

The Broadcaster

December 2025



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IMPORTANT NOTES:

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

We will be closed on Thursday 12/25/2025 in observance of Christmas and on Thursday 1/01/26 for New Years day.

Happy Holidays

From Liz's Desk: Hello Everyone! On behalf of the EHS staff I would like to extend our warmest wishes for a very happy holidays to you all! As we close out another year, we want to take a moment to express our heartfelt gratitude to our volunteers for the time, care, and energy they have dedicated to our community and our department this year. Your dedication has made a profound difference in the lives of our seniors, and we couldn't do this important work without you. Thank you for being a vital part of our community and for spreading kindness and warmth each day. Your contributions are truly appreciated, and we are so grateful to have you as part of our team!

We have heard your feedback! We have added additional fitness classes for you— a Mat Flow Yoga Class beginning in January and a dance class beginning in December (see page 9 for details on both!) We now also have 2 beautiful ping pong tables upstairs in the Barre Room available for drop-in play on Tuesday afternoons, Wednesdays, and Friday afternoons. Thank you to all who filled out the gym survey— a new leg-press machine will be added to the gym shortly based on your feedback. And probably the most desirable change in the works— accepting card payments is in progress! Stay tuned for the details as we get set up and trained to begin early in the new year.

We have another exciting month planned for you. With the holidays and the events going on, it is sure to be busy and your calendar will fill up fast.

Registration for December Programs

Registration Day: Tuesday, Nov. 25th for all December 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).

Happy Holidays

All Aboard the Polar Express! Friday December 12th, 6:00pm, MPR

Rotary
Club of Littleton

Join us for this fun intergenerational event featuring cookie decorating, hot coca, and letters to Santa— who will be making a surprise appearance!



*Children should bring a comfy pillow to sit on as we journey together through the story of the Polar Express!

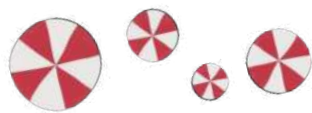
Reserve your spot by contacting the Center on Shattuck Street at 978-540-2470. *Sponsored by the Rotary Club of Littleton.*

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



COA Board Update

I hope you all had a wonderful Thanksgiving and enjoyed the Friendsgiving that The Rotary held for us at the Center. Thank you!! Now we move on to the Christmas and holiday season and the season of giving. This year there seems to be a real need to think of our neighbors that may be struggling. Those of us who are blessed to have all that we need should be mindful of those less fortunate. One place where we can help is with T.R.E.A.D. (Tax Relief for Elderly and Disabled). Our program assists neighbors by helping to pay a portion of their tax bill. This year we have 15 applicants that need help. All monies used for this program comes through donations so if you feel that you could help you can send a check to the EHS office. All of the "gifts of giving" will be used to help a neighbor in Littleton to have a happier holiday season. If you are in need of assistance for any reason this season, please do not hesitate to contact Outreach at 978-540-2470.



-Anita Harding,
COA Board Chair

We want to wish Richard Kent, COA Van Driver, a very happy retirement! Thank you for your 47 years of service to the Town of Littleton, Rich!

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 Tuesday, November 25th 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
Philip Pagano, Driver
Sam Palmer, Driver
Fernando Vasquez, 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

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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 caregivers, 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.

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!

Friends of the Council on Aging

If you've been thinking about purchasing a leaf for the Donor Tree, now's the time to act. The tree accommodates 100 leaves, with only 18 remaining as of 11/8. Thanks go to Charlie DeStefano and Liz Tretiak for choosing the design and Charlie and Andy Fredette for managing the project.

The **thrift shop** that was primarily providing for those working or visiting Town Hall, has since become a thrift shop for the people. I say that with a full heart, not out of resentment or regret. Because the abundance we are blessed with, in the way of donations, has helped so many others in our town and surrounding towns. We no longer wait until one season comes to an end to share our riches, but rather when the opportunity presents itself. It began the Summer of 2024 when we assembled excess clothing for both men and women and donated to a veterans' facility in Devens. The next donations to Veterans were made to Lowell. They did not take women's clothing but were gracious enough to deliver to a female shelter nearby on our behalf. We participated in the Rotary's clothing drive for the homeless last year. We are currently gathering our donations for this year's drive. We haven't stopped donating to either the high school or St. Vincent de Paul. In fact, we drop off to both locations on a regular basis. What's changed is that we're donating to more causes and doing it in real time. **Renew is open from Wed - Sat 10-2.** -Gandra

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

LittletonCenterOnShattuck.com/donation-opportunities



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

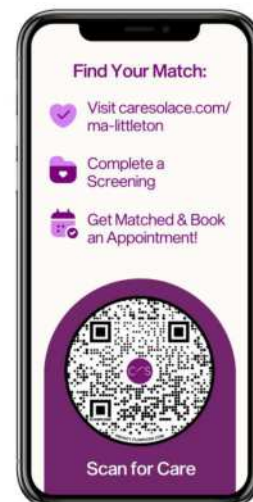


care
solace

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 12/4 & 12/18.

Caregiver Support: No December meeting. Next meeting is Jan 28th 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

December 27th, 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. 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. 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

Thur, Dec. 4th, 10am, Conference Room

Phillip Arcidiacono, Attorney at Law, will be on site in the Conference room from 1:00pm-2:00pm 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.**

CCoL Caregiver Group

The Congregational Church of Littleton (330 King Street) offers a monthly support group for Care Givers on the second Wednesday of every month in the Parish Hall. This is a support group for people of all ages who have the responsibility for the welfare of a family member or friend. It is a safe space in which to share needs and resources. This is open to all in the Littleton community and nearby towns and is NOT limited to CCoL members. Please invite friends, family and anyone who may benefit from this program. The meeting is facilitated by Dianne Ledder and Martha Shethar. Refreshments will be offered.

Looking Ahead—Medicare Advantage

January through March is the Medicare Advantage members Open Enrollment Period. If you have a Medicare Advantage plan on January 1st you are eligible for this Open Enrollment Period. Another chance to take a look at a new Medicare Advantage plan OR to switch to Original Medicare with a Prescription Drug Plan and, if interested, a Medigap/Supplemental plan. For more information or to meet during the Medicare Advantage member Open Enrollment Period call SHINE counselor, Alicia Rego, at 978-540-2470.

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 co-payments, 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 ice-melt 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

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

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg	3 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 2:00 Holiday Music 50's & 60's	4 11:15 Stretch & Flex 12:00 Lunch & Learn: Pelvic Floor 12:30 Trivia 1:00 Elder Law Clinic 1:00 Living Alone Group 1:15 Chair Yoga	5 8:30 JULIET Club Breakfast Trip- Paul's Diner 10:00 Dance Class 1:00 BINGO
8 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	9 10:00 Ravenous Book Club 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg 2:00 Music of Yesteryear Holiday Show	10 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	11 Boston Pops Trip Day 11:15 Stretch & Flex 12:30 Trivia 1:15 Chair Yoga 3:00 Tiger Tech	12 8:30 ROMEO Club Breakfast Trip- Club Car Cafe 9:30 Chair Yoga Sculpt 10:00 Dance Class 11:00 Ukulele Class 1:00 BINGO 6:00 Polar Express Night
15 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 2:00 Music w/Matt York	16 10:00 Ravenous Book Club 10:00-12:00 BP Clinic 11:15 Stretch & Flex 12:30 Acrylic Painting with Anne 1:00-4:00 Mah-Jongg 3:30 Night Lights Trip	17 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 Delvena Production of "A Christmas Carole"	18 9:30 Hearing Screenings 9:30 Painted Pine Craft 11:15 Stretch & Flex 12:30 Trivia 1:00 Living Alone Group 1:15 Chair Yoga 2:00 Restorative Reading	19 8:30 JULIET Club Breakfast Trip- The Club Car 10:00 Coffee and Financial planning 10:00 Dance Class 11:00 The Life and Times of Houdini 1:00 BINGO
22 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 2:00 Dan Kirouac Music	23 9:30 KevTech: iPhone Calendars 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Traveling Chef	24 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	25 CLOSED 	26 8:30 ROMEO Club Breakfast Trip 10:00 Dance Class 1:00 BINGO 
29 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 Hopp's NO Chair Yoga today	30 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg 2:00 Monthly Movie & Popcorn	31 8:30-9:30 Walking Club 9:30 Yoga for Strength 10:00-12 Cribbage Club 1:00 Canasta Drop-In	CLOSED 	<div> IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE </div>



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Minuteman Senior Services		December 2025		Meals on Wheels Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Swedish Meatballs White Rice Carrots Oat Bread Pineapple	2 Garlic Lemon Fish Orzo Creamed Spinach Oat Bread Jello	3 Pork w/Apples Butternut Squash Brussels Sprouts Garlic Roll Cookie	4 Sheppard's Pie Biscuit Chilled Fruit	5 Chicken Parmesan Pasta Broccoli ww Bread Fruit	
8 Beef Fajita w/Peppers & Onions Rice & Beans Tortilla Chilled Fruit	9 Honey Garlic Chicken Steamed Potatoes Vegetable Blend Oat Bread Chilled fruit	10 <i>Special</i> Apple Glaze Ham Garlic Mashed Green Beans w/Bell Peppers LS Breads Mint Chocolate Mousse	11 Crab Cake Chuckwagon Corn Beets WW Roll Cookie	12 Mac & Cheese Peas MG Bread Pineapple	
15 Turkey w/Gravy Mashed Potato Green Beans LS Wheat Bread Applesauce	16 Cheese Omelet Turkey Sausage Creamy Polenta Green Beans & Tomato Fruit Loaf Yogurt (<i>no milk</i>)	17 Beef Stew Steamed Potatoes Cornbread Chilled Fruit	18 Marry Me Chicken Couscous Vegetable Blend WW Dinner Roll Fresh Fruit	19 Pasta Fagioli <i>beans, spinach tomatoes, carrots</i> Cauliflower Oat Bread Brownie Cookie	
22 Chicken Pot Pie Mashed Potato Biscuit Jello	23 Hot dog <i>beef/pork</i> *** Hot Dog Roll Baked Beans Latin Slaw Cinnamon Apples	24 <i>cold</i> Tuna Salad on Vienna Bread Garden Salad Corn & Bean Salad Chilled Fruit	25 	26 American Chop Suey Brussels Sprouts WW Garlic Roll Cookie	
29 Lemon Pepper Chicken White Bean Pasta MG Bread Cookie	30 Potato Crunch Fish Sweet Potato Cheesy Cauliflower WW Burger Bun Chilled Fruit	31 Pork Diablo - <i>mustard Sauce</i> White Rice Brussels Sprouts Dinner Roll Pudding	For weather emergencies and cancellations, please check Fox 25 TV station Littleton: 781-325-7879		<i>Entrees that contain more than 1200 mg sodium are designated by an ***</i>



For questions about the nutritional information in this menu contact:

Deborah McLean, Dietitian 781-221-7018




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AD DESIGN
 with purchase
 of this space

CALL 800-950-9952



Craft Class**Wed. Dec 10th, 1:00-3:00, Art Room**

Tis the season!! We will be making a holiday star to decorate your door. See the photo on the right. 

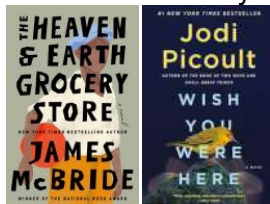
The class will be December 10 from 1:00 to 3:00. The cost is \$3 and class is limited to 20 so sign up early. See you then.



-Anita, Sue, Kathy, and Anne Lee

EHS Ravenous Readers**Tuesday, Dec 9th @ 10am, Art Room**

Please join us to discuss the Heaven & Earth Grocery Store by James McBride. Our book for January is Wish You Were Here by Jodi Picoult. **We will also be having a book swap** - so bring any books that you would like to swap! Please call (978) 540-2470 to register.

**Coffee & Financial Planning****Dec 26th, 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!

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

Join us for BINGO every Friday, 1-3pm! On **Friday, Dec 5th**, 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 w/ Sue Cudmore & Rick Cande
Wednesday 12/10, 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 December. 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! Please call (978) 540-2470 to register.

Questions regarding the Jam Session- please email Susan Cudmore: susan.cudmore@gmail.com

Hearing Screening with HearSmart Audiology
Thursday, December 18th, 9:30-11:30am, Medical Room

How's your hearing? FREE hearing screenings, including ear wax checks by local audiologist, Dr. Megan Ford of Littleton's HearSmart Audiology, using state-of-the-art technology that allows for quick, easy and painless results in seconds. This service is being offered at no cost. Appointments are required. Please call 978-540-2470 to schedule an appointment.



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.

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 Dec. 8th, 9AM-2PM

Foot Care RN, Christine Quiriy, RN CFCN is here Mon. 12/8 from 9AM-2PM, \$40/person. Clinic is held in the 1st Floor medical room. Call to reserve your time slot. Call 978-540-2470 to register.

Chair Yoga Sculpt w/ Therese LaRose Friday, Dec 12th, 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.

Mat Flow Yoga with Rebecca Tues, Jan 6th- Jan 27th, 10:45-11:30am

A Vinyasa style flow mat class that will focus on stretching and strengthening your muscles, connecting body and breath and releasing the daily stressors of life. *The class will involve seated floor poses, getting off the floor and standing balance without a chair.* Please call (978) 540-2470 to register. 4 week session is \$12 per person. Class held in Barre Room.

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.

December training dates (2 sessions):

Wednesday Dec. 10th: 2:00pm and 3:15pm



Line Dance to Ballroom and Latin Music! Fridays at 10am, Barre Room



Normally you need a partner to do these dances **but** this class will be in a line dance format, so **NO PARTNER IS REQUIRED**. Each week as we dance to beautiful music, you will learn the basic steps of each dance with Dance Instructor Louise Dorian. Dancing is a wonderful way to lift your spirits, strengthen your mind/body coordination and improve balance. Please call (978) 540-2470 to register. 4-week session is \$12.



ROMEIO 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 ROMEIO! The Littleton ROMEIO 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!

De 12: The Club Car Cafe, Concord, MA
Dec 26th: Tiny's, Ayer, MA

Veterans Breakfast

Wed. Dec. 24, 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 - Dec. 10th, 8:00AM - 9:00AM
Men's Breakfast - Dec. 17th, 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, Dec 3rd, 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.

Traveling Chef **Tuesday, December 23rd, 1:00-2:30pm, Senior Cafe**

The Traveling Chef is here again! Menu this month includes: Turkey and Roast Beef Carving Station, Mashed Potatoes, Butternut Squash, Green Beans, Gingerbread, Snowflake Roll, Water.

Suggested donation is \$10 per person. Please call to register as space is limited 978-540-2470.



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!

Dec 5th: Paul's Diner, Westford, MA
Dec 19th: The Club Car Cafe, Concord, MA

Restaurant Hoppers **Monday, Dec. 29th, Van leaves at 12:30**

We will be headed to Bamboo Fine Asian Cuisine (1 Lan Dr, 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 Dec. 23rd, so we are able to reserve your table.

TECH HELP FOR SENIORS

High school students helping seniors feel confident with technology!



Call to register: 978-540-2470

HOW WE HELP:

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- Answer questions about everyday technology use
- Build confidence so you can stay connected

When:

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Each Month
3:00 PM - 4:00 PM

Where:

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Run by Littleton High School's Tiger Tech Club

❄ Winter Sign Workshop ❄ with The Painted Pine

Thursday Dec. 18th, 9:30-11:00am, Art Room

Join us for a fun and creative morning as we paint or stain 9"x7" wood signs and stencil them with cheerful winter sayings! Choose from four festive designs:

- ❄ Cold Hands, Warm Heart
- ❄ Let It Snow
- ❄ Cozy Winter Vibes
- ❄ 'Tis the Season to be Freezin'

No experience needed- just come ready to relax,

create, and enjoy some wintertime fun with friends! Cost is \$28 per person. All materials provided, and you'll leave with a handmade winter sign perfect for decorating your home or gifting.

Please call to register:
978-540-2470.



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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.

Music of Yesteryear - Holiday Show
Tuesday, December 9th, 2:00pm-3:00pm, MPR

Music of Yesteryear (Paul and Paula) is an energetic duo consisting of vocals, clarinet, guitar or banjo or ukulele, and harmonica. This holiday performance is composed of familiar popular sing-along songs! The duo hopes to bring some holiday cheer to you!

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



Holiday Music with Matt York
Monday, December 15th, 2:00pm-3:00pm

Once again, back by popular demand, Matt York will be here to entertain us with his music and stories...this time with a holiday theme! Please call (978) 540-2470 to register. There is no cost for this program.

Acrylic Painting Classes with Anne Hunter
Tuesday December 16th 12:30-3:30pm

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 yourself 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.



Please call to register - class size is limited. (978) 540-2470

Ukulele Class
Friday, December 12th, Program Room 2

Join Julie for a fun ukulele class, just \$10 per person! Call to register 978-540-2470

Night Lights at the New England Botanical Garden
Tuesday, December 16th, 3:30-6:30pm

Once again, by popular demand, we are visiting the Night Lights at the New England Botanical Gardens! Cost is \$20 per person. Payment due on 12/9. Our two vans will leave at 3:30pm and will return approximately at 6:30pm. Be sure to dress for the weather! Please call (978) 540-2470 to register. Space is limited.





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**Delvena Production of "A Christmas Carole"
Wednesday, December 17th, 1:00-3:00pm, MPR**



The Delvena Theatre Company will present a dramatic reading, with scenes, of the Charles Dickens classic, *A Christmas Carol*, on Wednesday, December 17, at 1:00 PM. Watch in fascination as Marley comes back from the dead to help Scrooge amend his miserly ways here on earth and transform himself in a pleasant, giving old gentleman. With the help of three ghosts – the Ghost of Christmas Past, Ghost of Christmas Present and the Ghost of Christmas Future – the audience will be mesmerized as old Scrooge takes a long look at his life and reevaluates its path. Classic Christmas music will put the finishing touch on this wonderful message of hope and love – so fitting for the Christmas season! *A Christmas Carol* will be performed, complete with period costumes, by Lynne Moulton, Joseph Zamparelli and Fran Baron.

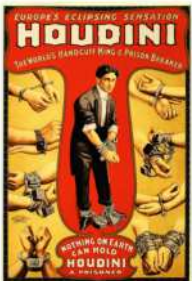
The Delvena Theatre Company was founded in 1992 and has performed at various venues, most often at the Boston Center for the Arts. The company was nominated for five Independent Reviewers of New England awards. Its production of *'Who's Afraid of Virginia Woolf?'* was on Theatre Mirror's Best List for acting, directing and production. Presentations of *'Anna Weiss'* and *'Beyond Therapy'* were included on Theatre Mirror's best play list and *'Blue Heart'* was placed on Aisle Say's best list.

Please call (978) 540-2470 to register. There is no cost for this event. Sponsored by FLCOA. Desserts provided by Benchmark Senior Living. Event sponsored by the Friends of the LCOA– Thank you Friends!

**Restorative Reading: A Talk About The Healing Art
of Reading and Storytelling In Community
Thursday, December 18th, 2:00-3:00pm**

Join Catherine Brooks, Curator of *Stories for Thriving*, for an inspiring talk about the benefits of reading fiction and storytelling for our wellbeing. Learn about reading short stories, novels, and other inspired literature in community to inspire and RE-STORY life. This talk will shine a light on the healing art of reading, and will integrate principles of mind-body health with narrative medicine. Catherine has hosted over 200 Restorative Reading events since 2019 in bookstores, hospitals, libraries and retail settings.

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



**The Life and Times of Houdini...an American Icon
Friday, December 19th, 11:00am-12:00pm**

Jack Ryan, past president of the Society of American Magicians, will be offering a special presentation on American Icon, Henry Houdini. Jack has been performing magic for over 50 years and he will demonstrate some of Houdini's illusions while telling the very interesting tale of Houdini's fascination life.

Please call (978) 540-2470 to register. There is not cost for this program.

**Dan Kirouac Holiday Music Performance
Monday, December 22nd, 2:00-3:00pm, MPR**

Part of the regional music scene for over forty years, Dan Kirouac has been an entertainer, drummer, keyboardist, guitarist, vocalist, and an ASCAP-affiliated songwriter and publisher who has performed hundreds of shows in New England, New York, Mexico, and with studio recording credits from New Hampshire to Arizona.

Some of the nation's best-loved holiday and Christmas songs of the late-1950s, 1960s, and early 1970s will be revisited with the simplicity of one piano and one vocal, done in traditional, easy-listening, and light-rock style. Please call (978) 540-2470. There is no cost for this event.



**Monthly Movie and Popcorn
Tuesday December 30th, 2:00pm, MPR**

Holidate, 1hr 44min, Romantic Comedy. *Not Rated*. Fed up with being single on holidays, **two strangers agree to be each other's platonic plus-ones all year long**, only to catch real feelings along the way. Please call (978) 540-2470 to register.



Thank you Friends of the LCOA for the popcorn machine!

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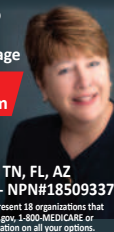
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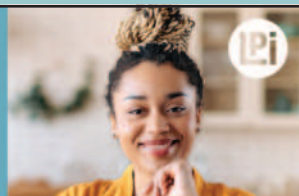
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Effective October 7, 2024 rides are now fare-free!

