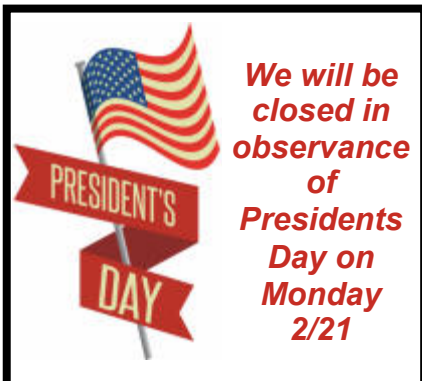


The Broadcaster

FEBRUARY 2022



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!



We hope your month is filled with love and kindness!

Reasons to Build a New Senior Center for Littleton

Why the "The Center on Shattuck Street" is Needed

There are currently over 2,200 Littleton residents over 60 years old and another 1,200+ in the 50-59 age bracket. According to the Needs Assessment for Littleton by UMass Boston, the number of seniors in Littleton will rise to almost 40% of the total population by the year 2030. They forecast that number to be about 3,800 residents over the age of 60. The next 10 years will be critical as we will need to continue to expand to provide services to a new generation of seniors and our expanded community.

We currently actively serve 39% of Littleton's seniors. EHS is also responsible for providing services to all residents, regardless of age. The number of unduplicated residents served under age 60 has increased a monumental 209% from 2015 to 2021.

Meeting the Needs

The EHS/COA Dept serves all ages of the town, and has contact with over 1,000 unduplicated people per year. We do this all within 3,800 sq ft, which limits our capacity to expand and implement new programs to meet the ever-changing and evolving needs of the community.

Accessibility for All

Older adults make up 25% of Littleton's residents, and this age demographic has unique requirements and needs for accessible and inclusive space. Our current space is difficult to navigate, and hard to find, due to the age of the building and location of offices. Although we always accommodate needs the current space still has challenges. Even fully ADA compliant buildings sometimes lack design details that are comfortable for, and inclusive of, older adults and those with physical limitations.

Age Appropriate Space

A modern building would utilize socially inclusive architecture, encouraging engagement and fostering a sense of belonging in a space. Special consideration has been given to the design and the materials to be potentially used in this building project. Age-inclusive space is a must!

Community Services Together

The Center on Shattuck Street could be the home of our senior center, our Human Services Dept, and our Veterans Agent, conveniently locating all Community Service Depts in one location for ease of access for residents.

Learn more here: <https://www.littletoncenteronshattuck.com/>



COA Board Update:

Welcome to February! Time seems to be rushing by, although it is the time of year when things sometimes

feel slowed down! It is also the time of year when we often hear the words love, caring & sharing. I love knowing that the Senior Center project remains on target to be ready for Town Meeting in May. I love being able to share with you that the cost estimate for the new building should be completed sometime this month (if not done by the time you get this). Give some thought to participating in the February Craft group. You will love the project planned to honor Valentine's Day for sure! Speaking of sharing: Please pay close attention to the Action Unlimited, the Eagle Independent, the EHS/COA Weekly E-News (if you do not already receive this, call 978-540-2470 to find out how to sign up)! The months of February, March & April will feature information about the proposed new Senior Center! It is important to be informed and share news with others.

- Marge Payne, Chair, COA Board

IMPORTANT REMINDER:

Registration opens on Monday, February 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.
- 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

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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 Hoag, Secretary
Tony Jesensky, Treasurer
Andy Fredette, Assistant Treasurer
Sandra Casale

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.

Now offering office hours on-site at several Littleton apartment communities

In November, the EHS/COA Department coordinated with the Littleton Housing Authority, to provide on-site office hours for residents. Outreach set up within the community room and was available for consultations, general questions or to set up an appointment for conversations that require more privacy. We received a lot of positive feedback so the EHS/COA Department is working to set up schedules for on-site office hours within other communities in town. Outreach will be in the Community Room at the Littleton Housing Authority from 10:00am-1:00pm on the following dates in 2022; February 9th, May 11th, August 10th, November 9th

MENTAL HEALTH & WELLNESS

Your mental health is important!

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 the Town of Littleton. The goal of the program is to provide greater housing stability and housing opportunities to cost burdened renters in Littleton. The rental 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 are available on our website:

<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!

Shine is a program of Minuteman Senior Services and partially funded by the federal Administration for Community Living with local funding provided by Winchester Hospital and Lahey Hospital and Medical Center, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private contributions.

GROUPS

Anxiety Group: Our Anxiety Group meets every other Tuesday from 1pm-2pm via Zoom. We would love to have you join! Feb. dates are 2/8 & 2/22. 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. February date is 2/17 10:30am-11:30am.

Caregiver Support: Next meeting will be 2/23 @ 6pm in the Senior Diner. Our host, Margaret Hoag, Attorney, will lead a brief discussion and provide dinner. Pre-registration is required, 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

How did it get to be February already? I thought Christmas was just here!

This virus is keeping us on our toes. We must be mindful of what is going on, even if we don't like it. Trust the experts who are doing the very best they can for ALL of us.

Our new Senior Center is looking more positive everyday. Imagine in 11/2 -2 years from now, we'll finally have our very own. Think positive thoughts!

It was 30 years ago the Friends of the Littleton Council on Aging became incorporated, and started the campaign for a Senior Center. Hard work by so many, will make this happen. We must remember to be vigilant and to vote "yes" at our Town Meeting this May.

On another happy note, I have more good news for you. I mentioned to you in the last Broadcaster, that I was having a meeting with the Select Board regarding the reopening of our Thrift Shop. Guess what? They all agreed it was time. We just might be staying in the old building and probably in our old space. This is looking very positive. Liz Tretiak has been very supportive and helpful regarding all of this.

Some departments will be moving into the old library, thus opening up space. I'm guessing that if all goes well, we just might be able to move in April/May. I promise to keep you informed.

Please keep in mind, that it is the responsibility of the Friends of the LCOA (FLCOA), to financially support the COA whenever we can. If you'd like to make a donation to support Littleton's Seniors, please make your check payable to:

FLCOA, P.O. 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**.

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.

Watch "Highlights" on LCTV

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

Highlights is available on 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.**



Winter Weather Policy

If Littleton Public Schools are closed due to inclement weather, Littleton EHS Vans will not run. The safety of Littleton residents and our van drivers is of the utmost importance. In the event of a snowstorm, please check to see if Littleton schools are closed. If they are, you will be contacted to reschedule your ride.

If Town Hall is closed due to weather, all in-person EHS Programs will be canceled for that day, if you are unsure please call the main office at 978-540-2470. Stretch and Flex will provide a Zoom option for any classes scheduled during inclement weather.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE	1 French Meat Pie Brussels Sprouts Multigrain Bread Dessert of the Day	2 BBQ Pork Baked Beans Mixed Vegetables Wheat Sandwich Bun Dessert of the Day	3 White Chicken Chili Brown Rice Corn Wheat Bread Dessert of the Day	4 Beef Bolognese Penne Pasta Italian Vegetable Blend Italian Bread
7 Chicken and Rice Bake Spinach Multigrain Bread Dessert of the Day	8 Chicken Thighs Cacciatore Sauce Tri-Color Rotini Pasta Italian Vegetable Blend Wheat Bread Dessert of the Day	9 Turkey & Corn Stew Broccoli Dinner Roll Dessert of the Day	10 Roast Pork with Rosemary Gravy Yukon Gold Potatoes Brussels Sprouts Multigrain Bread Dessert of the Day	11 Meatballs with Hawaiian Sauce White Rice Asian Vegetable Blend Wheat Bread Dessert of the Day
14 Chicken with Red Pepper Sauce Israeli Couscous French Green Beans Wheat Bread Dessert of the Day	15 Scallops with Lemon Dill Sauce Scalloped Potatoes Broccoli Multigrain Bread Dessert of the Day	16 Diced Chicken with Pesto Cream Cavatappi Pasta Italian Vegetable Blend Italian Bread Dessert of the Day	17 SPECIAL Beef Tips with Bourbon Sauce Smashed Red Potatoes Creamed Spinach Dinner Roll Dessert of the Day	18 Macaroni and Cheese Stewed Tomatoes Wheat Bread Dessert of the Day
21 President's Day No Meals Served 	22 Chicken Breast with Apple Berry Sauce Mashed Sweet Potatoes Cauliflower Wheat Bread Dessert of the Day	23 Lasagna Roll with Meat Sauce Italian Green Beans Multigrain Bread Dessert of the Day	24 Diced Chicken with Sweet & Sour Sauce Vegetable Fried Rice Asian Vegetable Blend Wheat Bread Dessert of the Day	25 Roast Pork with Jardinière Gravy Mashed Potatoes Herbed Carrots Dinner Roll Dessert of the Day
28 Potato Pollock Tartar Sauce Orzo w/ Spinach Pilaf Capri Vegetable Blend Wheat Bread Dessert of the Day				For weather emergencies and cancellations, please check Fox 25 TV station

THIS SPACE IS FOR ADS:



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FEBRUARY 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 9:30-10:30 Gentle Flow Yoga	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 Noon-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	8 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00 Mammals of New England Presentation 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	9 7:30-9 Women's Breakfast 9-10 Coffee w/ a Cop 9:30-10:30 Gentle Flow Yoga 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 10:00-11:00 Tai Chi 12 Noon Valentines Grab N Go Noon-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 3:00- COA Board 	15 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	16 9:30-10:30 Gentle Flow Yoga	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 10:00 -2:00 Podiatry Clinic 1:00-2:30 Bingo
21  COA CLOSED	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	23 7:30-9 Mens Breakfast 9:30-10:30 Gentle Flow Yoga 6:00 Caregiver Support	24 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:15-1:00 Mystery Bags 2:00-3:00 Tiger Tech	25 1:00-2:30 Bingo
28 10:00-11:00 Tai Chi Noon-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca		IN PERSON EVENTS - GREEN VIRTUAL (ZOOM) EVENTS - RED HYBRID EVENTS - PURPLE		

THIS SPACE IS FOR ADS:



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Littleton Council on Aging, Littleton, MA 06-5119

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.



INCLEMENT WEATHER POLICY

IF TOWN HALL IS CLOSED:

Stretch & Flex will be via Zoom for all registered

<https://us02web.zoom.us/j/403955395>

Meeting ID: 403 955 395

Yoga will be via Zoom for all who have registered

<https://us02web.zoom.us/j/86707548751>

Meeting ID: 867 0754 8751

IF TOWN HALL IS OPEN:

Stretch & Flex will be offered online (since it is anyway) for all who have registered

<https://us02web.zoom.us/j/403955395>

Meeting ID: 403 955 395

Yoga will only be offered in person for those who registered

Blood Pressure Screenings

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

Podiatry Clinic with Dr. Ayleen Gregorian



Friday, February 18th from 10AM-2PM, in COA Room 233. Appointments are required, \$35 per person. Please call to register, 978-540-2470



NEW CLASS!

Seated Chair Yoga

Instructor: Rebecca Reber

Mondays 12:45-1:30, \$9 for the month of February (excluding Presidents day) 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]

Veterans Services

Our Veterans Agent provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military / Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more.

Chapter 115 Veterans ' Benefits Program

Are you a veteran, dependent, or widow/widower of a veteran? Do you live in Massachusetts? Do you make less than \$2,147 (single) or \$2,964 (couple) a month? Are your assets under \$8,400 (under \$16,600 if married)? If you answered yes to these questions, you may be eligible for MGL Chapter 115!

Please call **John Boroski** at **978-540-2485**

to make an appointment.





Craft Class



It is February, the month of love, remembering and acts of kindness. We will be creating a craft with love and kindness in mind to share with many. This will be a surprise for all so please sign up for this class and share in the fun and joy. The class will be on February 9 from 1:00 to 3:00 in the multipurpose room. The class will be free so sign up early.

Mammals of New England

Presenter: Joy Marzolf of The Joys of Nature

Tuesday, February 8th at 1:00 p.m. Via Zoom

https://actonma.zoom.us/webinar/register/WN_0JWZdKBWT9mrNgvDIYNISQ

There is a wide range of mammals found around New England, from the woods, fields and suburbs to the seashore. From the shy fisher to the comical chipmunk, rabbits, foxes, deer, coyotes and even black bear might visit neighbor-hoods, sometimes under the cover of night. Learn about mammal behavior, tracks and signs to help figure out who is in your neighborhood! But what about the shore? There we might see harbor, gray or even harp seals, or dolphins and whales off shore. Learn more about our **New England marine mammals and tricks for telling them apart.**

Joy has been offering a variety of animal-related education programs for over 20 years. She has worked with a wide range of animals including marine mammals in rehab/rescue programs in Massachusetts, and a wide variety of captive and non-releasable rescued animals in Oregon. She has worked with reptiles in the wild and in captivity for over 20 years. Most recently, she was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife Sanctuary.

Funding for CHNA15 is provided from Lahey Hospital and medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DON) process



Tuesdays,

February 1, 8, 15, 22

1:00 pm – 4:00 pm

Pre-registration required.

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



Fridays, February 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

Bring your knitting projects and join the welcoming group of ladies of Loving Stitches. Meets **Mondays, from 12:00-2:00 pm** in Room 230. We welcome new members of all skill levels! Please contact the EHS Dept. at 978-540-2470 for more information.

Tiger Tech

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.

Coffee Coloring and Conversation

Next group is **Monday the 7th**. Bring your pencils and pens— theme is mandalas and mochas! Beautiful coloring sheets provided. Call to register!



Bill Vales' Virtual Internet & Computer Classes

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

To signup 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 to 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.

February 3	Using Search in applications. Searching for general information, images and YouTube
February 10	Privacy on the web. Browser history, incognito in browsers, ad Blockers, site trackers
February 17	Sharing Information on the Web (Dropbox, Google Drive)
February 24	Data backup strategies.



Valentine's Day Grab and Go

FEB 14 @ 11AM

Grab yourself something sweet this Valentine's Day, courtesy of Nashoba Park in Ayer. Monday, February 14th at 11:00AM, drive up to the *old* Reuben Hoar Library for pickup. Please call 978-540-2470 to register, space is limited!

Coffee with a Cop

FEB 9 @ 9AM

Come enjoy a cup of joe with Littleton's Senior Liaison, Officer Derek Camelo. Wednesday, February 9th from 9- 10AM in Room 233. Please call 978-540-2470 to register.

Women's Breakfast

FEB 9 @ 7:30AM

Join us on Wednesday, February 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

FEB 23 @ 7:30AM

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



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!

Line Dancing

Stay tuned for the return of in-person Line Dancing with Kari! You can dance along with Kari on LCTV On Demand here:



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

Snowflakes in the February Mystery Bag? Guess you'll know if you sign up. New surprises will fill the February Mystery Bag, including word games, puzzles and a couple of heart warming challenges.

The next Mystery Bags will be available for pick up in the **Courtyard on Thursday, February 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 February Mystery Bag on registration day, Tuesday, February 1 at 9AM by calling us at 978-540-2470.





The Littleton Coalition Against Addiction is a multi-pronged response to the opioid epidemic playing out across Massachusetts. It aims to act as a body capable of enacting education, social support & material outreach towards residents in local communities who have found themselves affected by the epidemic. From nalox-

one 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!



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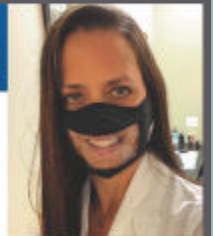
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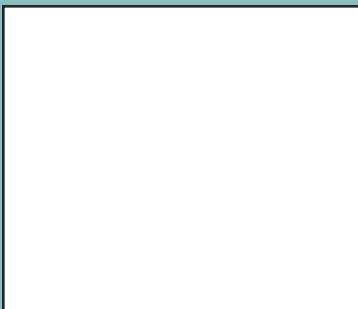
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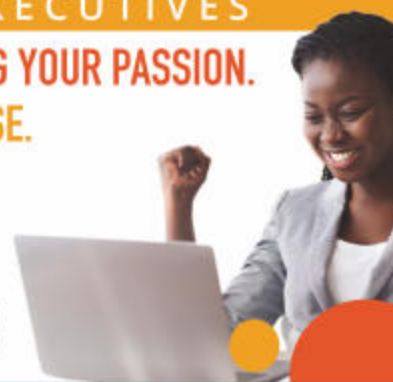
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TRANSPORTATION

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 am-4:00 pm
- Messages on the answering machine after 4:00pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests.
- Ride service is curb-to-curb.
- Requests should be made 48 hours in advance.
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.

LITTLETON EHS TRANSPORTATION

Rides are provided to appointments between 9:00 am and 3:00 pm.

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**
- Veterans ride for free.

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

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

REMINDER

If you use the van on a weekly basis, please call EVERY week to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.