

Senior Broadcaster

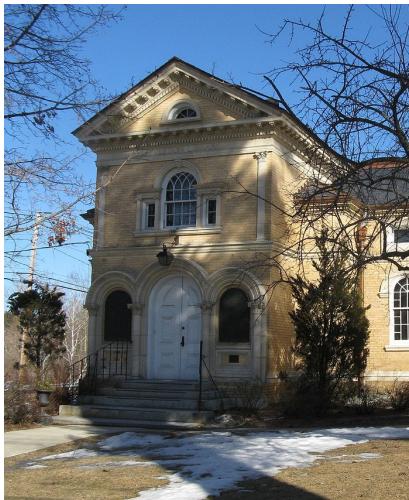


Photo: John Phelan

Free Hearing Screenings May 13



We are pleased to offer a morning of free hearing screenings on **Tuesday May 13th**. Megan Ford, Littleton Audiologist, will be conducting the screenings. Call **978-540-2470** to schedule an appointment.



We are approaching the end of the Fiscal Year (June 30) and the end of the year for accumulating hours to be applied to the FY2014 Tax Work-Off Program. If you have completed your 79 hours, please submit your timesheet and coversheet to the Director as soon as possible. This helps greatly in getting the 'paperwork' completed for the abatements.

If you anticipate that you will need to work in June in order to complete your hours, please call the Director to discuss.

Signup for next year's program will be between July 7th and the 18th. If you will not be in Littleton during that time period, contact the Director in advance to arrange to be part of the FY2015 program. Questions? Call the Director at **978-540-2470**.

Volunteers Needed to Staff COA Office



We need volunteers to answer the phone and greet visitors to the COA office. Volunteering for as little as 2 hours per week would help us tremendously. Regular volunteers are needed, but we would also be interested in those who would like to act as 'backup' and be called when someone else is out.

Afternoon and morning slots are available and anyone who wants to work would be trained. If you are interested and available, contact the Director, Pamela Campbell, at **978-540-2470**.

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Happenings—May 2014

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

- **May 5, Mon** at 10:00, Crafts at the Council—Sewing Purses (P8)
- **May 7, Wed** at 10:30, Greg Maichack - Sunflower Pastels (P7)
- **May 13 and 27, Tues**, 1:00-2:30, Social Anxiety Support Group (P3)
- **May 13, Tues**, Free Hearing Screenings, Call for Appointment (P1)
- **May 15, Thurs**, 10:30-11:30, Living Alone Support Group (P3)
- **May 15, Thurs**, 11:00 & 1:30, Indian Hill “Bach’s Lunch” Concert (P8)
- **May 15, Thurs**, 1:00-2:30, Bereavement Drop-in Group (P4)
- **May 19, Mon** at 1:30, Senior Citizens Club (P8)
- **May 19, Mon**, 2:00-3:00, Parkinson’s Support Group (P4)
- **May 20-Tues, OR June 2-Mon**, Podiatry Clinic, Call for Appt (P4)
- **May 21, Wed** at 2:30, Walking Clinic (P4)
- **May 21, Wed**, North Shore Acappella Day Trip (P3)
- **May 22, Thurs** at 1:00, Movie of the Month “*Philomena*” (P8)
- **May 28, Wed**, 4:00-5:30, Alzheimer Caregiver Support Group (P4)
- **Thursdays, 1:00-3:00**, Open Art Studio (P7)



Senior Spotlight

Ellen Araujo can be found in many places at the COA – she is always willing to help with setup (and clean up!) for parties and special events. Here she shows off one of the unique items that can be found in the Thrift Shop, where she handles the counter weekly.

Internet & Computer Classes

Thursdays, 10:30-11:30 am, in Room 233 with Bill Vales & Per Hjerpe

May 01 Web Browsers, Add-ons and Security

May 08 Social Media Web Sites

May 15 Communication and Messaging, Skype, Google, Twitter, Instagram

May 22 Digital Photography and the Computer

May 29 Email and Online Shopping

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

Louise Curley, Chair
 Marjorie Payne, Vice Chair
 Robert Stetson, Secretary
 Mary Catalanotto
 Barry M. Curcio
 Barbara Kamb
 Mary Kaye
 Marsha Russell
 George A. Sanders, Sr.

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



COA DAY TRIPS

North Shore Acappella



May 21st, Wednesday, at Luciano's in Wrentham, MA. **North Shore Acappella** was featured on NBC's "The Sing Off". Only \$79 per person, includes transportation, driver's gratuity, luncheon and show. Register by **May 7th** at the Littleton COA. Indicate pork or fish at time of registration. Check due at registration time.

The Temptations – LIVE!



Live in concert, the one and only Temptations on **Thursday June 12th**! Hear "My Girl", "Papa Was A Rolling Stone", "I Heard It Through the Grapevine", along with many other hits. Cost is \$76, and includes transportation, driver's gratuity, luncheon and show. At the Venus DeMilo in Swansea, MA. Deadline to sign up is **May 30th** at the COA; select chicken or fish at time of registration. Check due at registration time.

OUTREACH INFORMATION

SHINE

Need Help With Healthcare Costs?

Our trained SHINE (Serving Health Information Needs for Everyone) counselor is at the COA every Wednesday, **9:00 am to 12 noon**. Call **978-540-2470** to make an appointment.

Challenging Volunteer Opportunity

Looking for a challenging volunteer opportunity? Become a SHINE volunteer. SHINE counsels people on Medicare (and others) regarding the different types of health and prescription plans that are available and how these plans coordinate with Medicare A and B. Minuteman Senior Services' SHINE Program provides all necessary training. **Call Elizabeth Killeen, 781-221-7070, for more information.**

Catholic Heart Work Camp

Catholic Heart Work Camp is scheduled to be in Littleton during the **first week of July**. For the past 7 years, the Catholic Heart Work Camp has assisted homeowners in need with help around the house.

The teenagers from across the country, assisted by an adult supervisor, can do a variety of items including painting, organizing, yard work and small repairs. Please call Tina Maeder in the Outreach Office at **978-540-2472** if you are interested in having them come to your home to assist. You must be home during the time they are on your property and they usually work a 9-3 work day. Applications are due by the end of May for acceptance in the program.

Social Anxiety Support Group

Social Anxiety Support Group will meet **May 13th and May 27th** from **1:00-2:30 pm** in room 233 of the COA. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Living Alone Support Group

The Living Alone Group will be meeting again on **Thursday, May 15th 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**.



Senior Follies

MY COA! This was the music for the Senior Follies on April 27th at the Littleton Middle School. Twenty-one seniors (and a few juniors) enjoyed putting on a different face to entertain an audience of approximately 200. It was such fun for us to show another side of the aging process. Thank you to the cast and all who pulled this together, and a special thank you to all who support the Friends of the Council On Aging. The funds from the Senior Follies were used for our Intergenerational Program and split between the Council and Middle School.



THRIFT SHOP

The Thrift Shop will be closed from **May 5th to the 9th** for our annual seasonal changes. Put the woolens away and get out those cottons and bright colors. We will be ready and waiting to welcome you back on **May 12th**, when the doors open and the shop is brimming with our Summer collection.

On **June 4th**, join us for our **Summer Fashion Show**. This will be an Afternoon Tea starting at 1:00 pm, in the Multi-Purpose Room. You won't want to miss the chance to see the beautiful outfits and our lovely models who will include all ages and sizes. This program is free, so dress up or come as you are, but come and enjoy.



QUICK WELLNESS TIP-From Hilary



Research suggests that eating about three meals a day with two or three snacks in between can make your metabolism more efficient. Choose snacks that have roughly 100 to 200 calories and contain a healthy balance of carbohydrates, fats, and protein.



The Role of Hospitalist Physician

Date in May TBD---Dr. Andrew Popelka Jr. of Southern New Hampshire Medical Center will be joining us to discuss the role of a Hospitalist Physician in your health care. Dr.

Popelka is a UMASS medical graduate and a practicing hospitalist. If you or someone you know has recently been admitted to a hospital, chances are that they were not seen by their primary care physician in the hospital. Hospitalists fill that role instead. There will be a short Q&A after the discussion.

Podiatry Clinic



Next Podiatry Clinics: **Tuesday, May 20th, OR Monday, June 2nd.** Call **978-540-2470** to schedule an appointment for one OR the other. Cost is \$25.



Ask the Wellness Coordinator

Come ask Hilary all your questions about getting fit, staying fit, and nutrition! Learn about new fun exercise options! **Wednesdays 2:30 to 3:30 pm** in the Wellness Coordinator's Office, Room 223. Free and informative. Please call Hilary at **978-540-2475** to make 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 **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

Support Groups at the Inn at Robbins Brook, Acton

Monday, May 19th, 2:00-3:00 pm, Parkinson's Support Group. **Wednesday, May 28th, 4:00-5:30 pm**, Alzheimer Caregiver Support Group. Get more information at: www.benchmarkseniorliving.com



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

Walking Clinic



Wednesday, May 21st at 2:30 pm, in the Multi-Purpose Room, come join us for a Walking Clinic. Get ready to enjoy the outdoors with this clinic, where we will cover appropriate footwear, how to mix up arm movements to maximize the exercise benefit of walking, and discuss walking techniques to improve balance, flexibility and strength. Weather permitting, we will go outside to use what we have learned.

Bereavement Drop-In Group

Have you lost someone? Come to the COA on the **3rd Thursday of each month** to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. **Thursday, May 15th, 1:00-2:30 pm**. Karen joins us through Nashoba Nursing Service.

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

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 4:30 to 5:30 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**



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.



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!

MAY 2014 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
"Call to request a low sodium alternative only for days labeled "High Sodium Entrée"	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	1 Diced Chicken Cacciatore Penne Broccoli Tapioca Pudding Diet: SF Tapioca Pudding	2 Shaved Steak/Jardiniere Sauce Diced Red Bliss Potatoes Spinach Wh Wheat Bread Fresh Fruit
5 Roasted Chicken Breast/ Marsala Sauce Herbed Noodles Peas Orange	6 Fish Sticks (reg) Mashed Potatoes Carrots Italian Bread Butterscotch Pudding Diet: SF Butterscotch Pudding	7 White Bean/Chicken Chili Brown Rice Broccoli Whole Wheat Bread Snack n Loaf Diet: Lemon Graham	8 COLD PLATE Tomato Cabbage Soup Roast Beef Mint/Chick Pea Salad Whole Wheat Bread Applesauce/C HDM: Roman Blend Salad	9 Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Pineapple
12 Broccoli Bake Tater Tots Italian Green Beans Whole Wheat Bread Peaches	13 SPECIAL 3 C Soup Chicken Cordon Bleu Potatoes Au Gratin Dinner Roll Pineapple Crisp w/ Topping (Cong) Diet: SF Pistachio Pud HDM: Broccoli	14 Roast Pork w/Rosemary Gravy Sweet Potatoes Peas Applesauce w/C	15 Teriyaki Chicken Brown Rice Oriental Vegetables Whole Wheat Bread Vanilla Pudding Diet: SF Vanilla Pudd	16 Meatballs w/Tomato Sauce Herbed Penne Italian Blend Sub Roll Fresh Fruit
19 Chicken Tetrazini Ziti Broccoli Whole Wheat Bread Banana Pudding Diet: Strawberry Graham	20 BBQ Burger Baked Beans California Blend Hamburger Bun Peaches	21 COLD PLATE Port. Kale Soup Chicken Breast w/Red Pepper Pesto Sauce Vegetable Rice Salad Gingerbread Cookie HDM: Roman Blend Salad	22 Roast Turkey w/Gravy Mashed Potato Carrots Fresh Fruit	23 Potato Fish Brown Rice Green Beans Whole Wheat Bread Applesauce/C
26  MEMORIAL DAY	27 Chicken Kielbasa** Onions & Peppers Corn Hot Dog Roll Fresh Orange	28 Meatballs w/Swedish Sauce Noodles Italian Green Beans Whole Wheat Bread Muffin Diet: Apple Graham	29 Ravioli Bake w/Marinara sauce Broccoli Whole Wheat Bread Peaches	30 Chicken Breast Gravy Mixed Veg. Mashed Potato Chocolate Pudding Diet: SF Choc. Mint Pudding

MAY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		.	1 9:00-10:00 Fit 4 Life Class 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 4:30-5:30 Total Body Cond.	2 10:00 Wii Noon Lunch 1:00-2:30 Bingo
5 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	6 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 4:30-5:30 Total Body Cond.	7 9:00-12 Noon-SHINE 10:00 Scrabble 10:30 Sunflower Pastels Noon Lunch 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord 1:00 Friend of the COA Board Meeting	8 7:30 Ladies Breakfast 9:00-10:00 Fit 4 Life Class 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 4:30-5:30 Total Body Cond.	9 10:00 Wii Noon Lunch 1:00-2:30 Bingo
12 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Mtg	13 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 4:30-5:30 Total Body Cond. Hearing Screenings (By Appointment Only)	14 9:00-12 Noon-SHINE 10:00 Scrabble Noon Birthday Lunch 1:00-2:00 Yoga 12:30-3:30 Ask Wellness Coord.	15 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp. 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 4:30-5:30 Total Body Cond.	16 10:00 Wii Noon Lunch 1:00-2:30 Bingo
19 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	20 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 4:30-5:30 Total Body Cond. Podiatry Clinic (By Appointment Only)	21 7:30 Men's Breakfast 9:00-12 Noon-SHINE 10:00 Scrabble Noon Lunch 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord. 2:30 Walking Clinic Day Trip: North Shore Acappella	22 9:00-10:00 Fit 4 Life Class 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 4:30-5:30 Total Body Cond.	23 10:00 Wii Noon Lunch 1:00-2:30 Bingo
26  MEMORIAL DAY	27 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 4:30-5:30 Total Body Cond.	28 9:00-12 Noon-SHINE 10:00 Scrabble Noon Lunch 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord. 4:00-5:30 Alzheimer Caregiver Support Group	29 9:00-10:00 Fit 4 Life Class 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 4:30-5:30 Total Body Cond.	30 10:00 Wii Noon Lunch 1:00-2:30 Bingo

BIRTHDAY LUNCHEON Wednesday, May 14th HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by May 12th** by calling **978-540-2474**. All are welcome. Bring a friend.

Get a **FREE** Class

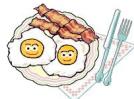
As a reward for attendance, get a coupon for a **FREE** class in 2014 when you attend 6 or more classes in May (meals don't count). Attend Tai Chi, a craft class, an exercise class, get your blood pressure taken, play Mah Jongg or Scrabble – you choose the six to attend. We will track you through the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

MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!

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



LADIES' BREAKFAST May 8th - 7:30 am to 9:00 am



MEN'S BREAKFAST May 21st - 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**

Senior Art Exhibit Seeks Entries



Secretary of the Commonwealth, William Galvin, invites residents over 62 to submit art for his 18th Annual Art Exhibit, to be displayed at the Commonwealth Museum in Boston. All mediums are accepted. Contact the COA office at **978-540-2470** for more details on size and submission. **Deadline for entries is August 1, 2014.**

Watch for COA Board meetings **LIVE** on LCTV!

Open Art Studio



Every **Thursday** in the Senior Diner, **1:00-3:00 pm**. Get the chance to mix with other artists. Bring a project you are working on. This is **NOT** a class. For more information call Carolyn Harlow **978-486-8589**.

Sketch Class

Carolyn Harlow will be conducting a Sketch Class. Call **978-540-2470** for details.

Greg Maichack - Sunflower Pastels



Greg Maichack returns **Wednesday, May 7th at 10:30 am** to conduct a pastels class based on the sunflowers of van-Gogh, O'Keeffe and Monet. The session is \$3 and includes all materials. **Call 978-540-2470** to register -- this class always fills up quickly! This program is made possible by a grant from the Littleton Cultural Commission.

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!



Kayaking Season

Join the **PRIME TIME PADLERS**. You need your own kayak and your own transportation. Sponsored by the Friends of the COA. If you are interested, call for more information, **978-540-2470**.



Meals on Wheels



Meals on Wheels provides a daily meal for individuals over 60 years old who are homebound and unable to prepare their own food. Deliveries are made between **11:00 am and 1:00 pm**, Monday through Friday.

Eligibility for Meals on Wheels is determined by a Minuteman Senior Services case manager. Call Minuteman at **781-272-7177 or 888-222-6171**. A voluntary, confidential donation of \$2 - \$2.50 is requested and can be paid by recipients, family members or friends.

Crafts at the Council



May 5th at 10:00 am—Sewing Purses, led by Carol Accetullo.

June 2nd at 10:00 am—Flower Arrangements, with Yvonne Russell.

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 10:00 am 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 day has changed.



Littleton Senior Citizens Club

The Senior Citizens Club will be meeting on **Monday, May 19th at 1:30 pm**, in their usual place, the Senior Diner. The Program will be "*Life in Communist China*".



Senior Bingo Afternoon

Join us for Bingo on **Thursday, May 8th, from 1:00 to 3:30 pm** in the Parish Hall of the Congregational Church. This will be our final game afternoon for the season, so please come, bring a friend and enjoy an afternoon playing Bingo, winning prizes and eating a slice of homemade pie during refreshment time. We look forward to seeing you! Jane Lyons 978-486-3436.



AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30 pm

Please join us



Movie of the Month

Thursday, May 22, 1:00 pm, "Philomena," will be shown in room 230. \$2.00 donation requested. Please sign up in the COA office or call 978-540-2470.

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

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.

NEIGHBORHOOD SUPPER



The Neighborhood Supper continues to serve a free, nutritious meal every **Tuesday evening from 5:30-6:30 pm** at the Congregational Church, 330 King St., Littleton. All are welcome.

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

FLUTE DUO & PIANO



Indian Hill Music School faculty musicians explore the colorful flute and piano repertoire from the early Baroque through the 21st Century, including works by Telemann, Faure, Foote, and Higdon: **Sunday, May 4, 3:00 pm** at 36 King Street (Rte. 495/Exit 30), Littleton, MA. Featuring flutists Ashley Addington and Ona Jonaityte with pianist Eric Kamen. FREE admission. Learn more at (978) 486-9524 or www.indianhillmusic.org.

This concert made possible by the Marjorie Besas Memorial Fund.



'BACH'S LUNCH' CONCERT: Indian Hill Music School's free monthly concert series presents 20th Century piano trios with Orchestra of Indian

Hill musicians: Bonnie Anderson, piano; Sheffra Spiridopoulos, horn; and Nancy Dimock, oboe. **TWO SHOWS - Thursday, May 15th 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. Reserve a table 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 **

- 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.
- 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.*
- *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, Aver, Groton, Westford, Acton and Concord. \$2.00

We also provide rides to out of town shopping when we can

WALMART (N. Chelmsford only)

Round Trip \$5.00 (Special Rate)

PHEASANT LANE MALL (NH)

Round Trip \$7.00 (Special Rate)

*****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

Littletown, MA

Permit No. 10