

Senior Broadcaster

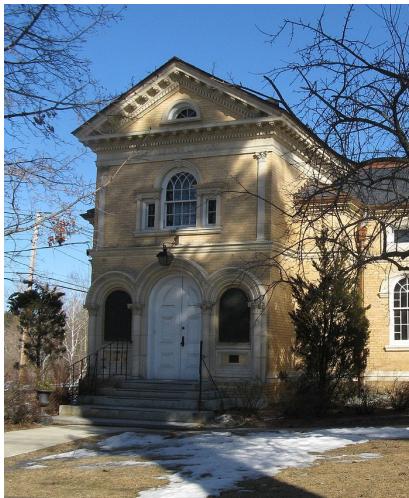


Photo: John Phelan

Welcome to our Wellness Coordinator!



Hilary Rostas has joined our staff as Wellness Coordinator. Some of you may have already met Hilary – she's started a new **Total Body Conditioning** exercise class that meets on **Tuesdays and Thursdays at 4:30 pm** in the Multi-Purpose Room. And she's leading a **Gentle Yoga Class** on Wednesday afternoons in Room 230.

Hilary brings great experience working with patients who are in cardiac rehab or recovering from orthopedic surgeries and injuries. She has a wealth of experience with various exercise forms, including Zumba, and brings us expertise in nutrition counseling as well.

Meet the Wellness Coordinator – Hilary is holding 'office hours' each Wednesday afternoon and is available to meet privately with Littleton residents who seek counseling on nutrition, exercise, or other aspects of wellness. Give her a call at **978-540-2475** to set up an appointment to talk. Hilary's office is on the 2nd floor of the Town House, in Room 223, the SHINE office.

Welcome Hilary!

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Happenings February 2014

- Monday, **Feb 3rd**, 9:00 am to noon, **Podiatry Clinic (by appointment only)**
- Tuesdays, **Feb 4th and 18th**, 1:00-3:00 pm, **Social Anxiety Group**
- Wednesday, **Feb 19th**, 10:00 am, **Coffee With The Fire Chief**
- Thursday, **Feb 20th**, 11:00 am &1:30 pm, Indian Hill's '**Bach's Lunch**' Concert
- Wednesday, **Feb 26th**, 4:00-5:00 pm, **Boxing for Fitness Demo**
- Thursday, **Feb 27th**, 1:00 pm, **Movie of the Month, "The Butler"**

New:

- **Tuesdays and Thursdays**, 4:30-5:30 pm, Total Body Conditioning
- **Wednesdays**, 1:00-2:00 pm, Gentle Flow Yoga
- **Wednesdays**, 2:30-3:30 pm, Ask the Wellness Coordinator

Upcoming Day Trips:

- Tuesday, **March 11th**, *An Irish Celebration*
- Tuesday, **April 15th**, *The Legendary Debbie Reynolds*

There will be no Senior Citizens Club meeting in February.

Internet & Computer Classes—Thursdays 10:30-11:30 am

Room 233. Join Bill Vales and Per Hjerppe for sessions on using the computer and internet. No experience needed.

- February 6 - Update on Technology
- February 13 - Shortcuts and other Slights of Hand
- February 20 - Microsoft Office and Alternatives - Word Processing
- February 27 - Microsoft Excel and Alternatives

Going on vacation? Call 978-540-2470 to stop your Broadcaster mailings. This saves the COA money. Thank you!

Senior Spotlight



Photographer **Jim Donnelly** is not usually seen on THIS side of the camera. Thanks, Jim, for all the great shots of COA events!

STAFF

Pamela Campbell, Director
Tina Maeder, Outreach Coordinator
Paul Tokmakian, Dispatcher
Neil Campbell, MART Driver
Richard Kent, MART Driver
Gina Monahan, MART Driver
George Ogilvie, MART Driver
Gayle Dalton, Senior Diner Manager
Hilary Rostas, Wellness Coordinator
Nancy Hilsinger, Editor

BOARD MEMBERS

Louise Curley, Chair
Robert Stetson, Secretary
Mary Catalanotto
Barry M. Curcio
Barbara Kamb
Mary Kaye
Marjorie Payne
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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 and select "Subscribe to Receive Littleton Notifications" in the upper left-hand corner of the page. Look for the Broadcaster on the website, too.



COA DAY TRIPS

An Irish Celebration – Tues, March 11

Hear Ronan Tynan, Irish Tenor, appearing in Swansea, MA. \$76, includes luncheon, show, transportation and driver's gratuity. Pay when you sign up, no later than **February 14th**, COA office.

Call **978-540-2470** for details.

See the Legendary Debbie Reynolds

Tues, April 15th, Debbie Reynolds performs at the Mohegan Sun Casino. \$76 includes show, transportation, driver's gratuity and \$30 casino credit. Bring your ID. Pay when you sign up by **March 14th**, COA office. Call **978-540-2470** for details.

OUTREACH INFORMATION

The SMOC Fuel Assistance Program

Are you in need of help with your fuel bills this heating season? The SMOC Fuel Assistance Program may be able to help. Please call **Tina Maeder in the Outreach Office at 978-540-2472**, or the **COA Main number at 978-540-2470** to have an information packet sent regarding the requirements and financial guidelines.

Please call the Outreach office, even if you may feel that you do not qualify for this program, as there may be help available through other sources such as the H. Vincent Couper Fund and Salvation Army.

For further information go to the website at www.smoc.org/smoc-fuel-assistance.php

Living Alone Support Group

The Living Alone Group will be meeting again on **Thursday, February 20th from 10:30-11:30 am** in room 230 of the COA. Refreshments will be served.

Please call Tina Maeder with any questions at:

978-540-2472.

Bereavement Drop-In Group

Have you lost someone? Come to the COA on the **3rd Thursday of each month** to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. **Thursday, February 20th, 1:00-2:30 pm.** Karen joins us through Nashoba Nursing Service.

SHINE

Need Help With Healthcare Costs?

The SHINE Program (Serving Health Information Needs of Elders) is a state health insurance assistance program that provides free impartial health insurance information, counseling and assistance. Our trained SHINE counselor is at the COA every **Wednesday, 9:00 am to 12:00 noon**. Call **978-540-2470** to make an appointment with Bob to discuss all types of insurance programs.

Social Anxiety Support Group

The Social Anxiety group will continue. We will meet in room 233 of the COA on **Tuesdays, February 4th & 18th, and March 4th & 18th from 1:00 to 3:00 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Friends of the Council on Aging

The New Year was celebrated at the Council on Aging on January 8th. Mark Crory and Rich McGirr were at their best and kept us entertained with music to dance and sing by. There were smiling faces all around and inquiries about what will be next.



The decisions have been made and the Friends will be hosting a "**Mardi Gras**" **Valentine Party on February 12th**, in the Shattuck St. Multi-Purpose Room. The party will begin at noon, so bring a partner and your singing voices to help us use our new karaoke machine. There will be sandwiches and dessert. If you enjoy having fun, then don't miss this event, **Wednesday, February 12th, at noon**. There will be a \$3.00 charge and a donation of canned food would be appreciated for our Outreach program. Reservations are a must, so please call: **978-540-2474**.

There will be a St. Patrick's Day Party in March.

THRIFT SHOP



We at the Thrift Shop want to thank **Options** for all the contributions they have made over the years to our store. They have been very supportive and are fully appreciated by all who benefit from their generosity. The Council on Aging and Outreach programs benefit by the funds raised and we hope to continue the tradition for many years to come.

Thank you too to the customers and people who donate clothing, housewares or money to our causes.

Please come in and visit when you are able. We are open **Monday through Friday, 10:00 am to 3:00 pm**. Donations accepted during store hours.



QUICK WELLNESS TIP-From Hilary

Preventing Falls on Ice

- Dress appropriately.** Rubber or neoprene soles provide more traction than leather or plastic. And bundling up minimizes the tendency to hurry, which can lead to a stumble.
- Determine routes in advance.** Try to stay on cleared and level paths when headed outdoors.
- Focus and slow down.** Be aware of possible slippery patches, take smaller steps, and avoid carrying heavy or bulky packages.
- Recognize high-risk situations.** Exercise particular caution when getting into and out of cars or buses, climbing outdoor steps and walking after dark. Carrying an old grated cheese shaker in the car filled with sand or salt can help. Just shake a little outside the car door before stepping out so you get a solid start. It is also an easy way to spread sand or salt so you don't struggle with a bigger container
- Use a specially adapted cane.** If a walking cane is used, it should be fitted with a wide, non-slip tip during the winter months.
- Wipe shoes upon entry.** Wet soles may cause an indoor accident.
- Maintain balance and muscle strength.** Find exercises that help increase body awareness and balance. Several classes are offered by the COA.

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.



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



Podiatry Clinic

Dr. Gregorian visits every two months. Cost is \$25. Call **978-540-2470** to schedule an appointment.

Next Podiatry Clinic: Monday Feb 3rd, 9:00 am to noon.



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

Cooking Demo



Our Wellness Coordinator, Hilary, will be bringing us a demonstration of simple healthy cooking. Come meet Chef Sarah - see how to do it and taste the results. Watch for the date in February!

Boxing for Fitness



Interested in something for the upper body? Come and participate in a demonstration of **Boxing for Fitness**. All levels are welcome and all work can be done in a chair or standing to add difficulty. Come and meet Alicia, a certified trainer and boxing class instructor, and learn how boxing can help you build upper body strength and overall balance. You will get a 10 to 20 minute routine that you can do at home. All levels are welcome. Meet in the Multi-Purpose Room **Wednesday Feb 26th from 4:00-5:00 pm**.

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.

Tuesday and Thursday 4:30 to 5:30 pm.

\$3 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. **Room 230.**

\$3 per session.

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

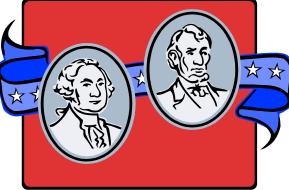


Join our Tai Chi class on **Mondays at 1:00 pm** with instructors from the Taoist Tai Chi Institute. Class is \$3 per session. No pre-registration is required. Beginners welcome!

FEBRUARY 2014 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>“Call to request a low sodium alternative only for days labeled “High Sodium Entrée”</p>	<p>Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474</p>		
3 Ziti W/ Bolognese Sauce Broccoli Italian Bread Pears 1% Milk	4 Vegetable Gumbo Breaded Chicken Mashed Potato Snack & Loaf Diet: Lemon Graham 1% Milk HDM: Carrots	5 Ham & Cheese Bake Home fries Stewed Tomatoes Whole Wheat Bread Fresh Orange 1% Milk HIGH SODIUM ENTREE	6 Portuguese Kale Soup Turkey W/ Gravy Red Bliss Potato Whole Wheat Bread Pineapple 1% Milk HDM: Kale	7 Diced Chicken W/ Lemon Sauce Noodles Spinach Whole Wheat Bread Vanilla Pudding Diet: SF Van. Pudding 1% Milk
10 Gypsy Soup Roast Pork W/ Gravy Broccoli Whole Wheat Bread Butterscotch Pudding Diet: SF BS Pudding 1% Milk HDM: Sweet Potato	11 Meatballs W/ Tomato Sauce Rotini Sub Roll Applesauce w/ C 1% Milk HDM: Green Beans	12 Vegetable Orzo Soup Chicken Breast W/ Coq Au Vin Brown Rice Pilaf Whole Wheat Bread Fruited Jello Diet: Tropical Fruit 1% Milk HDM: Mixed Veggies	13 SPECIAL Salmon Mac & Cheese Stewed Tomatoes Italian Green Beans Whole Wheat Roll Cheesecake Diet: Lorna Doones 1% Milk	14 Shepard's Pie Mashed Potatoes Carrots Rye Bread Pineapple 1% Milk
17  Presidents' Day	18 White Turkey Chili Baked Potato California Blend Whole Wheat Roll Strawberry Cup Diet: Fresh Fruit 1% Milk	19 Veggie Gumbo Soup Potato Fish Tator Tots Rye Bread Pineapple 1% Milk HDM: Beets	20 Baked Ham W/ Apricot Sauce Brown Rice Pilaf Peas Whole Wheat Bread Fresh Orange 1% Milk HIGH SODIUM ENTREE	21 Chicken Breast W/ Marsala Sauce Rotini Broccoli Whole Wheat Bread Chocolate Pudding Diet: SF Choc. Pudding 1% Milk
24 Lasagna W/ Meat Sauce Carrots Whole Wheat Roll Strawberry Cup Diet: Fresh Fruit 1% Milk	25 Spinach Lentil Soup Roast Pork W/ Gravy Mashed Potato Whole Wheat Bread Applesauce w/ C 1% Milk HDM: Spinach	26 Meatballs W/ Swedish Sauce Noodles Italian Blend Chocolate Graham 1% Milk	27 Egg Drop Soup Diced Chicken W/ Teriyaki Sauce Brown Rice Rye Bread Mandarin Oranges 1% Milk HDM: Oriental Veggies	28 Roast Turkey W/ Gravy Mashed Potato Peas & Carrots Whole Wheat Bread Fresh Fruit 1% Milk

FEBRUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00-11:00 Line Dancing 9:00-Noon Podiatry Clinic (by appointment only) 10:00 Crafts at the Council Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	4 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 1:00-3:00 Social Anxiety Support Group 4:30-5:30 Total Body Conditioning	5 9:00-12 Noon-SHINE Noon Lunch 1:00-2:00 Yoga 1:00-3:00 Scrabble 1:00 Friends of the COA Board Meeting 2:30-3:30 Ask the Wellness Coordinator	6 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 4:30-5:30 Total Body Conditioning	7 10:00 Wii Noon Lunch 1:00-2:30 Bingo
10 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Mtg	11 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 Conditioning	12 9:00-12 Noon-SHINE Noon Birthday Lunch Noon "Mardi Gras" - Valentine Party 1:00-2:00 Yoga 1:00-3:00 Scrabble 2:30-3:30 Ask the Wellness Coordinator	13 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 4:30-5:30 Total Body Conditioning	14 10:00 Wii Noon Lunch 1:00-2:30 Bingo
17  Presidents' Day	18 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 1:00-3:00 Social Anxiety Support Group 4:30-5:30 Total Body Conditioning	19 7:30 Men's Breakfast 9:00-12 Noon-SHINE 10:00 Coffee With the Fire Chief Noon Lunch 1:00-2:00 Yoga 1:00-3:00 Scrabble 2:30-3:30 Ask the Wellness Coordinator	20 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 'Bach's Lunch' Concert 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Bereavement Group 4:30-5:30 Total Body Conditioning	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	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 4:30-5:30 Total Body Conditioning	26 9:00-12 Noon-SHINE Noon Lunch 1:00-2:00 Yoga 1:00-3:00 Scrabble 4:00-5:00 Boxing For Fitness Demo 2:30-3:30 Ask the Wellness Coordinator	27 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 4:30-5:30 Total Body Conditioning	28 10:00 Wii 10:00 Bridge Noon Lunch 1:00-2:30 Bingo

BIRTHDAY LUNCHEON Wednesday, February 12th HAPPY BIRTHDAY!



Your lunch will be paid for by Minuteman Senior Services. Cake provided by COA. **Make reservations by Feb 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 February (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 **March 1st** in the COA office.



LADIES' BREAKFAST

February 13th - 7:30 am to 9:00 am



MEN'S BREAKFAST

February 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: 978-540-2470** - COA VAN

AARP Tax Program 2013

2013 Income Tax Help

Please call the COA at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2013. Bring with you:

- **Your 2012 Federal and State tax returns**
- **Form MA 1099-HC.** It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number, and your subscriber number has to be entered on your Massachusetts tax return.
- **W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc.**
- The amount and date of any federal and state estimated tax payments that you made.
- All four quarterly **property tax bills** that you paid in calendar year 2013. It is very important that you bring all four bills that you paid in calendar year 2013.
- All **water bills** that you paid in calendar year 2013.

If you sold any stocks or bonds, bring the date that you bought the stock or bonds and the amount that you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

Medical and Dental Expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aids and eyeglasses. Add up the mileage when you drive to get prescription drugs or go to the doctor, dentist, hospital, etc. Do not include health insurance premiums, long-term care premiums, or Medicare premiums in your total – each of these premiums needs to be reported separately.

2013 Circuit Breaker

Maximum credit: \$1,030. Minimum age: 65 (as of Dec 31st, 2013). If filing a joint return, only one needs to meet the minimum age requirement. **Maximum Total Income:** Single Return - \$55,000, Head of Household Return - \$69,000, Joint Return - \$82,000. Maximum assessed value of home: \$700,000.

Winter Weather Closing



Closing in bad weather: The Senior Diner and the COA office may be closed at different times due to emergencies.

The Senior Diner is closed whenever the Littleton Schools are closed. Check TV for closings.

The COA Office is **ONLY** closed when the Town House is closed. **Call 978-540-2470** if you have questions. Whenever the Town House is open, the vans are running.

If you are without heat or electricity for more than 12 hours, seek shelter where there is heat. **Contact the COA office at 978-540-2470 or the Littleton Police at 978-540-2300 for information on where you may go.**

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



February 3rd at 10:00 am, "Stamping and Embellishing Note Cards." \$3, all materials provided.

March 3rd at 10:00 am - "Button Bracelets" - make one for yourself or for charity! Led by Maureen Donnelly. \$3.

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 **Wednesdays, 1:00-3:00 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 Lyceum

Friday, February 28th @ 7:30 pm, "Shakespeare & Co.—Romeo & Juliet". Always a favorite with Lyceum audiences, this time thee troupe brings us the Bard's tragic love story.



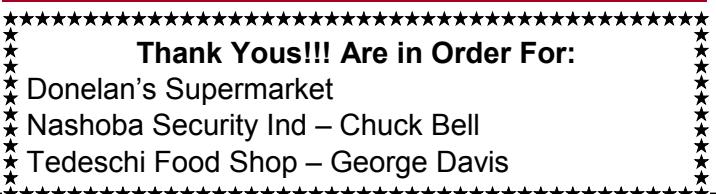
Valentine Bingo Afternoon

Come join us **Thursday, February 13th from 1:00 to 3:30 pm** for an afternoon of Bingo, prizes and refreshments in the Parish Hall of the Congregational Church.

Enjoy a winter outing in a warm setting with other seniors. There is no charge! Bring along a neighbor or friend. Questions? Call Jane Lyons at **978-486-3436**.

Movie of the Month

Thursday, February 27th @ 1:00 pm, "The Butler" will be shown in room 230. \$2 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**

BINGO

AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30 pm

Please join us

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music School's free monthly concert series presents folk music from around the world with cellist Aristides Rivas and friends. **TWO SHOWS - Thursday, February 20 at 11 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 medical appointment. Please call **978-540-2470** 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 a pick-up time at your home and when you are 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.
- If your ride back is cancelled, please call the **Dispatcher at 978-540-2470**, 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, Ayer, 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*****

Because of schedule constraints, it is necessary to sometimes cancel non-medical appointments. We apologize for any inconvenience this may cause.

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. 19