

Senior Broadcaster

Elder and Human Services in 2014



June 30th marked the end of the budget year for the town of Littleton and for EHS. I think it is useful to look at our attendance numbers to help us see what we have done and to assist us in setting goals for the future. We had a great year with much growth in programs, attendance, and use of our vans. Here are some statistics about us for the year from July 1, 2013 until June 30, 2014.

Events at the Center: 550 individual seniors attended. Attendance at all events was 11,118, an increase of 19% over the previous year. A total of 566 programs ran, representing a 14% increase.

We added several new services to address some special needs: Tina Maeder runs a **Social Anxiety Group** twice a month. We started the **ChitChat Club** for isolated seniors who want socialization and interaction. Hilary Rostas, our Wellness Coordinator, has several **Health and Fitness** programs including **Yoga and Total Body Conditioning**.

Van ridership went from 3,626 rides in the previous year to 4,394, an increase of 21% year-over-year. The van program is especially important for residents who need to get to medical appointments -- 37% of our rides last year were for medical reasons.

Outreach had 3,395 visits with Littleton residents this year. This is an increase of 89% since 2012. Our Board was successful in persuading the town to increase Tina Maeder, our Outreach Worker's hours from 30 hours per week to 40 hours to meet this increased need.

The Senior Tax Program continues to be a strong win-win program with participating seniors last year receiving approximately \$630 dollars per household in property tax relief and town departments receiving almost 7,000 hours of labor.

Although the numbers are important to marking progress, what's really important to Elder and Human Services is the people who are served. Our goal is to respond to the physical and emotional needs of our residents and to maintain dignity and independence for all.

I'm looking forward to another great year of fun, education, and service for all.

Pamela



Fire Dept Collects Info



The Fire Dept wants to be able to help quickly in case of electrical failure or emergency. If you have medical devices that support/assist life (such as oxygen) please complete a form for the Fire Department's files. The Form is available at the COA or the Fire Station.

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Happenings—September 2014

(These are just a few of our events-look inside the Broadcaster for more)

- **Sept 5, Fri**, Apple Pie Baking Contest (P7)
- **Sept 8, Mon** at 10:00, Crafts at the Council (P8)
- **Sept 15, Mon** at 1:30 Senior Citizens Club (P8)
- **Sept 17, Wed** at 2:00, Ice Cream Social at Kimball's (P3)
- **Sept 18, Thurs** from 10:30-11:30, Living Alone Support Group (P3)
- **Sept 18, Thurs** at 11:00 & 1:30, Indian Hill "Bach's Lunch Concert" (P8)
- **Sept 18, Thurs** from 1:00-2:30, Bereavement Drop-in Group (P3)
- **Sept 22, Mon** from 2:00-3:00, Parkinson's Support Group (P4)
- **Sept 24, Wed** from 10:00-12:00, Low Vision and Aging Talk (P4)
- **Sept 24, Wed**, 4:00-5:30, Alzheimer Caregiver Support Group (P4)
- **Sept 25, Thurs** from 10:00-11:00, Pine Tree Park BP Clinic (P3)
- **Sept 25, Thurs** at 1:00, Movie of the Month "The Grand Budapest Hotel" (P7)

Thurs, 1:00-3:00, **Open Art Studio** (P7)

Wed & Fri, Sept 10, 12, 17, 19, 24 and 26, **RAD Security Class** (P7)

Tues, Sept 23rd to Oct 28th, 1:00-3:30, **Managing Diabetes** (P4)

Save the Date: Medicare Open Enrollment & Update, October 15th

Spotlight on Littleton-300 Years Old



Apple Pie Baking Contest: Sept 5th

Parade: September 6th

Fireworks: September 6th

Ball: September 13th

Closing Ceremony: September 27th

Internet & Computer Classes Resume

Thursdays, 10:30-11:30 am, in Room 230 with Bill Vales

- Sept 4**, What's new? Latest on new hardware, software and malware.
- Sept 11**, Review of the PC desktop layout. Navigating around the system.
- Sept 18**, Accessing information on the internet. Using the town website.
- Sept 25**, Review of different email systems. Safe email practices.

PLEASE NOTE THAT THE LOCATION HAS CHANGED TO ROOM 230.

Going on vacation? Call 978-540-2470 to stop your Broadcaster mailings. This saves the COA money. Thank you!

STAFF

Pamela Campbell, Director
Tina Maeder, Outreach Coordinator
Neil Campbell, MART Driver
Richard Kent, MART Driver
Gina Monahan, MART Driver
George Ogilvie, MART Driver
Paul Tokmakian, MART Driver
Gayle Dalton, Senior Diner Manager
Hilary Rostas, Wellness Coordinator
Nancy Hilsinger, Editor

BOARD MEMBERS

Marjorie Payne, Chair
Louise Curley, Vice Chair
Robert Stetson, Secretary
Mary Catalanotto
Barry M. Curcio
Jean Johnson
Barbara Kamb
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Chris Simone

FRIENDS OF THE COA

Barbara McRae, President
Nancy Levine, Vice President
Tony Jesensky, Treasurer
Carolyn Harlow, Secretary
Ellen Araujo
Dorothea Chase
Sharon Corbin
Dottie Ruiz

33 Shattuck Street,
P.O. Box 1305
Littleton, MA 01460
Main Phone: 978-540-2470
Fax: 978-952-2363
Outreach: 978-540-2472
Senior Diner: 978-540-2474

COA Office Hours:

Monday-Friday
8:30 am- 4:30 pm

COA Outreach Hours:

Monday-Thursday
9:00 am- 3:00 pm

Broadcaster by Email and Online!!
You can get the Broadcaster by email! Visit our site, www.littletonma.org, select "Sign up for Town Notifications," and enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg
Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall

OUTREACH INFORMATION

Chit Chat Club



The Chit Chat Club continues to meet on **Wednesdays and Thursdays** in Room 233 of the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate. Cost will include transportation and lunch. Please call Tina Maeder for more information at **978-540-2472**.

SHINE—Need Help With Healthcare Costs?

Our trained **SHINE** (Serving Health Information Needs for Everyone) counselor is at the COA every Wednesday from **10:00 am to 1:00 pm**. Call **978-540-2470** to make an appointment.

PLEASE NOTE THE TIME CHANGE.

SHINE—SAVE THE DATE



Open Enrollment and Medicare Update, **Wednesday, October 15th, 2:00 pm**. See October Broadcaster for more details.

Living Alone Support Group

The Living Alone Group will be meeting again on **Thursday September 18th, from 10:30-11:30 am**, in Room 230 of the COA. Pamela Connolly from Home Instead will be the guest speaker. Refreshments will be served. Please call Tina Maeder with any questions at **978-540-2472**.

Social Anxiety Support Group

Social Anxiety Support Group will meet **Tuesdays, September 2nd, 16th and 30th, from 1:00-2:30 pm** in Room 233 of the COA. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Bereavement Drop-In Group

Have you lost someone? Come to the COA on the **3rd Thursday of each month (September 18th) from 1:00-2:30 pm**, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Littleton Council on Aging.

Pine Tree Park BP Clinic



Pine Tree Park Outreach Blood Pressure Clinic and coffee hour will be held in the Pine Tree Park Community Room on **Thursday, September 25th, from 10:00-11:00 am**, with Tamara Bedard from Nashoba Nursing Service and Hospice. Please call Tina for more information at **978-540-2472**. Refreshments served.

The SMOC Fuel Assistance Program



SMOC fuel assistance will be accepting new applicants after November 1, 2014. The Outreach office is available to assist with recertifications during September and October. Call Tina in the Outreach Office at **978-540-2472** to make an appointment. Financial Guidelines for FY2015 are as follows:

- 1 person household can have a gross annual income of up to \$32,618
- 2 person household: \$42,654
- 3 person household: \$52,691



Friends of the Council on Aging



The Friends of the COA are back and ready to begin the 2014-2015 season with new programs. On **Wednesday, September 17th at 2:00 pm**, fifty seniors will enjoy an ice-cream social at Kimball Farms. The deadline to sign up is **Friday, September 12th**. Call **978-540-2470** to register. If you do not sign up in time to be one of the fifty, you will have to wait until next time. It's **FREE**, but you have to sign up!!

You're all invited to the **October 15th "Oktober Fest"** but we still need your signature on that sign-up sheet. We do not want anyone to miss the fun.

Stop by the Diner or call: **978-540-2474** and join us.

THRIFT SHOP



The \$3.00 bag sale came and went. We hope you were there to fill a bag or two with clothes to end the Summer and begin the Fall. Winter clothes are now filling the shop and ready for your closet. Come in and see what we have—you'll be glad you did.

Come in **Monday through Friday between 10:00 am and 3:00 pm** and browse.



QUICK WELLNESS TIP-From Hilary

Advice for Fall Health From the CDC

Get smart about antibiotics



Antibiotics can cure bacterial infections, but not viral infections. The common cold and the flu are viral infections, so avoid using antibiotics if you have one of these. Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic, and therefore stronger and harder to kill. See your doctor or nurse to find out if your illness is bacterial or viral.

Test and replace batteries



Fall is a good time to remember to check or replace carbon monoxide/fire alarm batteries twice a year: when you change the time on your clocks each Spring and Fall. Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly.

Keep food safe



Food is center stage during the end of Summer BBQ's and Fall tailgates. Be sure to keep it safe by following basic food safety steps. Clean hands and surfaces often. Separate foods to avoid cross-contamination. Cook to proper temperatures. Chill promptly.

Low Vision and Aging



Andrea Schein, Massachusetts Commission for the Blind comes to the COA on **Wednesday September 24, 10:00 am – 12 noon**, to talk with those concerned about vision changes and diseases like macular degeneration, glaucoma, cataract, or diabetic eye disease. Learn about these conditions, as well as benefits and services available through the **Commission for the Blind** and other agencies. **FREE.** Call **978-540-2470** to reserve your seat.

Need Help Managing Your Diabetes?

Attend the Diabetes Self-Management Class meeting **Tuesdays September 23 – October 28**. This is an evidence-based Healthy Living class conducted by Minuteman Senior Services and led by one of their trained staffers. Class meets **Tuesdays for 6 weeks, 1:00 to 3:30 pm**, at the Littleton COA. Please call **978-540-2470** to register – Seats are limited.

Free Blood Pressure Screening



Blood pressure screenings and weekly weigh-ins are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Tamara Bedard from Nashoba Nursing Service joins us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

Robbins Brook Support Groups-Acton

Monday, Sept 22nd, 2:00-3:00 pm, Parkinson's Support Group. **Wednesday, Sept 24th, 4:00-5:30 pm**, Alzheimer Caregiver Support Group. Get more information at: www.benchmarkseniorliving.com

All classes below are in the Multi-Purpose Room, Except Yoga, which is in Room 230.
Call 978-540-2470 to register.

FIT-4-LIFE with Phyllis

Tuesday and Thursday,
9:00 to 10:00

Intermediate to Advanced.
\$2 per session.



STRETCH AND FLEX

with Terri Zaborowski
Tuesday and Thursday,
11:15-12:15

Designed for all fitness levels. \$2 per session.



Total Body Conditioning

Cardio, strength, flexibility and stretch all done in one hour. Options provided so you get the workout fit for you. All levels welcome. \$3
Tuesday and Thursday 4:00 to 5:00 pm.

****NOTE THE NEW TIME****



Gentle Flow Yoga

Gentle flow yoga for all levels. Join us to stretch, strengthen and relax! Beginners welcome! **Wednesday 1:00 to 2:00 pm**. Please bring a towel. Mats provided. **Room 230. \$3**



Littleton COA Tai Chi Classes

Join our Tai Chi class on **Mondays at 1:00 pm** with instructors from the Taoist Tai Chi Institute. Class is \$3 per session. No pre-registration is required. Beginners welcome!



Zumba class is coming to the schedule soon. Stay tuned to the **"Weekly Health Tip"** emails for day and time, and of course posters will be up as well.

SEPTEMBER 2014 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Chicken Breast W/ Red Pepper Pesto Au Gratin Potatoes Mixed Veggies WW Bread Pears 1 % Milk	3 SPECIAL Turkey Chow Mein Crunchy Noodles Brown Rice Broccoli/Pea Pods Fortune Cookie Pineapple 1% Milk	4 Minestrone Soup Roast Pork W/ Applesauce Mashed Potatoes WW Bread Fresh Fruit 1% Milk HDM: Carrots	5 Diced Chicken W/ Cacciatore Sauce Penne Italian Green Beans WW Bread Vanilla Pudding Diet: SF Van. Pudding 1% Milk
8 Chicken Kielbasa Onions and Peppers Baked Beans Hot Dog Roll Mandarin Oranges 1% Milk	9 3 C Soup Breaded Fish Brown Rice Pilaf Broccoli Mixed Fruit 1% Milk	10 Chicken Breast W/ Honey Mustard Sauce Sweet Potato Mash WW Bread Peach Cobbler Diet: Grahams 1% Milk HDM: Brussel Sprouts	11 COLD PLATE Roast Beef Rotini Salad 3 Bean Salad WW Hamburger Roll Applesauce 1% Milk	12 Broccoli Bake Home Fries Stewed Tomatoes WW Bread Lemon Pudding Diet: SF Lem. Pudding 1% Milk
15 American Chop Suey Italian Blend WW Bread Butterscotch Pudding Diet: SF BS Pudding 1% Milk	16 Chicken Breast W/ Tarragon Gravy Scalloped Potato California Blend WW Bread Snack & Loaf Diet: Grahams 1% Milk	17 Vegetable Soup Roast Pork W/ Gravy Mashed Potatoes Strawberry Cup 1% Milk HDM: Carrots	18 Chicken Alfredo Tri-color Pasta Mixed Veggies WW Bread Orange 1% Milk	19 Burger W/ Mushroom Gravy O' Brien Potatoes Autumn Blend Roll Pears 1% Milk
22 Sweet & Sour Meatballs Brown Rice Peas WW Bread Applesauce W/ C 1% Milk	23 Beef Bolognese Ziti Broccoli WW Bread Muffin Diet: Grahams 1% Milk	24 Bread Chicken Couscous W/ RP Mixed Veggies Italian Bread Mandarin Oranges 1% Milk	25 Spin. Lentil Soup Roast Turkey W/ Gravy Mashed Potatoes Chocolate Pudding Diet: SF Choc Pudding 1% Milk HDM: Spinach	26 Fish Sticks Mac & Cheese Stewed Tomatoes WW Bread Pineapple 1% Milk
29 Shepard's Pie Carrots WW Roll Oatmeal Cookie 1% Milk	30 Bok Choy Soup Diced Chicken W/ Teriyaki Sauce Brown Rice WW Bread Pudding Whip 1% Milk HDM: Oriental Veggies		Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00	"Call to request a low sodium alternative only for days labeled "High Sodium Entrée"

SEPTEMBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1  	2 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp 4:00-5:00 Total Body Cond.	3 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord 1:00 Friend of the COA Board	4 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:00 Open Art Studio 4:00-5:00 Total Body Cond.	5 10:00 Wii Noon Lunch 1:00-2:30 Bingo Apple Pie Baking Contest
8 9:00-11:00 Line Dancing 10:00 Crafts at the Council Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Meeting	9 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 4:00-5:00 Total Body Cond.	10 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Birthday Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00-2:30 RAD Security Class 2:30-3:30 Ask Wellness Coord	11 7:30 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:00 Open Art Studio 4:00-5:00 Total Body Cond.	12 10:00 Wii Noon Lunch 1:00-2:30 Bingo 1:00-2:30 RAD Security Class
15 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 Senior Citizens Club	16 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp 4:00-5:00 Total Body Cond.	17 7:30 Men's Breakfast 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch 12:45 Scrabble 12:30-3:30 Ask Wellness Coord. 1:00-2:00 Yoga 1:00-2:30 RAD Security Class 2:00 Ice Cream Social-Kimballs	18 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 10:30-11:30 Living Alone Grp 10:30-11:30 Computer Class 11:00 & 1:30 Indian Hill. 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Bereavement Group 1:00-3:00 Open Art Studio 4:00-5:00 Total Body Cond.	19 10:00 Wii Noon Lunch 1:00-2:30 Bingo 1:00-2:30 RAD Security Class
22 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 2:00-3:00 Parkinson's Support Group @Robbins Brook	23 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:30 Managing Diabetes 4:00-5:00 Total Body Cond.	24 9:00-1:00 Chit Chat Club 10:00-12:00 Low Vision & Aging 10:00-1:00-SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00-2:30 RAD Security Class 2:30-3:30 Ask Wellness Coord. 4:00-5:30 Alzheimer Caregiver Support Grp @Robbins Brook	25 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 10-11 Pine Tree Park BP Clinic 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00 Movie of the Month 1:00-3:00 Open Art Studio 4:00-5:00 Total Body Cond.	26 10:00 Wii Noon Lunch 1:00-2:30 Bingo 1:00-2:30 RAD Security Class
29 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	30 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp 1:00-3:30 Managing Diabetes 4:00-5:00 Total Body Cond.			

BIRTHDAY LUNCHEON

Wednesday, September 10th

HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by September 8th** by calling **978-540-2474**. All are welcome. Bring a friend.

Get a FREE Class

As a reward for attendance, get a coupon for a **FREE** class in 2014 when you attend 6 or more classes in **September** (meals don't count). Attend Tai Chi, a craft class, an exercise class, get your blood pressure taken, play Mah Jongg or Scrabble – you choose the six to attend. We will track you through the attendance sheets.

Pick up your coupon after October 1st in the COA office.

MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!

LADIES' BREAKFAST

September 11th - 7:30 am to 9:00 am



MEN'S BREAKFAST

September 17th - 7:30 am to 9:00 am

Senior Diner - Shattuck Street

Bacon, eggs, sausages, pancakes, home-fries, toast

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs

Need a ride? **Call: 978-844-6809**

A Message from the COA Board

Your Council on Aging has vacancies on the Board. Please consider becoming an advocate for **Littleton seniors**. Call Chair Marge Payne (**978-486-8712**) or Vice Chair Louise Curley (**978-486-4416**) for additional information.

RAD Security Class for Seniors

Ashley Brooks of the Littleton Police Department will be teaching a RAD defensive awareness class for Seniors on **September 10, 12, 17, 19, 24, and 26 and October 1, 3, 8 and 10, from 1:00-2:30 pm**. Especially designed for older adults, this course is taught in a relaxed environment that is conducive to learning about the security problems unique to seniors and how to defend yourself. Call **978-540-2470** to sign up for this free 10-session class.

Senior Ballroom Dances in September

- Chelmsford Senior Center: Saturday Sept 20.
- Methuen Senior Activities Center: Saturday Sept 6 and Saturday Sept 20.
- Lowell Senior Center: Senior Social every Friday from 1:00-3:00 pm.

For more details contact Dan or Georgia Toombs: danandg1@msn.com



Local Senior Shows Her Art



Our own Carolyn Harlow will be featured in an Art Show at the Pepperell Library **September 2 – October 4**. There will be a reception on **Saturday Sept 6 from 12 noon – 2:00 pm**. Open to all. Gallery hours are:

Tues & Thurs	10:00 am-8:00 pm
Wed & Fri	10:00 am-5:00 pm
Saturday	10:00 am-4:00 pm

Pepperell Library is located at 15 Main Street in Pepperell.

Open Art Studio



Carolyn hosts an Open Art Studio every **Thursday, from 1:00 until 3:00 pm**, in the Senior Diner. Bring your latest work-in-progress and your materials. For more information call:

Carolyn Harlow **978-486-8589**.

Is Your Apple Pie The Best?



Prove it to us – enter the Apple Pie Baking Contest on **Friday September 5th** and show us you can make the best pie. Entry forms and more details are available online or at the COA office. This event is part of the celebration of Littleton's 300th birthday.

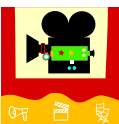
FIND THE DELIBERATE ERROR



Find the 'error' we have inserted in this month's Broadcaster and you win a coupon entitling you to a free class or meal. **Call 978-540-2470** with your 'error' or come in and show us that you have found it and we'll give you your coupon. Happy hunting!

Movie of the Month

Thursday, September 25th at 1:00 pm, "**The Grand Budapest Hotel**," will be shown in room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



Crafts at the Council



Monday, September 8th at 10:00 am
Make a lovely "Welcome" plaque.

Call **978-540-2470** to reserve your place.
Craft seats fill up quickly!

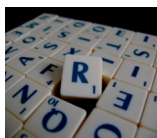


Loving Stitches



Knit or crochet to help others. Items that are made are then donated to various charities. Yarn and needles are available. Every **Monday, 12 noon-2:00 pm** in Room 233. Call **978-540-2470** for more information.

Looking for Scrabble Players All Levels



The Scrabble group meets on **Wednesday at 12:45 pm in Room 230**. All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow 978-486-8589** for more information.

Please note the time has changed.

Littleton Senior Citizens Club



The Littleton Senior Citizens Club will kick off the new year on **Monday, September 15th, at 1:30 pm** with a presentation about various kinds of home care by Pamela Connolly of Home Instead. We will meet in the Senior Diner if it is open, or next door in Room 103 (entrance on the first floor, next to the Cable TV Studio entrance) if the Diner is closed for renovations. While we are enjoying refreshments provided by the Officers, Pamela will be available to answer all of your personal questions. New members and guests are more than welcome. Hope to see everyone on **September 15th**, either in the Senior Diner or Room 103.

NEIGHBORHOOD SUPPER



The Tuesday night Neighborhood Supper held at the Congregational Church will **NOT** be held until further notice, since the church is undergoing extensive renovations. Hopefully, we'll re-start the Supper in our newly rehabbed kitchen late Spring or early Summer 2015.

Bingo at the Congregational Church



The Senior Bingo afternoon, normally held the second Tuesday of the month from October thru May at the Congregational Church, will **NOT** take place until further notice.

Littleton Housing Authority has a low-income house for sale. Call **978-486-8833** for an application and full details and eligibility requirements.

Veteran Services



Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222.

For appointment call **John Boroski at 978-540-2485**.

Sunshine Club Bingo



The Sunshine Club at St Anne's Church Hall on King St in Littleton is open to all denominations. If you are a senior citizen and like to play Bingo, come and join us on the **third Thursday of each month (September 18th) at 1:00 pm** for some fun. If you need more info, call Denise Gibbons @ **978-501-0681**.

Mah Jongg Lessons



Beginner Mah Jongg lessons start **Tuesday, September 16th**. You are welcome to join our friendly Mah Jongg group who enjoy coming together to play Mah Jongg. Mah Jongg is a great way to stimulate your brain cells and memory. You get personal lessons at your own pace and an opportunity to play with other players when you are ready. Give it a try! Please call the COA office at **978-540-2470** to schedule your lessons.

SENIOR BOWLING

Monday through Thursday 9:00-5:00
Friday 9:00-2:00

2 Games and Shoes - \$6.00, 1 Game & Shoes - \$4.00. Socialize while you exercise! Complimentary Coffee!



Acton Bowladrome - 978-263-7638



AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30 pm

Please join us

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music School's free monthly concert series begins its new season with a performance of Vivaldi's Four Seasons by violinist Alice Hallstrom and pianist Solmaz Guarino. **TWO SHOWS - Thursday, September 18 at 11:00 am and 1:30 pm**, 36 King Street (Rte. 495/Exit 30), Littleton, MA. Coffee, tea and cookies served; bring your lunch. **FREE** admission. Group reservations at (978) 486-9524 x116. Learn more at www.indianhillmusic.org.

Disclaimer: Some announcements and advertisements in this Broadcaster are not sponsored by the LCOA.

**** MART TRANSPORTATION-SEE CHANGES ****

- Transportation requests must be scheduled at least 48 hours in advance. Call as soon as you schedule your appointment. Please call **978-844-6809** to schedule your ride. We will do our best to accommodate same-day **Emergency** medical appointments.
- When scheduling your appointment, you must have the exact street, number and town of where you are going, as well as any information on when you will be finished with your appointment. **Give the dispatcher a telephone number for your destination.**
- Be ready at least one half-hour before your pick-up time and expect to wait at least one half hour for your pickup. **Time for appointments must be between 9:00 am and return to Littleton by 3:00 pm**
- In order to serve you better, when making a reservation for transportation, please **Do Not** leave your requests on the answering machine, just your name and number.
- If your ride back is cancelled, please call the **Dispatcher at 978-844-6809**, or you will be charged for a full day.

Please Note:

- *If you have someone accompany you on the ride, they also will have to pay, except for vets.*
- *Due to the increase in volume of rides, it is possible that you will have to be picked up earlier than your requested pick-up time for your appointment or that you will have to wait on your return trip. All efforts are being made to accommodate everyone.*

LITTLETON COA MART VAN CHARGES

(Van service for Seniors and the disabled)

If the MART Van departure and return to Littleton is 15 miles or greater, your cost is \$7.00, except as noted below:

<u>Monday–Friday 9 am–3 pm</u>	<u>Each Way</u>
Medical appointments in Town	\$1.50
Shopping in Town	\$1.50
Medical appointments *out of Town	\$2.00
Shopping *out of Town	\$2.00

*Medical & Shopping out of Town "**ONLY**" to: Harvard, Ayer, Groton, Westford, Acton and Concord. \$2.00

We also provide rides for Boston and Burlington Medical Appointments

Boston – Littleton van goes to Boston on the 1st and 3rd Wednesday of the month **ONLY**.

We can take you to a pickup point for the MART van that goes to Boston on any day.

Call for details.

Burlington (Lahey) – Van goes to Lahey on the 2nd and 4th Wednesday of the month **ONLY**.

*****Rides to Senior Diner and COA
Always FREE*****

REMINDER

If you use the van on a weekly basis, please call **48 hours** in advance EVERY week. Otherwise, you will not get on the list.

LITTLETON COUNCIL ON AGING

P. O. BOX 1305

33 SHATTUCK ST., ROOM 231

LITTLETON, MA 01460

RETURN SERVICE REQUESTED

Bulk Rate

US Postage

Paid

Littleton, MA

Permit No. 19