

The Broadcaster

JULY & AUGUST 2022



IMPORTANT NOTES:

**Senior Cookout with
Senator Eldridge and
State Rep. Arciero**

**Thursday, August 18th at
12PM in the Courtyard
and MPR, Please call
978-540-2470 to register!**

**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!**

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From Liz's Desk: Hello everyone, we hope you are enjoying your summer and taking time to enjoy the warm weather and sunshine. We hope to see you at our programs over the summer— make sure to take time for YOU and the things you enjoy!

Senior Tax Work Off Program:

The Senior Tax Work-Off Program allows eligible seniors to work in Town Departments and receive in exchange an abatement on their property taxes. Work is paid at the minimum wage and the "wages" earned are applied to property taxes as an abatement.

You may be eligible if you:

- Are 60 years of age or older
- Possess skills needed by Town Departments
- Own the property for which taxes are paid
- Sign up annually through the EHS/COA Dept

The sign-up for the new fiscal year's program will begin July 6th. 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. If you had changes to your Deed (such as establishing a Trust), contact the Assessors Office #978-540-2410 to ensure that you still qualify.

If you are a brand new participant enrolling for the first time, you must come to the office to complete the paperwork in-person and discuss placement options.

NEW! Our Senior Tax Work Off Program is getting an upgrade!

This will be a unique transition year for us, and our timeline will be changing slightly in order to implement the new changes, including an increase in our abatements. We will be holding two information sessions with our Chief Assessor and our Finance Director to explain the changes and answer any questions. We strongly encourage you to attend! Please join us on either **July 12 @ 1PM** or **July 14th @ 10AM in Room 103.**

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, and households may participate in both programs. Call Littleton's Veteran's Agent, John Boroski, at 978- 540-2485 for details or visit: www.littletonma.org/veteran-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*.
www.littletoncenteronshattuck.com/



COA Board Update

Hello Everyone! Huge thanks to Tim and Jon from PRCE, Liz, Nicole, and Amy for a marvelous Spring Fling event attended by 90+ Littleton seniors the end of May. It was great seeing so many folks who

ventured out to welcome spring, summer, and resumption of special events! Here we are, now into summer and the time for more relaxation and fun. Hopefully, you will find some events of interest in this July & August issue of the Broadcaster and continue to connect with others. Please also remember to invite a friend, neighbor or other person who tends to stay home a lot of time. Sometimes, it just takes a few invites to encourage and help others to get out and experience fun.

Kindness does not require any money, takes little effort and always is a good thing! Best wishes for a great July and August!



- *Marge Payne*, Chair, COA Board

IMPORTANT REMINDER:

Registration opens on Friday, July 1st at 9AM for all programs and activities included in this newsletter (Virtual, grab-and-go, outdoor activities, and 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
 Joseph Knox
 Susan Melander
 Lorilei Richardson
 David Sill
 Jeanne Sill

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

Main Phone: 978-540-2470
 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
 Joe Barry

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*

What a vibrant and active group of Seniors we have in Littleton! The Spring Fling, sponsored by EHS and PRCE didn't disappoint! The Friends were honored to have been invited to attend and display our table of raffle baskets generously donated by some of our local businesses. We wish to acknowledge LELWD, Hair by Kara, Reflections Salon, A Spa for You, Bella Vista Nail Salon, Marilyn Fedele's hand painted mailbox, and Kay Flight's 2 beautifully crocheted afghans. We are grateful to all who participated in the raffle that raised hundreds of dollars to benefit seniors. You ROCK!!.... and rolled and danced the night away!

The Friends are also pleased to have sponsored the Tower Hill Botanical Garden Tour and supported the Outdoor Digital Photography Class. What a wonderful way to learn or enhance a skill and enjoy nature and fellow participants. For all you Bingo enthusiasts, the Friends are donating a Light Up numbers board to enhance your experience! No more wondering what number was called!

"You are never too old to set another goal or to dream a new dream." -C.S. Lewis

So, stay active and enjoy all the programs EHS/COA have to offer!

The Friends welcome any donations, large or small. Together we can all make a difference!

*This symbol signifies
Friends funding for
the program!*



**FLCOA,
PO BOX 134,
Littleton, MA, 01460
lcoafriends@gmail.com**

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! July dates are 7/12 & 7/26 and August dates are 8/9 & 8/23. Email Nicole to register: NSarvela@littletonma.org or call 978-540-2470

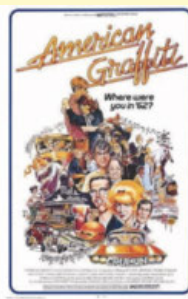
Living Alone & Living Well Group: Group meets via Zoom monthly, contact Amy at 978-540-2470 to sign up & receive the Zoom link. July date is 7/21, & August date is 8/18, both run from 10:30am-11:30am.

Caregiver Support: The Caregiver Group will not be meeting in July. August date is 8/31 with hosts Samartian HomeCare. Please call Amy to sign up at 978-540-2470.

Pizza and a Movie

Wednesday, July 13th at 1PM, \$5 per person

Join us for a viewing of American Graffiti & pizza to escape the summer heat. Call to register.



Where were you in '62?

A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals.

OUTREACH CORNER

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

Tax Relief for the Elderly and Disabled

T.R.E.A.D. is a program that was designed to assist low-income, elderly, and disabled Littleton residents with their property taxes. Donations are received throughout the year and deposited into a special account. Each year, eligible Littleton residents apply for this financial assistance and the funds within the account are divided among the eligible applicants and applied to their 3rd /4th quarter property tax bills. This program is not to be confused with the tax abatement programs through the Assessor's office. If you have applied for and received a tax abatement through the Assessor's office, this will not make you ineligible for this program.

The program guidelines and applications are available on the Elder & Human Services website. The applications are in a printable PDF format. If you do not have access to a printer, applications are able to be picked up at our office. If you wish to discuss the guidelines to determine whether you are eligible, contact our office at 978-540-2472, we would be happy to review the parameters of the program further with you.

Applications and the required supporting documentation must be received by September 30th. Applications that are incomplete or submitted to Elder & Human Services after September 30th will not be considered.



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!

NEW!

Lunch and Learn with Badger Wednesday, July 27th at 12:00PM

Come enjoy a delicious lunch as the staff of Badger Funeral Home talks about the benefits of pre-planning, veterans' benefits, cremation, Life Celebration, obituary writing, and more. Please call the office at 978-540-2470 to register. Location MPR

Book and a Bite

EHS/COA and the Reuben Hoar Library have collaborated to help senior residents feel less isolated. Seniors can 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.



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.

Farmers Market Coupons

We will be receiving our coupons until late July / early August. Please give Amy a call if you are interested at 978-540-2470

Rental Assistance Programs


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



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



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		JULY 2022		Meals on Wheels Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE #781-325-7879	For weather emergencies and cancellations, please check Fox 25 TV station.	Entrees that contain more than 500mg sodium are designated by an *.		1 Potato Pollock Whipped Potatoes Zucchini & Summer Squash Whole Wheat Dinner Roll Dessert of the Day	
4 HOLIDAY NO MEALS SERVED 	5 SPECIAL Chicken Sausage**, Pepper, & Cheese Grinder Red Bliss Potatoes Grinder Roll Dessert of the Day Diet Dessert of the Day <i>*Sausage has pork casing*</i>	6 Grilled Chicken Breast With Peach Salsa Wild Rice Pilaf Broccoli Rye Bread Dessert of the Day	7 Chicken with Balsamic Glaze Quinoa with Roasted Veggies Glazed Carrots Wheat Bread Dessert of the Day	8 Roast Pork With Herb Gravy Scalloped Potatoes Italian Veg Blend Wheat Dinner Roll Dessert of the Day	
11 Barley Black Bean Chili* Brussels Sprouts Whole Wheat Dinner Roll Dessert of the Day	12 Grilled Chicken Breast With Marsala Sauce Bread Stuffing Broccoli Pumpernickel Bread Dessert of the Day	13 French Meat Pie Capri Vegetable Blend Multigrain Bread Dessert of the Day	14 Sliced Roast Turkey With Tarragon Gravy Whipped Sweet Potato Peas Rye Bread Dessert of the Day	15 Chicken Teriyaki Vegetable Fried Rice Asian Veg Blend Multigrain Bread Dessert of the Day	
18 Breaded Chicken Drumstick Sour Cream & Chive Whipped Potato Carrots Whole Wheat Dinner Roll Dessert of the Day	19 Potato Pollock Tartar Sauce Yukon Gold Potato Green Beans Multigrain Bread Dessert of the Day	20 Meatball Grinder With Tomato Basil Sauce Seasoned Potato Wedges Spinach Grinder Roll Dessert of the Day	21 Beef Stew Brussels Sprouts Corn Muffin Dessert of the Day	22 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Dessert of the Day	
25 Beef Taco Spanish Rice & Beans Corn Tortilla Dessert of the Day	26 Breaded Chicken Breast* With Tomato Basil Sauce and Mozzarella Cavatappi Pasta Brussels Sprouts Whole Wheat Dinner Roll Dessert of the Day	27 Pulled Pork Sandwich With BBQ Sauce Baked Beans California Veg Blend Whole Wheat Bread Dessert of the Day	28 Cheese Omelet With Cheese Sauce Chicken Sausage Patty Seasoned Home Fries Spinach Whole Wheat DinnerRoll Dessert of the Day	29 Meatloaf With Beef Gravy Mashed Potatoes Green Beans Multigrain Bread	

 <p>Generations LAW GROUP</p> <p><i>Celebrating 15 Years</i></p> <p>WE SERVE METRO WEST BOSTON WITH CONVENIENT LOCATIONS IN ACTON, SUDBURY, AND BURLINGTON</p>	<p>Protecting Today What Matters Tomorrow</p> <p>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.</p> <p>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.</p> <p>We serve MetroWest Boston with convenient locations in Acton and Sudbury</p> <p>978-263-0006  GenerationsLawGroup.com</p>
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JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 27 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	JUNE 28 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	JUNE 29 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	JUNE 30 11:15-12:15 Stretch & Flex 12- Soup & Sandwich	1 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
4 CLOSED 	5 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	6 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00-3:00 Craft Class	7 11:15-12:15 Stretch & Flex 12:30 Pizza & Movie	8 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
11 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 Meeting	12 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Tax Work Off Program Info Session 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	13 8:00:-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Pizza & Movie	14 10:00-11:00 Tax Work Off Program Info Session 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 5:00-7:30pm Third Thursday at Fay Park	15 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
18 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	19 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	20 9:00-10:00 Walking Club 9:30 Coffee with Fire Chief Connor 9:30-10:30 Yoga for Strength & Balance	21 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex 12- Soup & Sandwich	22 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
25 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	26 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00 Happy Hour in the Courtyard 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	27 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch & Learn with Badger Funeral Homes	28 11:15-12:15 Stretch & Flex 12- Soup & Sandwich	29 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo



AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	3 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	4 11:15-12:15 Stretch & Flex 12- Soup & Sandwich	5 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
8 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	9 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	10 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	11 11:15-12:15 Stretch & Flex 12- Soup & Sandwich	12 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
15 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	16 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	17 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	18 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex 12:00- Senior Cookout with Senator Eldridge and Rep. Arciero 5:00-7:30pm Third Thursday at Fay Park	19 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
22 9:30 Pick Your Own Bouquet at LCF 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	23 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	24 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	25 11:15-12:15 Stretch & Flex 12- Soup & Sandwich	26 10:00-11:00 Mindful Movement with Jenny 1:00-2:30 Bingo
29 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	30 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00 Happy Hour in the Courtyard 1:00-4:00 Mah-Jongg 2:00 Dancing Demo	31 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 6:00 Caregiver Group	GREEN= In Person RED= Virtual Purple= Hybrid	



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, July 5, 12, 19, 26th– August 2, 9, 16, 23, 30 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

Fridays from 10AM-11AM at Fay Park

Summer Session 1: July 22nd- August 26th
Summer Session 2: Sept. 2nd - October 7th



Join us for a 6 week series combining mindful meditation & gentle yoga stretches outdoors at Fay Park, weather permitting. \$15 per session.

2022 Pickleball Memberships

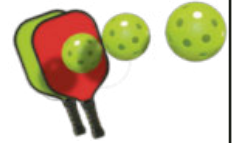
Pickleball Membership is for the calendar year. Members get access to Littleton PRCE nets and reservation of Pickleball courts at no additional fee.

Individual Membership:

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

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

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



SET PICKLEBALL OPEN PLAY RESERVED TIMES:

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

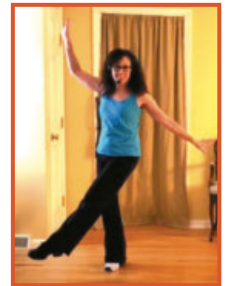
Questions? Please call the PRCE 978-540-2490

Line Dancing with Kari

Mondays in the MPR, \$15 for the month of July, \$25 for the month of August

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

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



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



Craft Class– On Summer Break!

Well, we have just finished our June craft class of Window Boxes. The year has been very successful. Kathy, Sue and I are so happy that our craft class has grown so much and that there are so many talented Seniors enjoying all that we have done. We are going to take time off for July & August and come back with another year full of wonderful projects for all of you. A special thank you to my husband David for all of his woodworking. The projects have been a lot of fun. We will see you all in September! Anita

Save the Date:

Brains & Balance Class Returns!

8 week session - Wednesdays at 11AM, **Sept 7th – October 26th** This class helps you stay mentally sharp and improves your balance to prevent falls. The cost is \$40. Class size is limited, call to register 978-540-2470

NEW! R.A.D. Self Defense for Seniors

Join LPD's Officer Abu for a 4 part self- defense course! Wednesdays in September (beginning 9/7) from 12:30-2:30, your first class will meet at the Littleton Police Department, subsequent classes will meet in the Multipurpose Room of Town Hall.

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

NEW! Happy Hour in the Courtyard

Tues, July 26th @ 1PM & Tues, August 30th @ 1PM

Join us for Happy Hour in the Courtyard! EHS staff will be serving sparkling water beverages with your choice of fruit from a delicious fruit buffet. Come with a friend or meet someone new.

Please call 978-540-2470 to register.



Coffee and Donuts with Littleton's new Fire Chief

Join us on the Courtyard for coffee and donuts to meet our new Fire Chief, Robert Connor!

Wednesday, July 20th at 9:30AM, please call to register, 978-540-2470.

NEW! Pick your Own Flower Bouquet Monday, August 22nd at 9:30AM

Join us for a trip to the Littleton Community Farm on Monday, August 22nd at 9:30AM to pick your own flower bouquet.

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

NEW! Dancing Demonstration and Instruction

Tues, August 30th at 2PM, \$5 per person

A great program for anyone interested in dancing and dipping their toe into learning something new!

Sierra Surette & Michael Winward Duet, *Steps In Time*, will join us in performing as many as 8 different routines, including Foxtrot, Ballet, Tango, Jazz, Tap, Swing, Waltz, and Hustle. In between routines, they will lead seated stretching to music of that style; towards the end of the demo, participants will be encouraged to try their hand at any of the routines demonstrated. **Please register, 978-540-2470**, space is limited as to allow everyone an opportunity to dance with 1 of Steps In Times' classically trained dancers. Location: MPR



Tuesdays

**July 5, 12, 19, 26
August 2, 9, 16, 23, 30**

1:00 PM– 4:00 PM, Room 230

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



**Fridays July 1, 8, 15, 22, 29
August 5, 12, 19, 26 @ 1:00 PM
in the Senior Diner**

Join us for BINGO in the Senior Diner every Friday afternoon. Pre-registration required. Call 978-540-2470 to sign up. *Thanks to the Friends for sponsoring Bingo prizes!*



Loving Stitches - Every Monday Call for knitters, crocheters etc.!

The Loving Stitches group meets every Monday from 12:00-2:00 PM @ 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!



Lunch Date: Soup & Sandwich Thursdays- July 7, 14, 21, 28 August 4, 25 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.



Women's Breakfast

July 13, and August 17 @ 8AM

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

July 27 and August 3 @ 8AM

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.



978-540-2475

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

Check it out!

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

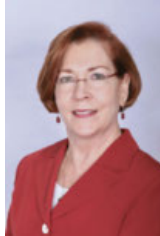
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LITTLETON EHS TRANSPORTATION

TRIP FARES

- 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.

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.