

# The Broadcaster

## November 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 Offices & the Senior Diner will be closed on Nov 10th for Veterans Day, and Nov, 23rd and Nov 24th for Thanksgiving.



**From Liz's Desk:** On behalf of the EHS staff I would like to extend our wishes for a very happy Thanksgiving to you all! It is truly a pleasure to be a part of this community and work alongside so many wonderful people. I am especially grateful to have so many dedicated volunteers who give their time and put their hearts into the work they do for this department.



As we get into the cold weather now is the time to apply for fuel and heating assistance. South 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 2022-2023 season, you should have received your re-certification application for the 2023-2024 season. Important note: If you have previously received fuel assistance as a 'Direct Pay' program participant, or would like to apply or need assistance with the application process, please contact our Outreach Department to schedule a confidential appointment 978- 540-2470.

Speaking of cold weather, now is a perfect time to make sure you have your winter safety plans in place. If you need assistance with creating a plan for snow removal, affording the cost of heating your home, or plans for how to get your groceries when it is snowing, please reach out to our office. Now may be a good time to consider signing up for Meals on Wheels or looking into getting a personal emergency response button. Give us a call! Our fantastic Outreach team will help you create a plan regardless of your age, income, or circumstances.

Senior Tax Work Off Program Participants: Please hand in your first timesheet by November 30th at the latest! These timesheets should include any hours worked July 1 through November 30th. Timesheets will be collected at the EHS/COA Office. Your second timesheet will be due February 29th, 2024.

### **Veteran's Luncheon**

**Wednesday, November 8th at 12pm, Multipurpose Room**

Veterans and Veteran's spouses are invited to a Veteran's Day Luncheon on Wednesday, November 8th. Sponsored by Bridges of Westford. Please call to register, 978-540-2470.

### **Veterans Breakfast**

**Wednesday, November 29th, 7:30am, Senior Diner**

Join us for breakfast, prepared by members of Littleton's Police Dept. and Fire Dept. Veterans of all ages are welcome to this free event. We hope you will join us! Please call to register, 978-540-2470.



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



## COA Board Update

Here it is... November and almost Thanksgiving! The COA Board, at their October 16 meeting had unexpected, but most certainly welcomed guests from the Littleton Rotary Club. Chris Alphen, President of the Littleton Rotary Club, and Sarah Denn, Rotary Club member and owner of Season Insurance in Littleton, attended our meeting to give a check of \$5,000 from the Rotary Club to the TREAD program. This program is for Elderly and Disabled Littleton residents who qualify for help with paying their property taxes and it is entirely funded by donations from the public. Liz Tretiak, our director, graciously accepted the check. Our sincere thanks to the Littleton Rotary Club for their generosity!

November brings with it a new opportunity for Littleton seniors. The Planning Board, the Affordable Housing Trust, local Realtors, as well as the EHS/COA, will be holding a "Senior Housing Roundtable" gathering on Tuesday, November 14, 1:00 PM to 3:00 PM. This is meant to be a brainstorming, communication session to share thoughts, ask questions and learn more as the Town starts to gain affordable living spaces for seniors wishing to downsize. We really need to have seniors involved in this brainstorming! Please SHARE this information with others... we need to hear from residents! Call and reserve your seat!

HAPPY THANKSGIVING TO EACH OF YOU!

*—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 Wednesday November 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

[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

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](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

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.

Our email is: [LCOAfriends@gmail.com](mailto:LCOAfriends@gmail.com)

Thank you for your support.

### Friendsgiving Dinner Thursday, November 16th at 4PM

Join us on Thursday, November 16th at 4PM in the Multipurpose Room for a traditional Thanksgiving meal with friends sponsored by the Friends of the Littleton Council on Aging! \$5 per person to be paid prior to the event. Please call to register, space is limited, 978-540-2470.



Thank you FLCOA for the generous donation of \$10,000 to the Tax Relief for the Elderly and Disabled Fund!



*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 Nicole at 978-540-2475 to register or for more information. 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.**



## Free Fire Protection Device Evaluations for Littleton Seniors



The Littleton Fire Department has teamed up with Littleton Elder and 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 that is 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.

## 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.



Special Town Meeting is scheduled for November 1, 2023 at 7:00 pm at the Charles Forbes Kaye Gymnasium, Littleton Middle School, 55 Russell Street. The Town Meeting Report is available on the town website: [littletonma.org](http://littletonma.org)





## OUTREACH CORNER

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

### Medicare Open Enrollment



Medicare open enrollment ends December 7th and there's still time to compare your Medicare insurance coverage with a state certified SHINE counselor. SHINE counselors are available onsite at the senior center or by phone for those who are disabled. Please contact us at 978-540-2470 to schedule a Medicare benefits checkup today.

SHINE can review your costs and coverage using the Medicare Planfinder and help you choose a Medigap supplement, Part D plan or Medicare Advantage Plan that works for you.

Are you struggling with high prescription drug costs? Has your Part D premium doubled this year? Our SHINE counselor Alicia is here to help! Part D premiums have increased in 2024 across the board, some have more than doubled. SHINE counselors can enter your medications and dosage into the Medicare Planfinder and find the best cost Part D plan. SHINE counselors can also provide information regarding Prescription Advantage for anyone who enters the coverage gap or "donut hole" and share other pharmacy resources like Needy Meds and coupon savings programs.

### LIHEAP (Fuel Assistance) Update



Former LIHEAP (fuel assistance) participants should have received their applications by the end of October. If you have not received your application please contact our Outreach team so we can assist with following up with SMOC on your behalf, 978-540-2470

### Thanksgiving Pie Donation

We will be receiving a donation of 50 frozen pies again this year handmade by the MCI Concord culinary program. They are fully baked and frozen, just need to be defrosted and they are ready to eat. If you are in need, please contact us to arrange a pick up/drop off of a pie! Thank you MCI Concord!

### Conversation Groups:

**Anxiety Group:** Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! November dates are 11/14 and 11/28. 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). Nov. date is 11/16, 10:30am - 11:30am.



**Caregiver Support:** Group is meeting next on Wed. Nov. 29th at 6pm! This group is held monthly in the senior diner with great conversation and dinner! Our host and speaker this month will be Kristin Nelson, of Audivi World Memory Banks. 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

NOVEMBER 2023

## Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER your Meal, Call your local meal site by 11AM the DAY BEFORE Littleton: 781-325-7879	For weather emergencies and cancellations, please check Fox 25 TV station	1 Pork w/ Apples Sweet Potatoes Brussels Sprouts WW Bread Fruit	2 Pasta Fagioli Cauliflower WW Roll Applesauce	3 <b>Cold</b> Turkey Taco Salad Corn Salad Tortilla Cookie
6 Beef & Broccoli Brown Rice WW Dinner Roll Mixed Fruit	7 Apricot Chicken Orzo Peas White Bread Yogurt, Juice	8 Lasagna w/ Spinach Alfredo Sauce Carrots Garlic Roll Mandarins	9 Fish Sandwich on WW Burger Bun Mashed Potatoes Beets Cookie	10  <b>Veterans Day (Observed) No Meals Served</b>
13 Hot.Dog*** on Hot dog Roll Baked Beans Corn & Bell Peppers Applesauce	14 Rigatoni Marinara Zucchini & Summer Squash Oat Bread Mandarins	15 <b>Special</b> Turkey w/ Gravy on Stuffing *** Whipped Potatoes Butternut Squash Assorted Pie*	16 <b>Cold</b> Egg Salad on MG Bread Three Bean Salad Garden Salad Jello	17 Brd BBQ Chicken Sweet Potato Tots Collard Greens WW Bread
20 Beef and Bean Chili w/ Tomatoes Brussels Sprouts Corn Bread Chocolate Pudding	21 Rosemary Salmon Potatoes O'Brien Beets Dinner Roll Cookie	22 Swedish Chicken Meat Balls Bow Tie Pasta Green Beans Oat Bread Pineapple	23  <b>Thanksgiving Day No Meals Served</b> 	24  <b>Day After Thanksgiving No Meals Served</b> 
27 Mac & Cheese Peas Rye Bread Mandarins	28 Meatloaf w/ Gravy Mashed Potatoes Rst. Root Veggies White Bread Mixed Fruit	29 Chicken Scampi Rice Pilaf Creamed Spinach WW Bread Cake	30 Frittata Roasted Potatoes Garden Salad Onion Roll Warm Berries	For questions about the nutritional information in this menu or your nutritional needs, contact: <b>Deborah McLean, Dietitian, 781-221-7018</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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# NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN PERSON EVENTS - GREEN</b>  <b>VIRTUAL EVENTS - RED</b>  <b>HYBRID EVENTS - PURPLE</b>		<b>1</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting 7:00 Special Town Meeting	<b>2</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	<b>3</b> 8:30 ROMEO & JULIET Club Breakfast Trip  10:00-11:00 Elder Law Drop In  1:00 BINGO & Pizza
<b>6</b> 9:00 National Donut Day 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	<b>7</b> 10:00-12:00 BP Clinic 10:00 Gentle Yoga with Jenny 11:15-12:15 Stretch & Flex  1:00-4:00 Mah-Jongg	<b>8</b> 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance <b>12:00 Veterans Luncheon</b> 1:00 Craft Class	<b>9</b> 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 1:00 Every Picture Tells a Story	<b>10</b> Closed for Veterans Day 
<b>13</b> 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 2:00 Jumpin' Juba Concert 3:00 COA Board Meeting	<b>14</b> 10:00-12:00 BP Clinic 10:00 Gentle Yoga with Jenny 11:15-12:15 Stretch & Flex <b>1:00-2:00 Anxiety Group</b> 1:00-4:00 Mah-Jongg 1:00 Senior Housing Roundtable	<b>15</b> 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Electrical Safety Presentation 1:00 Progressive Exercises	<b>16</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia <b>10:30-11:30 Living Alone Group</b> <b>4:00 Friendsgiving Dinner</b>	<b>17</b> 8:30 ROMEO & JULIET Club Breakfast Trip  9:00 - 2:00 Foot Care Clinic  1:00 BINGO
<b>20</b> 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	<b>21</b> 10:00-12:00 BP Clinic 10:00 Gentle Yoga with Jenny 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>22</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:30 Good 41- Stories from the Studebaker	<b>23</b> Closed <b>24</b> Closed  <i>Happy Thanksgiving to you and your family</i>	
<b>27</b> 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:30 Restaurant Hoppers 12:45-1:30 Chair Yoga w/ Rebecca	<b>28</b> 10:00-12:00 BP Clinic 10:00 Gentle Yoga with Jenny 11:15-12:15 Stretch & Flex 1:00 Gelli Plate Printing <b>1:00-2:00 Anxiety Group</b>	<b>29</b> 7:30 Veterans Breakfast 9:00 Coffee with a Cop 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 4:00 Night Lights Trip 6:00 Caregiver Group	<b>30</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia  <b>Senior Tax Work Off Timesheets are Due Today!</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 is held 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!

## Gentle Yoga with Jenny Tuesdays at 10AM



Join Jenny for a 4 week Gentle Yoga series for the month of November; Tuesdays at 10AM in the Sturtz Room at the Library. \$12 for 4 week session, please call to register and plan to stop by the office in advance of the first class to fill out a waiver. Please bring your own mat.

## Foot Care Clinic

Friday, November 17th from 9AM—2PM

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, November 17th 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

## 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!

## Progressive Exercises November 15th at 1PM

Join us as we demonstrate various exercises whether standing, seated or supported, to increase balance and reduce falls.

November 15th at 1PM in Room 230. Light refreshments will be provided by Life Care Center

## Grief & Healing Support Groups

Nashoba Associated Boards of Health welcomes adults who are experiencing grief to participate in monthly, drop-in Grief & Healing Support Groups throughout the region. Facilitated by grief counselor Karen Campbell, MSMHC, these support groups offer a safe space to share experiences of the grief journey.

2nd Thursday of each month 12 PM @ Reuben Hoar Library, 35 Shattuck St, Littleton, MA 01460



**Nashoba Associated Boards of Health**  
Your COMMUNITY, Your CHOICE Since 1931



## **Craft Class** **November 8th, 1PM - 3 PM, Room 103**

Well, it is November already and what do we think of...

Turkey! So we will be making turkeys to go along with the pumpkins that we made in October. The class is on November 8 from 1:00 to 3:00 in **ROOM 103**. The cost is \$3. Sign up early because there is a limit. See you all there!



*-Anita, Sue, Kathy, & Anne Lee*

## **Veterans Breakfast** **November 29th, 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.

## **Coffee with a Cop** **November 29th at 9am, Room 233**



Join us and special guests Detective Patrick O'Donoghue and Officer Ilyas Abu from the Littleton Police Dept. for a chat and a coffee on Nov. 29th at 9am. Come hear about the latest in scams and fraud to be aware of, and bring questions for our guests!

## **Women's Breakfast : NOV 8TH, 8:00AM - 9:00AM**

## **Men's Breakfast: NOV 15TH, 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, Nov 3rd:** 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, November 3rd, 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!

### National Donut Day Monday, November 6th at 9AM

Come celebrate National Donut Day with us (a day late) on Monday, November 6th at 9AM in the Senior Diner. Please call to register, space is limited! 978-540-2470

### Jumpin' Juba Concert Monday November 13th at 2pm, MPR

Jumpin' Juba plays blues-based roots-rock and classic rock for your listening and dancing pleasure. The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with Dave Lockeretz on bass.



*"There's humor, there's rhythm, and there are some yummy grooves going on."* -- Tina Roycroft, Pulse Magazine. This program is sponsored by the Littleton Cultural Council.

### Every Picture Tells a Story Thursday, Nov 9th at 1pm, RH Library

An engaging and informative look at the power of pictures to offer a new view of memory loss. Held in the Library's Sturtz Room. When we look closely at a picture beyond its surface, we can see layers of story, expression and meaning. This talk invites us to explore what it means to live fully in the present moment with a diagnosis of memory loss.

We'll look at examples from lived experiences at the museum, cinema, art gallery, day program, care setting. Reclaiming a sense of agency, opening doors to imagination, feelings of wonder and awe. Sharing lived experiences give us a holistic view – seeing the whole person beyond a diagnosis– uncovering pathways to the interior where individuals make meaning & discover uplifted states of well-being.



**Register online or call us 978-540-2470:**

<https://littletonma.assabetinteractive.com/calendar/every-picture-tells-a-story-3/>

### Friendsgiving Dinner Thursday, November 16th at 4PM

Join us on Thursday, November 16th 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.

### Good 41: Stories from the Studebaker & Other Cars We Loved, Storyteller Todd Goodwin Wednesday, November 22nd at 1:30PM



Join us on Wednesday, November 22nd at 1:30PM in the Multipurpose Room for Mr. Goodwin's stories of growing up with his brothers in the 1950's, 60's, and 70's, and the interesting cars and trips they shared.

While he shares his old cars stories, he invites you to remember and share yours! Please call to register, 978-540-2470

### Gelli Plate Printing w/ Kimberly Stoney Tuesday, November 28th at 1PM

Enjoy a creative afternoon and explore the magical world of printmaking using a gelatin "Gelli" plate. No art experience is needed! Participants will learn to use the printmaking plate to create beautiful and unique patterned papers. All supplies provided. Come and play!

Tuesday, November 28th at 1PM in the Sturtz Room of the new Library. Please call to register, space is limited 978-540-2470

### Night Lights at New England Botanic Garden, Wednesday, November 29<sup>th</sup> at 4PM

Our most popular trip of the year is finally here! Join us at New England Botanic Garden (formerly Tower Hill Botanical Garden) on Wednesday, November 29<sup>th</sup> at 4PM for a magical walk through the lights. The EHS van will leave Town Hall at 3:30PM, if you need transportation to/from your home please let us know when you register.

Celebrate the season with a light display at New England Botanic Garden! Enchanting landscapes, fun experiences, and thousands of lights await. Enjoy s'mores, seasonal drinks, a model train, shopping for holiday gifts, and fun photo opportunities while creating special memories.

Space is limited, \$10 per person to be paid to EHS upon registration. Please call 978-540-2470 to register.

**Due to the two Friday holidays this month our ROMEO and JULIET Clubs will be combining!**



**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 us!** On Nov. 3rd and 17th the EHS Van will be taking our ROMEO club to a local Diner for breakfast.



On Nov. 3rd & 17th the EHS Van will be taking our **JULIET** group to a local Diner for breakfast, meet new friends or bring someone you know. We will leave Town Hall at 8:30AM and head to breakfast. The van will return you to Town Hall following breakfast.

**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**

**November 3rd : Stevie's Café, Littleton, MA  
November 17th: Franny's Diner, Pepperell, MA**

## Restaurant Hoppers Monday, November 27th at 11:30

On Monday, Nov. 27th we will be headed to The Fife and Drum Restaurant, located at Northeastern Correctional Center in Concord, Ma. If you would like van service please call Dispatch at 978-844-6809, the van will leave Town Hall at 11:30AM, if you will be driving yourself please call EHS to register, 978-540-2470. Attendees are responsible for their own meal.

There are several requirements for dining at The Fife and Drum Restaurant:

- You will need your State Issued ID. Please do not bring your purse, wallets, or *CELL PHONES*.
  - The meal price is \$3.21. *Only bring enough money to pay for your meal.*
  - Once you have parked please follow the walkway and proceed to the Gralton Hall Building on your left, Building #1. Go through the double doors and to the left will be the officer's station. You *must check-in with the officer and hand in your ID*
- Please register by Wednesday, Nov. 22nd so we are able to reserve your table.**

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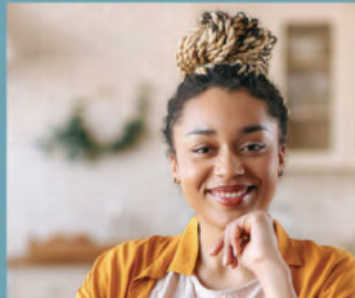
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## LITTLETON EHS TRANSPORTATION

- 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.**