

Senior Broadcaster

From the Director



Needs Assessment for Seniors. The Board of Selectmen has asked us to improve our programming and be prepared to meet the needs of the increasing senior population of Littleton. We need help to identify truly serious problems like food insecurity, property tax relief, health concerns and care-giver issues and the Needs Assessment will give us real information that we can use to decide how to spend our limited funds.

To ensure that the Needs Assessment is complete and will help us to plan for the next decade, we are engaging the Gerontology Institute of the University of Massachusetts to help us formulate a survey and conduct the proceedings.

Learn more about the Institute and find links to the Needs Assessments they have conducted for other towns at this site:

<http://www.umb.edu/gerontologyinstitute>

Join us for a **public meeting on Saturday January 10, 10:30 – 12:00** in Room 103 at the TownHouse, 33 Shattuck Street. Dr. Jan Mutchler of the UMass Gerontology Institute will be there to answer questions about the Assessment, as will the members of the COA Board Needs Assessment SubCommittee: Louise Curley, Susan Dunn, Chris Simone, Mary "Paddie" Hunt, and Bob Stetson.

We are all excited about the prospect of learning about the specific needs of Littleton's mature population and look forward to working on this project over the coming months.

Watch for your opportunities to participate.

Pamela



Photo by Jim Donnelly

Change in Van Rides to Boston



Starting the week of **January 19th** the van will go to Boston hospitals and the Lahey Clinic on **TUESDAYS**, not Wednesdays. The 1st and 3rd Tuesdays will be the Boston hospitals and 2nd and 4th Tuesdays will be for trips to Lahey in Burlington.

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

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Happenings—January 2015

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

- Jan 5, Mon at 10:00, **Crafts at the Council** (P8)
- Jan 7, Wed at 10:30, **Emergency Preparedness** (P7)
- Jan 9, Fri from 10:30-11:30, **Coffee with Jon Boroski** (P3)
- Jan 10, Sat from 10:30-12:00, **Needs Assessment** (P1)
- Jan 14, Wed at 10:30, **Easy Transitions: Downsizing** (P7)
- Jan 14, Wed from 1:00-3:00, **Elvis Rocks Party** (P3)
- Jan 15, Thurs from 10:30-11:30, **Living Alone & Well Group** (P3)
- Jan 15, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Jan 15, Thurs at 11:00 & 1:30, **Indian Hill's "Bach's Lunch Concert"** (P8)
- Jan 16, Fri, **Chair Massages**—by Appointment (P7)
- Jan 20, Tues, **Podiatry Clinic**—by Appointment (P4)
- Jan 21, Wed from 12:00-3:00, **Charlie Card Signup** (P7)
- Jan 22, Thurs from 10:00-11:00, **Pine Tree Park Coffee & BP** (P3)
- Jan 22, Thurs at 1:00, **Movie of the Month** (P7)
- Jan 23, Fri at 10:30, **"One Door Closes" Talk** (P7)
- Jan 30, Fri at 7:30 pm, **Littleton Lyceum** (P8)
- Jan 30, Fri, **Elder Law Project**—by Appointment (P7)

 ★ The COA will be closed **Monday, January 19th**, in observance of Martin
 ★ Luther King's birthday.
 ★

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 TownHall is open. If you have doubts, **call 978-540-2470** for information.
- Vans will not be running when the TownHall is closed.

Internet & Computer Classes

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

The COA Internet Classes will resume on **Thursday, January 29, 2015**

The Topic for the January Session will be:

- **Jan 29** - Brainstorming and discussion of topics for the Winter/Spring 2015 sessions.

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

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 Louise Curley, Vice Chair
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 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,
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 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

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**.

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.

Pine Tree Park Coffee Hour & BP Clinic

Thursday, January 22nd, Pine Tree Park coffee hour and blood pressure clinic with Nashoba Nurses' Tamara Be-dard, from **10:00-11:00 am** in the Pine Tree Park Commu-nity Room. Please invite your neighbors to attend. For fur-ther information, call Tina at **978-540-2472**.

Coffee With John Boroski



Join John Boroski, Veteran's Agent for Littleton, at a monthly coffee hour, beginning on **Friday, Janu-ary 9th, from 10:30-11:30 am** in the Littleton Senior Diner.

Living Alone & Living Well Group

The group will be meeting on **Thursday, January 15 from 10:30-11:30 am in Room 230**. 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, Janu-ary 6th and 20th, 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 (January 15th) from 1:00-2:30 pm**, to meet with Karen Campbell at our Adult Bereave-ment 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 Coun-cil on Aging.

The SMOC Fuel Assistance Program



SMOC Fuel Assistance is accepting new appli-cants. Call Tina in the Outreach Office at **978-540-2472** to make an appointment or for help with recertifications. Financial Guidelines-2015:

- 1 person household can have a gross annual income of up to \$32,618
- 2 person household: \$42,654
- 3 person household: \$52,691

Good Neighbor Energy Fund



The Good Neighbor Energy Fund of the Salvation Army will begin taking applications after **January 1, 2015**. The GNEF guidelines are as follows:

- 1 person household: \$32,618-\$43,491
- 2 person household: \$42,654-\$56,872
- 3 person household: \$52,691-\$70,254

The maximum benefit is \$275.00. For more information please visit www.magoodneighbor.org or call Tina Maeder at **978-540-2472**.



Friends of the Council on Aging



ELVIS ROCKS!!



Please come and join the Friends of the Little-ton Council on Aging for a New Year's party.

Enjoy the music provided by an Elvis Imper-sonator, Wayne Talley. Join him in song or put on your dancing shoes and kick up your heels, on **Wednesday, January 14th, from 1:00-3:00 pm**, in the Multi-Purpose room. The Friends will provide desserts, cof-fee, tea, and cider.

Space is limited, so please call **978-540-2474**, by **January 12th** to reserve your spot. **THIS EVENT IS FREE.**

THRIFT SHOP



Welcome to 2015 from our Thrift Shop staff. Another prosperous year has passed and we are ready to begin a new one. With your donations and purchases we hope to continue to sponsor programs that our senior population will enjoy.

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



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.

Vision Loss Services in Mass.



The number of individuals with vision loss is expected to double by 2030, often due to aging. Vision loss is one of the major reasons for older adults losing independence, and it can lead to social isolation and depression – but it doesn't have to. The Massachusetts Association for the Blind and Visually Impaired (MABVI) believes that losing any or all of your vision shouldn't prevent you from living your life the way you want.

Services available at little or no cost:

- Low vision examinations conducted by an eye doctor
- In-home vision rehabilitation with an Occupational Therapist
- Peer-led low vision support groups
- Volunteer services: trained volunteers to help with tasks such as grocery shopping, reading mail, or getting to medical appointments

Anyone who wants more information should call **888-613-2777** or visit the Association's website at www.mabvi.org.

Podiatry Clinic



Next Podiatry Clinic: Tuesday, January 20th.
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 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 is moving to **11:00 am on Mondays** and will also be 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.

HAPPY NEW YEAR

JANUARY 2015 MENU

HAPPY NEW YEAR

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>1</p> 	<p>2</p> <p>Beef Stir Fry with Oriental Blend (8 oz) Brown Rice Fresh Fruit/Fortune Cookie Whole Wheat Bread</p>
<p>5</p> <p>Lasagna w/Basil Meat Sauce Carrots with Dill Multigrain Bread Pineapple</p>	<p>6</p> <p>Turkey & Corn Stew (10 oz) Tossed Salad Garlic Bread Stick Fresh Orange HDM: Green Beans HDM: Italian Bread</p>	<p>7</p> <p>Split Pea Soup Grilled Chicken Breast Tarragon Sauce Red Bliss w/Thyme and Bl. Pepper Whole Wheat Bread Blueberry Buckle Diet: Strawberry Graham HDM: Butternut Squash</p>	<p>8</p> <p>Pork Roast Honey Ginger Glaze Couscous w/Red Pepper Broccoli Whole Wheat Bread Pears</p>	<p>9</p> <p>Chicken a la king Penne Winter Blend Italian Bread Butterscotch Pudding Whipped Topping Diet: SF Butterscotch Pudding</p>
<p>12</p> <p>Tomato Chickpea Soup Grilled Chicken Breast Mashed Potatoes Herbed Gravy/Roux Whole Wheat Bread Fresh Fruit HDM: California Blend</p>	<p>13</p> <p>Potato Fish Spanish Rice w/parsley Roasted Brussels Sprouts Whole Wheat Bread Lemon Pudding Det: SF Pudding</p>	<p>14 SPECIAL</p> <p>Vegetable Barley Soup Baked Ham**/Hawaiian Sauce Garlic Whipped Potatoes Parker House Roll Apple Cherry Crisp Whipped Topping HDM : Carrots w/Dill</p>	<p>15</p> <p>Swedish Meatballs Egg Noodles/dill Toss Salad Whole Wheat Bread Pineapple HDM: Mixed Vegetables</p>	<p>16</p> <p>Butternut Mac & Cheese 10 oz(use com. White Cheddar) Broccoli Italian Bread Applesauce</p>
<p>19</p> 	<p>20</p> <p>Three C Soup Grilled Chicken Breast Coq au Vin (cream sauce) (Sour Cream and Chive) Mashed potatoes Whole Wheat Bread Mixed Fruit HDM: Dill Carrot coins</p>	<p>21</p> <p>Pork Roast Soy Ginger Sauce Sweet Potatoes Tossed Salad Pumpnickel Bread Banana HDM: Broccoli</p>	<p>22</p> <p>Vegetable Gumbo Soup/ Chicken Divan Brown Rice Pilaf Whole Wheat Bread Fruited Jello w/C Whipped topping Diet: SF Jello HDM: Italian Green Beans</p>	<p>23</p> <p>Salisbury Steak Mushroom Gravy Mashed Potatoes Spinach Whole Wheat roll Sugar Cookie</p>
<p>26</p> <p>Escarole Soup Meatball Cacciatore Bow Tie Pasta w/Peas Whole Wheat Bread Pears HDM: California Blend Pears</p>	<p>27</p> <p>Pork Lo Mein Bok Choy/Carrot Mix Whole Wheat Bread Pineapple Fortune Cookie</p>	<p>28</p> <p>White Bean Kale Soup Grilled Chicken Breast Marsala Sauce Brown Rice Whole Wheat Bread Chocolate Chip Cookie Diet: Graham HDM: Kale</p>	<p>29</p> <p>Roast Turkey Rosemary Gravy Gingered Butternut Squash Tossed Salad French roll Mandarin oranges HDM: Broccoli</p>	<p>30</p> <p>Fish Wedge Tater Tots Stewed tomatoes Rye Bread Strawberry Yogurt</p>

HAPPY NEW YEAR

JANUARY 2015

HAPPY NEW YEAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 	2 10:00 Wii Noon Lunch 1:00-2:30 Bingo
5 9:00-11:00 Line Dancing 10:00 Crafts at the Council Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	6 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	7 9:00-1:00 LSC 10:00-1:00-SHINE 10:30 Emergency Preparedness Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 1:00 Friends of the COA Board	8 7:30 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 11:15-12:15 Stretch & Flex Noon Lunch	9 10:00 Wii 10:30-11:30 Coffee With Jon Boroski Noon Lunch 1:00-2:30 Bingo
12 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi 1:30 COA Board Meeting	13 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	14 9:00-1:00 LSC 10:00-1:00-SHINE 10:30 Easy Transitions Noon Lunch 12:45 Scrabble 1:00-3:00 Elvis Rocks Party 1:00-2:00 Yoga	15 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	16 10:00 Wii Noon Lunch 1:00-2:30 Bingo Chair Massages—by Appointment
19 	20 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 Podiatry Clinic by Appt Only	21 7:30 Men's Breakfast 9:00-1:00 LSC 10:00-1:00-SHINE Noon Birthday Lunch 12:00-3:00 Charlie Card Signup 12:45 Scrabble 1:00-2:00 Yoga	22 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-11:00 Pine Tree Park Coffee & BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Movie of the Month	23 10:00 Wii 10:30 "One Door Closes" Talk Noon Lunch 1:00-2:30 Bingo
26 9:00-11:00 Line Dancing Noon Lunch Noon-2:00 "Loving Stitches" 1:00-2:00 Tai Chi	27 No Fit 4 Life Class Today 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 Mah-Jongg	28 9:00-1:00 LSC 10:00-1:00-SHINE Noon Lunch 12:45 Scrabble 1:00-2:00 Yoga 4:00-5:30 Alzheimer Caregiver Support Grp @Robbins Brook	29 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	30 10:00 Wii Noon Lunch 1:00-2:30 Bingo 7:30 Littleton Lyceum Elder Law Project Ap-ointments

BIRTHDAY LUNCHEON Wednesday, January 21st HAPPY BIRTHDAY!



Your lunch will be paid for by Minute-man Senior Services. Cake provided by COA. **Make reservations by January 19th** 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 **January** (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 Feb 1st in the COA office.

MAKE SURE YOU GET YOUR NAME ON THE ATTENDANCE SHEET!

LADIES' BREAKFAST

January 8th - 7:30 am to 9:00 am



MEN'S BREAKFAST

January 21st - 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

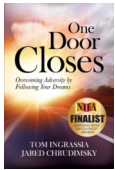
Need a ride? **Call: 978-844-6809**

Emergency Preparedness Session Wed Jan 7



Be ready for the coming bad weather. Join Firefighters Tyson David, Tom Clancy and Police Deputy Jeffrey Patterson on **Wednesday January 7 at 10:30 am** for a special program to discuss how to be prepared for an emergency. Free with refreshments! Contact Elder and Human Services at **978-540-2470** for more information and to sign up for this important program.

One Door Closes...



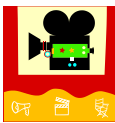
Attend this inspirational talk by Tom Ingrassia on **Friday, January 23rd at 10:30 am in Room 233** in the TownHouse. Refreshments will be served. Tom's book, **One Door Closes** captures the inspirational, highly emotional stories of 16 people (many from Massachusetts) who have triumphed over seemingly insurmountable obstacles to achieve their dreams.

Elder Law Project Appointments



The Nashoba Valley Elder Law Project, part of Community Legal Aid, will return to the Littleton COA on **Friday, January 30th**. Devlin Farmer will meet with seniors privately to discuss any legal matters. Interested seniors can sign up for an appointment by calling the COA office at: **978-540-2470**. This is a **FREE** service.

Movie of the Month



Thursday, January 22nd at 1:00 pm, "The Hundred Foot Journey" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



Charlie Card Signup



Sign up for a reduced fare Charlie Card at the Littleton COA on **Wednesday, January 21st from 12:00 noon until 3:00 pm** in Room 230. Reduced fare cards are available for those over 65, the disabled, and the blind, for riding the MBTA's tranes, buses, and subways. Bring a photo ID and we will help you complete the application and file it for you. Call **978-540-2470** if you have questions.

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, on **Wednesday, January 14th at 10:30, in Room 230**, is a non-commercial program designed to providing practical tips on downsizing with less stress. Win a gift card!

Chair Massages, Posture & Spinal Screenings



Make your appointment now for massage and screening by Deans Family Chiropractic - Dr. Aaron Deans, D.C. Call the COA office at **978-540-2470** to arrange your free appointment for the morning of **January 16th** at the COA.

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



Monday, January 5th at 10:00 am—Soap Dish Made From Shells.

Monday, February 3rd at 10:00 am—We are pleased to bring back 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.



Loving Stitches



Many thanks to everyone who helped to make our booth at the Holiday Bazaar such a big success! We meet 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 enjoyed a wonderful Holiday Luncheon at the Tech School on Monday, December 8. We will not be meeting during January and February because we cannot tell just what the winter weather will bring us. We will resume our meetings on Monday, March 16, with a very interesting and fun program. In the meantime, best wishes to all for a Happy and Healthy New Year.

Littleton Lyceum



“Alex the Jester” Friday, January 30th, 2015, at 7:30 pm in the Littleton High School Auditorium. The zany performer will incite general hilarity with his creative buffoonery.

For more information, go to www.littletonlyceum.org.

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

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



Sunshine Club Bingo will be held in St Anne's Church Hall on **Thursday, January 15, at 1:00 pm.** Open to all seniors. There will be no February meeting. We will resume on March 19, 2015.

For more information, call Denise Gibbons @ **978-501-0681.**

NEIGHBORHOOD SUPPER



The Tuesday night Neighborhood Supper held at the Congregational Church will **NOT** be held until further notice, since the church is undergoing extensive renovations. 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 violinist John Guarino and pianist Amy Lee performing works by Kreisler, Viotti, Schumann, and Heifetz. **TWO SHOWS -**

Thursday, January 15 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.

NOTE TO GROUPS: Please be sure to reserve in advance. We will call to confirm your reservation prior to January 15. If you don't get a call, then we don't have your reservation.

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