

The Broadcaster

January 2026



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IMPORTANT NOTES:

COA Board Meeting will be held on January 12th, 2025 at 3pm in Program Room 2. Check the website for updates or changes.

The Center on Shattuck & Senior Cafe will be closed on Wednesday, January 1st and Monday January 19th.

HAPPY
New Year

From Liz's Desk:

Happy New Year and welcome to 2026! As we step into a brand-new year, I want to extend my warmest wishes to each of you. The Center on Shattuck Street has officially been open for 6 months, can you believe it? It feels like just yesterday and forever both at the same time. It continues to be a place of friendship, learning, and support because of the wonderful people who walk through our doors every day. In 2026, we look forward to new programs, new friends, special events, and many opportunities to stay active, connected, and engaged. Thank you for being such an important part of our community. Wishing you a year filled with good health, joy, and meaningful moments.



Registration for January Programs

Registration Day: Monday, Dec. 29th for all January 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).

Shattuck Street New Years Shindig! Thursday, January 8th, 4pm-6pm



Let's usher in 2026 with a chicken pot pie dinner, music and dancing from the Retro Polatin band, and a chance to have your caricature done by Dr. Cornfish Caricatures! Dinner will be served at 4pm. This event is free of charge thanks to the Friends of the Littleton Council on Aging! Please call (978) 540-2470 to register.

Winter Weather Policy

If Littleton Public Schools are closed due to inclement weather, Littleton EHS Vans will not run. The safety of Littleton residents and our van drivers is of the utmost importance. In the event of a snowstorm, please check to see if Littleton schools are closed. If they are, you will be contacted to reschedule your ride. If Town Hall is closed due to weather, all in-person EHS programs will be canceled for that day. If are unsure please call the main office at 978-540-2470.



COA Board Update

Happy New Year. With a brand new year comes a chance to think about the joys and hardships behind us. Perhaps we might want to focus on "Kindness". There will be opportunities to give kindness, as well as, receive kindness. Sometimes the smallest acts create the brightest moments. It could be a gentle smile as we pass someone in the grocery store, or give a gentle hug to someone you might meet at the Senior Center. During this time of year we are all very busy but if we just take the time to say "hello" or wish someone you meet a happy day you will be spreading kindness. These are all small gestures and could help someone who might be having a difficult time get through the day a little easier. So as we go forward this New YEAR let us all take time to spread Kindness throughout.



- Anita Harding,

COA Board Chair

Reminder: 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!

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 Monday, Dec 29th 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

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 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

Friends of Littleton Council on Aging is comprised of eight volunteers. We hold 'fun'draising events like Friday Night Bingo and Left-Right-Center. Liz highlights events we sponsor by showing the giving hand holding an apple next to it. In this month's article I've decided to take credit for the Friends' worthy existence. We're here to fundraise and give back to Littleton Seniors. We fill requests made by Liz, Amy, Megan and Alicia of the COA, for events and programs provided, that need additional funding. We've made donations to the TREAD (Tax Relief for Edlers and Disabled) account when it sadly became depleted. (TREAD operates solely on donations.) Funds raised by the Friends helped fund the recently purchased, and much needed, handicapped van. When the 'Center' was built we sponsored the Multi-Purpose room, the Main Lobby and the Donor Tree using monies held for a future senior center. (Kudos go to Barbara McRae, then President and thrift shop manager.) The Donor Tree, with its silver and gold leaves, was our biggest single fundraiser to date. We got the word out through a special appeal letter, Broadcaster Articles written by both Charlie and me, and by each of you, the COA, and its board. The mere sight of the Tree helped too!



Then there's the thrift shop, once our major fundraiser, continually gaining momentum. Thank you to those who advocate for us. And to the volunteers who share in this labor of love. You are truly treasured!

Happy New Year! Thank you. Take care.

-Sandra

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!

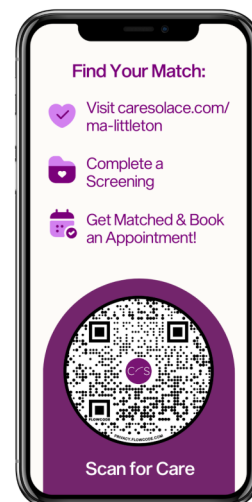


care
solace

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 1/8 and 1/22.

Caregiver Support: Next meeting is Jan 28th at 6pm, hosts from HomeWatch Caregivers. Join us in Program Room 2 for great conversation and dinner! Email Megan for more info: MMurphy@littletonma.org

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

January 24th, 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

Fri. Jan 2nd, 10am-11am, 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.

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.

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.**

Save the date! AARP Tax Aide Program

Time to start preparing for tax season. Our AARP Tax Aide Program will be running again this year beginning February 3rd through March 10th. Appointments will be available on Tuesdays from 1:00pm—3:00pm.

Registration begins next month! We will be scheduling appointments 978-540-2470.



Medicare Advantage Open Enrollment starts January 1st. How is this different from Annual Medicare Open Enrollment, and what does it mean for you?

The Medicare Advantage Open Enrollment Period is from January 1 to March 31 each year. This period is an opportunity for people who enrolled in a Medicare Advantage (MA) Plan during the Annual Medicare Enrollment Period, to switch to a different MA plan or go back to Original Medicare and a Part D plan.

This period is for existing MA beneficiaries to make one change to their coverage for the rest of the year, with changes effective on the first day of the following month.

What You Can Do During MA OEP:

- Switch to another Medicare Advantage Plan
- Drop your Medicare Advantage Plan and return to Original Medicare
- Add a stand-alone Medicare Part

For more information regarding Medicare Advantage Open Enrollment or other Medicare related questions, please schedule a SHINE appointment by calling 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 or call your local AAA office.

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

Are you turning 65 this year and thinking about retiring? 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.

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare. Our certified 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 for your SHINE appointment today at 978-540-2470.



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



January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>IN PERSON EVENTS - GREEN</p> <p>VIRTUAL EVENTS - RED</p> <p>HYBRID EVENTS - PURPLE</p>			<p>1 CLOSED</p> 	<p>2</p> <p>8:30 JULIET Club Breakfast Trip– Tiny's</p> <p>10:00 Dance Class</p> <p>10:00 Elder Law Clinic</p> <p>11:30 Chair Yoga w/ RR</p> <p>1:00 BINGO</p>
<p>5</p> <p>9:00-10:00 Beg. Tai Chi</p> <p>10:00-11:00 Adv. Tai Chi</p> <p>11:00 RummiKub</p> <p>12 -2:00 Loving Stitches</p> <p>12:45-1:30 Chair Yoga</p>	<p>6</p> <p>10:45 Mat Flow Yoga w/ RR</p> <p>10:00-12:00 BP Clinic</p> <p>11:15 Stretch & Flex</p> <p>12-3:00 Foot Care</p> <p>1:00-4:00 Mah-Jongg</p>	<p>7</p> <p>9:30 Yoga for Strength</p> <p>10:00-12 Cribbage Club</p> <p>1:00 Canasta Drop In</p>	<p>8</p> <p>11:15 Stretch & Flex</p> <p>12:30 Trivia</p> <p>1:00 Living Alone Group</p> <p>1:15 Chair Yoga</p> <p>3:00 Tiger Tech</p> <p>4:00 Shattuck Shindig!</p>	<p>9</p> <p>8:30 ROMEO Club Breakfast Trip– Nan's Kitchen</p> <p>10:00 Dance Class</p> <p>11:00 Ukulele Class</p> <p>11:30 Chair Yoga w/ RR</p> <p>1:00 BINGO</p> <p>1:00 Gym Training</p> <p>1:45 Gym Training</p>
<p>12</p> <p>9:00-10:00 Beg. Tai Chi</p> <p>10:00-11:00 Adv. Tai Chi</p> <p>10:00 Grief SupportGroup</p> <p>11:00 RummiKub</p> <p>12 -2:00 Loving Stitches</p> <p>12:45-1:30 Chair Yoga</p>	<p>13</p> <p>10:00 Ravenous Book Club</p> <p>10:45 Mat Flow Yoga w/ RR</p> <p>10:00-12:00 BP Clinic</p> <p>11:15 Stretch & Flex</p> <p>12-3:00 Foot Care</p> <p>1:00-4:00 Mah-Jongg</p>	<p>14</p> <p>8:00 Women's Breakfast</p> <p>9:30 Yoga for Strength</p> <p>10:00-12 Cribbage Club</p> <p>12-2 Bluegrass Jam Sesh</p> <p>1:00 Craft Class</p> <p>1:00 Canasta Drop In</p> <p>3:00 Dinah Shore</p>	<p>15</p> <p>11:15 Stretch & Flex</p> <p>12:30 Trivia</p> <p>1:15 Chair Yoga</p>	<p>16</p> <p>8:30 JULIET Club Breakfast Trip– Nan's Kitchen</p> <p>10:00 Dance Class</p> <p>10:00 Matter of Balance</p> <p>11:30 Chair Yoga w/ RR</p> <p>1:00 BINGO</p>
<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>9:30 KevTech iphone class</p> <p>10:45 Mat Flow Yoga w/ RR</p> <p>10:00-12:00 BP Clinic</p> <p>11:15 Stretch & Flex</p> <p>1:00-4:00 Mah-Jongg</p> <p>1:00 Traveling Chef</p>	<p>21</p> <p>8:00 Men's Breakfast</p> <p>9:30-10:30 Yoga for S&B</p> <p>10:00-12 Cribbage Club</p> <p>1:00 Canasta Drop In</p>	<p>22</p> <p>11:15 Stretch & Flex</p> <p>12:30 Trivia</p> <p>1:00 Living Alone Group</p> <p>1:15 Chair Yoga</p> <p>2:00 Monthly Movie & Popcorn</p>	<p>23</p> <p>8:30 ROMEO Club Breakfast Trip– Blackbird</p> <p>10:00 Coffee and Financial planning</p> <p>10:00 Dance Class</p> <p>10:00 Matter of Balance</p> <p>11:30 Chair Yoga w RR</p> <p>1:00 BINGO</p>
<p>26</p> <p>9:00-10:00 Beg. Tai Chi</p> <p>10:00-11:00 Adv. Tai Chi</p> <p>11:00 RummiKub</p> <p>12 -2:00 Loving Stitches</p> <p>12:30 Restaurant Hopp's</p> <p>12 -2:00 Loving Stitches</p> <p>12:45-1:30 Chair Yoga</p>	<p>27</p> <p>10:00-12:00 BP Clinic</p> <p>10:45 Mat Flow Yoga w/ RR</p> <p>11:15 Stretch & Flex</p> <p>1:00-4:00 Mah-Jongg</p> <p>1:00 The Really Good News About Alzheimer's</p>	<p>28</p> <p>7:30 Veterans Breakfast</p> <p>9:30 Yoga for Strength</p> <p>10:00-12 Cribbage Club</p> <p>1:00 Canasta Drop-In</p> <p>2:00 Author Talk: Ronny LeBlanc</p> <p>6:00 Caregiver Group</p> <p>6:00 Bluegrass Jam Sesh</p>	<p>29</p> <p>11:15 Stretch & Flex</p> <p>12:30 Trivia</p> <p>1:15 Chair Yoga</p> <p>2:00 The Dynasty and Beyond– Celtics Talk</p>	<p>30</p> <p>8:30 JULIET Club Breakfast Trip– Blackbird Cafe</p> <p>10:00 Dance Clas</p> <p>10:00 Matter of Balance</p> <p>11:30 Chair Yoga w/ RR</p> <p>1:00 BINGO</p>

Minuteman Senior Services

January 2026

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For weather emergencies & cancellations, please check Fox 25 TV station Littleton: 781-325-7879	<i>Entrees that contain more than 1200 mg sodium are designated by ***</i>		1  No Meals Served	2 Shepherd Pie Vegetable Blend ww Dinner Roll Pudding
5 Cacciatore Chicken Cavatappi Pasta Vegetable Blend MG Bread Applesauce	6 Potato Crunch Fish Sweet Potatoes Peas, Mushrooms Rye Bread Fig Bar	7 Beef Burgundy Garlic Mashed Root Vegetable MG Bread Pudding	8 Balsamic Chicken Butternut Squash Brussels Sprouts LS Wheat Bread Pudding	9 Bean & Spinach Stew Green Beans ww Dinner Roll Fruit
12 *** Hot Dog beef/pork Baked Beans Vegetable Blend Hot Dog Roll Fruit	13 Chicken Souvlaki Seasoned Orzo Vegetable Blend LS Wheat Bread Brownie	14 Marinara Stuffed Shells Vegetable Blend Garlic Dinner Roll Fruit	15 Meatloaf Gravy Mashed Potato Peas & Carrots ww Dinner Roll Cookie	16 Mac & Cheese Zucchini & Tomatoes LS Wheat Bread Fruit
19  No Meals Served	20 Chicken Stir Fry Fried Rice LS Wheat Bread Fruit	21 Spinach & Bell Pepper Fritata Red Bliss Potato Brussels Sprouts Oat Bread Yogurt	22 Broccoli Cheese Stuffed Chicken Roasted Potatoes Vegetable Blend LS Wheat Bread Fruit	23 Turkey w/Gravy Sage Stuffing Butternut Squash LS Wheat Bread Fruit
26 Baked Ziti Green Beans Garlic Knot Mixed Fruit	27 *** BBQ Pulled Pork on Burger Bun Baked Beans Vegetable Blend Fruit	28 Greek Chicken Buttered Orzo Vegetable Blend MG Bread Cookie	29 Bean & Barley Chili Vegetable Blend Dinner Roll Fruit	30 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Vegetable Blend LS Wheat Bread Pudding

Craft Class**Wed. Jan 14th, 1:00-3:00, Art Room**

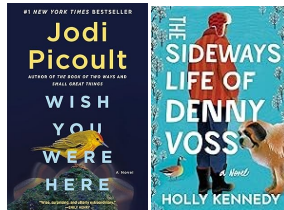
ZANTANGLE Card Making -
Join us for a relaxing afternoon
of learning the art of Zantangle
and enjoying each other's
company. Class will be 1-3pm on
January 14 and cost \$3.00. See
you there!



-Anita, Sue, Kathy, and Anne Lee

EHS Ravenous Readers**Tuesday, Jan 13th @ 10am, Pr. Room 2**

Please join us to discuss *Wish You Were Here* by Jodi Picoult. Our book for February is *The Sideways Life of Denny Voss* by Holly Kennedy. Please call (978) 540-2470 to register.

**Coffee & Financial Planning****Jan 23rd, 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, Jan 2nd**, 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! ***We are looking for donations of size 6 and 7 circular needles.***

Blue Grass Jam w/ Sue Cudmore & Rick Cande**Wed. 1/14, at 12, and Wed. 1/28 at 6pm, 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 January. 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

NEW! Information on our new Foot Care Service

As we wish Christine a happy retirement, we want to share information on our new foot care service:

Jenny Truch from Foot Care Focus will be our new foot care clinician starting in January. The cost of each visit is \$50 and can be made in cash or a check to Foot Care Focus given directly to Jenny. Please make sure your toenails are free from nail polish. There is a 24-hour cancellation policy. If you cannot make your appointment, please call to cancel. Less than 24 hour notice may result in a cancellation fee. Please call (978) 540-2470 to schedule an appointment. Space is limited.

Tuesday 1/6 12-3pm & Tuesday 1/13 12pm-3pm

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

Tuesdays: Mat Flow Yoga with Rebecca: 10:45am-11:30am, Barre Room, \$3/class —**NEW 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

Fridays: Dance Class, 10:00-11:00am, Barre Room, \$3/class

Fridays: Chair Yoga with Rebecca Reber 11:30am, Barre Room, \$3/Class—**NEW class!**

Chair Yoga Sculpt w/ Therese LaRose Friday, Jan 9th, 9:00am-10:00am

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.

Ping Pong Drop-In

We now also have 2 beautiful ping pong tables up in the Barre Room available for drop-in play on Tuesday afternoons, Wednesday, and Friday afternoons!

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 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.

January training dates (2 sessions):

January 9th at 1pm and 1:45pm



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.



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, *Van availability varies, please contact dispatch to confirm a ride.

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!

Jan 9th: Nan's Kitchen, Westford, MA

Jan 23rd: Blackbird Café, Acton, MA

Veterans Breakfast

Wed. Jan 28th, 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 - Jan. 14th, 8:00AM - 9:00AM

Men's Breakfast - Jan. 21st, 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 \$3. 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.

The Traveling Chef Tuesday, January 20th at 1pm, Senior Cafe

Traveling Chef visits again! Tuesday, January 20th at 1pm. Suggested donation is \$10 per person. Please call (978) 540-2470 to register. Space is limited.

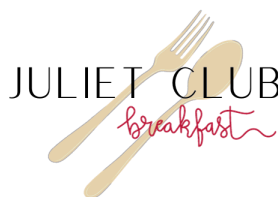
Menu- Rice Bowls! Your choice of:

- Chicken or Beef
- Asian Blend Veggies, Broccoli, Pineapple
- Sauces: Teriyaki sauce or Sweet chili
- White Rice
- Tapioca Pudding
- Dinner Roll



Genealogy One-on-One

Do you have questions about your family tree? Want to start looking into genealogy but don't know where to start? Are you currently researching, but stuck? Local genealogy expert Marsha Russell is available to meet with you 1-on-1 to answer all your questions. Call to make an appointment: 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. *Van availability varies, please contact dispatch to confirm a ride for the event.

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!

Jan 2nd: Tiny's, Ayer, MA

Jan 16th: Nan's Kitchen, Westford, MA

Jan 30th Blackbird Café, Acton, MA

Restaurant Hoppers

Monday, Jan. 26th, Van leaves at 12:30

We will be headed to The Pleasant Cafe in Ayer, MA. If you would like van service please call Dispatch at 978-844-6809, (Van availability varies, please contact dispatch to confirm a ride for the event) if you will be driving yourself please call EHS to register, 978-540-2470. Attendees are responsible for their own meal.

Please register by Jan. 21st, 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:

- Show how to use smartphones, tablets, and computers
- Help with apps like email, messaging, Zoom, and Facebook
- Teach step-by-step skills at your pace
- Answer questions about everyday technology use
- Build confidence so you can stay connected

When:

Second Thursday of
Each Month
3:00 PM – 4:00 PM

Where:

Littleton High School
Library

Run by Littleton High School's Tiger Tech Club 🐯



Set off on a fairy tale adventure with Shrek as Littleton Middle School presents their production of Shrek Jr. the musical. Performances will be held Friday, Jan. 23rd at 7PM, Saturday, Jan. 24th at 2PM and Sunday, Jan. 25th at 2PM. All shows will be performed at the High School. Tickets can be purchased at the door or at

lmsdrama.org

Ukulele Class with Julie January 9th, 11:00am-12:00pm Program Room 2

Join our monthly Ukulele class with Julie! \$10 per person. Ukulele's provided. Please call to register: 978-540-2470. Class held 1x monthly.

Dinah Shore with Frank King Wednesday January 14th, 3:00-4:00pm, MPR

Frank King's "Crooners" lecture will focus on the life and songs of the great Fanny Rose Shore -- DINAH SHORE, including her amazing string of top-charting songs from her 50-year career, as well as the highlights of her interesting personal life: growing up in the only Jewish family in her small home town in Tennessee; winning an early battle with polio; her two marriages; and many romances, most famously with Burt Reynolds - 20 years her junior. Please call (978) 540-2470 to register. There is no cost for this program.

Matter of Balance Class - Managing Concerns about Falls Fridays, January 16th– March 6th, 10am-12, MPR1

The Littleton Council on Aging and Minuteman Senior Services are partnering to offer **A Matter of Balance: Managing Concerns about Falls Workshop**, an evidence-based program that emphasizes practical strategies to reduce the fear of falling and safely increase activity levels. The class meets once a week for eight weeks, and the curriculum includes group discussions and problem solving. Learn low impact exercises to improve balance, strength, and flexibility. The workshop is FREE, but registration is required. Please call (978) 540-2470 to register. Class size is limited.

Monthly Movie and Popcorn Thursday, January 22nd, 2:00pm, MPR



Cheaper by the Dozen - PG: Tom and Kate Baker compromise their careers to raise 12 children. Tom coaches a high-school football team, while Kate has retired from journalism to raise the family. Things change when Tom is offered a college coaching job in a new city at the same time a publisher buys Kate's parenting memoir. After moving, Kate goes on a book tour, leaving Tom in charge of the children. The children, already unhappy about relocating, plunge the household into chaos. Please call (978) 540-2470 to register. No cost.

The Really Good News about Alzheimer's Tuesday January 27th, 1:00-2:00pm, Program Room 1

The very word "Alzheimer's" is enough to send chills through many of us, particularly as we get older. It's a word we seem to hear more often these days, as celebrities succumb and the news media give more attention to the overarching difficulties of dementia. But despite the frightening headlines, there is so much to be optimistic about, not only for those worried about early indications of cognitive decline but for the caregivers – family and friends – whose own challenges are often overlooked. This presentation highlights those positives and gives guidance not only to those worried about cognitive slippage but also those who currently are or may become dementia caregivers. John Kerr was the primary caregiver for his wife for several years.

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

Music of Love and Tragedy: A Guided Tour of Tchaikovsky's Romeo and Juliet Overture Tuesday February 10th, 2:00pm-3:30pm, MPR1

Tchaikovsky's Romeo and Juliet Overture lavishly depicts Shakespeare's tale of star-crossed lovers, complete with dazzling swordfights, saintly friars, and a love theme that is one of the most recognizable tunes in classical music. What motivated Tchaikovsky to write this piece, and how does he tell the story?

Join us as Elke takes us on a guided tour of this popular work ... whether you are a life-long fan of classical music or have never stepped inside a concert hall!

Light refreshments provided.

No cost! Please call (978) 540-2470 to register.

Sponsored by Alan Bell of Edward Jones.



KevTech: Navigating the Settings on iPhone and iPad II **Tuesday, January 20th, 9:30am, Program Room 2**

We continue our overview of the settings, exploring ways to adjust our devices to align with the user's needs. We learn to access important information about our devices, update the software, and customize important features like Do Not Disturb, Face ID, and notifications. Please call to register (978) 540-2470. Class size is limited. There is no cost for this class.

Native Stewardship of Mother Earth **Saturday, January 10th at 3:00pm, MPR**



Join Nashoba Praying Indian Grand Chief Quiet Storm for a talk about how we as a community can be good stewards of the land in all spaces. She will also highlight how we can better support the pollinators and biodiversity that we rely on to sustain our life on Mother Earth. No registration necessary, no cost.

Interdimensional: A Special Author Talk with Ronny LeBlanc **Wednesday, January 28th, 2:00-3:00pm, MPR1**



Join researcher, author, and **Expedition Bigfoot** star **Ronny LeBlanc** (also from **Paranormal Caught on Camera on the Travel Channel**) for an eye-opening presentation based on his new book, **INTERDIMENSIONAL**. In this talk, Ronny explores the growing evidence that many of the phenomena we label as UFOs, UAPs, and cryptids—especially Bigfoot—may not be purely physical beings, but visitors moving in and out of our reality from other dimensions. Drawing on field investigations, witness testimony, paranormal case studies, and the latest developments in UAP disclosure, Ronny reveals how these encounters often cluster around specific geographic “hot spots”—locations where energy, history, geology, and unexplained phenomena converge. These gateways, he argues, may act as intersecting points between dimensions, allowing brief but powerful interactions with non-human intelligences.

This dynamic talk will delve into:

- The interdimensional theory and why it's gaining momentum
- Connections between UFO sightings, Bigfoot encounters, orbs, and other high-strangeness events
- Famous U.S. and New England hot spots where activity repeatedly spikes
- What these patterns suggest about our universe—and those who might be visiting us

Engaging, thought-provoking, and rooted in Ronny's unique blend of research and storytelling, **Interdimensional** invites audiences to rethink the boundaries of reality itself.

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

The Dynasty and Beyond: History of the Super Celtics - Marty Gitlin Thursday, **January 29th, 2:00-3:00pm, MPR1**

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.



Valentine Craft with Laura **Wednesday, February 4th, 1:00-2:30pm, Art Room**

Come make a fun beaded Valentine craft with our instructor Laura. \$15 per person. Please call to register 978-540-2470.



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Littleton, MA

January
2025

LITTLETON EHS TRANSPORTATION

- 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.

Dispatch services provided by CrossTown Connect (CTC).

Funding for transportation provided by MART (Montachusett Regional Transit Authority) & the Town of Littleton.

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

