

# The Broadcaster

## MAY 2022



### IMPORTANT NOTES:

#### ANNUAL TOWN MEETING

**MAY 2ND @ 7:00PM**

Charles Forbes Kaye  
Gymnasium,

Littleton Middle School  
55 Russell Street, Littleton

**Mental Health Fair**  
May 21st, at Fay Park  
10am—1pm



**From Liz's Desk:** Hello! We have been hard at work with the architects envisioning and designing a new space that meets the community's needs. Last month we presented new conceptual designs for a building that would be located on the "tennis court site" at 31 Shattuck Street. The new location provides an opportunity for substantial construction cost savings while still maintaining the campus feel we are aiming for. The tennis courts would be relocated should town meeting decide to move forward with this new site. In the Town Meeting Warrant you will find Article 20: "31 Shattuck Street/ Senior Center Project" that comprises multiple elements to support the construction of our new senior center. Make sure to attend town meeting on May 2nd at the Middle School at 7pm to have your voice heard.

**The Center on Shattuck Street Webpage:** The plans for the new building have been evolving rapidly. We created a webpage where you can find all of the latest information on the new senior center building project, *The Center on Shattuck Street*. On this webpage you will be able to see the latest schematic designs and drawings, find easily-accessible links to videos of past project presentations and meetings where the project was discussed, and our "Past Events Timeline" where you can see how the project has evolved over time with links to relevant documents, studies, and meeting recordings. The "Frequently Asked Questions" and "Facts and Figures" pages will provide an overall view of why this building is needed for our community. You will also find a "Ask A Question" page where you can email the Director of Elder & Human Services your questions. [www.littletoncenteronshattuck.com/](http://www.littletoncenteronshattuck.com/)

### Spring Fling Dinner, Music, and Dancing!

**Thursday May 26th, 4:30PM**

Join us for dinner and dancing to celebrate our return to in-person events! On Thursday, May 26th at 4:30PM at the Littleton High School Cafeteria, join us for delicious hors d'oeuvres and dinner. Following dinner, local band 'Momentum Rocks', with lead singer Carol Wing, will be playing all your favorite songs while you catch up with friends, or head out to the dance floor for an evening to remember!

Have a special occasion photo you would like featured in our slideshow that will play during dinner? Please email photos to: [SpringFlingLittleton22@gmail.com](mailto:SpringFlingLittleton22@gmail.com)

Please call 978-540-2470 to make your reservation.

No cost to attend, but you must RSVP! Sponsored by our friends in PRCE.



## COA Board Update

Greetings to all and welcome spring! The Senior Center project has been revised to: Moving the location of the senior center to the tennis court area on Shattuck Street.

The Town wishes to get approval at the May 2nd Town Meeting to purchase the property (31 Shattuck Street) adjacent to the tennis courts by eminent domain with the following plan: adjust the lot to swap a triangular sliver on the side of the property next to the tennis courts with a rectangular piece of Town owned property behind 31 Shattuck. The town is planning on selling the redesigned lot with the house intact to regain some of the purchase cost. This is a friendly arrangement! Also, they will be building new tennis courts in another Town location. LLB architects have prepared preliminary drawings of a new building which can be found on [www.littletoncenteronshattuck.com/](http://www.littletoncenteronshattuck.com/). We are excited about the new building design as well as the location. **Seniors need to go to Town Meeting on May 2nd to have their voices heard.** If the purchase article fails, it is unclear where the Senior Center will be and we will be starting from scratch again. Hope to see ALL of you on May 2nd.... your voice matters!!

*-Marge Payne, Chair, COA Board*

### IMPORTANT REMINDER:

Registration opens on Monday, May 2nd at 9:00 AM for all programs and activities included in this newsletter (Virtual, grab-and-go, outdoor activities, and limited indoor programs.) All programs are open until filled. Please call the Department of Elder and Human Services at [978-540-2470](tel: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, socioeconomic 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  
 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  
 Susan Melander  
 Mark Rambacher  
 Lorlei Richardson  
 David Sill  
 Gary Wilson

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

Main Phone: 978-540-2470  
 Fax: 978-952-2363  
 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

Friends of the LCOA  
 PO Box 134,  
 Littleton, MA 01460



### 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.

## OUTREACH CORNER

**Please contact Amy at 978-540-2472 for Outreach assistance.**

### ***Unwinding from the Public Health Emergency:***

#### ***Medicaid and CHIP continuous enrollment ending***

In an effort to make sure people didn't lose their health insurance benefits when the Public Health Emergency declaration went into effect in March 2020, The Centers for Medicare & Medicaid Services (CMS) developed a plan to waive certain 'requirements and conditions'. As we ease out of the Public Health Emergency, these 'requirements and conditions' will be re-introduced. This means that some people who were eligible to receive benefits during the Public Health Emergency, may no longer be eligible to receive these benefits. The Public Health Emergency being extended to July 2022, has yet to be confirmed and while many advocating for a longer extension, the public is encouraged to begin preparing for the unwinding phases.

If you have concerns about your eligibility for Medicaid or CHIP, please contact us today. We can review the eligibility criteria and provide additional information on how to prepare for the renewal process. If it doesn't appear you meet the eligibility criteria, information on other resources will be provided. Contact our office to schedule an appointment or receive additional information regarding the renewal process and eligibility.



### **Lunch and Learn**

Wednesday, May 18<sup>th</sup> at 1PM, Room 233

Join us in welcoming Peter from CaptionCall. The CaptionCall phones are optimized for individuals with hearing loss. The unit uses voice-to-text technology, assisted by captioning agents and automated speech recognition, to transcribe your conversation so that other speakers' words will appear on your CaptionCall screen. CaptionCall is federally funded as part of Title IV of the Americans with Disabilities Act (ADA), so there is no cost for qualifying individuals.

Not sure if you qualify? Interested in finding out all the details of this valuable service? Join us for lunch and learn all the ins and outs of Caption Call. Please call 978-540-2470 to register.

### **Tick Talk**

Monday, May 23<sup>rd</sup> at 10:00AM

It's tick season! Join Susan Haug, Community Health Nurse at Nashoba Board of Health, on Monday, May 23<sup>rd</sup> at 10:00am in Room 230 for an informative lecture on Ticks; how to keep yourself and your pets safe this season. Don't miss it!

Please call to register, 978-540-2470



### **Medical Equipment Donations**

We accept canes, walkers, rollators, shower chairs, transfer benches, wheel chairs, and transport chairs. Please call in advance to make sure we are currently able to accept the item you wish to donate as we are short on storage space. Thank you!

**New to Town?** Never used our services before? Contact Outreach Coordinator Amy DeMichele for a "New Participant Packet" for all the info you need! #978-540-2472, [ademichele@littletonma.org](mailto:ademichele@littletonma.org)

### **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>



### **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)



# Friends

*of the Littleton Council on Aging*

The year 2021 was very difficult with all the restrictions due to Covid. The Friends fundraisers and activities were greatly reduced and with the Thrift Shop closed we lost our main source of funding. Last year the Friend's activities were mainly limited to Grab-and-Go luncheons & delivering flowers to Seniors. This year we are looking forward to increased functions as, hopefully, the restrictions will be lifted.

There are signs that Littleton will be moving forward with plans for a new Senior Center. The Friends urge you to strongly support the Center both financially and with your votes at upcoming town meetings. Please make sure to attend Littleton's Town Meeting, May 2nd, 7:00pm. Every vote is important BUT you have to vote. **MAKE YOUR VOTE COUNT!**

Please consider a tax-deductible contribution to the Friends. In times like these, seniors need our help more than ever. **Thank you from the heart!**

Nancy Levine, Tony Jesensky, Andy Fredette,  
Susan Haug, Sandra Casale, Holly Steward

**Please make checks payable to:**

FRIENDS of LCOA

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](http://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**

The COA Board monthly meetings are the 2nd Monday of the month, at 3:00PM.

## FREE SMOKE & CARBON MONOXIDE DETECTORS



The Littleton Fire Department has teamed up with Littleton Elder and Human Services to assist the Senior Community 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](http://littletonma.org) and on YouTube.



## HEALTH INSURANCE HELP

SHINE (Serving Health Information Needs of Everyone) is accepting new appointments! If you would like to review your existing medical and prescription drug coverage & costs please contact us at **978-540-2470** to arrange a free one-on-one meeting with our SHINE counselor over the phone. Appointments are on a first come, first serve basis & fill up fast so call today!

## CONVERSATION GROUPS

**Anxiety Group:** Our Anxiety Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! May dates are 5/3, 5/17, 5/31. Email Nicole to register: [NSarvela@littletonma.org](mailto:NSarvela@littletonma.org)

**Living Alone & Living Well Group:** Our group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link. May date is 5/19, 10:30am-11:30am.

**Caregiver Support:** Next meeting will be 5/25 @ 6pm in the Senior Diner. Our host, Cindy Schultz from Bridges, will lead a brief discussion and provide dinner. Please call the main office at 978-540-2470 to sign up.

Minuteman Senior Services		MAY 2022		Meals on Wheels Menu	
<b>2</b> Shepherd's Pie with Gravy Green Beans Wheat Bread Dessert of the Day	<b>3</b> Chicken Drummer Cinnamon Sweet Potatoes Broccoli Multigrain Bread Dessert of the Day	<b>4 COLD LUNCH</b> Egg Salad Creamy Potato Salad Sesame Cucumber Salad Wheat Sandwich Bun Dessert of the Day	<b>5</b> Roast Pork w/ Apple Gravy Bread Stuffing Brussels Sprouts Rye Bread Dessert of the Day	<b>6</b> Classic Beef Chili with Cheddar Cheese Brown Rice Corn Wheat Bread Dessert of the Day	
<b>9</b> Sweet & Sour Meatballs Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Dessert of the Day	<b>10</b> Beef Bolognese Cavatappi Pasta Italian Vegetable Blend Italian Bread Dessert of the Day	<b>11 SPECIAL</b> Broccoli & Cheese Stuffed Chicken Breast Herb Roasted Red Potatoes Creamed Spinach Wheat Dinner Roll Dessert of the Day Diet	<b>12</b> Roast Turkey with Rosemary Gravy Whipped Potatoes Peas & Carrots Wheat Bread Dessert of the Day	<b>13</b> Potato Pollock Tartar Sauce Butternut Squash Green Beans Multigrain Bread Dessert of the Day	
<b>16</b> Ravioli Primavera* Capri Vegetable Blend Italian Bread Dessert of the Day	<b>17</b> Chicken Fajitas with Peppers & Onions Spanish Rice & Beans Tortilla Dessert of the Day	<b>18</b> French Meat Pie Brussels Sprouts Multigrain Bread Dessert of the Day	<b>19</b> Chicken Breast with Peach Salsa Yukon Gold Potatoes Mixed Vegetables Wheat Bread Dessert of the Day	<b>20</b> BBQ Roast Pork Baked Beans California Vegetable Blend Wheat Dinner Roll Dessert of the Day	
<b>23</b> Chicken Breast Patty with Pesto Cream Rotini Pasta Summer Squash Blend Wheat Bread Dessert of the Day	<b>24</b> Breaded Cod Tartar Sauce Wild Rice Pilaf Scandinavian Vegetable Blend Rye Bread Dessert of the Day	<b>25</b> Breaded Chicken Francaise* Garlic Mashed Potatoes French Green Beans Wheat Dinner Roll Dessert of the Day	<b>26</b> Baked Meatloaf with Gravy Red Bliss Potatoes Carrots Multigrain Bread Dessert of the Day	<b>27</b> Cheeseburger Potato Wedges Mixed Vegetables Hamburger Bun Dessert of the Day	
<b>30</b> <b>MEMORIAL DAY NO MEALS SERVED</b>	<b>31</b> Chicken Piccata Orzo Pilaf w Spinach Capri Vegetable Blend Wheat Bread Dessert of the Day		<b>To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE</b>	<b>Entrees that contain more than 500mg of sodium are designated by an *.</b>	



### Protecting Today What Matters Tomorrow

Many people want the peace of mind that comes from legally protecting their most cherished assets: their health and the financial future of their family. We help you do this by compassionately listening and responding to your needs.

There are many life events that will have an impact on your family – across the Generations – such as the birth of a child or grandchild, a health crisis, retirement, or the death of a loved one. Our experienced attorneys can help you understand the potential impact on your estate and long-term planning. We help you to protect today what matters tomorrow.

We serve MetroWest Boston with convenient locations in Acton and Sudbury

**978-263-0006**



**GenerationsLawGroup.com**



# MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10:00-11:00 Tai Chi 12:-2:00 Loving Stitches 11:15-12:15 Line Dance1 12:15-1:15 Line Dance 2 12:45-1:30 Chair Yoga w/ Rebecca	<b>3</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	<b>4</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting 1:30 Tommy Rull Music Performance	<b>5</b> 11:15-12:15 Stretch & Flex 12-- Soup & Sandwich 2:00-3:00 Tiger Tech	<b>6</b> 1:00-2:30 Bingo
<b>9</b> 10:00-11:00 Tai Chi 12:-2:00 Loving Stitches 11:15-12:15 Line Dance1 12:15-1:15 Line Dance 2 12:45-1:30 Chair Yoga w/ Rebecca 3:00 COA Board Meeting	<b>10</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>11</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	<b>12</b> 11:15-12:15 Stretch & Flex 2:00-3:00 Tiger Tech	<b>13</b> 1:00-2:30 Bingo 1:00-3:00 Writing Your Life Workshop
<b>16</b> 10:00-11:00 Tai Chi 11:15-12:15 Line Dance1 12:15-1:15 Line Dance 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 2:00 Swinging Sixties Fashion presentation	<b>17</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	<b>18</b> 8:00:-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Caption Call Lunch & Learn 1:00-3:00 Craft Class	<b>19</b> 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex 12-- Soup & Sandwich 1:00 Virtual Advanced Directives Talk 2:00-3:00 Tiger Tech	<b>20</b> 1:00-2:30 Bingo
<b>23</b> 10:00-11:00 Tai Chi 10:00-11:00 Tick Talk presentation 11:15-12:15 Line Dance1 12:15-1:15 Line Dance 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	<b>24</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>25</b> 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 6:00 Caregiver Group	<b>26</b> 11:15-12:15 Stretch & Flex 12-- Soup & Sandwich 12:15-1 Mystery Bags 2:00-3:00 Tiger Tech	<b>27</b> 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
<b>30</b>  <b>Closed for Memorial Day</b>	<b>31</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group			<b>IN PERSON EVENTS -GREEN</b>  <b>VIRTUAL (ZOOM) EVENTS - RED</b>  <b>HYBRID EVENTS - PURPLE</b>





# 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

The Nashoba Board of Health blood pressure screenings will be held on **Tuesdays, May 3, 10, 17, 24, 31 from 10:00am- 12 noon, in Room 230** at the COA. The BP Clinic is sponsored by EHS. An RN will be available on the 2nd Tuesday of each month from 10:00-11:00 am, in Room 230.

## Mindful Movement with Jenny

**May 27th - July 1st**

**Fridays from 10AM-11AM at Fay Park**

Join us for a 6 week series combining mindful meditation and gentle yoga stretches outdoors at Fay Park, weather permitting. \$15 per person. Please call 978-540-2470 to register



**NEW**

## 2022 Pickleball Memberships

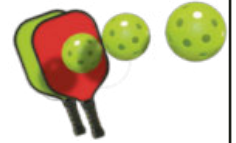
Pickleball Membership is for the calendar year. Members get access to Littleton PRCE nets and reservation of Pickleball courts at no additional fee.

### 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:

Spring: M, W, F 9:30AM-11:00AM. Sundays 10:00-11:30AM

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

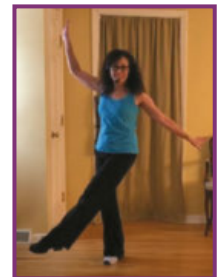
**Questions?** Please call the PRCE office directly at 978-540-2490

## Line Dancing with Kari

**Mondays in the MPR, \$20 for the month of May \*Masks Required\***

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

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



## 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. Please call to sign up, 978-540-2470

## Walk MA Challenge!



The Walk Massachusetts Challenge begins on May 1st! In addition to the physical & emotional benefits of walking, you will be entered to win prizes (gift cards valued from \$10 - \$50) and your participation can help Littleton Elder & Human Services win up to \$1,000. This year anyone aged 5 to 59 can also participate by naming a parent, grandparent, neighbor or friend that is over 60 when they register. Registration begins April 1st and the challenge ends on October 31st. For more info go to [www.walkmachallenge.com](http://www.walkmachallenge.com) and choose a challenge listed on the website (walking a certain number of days, miles, or steps). You'll then enter your walking milestones on that same website to be entered to win a prize.



### Craft Class Wednesday May 11, 1– 4pm in the MPR

Well it is May already and time for the birds in your yard to

start nesting. Thanks to our fantastic volunteer Dave we will be painting birdhouses this month. The class will be held on May 11 from 1:00-4:00 in the multi-purpose room. The cost for the class will be \$5.00, any additional voluntary donation is appreciated and will go to the Senior Center fund.



### A Unique Memoir-Style Workshop WRITING YOUR LIFE

#### Writing Freely from Your Own Experience

**Who:** All writing abilities welcome!

**When:** May 13, 2022 1pm-3pm

**What:** A 2 hour memoir-style free writing workshop.

Whether you have been writing for many years, are new to writing, are interested in using writing as a tool for self-discovery, or anywhere in-between, this workshop is for you. Using a combination of free writing techniques and prompts, participants will focus on writing from their own life experience: your past or present life, feelings or events, the everyday or the profound. We will use a series of questions, easy starters and repetitive prompts to write during the session. Writers will have the choice to share what they have written (or not). Listeners will have an opportunity to respond by sharing their experience of the writing. This is a safe environment to cultivate writing freely and sharing without fear of judgment. All levels of writing welcome. Join us in this meaningful experience and free your writer within!

**Workshop Leader:** Paula Grieco is an entrepreneur, writer, and social impact leader. She has led workshops on free writing and intentional goal setting and is the author of two guidebooks on intentional goal setting. Her writing and work have been featured in Christian Science Monitor, Boston Globe, A Mighty Girl, Tiny Buddha, & other publications.



**Tuesdays,  
May 3, 10, 17, 24, 31**

**1:00 PM– 4:00 PM, Room 230**

Pre-registration is required.

Please call the Office at **978-540-2470** to register.



**Fridays, May 6, 13, 20, 27,  
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

**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 a 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!



### Outdoor Digital Photography Class

**Wednesdays, 2-3pm, Begins June 15**

EHS is excited to offer a new Digital Photography series with Steve McGrath, professional freelance photographer and photography instructor.

This is a 5 week series, every Wednesday beginning June 15<sup>th</sup> from 2:00PM - 3:00PM at the Hartwell Family Memorial Preserve in Littleton.

Cost is \$50 per person for the full 5 week session. Students are able to register for 1 class at the rate of \$10 per class if preferred. Please call 978-540-2470 to register!

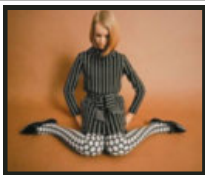


*Program sponsored in part  
by the Friends of the COA!*



## Fashion of the Swingin' Sixties

**Presenter: Karen Antonowicz**  
**Monday, May 16<sup>th</sup> at 2PM**



Twiggy, Jean Shrimpton, Mary Quant, Biba, and the list goes on! Discover the fashions of the Swingin' Sixties, beginning with the Mod styles of London, traveling through the hippie era, and culminating in the bohemian styles and hot pants of the early '70s.

Join us to explore what drove these changing styles and how they affected people of all ages during this turbulent time! Light refreshments provided, Please call 978-540-2470 to register.



## "A Musical Journey Through The Years"

**Singer & Entertainer Tommy Rull**  
**Wednesday, May 4<sup>th</sup> at 1:30PM**

Tommy Rull performs on Wednesday, May 4<sup>th</sup> at 1:30PM in the MPR. Take a walk down memory lane. Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como, Lou Rawls, Engelbert, and many more! Light refreshments will be served.

This performance is presented through a generous Cultural Council grant.

Please call 978-540-2470 to register.



## Women's Breakfast

**May 11 @ 8:00AM**

Join us on Wednesday, May 11th 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

**May 18 @ 8:00AM**

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, May 18th from 8AM - 9AM in the Senior Diner. Just \$3 a plate. Please call 978-540-2470 to register.



## Lunch Date: Soup & Sandwich

**Thursdays May 5, 19, 26 at Noon**

Join your friends and Gayle Dalton for lunch in the Senior Diner! Every Thursday at noon come by for Gayle's Thursday soup and a sandwich! Please call 978-540-2470 to sign up in advance.



## Mental Health Fair

**May 21st, at Fay Park, 10am—1pm**

In honor of Mental Health Awareness Month, Littleton EHS along with Littleton Coalition Against Addiction will be hosting a Mental Health Fair on Saturday, May 21<sup>st</sup> from 10AM-1PM (rain date will be Saturday, May 28<sup>th</sup>).

This is a family friendly event with music, resources, a food truck, free yoga classes and more!

## Mystery Bag Program

Spring has sprung and the birds, flowers, and sunshine abound. The May bag offers new and different word games for your enjoyment. The program is open to all seniors. Join the fun!



Bags will be available for pick up in the **Courtyard on Thursday, May 26<sup>th</sup> between 12:15 and 1 pm.**

Please remember to sign up on registration day, Monday, May 2 at 9AM

by calling for the Mystery Bag at 978-540-2470.



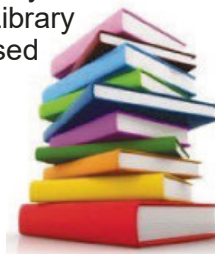
## "Tiger Tech" Technology Help


Need tech help? Littleton High School students are available to help! There is no question too basic or too simple, from smart phones & tablets, to computer questions. The "Tiger Tech" student group is meeting **Thursdays from 2:00-3:00pm.** This program is in collaboration with Littleton Public Schools. Please call 978-540-2470 to sign up for in-person or Zoom assistance.

## 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.**





**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 the LCAA Facebook page!

**William James INTERFACE Referral Service**

Interface is a mental health and wellness referral Helpline available Monday-Friday, 9 am-5 pm, 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](https://interface.williamjames.edu/community/littleton)

**CREATING ADVANCED DIRECTIVES: May 19, 2022 at 1:00 PM on Zoom**

Creating advanced directives is essential in expressing your medical care decisions when you are not able to speak for yourself. Nurse Attorney Cathleen H. Summers will discuss the types of documents you will need, how to choose the right person for the Health Care Proxy role, and how to best communicate your wishes with loved ones and your health care providers. **FREE VIRTUAL PROGRAM—PRE-REGISTRATION REQUIRED**  
[https://actonma.zoom.us/webinar/register/WN\\_JkHoAnekTtu1Q3Go3psuKg](https://actonma.zoom.us/webinar/register/WN_JkHoAnekTtu1Q3Go3psuKg)

**KATHLEEN M. O'CONNOR**  
 Estate Planning • Elder Law • Probate  
**978-266-0101**  
 KITTYOCONNOR@ECKEL-LAW.COM  
 267 GREAT ROAD • ACTON




**ECKEL, HOAG & O'CONNOR**  
ATTORNEYS AT LAW

[www.eckel-law.com](http://www.eckel-law.com)

**Trouble Hearing?** | Call today for your **FREE CONSULTATION**





**978.952.2500 • [hearsmartaudiology.com](http://hearsmartaudiology.com)** | COVID-19 safety measures in place



**HAS THE PAST YEAR CHANGED WHAT YOU NEED IN A HOME?**  
 Curious about the current real estate market?  
 CONTACT  
**PATTY SUTHERLAND**  
 REALTOR®, MBA, SRES, ASP


**978-844-6397**  
[WWW.SUTHERLANDREALTYGROUP.COM](http://WWW.SUTHERLANDREALTYGROUP.COM)  
[PATTY@SUTHERLANDREALTYGROUP.COM](mailto:PATTY@SUTHERLANDREALTYGROUP.COM)  
 A TRADITION OF EXCELLENCE AND EXPERTISE



**KW BOSTON NORTHWEST**

**ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?**

**TO ADVERTISE HERE CALL 800.477.4574**  
 or visit [www.lpicommunities.com/advertising](http://www.lpicommunities.com/advertising)



**Independent Living • Assisted Living • Memory Care • Respite Stay**



**Proudly serving Seniors and the Community since 2002**

Spacious One Bedroom and Studio Apartments • Fine Dining • Housekeeping • Laundry • Transportation  
 Personal Care • Medication Management • Social, Health and Wellness Programs • 24/7 Certified Staff

*RiverCourt Residences sits on the scenic banks of the Squannacook River.*  
**Come visit this beautifully renovated historical mill and see the spectacular waterfall for yourself.**

[www.rivercourtresidences.com](http://www.rivercourtresidences.com) - **978-448-4122** - 8 West Main St., Groton, MA



## GROW YOUR BUSINESS

BY PLACING  
AN AD HERE!

**CONTACT US!**

Contact Lisa Templeton  
to place an ad today!  
[ltempleton@lpicommunities.com](mailto:ltempleton@lpicommunities.com)  
or (800) 477-4574 x6377



## MILL POND APARTMENTS

### Section 8 Elderly Housing

*We are accepting applications for elderly,  
handicapped or disabled, for 1 bedroom apartments.*

**Call Louisa at: 978-486-9719**

**50 Mill Road, Littleton**

MANAGED BY PEABODY PROPERTIES



## Littleton Storage Solutions

*Store smarter. Move Easier. Spend Less.*

[www.TheStorageSolutions.com](http://www.TheStorageSolutions.com) • **978-339-5258**

509 Great Road, Littleton MA 01460

**Traditional & Climate Controlled Storage**

## TRAIN with SHAIN

IN HOME PERSONAL TRAINING  
FOR SENIORS

Gait, Balance/Fall Prevention  
& Strength Training

**(508) 231-6378**

[www.trainwithshain.net](http://www.trainwithshain.net)

**FULLY INSURED**



THE KNOX REAL ESTATE GROUP

**978-852-9480**

## WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.**

**WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

REMEMBER ♦ HONOR ♦ CELEBRATE

*Life Celebration® by*



LITTLETON & GROTON

*Funeral Homes*

*Proud to be family owned, and operated for 100 years*

**Offering Traditional and Cremation Services**

**Honoring all Faiths and Traditions**

**Pre-planning Options Available**

*Now affiliated with the former Marchand Funeral Home of Pepperell*

**(978) 486-3709**

347 King St, Littleton, MA | [www.badgerfuneral.com](http://www.badgerfuneral.com)

## IL FORNO

### Restaurant & Catering

**For All Your Bereavement Needs  
& Special Occasions**

***Il Forno is here for you.***

In our Newly Renovated Function Room  
or Delivered to Yours.

**978-540-2880**

Il Forno Littleton  
529 King St, Littleton MA

**[www.il-forno.com](http://www.il-forno.com)**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Littleton Council on Aging, Littleton, MA 06-5119





LITTLETON COUNCIL ON AGING  
P.O. BOX 1305  
33 SHATTUCK ST.  
LITTLETON, MA 01460

Bulk Rate  
US Postage

**Paid**

Littleton, MA  
Permit No. 19



## 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.

## LITTLETON EHS TRANSPORTATION

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 town are always FREE \*\***

Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and 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.