

Senior Broadcaster



Photo: John Phelan

Littleton Police Host Cookout in July



The Littleton Police Department will host a bar-b-que for the seniors in the Courtyard in July. Look for flyers announcing the date or call **978-540-2474** for more information and to sign up.

Changes to Littleton COA Van Service



If you have been riding the Littleton COA vans recently, you already know that we are busier than ever before, taking residents to medical appointments, shopping, to the Pharmacy, or to the COA for the hot lunch or to participate in programs and events. If you are interested in facts and figures, rides on our vans are up 22% over last year. This is a phenomenal rise!

In order to make ourselves available for more hours in the day, we shifted in March to using a centralized dispatch service. Shannon and Brian answer the phone all day long, providing quicker service to callers. Dispatch can be reached at **978-844-6809** from 8:30 am to 4:00 pm.

To accommodate the increased ridership, we need to make further changes which will make our vans more available to a larger number of riders.

Starting July 1st, the van will only go to the Boston hospitals on the 1st and 3rd Wednesdays of the month. We will go to Lahey Clinic in Burlington on the 2nd and 4th Wednesdays. This will make the vans more available on more days to accommodate rides that are in the 'local' area.

Rides to and from the COA remain free. If you have questions about van service, please feel free to call and I would be happy to discuss our service, **978-540-2470**. See Page 10 for more detailed information on fares.

Pamela Campbell, Director

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Happenings—July/August 2014

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

- **July 7, Mon** at 10:00, Crafts at the Council (P8)
- **July 8 & 22, Tues** 1:00-2:30, Social Anxiety Support Group (P3)
- **July 11, Fri** from 7:00-9:30 pm, Glenn Miller Orchestra (P7)
- **July 15, Tues, OR July 28, Mon**, Podiatry Clinic, by appt only (P4)
- **July 16, Wed**, 7:30, Combined Ladies and Men's Breakfast (P7)
- **July 17, Thurs**, 10:30-11:30, Living Alone Support Group (P3)
- **July 17, Thurs** from 1:00-2:30, Bereavement Drop-in Group (P3)
- **July 24, Thurs** from 10:00-11:00, Pine Tree Park BP Clinic (P3)
- **July 24, Thurs** at 1:00, Movie of the Month "Monuments Men" (P8)
- **August 4, Mon** at 10:00, Crafts at the Council (P8)
- **August 5 & 19, Tues** 1:00-2:30, Social Anxiety Support Group (P3)
- **August 14, Thurs**, Day Trip-Songbook & Lobsterbake (P3)
- **August 20, Wed**, 7:30, Combined Ladies and Men's Breakfast (P7)
- **August 21, Thurs**, 10:30-11:30, Living Alone Support Group (P3)
- **August 21, Thurs** from 1:00-2:30, Bereavement Drop-in Group (P3)
- **August 21, Thurs**, Pet Health Presentation (P4)
- **August 28, Thurs** at 1:00, Movie of the Month, "Last Vegas" (P8)

Wednesdays & Thursdays, 9:00-1:00, Chit Chat Club (P3)

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

There is NO COA Board Meeting in July.



Spotlight

Paul Tokmakian, Media Specialist and Van Driver, demonstrates the lift on the new Elder and Human Services van, purchased through the generosity of Littleton residents and their families. Watch for the Blue Bus around town!!

There are no COA Internet Presentations in 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

Marjorie Payne, Chair
Louise Curley, Vice Chair
Robert Stetson, Secretary
Mary Catalanotto
Barry M. Curcio
Barbara Kamb
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!!

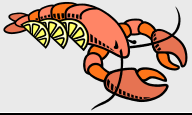
You can get the Broadcaster by email! Visit our site, www.littletonma.org, select "Sign up for Town Notifications," and enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

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

Day Trip – The Great American Songbook + Lobsterbake



Lydia Harrell sings from The Great American Songbook. Traditional Maine Lobsterbake at Foster's Clambake Restaurant in York Maine. **Thursday August 14th.** \$82 per person. Call 978-540-2470 for details. Sign-up deadline is **August 1st.**

OUTREACH INFORMATION

Chit Chat Club



The Chit Chat Club started on June 18th and will continue to meet on **Wednesdays and Thursdays from 9:00 am-1:00 pm** 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.

Living Alone Support Group

The Living Alone Group will be meeting again on **Thursday July 17th, and Thursday August 21st, 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.

Social Anxiety Support Group

Social Anxiety Support Group will meet **Tuesdays, July 8th & 22nd, and August 5th & 19th, from 1:00-2:30 pm** in Room 233 of the COA. Please contact Tina Maeder to sign up by calling 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, **9:00 am to 12 noon.** Call 978-540-2470 to make an appointment.

Support Groups at the Inn at Robbins Brook, Acton

Monday, July 21st & August 18th from 2:00-3:00 pm, Parkinson's Support Group.

Wednesday, July 23rd & August 27th from 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.

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. **Thursdays, July 17th & August 21st, 1:00-2:30 pm.** Karen joins us through Nashoba Nursing Service.

Pine Tree Park BP Clinic



Pine Tree Park Outreach Blood Pressure Clinic and coffee hour will be held in the Pine Tree Park Community room on **Thursday, July 24th, from 10:00-11:00 am**, with Tamara Bedard from Nashoba Nursing Service and Hospice. Please call Tina for more information at 978-540-2472. Refreshments served.

Please call the Outreach office during the Summer to see if the Farmer's Market Coupons have arrived. Call 978-540-2472.



Friends of the Council on Aging



The Friends are taking a break from programs during July and August. There will be other organizations planning events and cookouts. We will be back in September with some surprises, holiday parties and our annual Veteran's Lunch. Watch for news about our New Year's party in January, when we announce the date and theme. Hint... (Black and White Ball)

Have a wonderful summer!

THRIFT SHOP



The Thrift Shop will be open all summer as usual. Stop by and find something for work or play. We are over-loaded with Summer clothes and know there is something for you. The Vintage clothing will be on the racks to put you in the mood to dress for the 300th celebrations. Don't miss the opportunity to look like a distant ancestor.

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

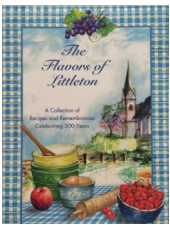


QUICK WELLNESS TIP-From Hilary



If you have a phone that can take pictures, use it to take a picture of your medication list and your medical conditions. Dr. Popelka, the hospitalist who came to the COA, informed us that is something that physicians will look for and is a great quick way to keep the list up to date. If that is not an option, be sure to keep an up-to-date index card in your wallet. Any time a change in your medication occurs, whether it is type or dose, be sure to update the pictures or cards.

Littleton's Tercentennial Cookbook "The Flavors of Littleton"



The cookbooks are available **Monday - Friday, 8:30 am to 4:00 pm**, in Room 202 at the Town Hall. They will also be sold at the opening ceremony and picnic, while supplies last. The cost is \$15 and they come with a CD and an e-book download. Checks will be accepted, made out to the Town of Littleton. This will be a great memento of the 300th celebration and they make excellent gifts for family and friends.

Podiatry Clinic



Next Podiatry Clinics: Tuesday, July 15th, OR Monday, July 28th. Call 978-540-2470 to schedule an appointment for one OR the other. Cost is now \$30.

Pet Health



Heidi, the head vet tech, at Littleton Animal Hospital will be coming in on **Thursday, August 21st** to discuss pet health and answer any questions you may have. (Check the "Weekly Health Tip" emails for the time of the presentation.) Littleton Animal Hospital sees dogs, cats, and exotic animals including birds, guinea pigs, rabbits etc. She will return in September for individual 10 to 15 minute appointments to discuss concerns and questions you have about your animals.

RNs Needed for Blood Pressure Clinic



Are you an RN who can give 2 hours a month to help staff our blood pressure clinic? The Clinic is held every **Tuesday from 10:00 until 12 Noon**. If you are interested, please call Pamela at the COA offices, 978-540-2470.

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 Be-dard from Nashoba Nursing Service joins us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

There will be no Total Body Conditioning or Yoga Classes the week of July 7th.

**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 lev-
els. \$2 per session.



Total Body Conditioning

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

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



Gentle Flow Yoga

Gentle flow yoga for all lev-
els. Join us to stretch,
strengthen and relax! Begin-
ners 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.



JULY 2014 MENU




Monday	Tuesday	Wednesday	Thursday	Friday
<p>Littleton Senior Diner is open 9:00 am to 1:00 pm</p> <p>Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00</p>	<p>1</p> <p>Hot Dog Baked Beans Carrots Hot Dog Roll Fresh Fruit 1% Milk</p>	<p>2</p> <p>Gypsy Soup Chicken Breast W/ Gravy Mashed Potatoes Muffin; Diet: Grahams 1% Milk HDM: Green Beans</p>	<p>3</p> <p>Meatballs W/ Hawaiian Sauce Herbed Noodles Broccoli Whole Wheat Bread Peaches 1% Milk</p>	<p>4</p> 
<p>7</p> <p>Ravioli Bake with Marinara Sauce Italian Blend Veggies Whole Wheat Bread Pineapple 1% Milk</p>	<p>8 SPECIAL</p> <p>Chicken Breast W/ BBQ Sauce German Potato Salad Sweet & Sour Cabbage Parker House Roll Blueberry Crisp Diet: SF Fruited Jello 1% Milk</p>	<p>9</p> <p>Roast Pork W/ Gravy Mashed Potato Carrots Whole Wheat Bread Applesauce 1% Milk</p>	<p>10</p> <p>BBQ Burger Baked Beans Cauliflower and RP Hamburger Bun Chocolate Pudding Diet: Chocolate Pudding 1% Milk</p>	<p>11</p> <p>Egg Drop Spinach Soup Diced Chic. Alfredo Rotini Multigrain Bread Peaches 1% Milk HDM: Broccoli</p>
<p>14</p> <p>Meatballs w/ Swedish Herbed Noodles Broccoli Whole Wheat Bread Butterscotch Pudding Diet: Butterscotch Pudding 1% Milk</p>	<p>15</p> <p>American Chop Suey Italian Green Beans Whole Wheat Bread Fig Bar; 1% Milk MEGA Meal for congregate: add cheese, breadstick, and tossed salad \$3 donation</p>	<p>16 COLD PLATE</p> <p>3 C Soup Chicken Breast W/ RP Pesto Sauce Veg Rice Salad Choc Chip Cookie Diet: Lemon Graham 1% Milk HDM: Roman Blend Salad</p>	<p>17</p> <p>Baked Salmon W/ Dill Sauce Brown Rice Green Peas Whole Wheat Bread Fruited Gelatin Diet: Man. Oranges 1% Milk</p>	<p>18</p> <p>Shepard's Pie Carrots Whole Wheat Roll Fresh Fruit 1% Milk</p>
<p>21</p> <p>Lasagna w/Basil Meat Sauce Italian Blend Vegetables Whole Wheat Bread Fresh Fruit 1% Milk</p>	<p>22</p> <p>Chicken Breast W/ Teriyaki Sauce Brown Rice Oriental Vegetables Whole Wheat Bread Muffin Diet: Apple Graham 1% Milk</p>	<p>23</p> <p>Turkey Tetrazini Bowtie Pasta Broccoli Multigrain Bread Peaches 1% Milk</p>	<p>24</p> <p>Port. Kale Soup Roast Pork w/Applesauce Sweet Potato Vanilla Pudding Diet: Vanilla Pudding 1% Milk HDM: It Green Beans</p>	<p>25</p> <p>BBQ Beef Rib Mashed Potato Carrots Biscuit Pineapple 1% Milk</p>
<p>28</p> <p>Breaded Chicken Scalloped Potatoes Broccoli Whole Wheat Bread Banana Pudding Diet: SF Banana Pudding; 1% Milk</p>	<p>29 COLD PLATE</p> <p>Tomato Chickpea Soup Cranberry Chicken Salad Veggie Pasta Salad Hot Dog Roll Fresh Fruit (Cantaloupe); 1% Milk HDM: Bean Salad</p>	<p>30</p> <p>Potato Fish Brown Rice Pilaf W/ Peas Creamed Corn Applesauce 1% Milk</p>	<p>31</p> <p>Shaved Steak W/ Jardiniere Sauce Diced Red Bliss Potatoes Spinach Multigrain Bread Snack'n Loaf Diet: Blueberry Graham 1% Milk</p>	<p>"Call to request a low sodium alternative only for days labeled "High Sodium Entrée"</p>



JULY 2014



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 4:00-5:00 Total Body Cond.	2 9:00-12 Noon-SHINE 9:00-1:00 Chit Chat Club Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord 1:00 Friend of the COA Board Meeting	3 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:00 Open Art Studio 4:00-5:00 Total Body Cond.	4 
7 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	8 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	9 9:00-12 Noon-SHINE 9:00-1:00 Chit Chat Club Noon Birthday Lunch 12:45 Scrabble 2:30-3:30 Ask Wellness Coord	10 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:00 Open Art Studio	11 10:00 Wii Noon Lunch 1:00-2:30 Bingo 7:00-9:30 pm Glenn Miller Orchestra
<div>***No Total Body Conditioning or Yoga this week***</div>				
14 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" (Note: Today's meeting is in Room 230) 1:00-2:00 Tai Chi	15 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 4:00-5:00 Total Body Cond. Podiatry Clinic, by Appointment Only	16 7:30 Combined Ladies & Men's Breakfast 9:00-12 Noon-SHINE 9:00-1:00 Chit Chat Club Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 12:30-3:30 Ask Wellness Coord.	17 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 10:30-11:30 Living Alone Grp. 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Bereavement Group 1:00-3:00 Open Art Studio 4:00-5:00 Total Body Cond.	18 10:00 Wii Noon Lunch 1:00-2:30 Bingo
21 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	22 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp 4:00-5:00 Total Body Cond.	23 9:00-12 Noon-SHINE 9:00-1:00 Chit Chat Club 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	24 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 10-11 Pine Tree Park BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00 Movie of the Month 1:00-3:00 Open Art Studio 4:00-5:00 Total Body Cond.	25 10:00 Wii Noon Lunch 1:00-2:30 Bingo
28 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi Podiatry Clinic, by Appointment Only	29 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 4:00-5:00 Total Body Cond.	30 9:00-12 Noon-SHINE 9:00-1:00 Chit Chat Club Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord.	31 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:00 Open Art Studio 4:00-5:00 Total Body Cond.	

BIRTHDAY LUNCHEON

Wednesday, July 9th & August 13th
HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by July 7th or August 11th** 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 July or August (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 August 1st for July, or September 1st for August, in the COA office. **MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!**

LADIES & MEN'S BREAKFAST

July 16th - 7:30 am to 9:00 am



LADIES & MEN'S BREAKFAST

August 20th - 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**

Ladies' & Men's Breakfasts



Due to summer schedules, there will be only one breakfast each month in **July (July 16th)** and **August (August 20th)**, a combined Men's and Ladies Breakfast.

Littleton Senior and Veteran's Property Tax Work-Off Program Sign-up in July

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 at the COA in Room 233. **Monday – Friday, July 7 – 11, 9:00 am to 12 Noon, and again July 14 – 18, 12 Noon to 3:00 pm.** If you are not able to appear during these times to sign-up, you must contact the Director, Pamela Campbell, in advance – **978-540-2470**.

The **Veteran's Tax Program** is also doing sign-up during this period. You must show your discharge form DD-214 to the Veterans' agent, John Boroski. Call him at **978-540-2485**.



www.littleton300.org

Littleton Tercentennial Event Schedule

Opening: June 21, 2014

Picnic: July 12, 2014

Parade: September 6, 2014

Fireworks: September 6, 2014

Ball: September 13, 2014

Closing: September 27, 2014

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**.

A Message from the COA Board

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

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 **617-727-9180** 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

July 7th at 10:00 am & August 4th at 10:00 am



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

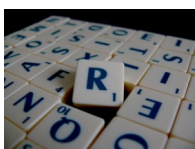


Loving Stitches



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. **July 14th meeting is in Room 230.**

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 members enjoyed our end of the year sumptuous luncheon and Installation of Officers at the Nashoba Valley Technical High School. We'll take the summer off and return on September 15th with renewed energy.

Starting in September, the Senior Diner will not be available to us for a few months, but we are looking at alternatives within Town Hall. Details of where we'll have our meetings and our Fall programs will be in the September issue of the Broadcaster.

Sunshine Club Bingo



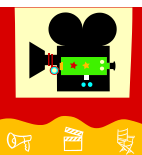
There will be no Sunshine Club Bingo at St Anne's Church Hall in Littleton again until September. Look for more information in the September Broadcaster.

Bingo at the Congregational Church



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

Movie of the Month



Thursday, July 24th at 1:00 pm, "Monuments Men," and Thursday, August 28th at 1:00 pm, "Last Vegas" will be shown in room 230. \$2.00 donation requested. Please sign up in the COA office or call 978-540-2470.



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



AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30 pm

Please join us

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. 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.

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!

INDIAN HILL MUSIC



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

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

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

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

Please Note:

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

LITTLETON COA MART VAN CHARGES

(Van service for Seniors and the disabled)

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

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

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

We also provide rides for Boston and Burlington Medical Appointments

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

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

Call for details.

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

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

REMINDER

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

LITTLETON COUNCIL ON AGING

P. O. BOX 1305

33 SHATTUCK ST., ROOM 231

LITTLETON, MA 01460

RETURN SERVICE REQUESTED

Bulk Rate

US Postage

Paid

Littleton, MA

Permit No. 19