

# Senior Broadcaster



Photo by Jim Donnelly

## 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.



## AARP Tax Program 2014 2014 Income Tax Help

Please call the COA at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2014. Bring with you:

- **Your 2013 Federal and State tax Returns**
- **Form MA 1099-HC.** It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number, and your subscriber number has to be entered on your Massachusetts tax return.
- **W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc.**
- The amount and date of any federal and state estimated tax payments that you made.
- All four quarterly **property tax bills** that you paid in calendar year 2014. It is very important that you bring all four bills that you paid in calendar year 2014.
- All **water bills** that you paid in calendar year 2014.

If you sold any stocks or bonds, bring the date that you bought the stock or bonds and the amount that you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

**Medical and Dental Expenses** – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aids and eyeglasses. Add up the mileage when you drive to get prescription drugs or go to the doctor, dentist, hospital, etc. Do not include health insurance premiums, long-term care premiums, or Medicare premiums in your total – each of these premiums needs to be reported separately.

## 2014 Circuit Breaker

Maximum credit: \$1,050. Minimum age: 65 (as of Dec 31st, 2014). If filing a joint return, only one needs to meet the minimum age requirement.

**Maximum Total Income:** Single Return - \$55,000, Head of Household Return - \$69,000, Joint Return - \$82,000. Maximum assessed value of home: \$700,000.

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## Happenings—March 2015

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

- Mar 2, Mon at 10:00, **Crafts at the Council** (P8)
- Mar 10, Tues at 1:00, **Prescription Advantage Presentation** (P3)
- Mar 11, Wed at 10:30, **Urinary Incontinence Discussion** (P4)
- Mar 13, Fri at 10:00, **Caring for Your Skin in Winter** (P4)
- Mar 17, Tues, **Podiatry Clinic**, by Appointment Only (P3)
- Mar 18, Wed at noon, **St. Patrick's Day Party** (P3)
- Mar 19, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- Mar 19, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Mar 19, Thurs at 11:00 & 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- Mar 20, Fri at 10:30, **"One Door Closes" Talk** (P7)
- Mar 20, Fri at 7:30, Littleton Lyceum, **"The Hardtacks,"** (P8)
- Mar 25, Wed at 1:00, **Mrs. Drinkwater Comes to Littleton** (P4)
- Mar 26, Thurs at 1:00, **Movie of the Month** (P7)
- Mar 26, Thurs from 5:30-7:30 pm, **World Language Festival** (P7)

### Coming up:

- Apr 9, Thurs at 1:00, **Spaghetti Luncheon** (P7)
- May 9, Sat, **New York 9-11 Memorial and Museum Tour** (P7)



Watch for the upcoming Needs Assessment survey in April. The survey will be distributed by mail to all residents of Littleton over 50. We urge you to take the time to complete the assessment to help us to plan properly for the future.

### **Winter Closings**

- The Senior Diner is closed whenever the Littleton schools are closed. Check your TV for information.
- The COA Office is open whenever the Town Hall is open. If you have doubts, **call 978-540-2470** for information.
- Vans will not be running when the Town Hall is closed.

### **Internet & Computer Classes**

**Thursdays, 10:30-11:30 am, in ROOM 233, with Bill Vales**

**Mar 5** - Password management.

**Mar 12** - Organizing photos locally and on the web.

**Mar 19** - Strategies for dealing with large Word documents.

**Mar 26** - Using Search for general information, images and YouTube.

**Going on vacation? Call 978-540-2470** to stop your Broadcaster mailings. This saves the COA money. Thank you!

### **STAFF**

Pamela Campbell, Director  
 Tina Maeder, Outreach Coordinator  
 Neil Campbell, MART Driver  
 Richard Kent, MART Driver  
 Gina Monahan, MART Driver  
 George Ogilvie, MART Driver  
 Paul Tokmakian, MART Driver  
 Gayle Dalton, Senior Diner Manager  
 Nancy Hilsinger, Editor

### **BOARD MEMBERS**

Marjorie Payne, Chair  
 Louise Curley, Vice Chair  
 Robert Stetson, Secretary  
 Mary Catalanotto  
 Barry M. Curcio  
 Susan Dunn  
 Mary "Paddie" Hunt  
 Jean Johnson  
 Barbara Kamb  
 George A. Sanders, Sr.  
 Chris Simone

### **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

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](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

## Having Trouble Paying Fuel Bills?



- SMOC Fuel Assistance Program
- Good Neighbor Energy Fund

Call Tina in the Outreach Office, **978-540-2472**, to make an appointment to discuss your eligibility for these programs.

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## Littleton Social Club (LSC)



The LSC (formerly the Chit Chat Club) 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**.

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## Living Alone & Living Well Group

The group will be meeting on **Thursday, March 19th from 10:30-11:30 am** in Room 205 (Assessor's Conference Room). 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.

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## Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, March 3rd and 17th, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

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## Podiatry Clinic



Next Podiatry Clinic: **Tuesday, March 17th**. Call **978-540-2470** to schedule an appointment. Cost is \$30.

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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 (March 19th) 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.



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

## Prescription Advantage Presentation



Each year, thousands of seniors in Mass. reach the gap in their Medicare prescription drug coverage (Part D). This is often called the "donut hole". This year, when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, their Part D plan will pay 55% coverage of a brand name drug and 35% for generics. Although 55% coverage sounds great, it is really not so great; if you take a brand name drug that costs \$300, you would still need to pay \$135.

This is where Prescription Advantage can help. Kathy Devine from the Executive Office of Elder Affairs will be at the Littleton COA on **Tuesday, March 10th @ 1:00 pm**, to explain how P. A. can help to fill the hole in your Medicare prescription drug coverage. Please call the Outreach office for further information at **978-540-2472**. Location TBD.

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## Caregivers Meeting



Those who are caring for someone in the home are invited to attend a monthly support group. Contact Tina Maeder at **978-540-2472** for more details about when this group meets and whether it would be helpful for you. A light supper is provided as well as information on caregiving and resources.

## Friends of the Council on Aging



### No Winter Blues for our Seniors!!



When the March winds are blowing, we will be inside enjoying a **St. Patrick's Day Party** catered by Nashoba Tech students who will serve Corned Beef and Cabbage. **Date: Wednesday, March 18th at noon**. Cost: \$5.00 per person.

The Party will be held in the Shattuck St. Multi-Purpose room. Please sign in or call the Senior Diner at **978-540-2474**. Look for our fliers which will include complete details. The Friends continue to support the many programs for our Littleton seniors with your donations and revenue from the Thrift Shop. Thank you for your support

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## THRIFT SHOP SALE



The Thrift Shop's annual \$3.00 a bag sale will be the weeks of **March 16th and March 23rd**. Come in and fill a bag, there will be plenty to choose from.

The shop will get it's after-sale facelift and re-open on April 6th.

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



## Rain Barrel Program



The town of **Littleton** is offering a Rain Barrel Program to help residents conserve water and save money.

Rain barrels collect and store rain water for outdoor water use, allowing homeowners to save on water bills, and provide a water source during summer watering restrictions. In New England, rain barrels can save as much as 1,700 gallons of water during the extended summer months. They also reduce pollutants from entering into the water supplies by reducing runoff – this helps towns manage the water supplies and keep costs down. Rain barrels are low cost and easy to install.

The rain barrel is repurposed from a 60 gallon shipping drum. A drum is 39" tall by 24" wide, 20 lbs. empty. The shipping drum is made from 3/16" polyethylene which is UV protected and BPA free. The barrel comes complete with overflow fittings, drain plug, screw-on cover, and a threaded spigot with a choice of two ports to use with either a watering can or a garden hose. The rain barrel arrives with simple instructions for fast and easy installation.

**Littleton** is offering the Great American Rain Barrel in three colors; Forest Green, Earth Brown or Nantucket Gray at the low cost of \$79 versus the retail price of \$119. To take advantage of this community program discount please go to:

<https://www.greatamericanrainbarrel.com/c-180-littleton.aspx> or call (800) 251-2352. Barrels will be available for **Pickup: Saturday March 28th, 9:00-11:00 am** at the LEWLD Littleton Electric and Water, front parking lot: 39 Ayer Rd, Littleton, MA 01460.

**Deadline for purchase:** Orders must be received by **Saturday March 21st @ 5:00 pm.**

## Mrs. Drinkwater Comes to Littleton!

Join us on **Wednesday March 25<sup>th</sup>** for a delightful program with Mrs. Drinkwater. This program, with audience participation, brings the friends and family of Josie from Boston's North End in the 1950's. This free program starts at 1:00 pm in the Multipurpose Room. Lots of laughs! **Call 978-540-2470** to reserve your seat.

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### Caring For Your Skin in Winter



Dr. Prativa Basnet will be at the COA on **Friday, March 13<sup>th</sup>** for a 'Coffee With...' presentation. Dr. Basnet comes to us from Nashoba Valley Medical Center and will be at the Senior Diner at **10:00 on the 13<sup>th</sup>**. Come for coffee and to ask questions about winter skin care. **Call 978-540-2470** if you have questions.

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### Urinary Incontinence Discussion

Urinary incontinence affects one in four adult women at some point in their lives. Judy Curless and Laurie Drake, Pelvic Health Physical Therapists from Emerson Hospital in Westford, will speak at the Littleton COA about new treatment options that should be tried before a woman considers surgery. **Wednesday March 11<sup>th</sup> at 10:30 am** at the COA. **Call 978-540-2470** for details and to sign up for this important program.

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### 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.

**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 Restart

**Tai Chi** (pronounced Tie Chee) 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 has moved to **11:00 am on Mondays** and is also offered on **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.

# MARCH 2015 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 Autumn Harvest Soup Salisbury Steak/ Mushroom Gravy Mashed Potatoes Dilled Carrots Rye Bread Mixed Fruit	3 Grilled Chicken Picatta Brown Rice/Parsley Roasted Brussel Sprouts Whole Wheat Bread Vanilla Pudding (Topping) Diet: SF Vanilla Pudding	4 Pork Roast w/ Apple Pork Gravy Sweet Potatoes Tossed Salad HDM: Cauliflower & Italian Green Beans Multigrain Bread Fresh Fruit	5 Kale Potato Soup Chicken Tortilla Casserole HDM : Green Beans Whole Wheat Bread Applesauce w/C Black :Chicken 2 compartments	6 Butternut Mac & Cheese Broccoli Italian Bread Chocolate Chip Cookie Diet: Chocolate Graham Black:Fish 2 compartments
9 Meatballs with Swedish Sauce Brown Rice/Red Peppers Winter Blend Vegetables Whole Wheat Bread Fresh Fruit	10 Three C Soup BBQ Pork Rib Hash Brown Potatoes w/ Green Peppers HDM: Cabbage Whole Wheat Bread Apple Crisp/ (Topping) Diet: Apple Graham	11 WG Breaded Chicken w/ Tarragon Gravy Couscous w/Carrots Tossed Salad HDM: Peas Rye Bread Pineapple	12 Escarole Soup Roast Turkey/ Rosemary Gravy Mashed Potatoes HDM: Green Beans Multigrain Bread Pears	13 Potato Crunch Fish Corn Kale WG White Bread Muffin Diet: SF Pistachio Pud- ding
16 Egg Drop Soup w/Spinach Pork Fried Rice w/Peas 2 oz Pork Scallion Garnish HDM: Spinach Whole Wheat Bread Mandarin Oranges Fortune Cookie 2 compartments	17 <b>SPECIAL</b> <b>St. Patrick's Day</b> Corned Beef Hash Mustard Braised Cabbage and Car- rots Rye Bread Fruited Lime Gelatin w/ Topping Diet: Diet fruited gelatin 2 compartments	18 Vegetable Gumbo Soup Grilled Chicken w/ Florentine Sauce Egg Noodles w/Dill HDM: Broccoli Multigrain Bread Chocolate Pudding (Topping) Diet: S Chocolate Pudding	19 Beef Burger w/Onion Gravy Whipped Potatoes/Parsley Tossed Salad HDM: Mixed Vegetables WW Hamburger Roll Fresh Fruit	20 Baked Ravioli Casserole Italian Green Beans Italian Bread Peach Crisp (Topping) Diet: Gingerboy Black:Fish 2 compartments
23 Turkey W/ Alfredo Sauce (red peppers) Broccoli Bow Tie Noodles Biscuit Applesauce Black: Turkey w/Gravy	24 Vegetable Soup Beef Meatballs w/Mushroom Burgundy Sauce Mashed Potatoes HDM: Lima Beans Whole Wheat Bread Fresh Fruit	25 Lasagna/Tomato Basil Meat Sauce Tossed Salad Italian Bread Blueberry Buckle (Topping) Diet: Strawberry Graham HDM: Italian Green Beans 2 compartments	26 <b>National Nutrition Month</b> Winter Squash Soup Chicken Breast w/Peach Salsa Roasted Brussel Sprouts Multigrain Bread HDM: Winter Squash Fruited Yogurt	27 Salmon with Dill Sauce Brown Rice w/ Spinach Peas Whole Wheat Bread Pineapple Chunks
30 Chunky Tomato Soup Ground Beef with Peppers and Onions Flour Tortilla Black Beans with Cilantro HDM: Stewed Tomatoes Fresh Fruit	31 Roast Turkey/Brown Gravy Sour Cream & Chive Mashed Potatoes Tossed Salad HDM: Carrots Rye Bread Banana Pudding (Topping) Diet: SF Banana Pudding		<p style="text-align: center;">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 style="text-align: center;"><b>All meals include</b> <b>1% milk</b></p>

# MARCH 2015



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> 9:00-11:00 Line Dancing <b>10:00 Crafts at the Council</b> <b>11:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches"	<b>3</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>4</b> <b>9:00-1:00 LSC</b> 10:00-1:00 SHINE Noon Lunch <b>12:45 Scrabble</b> 1:00-2:00 Yoga <b>1:00 Friends of the COA Board</b>	<b>5</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch	<b>6</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>9</b> 9:00-11:00 Line Dancing <b>11:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi <b>1:30 COA Board Meeting</b>	<b>10</b> 9:00-10 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 Prescription Advantage Presentation</b>	<b>11</b> <b>9:00-1:00 LSC</b> 10:00-1:00 SHINE <b>10:30 Urinary Incontinence Discussion</b> <b>Noon Birthday Lunch</b> <b>12:45 Scrabble</b> 1:00-2:00 Yoga	<b>12</b> <b>7:30 Ladies' Breakfast</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch	<b>13</b> 10:00 Wii <b>10:00 Caring For Your Skin in Winter</b> Noon Lunch 1:00-2:30 Bingo
<b>16</b> 9:00-11:00 Line Dancing <b>11:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi <b>1:30 Senior Citizens Club</b>	<b>17</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</b>	<b>18</b> <b>7:30 Men's Breakfast</b> <b>9:00-1:00 LSC</b> 10:00-1:00 SHINE <b>Noon St. Patrick's Day Party</b> <b>12:45 Scrabble</b> 1:00-2:00 Yoga	<b>19</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:30-11:30 Computer Class</b> <b>10:30-11:30 Living Alone Grp</b> <b>11:00 &amp; 1:30 Indian Hill.</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>1:00-2:30 Bereavement Group</b>	<b>20</b> 10:00 Wii <b>10:30 "One Door Closes" Talk</b> Noon Lunch 1:00-2:30 Bingo <b>7:30 pm Littleton Lyceum</b>
<b>23</b> 9:00-11:00 Line Dancing <b>11:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	<b>24</b> 9:00-10:00 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>25</b> <b>9:00-1:00 LSC</b> 10:00-1:00 SHINE <b>12:45 Scrabble</b> 1:00-2:00 Yoga <b>1:00 Mrs. Drinkwater Comes to Littleton</b>	<b>26</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>1:00 Movie of the Month</b> <b>5:30-7:30 World Language Festival</b>	<b>27</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>30</b> 9:00-11:00 Line Dancing <b>11:00 Tai Chi</b> Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	<b>31</b> 9:00-10:00 Fit 4 Life Class <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg			

## BIRTHDAY LUNCHEON Wednesday, March 11th HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by March 9th** by calling **978-540-2474**.

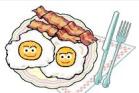
All are welcome. Bring a friend.

### 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 **March** (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 April 1st in the COA office. **MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!**



### LADIES' BREAKFAST March 12th - 7:30 am to 9:00 am



### MEN'S BREAKFAST March 18th - 7:30 am to 9:00 am



### Senior Diner - Shattuck Street

Bacon, eggs, sausages, pancakes, home-fries, toast

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs

Need a ride? **Call: 978-844-6809**

### Day Trip

#### 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: **Sat 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**.



### World Language Festival

Come to the World Language Festival **Thursday, March 26<sup>th</sup>, 5:30-7:30 pm** at the High School Cafeteria, 56 King Street. Free admission – you can buy tickets for delicious food from ethnic food cafes run by the students. Funds go toward the Foreign Language Book Bag Scholarship.

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### LELWD Discounts for Seniors

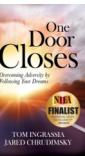


Seniors who are 62 or older are entitled to discounts on their LELD and LWD Electric and Water bills. The discounts are as follows:

LWD - \$20.00 base charge: credit is \$10.00 or half.

LELD - \$5.00 base charge: credit is 100% or \$5.00.

The \$5.00 discount on electric bills will be listed as a "customer credit" on your bills. If you are not currently receiving these discounts, please call: **978-540-2222**.



### One Door Closes...

Attend this inspirational talk by Tom Ingrassia on **Friday, March 20th at 10:30 am in Room 233** in the Town House. First day of Spring! Refreshments will be served. Tom's book, **One Door Closes** captures the inspirational, highly emotional stories of 16 people (many from Massachusetts) who have triumphed over seemingly insurmountable obstacles to achieve their dreams.

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### Spaghetti Luncheon

The Littleton School Department is sponsoring a **Free** Spaghetti Luncheon in honor of Littleton's **Senior** Citizens. This event will be held on **Thursday, April 9th at 1:00 pm** at the High School. Please come and enjoy spending time with a few of our High School **Seniors** and other students that represent our school district community.

**Please do not come early as students will be in session.**

**Parking:** Please drive all the way up the hill to the very back of the school and park in visitor parking or next to the playing fields. You will enter through the parking lot doors in the back of the school by the gymnasium/dumpsters. Please do not enter through the front doors of the school as school is in session. Sitting is limited to 75 Seniors. **Reservations and tickets are a must.** Please call in advance at **978-540-2470** to reserve your seat.

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### \*\*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!



### Movie of the Month

**Thursday, March 26th at 1:00 pm, "The Judge"** will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



## Crafts at the Council



**Monday, March 2nd:** *Paper Bowls* with Trish Nadeau. Start saving magazines to use.

**Monday, April 6th:** Maureen Donnelly with her *Buttons for Babes* bracelets.

These are very popular sessions and the seats fill quickly. Call **978-540-2470** to reserve your place. \$3.



## 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**.

## Sunshine Club Bingo at St. Anne's



March meeting of Sunshine Club Bingo will be held **March 19th at 1:00 pm** in St Anne's Church Hall on King Street in Littleton. All seniors are welcome. Come play bingo for free, win groceries, have goodies and socialize. For more information, call Denise Gibbons at **978-501-0681**.

## 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



Spring is almost here! The snow will be gone soon! It's time to get together on **Monday, March 16th at 1:30 pm** in the Senior Diner.

We will have a guest speaker as well as some yummy refreshments. Hope to see all of you on the 16th!

## Littleton Lyceum

**"The Hardtacks: Folk Music of the Civil War Era"** on Friday, March 20th, at 7:30 pm



**The Hardtacks** explore the American Civil War through unique combinations of period music and visual materials. You'll hear Marek Bennett and Woody Pringle perform songs such as "Dixie", "Swing Low, Sweet Chariot", "Home, Sweet Home" and "Ring, Ring De Banjo".

## 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.



## AT THE SENIOR DINER

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

## 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 restart 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 a concert of songs by Stephen Sondheim with vocalist Mary Crowe and pianist Evelyn Harris. **TWO SHOWS - Thursday, March 19 at 11 am and 1:30 pm**, 36 King Street (Rte. 495/Exit 30), 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](http://www.indianhillmusic.org).

**CALL US TO ARRANGE TO BRING YOUR GROUPS TO THE ABOVE AFTERNOON CONCERTS!!** (978) 486-9524 (press 0)

**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 1<sup>st</sup> and 3<sup>rd</sup> **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 2<sup>nd</sup> and 4<sup>th</sup> 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

U.S. Postage

Paid

**Littletown MA**

Permit No. 19