

Senior Broadcaster



Photo by Jim Donnelly

Return Your Needs Assessment

If you haven't completed your **Needs Assessment** and returned it, please do so.

Littleton town government wants to know what issues you are concerned about.

If you didn't get a survey or have lost yours, contact Elder and Human Services, **978-540-2470**.

Improving Access to Town Meeting

TOWN MEETING

The COA Board has been working with the Town Moderator, Administrator and Clerk to improve access to Town Meeting for seniors. At this year's Annual Town Meeting, **Monday, May 4th at 7:00 pm**, you will find additional parking spaces at the front of the lot that have been set aside for seniors. Also, additional seating is available on the left-hand side of the floor for seniors' use.

If you need **transportation** to Town Meeting, call the COA office at **978-540-2470** to arrange for van service that evening.

Senior Tax Work-Off Employees



We are approaching the end of the fiscal year (June 30) – this is the end of the time in which you can accumulate hours to be applied to the FY2015 Tax Work-Off year.

If you have completed your 65 hours, please submit your timesheet and coversheet to the Director as soon as possible. This helps in getting the 'paperwork' done to prepare the abatements. Hours completed this year will be applied as an abatement to the Feb 2016 tax bill.

If you anticipate that you will need to work in June to complete your hours, please notify the Director at **978-540-2470**.

Signup for next year's program will be **July 6-17**. See the June Newsletter for hours and location. If you will not be in Littleton during that time period, contact the Director.

Questions? Call the Director – **978-540-2470**.

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Happenings—May 2015

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

- May 4, Mon at 7:00 pm, **Town Meeting** (P1)
- May 6, Wed at 10:30, **Heart Health Talk** (P4)
- May 7, Thurs from 3:15-4:30 **Spring Fling** (P3)
- May 9, Sat, **New York 9-11 Memorial and Museum Tour** (P7)
- May 12, Tues at 12:30, **Health Care & Your Retirement** (P7)
- May 14, Thurs at 1:00, **Frauds and Scams** (P4)
- May 15, Fri at 10:30, **Coffee with the Pharmacist** (P7)
- May 16, Sat at 10:30, **Caring for a Loved One** (P4)
- May 18, Mon at noon, **Senior Citizens Club Meeting** (P8)
- May 20, Wed at 1:00, **Why Your Story Matters** (P4)
- May 20, Wed, **Podiatry Clinic-By Appointment Only** (P4)
- May 21, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- May 21, Thurs at 11:00 & 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- May 21, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- May 27, Wed at 10:30, **Downsizing & Preparing to Sell** (P7)
- May 27, Wed at noon, **Luncheon with the Girl Scouts** (P3)
- May 27, Wed from 6:30-8:30 pm, **Caregivers Meeting** (P3)
- May 28, Thurs from 10:00-11:00, **Pine Tree Park BP Clinic** (P3)
- May 28, Thurs at 1:00, **Movie of the Month** (P8)
- May 29, Fri from 11:15-noon, **Intergenerational Event** (P3)
- June 13, Sat from 9:00 to Noon, **Council of Churches, Day of Caring** (P3)
- June 22-25, from 8:30 to 3:00, **Catholic Heart Work Camp** (P3)



**New Law in Massachusetts:
Wipers ON, Headlights ON!**
*Headlights to also be used 30 minutes
before sunrise, sunset*

A new Massachusetts law requires drivers to turn headlights on when the vehicle's windshield wipers are needed.

The law, which went into effect **April 7th**, also says headlights should be in use 30 minutes before sunrise and sunset or when visibility is under 500 feet.

Drivers can be ticketed for failing to comply with the new headlight law, and it is considered a minor surchargeable traffic violation, which may result in increased insurance premiums.

Internet & Computer Classes

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

May 7 - File Compression for Email

May 14 - Review of what we covered in 2014-2015

After May 14th, we will be on hiatus until September 2015. Watch this Newsletter for new topics when classes resume in September.

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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FRIENDS OF THE COA

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

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**.

Living Alone & Living Well Group

The group will be meeting on **Thursday, May 21st from 10:30-11:30 am**. Refreshments served, new members welcome. Please call Tina Maeder at **978-540-2472** to sign up.

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.

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, May 12th and 26th, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (May 21st) from 1:00-2:30 pm**, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.

Intergenerational Event

Please join us again for a great intergenerational event on **Friday, May 29th** in the Littleton Senior Diner. Kerry Bremer, special educator from the Case Collaborative will be joining us with her students and staff for an end of the school year get together from **11:15-12 noon**. A special thank you to Kerry, students, students' parents and staff for the very generous free raffle as well as treats that were brought in April. Please call Tina Maeder for more information at **978-540-2472**. Everyone welcome.

Last Pine Tree Park Blood Pressure Clinic and Coffee Hour

with Nashoba Nurses and Council on Aging will be held on **Thursday, May 28th from 10:00-11:00 am** in the Pine Tree Park Community room. Please join Tamara Bedard, RN from Nashoba Associated Board of Health and Tina Maeder for a final gathering for this blood pressure clinic. All residents welcome. Please remember that we will continue twice weekly BP clinics at the COA, Tuesdays in room 230 and Thursdays in the Diner with the Fire Department. Thank you to all the loyal residents who kept this going for over 12 years! Special thanks to our refreshment team of Mary H. and Peg L.



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

Catholic Heart Work Camp

CHWC is tentatively scheduled to be in the Littleton area again this year from **Monday, June 22nd-Thursday, June 25th, from 8:30 am to 3:00 pm**.

For the past 8 years, the CHWC has assisted homeowners in need with help around the house. The teenagers from across the country, assisted by an Adult Supervisor, can perform a variety of tasks including, painting, organizing, yard work, and small repairs. Please call Tina Maeder in the Outreach office at **978-540-2472** if you are interested in having them come to your home. Applications are due at the end of May, and you must be home during their 8:30-3:00 work day.

Council of Churches, Day of Caring

Saturday, June 13th, from 9:00 am-12 noon. Teams from the local Littleton churches will be doing yard work for those in need. Please contact Tina Maeder at **978-540-2472** for details.

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, May 27th from 6:30-8:30 pm** in the Senior Diner with Stephanie Burton from Nashoba Park. Contact Tina Maeder at **978-540-2472** for more detail. A light supper is provided as well as information on caregiving and resources.



Friends of the Council on Aging



We had so much fun playing Bingo with the Girl Scouts that they decided to come back again. Please save these dates for special times with Junior Girl Scout Troop 63102. Both events are **FREE**.

Spring Fling

Thursday, May 7th, 3:15-4:30 pm, Multi-Purpose Room

Come and join in the fun with games, crafts, and snacks.

Bring a friend and please call **978-540-2474** to reserve your spot.

Luncheon

Wednesday, May 27th, noontime, in the Senior Diner

The Girl Scouts will make lunch for us. This will be very special.

FOR THIS EVENT ONLY, SPACE IS LIMITED TO 30 SENIORS.

Please reserve your spot by calling **978-540-2474**

THRIFT SHOP



Shoes, Shoes, Shoes! We have all kinds and sizes. Dress up with your best foot forward in a collection of our summer styles. Our shop is ready for you. Want bling? We have it. Want color? We have it. Whatever you need for a summer wardrobe you'll

find in our shop.

Drop by and look around and shop til you drop. Thank you for supporting the Friends of the COA Thrift Shop and our seniors with your purchases.

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



Heart Health Talk



Join us on **Wednesday May 6th at 10:30 am** at the COA to hear Registered Nurse Jo Ann White share tips on maintaining Heart Health. Jo Ann has been working with Tamara Bedard and some may remember her from Tamara's last visit at the Blood Pressure Clinic.

Call 978-54-2470 to sign up for a seat at this educational and healthful session. Room 230.

Why Your Story Matters



Thatcher Freund, a journalist and memoir writer, will be at the COA to talk about the importance of stories in our lives. He will help us to see why it matters that we preserve our stories. Join Thatcher on **Wednesday, May 20 at 1:00 pm** in Room 230.

Thatcher is a graduate of Stanford University with a B.A. in History, and the Columbia School of Journalism, and has lived in New England off and on for the last twenty years. Besides his speaking engagements, Thatcher helps people to write their own memoirs and teaches workshops on memoir writing.

Frauds and Scams



Join us on **Thursday May 14th at 1:00 pm** to meet with Patrolman Ashley Brooks from the Littleton Police Department. This event was rescheduled from April. Ashley will be talking about frauds and scams that are frequently perpetrated upon older adults. We will meet at 1:00 pm in Room 233. And NO! the IRS is not calling you at your home or sending emails!! Call **978-540-2470** to reserve a seat for this free program.

Caring For A Loved One



Are you the caregiver for a loved one? It is always a difficult time when you realize that your loved one is no longer safe living at home. Lauren Gaffney, OTR/L, is a certified dementia practitioner and the Program Director for the Memory Support Unit at LifeCare Center of Nashoba Valley. She will be here to talk about the factors that drive the choices available for the different levels of care.

Join us **Saturday May 16th at 10:30 am in Room 103** at the TownHouse. Bring your questions for Lauren. Sign up by calling **978-540-2470** – refreshments provided for this free session.

Fire Dept BP Check



The Littleton Fire Department Ambulance Crew will be in the Senior Diner on **Thursdays** at lunch time to perform blood pressure tests on anyone who wishes to have one, unless they have an emergency call.

Podiatry Clinic



Next Podiatry Clinic: Wednesday, May 20th, in Room 233. By Appointment only. Call **978-540-2470** to schedule an appointment. **Cost is \$30.**

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.

All classes below are in the Multi-Purpose Room, Except Yoga (see below)

Call 978-540-2470 to register.

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

Intermediate to Advanced.
\$2 per session.



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

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



Gentle Flow Yoga

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

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




Tai Chi-Qi Gong

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

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



MAY 2015 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p>All meals include 1% milk</p>			<p>1 Grilled Chicken W/ Red Pepper Pesto Brown Rice Mixed Veggies Multi-Grain Bread Pineapple 1% Milk</p>
<p>4 Vegetable Soup Baked Salmon W/ Dill Sauce Red Bliss Mashed WW Bread Applesauce W/C 1% Milk HDM: Spinach</p>	<p>5 SPECIAL Greek Meatballs W/ Au Jus/Onions/Feta Brown Rice Pilaf Tossed Salad Pita Tzatziki Sauce (Cong) Blueberry Buckle Diet: Strawberry Graham 1% Milk HDM: Broccoli</p>	<p>6 Grilled Chicken W/ Balsamic Sauce Sweet Potatoes Italian Green Beans WW Bread Vanilla Pudding Diet: SF Van. Pudding 1% Milk</p>	<p>7 Chicken Chow Mein W/ Crispy Noodles White Rice Broccoli WW Dinner Roll Pineapple Fortune Cookie 1% Milk</p>	<p>8 Meatloaf 60/40 W/ Jardiniere Gravy Scalloped Potatoes Roast Brussels Sprouts Italian Bread Banana 1% Milk</p>
<p>11 Beef and Lentil Chili Brown Rice California Veggies WW Bread Peaches 1% Milk</p>	<p>12 Three C Soup Grilled Chicken W/BBQ Sauce Au Gratin Potatoes WW White Bread Sugar Cookie Diet: Lorna Doones 1% Milk HDM: Mixed Veggies</p>	<p>13 COLD PLATE Turkey Cranberry Salad Orzo and Spinach Cauliflower/RP Salad Sub Roll Banana Pudding Diet:SF Ban. Pudding 1% Milk</p>	<p>14 Roast Pork W/ Apple Pork Gravy SC/Chive Mashed Broccoli WW Bread Pears 1% Milk</p>	<p>15 Chicken Kielbasa W/ Tomato Basil Sauce Penne Tossed Salad Italian Bread Mandarin Oranges 1% Milk HDM: Carrots</p>
<p>18 Baked Chicken W/ Supreme Sauce SC/Chive Mashed Mixed Veggies WW Bread Fresh Fruit (apple) 1% Milk</p>	<p>19 Gypsy Soup Potato Fish Butternut Squash Green Beans WW Dinner Roll Lemon Pudding Diet: SF Lemon Pudding 1% Milk</p>	<p>20 Teriyaki Chicken Brown Rice Oriental Blend WW Bread Pineapple 1% Milk</p>	<p>21 Roast Turkey W/ Gravy SC/Chive Mashed Tossed Salad Rye Bread Orange 1% Milk HDM: Peas/Carrots</p>	<p>22 Broccoli Bake Stewed Tomato Sweet Potato Coins Italian Bread Chocolate Chip Cookie Diet: Apple Grahams 1% Milk</p>
<p>25 </p>	<p>26 Grilled Chicken W/ Honey Mustard Sauce Stuffing Peas WW Bread Cantaloupe 1% Milk</p>	<p>27 Cauliflower Soup Roast Pork W/ Rosemary Gravy SC/Chive Mashed WW Bread Apricots 1% Milk HDM: Spinach</p>	<p>28 Chicken Parmesan W/ Tomato Basil Sauce Ziti Tossed Salad WW Dinner Roll Hermit Cookie Diet: Strawberry Graham 1% Milk HDM: Broccoli</p>	<p>29 BBQ Rib Baked Beans Italian Blend Hamburger Roll Applesauce W/ C 1% Milk</p>



MAY 2015



Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Wii Noon Lunch 1:00-2:30 Bingo
4 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 7:00 pm Town Meeting	5 9:00-10 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	6 9:00-1:00 LSC 10:00-1:00 SHINE 10:30 Heart Health Talk Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00 Friends of the COA	7 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 3:15-4:30 Spring Fling	8 10:00 Wii Noon Lunch 1:00-2:30 Bingo
11 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting	12 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30 Health Care and Your Retirement 1:00 Mah-Jongg 1:00-2:30 Social Anxiety Grp	13 9:00-1:00 LSC 10:00-1:00 SHINE Noon Birthday Lunch 12:45 Scrabble 1:00-2:00 Yoga	14 7:30 Ladies' Breakfast 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 1:00 Frauds & Scams	15 10:00 Wii 10:30 Coffee with the Pharmacist Noon Lunch 1:00-2:30 Bingo
18 9:00-11:00 Line Dancing 10:00 Crafts at the Council 11:00-12:00 Tai Chi Noon Lunch Noon Senior Citizens Club Meeting Noon-2:00 "Loving Stitches"	19 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	20 7:30 Men's Breakfast 9:00-1:00 LSC 10:00-1:00 SHINE 12:45 Scrabble Noon Lunch 1:00-2:00 Yoga 1:00 Why Your Story Matters Podiatry Clinic-By Appointment Only	21 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill. 11:15-12:15 Stretch & Flex Noon Lunch 1:00-2:30 Bereavement Group	22 10:00 Wii Noon Lunch 1:00-2:30 Bingo
25 	26 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	27 9:00-1:00 LSC 10:00-1:00 SHINE 10:30 Downsizing & Preparing to Sell Noon Girl Scouts Luncheon 12:45 Scrabble 1:00-2:00 Yoga 6:30-8:30 Caregivers Meeting	28 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-11:00 Pine Tree Park BP Clinic (Last One) 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Movie of the Month	29 10:00 Wii 11:15-Noon Intergenerational Event Noon Lunch 1:00-2:30 Bingo

BIRTHDAY LUNCHEON Wednesday, May 13th HAPPY BIRTHDAY!



Your lunch will be paid for by Minuteman Senior Services. Cake provided by COA. **Make reservations by May 11th** by calling **978-540-2474**. All are welcome. Bring a friend.

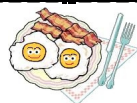
Get a FREE Class

As a reward for attendance, get a coupon for a **FREE** class in 2015 when you attend 6 or more classes in **May** (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 June 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

LADIES' BREAKFAST

May 14th - 7:30 am to 9:00 am



MEN'S BREAKFAST

May 20th - 7:30 am to 9:00 am

June, July & August Men's and Ladies' Breakfasts will be combined: June 17, July 15, August 19

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

Day Trips

New York 9-11 Memorial and Museum Tour



Depart from Littleton Townhouse for Fox Motor Coach tour to New York City's 9-11 Memorial and sightseeing in Manhattan. Tour date: **Saturday May 9th**; \$109 per person, includes admission to the museum, visit to Rockefeller Center, luxury motor coach. Questions? Contact **Littleton Park and Rec at 978-540-2490**.

Day Trip – Casco Bay, Bailey's Island and Freeport Maine



Join us on **Saturday September 12th** for a bus trip to Portland, Maine, Cruise in Casco Bay and lunch at Cook's Lobster House on Bailey's Island. Later you will visit Freeport, Maine, for shopping at L.L. Bean and other outlets. Bus and trip, including lunch are \$89. Departing from Littleton. For reservations contact Littleton PRCE at **978-540-2490**.

Check with the Westford (978-692-5523) and Groton (978-448-1170) COAs for information on additional day trips.

Need a Ride to the Polls to Vote?

If you need a ride to the polls on **Saturday, May 9th**, call the COA office at **978-540-2470** to arrange for van pickup.

If you can't get to the polls on Election Day, you may **Vote Absentee** up until **12 noon on Friday May 8th**. Absentee ballots can be completed at the office of the Town Clerk or call the office at **978-540-2402** to arrange for mailing.

HealthCare and Your Retirement

Alan Bell returns to the COA to answer questions about how to assure you have adequate healthcare in retirement. If you are retired or approaching retirement, this is a chance to ask about your situation with no obligations. **Tuesday May 12th at 12:30**. Call the COA office **978-540-2470** to sign up.

Coffee with the Pharmacist

Come to the Senior Diner on **Friday May 15th at 10:30 am** and bring your "brown bag" – bring your prescription medications and meet with Pharmacist Freman Port. Freman will talk with you individually about medication interactions and answer questions typically asked at the pharmacy. Come for coffee and donuts – bring your meds! No signup needed.

Senior Art Exhibit



William Galvin, Secretary of the Commonwealth, has announced the 19th Annual Senior Art Exhibit, open to all citizens age 62 and older. Entries are accepted from both amateur and professional artists, in any medium. Details can be found at the COA office, where an entry form can also be picked up. **Deadline for entry is July 1, 2015.**

Easy Transitions: Downsizing & Preparing To Sell

Overwhelmed by the prospect of moving? Attend this free lively seminar by David J Down, founder of **Sell Mom's House**. David breaks down this complex task into bite-size pieces. The seminar is a non-commercial program designed to providing practical tips on downsizing with less stress. Win a gift card! **Wednesday May 27th at 10:30 am** in Room 230.

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



There will be no Crafts at the Council during the months of **May, June, July or August**. Please watch this Newsletter for information on future activities when this group resumes in September.



Reduced Cost Dental Services

Middlesex Community College in Lowell offers reduced cost cleaning and preventative services. Available September to May.

Call 978-656-3250 or 781-280-3250.

Loving Stitches



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

Looking for Scrabble Players-All Levels



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

Littleton Senior Citizens Club



The Littleton Senior Citizens Club will hold a May luncheon meeting at the Nashoba Valley Technical High School on **Monday, May 18th, at 12 noon**.

If you would like to join us for this delicious luncheon and have not already been put on our reservation list, please call **Marilyn Fedele at 978-742-4931** no later than Friday, May 8. Come join other seniors and have a great luncheon as well as a lot of camaraderie.

Movie of the Month



Thursday, May 28th at 1:00 pm, "The Imitation Game" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call 978-540-2470.



BINGO

AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30 pm
Please join us

Veteran Services



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

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

Bingo at the Congregational Church



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

NEIGHBORHOOD SUPPER



The Tuesday night Neighborhood Supper held at the Congregational Church will **NOT** be held until further notice, since the church is undergoing extensive renovations. Hopefully, we'll re-start the Supper in our newly rehabbed kitchen late Spring or early Summer 2015.

Mah Jongg



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

SENIOR BOWLING

Monday through Thursday 9:00-5:00
Friday 9:00-2:00



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

Acton Bowladrome - 978-263-7638

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music School presents classical string duos with violinist Melissa Bull and cellist Scott Lesser. **TWO SHOWS - Thursday, May 21 at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Group reservations required at (978) 486-9524 (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 **TUESDAY** 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 **TUESDAY** of the month **ONLY**.

*****Rides to Senior Diner and COA
Always FREE*****

REMINDER

If you use the van on a weekly basis, please call **48 hours** in advance **EVERY** week. Otherwise, you will not get on the list.

LITTLETON COUNCIL ON AGING

P. O. BOX 1305

33 SHATTUCK ST., ROOM 231

LITTLETON, MA 01460

RETURN SERVICE REQUESTED

Bulk Rate

US Postage

Paid

Littleton, MA

Permit No. 19