

Senior Broadcaster



Photo by Jim Donnelly

Wellness Fair

Fourth annual Wellness Fair & Flu Clinic will be held **Saturday, Nov 7th, from 10:00 am to 2:00 pm** at the Middle School on Russell Street. (P4)

Daylight Savings Time ends November 1st—FALL back one hour.



From the Director

November 2, Town Meeting, 7:00 pm, Middle School on Russell Street

Join us at the Special Town meeting this month. Of particular interest to seniors is a warrant item that creates a special fund to collect donations to be used to defray the property taxes of low-income seniors and the disabled in Littleton. This is the Aid to Elderly and Disabled Taxation Fund. Applicants will be screened to determine need.

Reminder: there is now special parking at the front of the lot for seniors and the disabled and extra seating on the floor level, as well as a portable microphone for those who wish to speak. If you need a ride to the Town Meeting, contact Dispatch at **978-844-6809** to arrange van service.

November is National Caregivers Month

One of the big surprises from our Needs Assessment involved caregivers and caregiving in Littleton. We knew we had residents caring for adults in the home, however the Assessment gave us an idea of how many families are handling this situation.

In the age category of 50 – 59, **49% answered “yes”** when asked if they have provided care within the past 5 years to someone who is disabled or frail. And of this group, **79% reported the experience as “very” or “somewhat” challenging**. When we look at older residents (60+), the percent caring for someone is a bit less (40%), but 69% report that they find it very or somewhat challenging as well.

The Assessment also gave us insight into why care is needed: chronic illnesses, Alzheimer's or other dementia, post-surgery care and others such as mobility problems, frailty, end-of-life care, blindness and post-accident care.

Among the services available for caregivers, their families, and the people for whom they provide care are our monthly Caregivers Support Group, the Littleton Social Club (which now meets 3 times a week), and a wide variety of other services including Friendly Visits and Meals on Wheels. Contact Tina Maeder, our Outreach Coordinator at **978-540-2472** to learn more about what we have to offer and look inside for details, too.

We urge Caregivers to reach out and get help before you become too tired and stressed to help others effectively.

Pamela

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Happenings—November 2015

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

- Nov 3 & 10, Tues from 1:30-4:00, **Healthy Eating Class**
- Nov 4, Wed at 10:30, **Medicare Presentation** (P4)
- Nov 4, 18 & 25, Wed from 10:30-12:30, **Writing Workshop** (P7)
- Nov 6, 13, 20, & 27, Fridays, from 9:30-11:30, **Writing Critique Sessions** (P7)
- Nov 6, Fri at 7:30 pm, **Littleton Lyceum** (P7)
- Nov 7, Sat from 10:00-2:00, **Wellness Fair & Flu Clinic** (P4)
- Nov 12, Thurs at 1:00, **Diabetes Open Discussion Group** (P4)
- Nov 14, Sat, Park & Rec Trip to Radio City Music Hall (P7)
- Nov 16, Mon at 1:30, **Senior Citizens Club Meeting** (P8)
- Nov 17, Tues, **Podiatry Clinic**—by Appointment Only (P4)
- Nov 18, Wed at noon, **Veteran's Day Lunch** (P3)
- Nov 18, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Nov 19, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- Nov 19, Thurs at 11:00 and 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- Nov 19, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Nov 19, 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)
- Dec 2, Wed at 1:00, **Crafts at the Council** (P8)

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, and Tues evenings at 6:00 pm, **Tai Chi-Qi Gong**

 ★ **MEDICARE** ★
 ★ **OPEN ENROLLMENT** ★
 ★ **OCT 15-DEC 7** ★
 ★ **NOVEMBER 2ND, 7:00 PM** ★
 ★ **SPECIAL TOWN MEETING** ★
 ★ **RUSSELL ST MIDDLE SCHOOL** ★

Internet & Computer Classes on Thursdays

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



- Nov 5 - Sharing information on the web (Dropbox, Google Drive)
- Nov 12 - Social Media (Facebook, LinkedIn, Google+)
- Nov 19 - Digital Photography
- Nov 26 - (no class)

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

Marjorie Payne, Chair
 Mary "Paddie" Hunt, Vice Chair
 Robert Stetson, Secretary
 Mary Catalanotto
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FRIENDS OF THE COA

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

 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

Living Alone & Living Well Group

The group will be meeting on **Thursday Nov 19th 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 (Nov 19th) 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.

November is National Caregivers Month

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, Nov 18th from 6:30-8:00 pm in Room 233**.

Jamie McWilliam, Executive Director from Concord Park Assisted Living will be our host and he will bring the speaker from the department of Neurology and Neurosurgery from the Boston University School of Medicine to update the attendees on current Alzheimer's Disease research. Please note the change in date this month in order to accommodate the Thanksgiving Holiday. Please contact **Tina Maeder at 978-540-2472**. A light supper will be provided.

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, Nov 10th and 24th, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Tuesdays Added to Meetings of Littleton Social Club (LSC)

The LSC now meets on **Tuesdays, 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.

SMOC Fuel Assistance



The Outreach office is currently assisting residents with their SMOC fuel assistance recertifications. Applications for new clients begins on **November 1, 2015**. Please contact Tina Maeder 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

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



The **Veteran's Day** luncheon will be at **noon on Wednesday, November 18th**, at the Nashoba Valley Tech High School. We have enjoyed Nashoba Tech's culinary meals in the past, and are looking

forward to their catering skills again. This may be a time to car pool or check with the COA van service. Parking will be way in the back of the building, past their cafe, at the Performing Arts Center, door #24. Veterans and spouses are free. Guests will be charged \$5.00. Make your reservations by calling the COA office at **978-540-2470, no later than November 12th**. Space is limited.

Veteran's Agent, John Boroski and Hal Baker, member of the VFW and American Legion, will be guests on LCTV's Cable show, Littleton Common, during November.

THRIFT SHOP



We can't help but brag about the Friends Thrift Shop. Why not? We are lucky to have so many wonderful donations and volunteers. It would be hard to find another shop with the quality and prices you will find here.

Clothes are being selected as we speak for a November Fashion Show, date to be announced soon. We look forward to seeing you soon.

Donations are accepted Monday through Friday when the shop is open (**10:00 am to 3:00 pm**).





Virginia Sprong turned one hundred on October 18th. She moved to Littleton in 1950 with her husband Harry, and became very active in many organizations including the Congregational Church, the Littleton Conservation Trust and the Ball Committee for the 250th town anniversary. Holly Park at the intersection of Tahattawan Rd. and Harwood Ave. was named for one of her beloved dogs, Holly. Even though now she is mostly at home, she enjoys watching the many birds that come to her feeders. She is an avid reader and loves to have visitors.

Podiatry Clinic



Next Podiatry Clinic: Tuesday, November 17th, in Room 233. By Appointment only. Call **978-540-2470** to schedule an appointment. **Cost is \$30.**

Medicare Presentation Nov 4th



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.

A SHINE rep will give a presentation on upcoming Medicare changes on **Wed, November 4th, at 10:30 am in Room 230.** Call **978-540-2470** to reserve a seat for this free program.

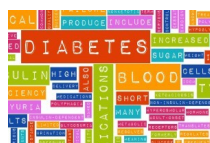
Fourth annual Wellness Fair and Flu Clinic will be held Saturday Nov 7th, from 10:00 am - 2:00 pm at the Middle School on Russell Street. Call the COA office for more info: 978-540-2470.

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.

Diabetic Open Discussion Group



Come and share your diabetic concerns with others who are facing similar issues. **The Group meets the 2nd Thursday of each month (Nov 12th), Room 233 at 1:00 pm.** Call **978-540-2470** if you have questions. No sign-up needed - just come in.

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. Tai Chi now also meets on **Tues evenings at 6:00 pm in Room 230.** 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 tax-deductible donation goes directly to pay for Transportation services



NOVEMBER 2015 MENU






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Meatballs Hawaiian Sauce Brown Rice Broccoli Wheat Bread Strawberry Yogurt 1% Milk	3 Spinach Lentil Soup WG Breaded Fish SC & Chive Mashed Creamed Spinach Wheat Bread Lemon Cake Diet: Lorna Doones 1% Milk	4 Chicken Parmesan Penne Pasta Tossed Salad (cong) HDM : Italian Blend Veg Italian Bread Strawberry Cup Diet : Applesauce 1% Milk	5 Beef Stew Green Beans Buttermilk Biscuit Mandarin Oranges 1% Milk	6 Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Orange 1% Milk
9 Cream of Broccoli Chicken Breast w/Lemon Piccata Sce Couscous w/Red Pepp HDM: Broccoli Wheat Bread Butterscotch Pudding Diet: graham crackers 1% Milk	10 Beef Bolognese Pasta Tossed Salad (cong) HDM: Winter Blend Veg Wheat Bread Pineapple Chunks 1% Milk	11 	12 (High Sodium) Low Na+ Ham (4oz) w/ Honey Mustard Sauce Sweet Potatoes Cauliflower Dinner Roll Strawberry Graham 1% Milk	13 Broccoli Bake Home Fries Sliced Carrots Wheat Bread Fresh Fruit 1% milk
16 Chicken Kielbasa w/Peppers and Onions Tater Tots Hot Dog Roll Mandarin Oranges 1% Milk	17 SPECIAL(High Na) Turkey w/Herb Gravy Whipped Potatoes Stuffing Green Bean Casserole Pumpkin Pudding Diet Pumpkin Pudding 1% Milk	18 Three C Soup Grilled Chicken w/Supreme Sauce Brown Rice Pilaf HDM:Brussel Sprouts Wheat Bread Applesauce Cake Diet: Applesauce 1% Milk	19 Shepard's Pie Tossed Salad (cong) HDM:Carrots Wheat Bread Strawberry Cup Diet: Peach Slices 1% Milk	20 Lasagna w/Meat Sauce Broccoli Wheat Bread Fresh Fruit 1% Milk
23 Roast Pork with Apple Cider Sauce Sweet Potatoes Green Beans Wheat Bread Pineapple Chunks 1% Milk	24 White Bean Chicken Chili Brown Rice Tossed Salad (cong) HDM: Broccoli Cornbread Applesauce 1% Milk	25 Grilled Chicken Breast w/Pesto Cream Bow Tie Pasta California Blend Veg Wheat Bread Gingerboy 1% Milk	26 	27 Swedish Meatballs Egg Noodles Mixed Vegetables Wheat Bread Fresh Fruit w/Vit C 1% Milk
30 Salmon Filet with Soy Gin- ger Sauce Brown Rice Oriental Style Vegetables Mandarin Oranges Wheat Bread 1% Milk	1	2	<p> The Littleton Senior Diner will be closed until renova- tions are completed. Lunches will be served in the Com- munity 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. </p>	



NOVEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 7:00 pm SPECIAL TOWN MEETING	3 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 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	4 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE 10:30-12:30 Writing Workshop 10:30 Medicare Presentation Noon Lunch 12:45 Scrabble 1:00 Friends of the COA Board Meeting	5 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	6 9:30-11:30 Writing Critique 10:00 Wii Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
9 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting	10 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 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	11 	12 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 Diabetic Open Discussion Group	13 9:30-11:30 Writing Critique 10:00 Wii Noon Lunch 1:00-2:30 Bingo
16 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	17 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg PODIATRY CLINIC—BY APPOINTMENT ONLY	18 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE 10:30-12:30 Writing Workshop Noon Birthday Lunch Noon Veteran's Day Lunch 12:45 Scrabble 6:30-8:00 pm Caregivers Mtg	19 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 Movie of the Month 1:00-3:00 Bereavement Group	20 9:30-11:30 Writing Critique 10:00 Wii Noon Lunch 1:00-2:30 Bingo
23 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	24 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 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	25 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE 10:30-12:30 Writing Workshop Noon Lunch 12:45 Scrabble	26 	27 9:30-11:30 Writing Critique 10:00 Wii Noon Lunch 1:00-2:30 Bingo
30 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"			 Reminder: Medicare Open Enrollment is from Oct 15-Dec 7 (See P7)	

IS YOUR BIRTHDAY IN NOV? Free Lunch Wed Nov 18th *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 Nov 16th** 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 **Nov** (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 Dec 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**.



DAY TRIPS

Radio City Music Hall – NYC



Saturday, Nov 14th. Drop off at Rockefeller Plaza and St. Patrick's Cathedral. Reserved orchestra/first mezzanine seating for the Radio City Music Hall Christmas show, featuring the Rocketts (4:00 pm show) Cost is \$159 for residents, \$162 for non-residents, which includes all taxes and gratuities, except for customary gratuities to driver/escort. Bus leaves PRCE Parking Lot, Town Hall, 33 Shattuck St in the morning, returns early evening - exact times TBA. **Call Park & Rec at 978-540-2490 for more information.**

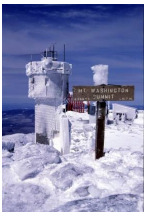
NYC Holiday Shopping Trip



Saturday, Dec 5th. Get an early start on your Christmas shopping, spend the day sightseeing, or visit New York's world class museums. On arrival in New York, stops will be made at both Rockefeller Center and Macy's. Cost is \$69 for residents, \$72 for non-residents, which includes all taxes and gratuities, except for customary gratuities to driver/escort. Bus leaves PRCE Parking Lot, Town Hall, 33 Shattuck St at 6:00 am, returns at 11:00 pm. **Must register by Nov 14th. Call Park & Rec at 978-540-2490 for more information.**

Littleton Lyceum

Mount Washington Observatory Friday, November, 6th, 7:30 pm



Mount Washington's infamous weather has captivated visitors and scientists alike for hundreds of years and the Observatory atop the mountain has been sharing its science and wonder since 1932. Educator Will Broussard will share what it is like to live and work at the Mount Washington

Observatory. You'll learn about the history and lore of the mountain and be in awe of its weather extremes. Purchase tickets online.

Writing Workshop—Round 2



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 Nov and Dec: Nov 4, 18 & 25, 10:30 am – 12:30 pm. Session 3 starts Dec 2nd.** \$4 per session – you must register to obtain a seat. **Call 978-540-2470.**

Writing Critique Sessions

Are you an active writer looking for feedback to improve your writing? In this workshop, we will read aloud writing done outside of class. Critique will be given. Bring a copy of a piece of writing (no more than two pages). **Fridays 9:30-11:30 am, Room 233.**

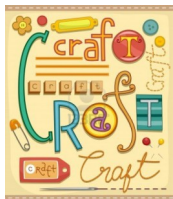
Seven sessions; **starts Nov 6, ends Dec 18.** \$4 per session. You must register – **call 978-540-2470.**

****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



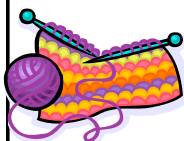
Crafts will meet on **Wednesday Dec 2nd at 1:00 pm.** (Date changed due to Thanksgiving.)

The popular Fresh Greens Arrangements. Please bring your own container which would be suitable for your dining table or mantle. Oasis and greens will be provided.

Bring scissors or pruning shears if you have them. All materials supplied, \$3. Call **978-540-2470** to reserve a seat. Room 230.



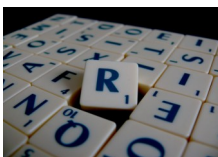
Loving Stitches



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



Will be meeting on **Mon, November 16th, at 1:30 pm** in the Community Room on the first floor of the Town House. The entrance is next door to the entrance of the Senior Diner. We will be having what appears to be a fun meeting – Gwyn Regan will be performing some of her artistry on how you can look for the upcoming holidays.

Movie of the Month



Thursday, Nov 19th at 1:00 pm, "SPY" 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 will be held at St Anne's Church Hall on King Street in Littleton MA at **1:00 pm on Thursday, November 19th**. All Seniors are welcome. Come join the fun.

For more info call Denise @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. Watch this Newsletter for updates.

SENIOR BOWLING

Monday through Friday 10:00-1:00



3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays.

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 solo violinist Egle Jarkova performing music of Telemann, Baisys, and Chinese folk songs - **Thursday, November 19 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 (press 0)**. Learn more at www.indianhillmusic.org.

A few reminders: Please read the new guidelines prior to making your reservations. Please call **(978) 486-9524 (press 0)**. Please do not reserve your table(s) via email.

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