

# The Broadcaster

## MARCH 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.



#### **From Liz's Desk:**

Hello Everyone! I hope you are ready for a busy month! This month we have so much going on we could barely fit it into these 12 pages. There is truly something for everyone this month; from live performances, to art workshops, to day trips, to self defense class, there is sure to be something to catch your eye.

We are extra thankful to have great community partnerships which allow us to offer many of our programs at low or no cost. Check out the St. Patrick's Day Luncheon, the Baseball Opening Day luncheon and performance, or one of the lunch and learns or breakfasts.

Did you know that many insurance providers offer a reimbursement for fitness classes? Check with your health plan provider for details and reimbursement instructions. We can provide you with documentation regarding your class attendance and expenses. By signing in to every class, we are able to generate the report that most insurers require. See any EHS staff member with questions.

#### **AARP Tax-Aide Program Income Tax Help**

Tax preparation time is here! AARP Foundation Tax-Aide program provides tax assistance to seniors, free of charge, with a focus on taxpayers who have low to moderate income. AARP provides training and sponsors this volunteer program. Tax-Aide volunteers are located nationwide, and are trained and certified every year to make sure they know about and understand the latest changes and additions to the tax code.

If you are a senior and it would be a financial hardship to pay a tax preparer, this program was designed for you! AARP membership is not required. Call our office at 978-540-2470 to set up an appointment with our dedicated expert Tax Prep Volunteer, Tony. You will need to fill out some forms prior to your appointment, and we will provide you with a list of documents you will need to bring.



#### **St. Patrick's Day Luncheon**

Join EHS and Rivercourt Residences on Thursday, March 16th at 1PM for a traditional corned beef and cabbage meal to celebrate St. Patrick's Day.

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

Want to get in the St. Pat's spirit early? We are teaming up with our friends in the Littleton Garden Club to make floral centerpieces for the luncheon on March 14th at 1pm in the multipurpose room. Space is limited so please call to register! 978-540-2470



## COA Board Update

Wow! We are already into March and about to exit winter. Are you all starting to think about ways to get out more, interact with others, and feel useful and productive after hibernating all winter? Do you all realize how important it

is to have a balance in our life of work, recreation and self care? For many of us, the need to work was an actual fulltime job. Now, for some of us, a part-time job or volunteering fits just fine to meet that need.

Guess what? Some folks actually enjoy being a part time van driver for EHS/COA: earn some extra \$, feel useful and productive by helping others (no driving in inclement weather and day time hours only). All that is required is a regular drivers license, a few training classes at no cost to you and enjoyment of being out of the house for a while each week.

Start thinking about adding a little more variety to your life. Call the EHS/COA office at 978-540-2470 for more information and share the opportunity with your friends and others.

Join the EHS/COA team!

- *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 WEDNESDAY, MARCH 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 \*

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

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

With the growing needs of Littleton's active aging population, it is more important than ever for the Friends of the Council on Aging (FLCOA) to offer additional help to the COA. Which means, of course, the Friends are turning to you for help. Our Annual Appeal letter is underway, so watch your mailbox. We hope this year's response will be better than ever, with our new Senior Center underway. This year you have the option of donating to the Friends' general fund or donating directly to the new Senior Center. Your donation may also be made in honor of, or in memory of, a loved one. Friends of the Council on Aging (FLCOA) is a registered 501c non-profit and your donation is tax deductible.

We need your monetary help of course, but there are other ways you can help. Last month I reached out to you in search of new board members. Since then we have added 3 new members to our Board. The word fundraising may have deterred many of you. But that is not the only role a member plays on a not-for-profit volunteer board. A lot goes on behind the scenes. You would share and brainstorm ideas to raise money. You would often help with events held by the Council on Aging. You would assemble and sell tickets for gift basket raffles at those events. Are you computer-savvy? Our website can always use enhancements. You don't have to commit to being a Director on the Board, you could choose to be a member at large and attend meetings at will and help when you can. The best part about volunteering is interfacing with our active elders, while making endearing friendships along the way. Won't you join us in developing such kinships. Thank you for considering.— Sandra #978-771-2702



*Did you know? The apple symbol denotes that a program is generously funded by the Friends of the LCOA!!*

## Tiger Tech: Technology Assistance

Meet with LHS students on Thursdays from 2:15pm-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

## Book and a Bite Program

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*

## 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, & 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  
Tuesday March 7th - 11:30 to 1PM

#### The Bull Run Restaurant

215 Great Rd Shirley, MA  
Friday March 17th - 4:30 to 6 PM

#### Il Forno Restaurant

529 King St, Littleton, MA 01460  
Tuesday March 28th- 11:30 AM to 1 PM

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

Littleton High School Drama presents...

# CHICAGO

*Book by*  
Bob Fosse &  
Fred Ebb

*Music by*  
John Kander

*Lyrics by*  
Fred Ebb

*Based on the play by* Maureen Dallas Watkins  
*Script adaptation by* David Thompson  
*Music editing by* Paul McKibbins

March 31 @ 7 pm  
April 1 @ 1 pm & 7pm  
April 2 @ 2 pm

Tickets at the door or [littletonps.org/drama](http://littletonps.org/drama)

**TEEN EDITION**

## OUTREACH CORNER

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

### Medicare Advantage Plan Open Enrollment: NOW – March 31, 2023:

Medicare Advantage Plan open enrollment period is January 1, 2023, through March 31, 2023. This is an opportunity for consumers to switch to a different Medicare Advantage Plan or move from Medicare Advantage back to original Medicare and join a separate Part D drug plan. Consumers may wish to change Medicare Advantage plans due to lower monthly premiums, lower annual out of pocket costs, better wellness benefits and savings on drug or specialty care copayments.

Consumers may also wish to move back to original Medicare with a Part D plan if they want greater choice in providers and hospitals without a referral. If you would like more information regarding Medicare Advantage, please contact your local Council on Aging to arrange a free, confidential SHINE counseling appointment. SHINE counselors from Minuteman Senior Services will help with Medicare Advantage enrollment preparing plan comparisons based on your own unique healthcare needs. SHINE is a program sponsored by Minuteman Senior Services and the Executive Office of Elder Affairs.

### New COVID-19 Treatment Hotline:

Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at [mass.gov/CovidTelehealth](https://mass.gov/CovidTelehealth). Clinicians are available every day from 8:00 AM to 10:00 PM EST. This service is not for medical emergencies or those who have severe chest pain or shortness of breath. If you are experiencing a medical emergency like having trouble breathing, please call 911.

Learn more about COVID-19 treatments at [mass.gov/CovidTreatments](https://mass.gov/CovidTreatments)

### Conversation Groups:

**Anxiety Group:** Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! March dates are 3/7 and 3/21. 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. March date is 3/16, 10:30am-11:30am.



**Caregiver Support:** March 29th at 6pm in the senior diner with hosts and dinner from Deaconess Abundant Life Services! Email Amy to let us know you're coming: 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](https://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, 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](https://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](https://www.mass.gov/how-to/report-elder-abuse)

Minuteman Senior Services		MARCH 2023		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 BEFORE</u>		1 Macaroni & Cheese Green Peas WG Dinner Roll Pineapple Whip Top	2 Turkey Sweet Potato Chili Brussels Sprouts Cornbread Loaf Peaches	3 Salmon Dill Sauce Whipped Potatoes Sliced Carrots Vienna Bread Mixed Fruit	
6 Stuffed Chicken Breast Supreme Sauce Rice Pilaf Green Peas Multi-Grain Bread Mixed Fruit	7 Stuffed Shells Marinara Sauce Cauliflower Italian Bread Pears Parmesan Cheese	8 Meatloaf Gravy Whipped Potatoes Garden Salad Oatmeal Bread Blueberry Crisp Italian Dressing	9 Crab Cake w Maryland Sauce Orzo Mixed Vegetables WG Dinner Roll Fresh Apple	10 Curry Lentil Stew Brown Rice Capri Vegetable Blend Dinner Roll Vanilla Pudding	
13 Pork Rib Patty BBQ Sauce Butternut Squash Whole Kernel Corn Hamburger Bun Applesauce	14 Breaded Chicken w/ Country Gravy Whipped Potatoes Green Beans Biscuit Diced Peaches	15 Egg Salad Sweet Potato Salad Garden Salad Whole Wheat Bread Blueberry Yogurt Pineapple Juice Italian Dressing	16 Corned Beef Au Jus Cabbage Carrots & Turnips Parslied Potatoes Marble Rye Bread Creme de Menthe Bar	17 Cheese Ravioli Cream Sauce Zucchini & Yellow Squash Oatmeal Bread Mixed Fruit	
20 Grilled Chicken Breast Alfredo Sauce Penne Pasta Broccoli Wheat Bread Diced Peaches Parmesan Cheese	21 Turkey Breast Gravy Whipped Potatoes Sliced Carrots LS Wheat Bread Pears Cranberry Sauce	22 Pork Loin Sliced Apples Mashed Sweet Potato Garden Salad Bread Pudding Italian Dressing	23 Steak Fajita Spanish Rice Black Beans Flour Tortilla Diced Peaches Sour Cream	24 Broccoli Mushroom Frittata Oven Roasted Potatoes- Ratatouille Muffin Blueberry Yogurt Orange Juice Ketchup	
27 Chicken Meatballs Marinara Sauce Spaghetti Noodles Creamed Spinach Sub Roll Mixed Fruit Parmesan Cheese	28 Roast Beef Au Jus Gravy Scalloped Potatoes Green Peas Whole Wheat Bread Mixed Fruit	29 Chicken Pot Pie Whipped Potatoes Multi-Grain Bread Cupcake	30 Hot Dog Baked Beans Coleslaw Hot Dog Bun Spiced Apples Mustard Sweet Relish	31 Baked Cod Loin Lemon Couscous Capri Vegetable Blend WG Dinner Roll Mixed Fruit	
For weather emergencies and cancellations, please check Fox 25 TV station		<b>Littleton Phone:</b> 781-325-7879	For questions about the nutritional information in this menu or your nutritional needs, contact: <b>Deborah McLean, Dietitian, 781.221.7018</b>		



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# MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN PERSON EVENTS -GREEN</b> <b>VIRTUAL EVENTS - RED</b> <b>HYBRID EVENTS - PURPLE</b>		<b>1</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting	<b>2</b> 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	<b>3</b> 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO & Pizza
<b>6</b> 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 <b>1:00 Music History w John Clark: Irish Music in America</b>	<b>7</b> 10:00-12:00 BP Clinic <b>11:15-12:15 Stretch &amp; Flex</b> <b>1:00-2:00 Anxiety Group</b> 1:00-4:00 Mah-Jongg	<b>8</b> 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance <b>9:30 Concord Art Museum</b> 1:00- 3:00 Craft Class	<b>9</b> 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	<b>10</b> 8:30 ROMEO Club Breakfast Trip 9:00 Podiatry Clinic 9:00-12 SHINE 1:00 BINGO
<b>13</b> 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	<b>14</b> 10:00-12:00 BP Clinic <b>11:15-12:15 Stretch &amp; Flex</b> 1:00-4:00 Mah-Jongg	<b>15</b> 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	<b>16</b> 10:30-11:30 Living Alone Group <b>11:15-12:15 Stretch &amp; Flex</b> 12- Soup & Sandwich 12:30 Out of the Box Trivia <b>1:00 St Patrick Day Lunch</b> 2:15-3:00 Tiger Tech	<b>17</b> 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO: St Pat's Day Special Game
<b>20</b> 10:00-11:00 Tai Chi <b>10:00 Watercolor Workshop</b> 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	<b>21</b> 10:00-12:00 BP Clinic <b>11:15-12:15 Stretch &amp; Flex</b> <b>1:00 Lunch and Learn: Pro Active Brain Health</b> <b>1:00-2:00 Anxiety Group</b> 1:00-4:00 Mah-Jongg	<b>22</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance <b>12:00 Baseball Lunch with Howie Newman</b>	<b>23</b> <b>11:15-12:15 Stretch &amp; Flex</b> 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	<b>24</b> 8:30 ROMEO Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO
<b>27</b> 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	<b>28</b> 10:00-12:00 BP Clinic <b>11:15-12:15 Stretch &amp; Flex</b> 11:30 Grief Social <b>12:30 Restaurant Hoppers</b> 1:00-4:00 Mah-Jongg	<b>29</b> 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Fall Risk Prevention Program 6:00 Caregiver Support Group	<b>30</b> <b>11:15-12:15 Stretch &amp; Flex</b> 12- Soup & Sandwich 12:30 Out of the Box Trivia <b>2:00 Amelia Earhart performance by Sheryl Faye</b> 2:15-3:00 Tiger Tech	<b>31</b> 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO 7:00 CHICAGO at the high school



**MEET TROY**  
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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

### Mondays:

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

### Mondays:

**Chair Yoga with Rebecca** 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

### Wednesdays:

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

### Thursdays:

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

## Fall Risk Prevention Program

Wednesday, March 29<sup>th</sup> at 10AM in Room 230

Join Dr. Gallagher from Maragal Medical for a seminar discussing the issue of fall risk & how falls can be prevented. In addition this seminar includes the ability to book a free 20 minute balance assessment using a physical therapy machine called a Hunova. Please call 978-540-2470 to register, space is limited.

## Goat Yoga at Fay Park

Wednesday May 24th, 6-7pm

An EHS and PRCE collaboration! GOAT YOGA is coming to Littleton for 4 dates this summer!

Enchanted animals from Groton has the goats and we have your instructor; Littleton's Lelia Leary! Right here at Fay Park our first event (WEDNESDAY 5/24 6pm-7pm) is FREE. \$35 R/ \$40NR per class after that! Just bring a yoga mat!

Littleton seniors register through the EHS office in March for this program. Call us at 978-540-2470

## Podiatry Clinic with Christine

Friday, March 10th at 9AM

EHS welcomes our new Foot Care RN, Christine, RN CFCN!

Friday, March 10th 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! Winter dates will be weather dependent so please call to sign up to be notified of cancellations.

Call to register: 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.

Well Adult Clinics are held on the 2nd Tuesday of each month from 10am -11am and are an opportunity for adult residents to have a basic health screening (blood pressure, blood sugar) and talk with their town's public health nurse from Nashoba Board of Health for health tips & resources to promote their wellness!

No sign-up necessary, just drop-in!

## Get free at-home COVID-19 tests and KN95 Masks

To get a free Covid-19 testing kit, or free KN95 Masks, please stop by our office at Town Hall or give us a call at 978-540-2470.

If you need home delivery assistance, please let us know and we will arrange a drop off. We have test kits available for residents of all ages.

While supplies last!



**Craft Class****Wednesday March 8th, 1-3pm**

Happy Spring!!!! It is time to think Spring. We will be making Spring Baskets with Bunnies, Chicks, and Eggs with other things included. Bring your creative minds and have a great time. The class will be held on March 8th from 1:00 - 3:00 in the multipurpose



room. The cost is \$3.00 and the class is limited so sign up early and we look forward to seeing all of you.

-Anita, Sue, and Kathy

**Veterans Breakfast  
Hosted by Littleton Police Dept**
**Wed. MAR 29 @ 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 & Learn: Pro-Active Brain Health, MAR 21st, at 1pm**

Join EHS along with Bridges for an educational lecture on keeping your mind healthy as you age on Tuesday, March 21<sup>st</sup> at 1PM.

Lunch includes pasta primavera, salad, and bread.

Please call to register, limited to 35 participants, #978-540-2470

If cost is ever a barrier to you attending a program or event, please inquire about a scholarship with any EHS/COA staff member.

All scholarships are strictly confidential!

**Women's Breakfast : MARCH 8TH @ 8:00AM**

Join us on Wednesday, 3/8 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: MARCH 15TH @ 8:00AM**

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, 3/15 from 8AM - 9AM in the Senior Diner. Just \$3 a plate. Please call 978-540-2470 to register.

**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**

Special BINGO Games for March!

**Friday, Mar 3rd:** pizza lunch will be provided for all BINGO players on the first Friday of each month-please be sure to register in advance!

**Friday, Mar 17th:** St. Patrick's Day BINGO, be sure to wear your green!

*Thanks to the Friends 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.

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

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



## Special Programs!

### Music History with John Clark: Irish Music in America

Monday, March 6th at 1:00 pm in Room 103  
Please call 978-540-2470 to register

With the influx of Irish immigrants to America came a treasure trove of wonderful music, and some of the best of it is featured in this presentation. Early in the century John McCormack was the most famous Irish tenor & early Broadway star Chauncey Olcott's life & songs inspired the film, *My Wild Irish Rose*. Danny Boy and Tura Lura Lura also originated in the early part of the century. Popular American crooner Bing Crosby recorded 2 albums of Irish songs in the 1940s and scored big with hits like *Galway Bay* & *McNamara's Band*. Most of the songs you'll hear are either traditional Irish ballads (Molly Malone and The Water is Wide) or Irish folk songs that tell dramatic and sometimes even violent tales. You'll also hear the stories behind songs like *The Black Velvet Band*, *The Irish Rover* and *Whiskey in the Jar*. Other Irish artists featured are the Dubliners, the Chieftains, & the Clancy Brothers. So bring out the shamrocks & shillelaghs, pour me a Guinness, & don't forgettin' the wearin' of the green.

### Celebrate National Women's History Month with Amelia Earhart!

Thursday, March 30<sup>th</sup> at 2PM  
Please call 978-540-2470 to register

Sheryl Faye returns with an educational entertaining performance as the Pioneer in Aviation. Amelia Earhart's fearless, adventuresome spirit leads to hair-raising rides down her homemade roller coaster, and she is enthralled with the wonders of the new "flying machines" during a family vacation to the Iowa State Fair. As she matures, she is fulfilled by her work as a nurse's aide and begins to consider a career in medicine. This idea "flies out the window," however, when she pays a pilot \$1 to take her up for a short "hop" in his plane. From then on, aviation becomes her passion as flying becomes her career. She follows her dreams with an indomitable spirit, and her story will inspire everyone to pursue their own budding interests, whatever they may be, and & also reinforce importance of family, respect for others, & individuality.

### Concord Art Museum Trip

Wednesday, March 8th at 9:30am

Join us on a local trip as we travel to Concord to view (Un)Fettered: Sarah Bossert + David Covert Exhibit at the Concord Art Museum on Wednesday, March 8th. Our van will leave Town Hall at 9:30AM. Please call 978-844-6809 to register for the van ride, space is limited.

### Batter Up! Opening Day Baseball Lunch with Howie Newman

Wednesday, March 22<sup>nd</sup> at 12PM  
Please call 978-540-2470 to register, No cost

Join us on Wednesday, March 22<sup>nd</sup> at 12PM for hot dogs on the grill followed by a performance from the one and only Howie Newman who had an 18-year sportswriting career. Newman covered 2 World Series, 5 NBA Finals, and 4 Stanley Cup finals writing for the Patriot Ledger, Lowell Sun, Boston Globe, Associated Press and Lynn Item. We will enjoy baseball songs, trivia, and stories about his days as a sports-writer for the Red Sox beat. *Thank you Friends of the LCOA for sponsoring this event!*



### Edward Hopper Watercolor Workshop with Art Historian Carolyn Melby

Monday, March 20<sup>th</sup> at 10AM in Room 230

Edward Hopper was an American artist known for his oil paintings of vacant city landscapes. However, he was also a talented watercolorist who summered on Cape Cod. There, he painted the ocean, dunes, and lighthouses. We'll look at copies of some of his watercolors, and then be inspired to paint your own landscape in watercolor. Please call to register, space is limited to 18 participants.

### RAD Self Defense for Seniors

Beginning Wed. 4/5 from 12:30-2:30

Join LPD's Officer Abu for a 4 part self- defense course! Wednesdays in April (beginning 4/5) from 12:30-2:30, your first class will meet at the Littleton Police Department, subsequent classes will meet in the Multipurpose Room of Town Hall.

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

### Restaurant Hoppers

Tuesday March 28th at 1PM

Restaurant Hoppers is in full swing and ready for another month with lunch at a local restaurant!

On Tues, March 28th we will be headed to Papa Razi in Concord. Please meet at Town Hall at 12:30 for van service, please note that attendees are responsible for their own meal.

Please register by Friday, March 17th so we are able to reserve your table.



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 March 10th and 24th 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.

**March 10th:** As Good As It Gets Café, Acton, MA

**March 24th:** Tinys, Ayer, MA



## JULIET Breakfast Club Just Us Ladies Into Eating Together

On March 3<sup>rd</sup>, 17<sup>th</sup>, and 31st the EHS Van will be taking our newly forming **JULIET** 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.

**March 3<sup>rd</sup>** Pauls Diner, Westford, MA

**March 17th:** Rosie's Diner, Chelmsford, MA

**March 31st:** As Good As It Gets, Acton, MA

## Groton Hill Music Center's BACH'S LUNCH CONCERTS

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

Thursday, March 9, 2023

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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.**