

Senior Broadcaster

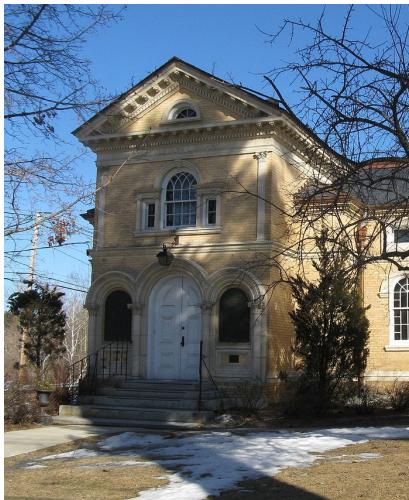


Photo: John Phelan

23rd Annual LELWD Senior Luncheon

The Littleton Electric Light and Water Departments hold their 23rd Annual Senior Citizen Luncheon on Wednesday April 23rd at noon. The luncheon will be held at the Russell Street Elementary School Cafeteria. Tickets are available from the COA office or call LELWD at 978-540-2222 if you have questions.

Smoke and Carbon Monoxide Detectors Save Lives!



Many seniors have heard of the recent deaths in Massachusetts due to carbon monoxide. To combat this deadly danger, the Littleton Fire Department has teamed up with the COA to assist the Senior Community with Smoke and Carbon Monoxide Detector inspections and installations. Contact the Littleton Fire Department at **978-540-2302** or come to the **Fire Department at 20 Foster Street** to arrange for your free safety inspection and detector installation.

You probably know that you should change the batteries in your smoke detectors regularly, (such as when the time changes in the Fall) but are you certain that your detectors are in the right location? And did you know that Carbon Monoxide Detectors have an expiration date? The Littleton Fire Department is ready to help with answers to these and other questions.

Meet with the LFD and Discuss Detectors

Join Tyson David from the Littleton Fire Department to get all your questions answered about detectors. You can also arrange with Tyson for a free detector installation and safety inspection of your home. Join us on **Friday, April 11th at 10:00 am in the Senior Diner** for a cup of coffee and questions (answers, too!). **Call 978-540-2470** for details.

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Happenings—April 2014

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

- **April 1, 15, 29, Tues**, 1:00-2:30, Social Anxiety Support Group (P3)
- **April 2, Wed** at 2:00, Maralin Manning, *Love of Color* Presentation (P7)
- **April 5, Sat** at 11:00, Winter Nutrition Series (P4)
- **April 7, Mon** at 10:00, Crafts at the Council—*Mystery Craft* (P8)
- **April 7, Mon** at 1:00, Spaghetti Luncheon (P7)
- **April 9, Wed** at 11:00, John Root (P7)
- **April 11, Fri** at 10:00, Littleton Fire Dept Presentation On Detectors (P1)
- **April 16, Wed** at 1:00, Bob Pilsbury Concert (P7)
- **April 17, Thurs**, 10:30-11:30, Living Alone Support Group (P3)
- **April 17, Thurs**, 11:00 & 1:30, Indian Hill “*Bach’s Lunch*” Concert (P8)
- **April 17, Thurs**, 1:00-2:30, Bereavement Drop-in Group (P3)
- **April 23, Wed** at 12:00 noon, Annual LELWD Senior Luncheon (P1)
- **April 23, Wed**, 4:00-5:30, Alzheimer Caregiver Support Group (P4)
- **April 24, Thurs**, 9:00-2:00, Senator Eldridge Senior Conference (P3)
- **April 25, Fri** at 7:30 pm, Littleton Lyceum, *Littleton Portraits* (P8)
- **April 27, Sun** at 3:00 *Senior Follies-Angels in the Town House* (P3)
- **May 7, Wed**, 10:30-12:30, Pastel Workshop (P7)
- **Thursdays, 1:00-3:00**, Open Art Studio (P7)

There is no Movie of the Month in April

Senior Spotlight

Steve Sussman can be found around the Senior Center for a lot of reasons. This month we are especially grateful to Steve for his volunteer efforts on the AARP Income Tax program, where Steve helps seniors complete an often confusing array of forms. Thank you Steve!



Internet & Computer Classes

Thursdays 10:30-11:30 am in Room 233 with Bill Vales & Per Hjerpe. No experience needed.

- April 3 Web Browsers, Email and Online Shopping
- April 10 Digital Photography and the Computer
- April 17 Social Media Web Sites
- April 24 Communication & Messaging, Skype, Google, Twitter, Instagram

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

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 Dorothea Chase
 Sharon Corbin
 Dottie Ruiz

33 Shattuck Street,
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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

Senator Eldridge Senior Conference

Senator Jamie Eldridge is holding his 34th Annual Senior Conference on **Thursday April 24th**, at the new Hudson High School, 69 Brigham St. in Hudson, from **9:00 am – 2:00 pm**. Free coffee, donuts and lunch. Contact the Senator's office for details at **617-722-1120**.

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!

OUTREACH INFORMATION

The SMOC Fuel Assistance Program

Contact Tina Maeder, Outreach Coordinator, at **978-540-2472** for information on fuel assistance. The SMOC Fuel Assistance Program's new address is 7 Bishop Street, Framingham, MA 01702. You can also go to their website at: www.smoc.org/smoc-fuel-assistance.php

SHINE Need Help With Healthcare Costs?

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

Challenging Volunteer Opportunity

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

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, April 17th, 1:00-2:30 pm.**

Living Alone Support Group

The Living Alone Group will be meeting again on **Thursday, April 17th 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

The Social Anxiety Group will continue. We will meet in room 233 of the COA on **Tuesdays, April 1st, 15th, and 29th, from 1:00 to 2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Friends of the Council on Aging

Elvis Lives!!



So do Mae West, Liberace, and more. Join us on **Sunday, April 27th at 3:00 pm** at the Middle School Auditorium for the **Senior Follies, Angels in the Town House**. This show is put on by our town's active senior citizens and younger friends. Come and laugh at and with us. Price is \$5.00 per person. Proceeds to benefit Intergenerational Programs. Call: **978-540-2474 for tickets.**

THRIFT SHOP



"THE SALE IS COMING, THE SALE IS COMING!" The Thrift Shop's annual **\$3.00 A Bag Sale** is coming, **April 21st to May 2nd**. The shop will be closed for seasonal changes **May 5th to 9th**. Our regular hours are **Monday through Friday, 10:00 am to 3:00 pm**. Donations accepted during store hours.



A Recipe from Hilary Chicken Easy Diabetic

Ingredients:

2 tablespoons olive oil
 1/2 medium yellow onion, finely chopped
 3 medium garlic cloves, thinly sliced
 1 1/2 pounds boneless skinless chicken meat, large dice
 1 1/2 cups quartered artichoke hearts (canned or jarred - not frozen)
 2/3 cup dry white wine
 1/3 cup water
 1 teaspoon freshly squeezed lemon juice
 1/2 cup lightly packed thinly sliced basil leaves
 1 teaspoon lemon zest

Heat oil in a large frying pan over medium-high heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook until golden, about 4 minutes. Add chicken and cook, stirring rarely, until well browned on all sides, about 5 minutes. Add artichoke hearts and cook until slightly broken down, about 3 minutes. Add wine, water, and juice and scrape the bottom of the pan to incorporate any browned bits. Cook until alcohol smell is cooked off and sauce is slightly reduced, about 5 minutes.

Remove from heat, stir in basil and lemon and serve.

SERVINGS: 3 (MAIN); Calories: 423; Total Fat 12 grams; Saturated Fat: 2 grams; Protein: 56 grams; Total carbohydrates: 11 grams; Sugar: 1 gram; Fiber: 1 gram; Cholesterol: 132 milligrams; Sodium: 402 milligrams

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

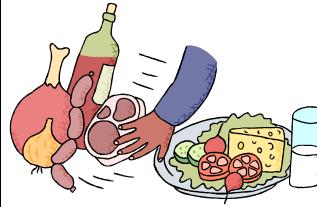
Support Group at the Inn at Robbins Brook, Acton

Wednesday, April 23rd, 4:00-5:30 pm, Alzheimer Caregiver Support Group. Get more info 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.

Winter Series on Nutrition in Littleton



The Littleton Board of Health and the Department of Elder and Human Services are working together to bring a series of exciting Nutrition seminars to Littleton residents. The

“Winter Series” on Saturday mornings provide practical nutrition information. The last **FREE** session meets on **Saturday, April 5th, at 11:00 am** in Room 103 of the Littleton Town House, 37 Shattuck Street.

All sessions are led by Jessica Zhang, a registered nurse and a nutritionist who specializes in optimal nutrition and wellness consultation. She has counseled a large clientele in North America, Asia and Australia, and she currently has a private practice in Massachusetts.

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

Total Body Conditioning.



Cardio, strength, flexibility and stretch all done in one hour. Options provided so you get the workout fit for you. All levels welcome. \$3

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

Gentle Flow Yoga



Gentle flow yoga for all levels. Join us to stretch, strengthen and relax! Beginners welcome! **Wednesday 1:00 to 2:00 pm.** Please bring a towel. Mats provided. **Room 230. \$3**

FIT-4-LIFE with Phyllis

Tuesday and Thursday, 9:00 to 10:00
 Intermediate to Advanced.
 \$2 per session.



STRETCH AND FLEX with Terri Zaborowski

Tuesday and Thursday, 11:15-12:15
 Designed for all fitness levels. \$2 per session.

Littleton COA Tai Chi Classes

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

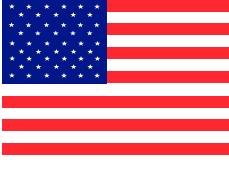


APRIL 2014 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
"Call to request a low sodium alternative only for days labeled "High Sodium Entrée"	1 Chicken Breast W/ Apricot Glaze Couscous/Carrots Green Beans Roll Fruit Loaf Diet: Grahams	2 Turkey Tetrazzini Spaghetti Carrots Bread Strawberry Cup Diet: Grahams	3 Meatball Sub Home Fries Broccoli Tapioca Pudding Diet: SF Pudding	4 Butternut Mac & Cheese Stewed Tomatoes Bread Pineapple
7 Roast Turkey W/ Gravy Mashed Potatoes Peas Muffin Diet: Grahams	8 American Chop Suey Italian Green Beans Bread Vanilla Pudding Diet: SF Vanilla Pudding	9 Minestrone Soup Chicken Breast W/ Picatta Sauce Brown Rice Bread Orange HDM: Mixed Veg	10 Chicken ala King Bow-Tie Pasta Broccoli Bread Mixed Fruit	11 3C Soup Fish Sticks O'Brien Potatoes Bread Strawberry Gelatin Diet: SF Jello w/ mand. oranges HDM: Carrots
14 Salisbury Steak W/ Brown Gravy Mashed Potatoes Green Beans Bread Fresh Fruit	15 SPECIAL Tomato Bisque Baked Salmon Herbed Dill Sauce Rice Pilaf/Spinach Dinner Roll; Apple Crisp w/ topping (cong only) Diet: Gingerbread Cookie HDM: Broccoli	16 Swedish Meatballs Noodles Carrots Bread Mandarin Oranges	17 White Bean Kale Soup Breaded Chicken Mashed Potatoes Bread Peaches HDM: Kale	18 GOOD FRIDAY Ravioli Bake W/ Marinara Sauce Mozzarella Cheese California Veggies Muffin Diet: Chocolate Graham
21  Patriot's Day	22 MEGA Bok Choy Soup Chicken W/ Sweet & Sour Sauce White Rice Pineapple HDM: Oriental Veg. Mini Egg Roll Crispy Chinese Noodles	23 Beef Burger Pepper & Onions Potato Wedges Hamburger Bun Chocolate Pudding SF: Choc Pudding HDM/BP: Tater Tots	24 Turkey Ham Bake Peas Cauliflower Bread Peaches HIGH SODIUM ENTREE	25 Roast Pork W/ Onion Gravy Sweet Potatoes Peas Bread Applesauce
28 Chicken Breast W/ Supreme Sauce Mashed Potatoes Tuscany Blend Snack 'n Loaf Diet: Lemon Graham	29 Cream of Vegetable Potato Fish Herbed Lemon Noodles (Parsley) Wheat Bread Applesauce © HDM: Mixed Veg	30 MEGA Roast Turkey W/ Cranberry Orange Sauce AuGratin Potato Green Beans Bread Pineapple Whip	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

APRIL 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 1:00-2:30 Social Anxiety Grp 4:30-5:30 Total Body Cond.	2 9:00-12 Noon-SHINE Noon Lunch 1:00-2:00 Yoga 1:00 Friends of the COA Board Meeting 2:00 Maralin Manning Color Pres 2:30-3:30 Ask Wellness Coord.	3 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:00 Open Art Studio 4:30-5:30 Total Body Cond.	4 10:00 Wii Noon Lunch 1:00-2:30 Bingo
7 9:00-11:00 Line Dancing 10:00 Crafts at the Council 10:00 Scrabble Noon Lunch 1:00 Spaghetti 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 4:30-5:30 Total Body Cond.	9 9:00-12 Noon-SHINE 11:00 John Root Entertains Noon Birthday Lunch 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord.	10 7:30 Ladies Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:00 Open Art Studio 4:30-5:30 Total Body Cond.	11 10:00 Wii 10:00 LFD Smoke & Co2 Detector Session Noon Lunch 1:00-2:30 Bingo
14 9:00-11:00 Line Dancing 10:00 Scrabble Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Mtg	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 1:00-2:30 Social Anxiety Grp 4:30-5:30 Total Body Cond.	16 7:30 Men's Breakfast 9:00-12 Noon-SHINE Noon Lunch 1:00-2:00 Yoga 1:00 Bob Pilsbury Concert 2:30-3:30 Ask Wellness Coord.	17 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp. 11:00 & 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-2:30 Bereavement Group 1:00-3:00 Open Art Studio 4:30-5:30 Total Body Cond.	18 10:00 Wii Noon Lunch 1:00-2:30 Bingo
21  Patriot's Day	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 4:30-5:30 Total Body Cond.	23 9:00-12 Noon-SHINE Noon Lunch Noon LELWD Senior Lunch 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord. 4:00-5:30 Alzheimer Caregiver Support Group	24 9:00-10:00 Fit 4 Life Class 9:00-2:00 Sen Eldridge Conf 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg 1:00-3:00 Open Art Studio 4:30-5:30 Total Body Cond.	25 10:00 Wii 10:00 Bridge Noon Lunch 1:00-2:30 Bingo 7:30 Littleton Lyceum
28 9:00-11:00 Line Dancing 10:00 Scrabble Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 Sr. Citizens Club	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 1:00-2:30 Social Anxiety Grp 4:30-5:30 Total Body Cond.	30 9:00-12 Noon-SHINE Noon Lunch 1:00-2:00 Yoga 2:30-3:30 Ask Wellness Coord.		

BIRTHDAY LUNCHEON Wednesday, April 9th HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by April 7th** 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 April (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 **May 1st** in the COA office.

LADIES' BREAKFAST



April 10th - 7:30 am to 9:00 am



MEN'S BREAKFAST



April 16th - 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**

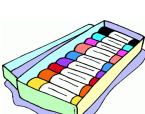
Sketch Class

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



John Root Plays and Sings

John Root is coming to the Center on **Wednesday April 9th at 11:00 am**. John plays various instruments, sings, and invites the audience members to suggest tunes and even sing along. This **FREE** presentation will be held in the Multi-Purpose Room. Call **978-540-2470** to reserve your seat.



Gregory John Maichack returns with **Sublime Sunflowers**, a pastel hands-on workshop for adults on **Wednesday May 7, 10:30 to 12:30**. Participants use van Gogh's, Georgia O'Keeffe's and Monet's famous "Sunflowers" artwork.

There is a \$3 charge and all materials are supplied. Call **978-540-2470** to register -- this class always fills up quickly.

Friends of the COA

Love of Color Presentation

It's never too late to add a little color to one's life. Join Maralin Manning on **April 2nd** when she presents her program Agapi Chroma or **Love of Color**. Maralin will brighten your day by introducing you to colors that are good for your home or clothing. Come to the Multi-Purpose Room, Shattuck St. Town House, **2:00 pm on Wednesday, April 2nd**. Tea and dessert will be served.



Open Art Studio

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

Bob Pilsbury Spring Concert



Piano virtuoso Bob Pilsbury, of the New Black Eagles Jazz Band, returns on **Wednesday April 16th**, for a Spring piano concert at 1:00 pm in the Multi-Purpose Room. Call **978-540-2470** to reserve a seat. This **FREE** performance will fill up quickly!



Spaghetti Luncheon

The Littleton School Department is sponsoring a **Free Spaghetti Luncheon** in honor of Littleton's **Senior Citizens**. This event will be held on **Monday, April 7th at 1:00 pm** at the High School. Please come and enjoy spending time with a few of our High School **Seniors** and other students that represent our school district community. **Please do not come early as students will be in session. Park at the rear of the school.** Seating is limited to 75 Seniors. **Reservations and tickets are a must.** Pick up tickets at the COA office-first come, first served!!



Senior Open Dress Rehearsal

The Concord Players presents Monty Python's **SPAMALOT** on **April 24th at 8:00 pm**, 51 Walden St, Concord. Open Seating. \$10 at the door.

Crafts at the Council



April 7th at 10:00 am—Former Littleton Art Teacher, Jerry Joseph, is the guest hostess. Mystery craft!

May 5th at 10:00 am—Making quilted bags, led by Carol Accetullo.

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 **Monday at 10:00 am in Room 230**. All levels welcome – we would be happy to have beginners join us for play. Call Carolyn Harlow **978-486-8589** for more information. Please note the new day and time.

Littleton Senior Citizens Club



The Littleton Senior Citizens Club will meet on **Monday, April 28, at 1:30 pm** in the Senior Diner.

Please note that the meeting is the fourth Monday of April, due to the third Monday being a holiday.



Senior Bingo Afternoon

Come join us on **Thursday, April 10th from 1:00 to 3:30 p.m.** at the Congregational Church for an afternoon of Bingo, prizes and refreshments! Bring along a friend and enjoy an afternoon outing with other seniors. We look forward to seeing you! Jane Lyons **978-486-3436**.



Littleton Lyceum

Friday, April 25th at 7:30 pm, **"Littleton Portraits."** To help celebrate Littleton's 300th birthday, Bernadette Stockwell showcases the lives of ten longtime Littleton residents through interviews and photographs.

Movie of the Month

There will be no movie at the COA in April. Join us again in May when we show our choice of the movie for that month.



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 classical guitarist Berit Strong performing a variety of selections from Early Music to tarantellas and tangos. **TWO SHOWS - Thursday, April 17 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 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

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