

Senior Broadcaster



Photo by Jim Donnelly

Wellness Fair and Flu Clinic

Fourth annual Wellness Fair will be held **Saturday, Nov 7th, from 10:00 am to 2:00 pm** at the Middle School on Russell Street.

Flu shots will be available at our annual clinic conducted **Thursday, Oct 8th, from 10:00 am to 1:00 pm**, Room 103 TownHouse. (See P4)

From the Director—*Wishing you Wellness!*

Those who attended the Public Meeting on September 29th to discuss the results of our Needs Assessment for town residents 50+ heard that one of the big areas of interest is Wellness and Fitness offerings. We also found that many residents were not familiar with what we offer, so here are some ideas.

Elder and Human Services has a variety of regularly scheduled wellness and fitness offerings, as well as occasional offerings. An example of an occasional offering is our **Wellness Fair**, which will be held on Saturday, November 7 this year, again at the Middle School on Russell Street, in the Cafetorium. Dozens of tables with local businesses and organizations will offer information about their services and products, free screenings and blood pressure testing, an opportunity to take a mini-test of your memory, and lots of door prizes provided by the vendors. Nashoba Associated Boards of Health will also hold a second flu shot clinic. Littleton residents of all ages are invited to attend.

We regularly offer fitness programs and I must say that they are the best bargain in town. We offer two **Exercise Programs** on Tuesday and Thursday mornings. They are at different levels of intensity. Each is led by a great instructor who will help you adjust the exercise to meet your personal needs. We have **TaiChi-QiGong** classes on Mondays and Saturdays at 11:00 am. TaiChi is wonderful for building a strong core and improving balance. And we offer a **Gentle Yoga** class on Wednesday mornings.

Details on these classes are on Page 4. Note the low cost of \$2 - 3 per session.

Our **weekly blood pressure clinic** on Tuesday mornings gives you an easy opportunity to keep regular tabs on your pressure (see Page 4). Throughout the year we offer free hearing and vision testing, health programs and lectures. A **Podiatrist** sees clients every other month. This month we start a series of classes called **Healthy Eating**, an evidence-based program offered by Minuteman Senior Services. Contact our office for details on how to sign up for these programs. Many are walk-ins that require no appointment or long-term commitment.

Please take some time to check out what we have to offer – and if we don't offer something that you are interested in, let us know. We may be able to make it available.

Pamela

Contents

Happenings.....	2
Spotlight	2
Outreach.....	3
Friends of the COA.....	3

Health/Fitness/Wellness	4
Menu	5
Calendar	6
Birthday Lunch	7

Men's/Ladies' Breakfasts	7
COA Activities/Classes	7
Day Trip.....	7
Ongoing Activities	8
Community Programs	8

Happenings—October 2015

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

- Oct 2, Fri at 7:30 pm, **Littleton Lyceum** (P7)
- Oct 6, 13, 20, 27, Tues from 1:30-4:00, **Healthy Eating Class** (P4)
- Oct 7, Wed from 10:00-11:30, **Writing Workshop** (last one)
- Oct 8, Thurs from 10:00-1:00, & Sat Nov 7, 10-2, **Flu Clinic** (P4)
- Oct 8, Thurs at 1:00, **Choosing Long Term Care** (P7)
- Oct 8, Thurs at 1:00, **Diabetes Open Discussion Group** (P4)
- Oct 9, Fri at 7:00 pm, **Indian Hill Faculty Recital** (P7)
- Oct 14, Wed at Noon, **Oktoberfest** (P3)
- Oct 15, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- Oct 15, Thurs at 11:00 and 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- Oct 15, Thurs from 1:00-2:00, **Home Modification Loan Program** (P3)
- Oct 15, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Oct 19, Mon at 1:30, **Senior Citizens Club Meeting** (P8)
- Oct 28, Wed at 1:00, **Crafts at the Council** (P8)
- Oct 28, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Oct 29, Thurs at 1:00, **Movie of the Month** (P8)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Community Room at 19 Shattuck Street (Pine Tree Park) (P4)

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**

****REMEMBER: MEDICARE OPEN ENROLLMENT, OCT 15-DEC 7****

Internet & Computer Classes on Thursdays

10:30-11:30 am, in **ROOM 230**, with Bill Vales (We linger until noon)



Oct 1 – Basics of security; keeping your system and your information safe.

Oct 8 – Accessing information on the internet. Safe internet practices.

Oct 15 – Review of different email systems. Safe email practices.

Oct 22 – The Cloud. What it is, where it is. How do we use it safely?

Oct 29 – Security vs. Privacy.

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
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Neil Campbell, MART Driver
Richard Kent, MART Driver
Gina Monahan, MART Driver
George Ogilvie, MART Driver
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Gayle Dalton, Senior Diner Manager
Nancy Hilsinger, Editor

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Littleton, MA 01460

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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

Living Alone & Living Well Group

The group will be meeting on **Thursday Oct 15th 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.

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (Oct 15th) 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 Nashoba Nursing Service.

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, Oct 28th from 6:30-8:00 pm in Room 233**. Kim Arms from Premier Home Care will be our speaker. 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**.

Current 2016 Fuel Assistance Guidelines

Gross Annual Income

1 person household	\$33,126
2 person household	\$43,319
3 person household	\$53,511

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.

Home Modification Loan Program

On **Thursday, October 15th, from 1:00-2:00 pm in Room 233**, Susan Aaron from the Home Modification Loan program will be here to answer questions about this important home improvement program. Depending on household income, this program will provide 0% and 3% loans up to \$30,000 to homeowners seeking to make modifications to their homes. For more information go to www.mass.gov/mrc/hmlp

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

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, Oct 13th and 27th, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

SHINE-Need Help With Healthcare Costs?

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



Friends of the Council on Aging



Are you ready for this? A Pot Luck Oktoberfest!

The Diner isn't ready but we can still enjoy this festive occasion and we count on you to make it happen. Bring your favorite dish (or buy one)

and wear your party hat.

Be at the Shattuck St. Multi-Purpose room at **noon on Wednesday, October 14th**. We will supply paper products, utensils, drinks, and desserts.

Call the **COA office at 978-540-2470** to sign up.

Besuchen Sie Uns (Come join us).

THRIFT SHOP



The Thrift Shop is up and running with full racks of winter clothes. There is enough for everybody in every size. The donations are many and we appreciate your gifts.

Donations are accepted Monday through Friday when the shop is open (**10:00 am to 3:00 pm**). Come in and see what we have. Stay tuned for an announcement about another fashion show in the Fall. No date yet.



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 life-style. **Call 978-540-2470** to reserve your place in this **FREE** class.

Flu Clinic



Nashoba Associated Boards of Health will conduct a flu clinic on **Thursday, October 8th from 10:00 am to 1:00 pm** in Room 103 at Town House (Selectmen's Meeting Room). Bring your insurance card. If no card, shots are \$20. No signup necessary – first come, first served.

Free Blood Pressure Screening



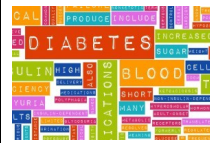
Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Tamara Bedard from Nashoba Nursing Service joins us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

WELCOME OUR NEW STUDENT INTERN

Please Welcome Cortney, our student intern from Salem State University, who will be with us until May 3, 2016 on Tuesdays and Thursdays.

You will see her helping in a variety of roles during her time with us.

Diabetic Open Discussion Group



Come and share your diabetic concerns with others who are facing similar issues. **Meets the 2nd Thursday of each month (Oct 8th), Room 233 at 1:00 pm.** **Call 978-540-2470** if you have questions.

No sign-up needed - just come in.

Fourth annual Wellness Fair will be held Saturday Nov 7th, from 10:00 am - 2:00 pm at the Middle School on Russell Street. Call the COA office for more info: 978-540-2470.

Fire Dept BP Check



The Littleton Fire Department Ambulance Crew will be in the Common Room at 19 Shattuck Street (Pine Tree Park) on **Thursdays** at noon to perform blood pressure tests on anyone who wishes to have one, unless they

have an emergency call.

All classes below are in the Multi-Purpose Room. 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** led by Diane Walsh. \$3.
Yoga is now in the Multi Purpose Room.

Tai Chi-Qi Gong
Tai Chi-Qi Gong is offered on **Mon and Sat 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



OCTOBER 2015 MENU





Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p> <p>Suggested Voluntary Donation: \$2.00 All meals include 1% milk.</p>			<p>1 Chicken Chow Mein/ Chow Mein Noodles White Rice Peas Whole Wheat Bread Pineapple Fortune Cookie</p>	<p>2 Beef Bolognaise Herbed Ziti Cauliflower/carrots WG White Bread Strawberry Shortcake HDM-Strawberry Yogurt</p>
<p>5 Portugese Kale Soup Swedish Meatballs Parslied Noodles HDM: Broccoli Rye Bread Fresh Fruit</p>	<p>6 BBQ Pork Patty Coleslaw Corn and Black Beans HDM: Hot slaw (Cabbage/carrots) Hamburg Roll Yogurt</p>	<p>7 Grilled Chicken Breast w/ Apricot Sauce Couscous w/Red Pepper Tossed Salad HDM: Green Peas Multigrain Bread Strawberry Cup Diet: Applesauce</p>	<p>8 Roast turkey/Tarragon gravy Whipped Potato w/sr cream/chives Carrots Whole Wheat Bread Ginger Cookie Diet: Apple Graham</p>	<p>9 Creamy Tomato Soup Fish Sticks Macaroni & Cheese HDM-Stewed Tomatoes(Bateman) WG White Bread Mixed Fruit</p>
<p>12  COLUMBUS DAY</p>	<p>13 Beef Stew Brussel Sprouts Rye Bread Fresh Fruit Diet: Lemon Graham (Two compartment)</p>	<p>14 Pork/ Apple gravy Whipped Potatoes Winter Squash Whole Wheat Bread Chocolate Pudding Diet:SF Chocolate Pudding</p>	<p>15 Lasagna Tomato Basil Meat Sce Tossed Salad HDM: Italian Green Beans Italian Bread Tropical Fruit</p>	<p>16 Diced Chicken Marsala Egg Noodles Broccoli Whole Wheat Bread Pear Crisp</p>
<p>19 Potato Onion Soup Trout Lemon Vinaigrette Scalloped Potatoes HDM: Spinach Multigrain Bread Banana Pudding Diet: SF Banana Pudd</p>	<p>20 Hot Dog Baked Beans Tossed Salad HDM: Carrots Hot Dog Roll Strawberry Cup Diet: Pineapple</p>	<p>21 Corn Chowder BBQ Chicken Breast Italian Green Beans HDM: Corn Whole Wheat Bread Mandarin Oranges</p>	<p>22 Thai Sweet Chili Chicken Brown Rice Broccoli Whole Wheat Bread Chocolate Chip Cookie Diet: Chocolate Graham</p>	<p>23 Meatloaf/ Onion Gravy Whipped Potatoes Mixed Vegetables Rye Bread Chocolate Fresh Fruit</p>
<p>26 Sloppy Joes Hash Brown Potatoes Stewed Tomatoes Hamburg Roll Applesauce</p>	<p>27 Cream of Cauliflower Soup Chickenw/Honey Mustard Whipped Potatoes HDM: Cauliflowerw/Red Pepper Multigrain Bread Peaches</p>	<p>28 Roast Turkey w/rosemary gravy Butternut squash Broccoli Whole Wheat Bread Vit. C Jello with Mixed Fruit Diet: SF Jello with Fruit Values need sce added</p>	<p>29 SPECIAL Pulled Pork Sweet Potato coins Tossed Salad HDM: Warm Applesauce Hamburg Roll Gingerbread Diet: Gingerboy</p>	<p>30 Chicken Corn Stew Italian Green Beans Whole Wheat Bread Pears</p>



OCTOBER 2015



Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Reminder: Medicare Open Enrollment is from Oct 15-Dec 7 (See P7)</p>		1 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	2 10:00 Wii Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
5 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	6 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 1:30-4:00 Healthy Eating Class	7 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-11:30 Writing Workshop 10:00-1:00 SHINE Noon Lunch 12:45 Scrabble 1:00 Friends of the COA Board Meeting	8 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-1:00 Flu Clinic 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Diabetic Open Discussion Group 1:00 Choosing Long Term Care	9 10:00 Wii Noon Lunch 1:00-2:30 Bingo 7:00 pm Indian Hill Faculty Recital
12 	13 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 1:30-4:00 Healthy Eating Class	14 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Lunch Noon Oktoberfest 12:45 Scrabble	15 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 10:30-11:30 Living Alone Group 11:00 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00-2:00 Home Modification Loan Program 1:00-3:00 Bereavement Group	16 10:00 Wii Noon Lunch 1:00-2:30 Bingo
19 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 Senior Citizens Club Meeting 1:30 COA Board Meeting	20 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 1:30-4:00 Healthy Eating Class	21 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Birthday Lunch 12:45 Scrabble	22 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	23 10:00 Wii Noon Lunch 1:00-2:30 Bingo
26 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	27 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 1:30-4:00 Healthy Eating Class	28 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Lunch 12:45 Scrabble 1:00 Crafts at the Council 6:30-8:00 pm Caregivers Mtg	29 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month	30 10:00 Wii Noon Lunch 1:00-2:30 Bingo

IS YOUR BIRTHDAY IN OCT? Free Lunch Wed Oct 21st 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 Oct 19th 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 **Oct** (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 Nov 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**.

How to Choose a Good Long Term Care Facility



Lauren Gaffney will be with us on **Thursday, October 8th at 1:00 pm** to share her expertise in choosing a long-term care treatment option. Lauren is the Director of the Memory Care Unit of the Nashoba Valley Life Care. She will provide tips on how to determine if someone needs care and how to evaluate a facility. Sign up by calling the COA office, **978-540-2470**.

Do you have a Medicare Drug Plan?



Have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO)? You should have received a notice from your plan by the end of Sept that outlined 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 15th to December 7th**. Schedule a **FREE** appointment with the SHINE counselor to discuss. There will be a meeting on **Wed Nov 4th at the COA, 10:30 am**, to answer questions.*

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

Littleton Lyceum

"Boogaloo Swamis"

Friday, October 2nd, at 7:30 pm



Come enjoy an evening of a mix of Zydeco, funk, and Rhythm and Blues and more presented by the Northeast's most exciting Cajun/Zydeco band. The Boogaloo Swamis will have you stomping your feet, clapping your hands and swinging to the beat of their unique mix of traditional and contemporary music. For more information or to order tickets, go to www.littletonlyceum.org.

For more information or to order tickets, go to www.littletonlyceum.org.

Medicare Updates Program

Art Budnik will be at the COA on **Wed, Nov 4th at 10:30 am in Room 230** to provide information on this year's changes to Medicare. Call **978-540-2470** to reserve a seat for this free program.

Indian Hill Faculty Recital



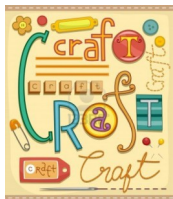
A treat for piano lovers! Music of Rachmaninoff, Kabalevsky, and Scriabin by four amazing Indian Hill Music School faculty pianists: Tatiana Kolossova, Tamara Medoyeva, Marianna Rashkovetsky, and Monica Tessitore. **Friday, October 9th at 7:00 pm**, 36 King Street, Littleton, MA. TICKETS: \$10. Call 978-486-9524x116 or visit www.indianhillmusic.org.

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



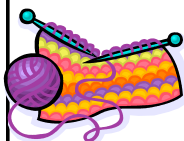
Crafts will meet on **Wednesday Oct 28th at 1:00 pm. (NOTE: New day and time!)**

Painting on glass using a straw instead of a brush, and blowing air through the straw. Absolutely no experience needed for this fun project. Just bring your breath and let it flow across the glass

All materials supplied, \$3. Call **978-540-2470** to reserve a seat. Room 230.



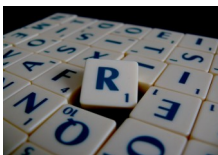
Loving Stitches



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 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 Senior Citizens Club



The Littleton Senior Citizens Club will be meeting at **1:30 pm on Monday, October 19th, in Room 103** of the Littleton Town Building.

We are very excited to have Attorney Lesley Madge as our guest presenter. Lesley will not only make a great presentation to all of us but will be answering all your questions. So... come one and all and bring your friends. And... bring your questions with you.

Movie of the Month



Thursday, Oct 29th at 1:00 pm, "Hunting Elephants" 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



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 be on **October 15th** 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. Contact Denise Gibbons for more info.

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.

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

Mah Jongg



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

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music School presents jazz selections by New England composers performed by Pamela Hines, piano; Justin Meyer, bass; Dave Fox, drums; and Suzanne Cabot, vocals. **TWO SHOWS - Thursday, October 15 at 11 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:9784869524) (press 0). Learn more at www.indianhillmusic.org.

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 **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 2nd and 4th **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. 19