

The Broadcaster

JUNE 2022



IMPORTANT NOTES:

**WE ARE CLOSED ON
MONDAY JUNE 20TH IN
OBSERVANCE OF
JUNETEENTH**



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

CONTENTS

INFO 2

INFO AND PROGRAMS 3

OUTREACH 4

MENU 5

CALENDAR 6

FITNESS & WELLNESS 7

CLASSES & GROUPS 8

EVENTS & PROGRAMS 9

From Liz's Desk: *Hello everyone and welcome summer!*

First, thank you all so much for supporting Littleton's Department of Elder & Human Services at the May 2, 2022 Annual Town Meeting by approving Article 20 and the Center on Shattuck Street! We are so excited for the future and the ability to share with the community all that we have to offer. If you attend an event this month, be sure to bring a friend so we can expand our reach and introduce more people to our events, classes, activities, and services.

The Center on Shattuck Street Webpage:

We have 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/

Senior Tax Work Off Program:

Thank you to all the Senior Tax Work-Off Program participants who completed their hours last month! So many departments rely on your help and wide range of skills. What an asset to the town!

The sign-up dates for the new fiscal year's program will begin July 11th. Participants who were active in the FY22 program will receive an email/direct mail of the re-enrollment paperwork which needs to be completed to be eligible to participate again in FY23's program. The re-enrollment paperwork will also be posted to our website:

www.littletonma.org/elder-and-human-services

If you are a brand new participant enrolling for the first time, you must come to the office during the enrollment period to complete the paperwork and discuss placement options. If you have any questions please contact Elder and Human Services at 978-540-2470 and ask to speak with Liz or Nicole.

There is also a **Veterans Tax Work-Off Program** available. You do not need to be a senior to be part of the Veterans program. Call Littleton's Veteran's Agent, John Boroski, at 978- 540-2485 for details. Or visit: www.littletonma.org/veteran-services

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



COA Board Update

Celebration is in the air! The COA wants to thank all Littleton residents, but especially those seniors who attended May 2nd Town Meeting to help get the two-thirds vote which means our long-awaited Senior

Center project is now a reality! What an exciting evening for sure. The reality is that it would not have happened without the work & support of our Select Board, Town Administrators, the Finance Committee, and our Director, Liz Tretiak. Our heartfelt thanks to them also! Folks, stay tuned as we move forward to groundbreaking as quickly as possible.

- *Marge*

Payne,

Chair,
COA Board



IMPORTANT REMINDER:

Registration opens on Wednesday, June 1st at 9AM 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, 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
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
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
Holly Steward, Acting President
Susan Haug, Secretary
Tony Jesensky, Treasurer
Andy Fredette, Assistant Treasurer
Sandra Casale, Thrift Shop Manager

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



Broadcaster by Email and Online

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

Disclaimer:

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

Friends

of the Littleton Council on Aging

There are so many things to love about Littleton; from our traditions to community life; our resources and beautiful buildings and most importantly our caring and generous neighbors. The Friends wish to acknowledge and thank all those who responded to our Friends Appeal mailing and those who supported our Raffle Basket at "Breakfast with the Bunny"! Every gift, large or small, helps us reach our goals. The Friends board is still pursuing the re-opening of our Thrift Shop. Fingers crossed for some good news once spacing needs are considered.

Over the years we have seen improvements to our schools, police and fire stations, our wonderful new library, and our commitment to beautifying and enhancing our shared living space. Waiting patiently all this time are our Senior Citizens, many who have supported this town for decades. A HUGE thank you for showing your support by agreeing to proceed with a new building suitable for and dedicated to their health needs and well-being.

The Friends would also like to express our gratitude to the COA, EHS, Park & Recreation, Select Board, and all who support our mission of improving the quality of life for our Seniors through our fundraising efforts.

Donations are welcomed and encouraged at any time by mailing your tax-deductible contribution to:

Friends of the Littleton Council on Aging (FLCOA)

PO BOX 134

LITTLETON, MA 01460



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

Watch "Highlights" on LCTV

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

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

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

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.

CONVERSATION GROUPS

Anxiety Group: Our Anxiety Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! June dates are 6/14 and 6/28. Email Nicole to register: NSarvela@littletonma.org

Living Alone & Living Well Group: Group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link. June date is 6/16, 10:30am-11:30am.

Caregiver Support: Next meeting will be 6/29 @ 6pm in the Senior Diner. Our host, Minuteman Senior Services, will lead a brief discussion and provide dinner. Please call 978-540-2470 to sign up.

Pizza and a Movie!

**Thursday June 9th @ 12:30pm, Room 233,
Cost: \$5 per person, Call to register**

The Imitation Game: 2014 | PG-13 | 1h 53m

During World War II, a mathematician leads a team of cryptanalysts as they work feverishly to break the Germans' notorious Enigma code. Starring Benedict Cumberbatch, Keira Knightley, and Matthew Goode. This historical thriller received eight Oscar nominations, including a win for Best Adapted Screenplay.

OUTREACH CORNER

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



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 and 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, so call us today!

June 2022 SHINE “Question & Answer”

Q: I am 66 years old, not married, and my income is \$105,000 a year. Does Medicare have income limits, and could I be required to pay more based on my income?

A: Medicare beneficiaries with incomes above a certain threshold are charged higher premiums for Medicare Part B and Part D. The premium surcharge is called an Income-Related Monthly Adjustment Amount, or IRMAA.

In 2022, IRMAA surcharges apply to individual Medicare beneficiaries who earn more than \$91,000 and to couples who earn more than \$182,000 annually. For your Part B, the premium would increase from \$170.10 to \$238.10, and people with higher incomes will potentially have even higher premiums. Your Part D would have a monthly increase of \$12.40 above the normal Part D premium.

The IRMAA looks back at 2 years of your returns. Keep in mind that there's an appeals process people can use if they have experienced a life change that has reduced their income since that time.

This is just an overview of possible surcharges, to get additional guidance and information contact Medicare (1-800-MEDICARE) or set up an appointment with a SHINE counselor by calling us at 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, or ademichele@littletonma.org

New device at Reuben Hoar Library helps those with visual impairments

The new Topaz Video Magnifier provides a crisp, full-HD image on a 17-inch screen is now available to patrons for in-library use. It allows patrons to clearly



see text from a book or other document with increased magnification and contrasting colors for those with vision impairments. It is fully adjustable to provide ease of use. The device was purchased through a grant from the MA Board of Library Commissioners.

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

Minuteman Senior Services		JUNE 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 BEFORE</u></p> <p>781-325-7879</p>		<p>1 Lentil Bolognese Cavatappi Pasta Carrots Wheat Bread Dessert of the Day</p>	<p>2 Roast Pork With Herb Gravy Mashed Potatoes Broccoli & Cauliflower Multigrain Bread Dessert of the Day</p>	<p>3 Chicken Meatballs W/ Cacciatore Sauce Penne Pasta Italian Veg Blend Italian Bread Dessert of the Day</p>	
<p>6 BBQ Pulled Chicken Creamed Corn Broccoli Dinner Roll Dessert of the Day</p>	<p>7 Breaded Cod Tartar Sauce Mashed Sweet Potato Capri Veg Blend Multigrain Bread Dessert of the Day</p>	<p>8 Chicken & Sausage Paella Spinach Wheat Dinner Roll Dessert of the Day</p>	<p>9 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Dessert of the Day Diet Dessert</p>	<p>10 Roast Pork With Apple Cran Compote Red Potatoes Carrots Wheat Bread Dessert of the Day</p>	
<p>13 Sloppy Joe Potato Wedges Mixed Vegetables Hamburger Roll Dessert of the Day</p>	<p>14 Grilled Chicken With Apricot Glaze Wild Rice Pilaf Broccoli Au Gratin Wheat Bread Dessert of the Day</p>	<p>15 <u>SPECIAL</u> Beef Tips With Bourbon Sauce Macaroni and Cheese Zucchini & Squash Dinner Roll Dessert of the Day Diet Dessert</p>	<p>16 Meatloaf With Onion Gravy Sour Cream & Chive Mashed Potatoes California Veg Blend Multigrain Bread Dessert of the Day</p>	<p>17 Beef and Pork Hot Dog Baked Beans Corn Hot Dog Bun Dessert of the Day</p>	
<p>20 Juneteenth Holiday Offices Closed No Meals Served</p> 	<p>21 Meatballs with Stroganoff Sauce Egg Noodles Italian Green Beans Wheat Bread Dessert of the Day</p>	<p>22 Grilled Chicken with Mediterranean Sauce Orzo Pilaf w/ Spinach Green Peas Multigrain Bread Dessert of the Day</p>	<p>23 Breaded Cod with Cheese Sandwich Tartar Sauce Sweet Potato Tots Scandinavian Veg Blend Hamburger Bun Dessert of the Day</p>	<p>24 Broccoli & Cheese Stuffed Chicken Bread Stuffing Carrots Wheat Dinner Roll Dessert of the Day</p>	
<p>27 Spinach and Feta Egg Bake Home Fries Stewed Tomatoes Wheat Bread Dessert of the Day Diet Dessert</p>	<p>28 Sweet n' Sour Chicken White Rice Asian Veg Blend Multigrain Bread Dessert of the Day</p>	<p>29 Beef and Lentil Chili Brown Rice California Veg Blend Wheat Bread Dessert of the Day</p>	<p>30 Breaded Chicken Drumstick Mashed Sweet Potato Cauliflower Multigrain Bread Dessert of the Day</p>	<p>For weather emergencies and cancellations, please check Fox 25 TV station</p>	



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



JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 30 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	MAY 31 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	1 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting	2 11:15-12:15 Stretch & Flex 2:00-3:00 Tiger Tech	3 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
6 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	7 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	8 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00-3:00 Craft Class	9 11:15-12:15 Stretch & Flex 12:30 Pizza & Movie 2:00-3:00 Tiger Tech	10 9:00 Coffee with a Cop 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
13 9:00-12 Watercolor Prism Workshop 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	14 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	15 8:00:-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Vladimir Putin Lecture 2:00-3:00 Digital Photography Class	16 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 1:00 Tower Hill Tour 2:00-3:00 Tiger Tech 5:00-7:30pm Third Thursday at Fay Park	17 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
20  COA CLOSED	21 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	22 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Evolution of COVID-19 2:00-3:00 Digital Photography Class	23 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:15-1 Mystery Bags 2:00-3:00 Tiger Tech	24 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
27 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	28 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	29 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 2:00-3:00 Digital Photography Class 6:00 Caregiver Group	30 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



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, June 7, 14, 21, 28 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



2022 Pickleball Memberships

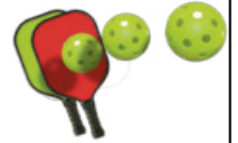
Pickleball Membership is for the calendar year. Members get access to Littleton PRCE nets and reservation of Pickleball courts at no additional fee.

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

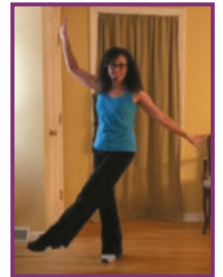
Questions? Please call the PRCE office directly at 978-540-2490

Line Dancing with Kari

Mondays in the MPR, \$15 for the month of June *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 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 June 8th,
1– 3pm in the MPR, \$5 per person

Hello and Welcome June. This month my husband, Dave, has made Window Boxes for your front porch or deck. We will be decorating them, filling them with potting soil and beautiful flowers to adorn your home. The class will be held in the multipurpose room on Wednesday, June 8th, 2022 from 1:00pm to 3:00pm, cost is \$5.00. There will be a limit of 25 so please be sure to sign up early. Hope to see you all there.



–Anita, Kathy, & Sue

NEW!
Watercolor Prism Technique
with Artist Nan Rumpf
Monday, June 13th from 9AM-12PM
\$12 per person, supplies included

In this single session watercolor workshop, we will develop a painting using the prism technique. This method gives a more contemporary look to representational watercolors. We will explore color value, color saturation, glazing and working with a limited palette. We will also try out methods to add patterns to your watercolors. Demos and handouts will be provided by the instructor. **Please call to register, space is limited; 978-540-2470**



NEW!
Tower Hill Botanical Garden
Guided Tour

Thursday, June 16th at 1:00PM

Join us for an afternoon guided tour of Tower Hill Botanical Gardens in Boylston, Ma. The trip includes round trip transportation. Vans will pick up at Town Hall at 1PM. Please call to register, 978-540-2470, space is limited!



This event is no cost to you thanks to the Friends of the Littleton



Tuesdays,
June 7, 14, 21, 28

1:00 PM– 4:00 PM, Room 230

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



Fridays, June 3, 10, 17, 24,
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 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 15th 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!



NEW!**The Evolution of COVID-19****Wednesday, June 22nd, 10:30AM, Room 233**

Join Katrina Wilcox-Hagberg, MPH, a research epidemiologist and Littleton resident. She has been using her public health knowledge to support the Littleton Board of Health, School Committee, and other Town departments and community groups since 2020, when SARS-CoV-2 (Covid-19) first made an appearance.

After 2 years of this Pandemic you may think you have all the tools and knowledge on what works, but with the ever changing recommendations and data it can be overwhelming and confusing to decide what's best for you.



Katrina will help us figure it out and put the data into language that is easy to understand. Please call 978-540-2470 to register.

Vladimir Putin - Corrupt, Competent, Brutal and Enigmatic**Wednesday, June 15 at 1PM, Room 233**

Join us for this new lecture with Henry Quinlan, Esq, founder and publisher of Omni Publishing Co.

Mr. Quinlan has a lengthy and impressive history with Russia that lends itself to this topic. He has been involved with the former Soviet Union and Russia since 1986 and has made more than 60 trips there. He lived in Moscow from 1990-1995 and witnessed the collapse of the Soviet Union.

Mr. Quinlan takes a look at the career of Vladimir Putin, the current President of Russia. He examines Putin's policies and actions, and asks "Could there be another Cold War?" There will be a discussion of what could topple Putin, and an examination of the policies and actions that could lead to a new "Cold War."



He will also look at the role of China in supporting Russia's goals and the current war in Ukraine- is this the end of the Putin era?

Call us to register: 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.

**Coffee with a Cop****June 10th at 9AM in the Courtyard**

Join EHS Staff along with Littleton Police Department's Senior Liaison Officer, Sgt. Camelo on Friday, June 10th at 9AM in the Senior Diner Courtyard for coffee and conversation! We had a great turn out for our last Coffee with a Cop, looking forward to seeing you all again! Please call 978-540-2470 to sign up.

Lunch Date: Soup & Sandwich Thursdays June 16, 23, 30 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.

**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.

**Women's Breakfast : June 15 @ 8:00AM**

Join us on Wednesday, June 15th 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: June 29 @ 8:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, June 29th from 8AM - 9AM in the Senior Diner. Just \$3 a plate. Please call 978-540-2470 to register.





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

Please contact **EHS at 978-540-2470** for more information and check out the LCAA tab on the EHS website or the 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

Get free at-home COVID-19 tests

- To get a Covid testing kit, please stop by the EHS/COA office or give us a call at 978-540-2470 if you need home delivery assistance, we have test kits available for all residents.
- Every home in the U.S. is eligible to order a 3rd round of free at-home tests through the federal government. Order yours today at www.covidtests.gov
- Need help placing an order for your at-home tests? Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

KATHLEEN M. O'CONNOR

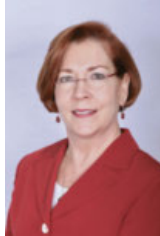
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LITTLETON EHS TRANSPORTATION

- 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 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.