

Senior Broadcaster



Photo by Jim Donnelly

Elder Law Project



The Nasoba Valley Elder Law Project, part of Community Legal Aid, will be at the Littleton COA on **Friday, November 7th** to meet one-to-one with seniors.

Those interested can sign up for an appointment by calling the COA office at **978-540-2470**.

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FROM THE DIRECTOR

If you have been to any Elder and Human Services events lately, you've likely noticed that we are busy and are constantly running new programs. The 'old favorites' are still here – Mah-Jongg, Exercise, Bingo and Wii bowling. To them we have added programming that covers a wide range of interests and needs. Recent programs on coping with low vision, our Managing Diabetes class and our RAD self-defense class are all examples of specialized programming to meet specific needs.

Some of these programs are based on requests from seniors and others come from the judgment of our staff that we need to address certain issues. Our hope is to use our limited resources as intelligently as we can to meet the needs in Littleton.

To understand better what is needed, we have been conducting a telephone outreach program which reaches seniors in the community. We hope to be able to expand this type of survey to conduct a professional Needs Assessment to help us plan for the next 5 years. Town Meeting on Wednesday November 12 will contain a Warrant Item that authorizes funding for a Needs Assessment. Please give this Article consideration and support our effort to learn more about the needs of our community.

Another area where we have been very busy is Transportation. We run two vans, every day, all day, and unlike many towns, we take residents to medical appointments as far away as the Boston hospitals, Lahey Clinic, and the Veterans facilities in Bedford and Jamaica Plain. We ask our riders to please be patient and we apologize in advance for delays. Van ridership went from 3,626 rides in the previous year to 4,394, an increase of 21 % year-over-year.

Watch for upcoming new educational programs: Getting Your Grandkids to College; Clearing out Clutter; Legal Programs; Memory Screening and important news on Managing Incontinence. And that's just November!

I also want to recognize our new COA board members and to thank exiting members for their service. Marsha Russell has left the Board and we thank her for all her support and help in the past. She has already demonstrated that even while off the Board, she's still helping us out regularly.

And Mary Kaye has been named to be the first Emeritus Member of the COA Board, recognizing her many years of service to support and help the seniors in Littleton. We applaud her years of work and recognize the many, many times she was 'there' for everyone.

Pamela

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Happenings—November 2014

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

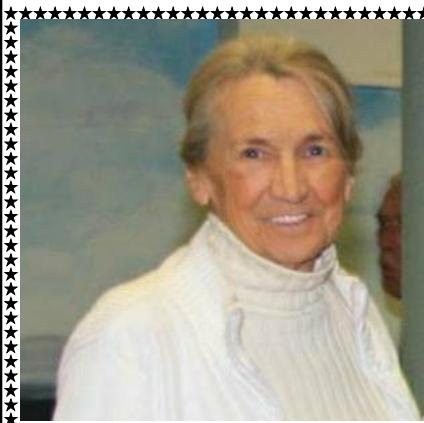
- Nov 3, Mon at 10:00, **Crafts at the Council** (P8)
- Nov 5, Wed at 10:30, **Urinary Incontinence Discussion** (P4)
- Nov 6, Thurs from 10:00-Noon, **Helping Grandkids Get to College** (P7)
- Nov 7, Fri at 7:30 pm, **Littleton Lyceum** (P8)
- Nov 7, Fri, **Elder Law Discussion** by Appointment (P1)
- Nov 12, Wed at Noon, **Veterans Lunch** (P3)
- Nov 17, Mon at 1:30, **Senior Citizens Club** (P8)
- Nov 18, Tues, **Podiatry Clinic** by Appointment (P4)
- Nov 19, Wed at 10:30, "Clutter Free Space" Discussion (P4)
- Nov 20, Thurs from 10:30-11:30, **Living Alone Support Group** (P3)
- Nov 20, Thurs, 11:00 & 1:30, **Indian Hill "Bach's Lunch Concert"** (P8)
- Nov 20, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Nov 20, Thurs at 1:00, **Movie of the Month "The Grand Seduction"** (P7)
- Nov 24, Mon, **Pine Tree Park Outreach-Blood Pressure Clinic** (P3)
- Thursdays, 1:00-3:00, **Open Art Studio** (P7)

Robbins Brook Support Groups: (Go to: www.benchmarkseniorliving.com)

- Nov 17, Mon from 2:00-3:00, **Parkinson's Support Group**
- Nov 26, Wed from 4:00-5:30, **Alzheimer Caregiver Support Group**

MARK YOUR CALENDARS!

Election Day-Tues, Nov 4 (P7)
Town Meeting-Wed, Nov 12 (P7)



Senior Spotlight

Mary K. Kaye has been awarded the honor of being the first Emeritus member of the Council on Aging Board. Mary Kaye was one of the founding members of the COA Board, first appointed in 1972. She served 42 years as a Board member, active volunteer, and enthusiastic advocate for Littleton's senior population.

Internet & Computer Classes

Thursdays, 10:30-11:30 am, in **ROOM 233**, with Bill Vales

- Nov 6** - Sharing information on the web (Dropbox, Google Drive)
- Nov 13** - Social Media (Facebook, LinkedIn, Google+)
- Nov 20** - Digital Photography
- Nov 27** - Thanksgiving (no class)

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
Susan Dunn
Jean Johnson
Barbara Kamb
George A. Sanders, Sr.
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 meets on **Wednesdays and Thursdays** at 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 includes transportation and lunch. Please call Tina Maeder for more information at **978-540-2472**.

Pine Tree Park Outreach



Pine Tree Park Outreach will meet on **Monday, Nov 24**, in order to accommodate the Thanksgiving holiday. Nashoba Nurses will be conducting a **Blood Pressure Clinic** and refreshments will be served. New residents welcome; please call **Tina @ 978-540-2472**. This event takes place in the Pine Tree Park Community Room.

Living Alone Support Group

The Living Alone Group will be meeting again on **Thursday November 20th, from 10:30-11:30 am**, in Room 205. Refreshments will be served. Please call Tina Maeder with any questions at **978-540-2472**. **Please note the change in room number for this meeting.**

Social Anxiety Support Group

Social Anxiety Support Group will meet **Tuesday, November 25th, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**. **Please note the change in scheduling.**

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (November 20th) 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.

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. 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

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.



Friends of the Council on Aging

VETERANS LUNCHEON



We want to welcome all of Littleton's Veterans, young or senior, to our annual Veterans Luncheon on **Wednesday, November 12th, at 12:00 noon in the Multi-Purpose Room**. Call the Council on Aging Office, **978-540-2470**, to make a reservation. Veterans and their spouses are free, added guests will be charged \$5.00.

We look forward to seeing all branches of the service represented on this special day. This is our way to pay tribute to the men and women who have given time and talent to protect our country.



THRIFT SHOP

Thanksgiving, Christmas, Valentine's Day and all that will come will be featured in our Thrift Shop each month. Donations of decorations come in every week and we are more than happy to show and sell them to you. If you don't see it, ask! Our volunteers are there to help with your choices. New items of clothing are brought in every week, so stop by as often as you can.

We are considering a Christmas decorations sale in November—date to be announced.

The Thrift Shop is open **Monday through Friday from 10:00 am to 3:00 pm**.



Goodbye to Hilary

Goodbye and Good Luck to Hilary Rostas! Hilary, our Wellness Coordinator, is leaving us to work full time with the Westford Racquet & Fitness Center. We will miss Hilary's contributions to our well-being, but we wish her well. Due to Hilary's leaving, the Total Body Conditioning class on Tuesdays and Thursdays will no longer meet.



New Yoga Instructor



Diane Walsh will be running the Gentle Yoga group each week. Yoga meets for one hour on **Wednesdays at 1:00 pm in the Couper Room** (basement of the Library). \$3. Namaste.

Prescription Advantage Has a New Website:

www.prescriptionadvantagema.org

If you have questions, make an appointment with the SHINE representative, Bob Selling, by calling the COA office **978-540-2470**.

Urinary Incontinence Discussion

Urinary incontinence affects one in four adult women at some point in their lives. Judy Curless and Laurie Drake, Pelvic Health Physical Therapists from Emerson Hospital in Westford, will speak at the Littleton COA about new treatment options that should be tried before a woman considers surgery. **Wednesday November 5th at 10:30 am** at the COA. Call **978-540-2470** for details and to sign up for this important program.

Individual Memory Screening, Wednesday, Dec 3rd.
Call the COA at **978-540-2470** to schedule an appointment.

All classes below are in the Multi-Purpose Room, Except Yoga (see below)
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.



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. \$3.

Yoga will meet in the Couper Room (basement of the Library).



Tai Chi Welcomes Beginners

Tai Chi (pronounced Tie Chee) is a slow, low-impact relaxing form of exercise. Among the benefits are: promotes good balance; improves lower body and leg strength; reduces bone loss in women; enhances mental capacity and concentration.

Join Alice from the Taoist Tai Chi Institute in our Monday class at 1:00 pm in the Multi-Purpose Room and try out this soft, gentle exercise. \$3. Beginners welcome as we are starting with the first movements!

Hoarding Task Force

The town of Littleton has joined efforts with Nashoba Associated Boards of Health to develop a **Hoarding Task Force** to identify and develop resources to assist people affected with hoarding behaviors. Excess items that clutter the living spaces keep a person from using their rooms as they were intended and cause stress. If you or someone you know needs help addressing hoarding behaviors, call the **Council on Aging at 978-540-2470**, for help with getting the tools and resources people need to remain safely in their home.



A Clutter-Free Space!

Bob Martel is coming to show us how self-hypnosis can help erase clutter once and for all! At the COA, **Wed, Nov 19, 10:30 am**. Call **978-540-2470** to reserve your seat at this **FREE** and exciting program.



Podiatry Clinic

Next Podiatry Clinic: Tuesday, November 18th.
Call **978-540-2470** to schedule an appointment.
Cost is \$30.



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. **No Blood Pressure Clinic Tuesday, Nov 11.**



NOVEMBER 2014 MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 3 Chicken Primavera(6oz) Penne Pasta Broccoli Italian Bread Apricots Diet: Graham | 4 Bok Choy Soup Turkey Chow Mein Brown Rice Whole Wheat Bread Strawberry Cup Diet: Pineapple HDM: Oriental Veg | 5 Breaded Chicken Tossed Salad; Sweet Potato Marbled Rye Chocolate Pudding Whipped Topping Diet: SF Choc Pudding HDM: Italian Green Beans | 6 Split Pea Soup Meatloaf Mushroom Gravy Onion Mashed Potato Whole Wheat Dinner Roll Seasonal Fresh Fruit HDM: Peas | 7 Fish Sticks Mac "n Cheese Stewed tomatoes Whole Wheat Bread Pineapple Angel Cake Diet: Pineapple |
| 10 Cream of Broccoli Roast Pork Rosemary Brown Gravy Chantilly Potatoes with Bread Crumbs Fresh Apple Whole Wheat Bread HDM: Winter Blend | 11 | 12 Sausage Bolognese Spaghetti Tossed Salad Italian Bread Mandarin Oranges HDM: Green Beans and Penne | 13 Lentil Kale Soup Broccoli Bake Home Fries Rye Bread Pears HDM: Stewed Tomatoes | 14 Roast Chicken Supreme Sauce with roux Herbed Noodles Succotash 7 grain bread Chocolate Chip Cookie Diet: Graham |
| 17 Portuguese Kale Soup Salmon Newburg Sauce Brown Rice Pilaf Multi-grain Bread Mandarin Oranges HDM: Mixed Veg | 18 Special Turkey/Gravy Whipped Potatoes Green Bean casserole Stuffing Cranberry Sauce WW Dinner Roll Apple/Raisin Crisp Whipped topping Diet: Baked Spiced Apples | 19 Minestrone Soup Salisbury Steak w/ Jardinière Gravy Roasted Red Bliss Whole Wheat Bread Butterscotch Pudding Diet: Strawberry Banana Pudding HDM: Spinach | 20 Chicken Meatballs Hawaiian Sauce Parsley Noodles Tossed Salad Bread Stick Orange HDM: Carrots/Italian Bread | 21 Stuffed Cabbage Casserole Marinara Sauce Italian Blend Rye Bread Mixed Fruit |
| 24 Turkey and Corn Stew 10 oz. Tossed Salad Corn Muffin Strawberry Cup Diet: Mandarin Oranges HDM: Spinach | 25 Butternut Soup Baked Chicken Breast Pesto Cream Sauce Red Bliss w/thyme and black pepper WW Bread Muffin HDM: Winter Blend Diet: Graham | 26 Beef Stroganoff (shaved Steak) Parsley Egg Noodles Baby Carrots with Dill Multigrain Bread Fresh Orange | 27 | 28 Chicken Patty Parmesan Spaghetti/Marinara/ Mozz Broccoli Wheat Dinner Roll Diced Apricots HDM: Penne |
| | | | 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 |

NOVEMBER 2014



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 3 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 | 4 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg ELECTION DAY | 5 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE 10:30 Urinary Incontinence Discussion Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00 Friends of the COA Board | 6 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 10:00-12:00 Helping Grandkids Get to College 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Open Art Studio | 7 10:00 Wii Noon Lunch 1:00-2:30 Bingo 7:30 Littleton Lyceum Elder Law Project-by Appointment |
| 10 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Meeting | 11 | 12 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Birthday Lunch Noon Veterans Lunch 12:45 Scrabble 1:00-2:00 Yoga TOWN MEETING | 13 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 1:00-3:00 Open Art Studio | 14 10:00 Wii Noon Lunch 1:00-2:30 Bingo |
| 17 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 Senior Citizens Club 2:00-3:00 Parkinson's Support Group @Robbins Brook | 18 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg Podiatry Clinic-By Appointment | 19 7:30 Men's Breakfast 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE 10:30 Clutter Free Space Disc. Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga | 20 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 Movie of the Month 1:00-2:30 Bereavement Group 1:00-3:00 Open Art Studio | 21 10:00 Wii Noon Lunch 1:00-2:30 Bingo |
| 24 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi Pine Tree Park Outreach-Blood Pressure Clinic | 25 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 | 26 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 4:00-5:30 Alzheimer Caregiver Support Grp @Robbins Brook | 27 | 28 10:00 Wii Noon Lunch 1:00-2:30 Bingo |

BIRTHDAY LUNCHEON Wednesday, November 12th HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by November 10th** 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 **November** (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 Dec 1st in the COA office. **MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!**



LADIES' BREAKFAST November 13th - 7:30 am to 9:00 am



MEN'S BREAKFAST



November 19th - 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**

College: Helping Your Grandkids Get There



Alan D. Bell, Financial Advisor, will be at the COA on **Thursday November 6th, from 10:00 am until 12 noon** to talk about how to help your grandchildren be ready for college. Alan will discuss strategies to help reach your goal and will describe the features and benefits of 529 college savings plans. Call **978-540-2470** to reserve a seat for this **FREE** program.

Town Meeting, Wed, November 12th



Be sure to attend and express your support for town efforts to improve services for seniors. If you need transportation, contact the COA office at **978-540-2470**.

Election Day, Tuesday, November 4th



Absentee Ballots are available at the Town Clerk's office. If you need transportation, contact the COA Office at **978-540-2470**.

Movie of the Month

Thursday, November 20th at 1:00 pm, **"The Grand Seduction"** will be shown in room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.

The Concord Players Present



November 7-22, 51 Walden St., Concord, MA. Set in the 1880's, this outrageous comedy of mistaken identities pits the wily Dolly Levi against the penny-pinching Horace Vandergelder. See who wins! Get more info or tickets at tickets@concordplayers.org or call 978-369-2990.

Senior Open Dress Rehearsal, November 6th at 8:00 pm. \$5.00 at the door. Open seating.

REMINDER

Daylight Savings Time ends **Nov 2nd**.



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**.

Carolyn's art will be on display at **Summer Place, Summer Street in Chelmsford, November 2 – December 30**. Reception: Nov 9, 2:00-4:00 pm, with refreshments and music.

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!

Crafts at the Council



Monday, November 3rd at 10:00 am

Wooden Oven Paddle – paint and decorate a kitchen décor item, perfect for the coming holidays. All materials supplied. Call 978-540-2470 to reserve your place. Craft seats fill up quickly! \$3.



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 meeting on **Monday, November 17th, in the Senior Diner at 1:30 pm**. We will be having a penny sale which everyone has asked for and is looking forward to. All seniors are welcome to join us. During the meeting we will be making our last minute plans for our awesome Christmas luncheon.

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 restart 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.

Sunshine Club Bingo



Our November meeting will be on **Thursday, Nov 20th at 1:00 pm** in the St Anne's Church Hall on King Street. Come join, it's free. All Seniors are welcome. We play Bingo for groceries and small prizes, we socialize, and have goodies. For more info, call Denise Gibbons @ 978-501-0681.

Mah Jongg Lessons



Mah Jongg lessons will continue through 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

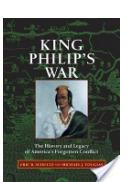
Friday 9:00-2:00



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. 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 presents harp and flute duets with harpist Nancy Peters and flutist Sue Gleason: **TWO SHOWS - Thursday, November 20 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. Remember to call ahead and make reservations for your group. Space is limited! Doors open at 10:00 am and 12:30 pm.

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

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

- Dispatch Hours: 8:30-4:00, Mon-Fri. Call 978-844-6809.
- 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:

Monday-Friday 9 am-3 pm **Each Way**

| | |
|-----------------------------------|--------|
| 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

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