

# The Broadcaster

## October 2025



### LITTLETON EHS/COA SERVICES

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#### IMPORTANT NOTES:

COA Board Meeting will be held on October 20th, 2025 at 3pm in Program Room 2. Check the website for updates or changes.

We will be closed on Monday 10/13/2025

Tax collector office hours Monday Oct. 27th, from 10am - 2pm at the Center on Shattuck Conference Room

**From Liz's Desk:** Please read below for important information!

#### Important Update: New Registration Process Begins in October

We are implementing a new registration process starting with **October** programming. Beginning this month, **registration will open on the last Friday of each month**. This will be the first day you can register for any upcoming classes, programs, or events scheduled for the following month.

#### Key Information:

- **Registration Day:** Last Friday of each month
- **First Registration Day:** Friday, Sept. 26th for all **October** programs
- **Includes all exercise and dance classes**

Going forward, we will **no longer visit classes to collect payments** at the end of the month. To reserve your spot, please **call or visit us in person** on or after the registration day. Payment is required to secure your registration and can be made by cash or check (payable to Littleton EHS).

#### Please note:

- Classes previously listed as "full" are no longer considered full.
- **Registration is now first-come, first-served.**
- We plan to add a 3rd Chair Yoga class on Fridays in January.

We appreciate your patience and understanding as we make this transition. This change comes after careful planning and feedback, and we believe it will provide a smoother experience for all participants.

We are also actively seeking to expand our offerings and welcome suggestions for qualified instructors. If you know someone who may be interested in teaching at our center, please let us know! Thank you for your continued support!

#### **Partners in Care:**

#### **A Panel for Older Adults, Family Caregivers, and Professionals Wednesday, October 29th, 1:00pm, Multipurpose Room**

Join us for Partners in Care, a special panel discussion featuring experts in home care, elder law, aging & neurological support, and care management. Whether you are an older adult, a family caregiver, or a professional supporting older adults, this event is designed to provide valuable insights, resources, and an opportunity to get your questions answered.

#### **Our Panelists:**

SHAUNE BARRY, MBA - VP of Growth Nova Leap Home Health  
JENNIFER PILCHER Ph.D., CMC - CEO Clear Guidance

CHIDIMMA I. OKOLI, MD - CEO Worcester Physicians & Nurses Services  
JESSICA van der STAD - Executive Director MA Chapter, American Parkinson  
Disease Association

LINDSAY CHEN, ESQ - Attorney Law Office of Dale J. Tamburro

Light refreshments will be served. Please call (978) 540-2470 to register.

**\*\*DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 5TH OF THE PREVIOUS MONTH\*\***



## COA Board Update

It is hard to believe that we are in October already. Leaves are turning and falling. It is a beautiful time of year. I would like to continue my talk about taxes. Last month I discussed Tax Deferral. Liz has done a wonderful job of discussing Tax Relief for the Elderly and Disabled fund, T.R.E.A.D. I would like to tell you of all the other exemptions available to seniors. They are Clause 17D-Elderly over 70 or Surviving Spouse, Clause 41D-Senior Exemption, Clause 37A Blind, and the CPA Tax Exemption (60 and over). The staff in the Assessor's office will help you complete the application and it is confidential.

There are several exemptions for Veterans also. They include service connected disability of 10%, person awarded the Purple Heart, a parent of a veteran who lost their life during wartime, surviving spouse of a WW I veteran, and surviving spouse (who did not remarry) of deceased veteran entitled to an exemption under Clause 22 and finally Clause 22E 100% Disabled.

Any one of the above could help you with reducing your tax bill. Please take the time to visit the Assessor's office and see what could be available to you. These days every little bit helps.



*Anita Harding,*

COA Board Chair



## Free Little Food Pantry

We are excited to share that we have a free Little Food Pantry box outside of town hall on the edge of the Courtyard sidewalk. This was the Eagle Scout project of resident Mattias Lacroix from Boy Scout Troop 20 here in Littleton. This box will be stocked with non-perishable food items and hygiene products. Please take what you need.



## Participant Policies

Littleton's Dept of Elder & Human Services/ COA's participant policies are in place for the safety and welfare of staff, instructors, guests, and our community. We'll continually review and adjust as necessary. We reserve the right to pause or alter programs, and will make all attempts to notify participants in a timely manner of any changes.

- Everyone must register in advance for programs.
- All participants must abide by our Code of Conduct and Standards for Independence
- Classes and activities are subject to change, we will do our best to notify all participants of any alterations.

## IMPORTANT REMINDER:

Registration will open on Friday, September 26th for all programs and activities included in this newsletter unless otherwise noted. Please call the Dept of Elder & Human Services at 978-540-2470 to register.

**\*Priority is given to Littleton residents\***

*The Littleton EHS / Council on Aging values the diversity of our participants, staff, volunteers, and the Littleton community. We strive to promote a welcoming environment including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.*

## STAFF

Liz Tretiak, EHS Director  
 Amy DeMichele, Assistant Director  
 Alicia Rego, Outreach Coordinator  
 Megan Murphy, Program Coordinator  
 Sue Raymond, Administrative Asst.  
 Neil Campbell, Driver  
 Steve Haddad, Driver  
 Richard Kent, Driver  
 Philip Pagano, Driver  
 Sam Palmer, Driver  
 Gayle Dalton, Senior Diner Manager

### Contact Us:

EHS / COA  
 33 Shattuck Street  
 P.O. Box 1305  
 Littleton, MA 01460

**EHS@LittletonMA.org**

**Main Phone: 978-540-2470**  
**Monday-Friday, 9:00 am- 4:00 pm**

## COA BOARD MEMBERS

Anita Harding, Chair  
 Susan Melander, Vice Chair  
 Jeanne Sill, Secretary  
 Marilyn Fedele  
 Joseph Knox  
 Mary Newcombe  
 John Peachey  
 Mary-Ann Peachey

## FRIENDS OF THE COA

Sandra Casale, President  
 Charlie DeStefano, Vice President  
 Andy Fredette, Treasurer  
 Beverly Cyr, Secretary  
 Anne Lee Ellis  
 Margaret Kelleher  
 Peggy Larsen

**Friends Contact Information:**  
**Box 134, Littleton, MA 01460**  
**LCOAfriends@gmail.com**

## Broadcaster by Email and Online

You can receive the Broadcaster in your email! Visit our website at [www.littletonma.org](http://www.littletonma.org), select "Sign up to receive Email Notifications," enter your email address, select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

## Disclaimer:

Some announcements and advertisements in this Broadcaster are not sponsored by EHS/COA.

## Free Fire Protection Device Evaluations for Littleton Seniors



The Littleton Fire Department has teamed up with Littleton Elder & Human Services to assist senior residents with evaluating their current fire protection devices, such as smoke and carbon monoxide detectors, for conformity with Massachusetts Fire Code. This service includes inspection of devices, assistance with replacing devices, or even help changing batteries, when necessary.

In certain circumstances, this service may include free installation of new battery operated smoke or carbon monoxide detectors.

You are eligible to take advantage of this program if you:

- Are a homeowner in Littleton and are at least 65 years of age.
- Have a residence that was built prior to 1975, that does not have hardwired detectors.
- You have faulty, damaged, or expired battery operated detectors currently installed.

Contact the Littleton Fire Dept. with any questions or to set up an appointment, call 978-540-2302.

## Car Seat Safety for Grandparents and Caretakers

Michael Deblasio, a trained child passenger safety technician from the Littleton Fire Department, offers one-on-one appointments tailored for local caretakers, emphasizing car seat safety and proper installation to ensure your child travels safely. These classes are free and available to anyone who will be traveling with children in their vehicles.

Sessions are by appointment only; to schedule please email: [carseats@littletonfire.org](mailto:carseats@littletonfire.org)



## Littleton Safe Return Program

This program includes a form that a family member with a loved one who may wander from home completes so that if that person goes missing, the first responders have information on where the person may go and the best places to look immediately. Any person who may be at risk to wander is welcome in the program (ex: TBI, Developmental Disabilities, etc.) The information is only used when the Police are called upon to respond to the missing person and includes a photo of the person. **How to Participate:** Littleton Safe Return forms may be picked up at the Police Station or Center on Shattuck Street or at: [www.littletonma.org/police-department](http://www.littletonma.org/police-department)

## Friends of the Council on Aging

At our September board meeting the Friends unanimously voted for Barbara DeStefano as its newest Director on its board. Most of you know Barbara from Friday Bingo. But she is also known for her blockbuster fundraising abilities, with years of experience under her belt. Last year she ran two successful fundraising events for us- LCR (Left, Center, Right) and Turkey Bingo. The events were fun! She added raffle baskets, while surpassing her fundraising goals at both events. This year Barbara will run those same events, but this time as a member of the Friends, and rightfully so. We welcome Barbara with open arms and minds. Our social media presence is being resuscitated after a dormant period. The website can be found on the town's site under the department of COA. From there you can be linked to our Facebook page.

Happy Fall everyone

- **Sandra**, Chair, FLCOA

**Donation info packets are available upon request, or online here:**

[LittletonCenterOnShattuck.com/donation-opportunities](http://LittletonCenterOnShattuck.com/donation-opportunities)



Apple icon denotes a Friends sponsored event!



Paisley the Therapy Dog will be visiting weekly on Wednesdays from 10am-12pm. Give & get some puppy love!

### Key tags and Checking In:

Anytime you come into the building please scan your key tag at the front desk! We have options to check off "Drop In" if you are just coming to sit and read or enjoy a cup of coffee, or "Pool drop in" if you are going to play a game of pool.

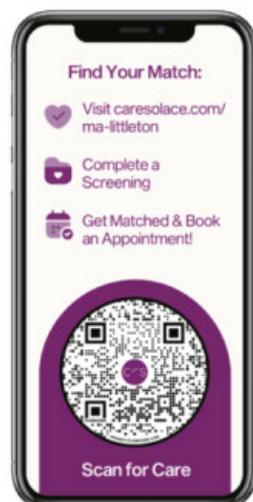


care  
solace

## Help is Available

**At no cost to you.** Care Solace will quickly and confidentially find available mental health and substance use providers, regardless of your insurance coverage. We can also connect you to social services such as housing, health care and food, as well as community organizations that provide social assistance.

Visit [caresolace.com/ma-littleton](http://caresolace.com/ma-littleton) or call 888-515-7881





## OUTREACH CORNER

**Please contact Amy or Alicia at 978-540-2470 for Outreach assistance.**

### Conversation Groups

**Living Alone & Living Well Group:** Group meets via Zoom monthly. Contact Amy to sign up & receive the Zoom link at [ADeMichele@littletonma.org](mailto:ADeMichele@littletonma.org). Group meets from 1:00pm- 2:00pm via zoom on 10/2 & 10/16.

**Caregiver Support:** Next meeting is October 29th at 6pm. Join us in Program Room 2 for great conversation and dinner! Email Amy for more info: [ADeMichele@littletonma.org](mailto:ADeMichele@littletonma.org) or call 978-540-2470.

### Grief & Healing Support Group

**2nd Monday of each month, 10AM at the Reuben Hoar Library**

We welcome adults who are experiencing grief to participate in a monthly drop-in Grief & Healing Support Group. Facilitated by grief counselor Karen Campbell, MSMHC, of *Grief&Healing Connections*, this support group offers a safe space to share experiences of the grief journey. This Group honors all types of grief, including grief due to loss, change, and transitions.

### Rental Assistance Program

The Littleton Rental Assistance Program provides rental assistance to income-eligible households who are renting qualified housing units in Littleton. The assistance available through the program will be provided for a period of 1 year (with the ability to re-apply for up to 3 years) in the amount of up to \$500/month to each participating household. Application can be found at: [www.littletonma.org/elder-and-human-services](http://www.littletonma.org/elder-and-human-services)

### Affordable Housing Trust (AHT) Homeowner Small Grant Program

The AHT is excited to announce the Homeowner Small Grant Program. This program is designed to provide financial support for critical home repairs and accessibility improvement projects to allow Littleton homeowners with limited means to remain in the community as long and as safely as possible. Accessibility Improvements may include, but are not limited to: Access Ramps, Grab Bars, Stairs & Stair Lift, Tripping Hazards, Wheelchair Access.

Littleton received a \$120,000 Housing Choice Grant from the Executive Office of Housing & Livable Communities. The AHT will offer up to \$7,500 for critical home repairs for qualified Littleton Applicants.

Applicants may be deemed eligible if (1) The property is your primary residence and in need of critical repair; (2) Household income is below 80% of Littleton's Median Income; and (3) You plan to own your home for at least the next 12 months. Contact Amy for more information 978-540-2472

### Elder Fraud Protection by Middlesex Bank Fri October 3rd, 10am-12pm, Senior Café

Join us at the Littleton Senior Center for an important presentation on fraud prevention by Middlesex Savings Bank. Taking place on Friday, October 3, 2025 at 10:00 a.m., this session will equip you with the knowledge to protect yourself from scams and fraudulent activities. Don't miss this opportunity to learn valuable tips and ask questions. Please call (978) 540-2470 to register. No cost.

### Elder Law Clinic Thurs., Oct. 9th, 10am, Conference Room

Phillip Arcidiacono, Attorney at Law, will be on site in the Conference room from 10:00AM - 11:30AM to answer your legal questions. No cost for the 30 minute consultation!

Reserve your spot by calling us at 978-540-2470. Please call to reserve your appointment!



If cost is ever a barrier to you attending a program or event, please inquire about a scholarship with any EHS/COA staff member. All scholarships are strictly confidential!



### Concerned about a senior?

You can report elder abuse or neglect by phone or online. Report suspected elder abuse anytime day or night at (800) 922-2275 or file a report online at [www.mass.gov/how-to/report-elder-abuse](http://www.mass.gov/how-to/report-elder-abuse)

## The S.H.I.N.E. Program

Are you turning 65 this year and thinking about retiring in 2025? The SHINE program can help you navigate the transition from employer group health coverage to Medicare A/B and supplemental coverage to cover copayments, deductibles, and medication.

A "New to Medicare" SHINE counseling session will guide you through how to enroll in Medicare A/B; when to enroll in Medicare; tax implications when contributing to a Health Savings Account; the differences between traditional Medigap supplements and Medicare Advantage plans; and annual healthcare costs in retirement.

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Our certified trained SHINE counselor will work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs.

Call Alicia Rego for your SHINE appointment today at 978-540-2469.



## Book and a Bite Program

EHS/COA and the Reuben Hoar Library have a new collaboration to help senior residents feel less isolated. Senior residents may request a book, magazine, or other media like DVD's and it will come with a special treat delivered by a volunteer from the Library right to your home. Don't have a specific book in mind? Staff can recommend something based on your interests! **Call to sign up 978-540-2470.**

## Massachusetts Registry of Motor Vehicles Appointment Line for Customers Age 65+

Seniors who are at least 65 years of age can call the RMV's dedicated appointment line at **857-368-8005**, Monday- Friday from 9:00 a.m. to 5:00 p.m., to schedule a license or ID renewal appointment, and REAL ID appointments.

Call and book an appointment to visit the RMV Service Center location of your choice. RMV hours of operation are Monday through Friday between 9:00 a.m. and 5:00 p.m. AAA Members must contact AAA to book an appointment to visit a AAA office. Visit [AAA/NE.com](http://AAA/NE.com) or call your local AAA office.

## Medicare Open Enrollment Casual Conversation and Coffee Hour October 14th at 9:30am, Art Room

Medicare Annual Open Enrollment is October 15 – December 7 and it's time to review your Medicare coverage, compare benefits and premiums, and make changes based on your current health, medications and finances.

Our SHINE counselor, Alicia Rego, is here to help you identify the best coverage using the Medicare Plan finder. Alicia can also provide a public benefits screening which can provide additional healthcare savings.

To learn more join us on **October 14th at 9:30am** for a Medicare Open Enrollment casual conversation and coffee hour. Come with your questions and/or to schedule your fall SHINE appointment for one on one, confidential assistance. SHINE is a program of Minuteman Senior Services partially funded by E.O.AGE.



Coupons & Financial Assistance available!  
Contact Amy at  
978-540-2470



Schedule safe, affordable public transit rides up to 20 miles to and from your pickup location in [Littleton](#) & 5 other surrounding towns.

Rides can be for any reason, all seven days of the week, from [5:30AM to 10:00PM](#).

Rides are curb to curb and must be booked at least 1 day in advance by 2:00PM. [Call MART](#) Monday - Friday between 8:00AM - 5:00PM at [\(800\) 922-5636 Option 4](#)

- Individuals 12 years and younger must be accompanied by an adult.
- We accept credit/debit cards and purchased tickets for payment.

### Cost Chart (One Way)

1-10 miles: \$4
11-15 miles: \$5
16-20 miles: \$7

## Call or Scan the QR code for Help

Care Solace is available 24/7/365 to quickly find mental health providers, substance use treatment, and social services matched to your needs.

**(888) 515-7881**



[caresolace.com/ma-littleton](http://caresolace.com/ma-littleton)

# October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN PERSON EVENTS - GREEN</b> <b>VIRTUAL EVENTS - RED</b> <b>HYBRID EVENTS - PURPLE</b>		<b>October 1</b> 8:30-9:30 Walking Club 9:30 Veterans AM Coffee 9:30 Yoga for Strength 10:00-12 Cribbage Club 12:00 Bluegrass Jam 1:00 Canasta w/Linda 3:00 Fine & Danny Music	<b>2</b> 9:00 Mindfulness 11:15 Stretch & Flex 12:30 Trivia <b>1:00 Living Alone Group</b> 1:15 Chair Yoga	<b>3</b> 8:30 ROMEO Club Breakfast Trip— Paul's 10:00 Elder Fraud Protection by Middlesex Bank 1:00 BINGO
<b>6</b> 9:00 Foot Care Clinic 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 10:00 Grief Support Group 11:00 Rummikub 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga	<b>7</b> 9:30 Helpful iPhone Tools w/ KevTech 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg 2:00 Antique Appraisal Event	<b>8</b> 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30 Yoga for Strength 10:00-12 Cribbage Club 1:00 Craft Class 1:00 Canasta Drop In 1:00 Lunch & Learn— Is this Normal Aging?	<b>9</b> 9:00 Mindfulness <b>10:00 Elder Law Clinic</b> 11:15 Stretch & Flex 12:30 Trivia 1:15 Chair Yoga 2:00 Movie and Popcorn	<b>10</b> 8:30 JULIET Club Breakfast Trip— Paul's Diner 9:30 Chair Yoga Sculpt 11:00 Ukulele Lessons 1:00 BINGO
<b>13</b> 	<b>14</b> 9:30 Medicare Coffee Hour 10:00 Ravenous Book Club 10:00-12:00 BP Clinic 11:15 Stretch & Flex 12:30 Acrylic Painting 1:00-4:00 Mah-Jongg 2:00 The Celtics Dynasty	<b>15</b> 8:30 Walking Club 8:00 Men's Breakfast 9:30 Yoga for Strength 10:00-12 Cribbage Club 1:00 Canasta Drop In 1:00 The First "Big Dig"	<b>16</b> 9:00 Mindfulness 9:30 The Painted Pine Craft Class 11:15 Stretch & Flex 12:30 Trivia <b>1:00 Living Alone Group</b> 1:15 Chair Yoga	<b>17</b> 8:30 ROMEO Club Breakfast Trip— Blackbird 11:00 Ukulele Lessons 1:00 BINGO
<b>20</b> 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 11:00 Rummikub 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga 4:00 Spaghetti & Meatball	<b>21</b> 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>22</b> 7:30 Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for S&B 10:00-12 Cribbage Club 1:00 Canasta Drop In 1:00 Flurry of Birds by the Concord Traveling Players	<b>23</b> 9:00 Mindfulness 11:15 Stretch & Flex 12:30 Trivia 1:15 Chair Yoga 2:00 Gothic Animal Tales by Candlelight	<b>24</b> 8:30 JULIET club Breakfast Trip— Blackbird Cafe 10:00 Financial Planning & Coffee/ Alan Bell 11:00 Ukulele Lessons 1:00 BINGO
<b>27</b> 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 11:00 Rummikub 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga 1:00 Restaurant Hoppers 2:00 Line Dancing	<b>28</b> 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg 2:00 Novelty Songs of the 50's & 60's	<b>29</b> 8:30-9:30 Walking Club 9:30-10:30 Yoga for S&B 10:00-12 Cribbage Club 1:00 Canasta Drop In 1:00 Partners in Care: A Panel Discussion 6:00 BlueGrass Jam Sesh 6:00 Caregiver Group	<b>30</b> 11:15 Stretch & Flex 12:30 Trivia 1:15 Chair Yoga	<b>31</b> 8:30 ROMEO Club Breakfast Trip— Tiny's 1:00 BINGO



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Minuteman Senior Services		October 2025		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For weather emergencies and cancellations, please check Fox 25 TV station	To CANCEL or ORDER your Meal, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u> <b>781-325-7879</b>	1 Cheese Omelet Turkey Sausage Roasted Potatoes Ratatouille Vienna Bread Pineapple-Whip	2 <i>Cold</i> Chicken Salad on MG Bread Quinoa Salad Carrot Slaw Cookie	3 Yankee Pot Roast Butternut Squash Beets Biscuit Fruit
6 Lemon Pepper Chicken Tuscan Pasta <i>garlic tomato spinach</i> MG Bread Cookie	7 Meatloaf w/Gravy Mashed Potatoes Vegetable Blend Vienna Bread Chilled Fruit	8 Hot Dog on Roll <i>beef/pork</i> *** Baked Beans Latin Slaw Cinnamon Apples	9 Potato Crunch Fish on Bun *** Sweet Potato Cheesy Cauliflower Pudding	10 Stuffed Shells Marinara Vegetable Blend Oat Bread Mandarins
13 	14 Broccoli Cheese Stuffed Chicken Rice Pilaf Beets Vienna Bread Mandarins	15 Beef Stew Mashed Potatoes Cornbread Fruit	16 Ravioli Bolognese <b>Ground Turkey</b> Broccoli WW Garlic Roll Cake	17 Cheese Omelet Turkey Sausage Creamy Polenta Gr Beans/Tomato Fruit Loaf Yogurt <i>no milk</i>
20 Turkey w/Gravy Mashed Potato Green Beans LS Wheat Bread Applesauce	21 Lemon Garlic Fish Brown Rice Creamed Spinach Oat Bread Jello	22 <i>Special</i> Pork w/Apples Butternut Squash Brussel Sprouts Garlic Roll Pumpkin Dessert	23 Sheppard's Pie Mashed Potatoes Corn Biscuit Chilled Fruit	24 Chicken Parmesan Pasta Broccoli ww Bread Chilled Fruit
27 Beef Fajita-Onions & Peppers Rice & Black Beans Tortilla Chilled Fruit	28 Coq au Vin-Chicken <i>wine, bacon, onions, carrots &amp; mushrooms</i> Steamed Potatoes Oat Bread Fresh Fruit	29 Turkey Waldorf Salad Pasta Salad Pita Bread Yogurt no milk	30 Crab Cake Remoulade Chuckwagon Corn Tomato & Cucs WW Roll Peach Cobbler	31 Butternut Squash Mac & Cheese Peas MG Bread Pineapple Chocolate Candy



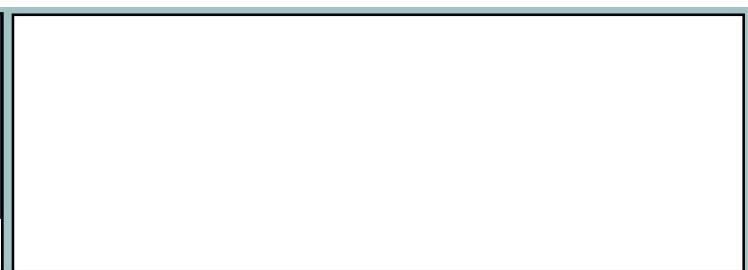
This program is made possible in part by funding from Executive Office of Elder Affairs.  
Entrees that contain more than 500mg sodium are designated by an \*. Menu subject to change without notice.

**MEET TROY**  
— OUR MASCOT —

**BEST SHORT-TERM REHABILITATION**  
U.S. NEWS & WORLD REPORT

**Home of CHAMPIONS**

**LIFE CARE CENTER OF NASHOBA VALLEY**  
978.486.3512 • 191 Foster St. • Littleton, MA 01460 • LifeCareCenterOfNashobaValley.com



## The Painted Pine Craft Class Thurs October 16th, 9:30am, Art Room

This project features a 20"x7" versatile pine tray that each guest will stencil in their desired colors. The finished tray can be used as a dinner table centerpiece or a charming charcuterie board—perfect for both everyday use and entertaining. Cost: \$40 per



participant. All supplies provided. Please call to register. Payment due upon registration to secure your spot.

## EHS Ravenous Readers Tuesday, Oct 14th @ 10am, Art Room

Join us for a discussion on our October book- *The Frozen River* by Ariel Lawhon. Our book for November will be *Better Than the Movies* by Lynn Painter. Please call 978-540-2470 to register.



## Coffee & Financial Planning Oct 24th, 10:00am-11:00am, Diner

Join Alan Bell for coffee and a casual chat about financial planning. No cost. Please call to register 978-540-2470

## Cribbage Club Wednesdays, 10am-12pm, Room 2

Come on in from 10am - 12pm on Wednesdays in Program Room 2 and join the fun!

## Canasta Drop-In Wednesdays, 1:00-3:00pm, Pr. Room 2

All are welcome! Please call to register.

## Out of the Box Trivia Thursdays 12:30-1:30, in Pr. Room 2

Come join Alicia for some "Out of the Box" trivia held Thursdays, 12:30pm-1:30pm.

## Learn to Play the Ukulele with Julie Oct 10th, 17th, 24th @ 11am

Join Julie to learn to play the Ukulele! Julie brings plenty of ukuleles or you can bring your own. 3-week session - \$40 per person. Dates: 10/10, 10/17, 10/24

Call (978) 540-2470. Payment due upon registration.



## PJ Story Time Readers Needed! Beginning October 2025, 2nd Wed. at 6:30pm A Reuben Hoar Library Collaboration

Do you enjoy reading to children? We are looking for people to read at the library's "PJ Storytime" once a month. PJ Storytime is from 6:30-7:00PM on the 2nd Wednesday of each month starting in October. If you would like to read, please contact Megan at (978) 540-2475 to sign up. You will be able to pick out the book/books that you would like to read.

## BINGO Fridays, 1:00PM-3:00PM in the MPR

Join us for BINGO every Friday, 1-3pm! On **Friday, Oct 3rd**, A special pizza lunch will be provided for all BINGO players, please be sure to register !  
*Thanks to the Friends of the LCOA for sponsoring Bingo prizes and equipment!*



## RummiKub Drop-In Mondays at 11am-1pm, Overlook Tables

It's easy to learn and fast moving. The "board" changes all the time as players adjust the tiles on the table. Players take turns placing numbered tiles in runs & groups. The object is to be the first to play every tile on your rack. Join us!



## Mahjong, Just for Fun! Every Tuesday, 1 PM-4 PM, Room 2

Mahjong is a tile-based game that was developed in the 19th century in China. Join this fun, growing group! We are always looking for new players!

## Loving Stitches Every Monday, 12PM - 2PM, Art Room

Drop in and join us whether you knit, crochet, or are learning how! Loving Stitches is a group that makes items for local charities, rather than for personal use. Join the fun! New crafters encouraged to join!

## Blue Grass Jam Sessions Wednesday 10/1 and 10/29, MPR

Do you love acoustic music? Do you play an acoustic instrument? Do you love to sing? Blue Grass Therapy will be hosting open acoustic music jams in October. We are an eclectic group of friendly, encouraging amateur musicians who love to make music together. All acoustic musicians are welcome- including beginners or simply the curious. We love an audience too!

The dates/times are:

► 10/1 from 12-2pm ► 10/29 from 6-8pm

Questions regarding the Jam Session- please email Susan Cudmore: [susan.cudmore@gmail.com](mailto:susan.cudmore@gmail.com)  
Please call (978) 540-2470 to register.



## Weekly Fitness Classes at the COA

**All fitness classes require pre-registration and pre-payment for the month.**  
Waivers must be signed prior to beginning a class.

**Mondays:** Beginner Tai Chi: 9am-10am, in the Barre Room, \$3/class. Instructor Stan Fall - **NEW TIME**

**Mondays:** Advanced Tai Chi: 10am-11am, in the Barre Room, \$3/class. Instructor Stan Fall - **NEW TIME**

**Mondays:** Beginners Line Dancing 1: 11:15am– 12:15am, in the MPR, \$5/class. Instructor Kari McHugh

**Mondays:** Advanced Line Dancing 2: 12:15pm-1:15pm in the MPR, \$5/class. Instructor Kari McHugh

**Mondays:** Chair Yoga with Rebecca Reber 12:45pm-1:30pm in the Barre Room, \$3/class

**Tuesdays:** Stretch & Flex, 11:15am-12:15pm in the MPR, \$3/class. Instructor Carol Wing

**Wednesdays:** Yoga for Strength & Balance 9:30-10:30am in Barre Room \$3/class. Instructor Carol Wing

**Thursdays:** Stretch & Flex, 11:15 am-12:15 pm in the MPR, \$3/class. Instructor Carol Wing.

**Thursdays:** Chair Yoga with Rebecca Reber 1:15pm-2:00pm in the Barre Room, \$3/class

### Walking Club - Wed.'s at 8:30am

Join us Wednesday mornings! Please call to sign up 978-540-2470 so we can reach you in case of cancellation or changes. The walk will be Wednesdays at 8:30am meeting at the Russell Street track. Dress comfortably and bring water!

### Foot Care Clinic Monday Oct. 6th, 9AM-2PM

Foot Care RN, Christine Qiriy, RN CFCN is here Monday 10/6 from 9AM-2PM, \$40/person. Clinic is held in the First Floor medical room. Space is limited, call to reserve your time slot. Call 978-540-2470 to register.



### Chair Yoga Sculpt w/ Therese LaRose Friday, Oct 10th, 9:30am-10:30am

Join guest instructor Therese LaRose from Life Care Center for a Chair Yoga Sculpt class. This is a yoga class using resistance bands for flexibility, strength and relaxation. Please call to register (978)540-2470. Space is limited. No cost. Class held 1x monthly.

### Fitness Room

We will put out a training schedule to hold small group classes to show users how to use the equipment properly before you are able to use the room on your own. The Sign Up process will be:

- Review and sign our fitness waiver,
- Pay the fee at the front desk,
- Sign up to take a training class with our Fitness Instructor.

Once these steps are complete, you are able to use the room between 9am-3:30pm. At this time we will not have time slots, but will determine the need in the future.

Fee for 2025 is \$30/6 months or \$50/year. The fees collected will be used to maintain the equipment and train users. Ages 60 and up only at this time. **Please call for October training dates.**

### Bocce Drop In Sundays, 5pm, Shattuck St. Bocce Court

Join us Sundays at 5pm at the bocce court! Never played before? No worries, we'll show you how to play!



### Weekly Blood Pressure Screenings Tuesdays, 10am-12pm, Conference room

Our weekly Blood Pressure Clinic is held every Tuesday 10am-12pm, in the Conference Room. Stop by every week and our RN's will keep a log for you. No sign-up necessary, just drop-in!





**ROMEO** Clubs (Retired Old Men Eating Out) eat out, have fun, make and keep friends, and are not bound by rules- meaning there are no causes, and no specific membership restrictions, except Retired "Old" Men Eating Out.

**Join the Littleton Chapter of ROMEO!** The Littleton ROMEO group to a local Diner for breakfast, meet new friends or bring someone you know.

You can drive yourself & meet us there, or take our van, call dispatch: 978-844-6809, van leaves at 8am!

If you are attending, please call us whether you are driving yourself or taking the van so we have an accurate headcount for the restaurant!

**Oct 3rd: Paul's Diner, Westford, MA**

**Oct 17th: Blackbird Cafe, Acton, MA**

**Oct 31st: Tiny's, Ayer, MA**

## **Veterans Breakfast**

**Wed. Oct 22nd, 7:30am, Senior Cafe**

Join us for a hot breakfast cooked by our very own Police & Fire Depts! Veterans of all ages are welcome to this free offering. We hope you will join us! Please let us know if you will be attending 978-540-2470.



**Women's Breakfast - Oct. 8th, 8:00AM - 9:00AM**  
**Men's Breakfast - Oct. 15th, 8:00AM - 9:00AM**

Join Charlie and the crew for a hot cooked breakfast in the Senior Diner. No cost for your made-to-order breakfast thanks to the FLCOA. Please call 978-540-2470 to register in advance.

## **Lunch in the Senior Café**

### **Monday – Friday at 12 Noon**

The Senior Cafe is open! Suggested donation is \$2. The menu is on page 7 of this newsletter. **Please call 781-325-7879 by 11am the day before** to let us know you will be coming.

## **Veterans' Morning Stand - Down**

### **Wednesday October 1st, 9:30am, Senior Café**



Your presence is requested for a low-stress assignment. Join Michael Wilson, the Veterans' Services Officer for Littleton, for an informal get-together over coffee. This is your opportunity to take a break, meet fellow veterans from our community, and get your questions answered. There's no agenda and no formal presentation - just good conversation about the local, state, and federal benefits you have earned. Whether you have a question about the PACT Act, Chapter 115 benefits, or VA healthcare, or just want to connect, this is the place for you. All veterans and their family members are welcome. Coffee and refreshments will be served. Please call (978) 540-2470 to register.

## **Is this Normal Aging or Is it Memory Loss? - Lunch and Learn by Bridges**

### **Wed October 8th, 1:00pm-2:30pm in the Senior Cafe**

Differentiating between memory loss that is a natural part of aging and memory loss that is associated with early-stage dementia can be difficult for anyone. In this special presentation, we will give tips and provide insight on recognizing the most common signs of early-onset dementia in the hope that more people can identify the symptoms, and the disease can be diagnosed and treated as early as possible.

Please join presenter Sarah Turcotte, CDP, and the team from Bridges by EPOCH for this great topic. Call 978-540-2470 to register. There is no cost for this program.



## **Just Us Ladies Into Eating Together**

Meet new friends or bring someone you know. You can drive yourself and meet us there, or our COA Van—just call dispatch to get on the van list at 978-844-6809. Van leaves at 8am!

If you are attending, please call us whether you are driving yourself or taking our van so we have an accurate headcount for the restaurant!

**Oct 10th: Paul's Diner, Westford, MA**

**Oct 24th: Blackbird Cafe, Acton, MA**

## **Restaurant Hoppers**

**Monday, Oct 27th, Van leaves at 12:30**

We will be headed to Anthony's Coal Fired Pizza here in Littleton. If you would like van service please call Dispatch at 978-844-6809, the van will leave at 12:30PM, if you will be driving yourself please call EHS to register, 978-540-2470. Attendees are responsible for their own meal.

Please register by Oct. 22nd, so we are able to reserve your table.

## Ten Days With Dad: A Story to Touch and Inspire you with Author Mark Resnick

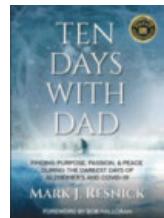
### Wednesday, November 5th, 1:00-2:30pm in the Multipurpose Room

Finding Passion and Peace in your Life During the Darkest Days of Alzheimer's and COVID-19

Have you ever learned more from someone in ten days than you did during their entire lifetime? What if that person was your father as he battled Alzheimer's during a global pandemic. Join Mark Resnick, author of *Ten Days with Dad*, as he recounts his ten unforgettable days spent with his dad prior to moving into assisted living after his diagnosis with Alzheimer's disease.



Mark J. Resnick is a storyteller, speaker, and advocate for finding purpose and meaning in life's most challenging moments. This event is co-sponsored by The Reuben Hoar Library and RiverCourt. Desserts and refreshments will be served. Please call (978) 540-2470 to register. *Copies of Ten Days with Dad are available at the library.*



### Boston Pops Trip with Bloom Tours

Thursday December 11th, Bus Departs at 11am from the Center on Shattuck Street



Join Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus! Seats are located 1st balcony. Before the show, we will go to the Cheesecake Factory for a delicious lunch. A perfect holiday celebration!

Your Motor coach Will Depart: 11:00AM from the Littleton Center on Shattuck.  
Approximate Return: 6:15PM

For Reservations, Please Contact: 978-540-2470. \$203 per person. Driver gratuity included. Full payment due by 11/7/2025. Tour is nonrefundable.

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## **Fine & Danny - The Movie Music of Mr. & Mrs. Danny Kaye by Frank King** **Wednesday, October 1st, 3:00-4:00pm**

She truly deserves to be included in the list of great American songwriters. Her name was Sylvia Fine - better known as Mrs. Danny Kaye- and she was truly the woman behind her man: the composer of many of his most famous songs and musical routines. In this lecture, Frank King will cover the professional and personal lives of both these great talents, and will play the best of Sylvia Fine's beautiful music from their long career as one of the greatest show business teams. Mostly known for her tongue-twisting novelty songs for Danny Kaye, this lecture will bring back Sylvia Fine's gorgeous ballads and lullabies, all but forgotten. You'll also learn some interesting facts about Danny Kaye's life and career as well. Please call (978) 540-2470 to register. No cost.

## **Antique Appraisal Event with Peter Yvanovich** **Tuesday, October 7th, 2:00pm-4:00pm, Senior Cafe**

Antique Appraisal Event with Peter Yvanovich, SPA, New England Inventory Treat yourself to a true antique show experience! Bring your china, paintings, figurines or even small furniture. See if your heirlooms are actually secret treasure. Learn what makes something valuable, what's hot in today's market, and how to sell, donate, or bequeath your antiques. Dessert and drinks will be served courtesy of Nashoba Park. *No jewelry, stamps or weapons.* Due to time constraints, appraisals are first come, first served. One item per person.

Please call (978) 540-2470 to register.

## **Helpful iPhone Tools with KevTech Services** **Tuesday, October 7th, 9:30am, Program Room 2**

This class covers different tools and features built into the iPhone. We learn to find lost items, share our locations with our friends and family, create helpful to-do lists, and customize various helpful tools found in the Control Center. Please call (978) 540-2470 to register. There is no cost for this class.



## **Monthly Movie and Popcorn** **Thursday October 9th, 2:00pm-4:00pm**

The Last Laugh (2019): When retired talent manager Al Hart is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour. Stars Chevy Chase, Richard Dreyfuss, and Andie MacDowell. Rated TV-MA. Please call (978) 540-2470 to register.



## **Acrylic Painting with Anne** **Tuesday, October 14th, 12:30pm, Art Room**

Join a painting class that is fun and friendly. No need to know composition, figure out which colors work, or how to put some realism into your painting. That is all taken care of in class, with step-by-step instruction from Anne. Everything is provided for you, simply bring some brushes and a smile. You will create and complete a small painting in one lesson. The paintings vary from still life, floral, land and seascape to nature themes. \$25 per person. Payment must be made by 10/14 to secure your spot. Please call to register - class size is limited, (978) 540-2470



## **The Dynasty and Beyond: History of the Super Celtics - by Marty Gitlin** **Tuesday October 14th, 2:00pm, MPR**

From before and during the dynasty to the roller coaster rides of the Boston Celtics of a more recent vintage, this lively and illuminating program will take you through the history of the most successful franchise in NBA history. Sports book author and veteran sports journalist Marty Gitlin will discuss and show videos of the greatest and most interesting players, teams, events and moments of the team that has won more championships than any other. Watch the exploits of such standouts as Bob Cousy, Bill Russell, John Havlicek, Bill Sharman and Sam Jones under the coaching of legend Red Auerbach, relive the greatness of the 1970s era featuring Dave Cowens and Jo Jo White and 1980s teams starring Larry Bird, Kevin McHale and Robert Parish, enjoy again the exploits of more recent stars such as Kevin Garnett, Paul Pierce and Ray Allen, and focus on current standouts Jayson Tatum and Jaylen Brown. This presentation will feature highlights of championship runs. It's fun and enlightening so don't miss it! Marty will host a Q&A and have his books for sale following the program.

Please call (978) 540-2470 to register. There is no cost for this program.





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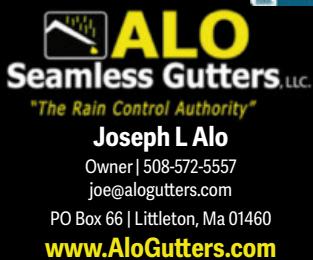


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**The First "Big Dig" with Anne O'Connor  
Wednesday, October 15th, 1:00pm, MPR**

The Hoosac Tunnel took 25 years to build, went bankrupt three times and came in ten times over budget. Sound familiar? We'll talk about why the tunnel in western Massachusetts was needed, how it was funded, the new technology developed, labor practices and the absolutely amazing reality that this 100-plus-year-old hole through a mountain range is still an important part of our transportation infrastructure. Interspersed with images and music. Please call (978) 540-2470 to register. There is no cost for this program.

**Spaghetti and Meatball Dinner  
Monday, October 20th, 4:00pm-6:00pm, Senior Cafe**

Celebrate Italian-American Heritage Month with a home cooked spaghetti and meatball dinner by our own Charlie DeStefano! \$5 per person. Please call (978) 540-2470 to register.

**Flurry of Birds by the Concord Traveling Players  
Wednesday October 22nd, 1:00pm, MPR**

Flurry of Birds is a unique opportunity to experience the events of April 18th and 19th, 1775 as citizens of Concord prepare to resist the invasion of British troops. Meet some of the heroes and scoundrels who make this story come alive with humor and music of the time. The Concord Traveling Players, a senior group of the Concord Players, have performed this play for audiences in Concord, Lincoln, Acton, Carlisle, Bedford Framingham and others. Please call (978) 540-2470 to register. There is no cost for this event.

**Gothic Animal Tales by Candlelight  
Thursday October 23rd, 2:00pm, MPR**

Rita Parisi from Waterfall Productions will present \*Gothic Animal Tales by Candlelight. This original one-woman theatrical performance invites audiences into a world where nature watches, listens—and sometimes judges. \*Gothic Animal Tales\* is a storytelling event in the spirit of \*The Twilight Zone\* and classic Gothic literature. Set by candlelight, this haunting experience includes dramatized adaptations of lesser-known 19th and 20th century stories that reveal animals not as background characters, but as enigmatic forces of fate, conscience, and transformation. Featured authors include Harriet Prescott Spofford, Lilian Jackson Braun, and Daphne du Maurier.

Rita Parisi has been entertaining audiences for 30 years throughout New England. In addition to her stage work, Rita is active in Boston's independent film scene, with several of her films premiering at the Boston International Film Festival and Cannes Film Festival. She is a proud member of SAG-AFTRA, the nation's largest union for actors and broadcasters. Please call (978) 540-2470. Refreshments provided by Senior Helpers of Westford.

There is no cost for this program.

**Doo Wop Group Comes to Littleton - Spooktacular!  
Monday October 27th, 2:00, MPR**

Doo Wop group from the Lincoln COA will be back for their Spooktacular show! Come and sing along and support your neighboring COA! Light refreshments will be served. Please call (978) 540-2470 to register. There is no cost for this program.

**Novelty Songs of the 1950's and 1960's with John Clark  
Tuesday, October 28th, 2:00pm, MPR**

1960 & 1961 were the years that comedy records achieved their greatest national popularity (Jonathan Winters, Bob Newhart, Shelley Berman, Nichols & May). But in the decade preceding some of the most original hilarious novelty records were also big hits. We begin with Andy Griffith's backwoods story, What It Was, Was Football from '53. Then you will be treated to British skiffle king Lonnie Donegan's Does Your Chewing Gum Lose its Flavor; Allen Sherman's Hello Muddah, Hello Fadduh; Bobby "Boris" Pickett's Monster Mash and Charlie Drake's My Boomerang Won't Come Back. Among the other featured songs are Yakety Yak, Alley Oop, Baby Sittin' Boogie & 2 of my favorites-Transfusion and The Old Philosopher. Yes, there are even more wacky tunes coming your way from the likes of Alvin & the Chipmunks, Roger Miller, Stan Freberg, Ed Byrnes & Boston's own Tom Lehrer. Just try to keep a straight face! Please call (978) 540-2470 to register.

**Senior Living and Home Care: Understanding the Options with Confidence and Clarity  
Tuesday, November 4th, 1:00pm, Program Room 2**

Join us for an informational session on navigating senior living and home care options followed by some breakfast refreshments. Presentation by Deb Tishler from Assisted Living Locators. Refreshments will be served. Please call (978) 540-2470 to register.



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- Messages on the answering machine after 4:00PM will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests.
- Ride service is curb-to-curb.
- Requests should be made 48 hours in advance.
- You must provide the exact address of your destination (street number & town), as well as a destination phone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15min's after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Riders must follow our Code of Conduct policy to ensure safe transportation for all riders.

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**Effective October 7, 2024 rides are now fare-free!**

