

# The Broadcaster

MAY 2023



## LITTLETON EHS/COA SERVICES

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### IMPORTANT NOTES:

The COA Board's monthly meetings are held on the 2nd Monday of the month at 3:00 PM in Room 103, and a virtual Zoom option is also available. The Zoom link to join is on the meeting's agenda.



**MEMORIAL DAY**  
MONDAY MAY 29, 2023  
COA WILL BE CLOSED

**From Liz's Desk:** Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living, OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging.

Here are some ways we can all participate in *Aging Unbound*:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities at the COA.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at the COA or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

**Spring Fling**  
*Dinner and Dancing!*

**Wednesday May 31st, 4:30PM - 7:00PM**

Join us to kick off the spring season with dinner, dancing, and conversation! Delicious seasonal dinner will be served and live music from local band, *The California Dreamers*, who will be playing all your favorite songs while you catch up with friends, or head out to the dance floor for an evening to remember!

Wednesday, May 31st in the Town Hall Multipurpose Room, from 4:30PM-7:00PM. \$5/ticket. Please call to reserve your seat, space is limited! #978-540-2470

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



## COA Board Update

Hello Everyone. Littleton Town Government never seems to be boring lately! Once again, the Town is looking for a new Town Administrator as well as a new Director of Finance & Budget. Given our present situation, perhaps it is somewhat timely we will be holding a Town Meeting Monday, May 1<sup>st</sup> @ 7 PM, and Town Elections on Saturday, May 6<sup>th</sup>. Candidates' night will be April 26<sup>th</sup> at 7 PM, Room 103, Shattuck Street. If you miss candidates' night, watch it on LCTV and know who the candidates are for the Select Board and Planning Board, the 2 groups who are so important regarding senior needs in town.

The Select Board has 2 candidates running for re-election, Matthew Nordhaus and Cindy Napoli, as well as a newcomer, Karen Lee Morrison. The Planning Board has a contest with Anna Hueston running for re-election facing another newcomer, Edward Fultz. Each Candidate, in addition to attending Candidates Night, have spots on LCTV, please tune in to educate yourself on where they stand on the issues most important to you; these are available on your cable TV station as well as on LCTV on demand on the website.

Please mark your calendars and get out to Town Meeting May 1<sup>st</sup> and Town Elections, May 6<sup>th</sup>. It is our job to help get the right people to support a well-managed Town Government!

- *Marge Payne* Chair, COA Board

## 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.

## IMPORTANT REMINDER:

Registration opens on Monday, MAY 1ST at 9AM for all programs and activities included in this newsletter, programs are open until filled. Please call the Dept of Elder and Human Services at 978-540-2470 to register. \* Priority is given to Littleton residents \*

*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  
 Sam Palmer, Driver  
 Gayle Dalton, Senior Diner Manager

Contact Us:  
 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

## 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

## FRIENDS OF THE COA

Sandra Casale, President  
 Tony Jesensky, Treasurer  
 Andy Fredette Asst. Treasurer  
 Beverly Cyr, Secretary  
 Joe Barry  
 Charlie DeStefano  
 Margaret Kelleher  
 Peggy Larsen  
 Pat Schaubberger

Friends Contact Information:  
 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](http://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

Like many of you I have over a 1,000 photos on my phone, so I organized them by creating albums. It's so much easier to find what I'm looking for now. I wanted the photos on my computer too, so I could print them. My iPhone and computer were synced, so shouldn't they be there too? I made an appointment with Tiger Tech to help me with the transfer. Turns out they were on my computer all along. I just didn't know where to look. My next visit was much more challenging and that's where this is headed.

The day after the Broadcaster came out in March, I had a volunteer offering to help build a website. The next day he started a new job and was no longer available. So, I made 2 appointments with Tiger Tech. At the 1st apt., the students suggested a company that offers free website building. They helped me navigate the site, so I was confident enough to start adding text. I left knowing how to label my photos to later insert them. When I returned the next week, they showed me how to further maneuver. I worked hard that week to finish in time for the April Broadcaster but ran into trouble when it came time to link our email and Facebook, and worst of all I was unable to publish the site. I went back to the school one more time. It took them minutes to solve my problem with linking. Now the site is up and running!

I admit in the beginning creating a website was a little intimidating, but with the help and encouragement of the students I was inspired every step of the way. Go to the link below to see the results and check often for new photos:

<http://sites.google.com/view/friendsofthelittletoncoa>  
-Sandra

## Tiger Tech: Technology Assistance

Tiger Tech will be on hold until fall when school resumes! We will see you then 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

## Book and a Bite Program

EHS/COA and the Reuben Hoar Library have a new collaboration to help senior residents feel less isolated. Senior residents may request a book (that will come with a special 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



## Free Smoke & Carbon Monoxide Detectors

The Littleton Fire Department has teamed up with Littleton Elder and Human Services to assist senior residents with **FREE** Smoke and Carbon Monoxide Detector Inspections and installations.

Contact LFD with any questions or to set up an appointment call 978-540-2302.



## Grief Socials

### Nashoba Nursing Service & Hospice

A gentle opportunity to gather and meet with others who are grieving. Gentle 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:

**Townsend House Restaurant**  
2 Depot Street in Townsend, MA  
May 9th~ Jun 13th, 11:30-1pm

**The Bull Run Restaurant**  
215 Great Rd Shirley, MA  
May 19th~ Jun 23rd, 4:30-6pm

**Il Forno Restaurant**  
529 King St, Littleton, MA 01460  
May 23rd~ Jun 27th, 11:30-1pm

To reserve your seat and make known you are attending, be sure to give **Lucia Camara, Bereavement and Spiritual Care Provider** a call at 508 951 3850. Hope to see you there.

## Veterinary Assistance

Those who are pet owners know the valuable role that animals play in the lives of humans. They are our companions, our confidants, and our best friends. They are great listeners and the best at providing comfort. The EHS/ COA Dept is able to assist low-income pet owners with some veterinary costs through the Bradford Sampson Fund. Please contact Outreach at 978-540-2470 for more information.

## Health Insurance Help

SHINE (Serving Health Insurance Needs of Everyone) is accepting new appointments! If you would like to review your existing medical & 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 today!

## OUTREACH CORNER

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

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a **Medicare Savings Program**.

**JUST IN:** As of January 2023 and March 2023 the income and asset limits for the Medicare Savings Program have increased. This means **more Massachusetts residents may be able to get help paying for Medicare costs**. See income and asset limits below!

You Are:	Your income is at or below:	Your assets are at or below:
Single Individual	\$2,734 per month	\$18,180
Married Couple	\$3,698 per month	\$27,260

### What costs are covered?:

A Medicare Savings Program can pay your monthly Medicare Part B premium, and in some cases, your out-of-pocket Medicare costs. You will also automatically qualify for **Extra Help**, a program that will help pay for your prescription drugs under Medicare.

### How to Apply:

To review these new income and asset limits and/or apply for a Medicare Savings Program you can:

- Call Mass Health's Customer Service Center at **1-800-841-2900**, or
- Download the application at [mass.gov/doc/medicaresavings-programsapplication/download](http://mass.gov/doc/medicaresavings-programsapplication/download) or
- Set up an appointment with one of our **SHINE** counselors here at EHS.

### Conversation Groups:

**Anxiety Group:** Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! May dates are 5/2, 5/16, and 5/30. Email Nicole to register: [NSarvela@littletonma.org](mailto: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](mailto:ADeMichele@littletonma.org). May date is 5/18, 10:30am - 11:30am.



**Caregiver Support:** May 30th at 6pm in the senior diner with hosts and dinner from Kitty O'Connor, Eckel, Hoag and O'Connor ! Email Amy to let us know you're coming: [ADeMichele@littletonma.org](mailto:ADeMichele@littletonma.org) or call 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 (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](http://www.littletonma.org/elder-and-human-services)

### William James INTERFACE Referral Service for Mental Health Help:

Interface is a mental health and wellness referral Helpline available Monday-Friday, 8am - 6pm 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](http://interface.williamjames.edu/community/littleton)



### 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](http://www.mass.gov/how-to/report-elder-abuse)

## Minuteman Senior Services

MAY 2023

## Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Shells Cauliflower WW Roll Mixed Fruit	2 Bourbon Chicken Rice Green Beans Multigrain Bread Pineapple	3 Beef Stew Mashed Potatoes Biscuit Cookie	4 Turkey Cobb Salad Corn Salad WW Pita Fresh Fruit	5 <i>Cinco De Mayo</i> Pulled Pork Black Beans Latin Slaw Tortilla Rice Pudding
8 Steak, Peppers & Onions Tater Tots Cauliflower Sub Roll Fresh Fruit	9 Salmon Teriyaki Lo Mein Veggie Blend Mandarins WW Bread	10 BBQ Boneless Pork Rib Butternut Corn WW Bun Applesauce	11 <i>Special ***</i> Chick Cordon Bleu Caesar Salad Sweet Potato Onion Roll Fruit Crisp	12 Mac & Cheese Mixed Veggies White Bread Gelatin
15 Spaghetti & Meatballs Capri Veggies Oat Bread Mixed Fruit	16 Breaded Chicken Basil Red Pepper Sauce Couscous Broccoli Roll Fruit	17 Frittata Roasted Potatoes Warm Berry Cobbler Spinach Salad Muffin	18 Turkey w/ Gravy Mashed Potato Green Beans LS Bread Applesauce	19 Pollock w/ Breadcrumbs Rice Pilaf Peas & Onions Multigrain Bread Mixed Fruit
22 Smothered Pork Sweet Potato Brussel Sprouts WW Roll Mixed Fruit	23 Ravioli w/ Vodka Sauce Broccoli Garlic Roll Mixed Fruit	24 Chicken Garden Salad Orzo Salad Pita Bread Yogurt Juice	25 Meatloaf w/ Gravy Mashed Potato Mixed Veggies Oat Bread Cupcake	26 Vegetarian Chili Zucchini Cornbread Fresh Fruit
29 <b>No Meals Served</b>  <b>MEMORIAL DAY</b> <small>REMEMBERING &amp; HONORING ALL WHO SERVED</small> * * * * *	30 Lemon Pasta Chicken Broccoli WW Roll Parfait	31 Hot Dog *** Baked Beans Capri Veggies Roll Mixed Fruit	To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY</u> <u>BEFORE</u>	For weather emergencies and can- cellations, please check Fox 25 TV station



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.



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**ltempleton@lpicommunities.com  
(800) 477-4574 x6377**



# MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 10:00-11:00 Mindful Move- ment 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	3 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting	4 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia	5 8:30 ROMEO Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO & Pizza 7:00 LMS Drama "Forgiven, A Fairy Tale"
8 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 3:00 COA Board Meeting	9 10:00-11:00 Mindful Move- ment 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	10 8:00-9:00 Women's Break- fast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Joy of Movement 10:30 Tommy Rull Perfor- mance 1:00-3:00 Craft Class	11 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 1:00 Lunch & Learn: Brain Healthy Cooking for One 12:30 Out of the Box Trivia	12 8:30 JULIET Club Breakfast Trip 9:00 Foot Care Clinic 9:00-12 SHINE 1:00 BINGO
15 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	16 10:00-11:00 Mindful Move- ment 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00 Chocolate Talk 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg 7:00 Open Space & Rec. Plan Public Workshop	17 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Joy of Movement	18 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	19 8:30 ROMEO Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO
22 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	23 10:00-11:00 Mindful Move- ment 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 2:00 "A Recipe for Life" talk with Chef Richard Rogers	24 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Joy of Movement 6:00 Goat Yoga	25 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia	26 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO
29 <b>Closed</b>  <b>MEMORIAL DAY</b> REMEMBER AND HONOR	30 10:00-11:00 Mindful Move- ment 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 12:30 Restaurant Hoppers 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg 6:00 Caregiver Support	31 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Joy of Movement 4:30-7:00 Spring Fling	<b>IN PERSON EVENTS -GREEN</b> <b>VIRTUAL EVENTS - RED</b> <b>HYBRID EVENTS - PURPLE</b>	 OLDER AMERICANS MONTH AGING UNBOUND: MAY 2023



**MEET TROY**  
— OUR MASCOT —

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## Weekly Fitness Classes at the COA

All fitness classes require pre-registration and pre-payment for the month. Waivers must be signed prior to beginning a class.

### Mondays:

**Tai Chi**, 10am-11am, in the MPR, \$3 per class

### Mondays:

**Beginners Line Dancing 1**: 11:15am– 12:15am, in the MPR, \$5 per class. Instructor Kari McHugh

### Mondays:

**Advanced Line Dancing 2**: 12:15pm-1:15pm in the MPR, \$5 per class. Instructor Kari McHugh

### Mondays:

**Chair Yoga with Rebecca Reber** 12:45pm-1:30pm in the Sturtz Room at the RH Library, \$3 per class

### Tuesdays:

**Stretch & Flex**, 11:15am-12:15pm in the MPR, \$3 per class. Instructor Carol Wing

### Wednesdays:

**Yoga for Strength and Balance** 9:30-10:30 am in the Sturtz Room at the RH Library, \$3 per class. Instructor Carol Wing

### Thursdays:

**Stretch & Flex**, 11:15 am-12:15 pm in the MPR, \$3 per class. Instructor Carol Wing

## Joy of Movement With Gypsy

**Wednesdays: May 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> from 10:30-11:30 in the MPR.**

Spring is here in full bloom so let's start moving and grooving with something new!

This class starts with some gentle stretching and warmups. Learn some simple belly dance moves, isolating the different parts of your body with undulating hip rolls and circles. Learn how to do beautiful expressive hands and arm movements. Then we put all these moves into a simple dance.



No experience necessary, beginners welcome! **\$10 per person for the entire session.**

Please call us at 978-540-2470 to register.

## Foot Care Clinic

**Friday, May 12th at 9AM**

EHS welcomes our new Foot Care RN, Christine Quiriy, RN CFCN! Friday, May 12th at 9AM, \$40 per person. Space is limited, but EHS will be hosting this clinic monthly.

Please call 978-540-2470 to register



## 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

## Weekly Blood Pressure Screenings

Our weekly Blood Pressure Clinic holds screenings every **Tuesday 10am - 12 noon, in Room 230** at the COA. Stop by every week and our RN's will keep a log for you. No sign-up necessary, just drop-in!

## Mindful Movement with Jenny

Tuesdays 10AM-11AM

Join us on Tuesdays from 10AM-11AM, from May 9<sup>th</sup>– June 6<sup>th</sup> outside at Fay Park, weather permitting. \$15 per session.



Please call us at 978-540-2470 to register.

## OPEN SPACE AND RECREATION PLAN PUBLIC WORKSHOPS

### ABOUT THE PLAN

The Open Space and Recreation Plan is a comprehensive document that identifies the Town's open space and recreation resources, assesses community needs, and outlines an action plan for the future. The plan will be used to guide the Town's efforts to protect and enhance its open space, develop new recreation opportunities, and ensure that everyone has access to quality parks and recreation facilities.

The current plan will expire in November 2023.



**Craft Class****Wednesday May 10th, 1PM - 3PM**

Spring is definitely in the air. We are planning to make aprons this month. Well, actually we will be stenciling them. The class will be held in the multipurpose room on May 10, 2023 from 1:00pm to 3:00pm. The cost will be \$3.00 per person and a limit of 15 participants, so please sign up as soon as you can! Hope to see you all there!



-Anita, Sue, and Kathy

**Veterans Breakfast****Hosted by Littleton Police Dept****Wed. May 31st @ 7:30am, Senior Diner**

The monthly Veterans breakfast is hosted by Littleton Police Department, held in the Senior Diner. No cost to attend, but please let us know if you will be joining so we have plenty of food for everyone, call to register at 978-540-2470. *Thank you for sponsoring, LPD!*

**Lunch Date: Soup & Sandwich****Thursdays @ Noon, \$3/meal**

Join us for lunch in the Senior Diner Thursdays at 12 noon. Come by for Gayle's delicious soup and sandwich. Please call us at 978-540-2470 to sign up in advance.

Littleton Middle School Drama & FABL Present...

**FORGIVEN**  
**A FAIRY TALE**

By: Brian D. Taylor  
May 5 & 6 @7pm  
May 7 @ 2pm  
\$10 at the door, Littleton Middle School Cafeteria

**Women's Breakfast : MAY 10TH, 8:00AM - 9:00AM****Men's Breakfast: MAY 17TH, 8:00AM - 9:00AM**

Join Charlie and the crew for a hot cooked breakfast of your choosing in the Senior Diner. No cost for your made-to-order breakfast thanks to the FLCOA

Please call 978-540-2470 to register in advance.



*Thank you Friends of the LCOA for generously sponsoring the breakfasts!*

**Mahjong****Every Tuesday, 1 PM – 4 PM, Room 230**

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Join this fun growing group! Please call **978-540-2470** to register.

**BINGO****Fridays @ 1pm in the Senior Diner**

**Friday, May 5th:** A special pizza lunch will be provided for all BINGO players on the first Friday of each month- please be sure to register in advance to ensure we have enough for everyone!



*Thanks to the Friends of the LCOA for sponsoring Bingo!*

**Loving Stitches****Every Monday, Noon - 2pm, Room 233**

Calling all knitters, crocheters, stitchers, 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****Thursdays 12:30—1:30 in Room 230**

Come join Alicia for some "Out of the Box" trivia held on Thursdays, 12:30-1:30p. Along with your trivia smarts, feel free to bring your lunch, or enjoy Gayle's soup & sandwich special from the Diner! No team necessary. Call to register 978-540-2470.

If cost is ever a barrier to you attending a program or event, please inquiry about a scholarship with any EHS/COA staff member. All scholarships are strictly confidential!



## Special Programs!

### Lunch and Learn with Nashoba Park: Brain Healthy Cooking for One

**Thursday, May 11<sup>th</sup> at 1PM, Senior Diner**

Senior Living Residences' chefs will show you how to prepare several tasty Mediterranean-style meals from a short list of cost-effective brain-healthy ingredients, helping you eat nutritiously, reduce food waste and stretch your shopping budget when cooking for one.

Thursday, May 11<sup>th</sup> at 1PM in the MPR, please call 978-540-2470 to register, space is limited

### Chocolate Talk and Tasting 101

**Tuesday, May 16<sup>TH</sup> at 1PM, Senior Diner**

They say eating chocolate releases endorphins that make you happy. Let's find out if it's true!

Come try an array of gourmet chocolate delights. Milk, dark, and SUGAR FREE chocolate will be offered for sampling. Learn about the ingredients, processing and where cocoa pods are grown. We will also share tips on where to get quality chocolate.

Please call 978-540-2470 to register, space is limited to 30 participants.

## Book Buddies

**VOLUNTEER TO READ A BOOK TO  
SHAKER LANE SCHOOL STUDENTS!**

**OUR POPULAR BOOK BUDDIES PROGRAM IS  
RETURNING IN MAY.**

**CALL 978-540-2470 FOR INFORMATION OR TO  
SIGN UP**



### Tommy Rull, Singer & Entertainer

**“A Musical Journey  
Through The Years”**

**Wed, May 10th at 10:30AM, in the MPR**



Take a walk down memory lane. Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como, Lou Rawls, Engelbert . . . and many more!

*“This program is supported in part by a grant from the Littleton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.”*

**Please Make Your  
Reservation by calling us  
at: 978-540-2470**



### Memory Loss and Brain Health: “A Recipe for Life”

**Join us for an inspiring afternoon  
with desserts and coffee  
Tuesday, May 23<sup>rd</sup> at 2PM**

Please call 978-540-2470 to register

Richard Rogers was standing in front of a gas oven in his bakery/restaurant when it exploded, causing a traumatic loss of memory and cognitive impairment. He dealt with it in a way that made it possible to continue working in his business, doing what he loves best, cooking. In his cookbook “Scrambled Brains,” he uses humor and a systematic approach to help others to continue cooking while dealing with memory loss.

Richard, “The Forgetful Chef,” speaks with groups, providing hope to others with a serious, sentimental, and humorous look at this issue. Relating his experience in regaining much of his cognitive abilities and memory function, he discusses the latest information on how to improve brain health at any age using the five brain health factors.

Richard worked in the field of gerontology earlier in his career with Meals On Wheels, Adult Daycare, and a Nursing Home.

As a testament to the brain's ability to adapt, Richard owned and operated a home health care agency several years after his accident.



So, what do **ROMEO** Clubs (Retired Old Men Eating Out) do? They eat out, have fun, make and keep friends, and are not bound by rules— meaning there are no causes, and no specific membership restrictions, except Retired “Old” Men Eating Out.

Another great benefit is by joining, you can mention to others your affiliation to a **ROMEO** Club, and you will get a judgmental look, followed by a great laugh when you say what it stands for.

**Join us!** On May 5th and 19th the EHS Van will be taking our newly forming **ROMEO** group to a local Diner for breakfast, meet new friends or bring someone you know.

Please call 978-844-6809 to reserve your spot on the van. We will leave Town Hall at 8:30AM and head to breakfast, the van will return you to Town Hall following breakfast.

**May 5th:** Classic Kitchen Café, Westford, MA

**May 19th :** Comets Diner, Tyngsboro, MA

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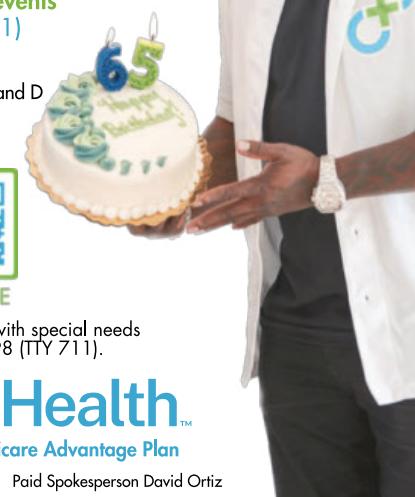
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Paid Spokesperson David Ortiz

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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 & town), as well as a destination phone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15min's 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) are \$7 one way. Call for info on towns served.
- Rides to medical services in Concord are \$1 one way.
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) are \$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.**