

The Broadcaster

December 2022



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IMPORTANT NOTES:

Closed for the
holiday on Monday 12/26



Happy Holidays to you and
warm wishes for a happy
and healthy New Year!

-The EHS/COA staff

Liz, Nicole, Sue, Amy, Alicia

From Liz's Desk: Hello Everyone! We have an exciting month ahead of us! Between the holidays and the events going on, it is sure to be busy! Now that winter is in full swing, please reach out if you need assistance with heating costs. Our Outreach Coordinators have access to many resources and benefits you may be eligible for and they are happy to confidentially assist you in applying.

December typically brings us snow and ice, so please check out page 3 to read about our *Sand for Seniors* program and prevent slips and falls outdoors this winter! We will be delivering sand/ice melt mix to seniors who are eligible, please give us a call for more information on the program.

New Building Update: We have completed the process of selecting our new building project's Construction Manager: Commodore Builders. As of the time of writing this in mid-November, we are fine tuning design development with LLB Architects, and are thrilled to bring Commodore on board to help us bring the project across the finish line. Thank you to the Permanent Municipal Building Committee for their expertise and assistance with this process. Be sure to keep checking our website for the latest designs and meetings recordings pertaining to the building project. Every day we are getting closer to getting the shovel in the ground! LittletonCenterOnShattuck.com



Winter Brunch Buffet Wednesday, December 14th at 10AM



Join us on Wednesday, December 14th at 10AM at Il Forno Restaurant here in Littleton for a delicious full Brunch Buffet, sponsored by the Friends of the Littleton Council on Aging. Please call 978-540-2470 to register, space is limited! \$5 per person.

Receive Public Notifications For the Town of Littleton!



How to sign up? It's easy!

Simply go to www.littletonma.org/subscribe and enter your contact information. You will receive updated notifications through your preferred method via email, voice or text. You can unsubscribe or make modifications at any time after signing up.

Community Impacts

Transportation Issues

Public Health Concerns

Public Safety Activity

Town Meeting Changes

Town Events

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



COA Board Update

Welcome December! Are you ready to celebrate the so wonderful December holidays? We all recognize that there will be such a variety of ways to be a part of the season... and that it may be hard to decide which event to partici-

pate in. Let me suggest that you look for the EHS Loving Stitches table at the Annual Town Fair, December 3rd.

The table has a WIDE selection of handmade gifts made by group members as well as some donated by residents who choose to work at home. ALL proceeds from the sale go directly to the EHS Town account to support senior events as well as the Senior Center. If you have an item you wish to contribute, please feel free to drop it off at the EHS/COA office and label it for the Loving Stitches group and include your name so we can thank you!



Progress continues regarding our senior center, and we are anxiously awaiting groundbreaking early 2023!



Sincere wishes for a great month and remember to be kind to yourself!

-Marge Payne,
Chair, COA Board

IMPORTANT REMINDER:

Registration opens on THURSDAY, DECEMBER 1ST at 9AM for all programs and activities included in this newsletter, 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'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 necessary. We reserve the right to pause or alter programs, 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.
- Residents are always welcome to set up appointments to meet in person with staff members.
- We strongly encourage you to sign up for our weekly e-newsletter to stay informed about additions or changes to programs or schedules.

The Littleton EHS / Council on Aging values the diversity of our participants, staff, volunteers, and the Littleton community. We strive to promote a welcoming environment including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

STAFF

Liz Tretiak, EHS Director
Nicole Sarvela, Assistant EHS Director
Amy DeMichele, Outreach Coordinator
Alicia Rego, Outreach Coordinator
Sue Raymond, Administrative Assistant
Neil Campbell, Driver
Richard Kent, Driver
Peter McGowan, 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
Senior Diner: 978-540-2474

Monday-Friday
9:00 am- 4:00 pm

FRIENDS OF THE COA

Holly Steward, President
Sandra Casale, Vice President
Susan Haug, Secretary
Tony Jesensky, Treasurer
Andy Fredette Asst. Treasurer
Joe Barry
Nancy Levine

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 Council on Aging: The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us. One custom that is shared across many religious and cultural traditions from Christmas to Hanukkah to Kwanzaa is the act of giving to others.

Making a gift to a charity is an amazing alternative to traditional gifts. Whether you give a gift in honor of or in memory of someone, these contributions for the greater good might matter more than you think. The Friends will provide this opportunity at the Holiday Bazaar. When you donate to the Friends, we will send a lovely, personalized card to the recipient acknowledging your thoughtful gift in their name. Your donations leave a positive and tangible impact on our community.

As we get closer to breaking ground on our long anticipated Senior Center, another vital gift you could give the Friends is your gift of TIME! Do you have a talent for fundraising, marketing, outreach, teamwork, out front or behind the scenes? Please volunteer to say, "I'm in!" There is no better way to end the year than by giving back. We really need you!! Email us at: lcoafriends@gmail.com

Kicking off this month is the annual Holiday Bazaar on Dec 3rd. We will have a variety of gift baskets along with our honor cards. Please stop by to say hello! We highly recommend signing up for "Night Lights" at the Botanical Gardens as well as attending the brunch on December 14th at Il Forno's. Both should get you into the holiday spirit! We thank our donors for helping to make these and many other events possible.

Tiger Tech: Technology Assistance!

Meet with LHS students on Thursdays from 2-3pm to get answers for all your smart phone/ computer/ technology/social media questions! This program is in collaboration with Littleton Public Schools. For more information or to sign up, please call 978-540-2470.



Dec. 2 & 3 7pm
Dec. 4 1pm

Students \$10 Adults \$12

Littleton High School
LittletonMiddleSchoolDrama.com

FREE SMOKE & CARBON MONOXIDE DETECTORS



The Littleton Fire Department has teamed up with Littleton Elder & Human Services to assist senior residents with **FREE** Smoke and Carbon Monoxide Detector Inspections and installations. **Contact LFD to set up an appointment at 978-540-2302.**

The Neighborhood Supper

Come enjoy a dinner out each Tuesday evening at the Congregational Church at 330 King Street, from 5:30-6:30 pm. The Neighborhood Supper is hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's **FREE!**

Sand for Seniors



Snow and ice are right around the corner! Sand for Seniors is a program designed to increase safety during the winter and was created for eligible seniors who are physically or financially unable to acquire their own bucket of an ice melt product.

This program is available to Senior Littleton residents who meet the following criteria: be a Senior Littleton resident; live in their own home; and are unable to physically get ice melt product OR unable to afford ice melt product. If you are interested in the program, please call the EHS Office to confirm your eligibility. If you qualify, you will have a bucket of ice-melt product delivered to your door by a staff member or volunteer for use on your property. For more information or to sign up for the program please call 978-540-2470.



Groton Hill Music Center's BACH'S LUNCH CONCERTS

Free monthly concerts featuring! Online reservations are necessary. Located at 122 Old Ayer Road, Groton, MA. Call 978-486-9524 or visit grotonhill.org/bachs-lunch

THURSDAY Dec.8th at 11am and 1:30pm:
Violin & Piano Duo- *20th Century Classics*, with Li-Mei Liang, playing violin & ChiWei Lo, playing piano.

Get free at-home COVID-19 tests

To get a free Covid testing kit, please stop by our office or give us a call at 978-540-2470. If you need home delivery assistance, please let us know.



We have test kits available for residents of all ages.

OUTREACH CORNER

Please contact Amy or Alicia at 978-540-2470 for Outreach assistance.

SCAMS – Stay Informed, Stay ALERT

In November, we had 3 Special Agents from the Lowell FBI Office come in and provide an informational presentation on several types of financial scams that target seniors. They reviewed everything from phone/texting/email scams, to romance scams, and the famous grandparent scams. While we can all become victim to these various scams, elders are more at risk to be targeted than other age groups. This is mainly because they are more likely to have assets the perpetrator can manipulate out of them, or scare them into providing. The Agents continuously stressed a few pointers to keep yourself from falling victim to one of these crimes and the importance of reporting it. For example, verifying caller information, not answering calls from numbers you do not know, and not clicking on suspicious links in emails. A brochure that provides an overview of the information reviewed during this presentation is available at the office, feel free to contact us for more information, 978-540-2472. Here are some resources they provided for reporting fraud;

The Federal Bureau of Investigation | www.fbi.gov | 1-866-720-5721

The National Center on Elder Abuse | <https://www.ncea.acl.gov>

AARP Fraud Watch Network | www.aarp.org | 1-877-908-3360

The National Association of Adult Protective Services | www.napsa-now.org | 1-217-523-4431

National Center for Victims of Crime | <https://victimsofcrime.org> | 1-855-484-2846



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 (with the ability to re-apply for up to 3 years) in the amount of \$250/month to each participating household.

Application can be found online here:

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

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.



Thank you Friends of the LCOA for sponsoring this program



CONVERSATION GROUPS

Anxiety Group: Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! December dates are 12/13, 12/27. 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 at ADeMichele@littletonma.org. December date is 12/15, 10:30am-11:30am.

Caregiver Support: No meeting in December, see you in January!



Grief Socials with Nashoba Nursing

A gentle opportunity to gather and meet with others who are grieving. Gentle and light conversation to help work through the grief, meet and hear how others are getting through their grief, and realizing there is no need to go this alone. Participate in the Grief Social that best suits your needs.

Date: Dec 16th, 11:30 AM to 1 PM at Il Forno Restaurant, 529 King St, Littleton, MA



To reserve your seat and make known you are attending, be sure to give Lucia a call at 508-951-3850



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		DECEMBER 2022		Meals on Wheels Menu					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY</u> <u>BEFORE</u> Littleton: 781-325-7879		For weather emergencies and cancellations, please check Fox 25 TV station				1 Chicken Rice Bake Spinach Marble Rye Bread Dessert of the Day		2 Beef Bolognese Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Dessert of the Day	
5 Chicken Jambalaya Brown Rice Broccoli Wheat Bread Dessert of the Day		6 French Meat Pie Roasted Brussels Sprouts Pumpernickel Bread Dessert of the Day		7 Chicken Breast with Medi- terranean Sauce Orzo & Spinach Pilaf Capri Vegetable Blend Multigrain Bread Dessert of the Day		8 Roast Turkey with Rose- mary Gravy Bread Stuffing Glazed Carrots Wheat Dinner Roll Dessert of the Day		9 Potato Pollock Tartar Sauce Scalloped Potatoes Scandinavian Vegetable Blend Wheat Bread Dessert of the Day	
12 Cheese Omelet with Cheese Sauce Sausage Patty Potatoes O'Brien Spinach Wheat Bread Dessert of the Day		13 Chicken Teriyaki Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Dessert of the Day		14 Lasagna Roll with Meat Sauce Italian Vegetable Blend Italian Bread Dessert of the Day		15 Chicken Breast with Piccata Sauce Yukon Gold Potatoes Broccoli & Cauliflower Wheat Bread Dessert of the Day		16 Roast Pork with Apple Gravy Whipped Potatoes Peas & Carrots Wheat Dinner Roll Dessert of the Day	
19 Potato Pollock with Cheese & Tartar Sauce Au Gratin Potatoes Broccoli Hamburger Bun Dessert of the Day		20 Beef & Lentil Chili Brown Rice Carrots Wheat Dinner Roll Dessert of the Day		21 <u>SPECIAL</u> Broccoli & Cheese Stuffed Chicken with Gravy Smashed Red Potatoes French Green Beans Wheat Dinner Roll Dessert of the Day		22 Swedish Meatballs Egg Noodles Spinach Marbled Rye Bread Dessert of the Day		23 Meatloaf with Gravy Garlic Mashed Potatoes Green Beans Dinner Roll Dessert of the Day	
26 No Meals Served 		27 Chicken Thigh with Caccia- tore Sauce Cavatappi Pasta Italian Vegetable Blend Italian Bread Dessert of the Day		28 Macaroni & Cheese Stewed Tomatoes Dinner Roll Dessert of the Day		29 Sliced Roast Pork with Jardinière Gravy Yukon Gold Potatoes Green Peas Multigrain Bread Dessert of the Day		30 Chicken & White Bean Chili Brown Rice Corn Wheat Bread Dessert of the Day	
This program is made possible in part by funding from Executive Office of Elder Affairs.				Entrees that contain more than 500mg sodium are designated by an *.		Menu subject to change without notice. 			

 <p>Contact us for your Real Estate needs 978-852-9480</p>	<p>LET'S GROW YOUR BUSINESS Advertise in our Newsletter!</p> <p>CONTACT ME Lisa Templeton</p> <p>ltempleton@lpicommunities.com (800) 477-4574 x6377</p>
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December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div>IN PERSON EVENTS - GREEN</div><div>VIRTUAL EVENTS - RED</div><div>HYBRID EVENTS - PURPLE</div></div>	NOV 29 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	NOV 30 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	1 11:15-12:15 Stretch & Flex 12– Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	2 1:00-3:00 Bingo
5 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	6 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	7 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Holiday Carolers 10:00 Shopping trip 10:30 Friends Board Meeting	8 11:15-12:15 Stretch & Flex 12– Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	9 10:00 Fire History with Deputy Chief Clancy at the Fire Station 1:00-3:00 Bingo
12 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee 3:00 COA Board Meeting	13 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	14 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Shopping trip 10:00 Brunch Buffet at Il Forno 1:00-3:00 Craft Class	15 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12– Soup & Sandwich 12:30 Out of the Box Trivia 1:00 Holiday Music 50's & 60's 2:15-3:00 Tiger Tech	16 11:30 Grief Social 1:00-3:00 Bingo
19 10:00-11:00 Tai Chi 10:00 Art of Collage 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	20 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	21 8:00-9:00 Mens Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Ruth Bader Ginsburg 10:00 Shopping trip 1:00 Creativity Lecture 4:00 Night Lights at Tower	22 11:15-12:15 Stretch & Flex 12– Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	23 1:00-3:00 Bingo
26 <div><div>CLOSED</div><div></div></div>	27 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	28 7:30 LPD Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	29 11:15-12:15 Stretch & Flex 12– Soup & Sandwich 12:30 Out of the Box Trivia No Tiger Tech Today	30 1:00-3:00 Bingo 3:15 Winterfest Ice Skating Show trip



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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
12:45pm-1:30pm in the Library Sturtz Room

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

Wednesdays: Yoga for Strength & Balance
9:30am-10:30am in the Sturtz Room at the RH Library

Thursdays: Stretch and Flex 11:15am-12:15pm in the MPR

All classes require pre-registration and pre-payment.
Call 978-540-2470 to register.



Blood Pressure Screenings

Our weekly Nurse-staffed Blood Pressure Clinic holds BP screenings every **Tuesday from 10am - 12 noon, in Room 230** at the COA. Stop by every week and our nurses will keep a log for you. A Nashoba Board of Health Nurse will be available on the 2nd Tuesday of each month from 10:00-11:00 am for consultations. No advance sign-up necessary, just drop-in!

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. You choose how far you want to go, and you set your own pace.

Pedometers available for those who may want one! Please call to sign up, #978-540-2470



Creativity: Helping the Aging Brain and Body Stay Healthy Using Creativity to Improve Your Quality

With Henry Quinlan
Wednesday, December 21st at 1PM in the MPR.

This presentation demonstrates how creativity in its broad application can be available to anyone. Creativity is not restricted to the arts, technology, medicine, or any other formal endeavor, but it can be applied to something new in any field.

Seniors can use accumulated wisdom, experience, and maturity in the creative process. These are enhancers to the process, not liabilities. Creativity is the process of exploring new possibilities through problem-solving and building new products or solutions. The creative process provides benefits both physical and mental for the creator. Creativity also can be a joint exercise that enhances the social ability of the participants.

Learn to be an "Age Buster" not "Busted by Age!"
Please call, 978-540-2470 to register

Adapting to Change as You Age: Supporting Good Financial Health

Thursday, January 26, 2023 at 7:00 – 8:00 PM
via Zoom

Please join our panel of experts as they provide information on how to skillfully navigate life changes that aging might bring. Sponsored by the Corporators and Auxiliary in partnership with Community Benefits, a panel will provide information on how to support good financial health for seniors, including document, account and password organization, how to avoid financial scams and managing medical bills.

To register: <https://tinyurl.com/2p96ss3r>

Please contact Amy Caggiano at 978-287-3084 with questions

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



Craft Class

**Wednesday DEC. 14th,
1– 3pm in the MPR,
\$3 per person**

HAPPY HOLIDAYS! It's that time of year already. Craft class will be creating

live centerpieces for your holiday celebrations. We will meet in the multipurpose room on Dec. 14th from 1pm - 3pm to create masterpieces. This is always a joyous event so sign up early. The cost is \$3.00 – Anita, Kathy, and Sue



Holiday Shopping Trips

Have you made your list and checked it twice? Looking to do some holiday shopping for friends, family, or yourself? Join us for one (or more!) of our shopping trips this season; save on gas and let us handle the parking, stay for lunch or shop 'til you drop!

Wednesdays in December from 10AM-1:00PM, call 978-844-6809 to reserve your spot on the van- be sure to mention **Holiday Shopping** when you call!

- **December 7th:** The Mall at Whitney Field, Leominster, MA
- **December 14th** Kohls Plaza (Petsmart+ Michaels+ Carters), Chelmsford, MA
- **December 21st:** Orchard Hill Plaza, Leominster, MA

Fire History with Deputy Chief Clancy

Friday, Dec. 9th' @ 10AM at the Fire Station

Join Deputy Fire Chief Clancy for coffee, donuts, and a historical presentation on Friday, December 9th at 10AM at the Fire Station.



Learn about the historical timeline of fire tragedies that helped create current fire and building code regulations to save lives.

Please call 978-540-2470 to register.



**Tuesdays,
DEC. 6, 13, 20, 27**

1:00 PM– 4:00 PM, Room 230

Join this fun growing group! Please call the Office at 978-540-2470 to register.



Fridays, DEC. 2, 9, 16, 23, 30

1PM - 3PM 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!



Loving Stitches

Every Monday 12-2pm

Call for knitters, crocheters etc.!

The Loving Stitches group meets every Monday from 12:00-2:00pm, 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, & 3, wishing to help others! Call EHS, 978-540-2470 for more info or just show up!



OUT OF THE BOX TRIVIA

Come join Outreach Coordinator, Alicia Rego, for some "Out of the Box" trivia held on Thursdays from 12:30-1:30. We have a prepared list of questions with several topics to choose from. Along with your trivia smarts, feel free to bring your lunch, or enjoy Gayle's soup & sandwich special from the Diner! Trivia is held in room 230. Call to register 978-540-2470.



Lunch Date: Soup & Sandwich

Thursdays Dec 1, 8, 15, 22, 29th at Noon

Join us for lunch in the Senior Diner! Thursdays at 12 come by for Gayle's soup and a sandwich! Please call us at 978-540-2470 to sign up in advance, just \$3 for a full meal!



Women's Breakfast : DECEMBER 7th @ 8:00AM

Join us on Wednesday, 12/7 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: DECEMBER 21st @ 8:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, 12/21 from 8AM - 9AM in the Senior Diner. Just \$3 a plate.



The Art of Collage Art Historian Carolyn Melbye

Monday, December 19th at 10AM in Room 230 \$5 per person, please call 978-540-2470

Most paintings are inspired by still lives, landscapes and people. We will look at artists include Matisse and Picasso, among contemporary artists, to see the transformation of the collage into the painted canvas. Following, as a group, we will create a collage to be displayed.

Carolyn Melbye received a B.F.A. with a concentration in ceramics from the University of Massachusetts, Amherst. While studying abroad in Cortona, Italy, she honed her ceramics and sculptural skills, taking inspiration from traditional majolica wares. She interned at the Danforth Museum of Art and the Peabody Essex Museum in 2005. Carolyn is passionate about sharing her interests in looking at art and creating art with others.

Trip to Night Lights at Tower Hill Botanical Gardens

Our holiday tradition continues on Wednesday, December 21st for a 4PM viewing of enchanting landscapes, fun experiences and thousands of lights.



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



*This event is generously funded by the
Friends of the Littleton Council on Aging.*



We are hosting Monday Movie Matinees at 1PM in Room 230, no cost, and light refreshments will be available. Movie descriptions have been shortened, please contact our office

for full descriptions and ratings information. Please see the list below for dates/movie titles and call 978-540-2470 to register.

Monday, December 5th at 1PM Uncle Frank, Rated R, 2020, 1hr 35m

In 1973 when Frank Bledsoe and his 18 year old niece Beth take a road trip from Manhattan to Creekville, South Carolina for the family patriarch's funeral, they're unexpectedly joined by Frank's lover.



Monday, December 12th at 1PM The Pajama Game, Rated PG-13, 1957

Starring Doris day. Employees of the Sleepite Pajama Factory are looking for a whopping seven and a half cent an hour pay raise and they won't take no for an answer.



Monday, December 19th at 1PM Hair, Rated PG, 1979, 2hr 1min

With exuberance, inventiveness, and humor, Treat Williams and Beverly D'Angelo lead a cast of future stars in this film of one of Broadway's most popular musical phenomenon's of all time.



Ruth Bader Ginsburg – “I Dissent”

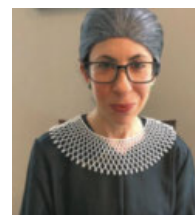
Join us Wednesday, December 21st at 10AM in the MPR,
please call to register 978-540-2470

Actor Sheryl Faye joins us to give a live historical performance that is both entertaining and educational! This performance will help audiences truly understand the profound impact Ruth Bader Ginsburg made in history.

Ruth Bader Ginsburg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. She was the second woman and the first Jewish woman ever appointed to the Court and became the longest serving Jewish Justice. She championed fairness and equality and objected to different expectations for men and women, prejudice against minority groups in places like hotels and restaurants, and women having fewer job opportunities than men. Ruth Bader Ginsburg's life was one of achievement: as a lawyer, professor of law, a judge, and then a Supreme Court justice, she stood out because she was not afraid to dissent, disapprove, and disagree with conditions of unfairness and inequality. This show is the inspiring story of how she changed her life—and ours.

“Fight for the things that you care about, but do it in a way that will lead others to join you.”

~ Ruth Bader Ginsburg



Holiday Carolers

Wed, Dec 7th at 10AM in Multipurpose Room

Costumed in the look of the Victorian Era, the Quartet of Holiday Carolers are comprised of some of the finest vocalists and performers; join us on Wednesday, December 7th at 10AM in the Multipurpose Room for coffee, donuts, and the beautiful sounds of Holiday Carolers. No cost.

Please call 978-540-2470 to register.

Winterfest Spectacular Figure Skating Show

Friday, December 30th at 3:15

Join us in viewing Colonial Figure Skating Club's Winterfest Show at the Nashoba Valley Olympia Ice Rink in Boxborough! No cost.

Meet at Town Hall at 2:30PM to catch the van and keep the holiday spirit going. Please call 978-540-2470 to register, space is limited.



Holiday Music of the 50's and 60's

Music History with John Clark

Thursday, December 15th 1-2PM in Room 103

Sit back and soak in a one-hour program of familiar and cherished holiday songs from the 1950s and 1960s presented by John Clark.

You'll hear stories behind "It's Beginning to Look A Lot Like Christmas" by Broadway composer Meredith Wilson and Willie Nelson's "Pretty Paper". Were you aware the prolific Johnny Marks had three big hit songs during these years? ("Rockin' Around the Christmas Tree" sung by Brenda Lee; "A Holly Jolly Christmas" crooned by Burl Ives and "Run Rudolph Run" belted out by Chuck Berry!) You'll hear novelty Christmas songs too like "The Chipmunk Song!"

Please call, 978-540-2470 to register. No cost.

KATHLEEN M. O'CONNOR

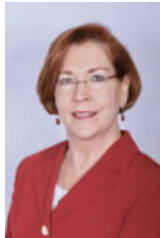
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When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2–3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



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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) & 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.