

The Broadcaster

AUGUST 2023



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IMPORTANT NOTES:

The COA Board meets the 2nd Monday of the month at 3PM in Room 103; a virtual Zoom option is also available. The Zoom link to join is on the meeting's agenda.

Check out the Special Programs on Pages 7, 8, and 9 of this newsletter!

From Liz's Desk:

Hello Friends,

Happy August! The summer has flown by, hasn't it? Between the heat, the humidity, and rain, I'm ready for a cool crisp fall. I do hope you all are still enjoying your summer despite the weather. We have many exciting programs lined up this month. Two local trips are new to the program line up, and a new watercolor workshop is especially exciting!

Have you seen the new Town website? There are new features that make finding the information you are looking for easier! There is a ChatBot to answer your questions, extended search options for the Public Documents Portal, and an "I Want To" section for quick access to popular questions. Check it out and subscribe to notifications to stay informed! <https://www.littletonma.org/>

Our building project is moving along! We had been hopeful that we would break ground on the new senior center building this summer, but we made some design changes that have shifted the timeline. The good news is the new changes have reduced cost. At the end of July, the time of writing this newsletter, we have completed Design Development, the project team has finished pre-qualifying bids for subcontractors, and our design team is continuing into Construction Documents.

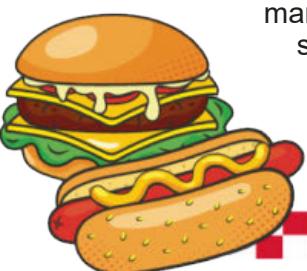
Construction should take roughly 14 months from the time of ground breaking in the late fall/early winter.

Latest rendering:



Annual Senior Cookout with Senator Eldridge and State Rep. Arciero

Join us on Wednesday, August 30th at 12PM in the Multipurpose Room and Courtyard for the Annual Senior Cookout! This annual cookout is held to give seniors an opportunity to meet with their elected state officials in a fun and friendly atmosphere. Our elected officials and their staffs will man the grills and cook and serve hot dogs, hamburgers, sides, and cake!



Please call us at #978-540-2470 to register so we have an accurate headcount. See you there!



COA Board Update

Summer is here! A new Fiscal year is here for the Town and your COA Board has welcomed two new members: John and Maryann Peachey. We are grateful that The Peacheys have been appointed by the Select Board to join us and are looking forward to working with them. August and September months are busy times for the Board as they must review their Rules & Regulations and determine goals for the year.

So, here is your chance to also contribute: Please feel free to share your thoughts, concerns, questions, etc. about elder needs and programs the Board and our Director oversees. You can do so by calling the COA office (978-540-2470) and ask to have Marge Payne get in touch with you by phone or by email.

Enjoy the summer and take advantage of the events going on!

—Marge Payne,
Chair, COA Board



COA Board Members at the Peachey's Select Board appointment on 7/10/2023

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.
- By entering the building to participate in programming or activities, you are acknowledging you have no symptoms of COVID-19 and have not been diagnosed with COVID-19.
- Residents are always welcome to set up appointments to meet in person with staff members.
- We strongly encourage you to sign up for our weekly e-newsletter to stay informed about additions or changes to programs or schedules.

IMPORTANT REMINDER:

Registration opens on TUESDAY AUG 1ST at 9AM for all programs and activities included in this newsletter, programs are open until filled. Please call the Dept of Elder and 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
Nicole Sarvela, Assistant EHS Director
Amy DeMichele, Outreach Coordinator
Alicia Rego, Outreach Coordinator
Sue Raymond, Administrative Assistant
Neil Campbell, Driver
Richard Kent, Driver
Sam Palmer, Driver
Thomas Bennett, Driver
Gayle Dalton, Senior Diner Manager

Contact Us:

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

Main Phone: 978-540-2470
Senior Diner: 978-540-2474

Monday-Friday, 9:00 am- 4:00 pm

COA BOARD MEMBERS

Marjorie Payne, Chair
Anita Harding, Vice Chair
Marilyn Fedele
Joseph Knox
Susan Melander
John Peachey
Maryann Peachey
Lorilei Richardson
Jeanne Sill

FRIENDS OF THE COA

Sandra Casale, President
Charlie DeStefano, Vice President
Tony Jesensky, Treasurer
Andy Fredette Asst. Treasurer
Beverly Cyr, Secretary
Joe Barry
Margaret Kelleher
Peggy Larsen
Pat Schauburger

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.

Friends of the Council on Aging

July came and finally the Summer weather we were all waiting for. Sure we've had our share of rain, but the plants and gardeners really appreciated that. There was work done too. The Friends and COA and COA BOARD putting their thinking caps on and making future plans for our up and coming Senior Center. How exciting! Enjoy the rest of your Summer!

Our email is: LCOAfriends@gmail.com

- Sandra



Did you know? The apple symbol denotes that a program is generously funded by the Friends of the LCOA!!

Littleton Community Farm & SNAP

Littleton Community Farm is happy to announce they are now accepting SNAP and Senior Farmer Market Coupons this summer. Their farm will be open on Tuesdays and Thursdays from 3:00 PM - 6:00 PM; for those who need to be close, please park at the large white barn at 7 Wilderness Road. Others may park at the Fire Station and walk up the dirt road to our big white distribution tent. Please note we do not have the HIP match, and bring your reusable bag. Anyone paying with a SNAP EBT card will receive 25% off.

Tiger Tech: Technology Assistance

Tiger Tech will be on hold until fall when school resumes! We will see you then to get answers for all your smart phone/ computer/ technology/social media questions! This program is in collaboration with Littleton Public Schools. For more information, please call 978-540-2470

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? The Library staff can recommend something based on your interests!

Call to sign up #978-540-2470.



Thank you Friends of the LCOA for sponsoring this program



Free Smoke & Carbon Monoxide Detectors



The Littleton Fire Department has teamed up with Littleton Elder and Human Services to assist senior residents with **FREE** Smoke and Carbon Monoxide Detector Inspections and installations.

Contact LFD with any questions or to set up an appointment call 978-540-2302.

Grief Socials

Nashoba Nursing Service & Hospice

A gentle opportunity to gather and meet with others who are grieving. Gentle light conversation to help work through the grief, meet and hear how others are getting through their grief, and realizing there is no need to go this alone. Participate in the Grief Social that best suits your needs.

Tuesday August 22nd @ 11:30 - 1 PM
873 Cafe & Tavern
 873 Main Street, Ashby MA

August 18th 4:30 - 6PM
The Bull Run Restaurant
 215 Great Rd Shirley, MA

August 8th @ 11:30 - 1PM
Il Forno Restaurant
 529 King St, Littleton, MA 01460

To RSVP please call **Lucia Camara, Bereavement & Spiritual Care Provider** from Nashoba Nursing a call at **508-951-3850**. Hope to see you there.

Plastic Bag Reduction Bylaw

At the Nov. 1, 2022 Special Town Meeting, Littleton residents voted to enact a plastic bag reduction bylaw which bans the use of thin-film, single-use checkout bags at Littleton retail stores and grocery stores. The intent of the plastic bag reduction bylaw is to regulate the retail use of single-use plastic checkout bags and promote the use of reusable, recyclable, and biodegradable bags in the Town of Littleton. Regulating single-use plastic bags positively impacts the local and global environment by reducing solid waste, minimizing litter, reducing microplastic ingestion & the overall carbon footprint of the Town of Littleton.

The bylaw encourages the use of reusable bags, and goes into effect on August 1, 2023.

BRING YOUR BAG.

NO MORE PLASTIC BAGS.





OUTREACH CORNER

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

Need help with your property taxes?

There are many options to explore in order to get some relief with your property taxes. Eligible Littleton residents could qualify for Tax Exemptions. The Assessor's office has various state exemptions that residents can apply for and if eligible, the predetermined amount will be applied towards your property tax bill. If you are interested in finding more about what types of exemptions there are and whether you are eligible, contact the Assessor's office for more information (978-540-2410).

Littleton also has the Tax Relief for the Elderly and Disabled program, or T.R.E.A.D. Throughout the year people are able to make donations to this program which helps eligible Littleton residents with relief towards their property taxes. To find out more about eligibility and the application process, contact our office (978-540-2470) and the Outreach staff will be happy to discuss these programs with you.

Another option is our Senior Tax Work off Program or STWOP. Littleton residents over the age of 60, who own a home in town, and have a skill set that may benefit Town Departments, are eligible to complete an application. Those who apply are able to put their skills to use for the town and in return they receive money off their property taxes. For more detailed information on this program and the application process, contact our office (978-540-2470).

While each program has their own limitations, it is worth exploring them all to maximize your possible benefit.

Health Insurance Help

SHINE (Serving Health Insurance Needs of Everyone) is accepting new appointments! If you would like to review your existing medical & prescription drug coverage and costs please contact us at 978-540-2470 to arrange a free one-on-one meeting with our SHINE counselor over the phone. Appointments are on a first come, first serve basis so call today!

Conversation Groups:

Anxiety Group: Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! June dates are 8/8 and 8/22. Email Nicole to register: NSarvela@littletonma.org

Living Alone & Living Well Group: Group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link at ADeMichele@littletonma.org. August date is 8/17, 10:30am - 11:30am.

Caregiver Support: No meeting in AUGUST! This group is held monthly in the senior diner with great conversation and dinner!

Email Amy for more info: ADeMichele@littletonma.org or call 978-540-2470



Rental Assistance Programs:

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 \$250/month to each participating household. **Application can be found online here: www.littletonma.org/elder-and-human-services**

William James INTERFACE Referral Service for Mental Health Help:

Interface is a mental health and wellness referral Helpline available Monday-Friday, 8am - 6pm at 888-244-6843. This is a free confidential referral service for Littleton residents. Callers are matched with licensed mental health providers from Interface's extensive database. Each referral best meets the location, insurance, and specialty needs of the caller. See the website for more information: interface.williamjames.edu/community/littleton



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

Minuteman Senior Services

AUGUST 2023

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BE-</u> <u>FORE</u>	1 Pepper Steak Sub w/ Onions Sweet Potato Tots Cauliflower Applesauce	2 Maryland Crabcake Roasted Potatoes Mixed Veggies Dinner Roll Cookie	3 Taco Salad Black Beans & Tomatoes Tortilla Chips Pudding	4 BBQ Pulled Pork on Burger Bun Mashed Butternut Corn Fruit
7 Stuffed Shells Broccoli WW Dinner Roll Mixed Fruit	8 Hamburger on Burger Bun Potatoes O'Brien Mixed Squash Fruit	9 Chicken Kiev Rice Pilaf Green Beans MG Bread Pineapple	10 Dill Salmon, Risotto Brussels Sprouts Vienna Bread Cookie	11 <u>Cold</u> *** Turkey Cranberry Spinach Salad Quinoa Salad WW Bread Yogurt, Juice
14 Beef Burgundy Egg Noodles Mixed Veggies WW Bread Fruit w/ Whip Topping	15 Turkey w/ Gravy Mashed Potatoes Peas & Onions LS Bread Mixed Fruit	16 <u>Cold Special</u> Seafood Salad on White Bread Potato Chips Garden Salad Applesauce	17 Chicken Parm Pasta Garlic Green Beans MG Bread Fruit	18 Hot Dog *** on Hot Dog Roll Baked Beans Coleslaw Warm Peaches
21 Chicken MBs w/ Gravy Mashed Potatoes Green Beans Biscuit Mixed Fruit	22 Mac & Cheese Peas & Carrots WW Dinner Roll Pineapple	23 Smothered Pork Mushroom Sauce Corn Brussels Sprouts Oat Bread Jello	24 <u>Cold</u> Egg Salad on Bulkie Roll Sweet Potato Salad Garden Salad Cake	25 Mediterranean Cod Orzo Creamed Spinach WW Bread Fruit
28 Ravioli w/ Pesto Sauce Mixed Veggies WW Dinner Roll Applesauce	29 Frittata Roasted Potatoes Mixed Veggies Muffin Yogurt, Juice	30 <u>Cold</u> Sesame Ginger Chicken Salad Rice Salad Pita Bread Mandarins	31 Meatloaf w/ Gravy Mashed Potatoes Beets White Bread Cookie	For weather emergencies and cancellations, please check Fox 25 TV station



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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AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON EVENTS -GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE	1 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	2 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	3 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	4 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO & Pizza
7 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	8 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	9 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30 Museum of Russian Icons trip 9:30-10:30 Yoga for Strength & Balance 12:00-1:00 Lunch & Learn: Private Home Care Agencies	10 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:30 Train with Shain: Fall Prevention Program	11 8:30 ROMEO Club Breakfast Trip 9:00-1:00 Foot Care Clinic 9:00-12 SHINE 1:00 BINGO
14 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches No Chair Yoga today	15 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Birthday Party	16 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 2:00 Songs of Yesteryear	17 10:30-11:30 Living Alone Group 10:30-2:00 Tower Hill trip 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 5:00-7:30 Third Thursday in Fay Park	18 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE 1:00 BINGO
21 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	22 10:00-11:00 Mindful Movement 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	23 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Animal Adventures Inter-generational Program	24 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	25 8:30 ROMEO Club Breakfast Trip 9:00-12 SHINE 10 Watercolor Wildflowers 1:00 BINGO
28 10:00-11:00 Tai Chi No Line Dancing today 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	29 10:00-11:00 Mindful Movement 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	30 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Senior Cookout with Sen. Eldridge and State Rep Arciero	31 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	September 1st 10:00-11:00 Elder Law Drop In 1:00 BINGO & Pizza



MEET TROY
— OUR MASCOT —

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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:

Tai Chi, 10am-11am, in the MPR, \$3 per class

Mondays:

Beginners Line Dancing 1: 11:15am– 12:15am, in the MPR, \$5 per class. Instructor Kari McHugh
NO CLASS ON 8/28

Mondays:

Advanced Line Dancing 2: 12:15pm-1:15pm in the MPR, \$5 per class. Instructor Kari McHugh
NO CLASS ON 8/28

Mondays:

Chair Yoga with Rebecca Reber 12:45pm-1:30pm in the Sturtz Room at the RH Library, \$3 per class
NO CLASS ON 8/14

Tuesdays:

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

Wednesdays:

Yoga for Strength and Balance 9:30-10:30 am in the Sturtz Room at the RH Library, \$3 per class. Instructor Carol Wing

Thursdays:

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

Mindful Movement with Jenny Tuesdays 10AM-11AM, at Fay Park



New dates!

Tuesdays 10AM—11AM, August 22nd–September 19th at Fay Park. Just \$15 per session!

Please call the EHS Office to register at 978-540-2470

Foot Care Clinic Friday, August 11th at 9AM

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, August 11th at 9AM-1PM, \$40 per person. Space is limited, call to reserve your time slot. Please call 978-540-2470 to register.



Join the Walking Club!

Looking to get some exercise? Want to get some fresh air? Join us every Wednesday morning at the Track at Russell Street School for walking club from 9AM - 10AM. You choose how far you want to go, and you set your own pace. Pedometers available for those who may want one! Please call to sign up 978-540-2470

Weekly Blood Pressure Screenings

Our weekly Blood Pressure Clinic holds screenings every **Tuesday 10am - 12 noon, in Room 230** at the COA. Stop by every week and our RN's will keep a log for you. No sign-up necessary, just drop-in!

Train with Shain: Fall Prevention Thursday, August 10th at 1:30PM

You may have seen Steve Shain's advertisement in EHS's monthly newsletter, but now he is live and in person to give an educational presentation on Fall Prevention and the benefits of remaining active through all phases of your life. Part fitness class, part educational lecture, this program has something for everyone. Join us on Thursday, August 10th at 1:30pm in Room 230. Please call 978-540-2470 to register.

SUMMER SAFETY TIPS

- Stay hydrated.
- Don't stay out for too long.
- Check the forecast beforehand.
- Keep sunscreen nearby and use it.
- Check your prescriptions' side effects.
- Turn on the A/C.
- Beware of heat-related illnesses.

Craft Class

No class in August

We the crafters will not be meeting for July and August. We will be back in September with new and exciting crafts... have you ever tried needle felting? Have a great months, enjoy the good weather and we will see you in September.

-Anita, Sue, and Kathy

Veterans Breakfast

No breakfast in August

Summer break! Looking forward to seeing you all again in September!

Lunch Date: Soup & Sandwich

On break for the month of August!

Soup and Sandwich will be on hold for the month of August— look forward to seeing you at other events!

Out of the Box Trivia

Thursdays 12:30—1:30 in Room 230

Come join Alicia for some "Out of the Box" trivia held on Thursdays, 12:30-1:30p. Along with your trivia smarts, feel free to bring your lunch!

No team necessary. Call to register 978-540-2470.



Lunch & Learn: What to look for in a Private Home Care Agency

Wednesday, August 9th at 12PM in the MPR

Join Deaconess Abundant Life Services for lunch and an educational program on Private Home Care Agencies and how to find the right fit. Many families ask why they should work with a home care agency rather than hiring a nurse or aide themselves. The answer is that agencies provide significant benefits over direct hires in the areas that matter the most to families and patients. This talk will cover the topics of:

1) Employer Obligations 2)Peace of Mind 3) Security & Contingency 4) Training & Supervision

Please call to register, 978-540-2470, space is limited!

Women's Breakfast : AUG 9TH, 8:00AM - 9:00AM

Men's Breakfast: AUG 16TH, 8:00AM - 9:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing 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. *Thank you Friends of the LCOA for generously sponsoring the breakfasts!*



Mahjong

Every Tuesday, 1 PM – 4 PM, Room 230

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Join this fun growing group! Please call **978-540-2470** to register.

BINGO

Fridays @ 1pm-3pm in the MPR

Friday, Aug 4th: A special pizza lunch will be provided for all BINGO players on the first Friday of each month- please be sure to register in advance to ensure we have enough for everyone!



Thanks to the Friends of the LCOA for sponsoring Bingo!

Loving Stitches

Every Monday, Noon - 2pm, Room 233

Calling all knitters, crocheters, stitchers, etc.!

The Loving Stitches group meets every Monday from 12:00-2:00pm, in Room 233. The group makes items to be donated to charities rather than just working on personal items. Yarn is available from 3 cabinets full of donated yarn. A variety of needles are available as well as patterns. The requirements are: 1) A love of doing needlework, 2) enjoying company of others, & 3) wishing to help others! Call EHS, 978-540-2470 for more info or just show up!

Do you have yarn that you aren't planning to use? Give us a call, we would love your donation!

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

Special Programs!

Songs of Yesteryear with Musician & Singer Denis Cormier Wednesday, August 16th at 2PM

Join us for an afternoon of nostalgia and music with musician Denis Cormier. This event is being held on Wednesday, August 16th at 2PM in the MPR.

Please call 978-540-2470 to register!

Tower Hill Botanical Garden Trip Thursday, August 17th

Join us Thursday, August 17th for a trip to Tower Hill for a picnic among the flowers. \$10 per person, includes transportation and a bagged lunch from The Senior Diner.

Van will leave Town Hall at 10:30AM and return at roughly 2PM.

Space is limited, please call to register, 978-540-2470.

Animal Adventures Intergenerational Program Wed, August 23rd at 1PM, behind the old Library

Grandparents & caretakers, bring your grandkids/ little ones for an afternoon of fun and education with LIVE animals!

This intergenerational program is hosted by EHS and The Reuben Hoar Library and is free to all attendees.

Blood Mobile Blood Drive Tuesday, September 12th

The MGH Bloodmobile returns! Tuesday, September 12th, appointments beginning at 9:30AM.



The bus will be parked in the Town Hall Parking lot. Please visit the Senior Diner when you arrive for your appointment to check in.

Trip to the Museum of Russian Icons Wednesday, August 9th at 9:30

Join us for an educational and fun morning at the Museum in nearby Clinton, MA!

The Littleton EHS Van will leave Town Hall at 9:30AM and returning by 12:30/1:00PM

\$5 per person to be paid directly to the Museum. Space is limited, please call 978-540-2470 to register.



Happy Birthday to You! Tuesday, August 15th at 1PM

We are happy to be bringing back our bi-monthly birthday parties. If you are 70 and over and your birthday is in July or August, you are invited to the EHS party being held on Tuesday, August 15th at 1PM in Room 230.

Please join us for some games, prizes, conversation and, of course, cake and ice cream to celebrate your special day! Please call 978-540-2470 to register. We look forward to seeing you then.

Watercolor Wildflowers Friday, August 25th at 10AM, Room 233

Let's paint wildflowers together using an "untraditional approach" to watercolor painting!

Kimberly Stoney shares an untraditional approach to watercolor painting that uses a fun and easy process; you don't need to know anything about painting with watercolors.

Come play and experiment while staying cool on a warm summer afternoon. No cost! Please call 978-540-2470 to register, space is limited.

Elder Law Drop In Friday, September 1st, 10am-11am

Phillip Arcidiacono, Attorney at Law will be on site the first Friday of every month in Room 233 from 10:00AM-11:00AM to answer your legal questions. No cost for the consultation!



specific membership restrictions, except Retired "Old" Men Eating Out.

Another great benefit is by joining, you can mention to others your affiliation to a ROMEO Club, and you will get a judgmental look, followed by a great laugh when you say what it stands for.

Join us! On August 11th and 25th the EHS Van will be taking our newly forming ROMEO group to a local Diner for breakfast, meet new friends or bring someone you know.

If you are taking the van please register with Dispatch at 978-844-6809, if you are driving yourself please register with EHS at 978-540-2470

August 11th : Karyn's Kitchen, Ayer, MA

August 25th: Dream Diner, Tyngsboro, MA



So, what do **ROMEO** Clubs (Retired Old Men Eating Out) do? They eat out, have fun, make and keep friends, and are not bound by rules— meaning there are no causes, and no

JULIET Breakfast Club Just Us Ladies Into Eating Together

On August 4th and 18th the EHS Van will be taking our newly forming JULIET group to a local Diner for breakfast, meet new friends or bring someone you know.

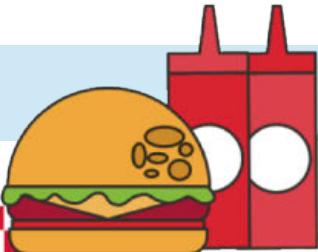
If you are taking the van please register with Dispatch at 978-844-6809, if you are driving yourself please register with EHS at 978-540-2470

We will leave Town Hall at 8:30AM and head to breakfast, the van will return you to Town Hall following breakfast.

August 4th: Karyn's Kitchen, Ayer, MA

August 18th: Dream Diner, Tyngsboro, MA

Restaurant Hoppers No Meeting in August



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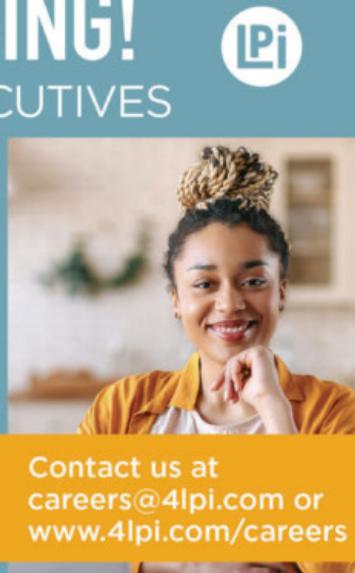
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LITTLETON EHS TRANSPORTATION

- 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.

TRIP FARES: Rides are provided to appointments between 9:00 AM and 3:00PM

- Rides greater than 15 miles (except medical rides in Concord) are \$7 one way. Call for info on towns served.
- Rides to medical services in Concord are \$1 one way.
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) are \$1 one way.
- Veterans ride for free.

*****Rides to and from a Council on Aging in any of the four towns are always FREE ****

Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART (Montachusett Regional Transit Authority) & the Town of Littleton.

REMINDER

If you use the van on a weekly basis, please call EVERY week to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.