Chillwagon Monday, September 19th at 2PM in the Courtyard

Join us for an ice cream social with scoops from *Reasons To Be Cheerful's* Chillwagon on Monday, September 19th at 2PM in the Courtyard. The Chillwagon is the body of a restored 1950s DIVCO truck with a fully functional ice cream store inside! Enjoy a scoop of ice cream and relax with your friends. Please call 978-540-2470 to register, space is limited. \$3 per person.



End of Summer Soiree Thursday, September 22nd from 10-12 noon



Join us in celebrating the end of a great summer with acoustic music from Chris Carter and coffee and pastries from our friends at RiverCourt Residences on Thursday, September 22nd from 10am-12pm in the Courtyard. When the performance ends stay for the Soup and Sandwich lunch at the diner! Please call 978-540-2470 to register, space is limited.



Book and a Bite

EHS/COA and the Reuben Hoar Library have a new collaboration to help senior residents feel less isolated. This year, seniors may request a book (that will come with a special surprise treat,) and a volunteer from the Library will home deliver it to you. Don't have a specific book in mind? The Library staff can recommend something based on your interests! **Call to sign up #978-540-2470.**



Thank you Friends of the LCOA for sponsoring this program!



Women's Breakfast : Sept 14 @ 8:00AM

Join us on Wednesday, 9/14 from 8AM-9AM in the Senior Diner for a hot made-to-order breakfast! Just \$3 a plate, Please call 978-540-2470 to register.

Men's Breakfast: Sept 21 @ 8:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, 9/21 from 8AM - 9AM in the Senior Diner. Just \$3 a plate. Please call 978-540-2470 to register.





The Littleton Coalition Against Addiction is a multi-pronged response to the opioid epidemic playing out across Massachusetts. It aims to act as a body capable of enacting education, social support, and material outreach towards residents who have found themselves affected by the epidemic. From naloxone training sessions for the general public, to hosting monthly meetings for those in recovery, the Coalition seeks to expand valuable support services in the local area for communities that may still be underserved when it comes to addressing the opioid epidemic's many facets. Please contact **EHS at 978-540-2470** for more information and check out the LCAA tab on the EHS website or LCAA Facebook page!

William James INTERFACE Referral Service for Mental Health Help

Interface is a mental health and wellness referral Helpline available Monday-Friday, 9am - 5pm at 888-244-6843. This is a free confidential referral service for Littleton residents. Callers are matched with licensed mental health providers from Interface's extensive database. Each referral best meets the location, insurance, and specialty needs of the caller. See the website for more information: interface.williamjames.edu/community/littleton

The Neighborhood Supper is back!

Come and enjoy a dinner out each Tuesday evening at the Congregational Church at 330 King Street, 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!

THE FRIENDS OF LITTLETON VETERANS PRESENT: Trivia Night!

Saturday, October 15, 2022: Doors Open at 5:30 PM / Games Begin at 6:00 PM



Put a team together or we will put you on a team! \$10.00 per person. Cash Bar / BYO Dinner or Snacks.

Reserve your spot now by email: friendsofveterans01460@gmail.com Venmo: @Friends-of-LittletonVeterans

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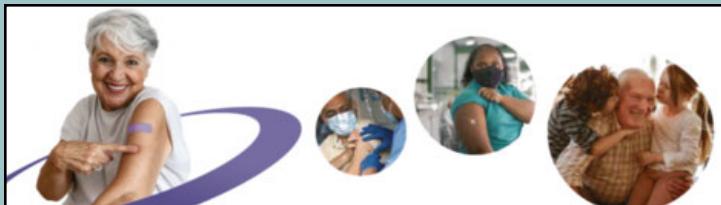


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LITTLETON EHS TRANSPORTATION	TRIP FARES
<ul style="list-style-type: none">Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 AM-4:00 PMMessages on the answering machine after 4:00PM will be returned the following business day.Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. 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.	<p>Rides are provided to appointments between 9:00 AM and 3:00PM.</p> <ul style="list-style-type: none">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 wayRides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- \$1 one wayVeterans ride for free. <p><i>** Rides to and from a Council on Aging in any of the four towns are always FREE **</i></p> <p>Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.</p> <p>REMINDER</p> <p>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.</p>