

# The Broadcaster

## FEBRUARY 2023



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### IMPORTANT NOTES:

**Closed for the observance of Presidents Day on Monday 2/20**



**Happy Valentine's Day!  
Love, Your Friends at EHS**

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

Hello and Happy February to you all! We are looking forward to seeing you at our programs this month. During the month of January we took some time to look at the statistics of last calendar year 2022. Fitness and wellness classes took the top spot for most engagement with nearly 3,500 class check-in's! That's dedication! For the second year in a row, Carol Wing's Stretch N Flex class was the most attended program! Also notable, our van drivers, Rich, Neil, Sam, and Peter, provided 1,544 van rides last year! Thank you gentleman for providing such a great service for this community!

### **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.

### **Scam Awareness**

We want to share a reminder to be aware of an increased number of scams that have targeted residents here and in surrounding communities. Here are a few steps to recognize a scam.

How can you avoid scams? Be careful with phone calls that request *immediate actions*, such as a loved one "in jail" and needing bail money, a frequent scam call tactic we hear about! Also be cautious of calls that request immediate payment to different organizations like gas companies, loan servicers, mortgage payments, charity collections, unsolicited utility discounts, Bitcoin investments, etc. These are just a few scam tactics that are out there.

Be suspicious if someone contacts you unexpectedly online and asks for your personal information. It doesn't matter how legitimate the email or website may seem or look. Don't click any links! Only open emails, respond to text messages, voicemails, or answer calls from people or organizations you know. Even then be cautious if they look questionable.

If you think an email, text message, or pop-up box might be legitimate, you should still verify it before providing personal information. If you want to check something out, independently contact the source (perhaps a bank or charity organization) by using a phone number that you know is valid, such as from your bank statement.

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



## COA Board Update

Hello February, the shortest month of the year and the month to take time to regroup from the early winter rush. Amazingly, EHS/COA had the highest number of sign ins to events for the entire year the month of December: 834!

Along with that, 79 programs/activities/opportunities for engagement were offered the month of December. Do you all know that data supports the fact that participation in Senior Centers increases 2 to 3x when a new facility opens? Imagine a monthly participation of 1600 or more!

This thought brings the topic of our Senior Center Project to mind. It is really important to stay informed about this project and one way you can get information is to attend and/or watch the COA monthly Board meeting the 2<sup>nd</sup> Monday of the month at 3:00 PM. Our agenda has "Senior Center Update" as a regular item. You can watch the meeting on LCTV or watch the tape of it on the Town website under LCTV.



Enjoy February and Happy Valentines Day!

*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, FEB 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  
 Peter McGowan, 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

Friends Contact Information:  
**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](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

We are a non-profit organization who is self-governed and not a town entity. However independent, the Friends could be looked at as an adjunct to the Council on Aging. We are united in serving the same goal. Both the Friends and the COA are dedicated to the enrichment of our Senior Citizens lives so they may enjoy an active and high quality of life while remaining independent for as long as possible. The Friends support our seniors in Littleton by assisting in funding programs offered by the COA, as well as assisting with its outreach requests.

With the primary purpose of the Friends being fund-raising, we could really use your help. We are a small board, which needs to expand. We need to foster new ideas, and most of all, to brainstorm ways to raise money. We seek new members to our board who are positive, care about our seniors, and would like to make a difference. I offer my number because I am eager to hear from you. We meet once a month and email in-between. Very little time for a very big impact. Thank you for considering!

-Sandra Casale #978-771-2702



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

## 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 & 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 here! **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.



## Get free at-home COVID-19 tests

To get a free Covid-19 testing kit, 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.

**Senior Tax Work Off Program Participants:** Timesheets are due to the Assessors Office next month, on March 15th. If you are in need of additional hours please contact the EHS Office at 978-540-2470.

## 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! Feb. dates are 2/7 and 2/21. 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. February date is 2/16, 10:30am-11:30am.



**Caregiver Support:** February 28th at 6pm in the senior diner with hosts and dinner from Senior Care Advisors! 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

FEBRUARY 2023

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the <u>DAY BEFORE</u>	 Minuteman SENIOR SERVICES	1 Chicken Pot Pie Broccoli & Cauliflower Buttermilk Biscuit Dessert of the day	2 Chicken Breast with Apricot Sauce Yukon Gold Potatoes Mixed Veggies Wheat Dinner Roll Dessert of the day	3 Meatloaf with Beef Gravy Mashed Potatoes Pacific Veggie Blend Marbled Rye Dessert of the day
6 Black Bean & Barley Chili Cauliflower Florets Wheat Bread Dessert of the day	7 Chicken with Red Pepper Sauce Orzo Pilaf with Spinach Capri Veggie Blend Wheat Bread Dessert of the day	8 Ravioli Primavera Green Beans Italian Bread Dessert of the day	9 Roast Pork with Herb Gravy Butternut Squash Pacific Veggie Blend Multigrain Bread Dessert of the day	10 Chicken with Vodka Sauce Penne Pasta Italian Green Beans Dinner Roll Dessert of the day
13 Chicken Marsala Garlic Mashed Potatoes Spinach Wheat Bread  Dessert of the day	14 <b>SPECIAL</b> Baked Salmon with Lemon Piccata Sauce- Rice Pilaf Mixed Vegetables Multigrain Bread Dessert of the day	15 Chicken Meatballs with Tomato Basil Sauce Tri-Color Rotini Italian Veggie Blend Wheat Dinner Roll Dessert of the day	16 Broccoli Cheese Bake Home Fries Stewed Tomatoes Wheat Bread Dessert of the day	17 Beef Stew California Veggie Blend Dinner Roll Dessert of the day
20  President's Day Holiday No Meals Served	21 Breaded Chicken Drummer Mashed Sweet Potatoes Broccoli Multigrain Bread Dessert of the day	22 Beef Bolognese Penne Pasta Italian Vegetable Blend  Wheat Dinner Roll Applesauce	23 Chicken and Rice Bake  Spinach Marble Rye Bread Dessert of the day	24  Pork with Mustard Sauce Sr Cr & Chive Mashed Pacific Blend Vegetables Wheat Bread Fruit Cup
27 Chicken Jambalaya Brown Rice Broccoli Wheat Bread Dessert of the day	28 French Meat Pie Roasted Brussels Sprout- Pumpernickel Bread Dessert of the day			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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# FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<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> 9:00 Coffee Hour 9:00-12 SHINE
<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 1:00 Music of the Civil Rights Movement	<b>7</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 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 12:30 Hebert Candies Trip 1:00- 3:00 Craft Class	<b>9</b> 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12- Lunch & Learn: Down-sizing Your Home 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 Super Bowl Pre - Game Party
<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	<b>14</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 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 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	<b>17</b> 9:00-12 SHINE
<b>20</b> 	<b>21</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	<b>22</b> 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 6:00 Caregiver Support Group	<b>23</b> 11:15-12:15 Stretch & Flex 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
<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 11:15-12:15 Stretch & Flex 11:30 Grief Social 12:30 Restaurant Hoppers 1:00-4:00 Mah-Jongg	<b>IN PERSON EVENTS -GREEN</b>  <b>VIRTUAL EVENTS - RED</b>  <b>HYBRID EVENTS - PURPLE</b>		



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— 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

### 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

## Weekly Blood Pressure Screenings

Our weekly Nurse-staffed Blood Pressure Clinic holds Blood Pressure 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 10:00am - 11:00 am for health consultations and questions.

No advance sign-up necessary, just drop-in!

## Podiatry Clinic with Christine

Friday, February 10th at 9AM

EHS welcomes our new Podiatrist, Christine Quiry, RN, on Friday, February 10th at 9AM, \$40 per person.

Space is limited, but EHS will be hosting this clinic monthly in room 233.

Please call 978-540-2470 to register



## Grief Socials

### Nashoba Nursing Service & Hospice

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:

**Townsend House Restaurant**  
2 Depot Street in Townsend, MA  
Fridays - 11:30 to 1PM  
Feb 7th and March 7th

**The Bull Run Restaurant**  
215 Great Rd Shirley, MA  
Fridays - 4:30 to 6 PM  
Feb 17th and March 17th

**Il Forno Restaurant**  
529 King St, Littleton, MA 01460  
Fridays- 11:30 AM to 1 PM  
Feb 28th and March 28th

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.

## 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 and be notified of cancellations.

Call to register: #978-540-2470



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

Hello again and welcome back to crafting. Many of you have requested that we do making note cards and so that is the craft for February. We will use stick on decorations, as well as using the stamping process. We have many ideas for you to try!

The class will be held on February 8th from 1:00pm to 3:00pm in the multipurpose room. The cost will be \$3.00 and there will be a limit of 20 for the class. So sign up early and we hope to see you all there.

-Anita, Sue, and Kathy

**Veterans Breakfast****Hosted by Littleton Police Dept****Wed. FEB 22ND @ 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: Downsizing your Home, Feb 9th, at 12pm**

Thinking about selling your home?

Michael Roy from RHR Real Estate, Realtor, Senior Real Estate Specialist will be at Littleton EHS, Thursday, February 9<sup>th</sup> at 12PM. If you are thinking of selling, join us for this valuable education on all things selling and downsizing. Please call 978-540-2470 to register.

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 : FEBRUARY 8TH @ 8:00AM**

Join us on Wednesday, 2/8 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: FEBRUARY 15TH @ 8:00AM**

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, 2/15 from 8AM - 9AM in the Senior Diner. Just \$3 a plate. Please call 978-540-2470 to register.

**Mahjong Every Tuesday****Feb 7, 14, 21, 28, 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 in the Senior Diner**

Bingo will be on a short break for the month of February. See you all next month!

*Thanks to the Friends for sponsoring Bingo!*

**Loving Stitches****Every Monday 12-2pm, 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 Rego for some "Out of the Box" trivia held on Thursdays, 12:30-1:30p. We have a prepared list of questions with several topics to pick from. 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, FEB 2, 9, 16, 23 at 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!

### Hebert Candies Trip

Thursday, February 8th, 12:30pm

Just in time for Valentine's Day!

Join us for a trip to Hebert Candies in Shrewsbury to indulge your sweet tooth or find a special treat for someone in your life. Thursday, February 8<sup>th</sup> - EHS Van will leave at 12:30PM from Town Hall, please call 978-844-6809 to register. If you would like to drive yourself please call the EHS office to register.

Hebert Candies accepts cash, credit, and personal checks.

### Music History with John Clark: Music of the Civil Rights Movement

Mon, Feb. 6<sup>th</sup> at 1PM in Room 103

Please call 978-540-2470 to register

This program begins with a controversial Marian Anderson concert and a shockingly sad Billie Holiday song. Then leading up to the Civil Rights songs are **You've Got to Be Carefully Taught** from South Pacific and Nat King Cole's **We Are Americans Too**, his response to a racial incident.

The next part of the program is devoted to important 1950s & 1960s anthems like **We Shall Overcome**, **Eyes on the Prize**, **Blowin' in the Wind** and other Bob Dylan songs that brought racial issues to a new level of national attention. Sam Cooke's **A Change Is Gonna Come**, James Brown's **Say It Loud, I'm Black and I'm Proud** and Sly & the Family Stone's **Everyday People**, the Impressions' **Keep on Pushing** and Elvis Presley's **In the Ghetto** were all influential in the late '60's. Also included are important songs by Odetta, Nina Simone, Curtis Mayfield and Janis Ian and an excerpt from Martin Luther King's **I**

### Super Bowl Pre-Game Party

February 10th at 1PM

Are you ready for some... Super Bowl pre-game fun?

Join us on Friday, February 10th at 1PM for a pre-Super Bowl Party in the Senior Diner and MPR; sandwiches, snacks, fun, football trivia, and, of course, our all time favorite commercials. You don't need to be a football fan to attend!

Be sure to wear your team gear!

Please call 978-540-2470 to register, space is limited.  
\$3 per person

### Restaurant Hoppers

Tuesday February 28<sup>th</sup> at 1PM

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

On Tuesday, February 28<sup>th</sup> we will be headed to Merchants Row at Concord's Colonial Inn. 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, February 17th so we are able to reserve your table.

### 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](http://grotonhill.org/bachs-lunch)

### Stone Arch Piano Trio

Thursday, February 9, 2023, 11am and 1:30pm

*"Why Can't You Behave?!"  
From Handel to Cole Porter*

Bonnie Anderson, piano  
Lisa Kempkie, violin  
Shay Rudolph, cello

### Coffee Hour

Friday, February 3rd at 9am

Stop in for coffee and donuts in Room 230, bring a friend, stay and chat! Detective O'Donoghue will be joining us to give us the scoop on local scams and what we can do to avoid them.

### Save the dates!

Registration for these events begins March 1st, save the dates in your calendar!

#### Baseball Luncheon:

Wednesday, March 22nd at 12PM Join us for hot dogs on the grill followed by a performance from the one and only Howie Newman; baseball songs, trivia and stories about his days as a sportswriter for the Red Sox beat.

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

March 15<sup>th</sup> at 1PM Join EHS and Rivercourt Residences for a traditional corned beef and cabbage meal to celebrate St. Patrick's Day.





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 February 10<sup>th</sup> and 24<sup>th</sup> 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.

**February 10<sup>th</sup>:** Blackbird Diner, Acton, MA

**February 24<sup>th</sup> :** Main Street Market & Café, Concord

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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.**