

The Broadcaster

APRIL 2023



LITTLETON EHS/COA SERVICES

CONTENTS

INFO 2

INFO AND PROGRAMS 3

OUTREACH 4

MENU 5

CALENDAR 6

FITNESS & WELLNESS 7

EVENTS & PROGRAMS 8

EVENTS & PROGRAMS 9 & 10

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.



**CLOSED IN
OBSERVANCE OF
PATRIOTS DAY
MONDAY
APRIL 17**



From Liz's Desk:

Hello Everyone! I hope you are enjoying the spring season. It is so nice to have daylight still at dinner time, isn't it? Although I love winter, the spring season is re-energizing and makes me want to get up and go out, and do something different. We are offering a wide variety of programs this month and I hope something sparks your interest and gets you out of the house, and here with us!

A few of our offerings this month have us really excited, one being "*The ME Decade— A Cultural Review of the 1970's Through Music*" by musician Fran Hart. Thank you to the Cultural Council for funding this program, and to the Friends of the LCOA who will be sponsoring refreshments afterwards. This will be a good one, don't miss it! More info on this program on page 9.

The EHS/COA Department has been working with the COA Board to spread awareness on the Dementia Friends Massachusetts program. At this time, in Massachusetts there are over 14,044 Dementia Friends- including all EHS staff, drivers, and COA Board Members! Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. To become a Dementia Friend, you participate in a 1-hour Dementia Friends Info Session offered by a Dementia Friends Champion. You learn 5 key messages about dementia and a bit about what it's like to live with dementia. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. We will be offering Dementia Friends trainings to the community soon, stay tuned to get involved! Visit <https://dementiafriendsma.org/>

31st Annual Luncheon

Sponsored by:



A new entrée will be served with fresh rolls, salad, and desserts! And don't forget to bring your ticket to enter into one of the 3 raffles valued at \$100!

**Date: Thursday, April 20th, 2023
Time: 12:00 noon
Location: Littleton High School Cafeteria**

Please see your local Council on Aging for tickets, or call LELWD at #978-540-2222 if you have questions.

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



COA Board Update

Greetings April! The COA has some VERY important questions for you: Did you realize that EHS stands for Elder & Human Services; the Elder is senior/COA and Human is all other ages of residents? Do you know how many services are available to every Littleton resident through the EHS Outreach department? Do you know that the outreach department has a "no wrong door policy" which means that if they do not have an answer to a question, they do not stop until they get an answer. Quite frankly I do not have an actual answer to the number of services but do suggest that all of you spend 30 minutes of your time to watch March 2023 EHS/ COA Highlights LCTV Show. Alicia Rego, one of our Outreach Workers, provides an overview of services available to residents of Littleton (not just seniors). It will be a well spent 30 minutes of your time. You can access the show via computer and the Town website at any time or by TV: Currently, EHS Highlights is in the EHS COA schedule block on the Public Channel. It airs:

Sunday 6:30pm, Monday 9am, Tuesday 9:30am & 6:30pm, Wednesday 9am & 7pm, Thursday 9:30am & 6:30pm, Friday 9am, Saturday 7pm

Outreach workers can be reached at 978-540-2470. Please help us get this information out to all of Littleton....share the news!

- *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, APRIL 3RD 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 Schaubinger

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, 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

In February, the Friends had a call for new membership to its board. Thanks to you, the Broadcaster's dedicated readers, with your willingness to help in your community, we now have the number of Directors we need. And we have members-at-large to boot. In March, we asked for help again. This time it was for help volunteering behind the scenes. We especially needed help with our website (truly an understatement). What we really had was a neglected webpage. No more! The day after the Broadcaster came out, I received a text from a (tech-savvy) volunteer eager to help. I won't say it's a finished product. I will say this, you can go on our website now, see who we are, what we stand for and what we have planned. Now that we have gotten the help we need, we will be able to maintain an up-to-date website, with flyers for upcoming fundraisers as the times approach, then posts from that day. We'll also have photos from events the COA hosts where we volunteer, like, the recent St Patrick's Day Luncheon. (Look closely and you just might see a Leprechaun cameo.) The Friends meet the first Wednesday of each month at 10:30am in the Reuben Hoar Library in the Murray Conference Room.

-Sandra



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. Senior residents 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, 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
Apr 11th~ May 9th~ Jun 13th, 11:30-1pm

The Bull Run Restaurant

215 Great Rd Shirley, MA
Apr 21st~ May 19th~ Jun 23rd, 4:30-6pm

Il Forno Restaurant

529 King St, Littleton, MA 01460
April 25th ~ 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

April is National Pet Month. 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 Information 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.

Get the Most Out of SNAP

How can an older adult increase their SNAP benefit? By reporting the following expenses to DTA:

- Rent or mortgage increase – If your cost of housing has increased, you should report this to DTA for an additional SNAP benefit. Allowable expenses include, but are not limited to: Rent, Mortgage, Property Taxes, Homeowner's Insurance, Condo Fees, Mobile Home Park Rent, Utilities.
- Child or disabled adult care costs – If anyone in your SNAP household is working, looking for work, or in school, they should tell DTA about child or disabled adult care costs such as babysitter, transportation, or day care costs and receive an additional SNAP benefit.
- Out of pocket medical expenses – If you are 60+ or get a disability-based benefit, you should report your medical expense costs more than \$35/month for an additional SNAP benefit.

What types of medical costs count?

- DTA can count the medical costs that you are responsible for - such as an unpaid hospital or dental bill - even if you have not paid them yet. But cannot count costs that are reimbursed by insurance. Additional examples of acceptable medical expenses include:
 - Prescription Medications
 - Co-pays
 - Doctor visits
 - Transportation cost to medical appointment
 - Over the Counter Medications such as pain relievers, vitamins, antacids, insulin, etc.
 - Health Related Supplies: Foot care, Dentures, Hearing Aid Batteries

Complete the Out-of-Pocket Medical Expenses Form to tell DTA about these costs:

www.mass.gov/lists/out-of-pocket-medical-expenses-form

Need help with the form? Contact Amy or Alicia at 978-540-2470

Conversation Groups:

Anxiety Group: Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! April dates are 4/4 and 4/18. 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. April date is 4/20, 10:30am-11:30am.



Caregiver Support: April 26th 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

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



Concerned about a senior?

You can report elder abuse or neglect by phone or online. Report suspected elder abuse anytime day or night at (800) 922-2275 or file a report online at www.mass.gov/how-to/report-elder-abuse

Minuteman Senior Services		April 2023	Meals on Wheels Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Burgundy (360) Noodles (5) Veg Blend (15) WW Bread (165) Cookie (60)	4 BBQ Pork Rib (695) Butternut Squash (15) Corn (5) WW Bun (250) Applesauce (20)	5 Brd Chicken Bites (570) Rstd Potatoes (5) Green Beans (5) Roll (180) Peaches (5)	6 Salmon Salad (90) Garden Salad (150) Quinoa Salad (230) Oat Bread (300) Yogurt (75) Juice (0)	7 Veggie Lasagna (540) Cauliflower (15) Garlic Roll (240) Fresh Fruit (5)
10 Honey Garlic Chicken (330) Rice (5) Asian Veg (10) WW Roll (180) Pineapple (5)	11 Veggie Frittata (180) Maple Carrots (80) Rstd Potatoes (5) Muffin (190) Yogurt (75) Juice (0)	12 American Chop Suey (310) Broccoli (10) MG Bread (150) Mixed Fruit (10)	13 Special ** Baked Ham (955) Au Gratin (145) Peas (60) LS Bread (0) Cake (170)	14 Turkey Sweet Potato Chili (615) Br. Sprouts (15) Corn Bread (235) Mixed Fruit (10)
17 No Meals Served Patriot's Day	18 Broccoli & Cheese Chicken (460) Rice Pilaf (70) Green Beans (5) MG Bread (150) Mandarins (10)	19 Mac & Cheese (650) Peas (60) Vienna Brd (140) Gelatin (65)	20 Meatloaf w/Gravy (460) Mshd Potato (110) Garden Salad (35) Oat Bread (150) Berry Crisp (105)	21 Mediterranean Cod (420) Rstd Potatoes (5) Creamed Spinach (220) WW Roll (180) Fresh Fruit (5)
24 Turkey w/Gravy (790) Mshd Potato (110) Carrots (45) LS Bread (0) Mixed Fruit (10)	25 Swedish Meatballs (250) Orzo (40) Green Beans (5) Oat Bread (150) Cupcake (175)	26 Hot Dog (540) Baked Beans (370) Coleslaw (50) Roll (250) Warm Pears (5)	27 **Chicken Parmesan (615) Pasta (100) Zucchini (10) Garlic Roll (240) Mixed Fruit (10)	28 Lentil Stew (190) Brown Rice (25) Veg Blend (20) Roll (260) Pudding (170)
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis.				
**High sodium meal (>1200mg) A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. Menu Subject to Change Without Notice To cancel a meal, please call at least 24 hours prior to service.				



To CANCEL or ORDER, Call your local meal site by **11AM the DAY BEFORE**
All meals include milk. This program is made possible in part by funding from the Executive Office of Elder Affairs.



**Contact us
for your Real
Estate needs
978-852-9480**

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!
CONTACT ME Lisa Templeton
ltempleton@lpicommunities.com
(800) 477-4574 x6377



APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	5 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting 12:30 RAD Class 1:00 The ME Decade 1970's Music Presentation	6 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	7 8:30 Romeo Club Break- fast Trip 9:00-12 SHINE 1:00 BINGO & Pizza
10 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	11 10:00-12:00 Hearing Screenings 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Music History w/ John Clark: Big Band Era	12 8:00-9:00 Women's Break- fast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch & Learn with Attorney Arcidiacono 12:30 RAD Class 1:00-3:00 Craft Class	13 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	14 8:30 JULIET Club Breakfast Trip 9:00 Podiatry Clinic 9:00-12 SHINE 1:00 BINGO
17  CLOSED IN OBSERVANCE OF PATRIOTS DAY MONDAY APRIL 17 	18 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	19 8:00-9:00 Men's Breakfast 9:00-3:00 WEBS Yarn Trip 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:30 RAD Class	20 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12- LELWD Luncheon 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	21 8:30 ROMEO Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO
24 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	25 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 12:30 Restaurant Hop- pers 1:00-4:00 Mah-Jongg	26 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch & Learn with Badger's 12:30 RAD Class 6:00 Caregiver Support	27 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	28 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO
IN PERSON EVENTS -GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE				



MEET TROY
— OUR MASCOT —

LIFE CARE CENTER OF NASHOBIA VALLEY
978.486.3512 • 191 Foster St. • Littleton, MA 01460 • LifeCareCenterOfNashobaValley.com

BEST SHORT-TERM REHABILITATION
U.S. NEWS & WORLD REPORT

Home of CHAMPIONS

AMERICA HOME HELPERS
IN HOME CARE & ASSISTANCE
781-462-5274
Chelmsford

*Bringing joy and
peace to Senior Care
Hourly and 24 hour care*
Personal Hygiene • Ambulation
Feeding • Dressing • Transportation
Exercise • Toileting • Shopping
Medication reminders
americanhomehelpers.com



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

Weekly Fitness Classes 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

Hearing Screenings

Tuesday, April 11, 10am-12pm

Doctor of Audiology, Megan Ford, will be here on Tuesday, April 11th for Hearing Screenings.

Please call 978-540-2470 to reserve your spot



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 THIS MONTH for this program. Call us at 978-540-2470.

Podiatry Clinic with Christine

Friday, April 14th at 9AM

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

Friday, April 14th 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 kits, or free KN95 masks, please stop by our offices 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 April 12th, 1PM - 3PM**

April means warm weather, sunshine, and flowers. This month we will be making spring picture frame collages. We will be using old frames and scrapbook paper for the wallpaper backing and then creating collages over that. Should be a lot of fun so bring all of your creativity and see you soon. The class will be on April 12th from 1pm - 3pm in the multipurpose room. The cost is \$3 and the class is limited to 20 participants.

-Anita, Sue, and Kathy


**Veterans Breakfast
Hosted by Littleton Police Dept**
Wed. April 26th @ 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.

**Lunch and Learn with Badgers:
Wednesday, April 26th at 12PM, Room 230**

Come enjoy a delicious lunch as the staff of Badger Funeral Home gives an educational talk about the benefits of pre-planning, veterans' benefits, cremation, Life Celebration, obituary writing, and more.

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

Women's Breakfast : APRIL 12TH, 8:00AM - 9:00AM**Men's Breakfast: APRIL 19TH, 8:00AM - 9:00AM**

Join Charlie and the crew for a hot cooked breakfast of your choosing in the Senior Diner. Just \$3 a plate for your made-to-order breakfast.

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, April 7th: 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!

Music History with John Clark: The Big Band Era Tuesday, April 11th at 1PM in Room 103

Please call 978-540-2470 to register

The Big Band era officially started in the summer of 1935 but the transition from hot jazz and Dixieland had begun much earlier in the decade. We'll trace the roots of Big Band music, including the back story of the King of Swing himself, Benny Goodman. Then you'll hear Benny's hits like *Goody, Goody*, *Taking a Chance on Love* and part of the historic live Carnegie Hall performance of *Sing, Sing, Sing!* You'll also see live performances of Goodman vocalists Martha Tilton and Peggy Lee. The last third of the program will be devoted to the most popular bandleader of this period, Glenn Miller, with 22 chart-topping songs from 1939 - 1943. You'll understand the origins of the unmistakable Glenn Miller sound heard clearly in his theme song, *Moonlight Serenade*. You'll see performances of his biggest hits like *In the Mood* and *Chattanooga Choo Choo*. There's even footage of Glenn leading the 50-piece Army Air Force Band in the summer of 1944, just months before he boarded the flight to France that took his life. For 10 years orchestral jazz became America's popular music & you're invited to experience and learn about its biggest stars.

Lunch & Learn with Attorney Phillip Arcidiacono Wednesday April 12 at noon in Room 230

What if I Never Made Advance Plans for a Nursing Home? Like many of us, you may have kept the thought of being in a nursing home far out of mind. But now you may be going to a nursing home or a loved one may already be there. How can you apply for assistance from MassHealth and protect your assets? Even if you made no advance plans, there are strategies that could help.

Join us for a Lunch and Learn illustrated talk on Wed. April 12 at noon. Attorney Philip Arcidiacono, who specializes in Elder Law, will offer strategies and hear your questions. Please call 978-540-2470 to register.

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 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.

WEBS Yarn Store Trip Wednesday, April 19th, 9-3pm

Join us for a fun trip to WEBS Yarn Store in Northhampton, MA followed by lunch at Jake's.

The van will depart Littleton at 9:00AM; following your shopping excursion the van will take you to lunch at Jake's of Northhampton and returning for an anticipated 3PM arrival to Littleton.

\$3 per person, does not include lunch, which is the participant's responsibility.

Space is limited, please call 978-540-2470 to register. Please specify when you register if you would like to be picked up at home or at Town Hall.

The ME Decade - A Cultural Review of the 1970's Through Music With Fran Hart Wed., April 05 at 1:00 PM, in the MPR

American author Tom Wolfe coined the phrase "The Me Decade" to describe the changing values that took place during the 1970s.

One of the major characteristics of this decade was the shift from concerns about society at-large and the general welfare of people as a whole, to a more self-centered focus on an individual's needs and desires.

In this one-hour presentation, music is used as a "lens" into the major events and ponderings of the decade. Some of the issues that marked the '70's included inflation, the Vietnam War, women's rights, racial injustice, and unemployment. And who can forget the 1973 oil crisis with its long lines and rationing?

There is no shortage of music that tells the story of the 70's. This multimedia presentation includes audio and video clips coupled with live music and even a few singalongs.

The presenter is Fran Hart, founding member of the Beatles tribute band 4EverFab. 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.

This is a free event! Please call to sign up and join us for refreshments and discussion afterwards! Call us at 978-540-2470 to get on the list.



Mass
Cultural
Council





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 April 7th and 21st 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.

April 7th: Mario's, Westford, MA

April 21st : Frannie's Diner, Pepperell, MA



JULIET Breakfast Club Just Us Ladies Into Eating Together

On April 14th and 28th 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.

April 14th: Tiny's, Ayer, MA

April 28th: Mario's, Westford, MA

Restaurant Hoppers

Tuesday April 25th at 1PM

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

On Tuesday, April 25th we will be headed to Nashoba Club in Ayer. Please meet at Town Hall at 12:30 for van service, attendees are responsible for their own meal. Please register by Friday, April 14th so we are able to reserve your table.

KATHLEEN M. O'CONNOR
Estate Planning
Elder Law • Probate

978-266-0101

KITTYOCONNOR@ECKEL-LAW.COM
267 GREAT ROAD • ACTON

www.eckel-law.com



Trouble Hearing? | Call today for your
FREE CONSULTATION



HearSmart
Audiology

978.952.2500 • hearsmartaudiology.com



COVID-19 safety
measures in place

Littleton Storage Solutions

Store smarter. Move Easier. Spend Less.

www.TheStorageSolutions.com • **978-339-5258**
509 Great Road, Littleton MA 01460
Traditional & Climate Controlled Storage

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED

Independent Living • Assisted Living • Memory Care • Respite Stay

Proudly serving Seniors and the Community since 2002

Spacious One Bedroom and Studio Apartments • Fine Dining • Housekeeping • Laundry • Transportation
Personal Care • Medication Management • Social, Health and Wellness Programs • 24/7 Certified Staff



**RIVERCOURT
RESIDENCES**

RiverCourt Residences sits on the scenic banks of the Squannacook River.

Come visit this beautifully renovated historical mill and see the spectacular waterfall for yourself.

www.rivercourtresidences.com - **978-448-4122** - 8 West Main St., Groton, MA



THRIVE LOCALLY

THrive Locally is a community initiative that encourages people to support local businesses and organizations. The logo features the word "THRIVE" in large white letters, "LOCALLY" in smaller white letters, and a large yellow heart outline.

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

LPi

Contact us at
careers@4lpi.com or
www.4lpi.com/careers

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com

MILL POND APARTMENTS

Section 8 Elderly Housing

We are accepting applications for elderly, handicapped or disabled, for 1 bedroom apartments.

Call Louisa at: 978-486-9719
50 Mill Road, Littleton
MANAGED BY PEABODY PROPERTIES





Are You Turning 65 Soon?

AS WE GET OLDER, WE GROW WISER...

Enhance your lifestyle with an eternalHealth Medicare Advantage plan.

- ✓ Monthly premiums as low as \$0
- ✓ Dental, vision, hearing & prescription drug coverage
- ✓ Value adding benefits including unlimited transportation, OTC allowance, fitness benefit, and more!

Call Today to learn more about the value adding benefits eternalHealth has to offer!

www. eternalHealth.com/ turning65
1 (888) 418-4982 (TTY 711)

eternalHealth is an HMO plan with a Medicare Contract for HMO and PPO offerings. Enrollment in eternalHealth depends on contract renewal.

Y0160_LPIA4_M

IL FORNO

Restaurant & Catering

For All Your Bereavement Needs & Special Occasions

Il Forno is here for you.

In our Newly Renovated Function Room or Delivered to Yours.

978-540-2880
 Il Forno Littleton
 529 King St, Littleton MA
www.il-forno.com





LITTLETON COUNCIL ON AGING
P.O. BOX 1305
33 SHATTUCK ST.
LITTLETON, MA 01460

Bulk Rate
US Postage
Paid
Littleton, MA
Permit No. 19



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.