

# Senior Broadcaster



Photo by Jim Donnelly

## Free Flu Shots

**October 14**

 Nashoba Nursing Services will again be offering free flu immunizations at the Council on Aging, **Tuesday, October 14th, 10:00 am until 1:00 pm**, in Room 103. Bring your insurance card or Medicare card if you have one. You will not be charged for the shot, regardless.

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## The Council on Aging Needs Your Support at Town Meeting November 12th

The COA Board and the Department of Elder and Human Services have been working with your Town Administrator and the Selectmen to implement their goals to increase/improve services and seek property tax relief for seniors in town.

We have proposed three Warrant Articles that will come before Town Meeting on **Wednesday, November 12th**:

**Property Tax Deferral:** raise the income limit and lower the interest rate.

**Increase Personal Exemptions:** increase property tax exemptions for the elderly, blind, disabled vets and others by 50% over the state minimums (for example, for the blind who qualify, their tax is now reduced by \$500 – we are asking to reduce it by \$750).

[If you believe you are eligible for either of these programs, contact the Assessor's Office at 978-540-2410.]

**Fund a Detailed Needs Assessment for Seniors:** help us identify truly serious problems like food insecurity, the need for further property tax relief, health concerns and caregiver issues.

The third Warrant item, the Needs Assessment, is perhaps potentially the most important to all Littleton seniors. Information from this Assessment will help us to plan for the next five years to provide services to the growing numbers of seniors in town.

We ask for your support for these items, and ask you to talk to your neighbors to encourage them to support these Articles as well.

Feel free to call me and I would be happy to discuss the Warrant Articles and why we feel they are so important: **978-540-2470**. We will also be running information sessions to explain these proposals to all who are interested.

*Pamela Campbell, Director*

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## Happenings—October 2014

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

- Oct 2-4, Carolyn Harlow-featured in **Art Show** at the Pepperell Library
- Oct 6, Mon at 10:00, **Crafts at the Council** (P8)
- Oct 8, Wed at 11:00, **Davis Bates New England Tales & Songs** (P7)
- Oct 14, Tues from 10:00-1:00, **Flu Shots** (P1)
- Oct 15, Wed at 2:00, **Open Enrollment & Medicare Update** (P3)
- Oct 15, Wed at Noon, **Oktoberfest** (P3)
- Oct 16, Thurs from 10:30-11:30, **Living Alone Support Group** (P3)
- Oct 16, Thurs, 11:00 & 1:30, **Indian Hill “Bach’s Lunch Concert”** (P8)
- Oct 16, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Oct 20, Mon at 1:30, **Senior Citizens Club** (P8)
- Oct 20, Mon, **Massage by Shirley Jenner-by Appointment** (P4)
- Oct 23, Thurs at 1:00, **Movie of the Month “Chef”** (P7)
- Oct 23, Thurs, **Mass. Audiology Hearing Screenings** (P4)
- Oct 25, Sat from 10:00-2:00, **Wellness Fair** (P4)
- Oct 29, Wed at 1:00, **Music with John Root** (P7)
- Oct 30, Thurs at 1:00, **Elder Law Project Talk** (P7)

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

Wednesdays & Fridays, Oct 1, 3, 8 and 10, **RAD Security Class** (P7)

Tuesdays through Oct 28th, 1:00-3:30, **Managing Diabetes** (P4)

Robbins Brook Support Groups: (Get info at: [www.benchmarkseniorliving.com](http://www.benchmarkseniorliving.com))

- Oct 20, Mon from 2:00-3:00, **Parkinson’s Support Group**
- Oct 22, Wed from 4:00-5:30, **Alzheimer Caregiver Support Group**



## Senior Spotlight

**Fred Schwerin** and **Dick Fedele** stepped up to paint Room 233 and the Director’s Office. **Mike Altobelli** (not shown) also painted. Stop by to see their work – a nice job!

## Internet & Computer Classes Resume

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

**Oct 2** – Basics of security: malware protection, firewalls, keeping your system up to date.

**Oct 9** – The Cloud. What is it? Where is it? How do we use it?

**Oct 16** – Security vs. Privacy.

**Oct 23** – Word processing applications: Word, LibreOffice and others.

**Oct 30** – Spreadsheet applications: Excel, LibreCalc and others.

**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](http://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.

**October COA Board meeting is Monday Oct 20th 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 meets 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**.

## Phone Outreach Program



The new phone outreach program, which began at the end of July, will continue throughout the Fall. Jan Manchuso, telephone outreach worker, has been contacting Seniors in Littleton to inform them of programs at the Littleton COA and to see if they have any unmet needs that the COA could assist with.

If you have not been called yet and would like to know more about the services that are offered at the COA/ Elder and Human Services, please **contact Tina Maeder 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.

## Living Alone Support Group

The Living Alone Group will be meeting again on **Thursday October 16th, from 10:30-11:30 am**, in Room 230 of the COA. Refreshments will be served. Please call Tina Maeder with any questions at **978-540-2472**.

## Bereavement Drop-In Group

Have you lost someone? Come to the COA on the **3rd Thursday of each month (October 16th)** 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.



**Open Enrollment and Medicare Update, Wednesday, October 15th, 2:00 pm.** Call **978-540-2472** to register for a **FREE** session.

## 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 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

## Social Anxiety Support Group

Social Anxiety Support Group will meet **Tuesdays, October 14th and 28th, from 1:00-2:30 pm** in Room 233 of the COA. Please contact Tina Maeder to sign up by calling **978-540-2472**.



## Friends of the Council on Aging



## Oktoberfest



The time is right to celebrate Fall with an **Oktoberfest**. Join us on **Wednesday, October 15th**, in the Multi-Purpose Room, for music, good food and comradery. The doors open at 12 noon for all who have signed up for this festive occasion. Register at the Diner in person or call **978-540-2474**, but do so by **October 11th** or you will miss the fun. Price per person is \$3.00



## THRIFT SHOP

The word is out and new customers are coming to our shop every day. We have an outstanding collection of clothes for every occasion and the store is becoming a favorite place to find that special outfit. Come in and see for yourself.

Donations of men's women's, and children's clothing, and small housewares can be dropped off between **10:00 am and 3:00 pm, Monday through Friday**. Thank you for your donations.



## QUICK WELLNESS TIP-From Hilary Flu Vaccine? Who? You.



As temperatures get chillier and people spend more time indoors, flu season sneaks in. Because the flu virus can infect the lungs, it can cause a serious complication like pneumonia – which can require hospitalization, even lead to death. That's why certain people must get a flu shot.

October or November is the best time to get vaccinated, but you can still get vaccinated in December or later. Flu season can start as early as October and last as late as May.

If you live with or care for a child under 2 years old, you are in a priority group for flu shots.

There are two types of flu vaccines: flu shots and nasal sprays. The flu shot vaccine is recommended for:

- Children aged 6 months to 19 years.
- Pregnant women.
- People age 50 and older.
- People of any age with chronic medical conditions such as asthma.
- People living in nursing homes or other long-term facilities.

All others may get flu mist.

## Need Help Managing Your Diabetes?

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

## Wellness Fair Sat. Oct 25<sup>th</sup> 10am – 2pm



Join us at the Middle School on Russell Street, for the annual Wellness Fair. Care about your health? Curious about massage therapy? Looking for an opportunity to volunteer in your community and make a difference? Thinking about finances and tax planning? Get free info here.

There will be free health screenings and free flu immunizations. Door Prizes and refreshments! This is your one-stop location for information on all aspects of a healthy life.

## Mass Audiology Hearing Program



Join us **Thursday afternoon October 23<sup>rd</sup>** for **FREE** hearing screenings. Heidi Anderson from Mass. Audiology will be at the Littleton COA doing screenings that include checking the ear canal for wax buildup and screening for hearing loss with an audiometer. They will check and replace the batteries for residents who have hearing aids, as well as answer any questions. **Call the COA office, 978-540-2470, to obtain an appointment.**

## Massage by Shirley Jenner Returns



Shirley Jenner of Fine Balance Bodyworks again generously provides free shoulder massage to seniors at the COA, starting **Monday October 20th**. **Call 978-540-2470** to schedule an appointment.

## 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 **2<sup>nd</sup> Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

**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.**



### 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.



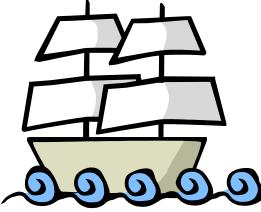
## OCTOBER 2014 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p><b>Call to request a low sodium alternative only for days labeled "High Sodium Entrée"</b></p>	<p>1 Salisbury Steak W/ Gravy Mashed Potato Green Beans Fresh Fruit 1% Milk</p>	<p>2 Lasagna W/ Basil Meat Sauce Italian Blend WW Bread Peaches 1% Milk</p>	<p>3 Chicken Breast W/ Lemon Sauce Brown Rice Broccoli WW Bread Fresh Fruit 1% Milk</p>
<p>6 Gypsy Soup Roast Turkey W/ Gravy Mashed Potato WW Dinner Roll Gingerbread Cookie HDM: Dilled Carrots 1% Milk</p>	<p>7 Beef Rib W/ BBQ Sauce Baked Beans Coleslaw Hamburger Bun Applesauce W/ C 1% Milk HDM: Cabbage</p>	<p>8 Breaded Catfish (2 pieces – 5oz) Brown Rice w/ chopped Spinach Green Beans w/ red pepper Multigrain Bread Fruited Gelatin Diet: Mandarin Oranges 1% Milk</p>	<p>9 Tomato Tortellini Soup Breaded Chicken T-Salad (cong only) WW Bread Strawberry Cup Diet: Tropical Fruit 1% Milk HDM: Mixed Veggies HDM2: Herbed Noodle</p>	<p>10 Meatloaf W/ Mushroom Gravy Mashed Potato Peas WW Bread Apricots 1% Milk</p>
<p>13 </p> <p><b>COLUMBUS DAY</b></p>	<p>14 Diced Chicken (3 oz) /Penne ala Vodka Broccoli WW Bread Breadstick (cong only) Fresh Fruit 1% Milk</p>	<p>15 White Turkey Chili w/ fresh herb Rice Pilaf Tossed Salad (cong) Corn Bread (Bateman) Pineapple 1% Milk HDM: Carrots</p>	<p>16 Autumn Harvest Soup Roast Pork W/ Rosemary Gravy Mashed Sweet Potato WW Bread Chocolate Pudding Diet: Choc Pudding 1% Milk HDM: Brussel Sprouts</p>	<p>17 Swedish Meatballs Herbed Egg Noodles California Blend Multigrain Bread Apricots 1% Milk</p>
<p>20 Baked Mac &amp; Cheese Stewed Tomatoes w/ basil Green Beans WW Bread Strawberry Cup Diet: Pineapple 1% Milk</p>	<p>21 Tomato Cabbage Soup Fish Sticks Tater Tots Italian Bread Butterscotch Pudding Diet: SF BS Pudding 1% Milk HDM: Broccoli</p>	<p><b>22 COLD PLATE</b> White Bean Kale Soup Chicken Breast w/ RP Pesto Rotini Salad Tropical Fruit 1% Milk HDM: Carrot &amp; Raisin Salad</p>	<p>23 Egg Drop Soup Thai Diced Chicken Vegetable Low Mein Fortune Cookie Fresh Fruit © 1% Milk</p>	<p><b>24 HIGH SODIUM</b> NE Boiled Dinner Sl. Turk Ham (3 oz) Boiled Potatoes Cabbage/Carrots Dinner Roll Apple Crisp Diet: Grahams 1% Milk</p>
<p>27 Home-style Chicken(3oz) Stew (8oz) Broccoli &amp; Caul mix Biscuit Apple Muffin Diet: Apple Cin Graham 1% Milk</p>	<p>28 Chicken Kielbasa Baked Beans Peppers &amp; Onions Tossed Salad (cong) Hot Dog Roll Mandarin Oranges 1% Milk</p>	<p>29 3C Soup Broccoli Bake Home Fries Multigrain Bread Fresh Fruit 1% Milk HDM: Stewed Tomatoes w/ basil</p>	<p><b>30 SPECIAL</b> Chicken Cordon Bleu w/ Supreme Sauce Brown Rice Almandine Creamed Spinach WW Dinner Roll Pumpkin Pudding Diet: SF Pumpkin Pudding 1% Milk</p>	<p>31 BBQ Burger Tater Tots Beets (plain, sliced) WW Hamburger Bun Applesauce 1% Milk</p>

# OCTOBER 2014



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch <b>12:45 Scrabble</b> 1:00-2:00 Yoga <b>1:00-2:30 RAD Security Class</b> 2:30-3:30 Ask Wellness Coord <b>1:00 Friends of the COA Board</b>	<b>2</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 Chit Chat Club</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-3:00 Open Art Studio</b> 4:00-5:00 Total Body Cond.	<b>3</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo <b>1:00-2:30 RAD Security Class</b>
<b>6</b> 9:00-11:00 Line Dancing <b>10:00 Crafts at the Council</b> Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	<b>7</b> 9:00-10:00 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-3:30 Managing Diabetes</b> 4:00-5:00 Total Body Cond.	<b>8</b> 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE <b>11:00 Davis Bates</b> <b>Noon Birthday Lunch</b> <b>12:45 Scrabble</b> 1:00-2:00 Yoga <b>1:00-2:30 RAD Security Class</b> 2:30-3:30 Ask Wellness Coord	<b>9</b> 7:30 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 Chit Chat Club</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-3:00 Open Art Studio</b> 4:00-5:00 Total Body Cond.	<b>10</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo <b>1:00-2:30 RAD Security Class</b>
<b>13</b>  <b>COLUMBUS DAY</b>	<b>14</b> 9:00-10:00 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> <b>10:00-1:00 Flu Shots</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b> <b>1:00-3:30 Managing Diabetes</b> 4:00-5:00 Total Body Cond.	<b>15</b> 7:30 Men's Breakfast <b>9:00-1:00 Chit Chat Club</b> 10:00-1:00-SHINE Noon Lunch <b>Noon Oktoberfest</b> <b>12:45 Scrabble</b> 1:00-2:00 Yoga <b>2:00 Open Enrollment and Medicare Update</b> 2:30-3:30 Ask Wellness Coord.	<b>16</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 Chit Chat Club</b> <b>10:30-11:30 Living Alone Grp</b> <b>10:30-11:30 Computer Class</b> <b>11:00 &amp; 1:30 Indian Hill.</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-2:30 Bereavement Group</b> <b>1:00-3:00 Open Art Studio</b> 4:00-5:00 Total Body Cond.	<b>17</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>20</b> 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 Senior Citizens Club <b>1:30 COA Board Meeting</b> <b>2:00-3:00 Parkinson's Support Group @Robbins Brook</b> Massage-By Appt Only	<b>21</b> 9:00-10:00 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-3:30 Managing Diabetes</b> 4:00-5:00 Total Body Cond.	<b>22</b> 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch <b>12:45 Scrabble</b> 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord. <b>4:00-5:30 Alzheimer Caregiver Support Grp @Robbins Brook</b>	<b>23</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 Chit Chat Club</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00 Movie of the Month</b> <b>1:00-3:00 Open Art Studio</b> 4:00-5:00 Total Body Cond. <b>Hearing Screenings by Appointment</b>	<b>24</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>27</b> 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	<b>28</b> 9:00-10:00 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b> <b>1:00-3:30 Managing Diabetes</b> 4:00-5:00 Total Body Cond.	<b>29</b> 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch <b>12:45 Scrabble</b> 1:00-2:00 Yoga <b>1:00-2:30 RAD Security Class</b> <b>1:00 John Root</b> 2:30-3:30 Ask Wellness Coord.	<b>30</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 Chit Chat Club</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00 Elder Law Project Talk</b> <b>1:00-3:00 Open Art Studio</b> 4:00-5:00 Total Body Cond.	<b>31</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo 

## BIRTHDAY LUNCHEON Wednesday, October 8th HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by October 6th** 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 **October** (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 Nov 1st in the COA office. **MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!**



## LADIES' BREAKFAST October 9th - 7:30 am to 9:00 am



## MEN'S BREAKFAST



October 15th - 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**

### COA Board Vacancies

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 continues the RAD defensive awareness class for Seniors on **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** class.

### Purchase a Low-cost Compost Bin

Compost bins are available for purchase, at a subsidized rate (\$50), through the Littleton Highway Department. Proceeds will be used to subsidize the donation of bins to school programs. Call the Littleton Highway Department (**978-540-2670**, 39 Ayer Road, Littleton, MA. This is a joint effort of the Littleton Sustainability Committee and the Littleton Highway Department.

The next quarterly meeting of the **Massachusetts Manufactured Homes Commission** is **Tuesday, October 21st, 10:00 am to 12:00 pm** at the Peabody Council on Aging, 79 Central Street, Peabody. If you wish to be on the agenda or submit any written correspondence, contact: **Sherri Sore, Recording Secretary at 617-223-9928, sherri.sore@state.ma.us**.

### Join us for New England Tales and Songs!



**Davis Bates** comes to the COA, telling us stories and sharing songs from New England. Come and sing along or get a lesson on playing spoons from the kitchen drawer. This **FREE** program is **Wed October 8th at 11:00 am**. Sign up by calling the COA office – **978-540-2470**.



The Nashoba Valley Elder Law Project, part of Community Legal Aid, will be at the Littleton COA on **Thursday October 30th at 1:00 pm** to discuss Elder Abuse and provide information on Accessing Health Insurance. Interested seniors can then sign up for an appointment on Friday November 7th to talk in more detail about their needs. Call the **COA office at 978-540-2470** to sign up for this **FREE** program.

### Music with John Root



Join us **Wednesday Oct 29th at 1:00 pm** to hear (and sing along with) **John Root**. John sings and plays the piano and other instruments. Join us for an hour of music and singing — the best loved songs of the first half of the 20th century. **FREE**. Call **978-540-2470** to sign up.

### \*\*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, October 23rd at 1:00 pm**, **"Chef"** 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, October 6th at 10:00 am

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.



## Littleton Senior Citizens Club

The Littleton Senior Citizens Club will be having their October meeting on **Monday, October 20th, at 1:30 pm** in the Senior Diner. We will be having a great presentation called "A Matter of Balance" by Nancy LaRock. This should be a lot of fun as well as teaching us how we can improve our balance as we age. Come and bring your friends. All Littleton Senior Citizens are invited to become members of this group. We look forward to seeing you on Monday, October 20th.



## 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 through May at the Congregational Church, will **NOT** take place until further notice.



## AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30 pm  
**Please join us**



## 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.



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 (October 16th)** at **1:00 pm** for some fun. If you need more info, call Denise Gibbons @ 978-501-0681.



## Mah Jongg Lessons

Mah Jongg lessons will continue through October and November. The long winter months will be here before you know it. No classes after November, so please call the COA to schedule your lessons at 978-540-2470. We are looking forward to your joining the Mah Jongg group.



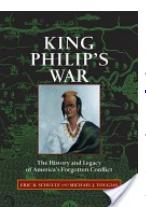
## SENIOR BOWLING

**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**



## Littleton Lyceum

"Michael Tougias & King Philip's War" Friday, November 7th, at 7:30 pm. [www.littletonlyceum.org](http://www.littletonlyceum.org). The popular author presents an in-depth and well-researched portrait of this early New England conflict which directly impacted the Littleton area over 300 years ago.



## INDIAN HILL MUSIC

**'BACH'S LUNCH' CONCERT:** Indian Hill Music

School's free monthly concert series features a string trio with Angel Hernandez; violin; Leah Zelnick, violin; and Caroline Reiner-Williams, cello.

**TWO SHOWS - Thursday, October 16 at 11:00 am and 1:30 pm**, 36 King Street (Rte. 495/Exit 30), Littleton, MA. Coffee, tea, cookies; bring your lunch. **FREE** admission. **Group reservations at (978) 486-9524 x116**. Learn more at [www.indianhillmusic.org](http://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 1<sup>st</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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

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**Littletown MA**

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