

Senior Broadcaster



Photo by Jim Donnelly

Worried You Have Alzheimer's?



If you are asking yourself the question "Am I just having some memory problems or is this something serious?" set up a session for a free, confidential memory screening with an R.N. from Senior Helpers on **Wednesday Dec 3**. Call the COA office, **978-540-2470**, to reserve a time. Screenings take 15 – 20 minutes.

From the Director



Many thanks to everyone who supported the Town Warrant items that help seniors in our community! The following items passed at Town Meeting on November 12 and will become effective on July 1, 2015. If you have questions about your eligibility for these measures, call the Council on Aging at **978-540-2470** and I would be happy to talk with you. You may also contact the Assessors Office at **978-540-2413** to discuss. These conversations are confidential.

Property Tax Deferral: In order to increase the number of people who qualify, we have raised the income limit from \$20,000 to \$50,000 (more similar to surrounding towns) and lowered the interest rate from 8% to 1%. Tax Deferral means that people pay the taxes back, with interest, when the home is sold. You may choose to defer all or part of your property taxes under this program.

Increase Personal Exemptions: We have increased property tax exemptions for the elderly, blind, disabled vets and others by 50% over the state minimums (for example, for the blind who qualify, their tax was originally reduced by state law by \$500 – Littleton has voted to change that amount to \$750). This exemption gives direct tax relief to the qualifying elderly, blind and some veterans.

The third item on the Warrant was our request to fund a **Detailed Needs Assessment for Seniors**. The Board of Selectmen have asked us to improve our programming and be prepared to meet the needs of the increasing senior population of Littleton. We need help to identify truly serious problems like food insecurity, the need for further property tax relief, health concerns and caregiver issues and the Needs Assessment will give us real information that we use to decide how to spend our limited funds.

Watch for details on how the Needs Assessment will be conducted and to learn about how you can be part of that process.

I also wish to recognize a new COA board member, Mary "Paddie" Hunt. She returns to the COA Board, having served in the past. Welcome Paddie. Watch for the COA Board meetings on LCTV, or watch on-demand from the town website.

Pamela

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Happenings—December 2014

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

- Dec 1, Mon at 10:00, **Crafts at the Council** (P8)
- Dec 3, Wed, **Memory Screening**, by appointment (P1)
- Dec 6, Sat from 9:00-3:00, **Holiday Bazaar** (P7)
- Dec 7, Sun, **Medicare Open Enrollment Ends** (P3)
- Dec 8, Mon at Noon, **Senior Citizens Club Holiday Luncheon** (P8)
- Dec 10, Wed at 1:00, **Fashion Advice Tea** (P3)
- Dec 12, Friday, **Mass Audiology Hearing Screening**, by Appt (P7)
- Dec 17, Wed from 11:00-12:00, **Holiday Sing-Along** (P7)
- Dec 19, Fri from 10:30-11:30, **Living Alone Support Group** (P3)
- Dec 18, Thurs, 11:00 & 1:30, **Indian Hill "Bach's Lunch Concert"** (P8)
- Dec 18, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Thursdays, 1:00-3:00, **Open Art Studio** (P7)

Robbins Brook Support Groups:

(Go to: www.benchmarkseniorliving.com)

- Dec 15, Mon from 2:00-3:00, **Parkinson's Support Group**
- Dec 24, Wed from 4:00-5:30, **Alzheimer Caregiver Support Group**

January:

Jan 5, Mon at 10:00, **Crafts at the Council** (P8)

Jan 20, Tues, **Podiatry Clinic**, by appointment (P4)

Jan 30, Fri at 7:30 pm, **Littleton Lyceum** (P7)



MARK YOUR CALENDARS!

Please note that the COA offices will be closed:

- Thursday, December 25th, Christmas
- Thursday, January 1st, New Year's Day

We will be open on:

- Friday, December 26th

Internet & Computer Classes

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

For December there will be **ONE** COA Internet Presentation:

- December 4—Social Engineering.

We will be taking a hiatus for the holidays and will start up after the 1st of the year. A date will be selected and published in the January issue.

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
Nancy Hilsinger, Editor

BOARD MEMBERS

Marjorie Payne, Chair
Louise Curley, Vice Chair
Robert Stetson, Secretary
Mary Catalanotto
Barry M. Curcio
Susan Dunn
Mary "Paddie" Hunt
Jean Johnson
Barbara Kamb
George A. Sanders, Sr.
Chris Simone

FRIENDS OF THE COA

Barbara McRae, President
Nancy Levine, Vice President
Tony Jesensky, Treasurer
Dottie Ruiz, Secretary
Ellen Araujo
Dorothea Chase
Sharon Corbin
Carolyn Harlow

33 Shattuck Street,

P.O. Box 1305

Littleton, MA 01460

Main Phone: 978-540-2470

Fax: 978-952-2363

Outreach: 978-540-2472

Senior Diner: 978-540-2474

COA Office Hours:

Monday-Friday
8:30 am- 4:30 pm

COA Outreach Hours:

Monday-Thursday
9:00 am- 3:00 pm

Broadcaster by Email and Online!!

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

The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg
Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall

OUTREACH INFORMATION

Chit Chat Club



The Chit Chat Club meets on **Wednesdays and Thursdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate. Cost includes transportation and lunch. Please call Pamela Campbell for more information at **978-540-2470**.

SHINE-Need Help With Healthcare Costs?

Our trained **SHINE** (Serving Health Information Needs for Everyone) counselor is at the COA every Wednesday from **10:00 am to 1:00 pm**. Call **978-540-2470** to make an appointment.

Medicare Open Enrollment Ends December 7



Medicare plans change every year. Your **SHINE** Representative can help you review your options. Call **978-540-2470** to make an appointment.

Living Alone Support Group

The Living Alone Group will be meeting again on **Friday, December 19th, from 10:30-11:30 am**, in Room 233. Refreshments will be served. Please call Tina Maeder with any questions at **978-540-2472**. New members welcome. **Please note the change in room number for this meeting.**

Social Anxiety Support Group

Social Anxiety Support Group will meet **Tuesdays, December 9th and 23rd, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**. **Please note the change in scheduling.**

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (December 18th) from 1:00-2:30 pm**, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.



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

The SMOC Fuel Assistance Program



SMOC Fuel Assistance is accepting new applicants. The Outreach office is available to assist with recertifications. Call Tina in the Outreach Office at **978-540-2472** to make an appointment. Financial Guidelines for FY2015 are as follows:

- 1 person household can have a gross annual income of up to \$32,618
- 2 person household: \$42,654
- 3 person household: \$52,691

Prescription Advantage Has a New Website:

www.prescriptionadvantagemma.org

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



Friends of the Council on Aging



Fashion Advice Tea



December's program hosted by the Friends of the Council on Aging will be **"Fashion Fades But Style is Forever"**. Looking good is not about size or age. Maralin Manning is returning with her fashion advice on making the right choices for your wardrobe and your body type. Many of you enjoyed Maralin last year with her program on color.

Join us at **1:00 pm on Wednesday, December 10th**, for Tea in the Shattuck St., Multi-Purpose Room for this lovely lady and her enjoyable program. **Free.**

THRIFT SHOP



I hope you didn't miss the HUGE sale at the Thrift Shop in November. We pulled out all of the Christmas decorations that were donated to the Thrift Shop, and there were many. Thank you to the many volunteers who came out on the weekend to help. We couldn't have done it without you.

Thanks also to all the people who donated the many beautiful decorations for us to sell. And a special thank you to all who came and purchased these items so we could keep supporting programs for our seniors.

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



Suspect Elder Abuse?



Elder Abuse can be physical, psychological or financial. If you suspect that an elder is being abused, or if you feel you are being abused, contact the Massachusetts Elder Abuse Hotline at **1-800-922-2275** to talk confidentially about that situation. This number is answered 7 days a week, 24 hours a day. **See something, say something!**

December is National Hand-Washing Month

One of the most effective ways to defend against colds and flu is to refrain from shaking hands and to wash your hands frequently. Think of all the surfaces you touch in a day that could harbor germs from someone else: door handles, elevator buttons, handrails, grocery carts, credit card keypads, telephones, money and coins, and bags, boxes, packages, and papers. Washing your hands is a cheap and easy defense.

Some tips for effective hand washing.

When to wash your hands:

- Before, during, and after preparing food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage

How to wash your hands:

Wet your hands, apply soap, rub vigorously and thoroughly. Hum the "Happy Birthday" song as a timer while hand washing.

No soap and water available? Use one of the many waterless hand sanitizers. Apply and rub until your hands feel dry.

Podiatry Clinic



Next Podiatry Clinic: Tuesday, January 20th. Call **978-540-2470** to schedule an appointment. Cost is \$30.

Fit 4 Life with Phyllis



It's that time of the year again . . . Holidays are upon us! Following is the schedule for the two upcoming months.

No classes on December 25, 30 and January 1, 2015.

Hope everyone enjoys a healthy and happy Holiday Season! Meantime, usual schedule: **Tuesdays and Thursdays, 9:00-10:00 am**, Multi-Purpose Room. See you Tuesday!

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.

All classes below are in the Multi-Purpose Room, Except Yoga (see below)
Call 978-540-2470 to register.

FIT-4-LIFE with Phyllis **Tuesday and Thursday,** **9:00 to 10:00**

Intermediate to Advanced.
\$2 per session.



STRETCH AND FLEX **with Terri Zaborowski** **Tuesday and Thursday,** **11:15-12:15**

Designed for all fitness levels. \$2 per session.



Gentle Flow Yoga

Join the Gentle Yoga group which meets on **Wednesdays from 1:00 to 2:00 pm** in the basement of the Library, led by Diane Walsh. \$3.

Gentle flow yoga is for all levels. Join us to stretch, strengthen and relax! Beginners welcome! Please bring a towel. Mats provided. Namaste.



Tai Chi Welcomes Beginners

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

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



DECEMBER 2014 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cream of Vegetable Swedish Meatballs Egg Noodles/dill Whole Wheat Bread Strawberry Cup HDM: Mixed Vegetables Diet: Pineapple	2 Potato Pollock filet Spanish Rice Roasted Brussels Sprouts Whole Wheat Bread Lemon Pudding Whipped topping Diet: SF Pudding	3 Tomato Chickpea Soup Breaded Chicken Mashed Potatoes Banana WW Dinner Roll HDM: Cali Blend Tossed Salad- MM only	4 Shaved Steak with Jardi- nière Sauce Roasted Red Potatoes with Fresh Rosemary Tossed Salad; Crusty Roll Blueberry Buckle Diet: Graham HDM: Italian Green Beans	5 Butternut Mac & Cheese (use Com. White Ched- dar) Diced Tomatoes Italian Bread Fresh Pear
8 Sloppy Joe Coleslaw Sweet Potato & Apple Hamburger Roll Clementine HDM and Baypath: Green Beans	9 Three C Roast Chicken 8pc. White Coq au Vin (cream sauce) Garlic Mashed potatoes Whole Wheat Bread Banana HDM: Dill Carrot coins	10 Pork Roast Honey Ginger Glaze Couscous w/ Red pepper Tossed Salad Pumpernickel Bread Homemade Sugar Cookie HDM: Broccoli	11 Vegetable Gumbo Chicken Divan Brown Rice pilaf Whole Wheat Bread Fruited Jello w/C Whipped topping Diet: SF Jello HDM: Italian Gr Beans	12 Meat Loaf Mushroom Gravy Mashed Potatoes Spinach Whole Wheat roll Apricots
15 Escarole Soup Meatball Cacciatore Bow Tie Pasta w/peas Whole Wheat Bread Cherry Snack 'n Loaf HDM: Italian Green Beans Diet: Pears	16 SPECIAL Roast Beef Au Jus Roasted Red Potatoes Italian Blend Whole Wheat Dinner Apple Cranberry Crisp Whipped topping Diet: Choc Graham HDM: Pot Roast / Gravy	17 Baked Chicken Apricot Glaze Brown Rice French Beans Almondine Whole Wheat Bread Strawberry Cup Diet: Graham HDM: Carrots	18 Roast Turkey Rosemary Gravy Gingered Butternut Squash Tossed Salad French roll Mandarin oranges HDM: Broccoli	19 Tomato Cabbage Soup Fish Wedge Tater Tots Rye Bread Strawberry Yogurt HDM: Stewed toma- toes
22 Salmon Florentine Sauce Brown rice Carrots Rye Bread Strawberry Cup Diet: Orange	23 Meatballs Tomato Basil Sauce Penne; Tossed Salad Italian Bread Vanilla Pudding Whipped Topping Diet: SF Pudding HDM: Broccoli	24 Portuguese Kale Soup Salisbury Steak Mushroom Gravy Herbed Noodles Whole Wheat Bread Clementine/orange HDM: Kale	25 	26 Chicken Penne a la Vodka (8oz) Broccoli Wheat Bread Ginger Boy Cookie
29 Pork Lo Mein) Bok Choy/Carrot Mix Whole Wheat Bread Pineapple	30 BBQ Beef Rib/Sauce Home Fries Hamburg Roll Tossed Salad Pineapple HDM: Carrots	31 Chicken Picatta with capers, Lemon juice; Rice Pilaf Broccoli/ Parmesan Bread crumbs. WW bread Homemade Chocolate Chip Cookie	1 January 	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



DECEMBER 2014



Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 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	3 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00 Friends of the COA Board Memory Screening-by Appointment	4 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Open Art Studio	5 10:00 Wii Noon Lunch 1:00-2:30 Bingo
8 9:00-11:00 Line Dancing Noon Lunch Noon Senior Citizens Club Holiday Luncheon Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Meeting	9 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	10 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Birthday Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00 Fashion Advice Tea	11 7:30 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Open Art Studio	12 10:00 Wii 11:00-3:00 Hearing Screening by Appointment Noon Lunch 1:00-2:30 Bingo
15 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	16 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	17 7:30 Men's Breakfast 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE 11:00-12:00 Holiday Sing-Along Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga	18 9:00-10:00 Fit 4 Life Class 9:00-1:00 Chit Chat Club 11:00 & 1:30 Indian Hill. 11:15-12:15 Stretch & Flex Noon Lunch 1:00-2:30 Bereavement Group 1:00-3:00 Open Art Studio	19 10:00 Wii 10:30-11:30 Living Alone Group Noon Lunch 1:00-2:30 Bingo
22 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	23 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	24 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 4:00-5:30 Alzheimer Caregiver Support Grp @Robbins Brook	25 	26 10:00 Wii Noon Lunch 1:00-2:30 Bingo
29 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	30 No Fit 4 Life Class Today 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	31 9:00-1:00 Chit Chat Club 10:00-1:00-SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga	1 January 	

BIRTHDAY LUNCHEON

Wednesday, December 10th
HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by December 8th** 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 **December** (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 Jan 1st in the COA office.

MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!

LADIES' BREAKFAST

December 11th - 7:30 am to 9:00 am



MEN'S BREAKFAST

December 17th - 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**

HOLIDAY BAZAAR



It's that time again for Littleton's annual Holiday Bazaar. Non-profit groups will show their arts and crafts for sale on **Saturday, December 6th in the Middle School gymnasium from 9:00 am to 3:00 pm.**

Please support our schools and non-profit organizations who use the profits for many local programs.

Nancy Morrison and Millie McGovern will be there to welcome you and answer questions. This Fair is run by the Littleton Rotary. If you have any questions send an e-mail to nancylmorrison@yahoo.com or call **978-486-4433**.

Holiday Sing-Along



Dreaming of a White Christmas? Hearing those sleigh-bells ringing? Get into the spirit of the season – join us for a sing-along of all the old familiar favorites (we will have copies of the words, just in case your memory falters)! **Wednesday Dec 17, 11:00 – 12:00** in the Multi-Purpose Room. Refreshments will be served. Call **978-540-2470** if you have questions.

Mass Audiology Hearing Screening



Come to the COA on **Friday December 12th** for a free hearing screening. Heidi Anderson from Mass. Audiology will be screening participants. **Call 978-540-2470 to get an appointment time.**

Littleton Lyceum



"Alex the Jester" Friday, January 30th, 2015, at 7:30 pm in the Littleton High School Auditorium. The zany performer will insite general hilarity with his creative buffoonery. For more information, go to www.littletonlyceum.org.

Open Art Studio



Carolyn hosts an Open Art Studio every **Thursday, from 1:00 until 3:00 pm**, in the Senior Diner. Bring your latest work-in-progress and your materials. For more information call: Carolyn Harlow **978-486-8589**.

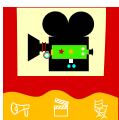
FIND THE DELIBERATE ERROR



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!

Movie of the Month

There will be no movie in December. Movies will resume in January.



Holiday Crafts at the Council



Monday, December 1st at 10:00 am. Join us for our annual **Fresh Greens Arrangement** workshop, led by Sharon Corbin. This arrangement will keep through the holiday.

Monday, January 5th at 10:00 am—Soap Dish Made From Shells These are very popular sessions and the seats fill quickly. **Call 978-540-2470** to reserve your place. \$3.



Loving Stitches



Knit or crochet to help others. Items that are made are then donated to various charities. Yarn and needles are available. Every **Monday, 12 noon-2:00 pm** in Room 233. **Call 978-540-2470** for more information.

Looking for Scrabble Players All Levels



The Scrabble group meets on **Wednesday at 12:45 pm** in the **Senior Diner**. All levels welcome – we would be happy to have beginners join us for play. **Call Carolyn Harlow 978-486-8589** for more information.

Littleton Senior Citizens Club



The Littleton Senior Citizens Club will enjoy their Winter Holiday Luncheon on **Monday, December 8, at 12 noon** at the Nashoba Valley Technical High School. Members and guests are welcome, but reservations are a must. There will be a \$5 charge for members and \$10 for guests. For further information and/or to make a reservation, please call Marilyn Fedele at **978-742-4931**.

Also, please note, there will be no Senior Citizens Club meetings in January or February, but we will resume our meetings on the third Monday in March with a speaker. More information will be forthcoming in the March issue of the Broadcaster. Have a very Happy Holiday season and a Happy and Healthy New Year.

Bingo at the Congregational Church



The Senior Bingo afternoon, normally held the second Tuesday of the month from October through May at the Congregational Church, will **NOT** take place until further notice.



AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30 pm

Please join us

Veteran Services



Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222.

For appointment call **John Boroski at 978-540-2485**.

Sunshine Club Bingo



Our December Meeting is a **Christmas Party and Yankee Swap on Thursday, December 18th**. It starts at **1:00 pm** in the church hall on King Street.

All seniors are welcome. If you would like to join us for some fun, please bring a wrapped gift with a value of \$5.00 with you. Come and have some fun.

For more info, call Denise Gibbons @ **978-501-0681**.

NEIGHBORHOOD SUPPER



The Tuesday night Neighborhood Supper held at the Congregational Church will **NOT** be held until further notice, since the church is undergoing extensive renovations. Hopefully, we'll re-start the Supper in our newly rehabbed kitchen late Spring or early Summer.

Mah Jongg



Mah Jongg players meet at **1:00 pm on Tuesdays at the COA in Room 230**. Come and join the group.

SENIOR BOWLING

Monday through Thursday 9:00-5:00

Friday 9:00-2:00

2 Games and Shoes - \$6.00, 1 Game & Shoes - \$4.00. Socialize while you exercise! Complimentary Coffee!



Acton Bowladrome - 978-263-7638

INDIAN HILL MUSIC

'BACH'S LUNCH' CONCERT: Indian Hill Music School presents music of the great American composers -- Gershwin, Berlin, Porter, and Rodgers -- performed by a jazz quartet featuring guitarist Eric Baldwin and bassist Justin Meyer. **TWO SHOWS - Thursday, December**

18 at 11 am and 1:30 pm, 36 King Street (Rte. 495/Exit 30), Littleton, MA. Coffee, tea, cookies; bring your lunch. **FREE** admission. Group reservations at (978) 486-9524 (press 0). Learn more at www.indianhillmusic.org. **Remember to call ahead and make reservations for your group. Space is limited! Doors open at 10:00 am and 12:30 pm.**

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

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

- Dispatch Hours: 8:30-4:00, Mon-Fri. Call 978-844-6809.
- Transportation requests must be scheduled at least 48 hours in advance. Call as soon as you schedule your appointment. Please call **978-844-6809** to schedule your ride. We will do our best to accommodate same-day **Emergency** medical appointments.
- When scheduling your appointment, you must have the exact street, number and town of where you are going, as well as any information on when you will be finished with your appointment. **Give the dispatcher a telephone number for your destination.**
- Be ready at least one half-hour before your pick-up time and expect to wait at least one half hour for your pickup. **Time for appointments must be between 9:00 am and return to Littleton by 3:00 pm**
- In order to serve you better, when making a reservation for transportation, please **Do Not** leave your requests on the answering machine, just your name and number.
- If your ride back is cancelled, please call the **Dispatcher at 978-844-6809**, or you will be charged for a full day.

Please Note:

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

LITTLETON COA MART VAN CHARGES

(Van service for Seniors and the disabled)

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

<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