

# The Broadcaster

## NOVEMBER 2022



### LITTLETON EHS/COA SERVICES

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#### **IMPORTANT NOTES:**

Closed for the holidays on  
Veterans Day 11/11 and  
Thanksgiving Day 11/24



**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!**

**From Liz's Desk:** We have a very busy month ahead of us! We have a calendar packed with activities, and we are approaching the holiday season! First, a sincere thank you to all of our Veterans and their families as we recognize Veterans Day this month. We have several activities planned in recognition of Veterans Day and hope you enjoy them!

As we get into the cold weather **now** is the time to apply for fuel and heating assistance. South Middlesex Opportunity Council (SMOC) facilitates the Fuel Assistance program for Littleton and 36 surrounding communities. This is an eligibility-based program that looks at your gross income and family size to determine eligibility. For those who applied and were approved for the 2019-2020 season, you should expect to receive your re-certification application for the 2020-2021 season soon. If you would like to apply or need assistance with the application process, please contact our Outreach Dept to schedule a confidential appointment 978- 540-2470.

Special Town Meeting is scheduled for November 1, 2022 at 7:00 pm at the Charles Forbes Kaye Gymnasium, Littleton Middle School, 55 Russell Street. The Town Meeting Report is available on the town website: [littletonma.org](http://littletonma.org)

Tiger Tech returns! Littleton High School students are available to help with your tech questions: computer, smartphone, general internet surfing instructions, etc. Thursdays 2:15-3PM at the High School Library OR via Zoom. Please call 978-540-2470 to register

Warm wishes for a happy Thanksgiving to you all!

#### **Veterans Day Luncheon**

**Thursday, November 10th at 12PM, in the Multi-Purpose Room**

Veterans and their spouses are invited to a Veteran's Day Luncheon on Thursday, November 10th at 1PM. This is a special event to honor and thank veterans for their dedicated and loyal service to our country, and to remember those who served and those who continue to defend our freedom.

Please call 978-540-2470 to register; space is limited and priority will be given to Littleton residents. No cost for this event. *Thank you to Wegmans for partially sponsoring this event.*

#### **Veterans Breakfast**

**Hosted by Littleton Police Department  
Wednesday, Nov 30th at 7:30am, Senior Diner**

The Veterans Breakfast is now monthly with the help of the Littleton Police Department. It will be held in the Senior Diner on November 30th at 7:30AM. No cost to attend, but please let us know if you will be joining so we have plenty of food for everyone, call to register at 978-540-2470. *Thank you for sponsoring, LPD!*



**\*\*DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 5TH OF THE PREVIOUS MONTH\*\***



## COA Board Update

Hi November! FYI: In October, the surveyors were doing their work for our Senior building project... the process continues! It does not seem possible that we are only 1 month away from December events! The Loving Stitches group is working to finish last minute projects and planning on donating lots of items to be sold at the annual **Town Fair** with proceeds going to EHS/COA to support senior activities. Are you aware of the fact that although group members primarily knit and crochet, ALL items made by putting "stitches" together qualify for the group? So, if you sew, do cross stitch, bead work etc. etc. your work can be donated to the group to raise funds for senior events! Or, if you knit/crochet at home and do not want to meet with the group, your donated items are more than welcomed. Please feel free to drop things off at the EHS/COA office and label it for the Loving Stitches group and include your name so we can thank you!

Please also continue to educate Littleton residents and businesses regarding how they can contribute to the **TREAD** (Tax Relief for Elders And the Disabled) program. Donations can be made by sending a check to EHS payable to the Town of Littleton "TREAD" program. You can find more information on the Town website under the EHS Department: [www.littletonma.org/elder-and-human-services/pages/tread-program](http://www.littletonma.org/elder-and-human-services/pages/tread-program)

Looking forward to seeing you at events!

*Marge Payne*, Chair, COA Board

### IMPORTANT REMINDER:

Registration opens on **TUESDAY, NOVEMBER 1ST** at 9AM for all programs and activities included in this newsletter, 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 necessary. We reserve the right to pause or alter programs, 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.
- Residents are always welcome to set up appointments to meet in person with staff members.
- We strongly encourage you to sign up for our weekly e-newsletter to stay informed about additions or changes to programs or schedules.

*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  
 Peter McGowan, 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

Holly Steward, President  
 Sandra Casale, Vice President  
 Susan Haug, Secretary  
 Tony Jesensky, Treasurer  
 Andy Fredette Asst. Treasurer  
 Joe Barry  
 Nancy Levine

**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](http://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 Council on Aging

Thanksgiving is often a favorite holiday for many reasons- family, friends, food, & Fall are just a few. It's a day to appreciate the lessons it has for us, specifically gratitude and being present in the moment. Gratitude can make us more generous and patient with others when we choose to focus on what we, ourselves, are thankful for.

The Friends of the COA are grateful for your generosity. When you give to the Friends, (a non-profit, charitable organization), you're making a powerful impact on the lives of vulnerable seniors especially this year when inflation has hit a historic high and more seniors are struggling to make ends meet in the face of rising costs. This means we must reach even more seniors with our programs and activities.

Through your help, we were able to financially support several initiatives of EHS. Most notably is our funding of weekly Bingo, 'Book and a Bite' program, donating to the TREAD Fund (Tax Relief for the Elderly and Disabled), financial assistance for 2 trips to the Tower Hill Botanical Gardens to view Holiday Night Lights in November and December and sponsoring a December brunch at Il Forno's for 70 of our Seniors.

Another special day for giving thanks is Veterans Day. This day is set aside to honor all who have served. Since our nation was founded, veterans have defended it against countless adversaries. They offer their lives as a payment for our freedom. We give our gratitude to all the men and women who have served in the military to protect this sacred right. We are grateful for your service.

This month "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." John F. Kennedy

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

### 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



### Get free at-home COVID-19 tests

To get a free Covid testing kit, please stop by our 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.

## 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.**

## The Neighborhood Supper

Come enjoy a dinner out each Tuesday evening at the Congregational Church at 330 King Street, from 5:30-6:30 pm. The Neighborhood Supper is hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's FREE!



## Sand for Seniors

Snow and ice are right around the corner! Sand for Seniors is a program designed to increase safety during the winter and was created for eligible seniors who are physically or financially unable to acquire their own bucket of an ice melt product.

This program is available to Senior Littleton residents who meet the following criteria: be a Senior Littleton resident; live in their own home; and are unable to physically get ice melt product OR unable to afford ice melt product. If you are interested in the program, please call the EHS Office to confirm your eligibility. If you qualify, you will have a bucket of ice-melt product delivered to your door by a staff member or volunteer for use on your property. For more information or to sign up for the program please call 978-540-2470.



Littleton High School Drama presents...

## ARISTOPHANES' THE BIRDS



by Brian Reno &  
Gabriel Vega  
Weissman

November 18 & 19 @ 7pm  
November 19 & 20 @ 1pm

in the Littleton Middle School Cafe

General Admission \$10  
Students/Seniors \$7

Tickets at the door or  
[littletonhighschooldrama.com](http://littletonhighschooldrama.com)

## OUTREACH CORNER

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



### Annual Medicare Open Enrollment time is here!

Open enrollment is **October 15 – December 7** and the time is **now** to review your Medicare coverage! This is the perfect time for a health insurance check up to compare coverage, costs, and benefits. Open Enrollment is your opportunity to be sure you're enrolled in the right Medicare supplement, Prescription Drug plan, or Medicare Advantage Plan. SHINE counselors are available by appointment to provide you with a no cost, confidential, insurance assessment. SHINE Counselors help you identify ways to save on health care costs using the Medicare Planfinder tool. Please make your appointment today by calling 978-540-2470.

For appointments, please have available:

- your Medicare card
- supplement insurance card
- MyMedicare login, (if you have an account created, this will save time as all medications and dosage information are stored and can be updated)
- and list of medications/dosages which can be obtained from your pharmacy

If you haven't created a MyMedicare account you can visit [www.Medicare.gov](http://www.Medicare.gov) or create one with your SHINE counselor

For those who prefer to view Medicare plan choices and costs online please visit [www.Medicare.gov](http://www.Medicare.gov), then click on **find a provider** and click on the **health and drug plan** tab.

Other helpful telephone numbers and websites:

**Social Security - [www.ssa.gov](http://www.ssa.gov) - 800-772-1213** and

**Prescription Advantage - [www.prescriptionadvantagema.org](http://www.prescriptionadvantagema.org) - 800-243-4636**

### 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 (with the ability to re-apply for up to 3 years) in the amount of \$250/month to each participating household. **Application can be found online here:**

[www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program](http://www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program)

### CONVERSATION GROUPS



**Anxiety Group:** Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! November dates are 11/1, 11/15, 11/29. Email Nicole to register: [NSarvela@littletonma.org](mailto:NSarvela@littletonma.org)

**Living Alone & Living Well Group:** Group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link. November date is 11/17, 10:30am-11:30am.

**Caregiver Support:** Next meeting will be 11/30 @ 6pm in the Senior Diner. Our host, Cindy Schultz from Bridges, will lead a brief discussion and provide dinner. Please call 978-540-2470 to sign up.

### Grief Socials with Nashoba Nursing

A gentle opportunity to gather and meet with others who are grieving. Gentle and light conversation to help work through the grief, meet and hear how others are getting through their grief, and realizing there is no need to go this alone. Participate in the Grief Social that best suits your needs.

Dates: Nov 18th, and Dec 16th, 11:30 AM to 1 PM at Il Forno Restaurant, 529 King St, Littleton, MA



*To reserve your seat and make known you are attending, be sure to give Lucia a call at 508-951-3850*



### 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](http://www.mass.gov/how-to/report-elder-abuse)

Minuteman Senior Services

NOVEMBER 2022

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY</u> <u>BEFORE</u></p> <p>Littleton: 781-325-7879</p>	<p>1 Meatballs w/ Stroganoff Sauce Egg Noodles Scandinavian Vegetable Blend Wheat Bread Dessert of the Day</p>	<p>2 Sloppy Joe Potato Wedges Broccoli Hamburger Roll Dessert of the Day</p>	<p>3 Chicken &amp; Sausage Paella* Green Beans Wheat Dinner Roll Dessert of the Day *Sausage contains pork*</p>	<p>4 Roast Pork with Apple Cranberry Compote Herb Roasted Potatoes Carrots Wheat Bread Dessert of the Day</p>
<p>7 Potato Pollock Mashed Sweet Potatoes San Francisco Vegetable Blend Multigrain Bread Dessert of the Day</p>	<p>8 Spinach &amp; Feta Egg Bake Home Fries Stewed Tomatoes Marbled Rye Bread Dessert of the Day</p>	<p>9 BBQ Pulled Chicken Creamed Corn Broccoli Dinner Roll Dessert of the Day</p>	<p>10 Meatloaf with Beef Gravy Mashed Potatoes Pacific Vegetable Blend Multigrain Bread Dessert of the Day</p>	<p>11 Veteran's Day No Meal Delivery</p> 
<p>14 Black Bean &amp; Barley Chili Cauliflower Wheat Bread Dessert of the Day</p>	<p>15 Chicken Breast with Red Pepper Sauce Orzo Pilaf with Spinach Capri Vegetable Blend Wheat Bread Dessert of the Day</p>	<p>16 <u>SPECIAL</u> Roast Turkey with Herb Gravy Bread Stuffing Whipped Potatoes w/Gravy Green Beans Wheat Dinner Roll Dessert of the Day</p>	<p>17 Ravioli Primavera Roasted Brussels Sprouts Italian Bread Dessert of the Day</p>	<p>18 Diced Chicken with Vodka Sauce Penne Pasta Italian Green Beans Multigrain Bread Dessert of the Day</p>
<p>21 Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Spinach Wheat Bread Dessert of the Day</p>	<p>22 Potato Pollock Tartar Sauce Rice Pilaf Mixed Vegetables Multigrain Bread Dessert of the Day</p>	<p>23 Chicken Meatballs with Tomato Basil Sauce Tri-Color Rotini Italian Vegetable Blend Wheat Dinner Roll Dessert of the Day</p>	<p>24 Thanksgiving No Meals Served</p>	<p>25 No Meals Served</p>
<p>28 Beef Tacos Spanish Rice &amp; Beans Corn Tortilla Dessert of the Day</p>	<p>29 Breaded Chicken Drummer Mashed Sweet Potatoes Broccoli Multigrain Bread Dessert of the Day</p>	<p>30 BBQ Pulled Pork Baked Beans Mixed Vegetables Wheat Sandwich Bun Dessert of the Day</p>		<p>For weather emergencies and cancellations, please check Fox 25 TV station <i>Menu subject to change without notice.</i></p>



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# NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN PERSON EVENTS -GREEN</b>  <b>VIRTUAL EVENTS - RED</b> <b>HYBRID EVENTS -PURPLE</b>	<b>1</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg 7pm Special Town Meeting	<b>2</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting 12:00 Lunch and Learn: Boost your Brain Health with Nashoba Park	<b>3</b> 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	<b>4</b> 1:00-3:00 Bingo
<b>7</b> 9:30 LELWD Electricity Safety Meeting & Giveaway 10:00-11:00 Tai Chi 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	<b>8</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>9</b> 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Shopping trip Pheasant Lane Mall, Nashua, NH 12 Heart to Home Lunch 1:00-3:00 Craft Class	<b>10</b> 11:15-12:15 Stretch & Flex 12 Veterans Luncheon 1:00 Lecture by Author Val Walker, Reaching Out 2:15-3:00 Tiger Tech	<b>11</b> CLOSED FOR  11AM Veterans Day Ceremony (PAGE 10)
<b>14</b> 10:00-11:00 Tai Chi 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee 3:00 COA Board Meeting	<b>15</b> 10:00-12:00 BP Clinic 11:00 FBI Presentation on Elder Fraud & Financial Abuse 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	<b>16</b> 8:00-9:00 Mens Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Shopping trip Cornerstone Square, Westford	<b>17</b> 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 1:00-2 Music History WW1 2:15-3:00 Tiger Tech	<b>18</b> 11:30 Grief Social 1:00-3:00 Bingo  7pm Littleton High School Drama Presents... Aristophanes' The Birds
<b>21</b> 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	<b>22</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>23</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	<b>24</b> 	<b>25</b> 1:00-3:00 Bingo
<b>28</b> 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	<b>29</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg 4:00 Night Lights at Tower Hill Botanical Gardens	<b>30</b> 7:30 LPD Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Shopping Trip Walmart & Drum Hill Plaza, Chelmsford 2pm Silent Movie with Piano Accompaniment 6:00 Caregiver Group	<b>DEC 1</b> 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	<b>DEC 2</b> 1:00-3:00 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

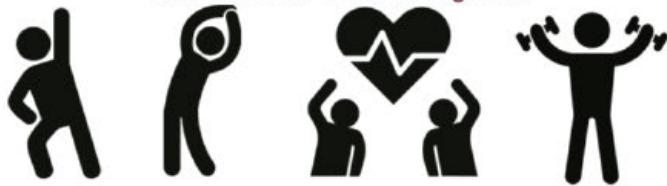
**Mondays:** Chair Yoga with Rebecca  
12:45pm-1:30pm in the Library Sturtz Room

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

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

**Thursdays:** Stretch and Flex 11:15am-12:15pm 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



## Health Lectures

### Lunch and Learn: Boost your Brain Health with Nashoba Park Wednesday, November 2nd at 12PM

Learn the benefits of Brain Healthy Cooking! There is no question that eating a diet rich in brain healthy foods can benefit people at any and every age. It reduces inflammation, regulates blood sugar, promotes heart health, and scientists are now finding it may have an effect on delaying the symptoms of Alzheimer's disease. Hear from experts why making more healthful and mindful food choices can benefit you.

This program is open to everyone but preference will be given to Caregivers as a way to honor National Caregiver Month. Please call 978-540-2470 to register, space is limited.

### Reaching Out: Ways to Break Out of Isolation and Loneliness

**With Author Val Walker, *400 Friends and No One to Call*, Thursday, November 10<sup>th</sup> at 1PM**

Even before COVID-19, it took courage and initiative to break out of isolation and rebuild our support networks. We may have already been strapped in isolating situations such as illness, caregiving, living alone, divorce, relocation, or the death of a loved one. In Val's program, we will explore and share ways to stay close to others and deepen our bonds, despite social distancing. And further, we will learn how to build our communities and expand our networks, paving the way for our future social life.

Thursday, November 10<sup>th</sup> at 1PM. Please call 978-540-2470 to register

## Lunch with Heart to Home Meals

**Wednesday, November 9th @ 12:00 pm, No Cost**

The team at **Heart to Home Meals** is offering a **free hot lunch** to honor the seniors of Littleton. Come join the team for a free lunch, quiz, and prize giveaway at Littleton Elder and Human Services/COA!

RSVP REQUIRED as space is LIMITED! Please call 978-540-2470 to reserve yours today.

PLEASE CHOOSE ONE MEAL  
OPTION : Honey Rosemary Chicken OR Tomato & Herb-Glazed Haddock





### Craft Class

**Wednesday Nov. 9th, 1– 3pm  
in the MPR, \$3 per person**

It's November, and the holidays are closing in! We would like to do a potpourri of ornaments for your tree. We are also hoping to have an EHS Christmas tree and will make one ornament for that tree as well. The class will be held on Nov. 9th in the multi-purpose room. The class will run from 1:00 to 3:00, the cost will be \$3, and there will be a limit of 20 people, with a waitlist.— *Anita, Kathy, and Sue*



**NEW!**

### Holiday Shopping Trips

Have you made your list and checked it twice? Looking to do some holiday shopping for friends, family, or yourself? Join us for one (or more!) of our shopping trips this season; save on gas and let us handle the parking, stay for lunch or shop 'till you drop!

Wednesdays in November from 10AM-1:00PM, call 978-844-6809 to reserve your spot on the van- be sure to mention **Holiday Shopping** when you call!

- **November 9: Pheasant Lane Mall, Nashua, NH**
- **November 16: Cornerstone Square, Westford**
- **November 30: Walmart+ Drum Hill Plaza, Chelmsford**



**The Golden Age of Silent Films with Live Piano Accompaniment by Richard Hughes**  
Wednesday, Nov. 30th at 2PM in the Multipurpose Room

Please join us for an unusual presentation of comedy silent movies with live piano accompaniment. Pianist Richard Hughes will talk about the Golden Age of Silent Film before showing two comedy films starring Buster Keaton and Laurel & Hardy. Then Richard will demonstrate some animation devices. He also has sound effect devices for audience members to synchronize to a melodrama from 1913.



### Tuesdays,

**Nov. 1, 8, 15, 22, 29th**

**1:00 PM– 4:00 PM, Room 230**

Join this fun growing group! Please call the Office at **978-540-2470** to register.



### Fridays, NOV. 4, 18, 25th

**1PM - 3PM in the Senior Diner**

Join us for BINGO in the Senior Diner every Friday afternoon. Pre-registration required. 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, 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, & 3. wishing to help others! Call EHS, 978-540-2470 for more info or just show up!

**NEW!**

### OUT OF THE BOX TRIVIA



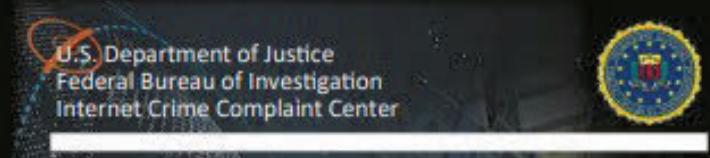
Come join the Outreach Coordinator, Alicia Rego, for some "Out of the Box" trivia held on Thursdays from 12:30-1:30. We will have a prepared list of questions with several topics to choose from. Along with your trivia smarts, feel free to bring your lunch, or enjoy Gayle's Thursday soup & sandwich special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

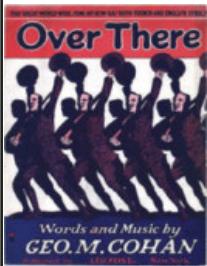


### FBI Presentation: Elder Fraud & What You Can Do

**Tuesday, November 15<sup>th</sup> at 11AM,  
Call 978-540-2470 to register**

Join us and representatives from the FBI's Internet Crime Complaint Center as they discuss Elder Financial Abuse also known as Elder Fraud – a growing problem and one of the most underreported crimes.





## Music History with John Clark

Thursday, Nov. 17th, 1-2PM  
“The Music of World War 1”

Next up in our Music History series with John Clark is **The Music of World War 1**. John will highlight some of the most popular music of the war years 1914 - 1918 with audio and video clips. Prior to American involvement, British war songs were popular in this country like *It's a Long, Long Way from Tipperary* & *Keep the Home Fires Burning*. Then, as events began to draw us into this “war to end all wars,” opposing viewpoints were expressed in popular songs, like the pacifistic *I Didn't Raise My Boy to Be a Soldier* & the militaristic *Wake Up, America!* & the biggest wartime favorite of all, George M. Cohan's *Over There*. Of course there were romantic and sentimental songs that spoke for soldiers & families separated by the war- don't forget the humorous! **Please call 978-540-2470 to register!**

## LELD Senior Safety Awareness Meeting

Monday November 7th, 9:30am

LELD is back to present valuable info, answer questions, and offer great giveaways in honor of Veterans Day. Overview of the items covered in the talk will be Winter Heating, Scams, and Indoor Electrical Safety & Outdoor Electrical Safety.

Attendees will receive:

- Safety Booklet
- Table Talk mini pies
- Mini flash lights
- American Flags

Door Prizes! Including gift cards to our local grocery stores. Call to register 978-540-2470.

## Trip to Night Lights at Tower Hill Botanical Gardens

Our holiday tradition continues on Tuesday, November 29<sup>th</sup> for a 4PM viewing of enchanting landscapes, fun experiences and thousands of lights.

\$10 per person, space is limited, please call to register; 978-540-2470



This event is generously funded by the **Friends of the Littleton Council on Aging**.



## Women's Breakfast : NOVEMBER 9th @ 8:00AM

Join us on Wednesday, 11/9 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: NOVEMBER 16th @ 8:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, 11/16 from 8AM - 9AM in the Senior Diner. Just \$3 a plate. Please call 978-540-2470 to register.

## Lunch Date: Soup & Sandwich

Thursdays November 3RD, 17TH 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!



NEW!

### Monday Matinees

We are hosting Monday Movie Matinees at 1PM in Room 230, no cost, and light refreshments will be available. Movie descriptions have been shortened, please contact our office for full descriptions and ratings information. Please see the list below for dates/movie titles and call 978-540-2470 to register.

**Monday, November 7<sup>th</sup> at 1PM**

**“Lucy and Desi”, Rated R, 2022**

From director Amy Poehler, *Lucy and Desi* explores the unlikely partnership and enduring legacy of one of the most prolific power couples in entertainment history.



**Monday, November 14<sup>th</sup> at 1PM**

**“Manchester by the Sea” Rated R, 2016**

Casey Affleck leads an all-star cast in this acclaimed and poignant film about a solitary janitor whose life is transformed after he becomes the guardian of his 16 year old nephew.

**Monday, November 21<sup>st</sup> at 1PM**

**“Funny Girl”, Rated G, 1968**

Barbara Streisand's debut film won her the academy award for her performance as singer-comedienne, Fanny Brice.



**Monday, November 28<sup>th</sup> at 1PM**

**“Good Fences”, Rated R, 2003**

A comedy/drama set in the 1970s starring Whoopie Goldberg and Danny Glover. An upwardly-mobile Black family moves their family to the posh enclave of Greenwich, Connecticut, and the American dream becomes a nightmare.



**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](http://interface.williamjames.edu/community/littleton)

### Groton Hill Music Center's BACH'S LUNCH CONCERTS

Free monthly concerts featuring faculty and friends. Online reservations are necessary. Located at 122 Old Ayer Road, in Groton, MA.

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

**November 10 at 11am and 1:30pm:** Pamela Hines  
Trio Music of the Great Jazz Pianists

### Veterans Day Ceremony and Rededication of WW1 Memorial



The Veteran's Day Ceremony and rededication of the WW1 Memorial at the corner of King and Shattuck Streets will be held on Friday November 11, 2022 at 11 AM. Parking for the ceremony is available in the Town Hall parking lot.

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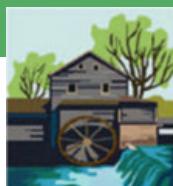
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When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2-3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



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## LITTLETON EHS TRANSPORTATION

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 AM-4:00 PM
- Messages 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.

### TRIP FARES

Rides are provided to appointments between 9:00 AM and 3:00PM.

- 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**
- Veterans ride for free.

***\*\* Rides to and from a Council on Aging in any of the four towns are always FREE \*\****

Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART (Montachusett Regional Transit Authority) & the Town of Littleton.

### 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.