

Senior Broadcaster



Photo by Jim Donnelly

SENIOR TAX WORK-OFF PROGRAM

SIGN-UPS

**JULY 6 -10 &
JULY 13 - 17**



Contact the Director at **978-540-2470** if you will not be in Littleton during these dates. See **Page 7** for more details.

Senior Diner Kitchen Renovations!! Lunch Program and MOWs Continue as Usual



The kitchen in the Senior Diner is being renovated this summer with funding from the town of Littleton. The Senior Diner will be closed from Memorial Day until Labor Day, but **lunches and MOWs will continue without interruption.**

Lunches are being served in the **Community Room at Pine Tree Park, 19 Shattuck Street** (just ½ block from the TownHouse). You will need to call **978-540-2474** (the Diner) to get your name on the list for lunch, or write your name on the clipboard when you are at the lunch site. Parking is available on the street or in the "Visitor" parking spaces.

MOWs drivers should plan to come to the 19 Shattuck Street site to pick up meals. Talk with Gayle if you have any questions.

The renovations will bring us new appliances, new sinks, lighting, flooring, cabinets and counters, shelving and storage space. A copy of the building plans is available for review in the EHS office, Room 231 TownHouse.

Men's and Ladies' Breakfasts and Bingo will be on hiatus until after Labor Day.

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Happenings—June 2015

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

- June 2, Mon, at 10:00, **Zounds Hearing Clinic** (P4)
- June 10, Wed at 1:00, **Thrift Shop Fashion Show** (P3)
- June 15, Mon at 1:30, **Senior Citizens Club Meeting** (P8)
- June 13, Sat from 9:00 to Noon, **Council of Churches, Day of Car-ing** (See May Newsletter)
- June 17, Wed at 1:00, **Magic Show** (P7)
- June 18, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- June 18, Thurs at 11:00 & 1:30, **Indian Hill's "Bach's Lunch Con-cert"** (P8)
- June 18, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- June 22-25, from 8:30 to 3:00, **Catholic Heart Work Camp**
- June 24, Wed from 6:30-8:30 pm, **Caregivers Meeting** (P3)
- June 25 Thurs at 1:00, **Movie of the Month** (P8)
- July 6-10 from 9:00-12:00, and July 13-17 from 1:00-4:00, **Senior Tax Work-Off Program Sign-Ups** (P7)



Senior Spotlight

Many thanks are due to **George Sanders, Sr.** for his service on the Board of the Council on Aging as he steps down at the end of June. George, a past Chairman of the Board, has always been passionate about his concern for elders in Littleton. During his service he worked to improve the Senior Tax Work-Off Program and he has contributed in many other ways, large and small, to making the COA what it is today.

Internet & Computer Classes



There will be no computer classes during June, July or August. 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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Louise Curley, Vice Chair
Robert Stetson, Secretary
Mary Catalanotto
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Susan Dunn
Mary "Paddie" Hunt
Jean Johnson
Barbara Kamb
George A. Sanders, Sr.
Chris Simone

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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, 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 June 18th from 10:30-11:30 am**. Refreshments served, new members welcome.

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

Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, June 9th and 23rd, 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 (June 18th) 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.

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, June 24th from 6:30-8:30 pm in Room 233** 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.

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.

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.

Littleton Community Farm Donations CSA Shares

The Littleton Community Farm has generously donated **Community Sponsored Agriculture** shares for food insecure residents. These will be given to residents identified as being in need of additional assistance for food and nutrition. The CSA at the LCF (located just behind the NEFF offices at the old Prouty residence) provides fresh food every week during the growing season. Many thanks to Amy Tarlow-Lewis for her help in organizing this generous donation for Elder and Human Services.



Friends of the Council on Aging



I want to thank my Board for their continuous support to make the Friends an active plus to the Council on Aging.

A special thanks to **Nancy Levine** who as Vice President is ever on top of making sure our programs are set in stone; **Tony Jesensky**, Treasurer, for keeping the books ship shape; **Dottie Ruiz**, who jumped in as secretary; **Carolyn Harlow**, who is searching for entertainment for our programs; **Sharon Corbin**, always available to take on any job she can; **Dottie Chase** and her years of experience; and **Ellen Araujo**, another valuable member.

This board is a joy to work with and we will continue to serve our seniors the best we can.

A special thank you from the heart to all who gave their time and talent to make another Senior Follies fun for families and friends. Many hours were spent, but there were no complaints, just laughs. Thank you too to all who came and supported our efforts.

Barbara McRae,
President, FLCOA

THRIFT SHOP



It's time for the next Thrift **Shop Fashion Show**. We hope to find the right look for Summer and Fall. The date is **June 10th at 1:00 pm** in the Shattuck St. Multi-Purpose room. Join us for this enjoyable afternoon. There might be that one thing you can't live without. No reservations needed. The Thrift Shop is open **Monday through Friday from 10:00 am to 3:00 pm**.



Wellness Tip: Urinary Tract Infections

Urinary Tract Infections (UTIs) are common among older people, with women more likely to be afflicted than men. Infections occur when bacteria invades the bladder and it can move up into the kidneys as well. Usually easy to treat, left untreated it is possible for the infection to progress into blood poisoning. Kidney damage can also occur.

The usual treatment is a short round of antibiotics. In older people, however, there can be factors that make one more prone to repeated infections. Diabetics and anyone with an immune system that is compromised, such as someone going through chemotherapy, should watch for UTIs.

The symptoms of a UTI are:

- Pain or burning sensation when urinating
- Frequent urination
- Feeling that the bladder is not emptying completely
- Cloudy, dark or bad-smelling urine
- Lower abdominal pain
- Mild fever
- Delirium or confusion

An infection that has progressed into the kidneys will also cause flank pain (higher abdominal pain) and often nausea and vomiting. If you have any of these symptoms, see your doctor right away!

Tips for avoiding UTIs:

- Drink plenty of fluids, preferably water: 6 – 8 glasses per day.
- Coffee is dehydrating – for each cup you drink, be sure to drink at least one cup of water.
- Urinate regularly – don't hold urine in the bladder.
- Maintain good hygiene – wash daily and if you use a panty liner for 'dribbles', change it as soon as it becomes damp.
- Cranberry juice makes urine acidic, which fights the bacteria – and it provides more fluid!

Free Hearing Clinic



Zounds of Westford Hearing clinic will be at the COA on **Tuesday June 2nd at 10:00 am** to conduct free hearing screenings and ear examinations. Call **978-540-2470** for details.

No appointment is necessary. Room 233.

Fire Dept BP Check



The Littleton Fire Department Ambulance Crew will be in the Common Room at 12 Shattuck Street on **Thursdays** at lunch time to perform blood pressure tests on anyone who wishes to have one, unless they have an emergency call.

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 Carol Wing** **Tuesday and Thursday,** **11:15-12:15**

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



Gentle Flow Yoga

Join the Gentle Yoga group which meets on **Wednesdays from 10:00-11:00 am** in the 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.

PLEASE NOTE NEW TIME



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.



JUNE 2015 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Split Pea Soup Chicken Primavera Bow Tie Pasta Italian Bread Orange 1% Milk HDM: Peas	2 Hot Dog Tater Tots Carrots Hot Dog Roll WG Pineapple 1% Milk	3 Roast Turkey Cran/Orange Sauce Mashed Potato SCC Spinach WW Dinner Roll Chocolate Pudding Diet: SF Choc Pudding 1% Milk	4 Chicken Breast W/ Apricot Sauce Brown Rice Tossed Salad (More Tomatoes for Cong) Broccoli WW Bread Sugar Cookie; Diet: Grahams 1% Milk	5 Fish Sticks Mac & Cheese Mixed Veggies WW Bread Applesauce W/ C 1% Milk
8 Tomato Florentine Soup Sausage/Potato Casserole WW Bread Mandarin Oranges 1% Milk HDM: Stewed Tomato	9 COLD PLATE Chicken Caesar Salad Broccoli Salad Pita Lemon Pudding Diet: SF Lemon Pudding 1% Milk	10 Roast Pork W/ Apple Pork Gravy Potato Au Gratin Tossed Salad Brussels Sprouts WW Bread Cantaloupe 1% Milk	11 Cheese Lasagna W/ Basil Meat Sauce California Veggies Italian Bread Ginger Cookie Diet: Grahams 1% Milk	12 Salmon W/ Dill Sauce Brown Rice Spinach WW Bread Pineapple 1% Milk
15 Chicken Breast W/ Herb Sauce Mashed Potato SCC Peas & Carrots WW Bread Banana Pudding Diet: SF Ban Pudding 1% Milk	16 Three C Soup Chicken Picatta Penne WW Dinner Roll Tropical Fruit Salad 1% Milk HDM: Broccoli	17 SPECIAL Roast Beef W/ Au Jus Sweet Potato Mash Tossed Salad Green Beans Italian Bread Straw/Rhubarb Crisp Diet: Lorna Doones 1% Milk HDM: Pot Roast	18 Sliced BBQ Pork Baked Beans (Molasses) Carrots Subroll Pineapple 1% Milk	19 Cheese Tortellini W/ Marinara Sauce Yellow Squash Italian Bread Orange 1% Milk
22 Meatballs W/ Swedish Sauce Mashed Potato Green Beans WW Dinner Roll Vanilla Pudding Diet: SF Van Pudding 1% Milk	23 Chicken Cacciatore Ziti Tossed Salad Italian Blend WW Bread Chocolate Chip Cookie Diet: Grahams 1% Milk	24 24 COLD PLATE Chef's Salad W/ Ham/Cheese/Egg Pasta W/Chick Peas/ & RP/ Tomato Sub Roll WG Pineapple 1% Milk	25 Spinach Lentil Soup Roast Turkey W/ Rosemary Gravy Scalloped Potato WW Bread Applesauce W/ C 1% Milk HDM: Spinach	26 Chicken Breast W/ Teriyaki Sauce Crunchy Chinese Noodle Brown Rice Broccoli Rye Bread Mandarin Oranges 1% Milk
29 Chicken Breast W/ Honey Mustard Sauce Butternut Squash Green Beans WW Bread Fresh Fruit (Plum) Diet: Grahams 1% Milk	30 Potato Crunch Fish Mashed Potato SCC Tossed Salad Carrots WW Bread Butterscotch Pudding Diet: SF BS Pudding 1% Milk	From Memorial Day-Labor Day the Littleton Senior Diner will be closed. Lunches will be served in the Community Room at Pine Tree Park, 19 Shattuck Street. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00		All meals include 1% milk



JUNE 2015

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	2 9:00-10 Fit 4 Life Class 10:00-12:00 BP Clinic 10:00 Zounds Hearing Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	3 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Lunch 12:45 Scrabble 1:00 Friends of the COA Board Meeting <i>NOTE NEW TIME FOR YOGA</i>	4 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	5 10:00 Wii Noon Lunch 1:00-2:30 Bingo
8 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting	9 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 1:00-2:30 Social Anxiety Grp	10 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Birthday Lunch 12:45 Scrabble 1:00 Thrift Shop Fashion Show	11 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	12 10:00 Wii Noon Lunch 1:00-2:30 Bingo
15 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch 1:30 Senior Citizens Club Meeting Noon-2:00 "Loving Stitches"	16 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	17 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE Noon Lunch 12:45 Scrabble 1:00 Magic Show	18 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 Noon Fire Dept BP Check 1:00-2:30 Bereavement Group	19 10:00 Wii Noon Lunch 1:00-2:30 Bingo
22 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	23 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	24 9:00-1:00 LSC 10:00-11:00 Yoga 10:00-1:00 SHINE 12:45 Scrabble Noon Lunch 6:30-8:30 pm Caregivers Meeting	25 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month	26 10:00 Wii Noon Lunch 1:00-2:30 Bingo
29 9:00-11:00 Line Dancing 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	30 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			

BIRTHDAY LUNCHEON Wednesday, June 10th HAPPY BIRTHDAY!



Your lunch will be paid for by Minuteman Senior Services. Cake provided by COA. **Make reservations by June 8th** 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 **June** (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 July 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 AFTER LABOR DAY, DUE TO THE SENIOR DINER KITCHEN RENOVATIONS.



Day Trip to 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**.

Remembering Edith Williamson



The family of Edith Williamson has generously asked that contributions be made to the Council on Aging in her memory, if desired. You may send a check made out to the "Council on Aging" to 33 Shattuck Street, or stop by with your remembrance. Please put "Edith Williamson" in the memo field.

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.**

IT'S MAGIC !!!



Stephanie Beach, master of close-up magic, returns to the COA on **Wednesday June 17th** for a fun-filled magic show full of astounding acts! Call **978-540-2470** to reserve your seat in the MultiPurpose Room for this **1:00 pm** performance. Bring your imagination....

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!

Senior Tax Work-Off Program Sign-Ups



Seniors over 60 who own property in Littleton may be eligible to receive an abatement on property taxes in return for work. The sign-up dates for this year's program will be in the COA area, 2nd floor TownHouse:

Monday-Friday

July 6-10 from 9:00 am to 12 noon and

July 13-17 from 1:00-4:00 pm.

You must apply for the program during this period. If you are not able to come in to sign up for the program because you are away from Littleton during sign-up, contact the Director in the COA office at **978- 540-2470 before July 1st.**

You may be eligible if you:

- Are 60 years of age or older
- Possess skills needed by Town Departments
- Own the property for which taxes are paid
- Sign up annually through the Council on Aging
- Pass a CORI

If you had changes to your Deed in 2013 or 2014, such as establishing a trust, **contact the Office of the Assessors** to ensure that you still qualify. Please do this before coming to sign up.

Contact the COA office at 978-540-2470 for more information on how the program operates.

Veterans: There is a Veteran's Tax Work-Off Program available. You do not need to be a senior to be part of this program. You must show your discharge Form DD -214. Call **John Boroski, Veteran's Agent, at 978-540-2485** for details.

Crafts at the Council



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



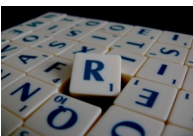
Loving Stitches



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.

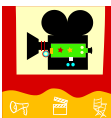
Call **Carolyn Harlow 978-486-8589** for more information.

Littleton Senior Citizens Club



The Littleton Senior Citizens Club will hold their end of the year meeting on **Monday, June 15th, at 1:30 pm** in Room 103 of the Town Office Building. This is the large meeting room on the first floor with the outside entrance door just to the right of the entrance to the Cable TV Studio. It has very easy access for all -- no stairs to climb and no elevator. Just walk in the door. The program for this meeting will be an Ice Cream Social. We hope to see all of you there.

Movie of the Month



Thursday, June 25th at 1:00 pm, "Belle" 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

**Will be on hiatus until after Labor Day
Due to planned kitchen renovations**

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



There are no Sunshine Club Bingo meetings till Sept. Have a great summer. See you in the fall. We start up again on September 17th.

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 popular vocalist Martha Warren singing classical, Broadway, and American standards. **TWO SHOWS - Thursday, June 18 at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations required for groups at (978) 486-9524 (press 0).

Learn more at www.indianhillmusic.org. Sponsored by Benchmark Senior Living at Robbins Brook. **REMINDER: No 'Bach's Lunch' concerts in July and August.**

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