

The Broadcaster

MARCH 2022



LITTLETON EHS/COA SERVICES

Happy St Patrick's Day from all of us at EHS!

IMPORTANT NOTE

The COA Board monthly meetings will continue to be the 2nd Monday of the month, but the time is changed to 3:00 PM!



Check out the new programs on pages 7, 8, & 9!

From Liz's Desk: I've had the pleasure of seeing many of the classes and events return to in-person programming recently and the welcoming atmosphere is amazing. So is seeing the joy of friends reuniting at classes again!

One of our goals here at EHS/COA is to provide you with opportunities for new experiences. I hope you take a look at the calendar of events and find something that sparks your interest, and please stay tuned while we expand the in-person options! It has been a long, *long* two years. I encourage you to try something new with us this month. Staff has been working hard to scale back up and bring in new fresh ideas.

We continue to work on the new building project and remain relentlessly optimistic and determined! We are now aiming for fall town meeting as we continue to work on the building design and cost estimation. Stay up-to-date by watching the COA Board Meetings and Select Board Meetings.

March is National Social Work Month! Social Work Month is a time to celebrate the great profession of social work. Those in the social services profession touch millions of lives each day. We are so lucky here in Littleton to have an incredible staff who have spent their entire careers in the social services sector.

Last calendar year our EHS/COA team helped 960 unique people; 72% of which were over age 60, and 28% under age 60.

AARP Tax-Aide Program Income Tax Help

Tax preparation time is here! AARP Foundation Tax-Aide provides tax assistance to seniors, free of charge, with a focus on taxpayers who have low to moderate income. AARP provides training and sponsors this volunteer program. If you are a senior and cannot afford to pay a tax preparer, this program was designed for you! AARP membership is not required.

Call Sue Monday through Thursday at 978-540-2473 from 8:30 AM to 12:30 PM to set up an appointment to bring in your paperwork. There will be no face-to-face meetings with the tax preparer this year.

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



COA Board Update

Welcome March! Hopefully we will be past the freezing rain and ice gifts February weather brought us! One of the nicest gifts February did bring us is the return of the weekly Thursday "special" lunches provided by our Diner chef,

Gayle Dalton. Are you all aware of the fact that Gayle provides homemade soup and a sandwich every Thursday 12:00 PM in the diner? Gayle is a **great** cook and very creative. Her menu the first Thursday in February was homemade corn chowder and a BLT sandwich. Along with that was a bag of chips, a slice of berry pie, and of course, milk, coffee tea. The best part perhaps is that all of the above was available for a suggested donation of \$3.00. How can any of you go wrong? Lunch out, an opportunity to visit with friends, catch up on happenings and all you have to do is call 978-540-2470 to sign up (that is only because she needs to know how many she is cooking for).

There is not much news to share regarding the Senior Center project as I write this, February 5th, the last day items can be submitted. The cost analysis is taking a bit longer than expected. Hope to see ALL of you, sometime or other on a Thursday at noon, in the Diner!

- Marge Payne, Chair, COA Board

IMPORTANT REMINDER:

Registration opens on Tuesday, March 1st 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 to register.

* Priority is given to Littleton residents *

Participant Policies

Littleton 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, Director
 Nicole Sarvela, Assistant Director
 Amy DeMichele, Outreach Coordinator
 Sue Raymond, Administrative Assistant
 Neil Campbell, Driver
 Richard Kent, 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
 Lorilei 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
 Dottie Ruiz, Vice 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, select "Sign up to receive Email Notifications," enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

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.

The OOCH Experience: Giving Kids and Families Skills for Life

Littleton Public Schools, PRCE, and the EHS department have collaborated to make The OOCH Experience available to the Littleton Community. Brett Outchcunis, better known as OOCH, is a professional entertainer, motivator, dancer, and DJ. Using his various skills, OOCH connects with his audiences, promoting 'positive life choices for a healthy state of mind and spirit'. Want to know more about OOCH, check out his website for more details about his journey!
<https://www.theoochexperience.com/who-is-ooch>

Below you will see the location and dates of each program. All the programs will be offered from 6:00PM-7:00PM

How to Make a Mistake: March 7th, LHS Auditorium

Secrets to Being Social: April 4th, LMS Gymnasium

The Collection: March 21st, LHS Auditorium

Super-POWER: April 11th, LHS Auditorium

Losing Like a Winner: March 28th, LMS Gymnasium

All Kinds of Kindness: April 25th, LHS Auditorium

MENTAL HEALTH & WELLNESS

The William James INTERFACE Referral Service is a mental health and wellness referral Helpline available Monday—Friday, 9 am-5 pm, at 888-244-6843 (toll free). This is a free, confidential referral service for Littleton residents. Callers are matched with licensed mental health providers from INTERFACE's extensive database, on average, within 2 weeks of their call to INTERFACE. Each referral best meets the location, insurance, and specialty needs of the caller. See the website for more information:

<https://interface.williamjames.edu/community/littleton>

RENTAL ASSISTANCE PROGRAMS

The Littleton Rental Assistance Program (LRAP) provides rental assistance to income-eligible households who are renting qualified housing units in Littleton. The goal of the program is to provide greater housing stability and housing opportunities to cost burdened renters in Littleton. The assistance available through the program will be provided for a period of one year in the amount of \$250/month to each participating household. Applications found here:

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



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!

GROUPS

Anxiety Group: Our Anxiety Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! March dates are 3/8 & 3/22. Email Nicole to register: NSarvela@littletonma.org

Living Alone & Living Well Group: Our group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link. March date is 3/17 10:30am-11:30am.

Caregiver Support: Next meeting will be 3/30 @ 6pm in the Senior Diner. Our host, Rivercourt Residences, will lead a brief discussion and provide dinner. Please call the main office at 978-540-2470 to sign up.



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

Friends

of the Littleton Council on Aging

Spring is in the air, and the Covid virus is calming down. Town Meeting is in a couple of months. Unfortunately, voting on a new Senior Center has been postponed until possibly the fall Town Meeting. More details have to be worked out. We will be patient. This will happen!

Remember a few years back when Littleton was listed as THE BEST TOWN TO LIVE IN AND RAISE A FAMILY? As expected, our little Littleton is growing, and we need to make sure we grow with her in the best possible way. We need to attend as many meetings as possible, including our upcoming Town meeting, and support those people whose goals are similar to ours.

The Friends of the Littleton COA and the EHS/COA Teams are always ready to aid our seniors in many ways, including the future of a new Senior Center. Please show your support by donating to one of these two organizations: Make out your check for your tax-deductible donation to either:

Friends of the Littleton Council on Aging (FLCOA),
P.O. Box 134, Littleton, MA 01460. Please mention if it's for the Senior Center Project or something else you have in mind.

OR

EHS/COA, at P.O. Box 1305, 33 Shattuck St., Littleton, MA 01460, and please mention it's for the Senior Center Project, or another matter.

Some exciting news is that we are getting closer to the reopening our Thrift Shop. Now that the old Library is available and has more office space, a lot is happening. Offices and Departments will be moving, with lots of reorganizing, etc. Our Thrift Shop is getting closer to a reality and will happen. We just need to be patient. Stay tuned!

Stay warm, be safe, and take care,
Nancy

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



New to Town? Never used the COA before? Call or email Outreach Coordinator Amy DeMichele for a "New Participant Packet" for all the info you need!

Amy: 978-540-2472, ademichele@littletonma.org

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 and on YouTube.

Mass General Hospital Blood Drive Bloodmobile

**Tuesday, March 29th from 9:30AM-3PM
Outside the New Reuben Hoar Library**

Blood donation is currently the lowest it has been in over 10 years, your donation is urgently needed! Did you know that approximately 80% of the population will need blood or blood products in their lifetime?

You can make a difference by donating blood!

The process is made quick and easy with the Bloodmobile, come on down to register, no sign up is necessary, and then get on the bus to give blood. Afterwards you will be brought inside for a drink and a snack and sent on your way having made a huge impact in the community.

Please call 978-540-2470 if you have any questions, we look forward to seeing you!



MASSACHUSETTS
GENERAL HOSPITAL
BLOOD DONOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u> 781-325-7879	1 Beef & Lentil Chili Brown Rice California Vegetable Blend Multigrain Bread Dessert of the Day	2 Chicken Breast with Vodka Sauce Penne Pasta Spinach Italian Bread Dessert of the Day	3 Roast Turkey with Gravy Butternut Squash Green Beans Dinner Roll Dessert of the Day	4 Meatballs with Swedish Sauce Egg Noodles Broccoli Cauliflower Multigrain Bread Dessert of the Day
7 Macaroni & Cheese Stewed Tomatoes Wheat Bread Dessert of the Day	8 Beef & Cabbage Casserole Roasted Red Potatoes Carrots Rye Bread Dessert of the Day	9 Chicken Teriyaki Vegetable Fried Rice Asian Mixed Vegetables Multigrain Bread Dessert of the Day	10 Breaded Chicken Drumstick Potatoes O'Brien Capri Vegetable Blend Pumpernickel Bread Dessert of the Day	11 Meatloaf Onion Gravy Mashed Potatoes Mixed Vegetables Multigrain Bread Dessert of the Day
14 Grilled Chicken with Apricot Glaze Couscous with Red Peppers Scandinavian Vegetable Blend Rye Bread Dessert of the Day	15 Sloppy Joe Whole Wheat Bun Potato Wedges Brussels Sprouts Dessert of the Day	16 Pollock Mediterranean Sauce Yukon Gold Potatoes Broccoli Multigrain Bread Dessert of the Day	17 Sliced Roast Pork Sandwich with BBQ Sauce Whole Wheat Bun Baked Beans California Vegetable Blend Dessert of the Day	18 SPECIAL Corned Beef Hash Braised Cabbage Carrots Whole Wheat Dinner Roll Dessert of the Day
21 Shepherd's Pie Capri Vegetable Blend Multigrain Bread Dessert of the Day	22 Grilled Chicken Coq Au Vin Stuffing Broccoli Pumpernickel Bread Dessert of the Day	23 Turkey Corn Stew Brussels Sprouts Whole Wheat Dinner Roll Dessert of the Day	24 Chicken Jambalaya Brown Rice California Vegetable Blend Italian Bread Dessert of the Day	25 Roast Pork Cranberry Orange Sauce Whipped Sweet Potato Spinach Rye Bread Dessert of the Day
28 Grilled Chicken Breast with Balsamic Glaze Wild Rice Pilaf Spinach Marble Rye Bread Dessert of the Day	29 Potato Pollock Tartar Sauce Yukon Gold Potatoes Green Beans Multigrain Bread Dessert of the Day	30 Meatballs Tomato Basil Sauce Cavatappi Pasta California Vegetable Blend Wheat Bread Dessert of the Day	31 Beef Stew Capri Vegetable Blend Rye Bread Dessert of the Day	For weather emergencies and cancellations, please check Fox 25 TV station



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.

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MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	2 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting	3 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 2:00-3:00 Tiger Tech	4 1:00-2:30 Bingo
7 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	8 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	9 7:30-9 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00-3:00 Craft Class	10 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 2:00-3:00 Tiger Tech	11 1:00-2:30 Bingo
14 9:30 Coffee Truck & Movie 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 3:00 COA Board Meet- ing	15 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	16 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Real Estate Lunch and Learn	17 10:30-11:30 Living Alone Grp 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 2:00-3:00 Tiger Tech	18 1:00-2:30 Bingo
21 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	22 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg 2:00 -3:00 Medical Cannabis Webinar	23 7:30-9 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30-11:30 Chris Carter Musician	24 10:30-12 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:15-1:00 Mystery Bags 2:00-3:00 Tiger Tech	25 11-12 Spice up your Life 1:00-2:30 Bingo
28 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	29 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 9:30AM-3PM- Mass General Hospital Blood Drive Bloodmobile	30 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 6:00 Caregiver Support	31 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 2:00-3:00 Tiger Tech	IN PERSON EVENTS -GREEN VIRTUAL (ZOOM) EVENTS - RED HYBRID EVENTS - PURPLE



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WEEKLY FITNESS CLASSES

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

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

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

Wednesdays: Gentle Flow Yoga 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, space is limited. Call the EHS office at 978-540-2470 to register.



Medical Cannabis – What Is It Good For?

Tuesday, March 22, 2p.m. FREE via Zoom

Medical marijuana can be a controversial topic. Join Dr. Jordan Tishler for this informative program as he shares the medical evidence that demonstrates the health benefits associated with the use of medicinal Cannabis across a wide range of ages, races, genders, and health conditions.

Medical marijuana has helped people with pain, anxiety, mood disorders, as well as chronic conditions such as Crohn's disease, Multiple Sclerosis and Parkinson's Disease. **To register for this program:**

https://actonma.zoom.us/webinar/register/WN_lgv4NbfpNSPu14elaVMRhlw

After registering, you will receive a confirmation email containing information about joining the webinar.

Blood Pressure Screenings

The Nashoba Board of Health blood pressure screenings will be held on **Tuesdays, March 1, 8, 15, 22, 29, from 10:00 am-12 noon, in Room 230** at the COA. The BP Clinic is sponsored by EHS. A member of the NAHB will be available on the second Tuesday of each month from 10:00-11:00 am, in Room 230.



Spice up your Life!

March 25th, 11am, Room 230, Free

Join Minuteman Senior Services Registered Dietitian, Catherine York, for a presentation and activity on spices! You'll learn how spices add flavor to cooking without the need to add extra salt. We'll also be completing an activity where you guess which spice is which based on texture, color, and smell! Join us on March 25th at 11 AM. Please call 978-540-2470 to register.



NEW CLASS!

Seated Chair Yoga

Instructor: Rebecca Reber

Mondays 12:45-1:30, \$12 for the month of March in the Old Library Couper Room. Join us for a seated chair yoga class where we will move with our breath through stretches, bends, and twists.

Come enjoy the movement and leave feeling relaxed and refreshed! Call EHS office at 978-540-2470 to register.



[Photo: Rebecca's Mom]



EHS Walking Club

Looking to get some exercise? Want to get some fresh air? Chat with old friends or make new ones?

Join us every Wednesday morning, beginning on March 2nd, at the Track at Russell Street School for our walking club from 9-10AM.

Please call to sign up, 978-540-2470



Updated Class from Carol Wing

Yoga for Strength and Balance

Wednesdays 9:30AM - 10:25AM

Rueben Hoar Library Sturtz Room

Working with your mat and the help of a chair, we will stretch, lengthen, strengthen, and relieve stress. Detailed instruction and modifications for all levels of fitness and experience. You will increase strength and flexibility, and leave feeling open, energized, and relaxed.



Craft Class

March 9th

March is upon us already so we thought making something GREEN was fitting. Bring your cutting and tying skills for this cute wreath. The class will be held on March 9 from 1:00 to 3:00 in the multipurpose room. The class will cost \$3.00 and there will be a

limit of 15. Sign up early, this should be a lot of fun. See you then!

Line Dancing with Kari Returns 3/7!

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

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

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



Littleton High School performs Rodgers and Hammerstein's

Cinderella



April 8th and 9th at 7:00 pm

April 9th and 10th at 1:00 pm

Littleton High School Auditorium

General Admission: \$12

Students and Seniors: \$10

Tickets at the door or at www.littletonhighschooldrama.com



Bill Vales' Virtual Internet & Computer Classes

Virtual on Zoom, Thursdays 10:30AM-12:00PM.

To sign up for this meeting please call the **COA at 978-540-2470**. Provide your name and email address.

Before the meeting you will receive an email with the Zoom link that you will use to connect with your web browser. Please do not call other numbers for signing up. Other numbers are not monitored by staff and may result in you not getting on the list.

March 3 Email, contacts, address books

March 10 Google Drive applications (doc, sheets, slides, forms)

March 17 Using Search in applications. Searching for general information, images and YouTube

March 24 Social Engineering

March 31 Sharing Information on the Web (Dropbox, Google Drive)



Tuesdays,

March 1, 8, 15, 22, 29

1:00 pPM– 4:00 PM

Pre-registration required.

Limit 8. Call EHS Office at **978-540-2470** to register.



Fridays, March 4, 11, 18, 25, at 1:00 PM

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

Call for knitters, crocheters etc.!



The Loving Stitches group meets every Monday from 12:00-2:00 PM at 33 Shattuck Street, in Room 230. The group makes items to be donated to a variety of charities and each person picks their own project once the group decides the charity to be working on and specifically what items are needed. Participants may select their yarn from two cabinets full of donated yarn. A variety of needles are available as well as patterns. The only requirement is a love of doing needlework! Call EHS, 978-540-2470 for more info or just show up!



"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 to computer questions. The "Tiger Tech" student group is meeting virtually **Thursdays from 2:00-3:00 pm**. This program is in collaboration with Littleton Public Schools. Please call 978-540-2470 to sign up and receive Zoom link.



Chris Carter: Acoustic Sunrise

Join EHS in welcoming Chris Carter, acoustic musician on Wednesday, March 23rd at 10:30AM in the MPR for instrumental acoustic songs from the 50's through the 2000's. Chris has 31 years of guitar playing experience, 23 years of guitar teaching experience, performs as a solo acoustic guitarist and composes music. Please call 978-540-2470 to register.

Coffee and a Movie

March 14th at 930AM - Movie to follow coffee truck

Join EHS in welcoming Little Town Coffee's Food & Beverage Truck; come by for a specialty coffee and a pastry and then head inside if you'd like to warm up and watch 'Little Women'. \$5 per person all inclusive. Please call to register, 978-540-2470, space is limited!



Women's Breakfast

MARCH 9 @ 7:30AM

Join us on Wednesday, March 9th from 7:30AM—9AM in the Senior Diner for a hot made-to-order breakfast! Please call, 978-540-2470 to register in advance!



Men's Breakfast

MARCH 23 @ 7:30AM

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, March 23rd from 7:30AM-9AM in the Senior Diner. Please call 978-540-2470 to register in advance.

Lunch Date:

Soup & Sandwich

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. You don't want to miss out!

Book and a Bite

ALL MONTH!



EHS/COA and the Reuben Hoar Library have a new collaboration to help homebound senior residents feel less isolated during the winter months. 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.**

Calling All Artists!

EHS is looking for artists of all kinds who would like to display a piece of artwork in an upcoming Art Gallery Walk. Painters, Poets, Sculptors, Photographers, Calligraphers- whatever your specialty, we want to showcase your skills!

Please contact Nicole at 978-540-2475 for details on how to submit your piece.

Mystery Bag Program

Lions, lambs and leprechauns with spring ready to pop. Challenge yourself to try something new, guaranteed to put a smile on your face. Many delights will fill your March Mystery Bag!

The next Mystery Bags will be available for pick up in the **Courtyard on Thursday, March 24th between 12:15 and 1 pm.** They continue to be filled with new and different word games for your enjoyment. The program is open to all seniors. Join the fun!

Social Club Leader, Anne-Marie Chernosky, continues to create the bags that will keep you guessing and challenging your word game skills. Sign up for the Mystery Bag on registration day, Tuesday, March 1st at 9AM by calling us at 978-540-2470.

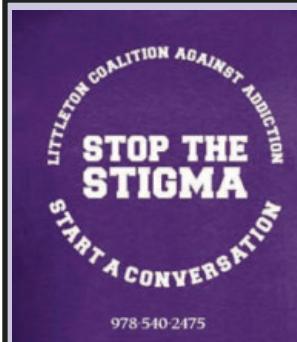


Lunch & Learn with RHR Real Estate

March 16th @ noon

Thinking about selling your home? Michael Roy from RHR Real Estate, Realtor, Senior Real Estate Specialist will be here on March 16th at 12 PM. If you are thinking of selling, we can help you prepare your home to sell.

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 & material outreach towards residents in local

communities who have found themselves affected by the epidemic. From naloxone training sessions for the general public to hosting monthly meetings for individuals 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!

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

Highlights



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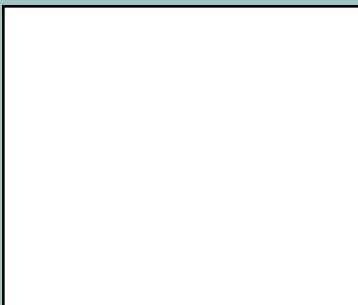
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- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 AM-4:00 PM
- Messages on the answering machine after 4:00PM will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. 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.

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- 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**
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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.