

# Senior Broadcaster



Photo by Jim Donnelly



Join us for a cook-out for seniors, hosted by the Littleton Police and Fire Departments, on **Wednesday July 15th at 12:00**. See complete details on Page 2.

## Senior Tax Work-Off Signup July 6-17

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, which will be in the COA area, 2<sup>nd</sup> floor TownHouse, are:

### 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.**

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## Happenings—July/August 2015

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

- July 15, Wed at Noon, **LPD and LFD Cookout for Seniors** (P2)
- July 16, Thurs from 1:00-2:30, **Bereavement Group** (P3)
- July 21, Tues, **Podiatry Clinic** - by Appointment (P4)
- July 22, Wed at 11:00, **Jazz to HipHop Dance Show**(P7)
- July 23, Thurs from 10:30-11:30, **Living Alone & Living Well Group** (P3)
- July 29, Wed from 6:30-8:30 pm, **Caregivers Meeting** (P3)
- July 30, Thurs at 1:00, **Movie of the Month** (P8)
- Aug 19, Wed at Noon, **Summer Cookout with Senator Elbridge and Rep Arciero**, at the Police Station (P7)
- Aug 20, Thurs from 1:00-2:30, **Bereavement Group** (P3)
- Aug 26, Wed from 6:30-8:30 pm, **Caregivers Meeting** (P3)
- Aug 27, 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 Pine Tree Park, 19 Shattuck Street (P4)

### Ongoing Exercise Programs:

- Tuesdays and Thursdays, from 9:00-10:00, **Fit-4-LIFE with Phyllis** (P4)
- Tuesdays and Thursdays, from 11:15-12:15, **Stretch and Flex with Carol Wing** (P4)
- Wednesdays, from 10:00-11:00, **Gentle Flow Yoga** (P4)
- Mondays & Saturdays, from 11:00-12:00, **Tai Chi-Qi Gong** (P4)



**Littleton Police and Fire Departments** are hosting a cook-out for seniors on **Wednesday, July 15th at noon**. Join us at the Littleton Police Station, 500 Great Road, for burgers and hot dogs and all the trimmings. Police Chief Matt King and Deputy Chief Jeff Patterson will be firing up the grill. And Fire Chief Scott Wodzinski and Deputy Chief Tom Clancy promise us strawberry shortcake for dessert! **Call 978-540-2470** to reserve your seat – this will fill up fast!

### **Internet & Computer Classes**



**There will be no computer classes during 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**

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

## Living Alone & Living Well Group

The group will be meeting on **Thursday July 23rd, from 10:30-11:30 am**. 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 (July 16th and August 20th) 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, July 29th from 6:30-8:30 pm in Room 233** with Holly Dineen from Bridges by Epoch in Westford, a memory care assisted living facility. The August meeting is **Wednesday August 26th**, with a speaker from Cooperative Elder Services. Contact Tina Maeder at **978-540-2472** for more details. A light supper is provided as well as information on caregiving and resources.

\*\*\*\*\*

## Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, July 7th and 21st, and August 4th and 18th, from 1:00-2:30 pm**. Please contact Tina Maeder to sign up by calling **978-540-2472**.

\*\*\*\*\*

## SHINE-Need Help With Healthcare Costs?

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

\*\*\*\*\*

## 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.

## Your Input Needed for a Possible New Group

We are considering starting a new group for those who feel they need assistance with de-cluttering their homes.



If you are feeling overwhelmed on where to begin and you would appreciate the support of others in this process, please **call Tina Maeder in the Outreach Office at 978-540-2472** to express your interest.

## Friends of the Council on Aging

**-25-**

The Friends of the Littleton Council on Aging turn 25 years old this year. We would love to have Littleton's Seniors come and celebrate this special occasion with us. We have arranged for a spectacular luncheon, which is a BBQ and Ice Cream Social, on **Wednesday, September 9<sup>th</sup>, from noon-2:00 pm**, at Kimball's Farm, Rt. 110, Westford. Parking will be in the back by the batting cages. (Rain or shine.)

**The cost is \$5.00 per person. There is a limit of 75 Littleton Seniors. Tickets are a must. Please make your reservation no later than Sept. 2<sup>nd</sup>.**

For more detailed information, please pick up a flyer at our Thrift Shop, 2<sup>nd</sup> floor, 33 Shattuck Street. While you are there, you can sign up, get your ticket, and even browse around our shop.

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## THRIFT SHOP



Everyone is welcome at our Friends Thrift Shop. We have it all, men's, women's and children's clothing. If you are starting an apartment or just looking for something to add to your collection, we have it.

In July and August seniors can stop in to the Thrift Shop and get tickets for the **25th Birthday** celebration for the Friends of the Council on Aging. If you don't get a ticket you will miss a fabulous lunch at Kimball's. We hope to see you on September 9th for food and friendship. And watch for details about our \$3.00 a Bag Sale in September.

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



## Notice to Medicare Subscribers



Medicare subscribers may appeal decisions you disagree with, but all steps in the appeal process have specific time frames and other requirements. **You must pay close attention to the time limits for appeals!**

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription.
- Medicare denies payment for health care you have already received.
- Medicare stops covering services that you are receiving.
- Medicare pays a different amount than you believe it should.
- Medicare drug plan denies coverage of your medication.

The Medicare Advocacy Project (MAP) provides **free** advice, assistance with appeals and legal representation. **MAP** can help anyone with Original Medicare or a Medicare Advantage Plan *regardless of income*.

To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.

To understand and access Medicare benefits, call your senior center and ask for a **SHINE** appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can arrange an appointment with a SHINE counselor for Wednesday mornings at the COA. **Call 978-540-2470** to make an appointment.



## Podiatry Clinic

Next Podiatry Clinic: **Tuesday, July 21st**, in Room 233. By Appointment only. Call **978-540-2470** to schedule an appointment. **Cost is \$30.**

\*\*\*\*\*

## Fire Dept BP Check



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

\*\*\*\*\*

## 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.

\*\*\*\*\*

## RNs Needed to Staff Blood Pressure Clinic



Are you an RN who can give 2 hours a month to help staff our blood pressure clinic? The Clinic is held every **Tuesday from 10:00 until 12 Noon**. If you are interested, please call Pamela at the COA offices, **978-540-2470**.

**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. 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.

# JULY 2015 MENU



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| <p>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</p> <p>Suggested Voluntary Donation: \$2.00</p> <p>All meals include 1% milk.</p> | <p>1<br/>Minestrone Soup<br/>Meatballs<br/>Sweet/Sour Sauce<br/>Brown Rice<br/>Multigrain Bread<br/>Orange<br/>HDM : Mixed Veggies</p>           | <p>2<br/>Pork Riblet<br/>BBQ Sauce (Hickory)<br/>Mashed Potato<br/>Brussels Sprouts<br/>Hamburger Roll<br/>Pineapple Angel Cake</p>                           | <p>3</p>   |   |
| <p>6<br/>Sloppy Joe<br/>Tater Tots<br/>Broccoli<br/>Mandarin Oranges<br/>Hamburger Bun</p>  | <p>7<br/>(Cold Meal)<br/>Chicken Cilantro<br/>Mexican Corn<br/>Green bean salad<br/>WW Dinner Roll<br/>Fresh Summer Fruit</p>                    | <p>8<br/>Pork Roast<br/>Rosemary Pork Gravy<br/>Whipped Potatoes<br/>Sum Squash/ Pepper<br/>Multi grain bread<br/>Applesauce w C</p>                          | <p>9<br/>Jambalaya(8oz)<br/>Brown Rice<br/>Tossed salad<br/>Whole Wheat Bread<br/>Pear Crisp<br/>HDM: Spinach</p>                  | <p>10<br/>Beef Bordelaise<br/>Noodles<br/>Roman Blend<br/>Italian Bread<br/>Butterscotch Pudding<br/>Diet: SF pudding</p>                         |
| <p>13<br/>Bok Choy soup<br/>Chicken Chow Mein<br/>Wheat Bread<br/>Fresh Fruit (plum)<br/>Fortune Cookie<br/>White Rice<br/>HDM: Kale<br/>2 compartment tray</p>   | <p>14<br/>Meatballs<br/>Tomato Basil Sauce<br/>Penne pasta<br/>Tossed Salad<br/>Italian Bread<br/>Tropical Fruit<br/>HDM: Cal Blend</p>          | <p>15<br/><b>SPECIAL</b><br/>Shaved Steak<br/>Peppers and Onions<br/>Red bliss diced<br/>Broccoli<br/>Sub Roll<br/>Sugar Cookie<br/>Diet: Animal Crackers</p> | <p>16<br/>Roast Turkey<br/>Herb Gravy<br/>Sour cream and chive potato<br/>Green Beans<br/>Multi grain Bread<br/>Applesauce w/c</p> | <p>17<br/>Fish Sticks<br/>Scalloped potato<br/>Summer Blend<br/>Rye bread<br/>Strawberry Jello with whipped cream<br/>Diet: Strawberry Graham</p> |
| <p>20<br/>Split Pea Soup<br/>Roast Pork<br/>Sweet and Sour Sauce<br/>Couscous and Carrots<br/>WW roll<br/>Orange<br/>HDM: Italian Green Beans</p>   | <p>21<br/>(cold meal)<br/>Chicken salad w/ cranberries<br/>Broccoli salad<br/>Pasta and Red Pepper Salad<br/>Rye Bread<br/>Chocolate Pudding</p> | <p>22<br/>Beef Burger<br/>BBQ Sauce<br/>Mashed Potatoes<br/>Carrot Coins<br/>Cantaloupe</p>   | <p>23<br/>Cheese lasagna<br/>Meat Sauce<br/>Tossed Salad<br/>Italian Bread<br/>Fresh Fruit<br/>HDM: Italian Blend</p>              | <p>24<br/>Chicken breast<br/>Apricot glaze<br/>Sweet Potatoes<br/>Brussels Sprouts<br/>7 grain bread<br/>Ginger Cookie</p>                        |
| <p>27<br/>Salmon<br/>Dill Sauce<br/>Brown Rice Pilaf<br/>Winter Mix<br/>WW bread<br/>Apple Muffin<br/>Diet: Lemon Graham</p>  | <p>28<br/>Tomato Rice Soup<br/>Broccoli Bake<br/>Home fries<br/>Rye Bread<br/>Applesauce w/C<br/>HDM: Stewed Tom.</p>                            | <p>29<br/>Breaded Chix Breast<br/>Creamed Corn<br/>Tossed Salad<br/>Wheat Bread<br/>Strawberry Buckle<br/>Diet : Strawberry Grhm.<br/>HDM : Spinach</p>       | <p>30<br/>Chicken Teriyaki<br/>Noodles<br/>Bok Choy<br/>Pineapple<br/>Fortune cookie<br/>Wheat Bread</p>                           | <p>31<br/>Sheppard Pie<br/>Mashed potatoes<br/>Summer Veg<br/>Dinner Roll<br/>Fresh Summer Fruit</p>  |

# JULY 2015



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
|  |  | <b>1</b><br><b>9:00-1:00 LSC</b><br>10:00-11:00 Yoga<br>10:00-1:00 SHINE<br>Noon Lunch<br><b>12:45 Scrabble</b><br><b>1:00 Friends of the COA Board Meeting</b><br><b>NOTE NEW TIME FOR YOGA</b> | <b>2</b><br><br><b>9:00-1:00 LSC</b><br>10:00-11:00 Fit 4 Life Class<br><b>11:15-12:15 Stretch &amp; Flex</b><br>Noon Lunch<br><b>Noon Fire Dept BP Check</b>                         | <b>3</b><br>  |
| <b>6</b><br>9:00-11:00 Line Dancing<br><b>11:00-12:00 Tai Chi</b><br>Noon Lunch<br>Noon-2:00 "Loving Stitches"                                   | <b>7</b><br>9:00-10 Fit 4 Life Class<br><b>10:00-12:00 BP Clinic</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br>1:00 Mah-Jongg<br><b>1:00-2:30 Social Anxiety Grp</b>  | <b>8</b><br><b>9:00-1:00 LSC</b><br>10:00-11:00 Yoga<br>10:00-1:00 SHINE<br><b>Noon Birthday Lunch</b><br><b>12:45 Scrabble</b>  | <b>9</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br><b>Noon Fire Dept BP Check</b>   | <b>10</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo |
| <b>Senior Tax Work-Off Program Sign-Up All Week, July 6-10, From 9:00-12:00</b>  |  |  |   |   |
| <b>13</b><br>9:00-11:00 Line Dancing<br><b>11:00-12:00 Tai Chi</b><br>Noon Lunch<br>Noon-2:00 "Loving Stitches"<br><b>1:30 COA Board Meeting</b> | <b>14</b><br>9:00-10:0 Fit 4 Life Class<br><b>10:00-12:00 BP Clinic</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br>1:00 Mah-Jongg  | <b>15</b><br><b>9:00-1:00 LSC</b><br>10:00-11:00 Yoga<br>10:00-1:00 SHINE<br><b>Noon LPD/LFD Cookout at the Police Station</b><br><b>12:45 Scrabble</b>  | <b>16</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br><b>Noon Fire Dept BP Check</b><br><b>1:00-2:30 Bereavement Group</b>  | <b>17</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo |
| <b>Senior Tax Work-Off Program Sign-Up All Week, July 13-17, From 1:00-4:00</b>  |  |  |   |   |
| <b>20</b><br>9:00-11:00 Line Dancing<br><b>11:00-12:00 Tai Chi</b><br>Noon Lunch<br>Noon-2:00 "Loving Stitches"                                  | <b>21</b><br>9:00-10:00 Fit 4 Life Class<br><b>10:00-12:00 BP Clinic</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br>1:00 Mah-Jongg<br><b>1:00-2:30 Social Anxiety Grp</b><br><b>Podiatry Clinic—By Appointment</b> | <b>22</b><br><b>9:00-1:00 LSC</b><br>10:00-11:00 Yoga<br>10:00-1:00 SHINE<br><b>11:00 Jazz to HipHop Dance Show</b><br>Noon Lunch<br><b>12:45 Scrabble</b>                                       | <b>23</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br><b>10:30-11:30 Living Alone Grp</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br><b>Noon Fire Dept BP Check</b> | <b>24</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo |
| <b>27</b><br>9:00-11:00 Line Dancing<br><b>11:00-12:00 Tai Chi</b><br>Noon Lunch<br>Noon-2:00 "Loving Stitches"                                  | <b>28</b><br>9:00-10:00 Fit 4 Life Class<br><b>10:00-12:00 BP Clinic</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br>1:00 Mah-Jongg   | <b>29</b><br><b>9:00-1:00 LSC</b><br>10:00-11:00 Yoga<br>10:00-1:00 SHINE<br>Noon Lunch<br><b>12:45 Scrabble</b><br><b>6:30-8:30 pm Caregivers Meeting</b>                                       | <b>30</b><br>9:00-10:00 Fit 4 Life Class<br><b>9:00-1:00 LSC</b><br>11:15-12:15 Stretch & Flex<br>Noon Lunch<br><b>Noon Fire Dept BP Check</b><br><b>1:00 Movie of the Month</b>      | <b>31</b><br>10:00 Wii<br>Noon Lunch<br>1:00-2:30 Bingo |

## IS YOUR BIRTHDAY IN JUL OR AUG? Free Lunch Wed July 8th & Aug 12th 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 Jul 6th or Aug 10th 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 **July or Aug** (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 Aug 1st or Sept 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**.

### Summer Cookout with Senator Eldridge and Rep Arciero



Our annual cookout hosted by our Legislators will be held on **Wednesday, August 19th at noon**, at the Police Station, 500 Great Road. Watch for flyers with details. Contact the COA office, **978-540-2470**, if you need transportation.

### COA Board Meeting On LCTV!



The COA Board meetings are now being broadcast **live** each month. They are also available on the town website for viewing. Go to [www.littletonma.org](http://www.littletonma.org), select the Cable department and select "LCTV On Demand" on the left side. Search for "COA" and you will find all the recorded COA meetings.

### Littleton Kayakers Starting Up!



The fourth season of the **Prime Time Paddlers (PTP)** is upon us. Free, but you must provide your own kayak, paddle, life jacket, and transportation.

Please come and join us, typically once a week. Call Littleton's Elder and Human Services at **978-540-2470** for more information.

### From Jazz to HipHop!



Join us on **Wednesday July 22nd at 11:00 am** in the MultiPurpose Room for an exciting bit of entertainment. The kids (9 – 13yo) from MusicDance.edu are here to entertain us with their dance moves and musical instruments. This program is funded through the Littleton and Massachusetts Cultural Commissions. Come and check out this **FREE** performance.



### Household Tip:

To sharpen scissors, simply cut through sandpaper.

### WISH LIST FOR BINGO PRIZES

- Candy Bars
- Tissues
- Paper Towels
- Toilet Paper
- Large Pkgs of Cookies
- Cans of Tuna
- Soup



Also need volunteers to set up and clean up. You can drop off items at the Thrift Shop; and contact Barbara McRae if you can volunteer.

### \*\*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 **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

There will be no Senior Citizens Club meetings during the summer. We will resume our meetings on **Monday, September 21st** in the newly renovated Senior Dining Room.



## Mah Jongg

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



## Household Tip

Add half a teaspoon of baking soda to the water when hard-boiling eggs to make the shells incredibly easy to peel off.

## 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 until 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 this Summer.

\*\*\*\*\*

## 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

REMINDER: Indian Hill's "Bach's Lunch" Concert Series will resume in September. (No concerts in July and August.)

See the schedule online at [www.indianhillmusic.org](http://www.indianhillmusic.org).



## Movie of the Month

**JULY:** Thursday, July 30th at 1:00 pm, **"The Second Best Marigold Hotel"** will be shown in Room 230.

**AUGUST:** Thursday, August 27th at 1:00 pm, **"Unbroken"** will be shown in Room 230.

\$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



**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. 10