

Senior Broadcaster

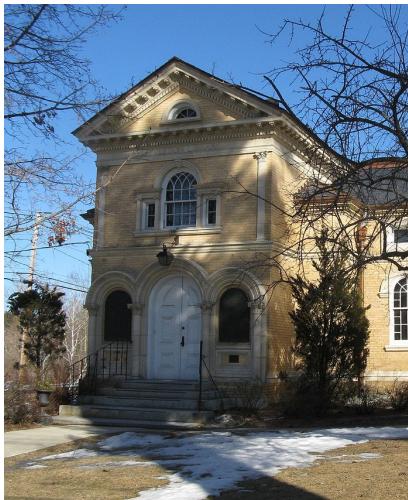


Photo: John Phelan

COA Board Meetings on LCTV

The COA Board meetings are now being broadcast **live** each month. They are also available on the town website for viewing. Here is a link which can be used, or you can go to www.littletonma.org, select the Cable department and select "LCTV On Demand" on the left side. Search for "COA" and you will find all the recorded COA meetings.

Littleton Senior and Veteran's Property Tax Work-off Program – Sign-up

Seniors over 60 who own property in Littleton may be eligible to receive an abatement on property taxes in return for work. The sign-up dates for this year's program will be in Room 233, **Monday-Friday, July 7-July 11, during the hours of 9:00 am to 12 noon, and July 14-18, from 1:00-4:00 pm.**

You must apply for the program during this period. If you are not able to come in to sign up for the program because you are away from Littleton during sign-up, contact the Director in the COA office at **978-540-2470 before July 1st.**

You may be eligible if you:

- Are 60 years of age or older
- Possess skills needed by Town Departments
- Own the property for which taxes are paid
- Sign up annually through the Council on Aging
- Pass a CORI

If you had changes to your Deed in 2013 or 2014, contact the Office of the Assessors to ensure that you still qualify. Please do this before coming to sign up.

Contact the COA office at 978-540-2470 for more information on how the program operates. More details are available online at the COA website in the Senior Tax Work-off Policy document.

Veterans: There is a Veteran's Tax Work-Off Program available. You do not need to be a senior to be part of this program. You must show your discharge Form DD-214. Call **978-540-2485** for details.

Contents

Happenings.....	2	Health/Fitness/Wellness	4	Men's/Ladies' Breakfasts	7
Senior Spotlight	2	Menu	5	COA Activities/Classes	7
Outreach.....	3	Calendar	6	Ongoing Activities	8
Day Trips.....	3	Birthday Lunch	7	Community Programs	8
Friends of the COA.....	3				

Happenings—June 2014

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

- **June 2, Mon** at 10:00, Crafts at the Council—*Flower Arranging* (P8)
- **June 2, Mon** at Noon, Senior Citizens Club Spring Luncheon (P8)
- **June 3, Tues** at 1:00 Hearing Education Talk- Dr. Megan Ford (P4)
- **June 4, Wed** at 1:00, Spring Fashion Show (P3)
- **June 9, Mon** at 4:00, Zumba Demo (P4)
- **June 10, Tues** from 10:00-11:00, Free Eye Clinic (P4)
- **June 10 and 24, Tues** 1:00-2:30, Social Anxiety Support Group (P3)
- **June 11, Wed** at 10:30, Costa Rica Slide Show (P8)
- **June 11, Wed** at 2:30, Zumba Gold Demo (P4)
- **June 12, Thurs, The Temptations** Day Trip (P3)
- **June 13, Fri** at 10:00, Caption Call-Hear Better on the Phone (P4)
- **June 18, Wed** from 9:30-12:30, Benefits Checkup (P7)
- **June 19, Thurs**, 10:30-11:30, Living Alone Support Group (P3)
- **June 19, Thurs**, 11:00 & 1:30, Indian Hill “*Bach’s Lunch*” Concert (P8)
- **June 19, Thurs** from 1:00-2:30, Bereavement Drop-in Group (P3)
- **June 20, Fri** at 10:30, Real Estate Seminar (P7)
- **June 20, Fri** at Noon, Summer Cookout (P7)
- **June 25, Wed** at 10:30, Ask the Chief Assessor (P7)
- **June 26 Thurs** at 1:00, Movie of the Month “*Saving Mr. Banks*” (P8)
- **July 11, Fri** from 7:00-9:30 pm, Glenn Miller Orchestra (P7)

Thursdays, 1:00-3:00, Open Art Studio

There is NO COA Board Meeting in July.

Social Day Program Starting



The COA is starting an adult supportive day program at the Center, two mornings a week. The “*Chit Chat Club*” is looking for seniors who are isolated at home and would benefit from social contact and interaction in a friendly environment. Call Tina Maeder at **978-540-2472** if you or a family member are interested in hearing more about this program.

This is a non-medical program designed to provide assistance to allow seniors to remain in the dignity and security of familiar surroundings. It benefits caregivers by providing a respite to pursue personal interests or other responsibilities. Costs will include transportation and lunch.

There are no COA Internet Presentations in June, July or August. Presentations will resume in September.

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***

AED Purchased for COA

 With the help of a grant from the Massachusetts Executive Office of Public Safety and funding from the Department of Elder and Human Services, we purchased an Automatic External Defibrillator for the COA.

No More Paper Recycling at Town Hall

Paper and cardboard will no longer be collected at Town-Hall for the benefit of the COA. The vendor has stopped paying us for paper and is instead charging us to take paper away. If you have paper and cardboard to be recycled, please take them to the Transfer Station.

COA DAY TRIPS

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.

Call the COA at 978-540-2470 for more information.

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.

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, June 19th, 1:00-2:30 pm.** Karen joins us through Nashoba Nursing Service.

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.

Social Anxiety Support Group

Social Anxiety Support Group will meet **June 10th and June 24th 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, June 19th 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.**



Friends of the Council on Aging

Spring Fashion Show



It's time for the Spring Fashion Show, **Wednesday, June 4th at 1:00 pm** in the Multi-Purpose Room. Clothes are being selected as we speak and our models are waiting in the wings. This show will be a high tea. Canned goods for outreach closet accepted.

Looking ahead, we plan to host a New Year's Party and this time it will be called *The Black and White Ball*, so look for many black and white outfits at this show. You may find something you will want to wear to the January 14th New Year's Party.

THRIFT SHOP



Vintage is the word. What are you planning on doing during the 300th celebration? If you plan to dress for the occasion, you might want to try our Thrift Shop. We have collected pieces of clothing that you can pull together for a period costume and we will help you with ideas when you have made your choice.

The summer clothes are in the shop and we are wall to wall with things you will want for your wardrobe. Come in to see us any **Monday through Friday, 10:00 am to 3:00 pm.**



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



QUICK WELLNESS TIP-From Hilary Summer Healthy Eating



Drink green tea instead of sweet tea. Fewer calories, but still with the sweetness.

Serve seafood. Summer is the ideal time to get the freshest catch from your local grocer.

Don't skip breakfast.

Enjoy summer fruits and veggies.

Hydrate often. The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal.

Downsize your dinnerware. Just by using the smaller ones in your set for meals like lunch and dinner, you will eat less.

Eat healthy at the beach. Ice cream stands and high-calorie barbecues are bound to put a damper on your diet, so stay clear by being prepared. Pack a cooler with ice, bottled water, sandwiches on whole grain breads, pita chips, hummus, yogurt and lots of fruit.

Give your house a summer cleaning. You need an environment that reflects your healthy way of living and your summer fitness goals. To start, remove unhealthy foods from your home (so you're not tempted).

Build a better burger. Create a healthier burger with whole wheat buns and lean meats.

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!

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 4:30 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

CaptionCall – Hear Better On the Phone



CaptionCall® is a revolutionary new telephone for anyone who has trouble hearing on the phone. CaptionCall uses voice recognition to quickly provide written captions of what callers say on a large, easy-to-read screen. Please come and hear Karen Keefe, Outreach Specialist, tell you all about it on **Friday, June 13th, 10:00 am** at the COA. Call **978-540-2470** to reserve a seat for this **FREE** session.

Free Eye Clinic



D'Ambrosia Eye Care will be here on **Tuesday June 10th from 10:00-11:00 am**, giving free vision examinations. No appointment necessary. Room 233.



We will be having Dr. Megan Ford, AuD, in on **June 3rd at 1:00 pm** in Room 233, for an educational talk on hearing.

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.



Zumba comes to the COA on **Monday June 9th at 4:00 pm** for a participatory demo in the Multi-Purpose Room. Zumba features a wide variety of music including Latin, pop, swing and Broadway. Come and move!

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 Gold participatory demo will be **Wednesday June 11th at 2:30 pm** in the Multi-Purpose Room. Come and let us know that you want Zumba! Zumba Gold can also be done in a chair.

JUNE 2014 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 Mulligatawny Soup Baked Salmon W/ Lemon Dill Sauce Broccoli Lemon Pudding Diet: SF Lemon Pudding 1% Milk HDM: Rice Pilaf	3 Lasagna W/ Basil Meat Sauce Italian Blend Veggies Whole Wheat Bread Fresh Fruit 1% Milk	4 Chicken Breast W/ Apricot Glaze Mashed Potatoes Peas Peaches 1% Milk	5 Chicken a la King Herbed Noodles w/Parsley & Oil Carrots Whole Wheat Bread Pineapple 1% Milk	6 Meatballs W/ BBQ Sauce Garlic Mashed Pot Green Beans Whole Wheat Bread Muffin Diet: Straw Graham 1% Milk
9 Shaved Steak Stir Fry W/ Teriyaki Sauce Brown Rice Oriental Veggies Pineapple 1% Milk	10 Chicken Breast W/ Lemon Picatta Sauce Couscous W/ RP Broccoli Whole Wheat Bread Banana Pudding Diet: SF Vanilla Pudding 1% Milk	11 COLD PLATE Turkey Cranberry Salad Black Bean Corn Salad Marinated Roman Blend Veggies Whole Wheat Pita Applesauce W/ C 1% Milk	12 Minestrone Soup Roast Pork W/ Gravy Mashed Potatoes Whole Wheat Bread Snack & Loaf Diet: Lemon Grahams 1% Milk HDM: Peas & Carrots	13 Chicken Alfredo Tri-Color Pasta Italian Green Beans Whole Wheat Bread Peaches 1% Milk
16 Bread Chicken Orzo & Peas California Blend Veggies Chocolate Pudding Diet: SF Choc Pudding 1% Milk	17 Tomato Florentine Soup Fish Sticks Sweet Potatoes Fresh Fruit 1% Milk HDM: Winter Blend Salad	18 SPECIAL Roast Beef W/ Au Jus Mashed Potatoes Balsamic Beets WW Dinner Roll Brownie Diet: Lorna Doones 1% Milk HDM: Pot Roast/Gravy	19 Sweet & Sour Chicken Brown Rice Broccoli Whole Wheat Bread Peaches 1% Milk	20 Broccoli Bake Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Applesauce W/ C 1% Milk
23 Roast Pork W/ Gravy Sweet Potatoes Broccoli Whole Wheat Bread Muffin Diet: Apple Graham 1% Milk	24 Split Pea Soup Breaded Chicken Mashed Potatoes Peaches 1% Milk HDM: Peas	25 Beef Bolognese Spaghetti Winter Blend Veggies Whole Wheat Bread Pineapple 1% Milk HDM & Baypath: Ziti	26 COLD PLATE Egg Salad Tri-Color Pasta Salad Cal Blend-Dijon Vngr Hot Dog Roll Rice Pudding Diet: SF Rice Pudding 1% Milk	27 Salisbury Steak Herbed Noodles Carrots Whole Wheat Bread Orange 1% Milk
30 American Chop Suey Italian Green Beans Whole Wheat Bread Butterscotch Pudding Diet: SF BS Pudding 1% Milk		“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

JUNE 2014

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00-11:00 Line Dancing 10:00 Crafts at the Council Noon Lunch Noon Sr. Citizens Club Spring Luncheon Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	3 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 Hearing Education Talk 4:30-5:30 Total Body Cond.	4 9:00-12 Noon-SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00 Spring Fashion Show 2:30-3:30 Ask Wellness Coord 1:00 Friend of the COA Board Meeting	5 9:00-10:00 Fit 4 Life 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.	6 10:00 Wii Noon Lunch 1:00-2:30 Bingo
9 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Mtg 4:00 Zumba Demo	10 9:00-10:00 Fit 4 Life Class 10:00-11:00 Free Eye Clinic 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.	11 9:00-12 Noon-SHINE 10:30 Costa Rica Slide Show Noon Birthday Lunch 12:45 Scrabble 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord 2:30 Zumba Gold Demo	12 7:30 Ladies Breakfast 9:00-10:00 Fit 4 Life 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. "The Temptations" Day Trip	13 10:00 Wii 10:00 Caption Call Noon Lunch 1:00-2:30 Bingo
16 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	17 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.	18 7:30 Men's Breakfast 9:00-12 Noon-SHINE 9:30-12:30 Benefits Checkup Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 12:30-3:30 Ask Wellness Coord.	19 9:00-10:00 Fit 4 Life 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.	20 10:00 Wii 10:30 Real Estate Seminar Noon Summer Cook-out 1:00-2:30 Bingo
23 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	24 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.	25 9:00-12 Noon-SHINE 10:30 Ask the Chief Assessor Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord. 4:00-5:30 Alzheimer Caregiver Support Group @Robbins Brook	26 9:00-10:00 Fit 4 Life 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.	27 10:00 Wii Noon Lunch 1:00-2:30 Bingo
30 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi				

BIRTHDAY LUNCHEON Wednesday, June 11th HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by June 9th** 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 June (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 **July 1st** in the COA office.

LADIES' BREAKFAST

June 12th - 7:30 am to 9:00 am



MEN'S BREAKFAST

June 18th - 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**

Ask the Chief Assessor



Join Littleton's Chief Assessor, Kathy Miller, on **Wednesday, June 25th at 10:30 am** in Room 230 for a discussion and question and answer period on the exemptions available to seniors, veterans and the disabled in Littleton. If you have specific questions that you would like Kathy to address, call the COA office in advance and we will pass them to Kathy.

Call the COA office, **978-540-2470**, to sign up for this program and join us to get up-to-date information on exemptions, abatements, and tax deferral.

Benefits Checkup

The National Council on Aging's Benefits Checkup will be held on **Wednesday, June 18th, from 9:30-12:30**. Call the COA Office at **978-540-2470** for more information.

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 Louise Curley (**978-486-4416**) or Vice Chair Marge Payne (**978-486-8712**) for additional information.

Real Estate Seminar



Considering downsizing? Join Annette De-Bisz, Realtor, and Angelique Eliopoulos, Estate Attorney, to discuss the process of preparing your home for sale. Get all your questions answered. Refreshments. **FREE**. **Friday June 20th at 10:30 am** at the COA. Call **978-540-2470** to reserve a seat.

Kayaking Season



Join the **PRIME TIME PADDLERS**. 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**.

Summer Cookout!



Enjoy lunch in the Courtyard next to the Senior Diner, hosted (and cooked!) by the Littleton Fire Department. **Friday June 20th at noon!** Sign up by calling the Diner, **978-540-2474**.

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.**

Glenn Miller Orchestra



Friday July 11th, 7:00 – 9:30 pm \$10. Bring your own chair or blanket to Nara Park Amphitheater in Acton, Mass (25 Ledge Rock Way, off Route 27).

Go to www.acton-ma.gov/register for advance ticket purchase. Some tickets available at the gate. Limited seating! Food vendors will be available.

Crafts at the Council



June 2nd at 10:00 am—Flower Arrangements, with Yvonne Russell. No “Crafts” in July due to Holiday.



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 annual Spring Luncheon and installation of officers will be held on **Monday, June 2nd, at 12 noon**, at the Nashoba Valley Technical High School. Please note the change of date for this event.

Please call Marilyn Fedele at 978-742-4931 if you need more information. The cost is \$10 for guests and non-members. We will not meet during the months of July and August. Our next meeting will be **Monday, September 16th**. Look for more information in the September issue of the Senior Broadcaster.

Sunshine Club Bingo



There will be no Sunshine Club Bingo at St Anne's Church Hall in Littleton again until September. Look for more information in the September Broadcaster.

BINGO

AT THE SENIOR DINER

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

There will be no Senior Bingo at the Congregational Church until the Fall. Look for more information in future issues of The Broadcaster.

Costa Rica Slide Show



Join us **Wednesday, June 11th, at 10:30 am**, as Peg McLaughlin shows us slides from her recent trip to Costa Rica. You'll remember that Peg entertained us with beautiful pictures of Vietnam last year. This year she says "Pura Vida"!

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

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music School's free monthly concert series presents cello and piano duo, Arkady Beletsky and Jennifer Morlock, performing music by 'Russians in America,' including works by Tchaikovsky, Rachmaninoff, Irving Berlin, and George Gershwin. **TWO SHOWS - Thursday, June 19 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.

REMINDER: No 'Bach's Lunch' concerts in July and August! Series resumes in September.



Movie of the Month

Thursday, June 26, 1:00 pm, "Saving Mr. Banks" will be shown in room 230. \$2.00 donation requested. Please sign up in the COA office or call 978-540-2470.

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

Littleton, MA

Permit No. 19