

# Senior Broadcaster



Photo by Jim Donnelly

## *From the Director . . .*

### Update on the Needs Assessment for Seniors



Dr. Jan Mutchler of the Gerontology Institute of the University of Massachusetts will be conducting two presentations that will give town residents a chance to hear the results of the work done over the last year.

The first presentation will be to the Board of Selectmen in September at one of their regularly scheduled Monday evening meetings. The meeting will be televised over LCTV and will also be available on-line through cable on demand.

The second presentation will be at a **public meeting on Tuesday September 29 at 10:30 am in Room 103**, the Selectmen's meeting room. Join Dr. Mutchler, the Needs Assessment Sub-Committee, and me on the 29<sup>th</sup> to review the results. This is your opportunity to ask questions and offer suggestions.

When the Board of Selectmen asked us to improve our programming and be better prepared to meet the needs of the increasing senior population of Littleton, we started the process of conducting the Needs Assessment, aimed at Littleton residents 50 years of age and up. We wanted to identify truly serious problems like caregiver issues, food insecurity, financial issues (including maintaining homes and handling taxes), and health concerns. The results will be used to inform Elder and Human Services, and other parts of town government, to better help us decide where to spend our limited funds.

My thanks go to everyone who took the time to complete the survey. Without your input, we would have nothing to guide us.

Learn more about the Institute and find links to the Needs Assessments they have conducted for other towns at this site: <http://www.umb.edu/gerontologyinstitute>

*Pamela*

**Changes to Van Dispatch System**

See Page 10 for details on changes to the van dispatch system: Boston and Lahey rides will now be on **FRIDAYS ONLY**, starting September 1st.



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## Happenings—September 2015

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

- Sept 2, Wed at 10:30, **South Africa Slide Show** (P7)
- Sept 10, 17 & 24 at 10:00, **Relaxation Through Hypnosis HAS BEEN CANCELLED** (P4)
- Sept 10, Thurs at 1:00, **Diabetes Open Discussion Group** (P7)
- Sept 15, Tues, **Podiatry Clinic** - by Appointment (P4)
- Sept 16, 24 & 30, Wed from 10:00-11:30, **Writing Workshop** (P7) **NOTE TIME CHANGE**
- Sept 17, Wed from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- Sept 17, Thurs at 11:00 and 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- Sept 17, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Sept 21, Mon at 2:30, **Senior Citizens Club Meeting** (P8)
- Sept 22, Tues from 10:00-1:00, **Falls Prevention** (P7)
- Sept 22, Tues from 1:00-3:00, **Free Hearing Clinic** (P4)
- Sept 23, Wed at 1:00, **Crafts at the Council** (P8)
- Sept 24, Thurs at 1:00, **Movie of the Month** (P8)
- Sept 29, Tues at 10:30, **Needs Assessment Public Hearing** (P1)
- Sept 30, Wed from 6:30-8:30 pm, **Caregivers Meeting** (P3)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Community Room at 19 Shattuck Street (Pine Tree Park)

### Ongoing Exercise Programs (P7):

- Tues and Thurs, from 9:00-10:00, **Fit-4-LIFE with Phyllis**
- Tues and Thurs, from 11:15-12:15, **Stretch and Flex** with Carol Wing
- Wed from 10:00-11:00, **Gentle Flow Yoga**
- Mon and Sat, from 11:00-12:00, **Tai Chi-Qi Gong**

### **Internet & Computer Classes Start Sept 17**

**Thursdays, 10:30-11:30 am, in ROOM 230, with Bill Vales**



**Sept 17** – What's new? Latest on new hardware, new software and new malware.

**Sept 24** – Review of the layout of the PC desktop. Navigating around the system.

**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  
 Helen Bailey, MART Driver  
 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

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 Mary "Paddie" Hunt, Vice Chair  
 Robert Stetson, Secretary  
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 Barbara Kamb  
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## 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

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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](http://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

## Living Alone & Living Well Group

The group will be meeting on **Thursday Sept 17th from 10:30-11:30 am in Conference Room 205**. Refreshments served, new members welcome.

Please call Tina Maeder at **978-540-2472** to sign up.

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## Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3<sup>rd</sup> Thursday of each month (Sept 17th) from 1:00-3:00 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 Nasheba Nursing Service.

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## Caregivers Meeting

Those who are caring for an adult in the home are invited to attend a monthly support group. The next meeting is **Wednesday, Sept 30th from 6:30-8:00 pm in Room 233**. Contact Tina Maeder at **978-540-2472** for more details. A light supper is provided as well as information on caregiving and resources.

\*\*\*\*\*

## SMOC Fuel Assistance



The Outreach office is currently assisting residents with their SMOC fuel assistance recertifications. Applications for new clients will begin on **November 1, 2015**. Please contact Tina in the Outreach Office for more information at **978-540-2472**.

\*\*\*\*\*

## Hearing Loss Group



We are considering adding a new group for those with hearing loss. If you feel this type of support would be beneficial for you, please contact Tina in the Outreach Office at **978-540-2472** or send an email to: [maeder@littletonma.org](mailto:maeder@littletonma.org)

\*\*\*\*\*

## Littleton Social Club (LSC)

The LSC 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**.



We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by your donations to the Friends of the COA.

## Your Input Needed for a Possible New Group



We are considering starting a new group for those who feel they need assistance with de-cluttering their homes.

If you are feeling overwhelmed on where to begin and you would appreciate the support of others in this process, please **call Tina Maeder in the Outreach Office at 978-540-2472** to express your interest.

\*\*\*\*\*

## Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, Sept 1, 15 and 29, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

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## 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.

## Friends of the Council on Aging



### Friends of the Council on Aging



*Happy 25<sup>th</sup> Anniversary*

to the Friends of the COA. Thanks to the hard work of the volunteers on the Board, the Friends have been able to supplement the town and state funds to support many programs for our Littleton Seniors. The Friends are dedicated to helping our seniors to have an active role in our community by enriching these activities and programs.

The Thrift Shop is the main fund raiser and once a year a letter is sent to all residents requesting donations to help with our fund raising.

Thank you to all who help by volunteering or donating to the Friends of the COA. Here's to another 25 years and more.

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## THRIFT SHOP



The "bag sale" is over and the winter clothes are ready for your purchases. Our Thrift is always the place to find something to add to your wardrobe. Thanks to your donations and those from Options Consignment, we have the best collection to look through and wear.

Drop in to our shop **Monday through Friday, 10:00 am to 3:00 pm** and check out the new merchandise. Our Volunteers would enjoy your visit.



## HEALTHY EATING

 Minuteman Senior Services will run their "Healthy Eating for Successful Living" classes on **Tuesdays, from Oct 6th thru Nov 10th from 1:30 – 4:00 pm**. Only twelve seats are available on this class. The emphasis is on nutrition education, goal setting, and lifestyle. **Call 978-540-2470** to reserve your place in this **FREE** class.

## Relaxation Through Self-Hypnosis

 This 4 session program will teach basic techniques for master- ing self- hypnosis as a means of managing stress and pro- moting relaxation. for improved sleep and general well-being. This **FREE** class is limited to 15 participants. Led by a clinical psycholo-

**CANCELLED**

## Free Blood Pressure Screening

 Blood pressure screenings 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 **2<sup>nd</sup> Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

## FREE HEARING CLINIC



Dr. Megan Ford returns to give free hearing tests on **Tuesday Sept 22nd, from 1:00-3:00 pm**. You must make an appointment.

**Call 978-540-2470.**

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## Podiatry Clinic



**Next Podiatry Clinic: Tuesday, September 15th**, in Room 233. By Appointment only. Call **978-540-2470** to schedule an appointment. **Cost is \$30.**

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## Do you have a Medicare Drug Plan?



Have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO)? You should receive a notice from your plan by the end of Sept that outlines changes to be made to your plan for 2016: **it is important to review, understand and save this information and make any changes you want during Medicare Open Enrollment, October 15<sup>th</sup> to December 7<sup>th</sup>.** Schedule a **FREE** appointment with the SHINE counselor to discuss. There will be a meeting on **Wed Nov 4<sup>th</sup> at the COA, 10:30 am**, to answer questions.

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

**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 Carol Wing  
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 10:00**  
**-11:00 am** in the base-  
ment of the Library, led  
by Diane Walsh. \$3.

## Tai Chi-Qi Gong

Tai Chi-Qi Gong is offered on **Mondays and Saturdays from 11:00 am to 12:00 noon** in the MultiPurpose Room. Join Rae and Dave for this stimulating exercise that improves balance and concentration. Beginners are WELCOME! \$3 per session.

## Support Transportation!

**We provide van service 5 days a week for seniors and the disabled**

Donate today: Make Checks Payable to: Council On Aging  
And mail to 33 Shattuck Street, Littleton , MA 01460

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount of Donation: \_\_\_\_\_

Or bring your check to the COA office, Room 231 TownHouse - Thank You!

**Your donation goes directly to pay for Transportation services**

# SEPTEMBER 2015 MENU



<b>Tuesday</b>		<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 Mexican Chicken Casserole Brown Rice Green Beans Whole Wheat Bread Applesauce	2 SPECIAL-Cold Tortellini Salad w/ Broccoli and Red Peppers Extra Cheese Tossed Salad Whole Wheat Roll Pear/Blueberry Crisp Diet Pears/Blueberries	3 Mulligawny Soup Salisbury Steak/Jardinere Gravy Whipped Potatoes/ Sr Crm/Chives HDM :Carrots Multigrain Bread Fresh Fruit	4 Chicken Breast Cacciatore Penne Pasta/OOand herbs Cauliflower/Carrots Italian Bread Lemon Pudding Diet:SF BananaPudd
7 	8 Baked Salmon with Dill Sauce Egg Noodles Spinach WG White Bread Fresh Fruit	9 3C Soup Boneless Breaded Chicken Breast Roasted Red Bliss Potatoes HDM:Green Peas Whole Wheat Bread Pineapple	10 (Grd)Beef Bordelaise Mashed Potatoes Tossed Salad HDM: Green Beans Rye Bread Yogurt	11 Sweet and Sour Meat- balls Brown Rice Italian Green Beans Whole Wheat Bread Sugar Cookie Diet: Lorna Doones
14 Shepherd's Pie Mashed Potatoes Carrots Whole Wheat read Pears	15 Jambalya Brown Rice Tossed Salad HDM: Green Peas Whole Wheat Bread Mandarin Oranges	16 Turkey A La King Bowtie Pasta Broccoli Italian Bread Chocolate Pudding Diet: SF Chocolate Pudding	17 Egg Drop Spinach Soup ChickenBreastTeriyaki White Rice HDM: Spinach White Bread Yellow PineappleCake Diet: Strawberry Graham	18 Roast Pork w/Apple Gravy Diced Red Bliss Pot- atoes Green Beans Whole Wheat Bead Tropical Fruit
21 BBQ Chicken Breast Mexican Corn Green Beans Whole Wheat Bread Vit.C Jello w/fruit Diet: Fresh Fruit w/C	22 COLD Plate Vegetable Soup Tuna Salad/Lettuce Leaf Chick Pea and Kidney Bean Salad HDM: Coleslaw Multigrain Bread Chocolate Chip Cookie Diet:Apple Graham	23 Breaded Chicken Nug- gets(4pc) Cong: HoneyMustard Sauce Baked Beans Tossed Salad HDM: Bateman Stewed To- matoes Whole Wheat Bread Pineapple	24 Shaved Steak(3oz) w/ Cheese Sauce Baked Potato Carrots/Green Peas Hamburg Roll Fresh Fruit w/C	25 Lasagna Tomato Basil Meat Sauce Broccoli Italian Bread Applesauce
28 Minestrone Soup Grilled Chicken Breast Tarragon Herb Gravy Whipped Potato /SrCrm/Chives HDM: Green Beans Whole Wheat Bread Pears	29 Beef and Lentil Chili Brown Rice Tossed Salad HDM:Carrots/Italian Green Beans(50/50) Rye Bread Mixed Fruit	30 Roast Pork/ Rosemary- Gravy Sweet potatoes Spinach Mutltigrain Bread Snack Loaf Diet: Fig Newton	The Littleton Senior Diner will be closed until renovations are completed. Lunches will be served in the Community Room at Pine Tree Park, 19 Shattuck Street. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00 All meals include 1% milk.	

# SEPTEMBER 2015



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00-10:0 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b>	<b>2</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>10:30 South Africa Slide Show</b> Noon Lunch <b>12:45 Scrabble</b> 1:00 Friends of the COA Board Meeting	<b>3</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b>	<b>4</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>7</b> 	<b>8</b> 9:00-10:0 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	<b>9</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>12:45 Scrabble</b>	<b>10</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00 Relaxation Thru Self-Hypnosis</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Diabetic Open Discussion Group</b>	<b>11</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>14</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" <b>1:30 COA Board Meeting</b>	<b>15</b> 9:00-10:0 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b> <b>Podiatry Clinic—By Appointment Only</b>	<b>16</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>10:00-11:30 Writing Workshop</b> <b>Noon Birthday Lunch</b> <b>12:45 Scrabble</b>  Note Change of time for the Writing Workshop	<b>17</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00 Relaxation Thru Self-Hypnosis</b> <b>10:30-11:30 Computer Class</b> <b>10:30-11:30 Living Alone Group</b> <b>11:00 1:30 Indian Hill</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00-3:00 Bereavement Group</b>	<b>18</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>21</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" <b>2:30 Senior Citizens Club Meeting</b>	<b>22</b> 9:00-10:00 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> <b>10:00-1:00 Falls Prevention</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-3:00 Free Hearing Clinic</b>	<b>23</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>10:00-11:30 Writing Workshop</b> Noon Lunch <b>12:45 Scrabble</b> <b>1:00 Crafts at the Council</b>	<b>24</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00 Relaxation Thru Self-Hypnosis</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Movie of the Month</b>	<b>25</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>28</b> 9:00-11:00 Line Dancing <b>11:00-12:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>29</b> 9:00-10:00 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> <b>10:30 Needs Assessment Public Meeting</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b>	<b>30</b> <b>9:00-1:00 LSC</b> 10:00-11:00 Yoga 10:00-1:00 SHINE <b>10:00-11:30 Writing Workshop</b> Noon Lunch <b>12:45 Scrabble</b> <b>6:30-8:30 pm Caregivers Mtg</b>	<b>NOTE: Relaxation Thru Self-Hypnosis on Thursdays, Sept 10th, 17th and 24th at 10:00 has been cancelled.</b>	

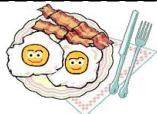
## IS YOUR BIRTHDAY IN SEPT? Free Lunch Wed Sept 16th HAPPY BIRTHDAY!

Your lunch will be paid for by Minuteman Senior Services. Lunch will be served at 19 Shattuck Street in the Pine Tree Park Community Room. Cake provided by COA. Make reservations by Sept 14th 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 2015 when you attend 6 or more classes in Sept (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 Oct 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**



## MEN'S AND LADIES' BREAKFASTS WILL BE ON HIATUS UNTIL THE SENIOR DINER KITCHEN RENOVATIONS ARE COMPLETED.



**ELDER ABUSE?** If you suspect someone is being abused, neglected or financially exploited, contact **Minuteman Senior Services, Protective Services at 781-221-7069** during regular business hours; after hours on evenings, holidays and weekends, call **1-800-922-2275** to speak confidentially to the **Elder Abuse Hotline**.

## Writing Workshop



Sign up for a non-judgmental workshop designed to provide inspiration and promote writing. Led by writer Michele Order Litant, who is a certified writing workshop instructor. **Wednesdays in September, 10:00-11:30 am, starting Sept 16, ends Oct 7.** \$4 per session – you must register to obtain a seat. **Call 978-540-2470. NOTE NEW TIME**



## South Africa Slide Show

Join us for a colorful Slide Show on South Africa, presented by Millie Curtin. Showing in Room 230 on **Wed, Sept 2nd at 10:30 am.** Reserve your seat for this free presentation by calling **978-540-2470.**

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Do you or someone you know need to have meals delivered to a home-bound person? Call Minuteman Senior Services at **781-272-7177.** Special diets can be accommodated with a doctor's order.



## Falls Prevention

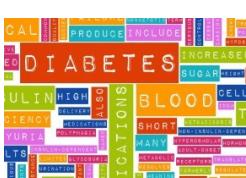
The National Council on Aging is holding their 9th Annual Falls Prevention Awareness Event "Take a Stand to Prevent Falls" on **Tuesday, Sept 22nd, from 10:00 am to 1:00 pm**, at the Mass. State House Great Hall in Boston. This free event has presentations, refreshments, and a chance to meet with legislators and other state officials.

## Fall Statistics

- Each year in the US, 1 out of 3 people age 65 or older will fall.
- Falls are the leading cause of both fatal and non-fatal injuries to older adults. People age 75 and older who fall are 4 to 5 times more likely than those age 65 to 74 to be admitted to a long-term care facility for a year or longer.

## Preventing Falls

- Exercise regularly (TaiChi offered Mon and Sat is an excellent way to improve balance).
- Have your vision checked regularly.
- Make your home safe - remove throw rugs, install grab bars in the bath/shower, have adequate lighting, install railings on both sides of stairs.



Come and share your diabetic concerns with others who are facing similar issues. **Meets the 2nd Thursday of each month (Sept 10th), Room 233 at 1:00 pm.** Call **978-540-2470** if you have questions. No sign-up needed - just come in.

\*\*\*\*\*

## \*\*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



Crafts will meet on **Wednesday Sept 23rd at 1:00 pm.** (NOTE: New day and time!)

Silk flower door wreaths will be created. All materials supplied, \$3. Call **978-540-2470** to reserve a seat. Room 230.



## 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.**

## BINGO AT ST. ANNE'S CHURCH



Sunshine Club Bingo for Seniors will start up again on **Sept 17th** at St Anne's Church on King Street, downstairs in the Kaye Room. Bingo is free. We play Bingo for groceries and small prizes. We start at **1:00 pm** and all seniors are welcome. After Bingo we have tea and coffee and goodies.

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## 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. Watch this Newsletter for updates.

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## 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**

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## Mah Jongg



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

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## INDIAN HILL MUSIC

**'BACH'S LUNCH' CONCERT:** Indian Hill Music School presents flutist Eileen Yarrison and pianist Stephanie Emberley performing duos by Hoover, Gieseking, Wagstaff, Ferroud, and Bach. **TWO SHOWS - Thursday, September 17th at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations required for groups at [\(978\) 486-9524](tel:(978)486-9524) (press 0). Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

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

## Movie of the Month



**Thursday, Sept 24th at 1:00 pm, "Woman in Gold"** will be shown in Room 230.

\$2.00 donation requested. Please sign up in the COA office or call **978-540-2470.**



## BINGO

**Friday afternoons from 1:00 - 2:30 pm in the Multi-Purpose Room**

**Please join us**





**\*\* 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:**

<b><u>Monday-Friday 9 am-3 pm</u></b>	<b><u>Each Way</u></b>
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 1<sup>st</sup> and 3<sup>rd</sup> **FRIDAY** of the month **ONLY**.

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

**Burlington (Lahey)** – Van goes to Lahey on the 2<sup>nd</sup> and 4<sup>th</sup> FRIDAY of the month **ONLY**.

**Note the new day: Fridays instead of Tuesdays.**

**\*\*\*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. 10