

The Broadcaster

November 2025



LITTLETON EHS/COA SERVICES

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IMPORTANT NOTES:

COA Board Meeting will be held on November 10th, 2025 at 3pm in Program Room 2. Check the website for updates or changes.

We will be closed on Tuesday 11/11/2025 and Thursday 11/27/25



From Liz's Desk: On behalf of the EHS staff I would like to extend our wishes for a very happy Thanksgiving to you all! It is a pleasure to be a part of this community and work alongside so many wonderful people. I am especially grateful to have so many dedicated volunteers who give their time and put their hearts into the work they do for this department. Over the past 3 months (July, August, September) we've seen on average a 147% monthly increase in daily sign-in's over the same time frame last year. That's about 1,300 *more* activity sign-in's each month. Wow— what a phenomenal testament to our Center! Thank you for bearing with us as we navigate the growing pains!

THANKFUL

Senior Tax Work Off Program Participants: Please hand in your first time sheet by Friday, November 28th at the latest! These timesheets should include any hours worked July 1 through November 30th. Timesheets will be collected at the EHS/COA Office. Your second timesheet will be due February 27th, 2024.

Registration for Programs

Registration Day: Friday, Oct. 31st for all November programs



- Registration is first-come, first-served.
- 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).

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

Wednesday, Nov. 5th, 1:00-2:30pm, 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.

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



COA Board Update

In November we celebrate Veteran's Day and give thanks to all Veterans for their service. The Town will hold a ceremony at the Common in the Veteran's corner on November 11 at 11:00 a.m. followed by refreshments at the VFW hall on Taylor St. I would suggest that if you know a veteran or see one on the street this month that you walk up to him/her and shake their hand and say Thank You for your service. We should all be thankful for the Freedom we have.

I would like to thank John Boroski for his many years as our Veteran's Agent and introduce Michael Wilson as our new Veteran's Agent. Michael is in "THE CENTER" Monday, Wednesday and Friday always ready to answer questions and help with any needs veterans may have.

Please stop in to meet Michael or call 978-540-2485 to make an appointment with him.

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, October 31st 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.

Information 2

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
Barbara DeStefano
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, 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



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.

November is National Family Caregivers Month, a time to honor and recognize the millions of unpaid family caregivers across the country who provide care to loved ones with chronic illnesses or disabilities.

Check out our table of resources at the Reuben Hoar Library!

Friends of the Council on Aging

The Friends of the COA and COA are co-hosting the annual Turkey Bingo on November 14 from 6-8. Come join us for a night of fun!

An Editorial: Why is it that so many people are opposed to change? Is it fear, inconvenience, having to learn something new? When Covid hit in 2020 we were all scared, and for good reason. The pandemic changed everything, for everyone. There was no escape from it. Talk about inconvenience! We were forced to learn new things we would have never chosen to learn otherwise, like Zoom and shopping online. But now that we're used to the changes, it's hard to stop. Why can't change be seen as a good thing. A challenge, an adventure, trying a new food you would have never considered in the past. (Writing a nontraditional Broadcaster Article.) The same is easier, but why does it always have to be the default. People often hold back because they are afraid of what others may think. A new idea? Oh no, but it's never been done that way before. And that's a bad thing? Oh, she's new in town, what does she know? (Hypothetically, that could be me, and I moved here in 1998.) Change is inevitable, so we may as well accept it as a part of life, good, bad, or indifferent and live our lives, happily together. And speaking of *together*, have you made any new friends at the Senior Center? There are endless possibilities! Just turn the page.

- Sandra, Chair, FLCOA

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

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!

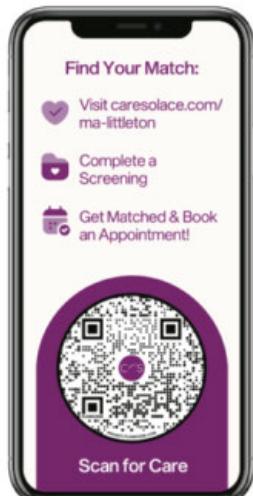


care
solace

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 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. Group meets from 1:00pm- 2:00pm via zoom on 11/6 & 11/20.

Caregiver Support: Next meeting is November 19th at 6pm. Join us in Program Room 2 for great conversation and dinner! Email Amy for more info: 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

Littleton Memory Café

November 22nd 10:00am, Littleton First Baptist Church

Memory Cafe is a welcoming place for individuals experiencing memory changes and their care partners. We gather monthly for a social time in a relaxed and supportive setting. Some use walkers, some canes, some on the arm of a helper, all experiencing some degree of memory loss. Participants come together in this informal setting for an interactive program sensitive to their needs. This experience also provides caregivers (family members and friends) the opportunity for informal conversation with others engaged in a similar experience.

Please share with friends and family in the community. Meetings are held the 4th Saturday of the month at 10am at the church. For information contact Anne Lee Ellis, 978-486-4075 or 978-844-4094.

Elder Law Clinic

Fri., Nov. 7th, 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!



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.**



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

Medicare Open Enrollment is here!

Medicare plans change every year. This is the time to decide on your coverage for 2026.

SHINE counselors provide free Medicare counseling to help you compare options.

Call us for a SHINE appointment between October 15 and December 7!

REMINDER: At your appointment, please have your Medicare card, other insurance cards, your drug list and your Medicare account username and password. If you don't have an account, you can go to Medicare.gov to create one.

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 or call your local AAA office.

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.

Fuel Assistance

As we get into the cold weather now is the time to apply for fuel and heating assistance. Southern Middlesex Opportunity Council (SMOC) facilitates the Fuel Assistance program for Littleton and 36 surrounding communities. This is an eligibility-based program that looks at your gross income and family size to determine eligibility. For those who applied and were approved for the 2024-2025 season, you should have received your re-certification application for the 2025-2026 season. If you would like to apply or need assistance with the application process, please contact our Outreach Department to schedule a confidential appointment 978-540-2470.

Sand for Seniors

Snow and ice are right around the corner! Sand for Seniors is a program designed to increase safety during the winter and was created for eligible seniors who are physically or financially unable to acquire their own bucket of an ice melt product. This program is available to senior Littleton residents who meet the following criteria: -be a Senior Littleton resident; -live in their own home; -and are unable to physically get ice melt product OR unable to afford ice melt product. If you are interested in the program, please call the EHS Office to confirm your eligibility. If you qualify, you will have a bucket of icemelt product delivered to your door by a staff member or volunteer for use on your property.

For more information or to sign up for the program please call 978-540-2470



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 on the website at: www.littletonma.org/police-department



November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Senior Living & Home Care: Understanding the Options	5 8:30-9:30 Walking Club 9:30 Veterans AM Coffee 9:30 Yoga for Strength 10:00-12 Cribbage Club 1:00 Canasta Drop-In 1:00 Ten Days with Dad Author Talk	6 11:15 Stretch & Flex 12:30 Trivia 1:00 Living Alone Group 1:15 Chair Yoga	7 8:30 JULIET Club Breakfast Trip— Tiny's 10:00 Elder Law Clinic 1:00 BINGO
10 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 2:00 Lost Restaurants	11 11am ceremony Center on Shattuck is Closed 	12 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30 Yoga for Strength 10:00-12 Cribbage Club 12:00 Bluegrass Jam Session 1:00 Craft Class 1:00 Canasta Drop In	13 11:15 Stretch & Flex 12:30 Trivia 1:15 Chair Yoga 2:00 Abigail Brings the Pilgrims & Plymouth to you 3:00 Tiger Tech	14 8:30 ROMEO Club Breakfast Trip— JJ's Place 9:30 Chair Yoga Sculpt 11:00 Ukulele Lessons <i>No regular Bingo today</i> 6:00 TURKEY BINGO
17 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 12:30 Restaurant Hoppers 12:45-1:30 Chair Yoga	18 10:00 Ravenous Book Club 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg	19 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 Felted Craft Class 6:00 Caregiver Group	20 9:30 Painted Pine Craft Class 11:15 Stretch & Flex 12:30 Trivia 1:00 Living Alone Group 1:15 Chair Yoga 2:00 Howdy Pilgrim Variety Show	21 8:30 JULIET Club Breakfast Trip— JJ's Place 10:00 Coffee and Financial planning 10:00 Tools for Calmer Mind 1:00 BINGO
24 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 Friendsgiving Lunch 3:00 Singing Trooper	25 9:30 KevTech: iPhone's Notepad 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg	26 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 2:00 Monthly Movie & Popcorn	27 CLOSED 	28 IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE



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Minuteman Senior Services		November 2025		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pasta Fagioli (<i>beans tomato, spinach, carrots</i>) Cauliflower Oat Bread Brownie Cookie	4 Potato Crunch Fish WW Burger Bun Sweet Potato Cheesy Cauliflower Chilled Fruit	5 Beef & Broccoli Brown Rice MG Bread Chilled Fruit	6 Creamy Pork Roast Mashed Potatoes <i>Garden Salad</i> Vienna Bread Pudding	7 Marry Me Chicken Couscous Green Beans Dinner Roll Orange
Cal 945, Carb 140, Na 1045	Cal 800, Carb 100, Na 1075	Cal 700, Carb 80, Na 850	Cal 750, Carb 80, Na 925	Cal 785, Carb 110, Na 880
10 Chicken Pot Pie Mashed Potato Biscuit Dinner Roll Jello	11 	12 Hot Dog <i>beef/pork</i> *** on Roll Baked Beans Coleslaw Cinnamon Apples	13 American Chop Suey Garlic Spinach WW Garlic Roll Cake	14 <i>Cold</i> Tuna Salad on Oat Bread Corn & Bean Salad Garden Salad Mixed Fruit
Cal 590, Carb 65, Na 1175	<i>No Meals Served</i>	Cal 915, Carb 100, Na 1640	Cal 765, Carb 100, Na 1040	Cal 495, Carb 65, Na 940
17 Lemon Pepper Chick-en Tuscan Pasta (<i>garlic tomato spinach</i>) MG Bread Chilled Fruit	18 Meatloaf w/Gravy Mashed Potatoes <i>Vegetable Soup</i> Cornbread Pudding	19 Swedish Meatballs White Rice Green Beans Oat Bread Pineapple	20 <i>Special</i> Turkey w/Gravy Stuffing & Mashed Potato Butternut Squash Honey Wheat Roll Pie	21 Stuffed Shells Marinara Vegetable Blend Oat Bread Mandarins
Cal 870, Carb 105, Na 1080	Cal 870, Carb 115, Na 950	Cal 675, Carb 90, Na 560	Cal 850, Carb 120, Na 1485	Cal 590, Carb 85, Na 800
24 Cheese Omelet Turkey Sausage Creamy Polenta Gr Beans/Tomato Fruit Loaf Yogurt <i>no milk</i>	25 Stuffed Chicken Supreme Rice Pilaf Beets MG Bread Mandarins	26 Ravioli Bolognese (<i>ground turkey</i>) <i>Caesar Salad</i> WW Garlic Roll Cookie	27 	28 <i>Day after Thanksgiving</i>



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.



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Craft Class**Wed. Nov 12th, 1:00-3:00, Art Room**

We are nearing the holiday season so for November we will be making a fall theme project. It will be a macrame holder (you will make) and a mason jar decoupage leaf candle holder to put in the holder. Cost is \$3.00 and class will be held November 12 from 1:00-3:00. See you there.

-Anita, Sue, Kathy, and Anne Lee

EHS Ravenous Readers**Tuesday, Nov 14th @ 10am, Art Room**

Join us for a discussion on our November book, *Better Than the Movies* by Lynn Painter. In December we will be reading *The Heaven and Earth Grocery Store* by James McBride. Please call (978) 540-2470 to register.

**Coffee & Financial Planning****Nov 21st, 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. No team necessary!

**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, Nov 7th**, 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 11/12 and 11/19, 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 November. 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:

► 11/12 from 12-2pm ► 11/19 from 6-8pm

Questions regarding the Jam Session- please email Susan Cudmore: 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 -

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

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

Foot Care Clinic

Monday Nov. 10th, 9AM-2PM

Foot Care RN, Christine Quiriy, RN CFCN is here Monday 11/10 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, Nov 14th, 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. No cost. Class held 1x monthly.

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

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!

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 and Littleton residents only at this time.

November training dates (4 sessions):

Monday Nov. 3rd: 10:30am-11:15 or 11:15am-12:00

Monday Nov. 10th: 10:30am-11:15 or 11:15am-12:00

Tools for a Calmer Mind
Friday, Nov. 21st, 10:00-11:00am, Program Room 2

Join Dr. Jenn Staples, Clinical Psychologist and Founder of *guts* nonprofit, for a 1 hour practical talk on how to ease worry and quiet racing thoughts. You'll walk away with simple, science-backed tools to help you feel more present, calm, and in control. *Guts* is a nonprofit dedicated to making mental health tools more accessible, actionable, and relatable — because it takes guts to talk about mental health.

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



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!

Nov 14th: JJ's Place, Westford, MA

Nov 28th: Classic Kitchen, Westford, MA



Just Us Ladies Into Eating Together

Meet new friends or bring someone you know. You can drive yourself and meet us there, or use 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!

Nov 7th: Tiny's, Ayer, MA

Nov 21st: JJ's Place, Westford, MA

Restaurant Hoppers

Monday, Nov. 17th, Van leaves at 12:30

We will be headed to Evviva Trattoria in Westford, MA. 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 Nov. 12th, so we are able to reserve your table.

Veterans Breakfast

Wed. Nov 26th, 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 - Nov. 12th, 8:00AM - 9:00AM
Men's Breakfast - Nov. 19th, 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, Nov. 5th, 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.

Littleton Veterans Day Ceremony

Tuesday, November 11th, 11:00am



Join us to honor our veterans at 11:00 AM on Tuesday, November 11th, at the Veterans Corner on Littleton Common.

Refreshments and food will follow at the Littleton VFW (21 Taylor Street) around 11:45am, hosted by the Friends of Littleton Veterans. All are welcome! No registration is necessary.

TECH HELP FOR SENIORS

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- Answer questions about everyday technology use
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Each Month
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KevTech: Your iPhone's Built-in Notepad with KevTech Services Tues, Nov, 25th, 9:30am. Program Rm 2

Your iPhone's Built-in Notepad

Learn how to use the Notes app to jot down ideas, make checklists, scan documents, and keep your thoughts organized. This class covers everything from creating simple notes to sharing and collaborating with others using iCloud.

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

Senior Living & Home Care: Understanding the Options with Confidence & Clarity

Tues, Nov. 4th, 1pm, 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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Lost Restaurants of Yesteryear

Monday, Nov.10th, 2pm, Program Room 2

From legendary seafood houses to elegant tea rooms and forgotten department store cafés, we'll revisit the dishes, decor, and stories behind restaurants that once defined a neighborhood or era. Expect a flavorful mix of history, trivia, and personal memories—with a side of “Remember when?” Perfect for food lovers, longtime locals, and anyone curious about the changing tastes of the city.

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

Abigail Brings the Pilgrims and Plymouth to You

Thursday, Nov.13th, 2pm-3pm, MPR

Submerge yourself in the year 1620! Discover the religious discipline, emerging leaders, and hardships the Pilgrims endured while living in England and the Netherlands. Learn how the Pilgrims managed the dangerous voyage aboard the Mayflower. Acquire insight as to how the location of the 1st settlement in New England was determined, how order and democracy were maintained, and why relationships with the Native Americans were essential for survival. Many artifacts, stories, homes, and sites of America's first colony in Plymouth exist from those days 400 years ago to today. Please call (978) 540-2470 to register. There is no cost for this program.

Turkey BINGO Fundraiser

Friday, Nov.14th 6:00-8:00pm, MPR



It's that time again!! Our Turkey BINGO fundraiser was such a success last year that we are doing it again! Join us for tons of fun, door prizes, basket raffles, 50/50 raffle and BINGO!

\$10 per person for 10 games. This is sure to be another fun-filled night! Please call (978) 540-2470 to register.

Felted Craft Class with Laura

Wednesday Nov. 19th, 1:00-2:00pm, Art Room



It's almost Thanksgiving! Join us to make a felted turkey for the occasion with art instructor Laura Darrow. \$15 per person. Space is limited. Please call (978) 540-2470 to register.

Painted Pine Craft Class: Farmhouse 3-Tier Wooden Block Craft Party

Thursday, Nov. 20th, 9:30am-11:00am, Art Room



Get crafty and cozy with us as we create a farmhouse-style three-tier wooden block décor piece—the perfect addition to your seasonal home decorating! Each guest will receive a set of tiered blocks plus a topper to paint and decorate. Personalize your project with your own color choices, and festive toppers. All supplies included – just bring your creativity!

You'll leave with a one-of-a-kind piece of décor that's uniquely yours—perfect for your holiday home or gifting! \$30 per person. Please call to register: 978-540-2470

Howdy Pilgrim: A Thanksgiving Variety Show

Thursday, Nov. 20th, 2:00-3:00pm, MPR

The traditions and history of the first Thanksgiving have never been so much fun! Our cast of Pilgrims use songs, stories and interactive fun facts, retracing that fateful journey on the Mayflower, which lead to annual celebration of giving thanks. How did it the tradition begin? Why do we eat turkey and what other foods were served at that first meal? This show is fun and beautifully spiritual- a great way to honor the holiday! Gobble - Gobble!

Please call (978) 540-247 to register. There is no cost for this program.





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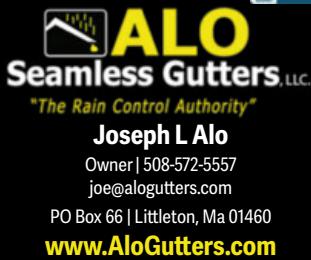


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Friendsgiving Luncheon followed by the Singing Trooper! **Monday, November 24th, in the MPR**

**Luncheon 1:00-3:00PM
Entertainment 3:00-4:00PM**



Join us for a fabulous Friendsgiving lunch provided by The Rotary Club followed by a performance by Dan Clark - The Singing Trooper. Dan has had appearances with The Boston Pops, 2013 Worlds Series Boston Red Sox, and opened for Lee Greenwood. Dan has been featured in National Television Fox News, National Geographic, and in People Magazine.



Dan has performed for President George and First Lady Barbara Bush, Sail Boston The Tall Ships, the Marine Corps Marathon in Washington DC. His special presentation of his National Anthem is in the 9/11 museum in New York City. He continues to travel the nation performing full shows.

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

Monthly Movie and Popcorn **Wednesday Nov. 26th, 2:00-4:00pm**



Join us to watch *The Long Game* - rated PG, (Length: 112 minutes)

In the 1950's, a veteran-turned school superintendent assembles a team of caddies from a local country club to compete for a state championship. Starring Jay Hernandez, Dennis Quaid and Cheech Martin. Please call (978) 540-2470 to register.

Holiday Music of the 50s & 60s with John Clark **Wednesday December 3rd, 2:00-3:00pm, MPR**

Sit back and enjoy a full hour program of familiar holiday favorites from the 1950s and 1960s. You'll hear the stories behind It's Beginning to Look a Lot Like Christmas by Broadway composer Meredith Willson (of Music Man fame) and country star Willie Nelson's Pretty Paper. Did you know that songwriter Johnny Marks had written three big hits during these years? Rockin' Around the Christmas Tree (Brenda Lee), A Holly Jolly Christmas (Burl Ives) and Run Rudolph Run (Chuck Berry)? And in the 1950s there were novelty songs galore like The Chipmunk Song, I'm Getting' Nuttin' for Christmas and I Saw Mommy Kissing Santa Claus (which was used for a Saks Fifth Avenue advertising campaign). You'll also see performance clips for This Time of the Year (Brook Benton), There's No Place Like Home for the Holidays (Perry Como), The Most Wonderful Time of the Year (Andy Williams) and Feliz Navidad (Jose Feliciano). Get into the spirit of the season with these classic holiday songs! Please call (978) 540-2470 to register. There is no cost for this program.

Lunch & Learn: Understanding Your Pelvic Floor **Thursday, December 4th, 12:00-1:00pm, Program Room 1**

Join us for an engaging and informative session with Pelvic Floor Physical Therapist Courtney Teehan, PT, DPT. We'll explore common pelvic floor concerns that can arise as we age—including bladder health, balance, mobility, and core strength—and share practical strategies to improve comfort and quality of life. Bring your questions and learn how small changes can make a big difference.

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

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 in the first balcony. Before the show, we will go to the Cheesecake Factory for a delicious lunch. A perfect holiday celebration!

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.**
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- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday, 8:30 AM-4:00 PM.
- 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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Funding for transportation provided by MART (Montachusett Regional Transit Authority) & the Town of Littleton.

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

