

# The Broadcaster

## October 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.

EHS/COA & the Senior Diner will be closed on Monday October 9th



### From Liz's Desk:

Hello friends, I hope you are well and that this change of seasons has been good to you. Now that we are deeper into the fall season, the days are shorter and it gets darker sooner and sooner. For many these shorter colder days are particularly isolating. If you are able, take a moment to check in on your friends and neighbors. Invite them to join you at one of our activities, or simply chat on the phone. If you know of someone who needs a friendly call, please let us know. The National Council on Aging (NCOA) recently shared that isolation hinders good health for older adults. Together let's maintain and broaden our social circles this fall and winter!

I hope to see you all at the Annual Police & Fire Dept Cookout on Wednesday October 4th! This free event is always a fun time to gather and share some laughs. If you are looking for property tax relief options, be sure to check out one of our 2 informational sessions listed on page 9. One includes lunch and one includes dinner! Dine and learn!



**Flu Vaccine Clinic: Tuesday 10/24/23, 3PM to 6PM**  
**Littleton Middle School, 55 Russell St, Littleton, MA**

Nashoba Associated Boards of Health will be here on 10/24 for our annual flu vaccine clinic! If you need assistance with registering online we can help over the phone, give us a call at 978-540-2470.

### Flu Clinic FAQ:

- Pre-registration is required here: <https://www.nashoba.org/calendar> Because there are different vaccine formulations for different age groups, registration links are divided by age group. Please select the link for the correct clinic location and your age group to register. Appointment times are 'placeholders' so if the particular time slot you are looking for is not available, still sign up and we will take you at the clinic anytime.
- Flu clinics are open to the public (ages 6 months and up). Residents of Nashoba towns can attend any clinic in the region.
- People should bring their insurance cards to the clinic. No insurance? No problem. A person that does not have insurance may still receive a vaccination.
- There will be high dose flu vaccine available for those age 65 years and older.
- We ask anyone feeling sick to stay home.



**Nashoba Associated Boards of Health**  
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**\*\*DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 5TH OF THE PREVIOUS MONTH\*\***



## COA Board Update

**LITTLETON  
EHS/COA  
SERVICES**

Welcome fall! Not sure about how all of you feel, but this is my favorite season! Last month you all received an insert in your Broadcaster titled: Littleton Property Tax Relief Fiscal Year 2024. The COA Board knows many folks have little information on available programs which can provide some help and so we are trying to get this information out. We need your help to share this information with friends, neighbors, and others.

This month there will be two events to help in this process. **October 19, 2023, 5:00 to 7:00 PM** there will be a free dinner in the Multipurpose room. A power point presentation will provide an in-depth explanation for each of the available property tax relief programs on the spreadsheet. You will be able to ask questions and get answers! Secondly, on **October 25, 12 noon** there will be a free lunch in the Multipurpose room when you can get the same information. If need be, you can make an appointment to obtain more information. You can also go to the Town Website, click on LCTV, and watch the **October COA Highlights Show** taped by two COA Board members, Sue Melander and Anita Harding. They will be sharing more information at that time.

Thank you in advance for your willingness to be helpful and share this information with others. Littleton residents are great!

*—Marge Payne, Chair, COA Board*

## 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 Monday OCTOBER 2ND 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

[EHS@LittletonMA.org](mailto:EHS@LittletonMA.org)

Main Phone: 978-540-2470  
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  
Mary-Ann Peachey  
Lorilei Richardson  
Jeanne Sill

## FRIENDS OF THE COA

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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](mailto:LCOAfriends@gmail.com)

### Broadcaster by Email and Online

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

### Disclaimer:

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

## Friends of the Council on Aging

The reopening of the Thrift Shop is underway. We expect to open in mid-October. When the date is certain Nicole will advertise in her weekly email, an article will be in the Action Unlimited, and there will be flyers posted around town. The shop will be open Wednesday through Friday from 10-3 and Saturday from 9-12. Volunteers will work 2 1/2 hour shifts during the week and the three hours on Saturday. There are still lots of ways you can help. We will be selling mens and ladies clothing from sizes XS-2X in styles for all ages and tastes. Donations will resume once we have reopened for new and gently used mens and ladies clothing only at this time. Can't wait to be able to socialize in the 'Thrift' again. Meanwhile don't forget to check our website, or send us an email. Our email is:

[LCOAfriends@gmail.com](mailto:LCOAfriends@gmail.com)

Thank you for your support.

Friends of the COA meet the first Wednesday of the month at the Reuben Hoar Library. The start time is 10:30 in the Murray Conference Room.

- *Sandra*



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

## Book Buddies is back for the 2023 - 2024 school season!

Our most popular intergenerational program is returning for the school year! Sign up to read to a Shaker Lane School classroom; pick a childhood favorite of your own or choose in the classroom.

Please call 978-540-2470 to register, space is limited each month but this program will continue through June of 2024.

## 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.

## Understanding and Caring for Older Adults with Cognitive Decline Thursday, Oct. 12th, 12:30-2PM, Zoom

Are you noticing subtle changes in an older adult in your life?

Have you observed changes in their ability to do things that they have always done before? Do you experience frustration when your loved one does not seem to remember previous conversations? Do your conversations with friends and family begin with them expressing concern for an older adult? If so, you may be wondering if changes in memory, communication and mood is just normal aging or if something else is going on. Join us for this webinar and learn what actions to take if you notice cognitive changes in a loved one, where to get help, and how to embrace a journey that includes a diagnosis of cognitive impairment.

Dianne Savastano is Founder and Principal of Healthassist, a Massachusetts-based company founded in 2004 that specializes in helping clients navigate the complexities of the healthcare system.

A frequent, sought-after speaker, Dianne has delivered programs covering a wide range of critical healthcare-related topics covering patient advocacy, Medicare choices, healthcare reform and more. In addition, she has been interviewed in both national and local media, including Boston Women's Business, The Detroit Free Press, Financial Advisor Magazine, Consumer Reports, Yahoo Health, and National Public Radio's Morning Edition. Further, she has appeared as an expert guest on the PBS Second Opinion Series and presented at the Massachusetts Conference for Women. Dianne received her BS in Nursing from Rhode Island College and her MBA from Simmons University in Boston.

Registration is required by clicking on the following link: <https://tinyurl.com/yexaa35k>

*This program is sponsored by Acton, Boxborough, & Littleton COA's and is administered through the Acton Health Division. You may contact Sheryl Ball at 978-929-6453 with any questions.*





## OUTREACH CORNER

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

### Health Insurance Help



SHINE (Serving Health Insurance Needs of Everyone) is here to help! 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 1-on-1 meeting with our SHINE counselor, Alicia Rego, in person or by phone.

### Medicare Open Enrollment

Medicare Open Enrollment is here, running from October 15th – December 7th. It's time to compare your Medicare benefits, health insurance, and prescription drug coverage options to be sure you're receiving the best coverage based on your individual needs.

If you feel you are paying too much for medications or healthcare copayments, contact us to schedule a meeting with our SHINE counselor at 978-540-2470. Our SHINE counselor always provide free and unbiased services!

### October is Domestic Violence Awareness Month

National statistics show 1 in 4 women and 1 in 9 men experience severe intimate partner violence in their lifetime. If you or a loved one needs support please contact the National Domestic Violence Hotline at 1-800-799-7233 (24/7) or the EHS Department for additional local resources at 978-540-2470

### LIHEAP (Fuel Assistance) Update

SMOC has informed the EHS department that they are behind in sending out the applications for the 2023-2024 season.



Former LIHEAP (fuel assistance) participants should receive their applications by the end of September. If you have not received your application by October 6th, please contact EHS Outreach so we can assist with following up with SMOC on your behalf.

### Conversation Groups:

**Anxiety Group:** Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! Oct. dates are 10/3, 10/17 and 10/31. Email Nicole to register: [NSarvela@littletonma.org](mailto: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](mailto:ADeMichele@littletonma.org). Oct. date is 10/19, 10:30am - 11:30am.



**Caregiver Support:** Group is meeting next on Wed. Oct 25th at 6pm! This group is held monthly in the senior diner with great conversation and dinner! Our host and speaker this month will be Minuteman Senior Services. Email Amy for more info: [ADeMichele@littletonma.org](mailto: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](http://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](http://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](http://www.mass.gov/how-to/report-elder-abuse)

## Minuteman Senior Services

OCTOBER 2023

## Meals on Wheels Menu

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <b>2</b><br>Beef Stew<br>Mashed Potatoes<br>Cornbread<br>Chocolate Pudding                    | <b>3</b><br>Stuffed Shells<br>Cauliflower<br>Garlic Roll<br>Applesauce  | <b>4</b><br>Rosemary Chicken<br>Butternut Squash<br>Green Beans<br>Vienna Bread<br>Fruit   | <b>5</b><br>Pork Teriyaki<br>Vegetable Lo Mein<br>Veggie Blend<br>Oat Bread<br>Pineapple                                      | <b>6</b><br>Lentil Stew<br>Brown Rice<br>Brussels Sprouts<br>WW Dinner Roll<br>Cookie   |
| <b>9</b><br><b>Holiday</b><br><b>No Meals Served</b>  | <b>10</b><br>Pot Roast w/ Gravy<br>Mashed Potatoes<br>Rst. Root Veggies<br>Dinner Roll<br>Mixed Fruit   | <b>11</b><br>Hot Dog<br>Baked Beans<br>Coleslaw<br>Hot Dog Roll<br>Cinnamon Apples   | <b>12</b><br>Chicken Salad on<br>MG Bread<br>Pesto Pasta Salad<br>Tomato Cuc Salad<br>Ambrosia                                | <b>13</b><br>Calypso Salmon<br>Rice & Beans<br>Broccoli<br>WW Bread<br>Brownie  |
| <b>16</b><br>Turkey w/ Gravy<br>Mashed Potatoes<br>Honey Carrots<br>WW LS Bread<br>Applesauce | <b>17</b><br>Chicken Meatball Sub<br>Tater Tots<br>Mixed Vegetables<br>Mandarins  | <b>18</b><br>Frittata<br>Roasted Potatoes<br>Creamed Spinach<br>Fruit Loaf<br>Yogurt   | <b>19</b><br>Beef Stroganoff<br>Egg Noodles<br>Brussels Sprouts<br>WW Bread<br>Cake   | <b>20</b><br>Chicken Kiev<br>Sweet Potatoes<br>Cauliflower<br>WW Dinner Roll<br>Fruit   |
| <b>23</b><br>Mac & Cheese<br>Peas<br>Rye Bread<br>Pineapple                                   | <b>24</b><br>Lemon Garlic Cod<br>Rice Pilaf<br>Beets<br>WW Dinner Roll<br>Mandarins   | <b>25</b><br>Meatloaf w/ Gravy<br>Mashed Potatoes<br>Green Beans<br>Oat Bread<br>Jello   | <b>26</b> <i>Special</i><br>Butternut Squash Ravioli<br>w/ Sausage<br>Broccoli Rabe<br>Garlic Roll<br>Cookie                  | <b>27</b><br>Southwest Chicken<br>Salad<br>Corn & Bean Salad<br>Pita Bread<br>Mixed Fruit   |
| <b>30</b><br>Chicken Piccata<br>Pasta<br>Veggie Blend<br>MG Bread<br>Mixed Fruit              | <b>31</b><br>Sheppard's Pie<br>Biscuit<br>Pudding<br><b>Chocolate Candy</b>  | For questions about the<br>nutritional information in<br>this menu or your<br>nutritional needs, contact:<br><b>Deborah McLean,</b><br>Dietitian, 781-221-7018 | <b>For weather<br/>           emergencies and<br/>           cancellations, please<br/>           check Fox 25 TV station</b> | <b>To CANCEL or ORDER<br/>           your Meal, Call your<br/> <u>local meal site by 11AM</u><br/> <u>the DAY BEFORE</u><br/>           Littleton: 781-325-7879</b> |



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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**CONTACT ME Lisa Templeton**

ltempleton@lpicommunities.com  
 (800) 477-4574 x6377



# OCTOBER 2023

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <b>2</b><br>10:00-11:00 Tai Chi<br>11:15 Line Dancing 1<br>12:15 Line Dancing 2<br>12-2:00 Loving Stitches<br>12:45-1:30 Chair Yoga w/ Rebecca  | <b>3</b><br>10:00-12:00 BP Clinic<br>11:15-12:15 Stretch & Flex<br>1:00-2:00 Anxiety Group<br>1:00-4:00 Mah-Jongg                                      | <b>4</b><br>9:00-10:00 Walking Club<br>9:30-10:30 Yoga for Strength & Balance<br>10:30 Friends Board Meeting<br>12:00 Annual Police and Fire BBQ at the Fire Station                   | <b>5</b><br>11:15-12:15 Stretch & Flex<br>12:30 Out of the Box Trivia  | <b>6</b><br>8:30 ROMEO Club Breakfast Trip<br><br>10:00-11:00 Elder Law Drop In<br><br>1:00 BINGO & Pizza |
| <b>9</b><br><br><b>CLOSED</b>   | <b>10</b><br>10:00-12:00 BP Clinic<br>10:00-12:00 Hearing Screenings<br>11:15-12:15 Stretch & Flex<br>1:00 Carlson Orchard Tour<br>1:00-4:00 Mah-Jongg | <b>11</b><br>8:00-9:00 Women's Breakfast<br>9:00-10:00 Walking Club<br>9:30-10:30 Yoga for Strength & Balance<br>12:00 Lunch and Learn: Downsizing<br>1:00 Craft Class                 | <b>12</b><br>11:15-12:15 Stretch & Flex<br>12:30 Out of the Box Trivia<br>12:30 Understanding and Caring for Older Adults with Cognitive Decline             | <b>13</b><br>8:30 JULIET Club Breakfast Trip<br><br>9:00-2:00 Foot Care Clinic<br><br>1:00 BINGO          |
| <b>16</b><br>10:00-11:00 Tai Chi<br>11:15 Line Dancing 1<br>12:15 Line Dancing 2<br>12-2:00 Loving Stitches<br>12:45-1:30 Chair Yoga w/ Rebecca<br>1:00 UFOs & Spy Balloons; What's Real?<br>3:00 COA Board Meeting | <b>17</b><br>10:00-12:00 BP Clinic<br>11:15-12:15 Stretch & Flex<br>1:00-2:00 Anxiety Group<br>1:00-4:00 Mah-Jongg                                     | <b>18</b><br>8:00-9:00 Men's Breakfast<br>9:00-10:00 Walking Club<br>9:30-10:30 Yoga for Strength & Balance<br>10:00 Fruitlands Museum Tour<br>1:00 Joint Protection Principles Class  | <b>19</b><br>11:15-12:15 Stretch & Flex<br>12:30 Out of the Box Trivia<br>10:30-11:30 Living Alone Group<br>5:00 Dine and Learn: Property Tax Relief Options | <b>20</b><br>8:30 ROMEO Club Breakfast Trip<br><br>1:00 BINGO   |
| <b>23</b><br>10:00-11:00 Tai Chi<br>11:15 Line Dancing 1<br>12:15 Line Dancing 2<br>12-2:00 Loving Stitches<br>12:45-1:30 Chair Yoga w/ Rebecca   | <b>24</b><br>10:00-12:00 BP Clinic<br>11:15-12:15 Stretch & Flex<br>1:00-4:00 Mah-Jongg<br>3:00-6:00 Flu Vaccine Clinic at the Middle School           | <b>25</b><br>7:30 Veterans Breakfast<br>9:00-10:00 Walking Club<br>9:30-10:30 Yoga for Strength & Balance<br>12:00 Dine and Learn: Property Tax Relief Options<br>6:00 Caregiver Group | <b>26</b><br>11:15-12:15 Stretch & Flex<br>12:30 Out of the Box Trivia   | <b>27</b><br>8:30 JULIET Club Breakfast Trip<br><br>8:30 ROMEO Club Breakfast Trip<br><br>1:00 BINGO      |
| <b>30</b><br>10:00-11:00 Tai Chi<br>11:15 Line Dancing 1<br>12:15 Line Dancing 2<br>12-2:00 Loving Stitches<br>12:30 Restaurant Hoppers<br>12:45-1:30 Chair Yoga w/ Rebecca   | <b>31</b><br>10:00-12:00 BP Clinic<br>11:15-12:15 Stretch & Flex<br>1:00-2:00 Anxiety Group<br>1:00-4:00 Mah-Jongg                                     | <b>NOV 1</b><br>9:00-10:00 Walking Club<br>9:30-10:30 Yoga for Strength & Balance  | <b>NOV 2</b><br>11:15-12:15 Stretch & Flex<br>12:30 Out of the Box Trivia<br>4:00 Friendsgiving Dinner   | <b>IN PERSON EVENTS - GREEN</b><br><br><b>VIRTUAL EVENTS - RED</b><br><br><b>HYBRID EVENTS - PURPLE</b>   |



**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

### **Mondays:**

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

### **Mondays:**

**Chair Yoga with Rebecca Reber** 12:45pm-1:30pm in the Sturtz Room at the RH Library, \$3 per class

### **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

## 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 fabulous RN's will keep a log for you. No sign-up necessary, just drop-in!

## Foot Care Clinic

**Friday, October 13th from 9AM—2PM**

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, October 13th from 9AM-2PM, \$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

## Hearing Screenings

**Tues. October 10th, 10AM-12pm**

Doctor of Audiology Megan Ford of Hear Smart Audiology will be here on Tuesday October 10th for Hearing Screenings. No cost for the screening.

Please call 978-540-2470 to reserve your spot.



## Joint Protection Principles October 18th at 1PM in Room 230

Join us as we provide gentle exercise steps and education to prevent pain and stress on your joints.

Class will be held October 18th at 1PM in Room 230.

Light refreshments will be provided by our friends at the Life Care Center.

## Lunch in the Senior Diner Monday – Friday at 12 Noon

The Senior Diner is open for lunch daily, Monday through Friday, at noon. Stop by for a full lunch, drink, and dessert! Suggested donation is \$2.

The menu is on page 5 of this newsletter, and changes monthly. Please call 781-325-7879 by 11am the day before to let us know you would like a meal. You may take it to go or eat in our senior diner!

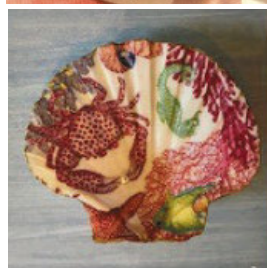


## Craft Class

**October 11th, 1PM -3 PM, MPR**



Can't believe that we are in October already. Where did summer go? This month we will be making wooden pumpkins decorations in keeping with the fall theme. We will also be making beautiful shell jewelry pieces. It will be a lot of fun! The class will be held October 11th from 1:00pm to 3:00pm in the multipurpose room.



The cost is \$3 for both. We will have a limit of 20 so sign up early! Hope to see you there!

-Anita, Sue, Kathy, & Anne Lee

## Veterans Breakfast

**October 25th, 7:30am, Senior Diner**

Join us for breakfast, prepared by Littleton's Police Dept. Veterans of all ages are welcome to this free offering. We hope you will join us!

Thank you LPD for this great monthly event!

## Out of the Box Trivia

**Thursdays 12:30—1:30 in Room 230**

Want to know what all the laughter coming out of Room 230 is all about? Come join Alicia for some "Out of the Box" trivia held on Thursdays, 12:30pm-1:30pm. Along with your trivia smarts, feel free to bring your lunch! No team necessary.

## Public Power Week Breakfast

LELWD Returns for a light breakfast and giveaways to celebrate Public Power Week the first week in October

Stay tuned for the date and time!



**Women's Breakfast : OCT 11TH, 8:00AM - 9:00AM**

**Men's Breakfast: OCT 18TH, 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 monthly 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, Oct 6th:** 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 prizes and equipment!*

## Loving Stitches

**Every Monday, 12PM - 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!

## Elder Law Drop In

**Friday, October 6th, 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! Call to reserve your spot, 978-540-2470.

**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!

### Police and Fire BBQ October 4th at 12PM at the Fire Station

The Annual Police and Fire BBQ will be on Wednesday, October 4th at 12PM at the Littleton Fire Department.

Join us for some laughs and a delicious lunch prepared by some of Littleton's finest. Please call 978-540-2470 to register. No cost!



### Carlson Orchard Tour Tuesday, October 10th at 1PM

Join us for one of our most talked about trips to Carlson Orchards in Harvard, MA; a Hayride tour of the orchard and a chance to pick some apples to take home.

Tuesday, October 10th at 1PM, **the van will leave Town Hall at 12:45PM**. \$6 per person to be paid to Carlson's directly. Please call to register, space is limited, 978-540-2470

### Lunch and Learn: Downsizing Wednesday, Oct. 11th, 12PM Room 230

Please join Chinatti Realty for a Lunch & Learn on right-sizing your life! The Chinatti team, along with other local experts, will go over how to navigate the complex housing market we find ourselves in, and give you the knowledge and data necessary to make informed decisions. We look forward to open dialogue, discussions, and conversations that empower our community members, and give them the tools they need to achieve the future they have dreamed of. Lunch will be provided, hope to see you there!

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

### UFOs & Spy Balloons. What's Real? Monday, Oct 16th at 1PM in Room 103

Come hear what the experts are saying. And you might be surprised! Join podcaster and paranormal enthusiast Chris Torres (we promise he's not a crackpot) as he takes you through the most recent developments on the topic of UFOs, including the recent New York Times article that broke the story! Please call 978-540-2470 to register.



### Fruitlands Museum: Guided Tour Wednesday, Oct 18th, Leaving at 10AM

Join us on Wednesday, Oct. 18th for a tour of the grounds at Fruitlands Museum in Harvard, MA. Explore a bygone Transcendentalist community whose pastoral landscape houses and wide-ranging collections of art and artifacts.

The EHS Van will leave Town Hall at 10AM for our 10:30 tour time and will return at roughly 12PM. \$12 per person to be paid to EHS upon registration. Space is limited, please call to register 978-540-2470

Please note that the grounds at Fruitlands Museum are NOT wheelchair/walker accessible.



### Friendsgiving Dinner Thursday, November 2nd at 4PM

Join us on Thursday, November 2<sup>nd</sup> at 4PM in the Multipurpose Room for a traditional Thanksgiving meal with friends.

This special dinner has been generously sponsored by the Friends of the Littleton Council on Aging.

Please call to register, space is limited, 978-540-2470. \$5 per person to be paid prior to the event.

### Dine and Learn: Property Tax Relief Options, 10/19 at 5PM or 10/25 at Noon

Please join us for 1 of 2 free informational dining programs! Our Littleton Property Tax Relief experts will be presenting about various real estate exemptions that might benefit you. You will hear about the exemption, what is needed to qualify, and how to complete the application. After the presentation you will have the opportunity to talk to an expert privately and ask questions that might concern you individually. There will also be a discussion of a tax deferral and what that might entail.

This is an informational session only, you are not obligated to complete an application or give out any personal information in attending. Below are the date for the meetings:

- Thursday, October 19 at 5PM in the Multipurpose Room for dinner
- Wednesday October 25, at 12PM in the Multipurpose Room for the Lunch

Please specify which date you are signing up for and when you call 978-540-2470. Registration is required.



So, what do **ROMEIO** 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

specific membership restrictions, except Retired “Old” Men Eating Out.

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

**Join us!** On October 6th and 20th the EHS Van will be taking our newly forming **ROMEIO** 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

**October 6th: Panera Bread, Westford, MA**

**October 20th: Tiny's, Ayer, MA**



## JULIET Breakfast Club Just Us Ladies Into Eating Together

On October 13th and 27th the EHS Van will be taking our 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.

**October 13th: Panera Bread, Westford, MA**  
**October 27th: Tiny's, Ayer, MA**

## Restaurant Hoppers Monday, October 30th at 12:30

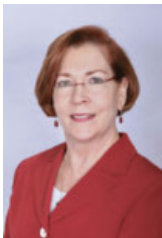
Restaurant Hoppers is ready for another month with lunch at a local restaurant with a brand new day! On Monday, October 30th we will be headed to *Not Your Average Joes* in Acton, MA. If you would like van service please call Dispatch at 978-844-6809, the van will leave Town Hall at 12:30PM, if you will be driving yourself please call EHS to register, 978-540-2470. Attendees are responsible for their own meal. Please register by Wednesday, October 25th so we are able to reserve your table.

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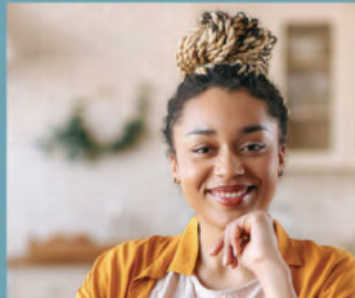
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## LITTLETON EHS TRANSPORTATION

- 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.**