

The Broadcaster

December 2023



LITTLETON EHS/COA SERVICES

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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 Monday, December 25th.

From Liz's Desk:

Hello Everyone! On behalf of the EHS staff I would like to extend our warmest wishes for a very happy holidays to you all! As I reflect back upon this year, I am grateful for all of your support for our department and our mission. We couldn't do it without you! Between the huge community support for our TREAD program, the many volunteers who lent their time to setting up events, and all of the fun times we shared together here, there were a lot of good memories to look back on.

We have an exciting month ahead of us. With the holidays and the events going on, it is sure to be busy and your calendar will fill up fast. Call to register for programs beginning Friday, December 1st as programs are sure to fill up quickly.

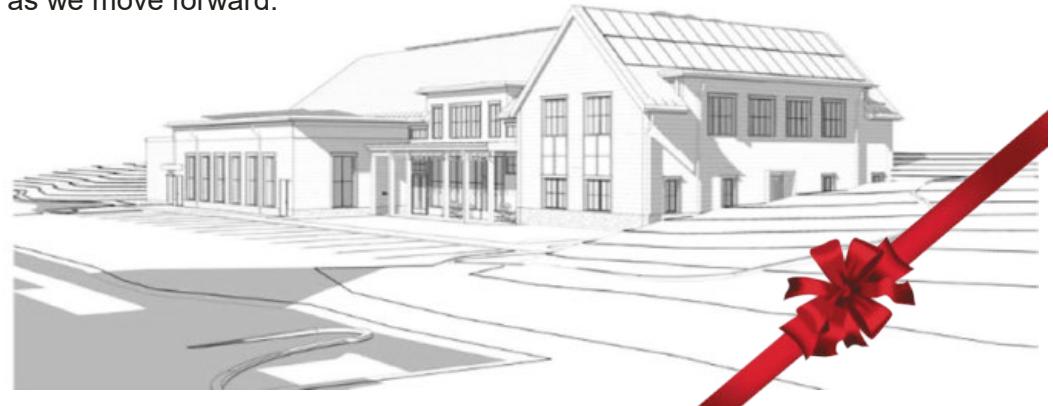
If you have never participated in any of our fitness classes before, now is the perfect time to join. In January, if you are a brand new participant, the fitness class will be free that month! Please see page 7 for the details.

Now that winter is in full swing, please reach out if you need assistance with heating costs. Our Outreach Coordinators have access to many resources and benefits that you may be eligible for. They are happy to confidentially assist you in applying. Don't assume you aren't eligible for assistance, there are many different programs out there.

December typically brings us snow and ice, so please check out page 3 to read about our Sand for Seniors program to prevent slips and falls outdoors this winter! We will be delivering sand/ice melt mix to seniors who are eligible; please give us a call for more information on the program. If you participated last year and need your bucket topped off, please give us a call to let us know!

New Building Update:

2024 is going to be both exciting and challenging! The long-awaited senior center building project is ready to go. Our groundbreaking date has officially been set for March 1, 2024! The new building will take approximately 14 months to construct. We will keep you all updated on the timeline and progress as we move forward.





COA Board Update

What a GREAT Day November 6th was! Our Select Board voted to authorize our Interim Town Manager, Ryan Ferrara, to approve contract agreements for our Senior Center Project. Brian Fors, our Owners Project Manager, who works with our PMBC (Permanent Municipal Building Committee) presented a summary of the project thus far and reported the final cost to be \$18.3 million. He also reported that construction will begin in March 2024, and it is expected to take 14 to 16 months to complete. Discussion occurred regarding whether to include roof solar panel system with back up power and the SB decided to do that. If you wish more information, watch the tape on the LCTV website of the Select Board meeting November 6th. Watch for groundbreaking news next March 2024!



Another exciting thing happening is the return of the Friends of Littleton COA Thrift Shop located in the First Baptist Church in the Common. Entrance will be via the door on King Street next to the Little Food Pantry. I do not know the exact opening date but pay attention as it should be very soon! Congratulations to the FLCOA.



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 Friday December 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

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
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 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

As I sit here on Nov.13th, after looking at my calendar for the umpteenth time, I wonder whether I can open the thrift shop the week after Thanksgiving. Of course, by now we will all know because it would have been advertised in Action Unlimited, the e-Newsletter, and posted around town. The new location for the shop is in the First Baptist Church and will be appropriately renamed '**Second Chance**'. When we closed suddenly at the start of the Pandemic, many of us really didn't have the chance to say goodbye. It's time now for us to reunite. Come back to see us again and bring your family and friends. We are currently accepting new and gently used clothing for men and women in sizes XS – 2X, with many styles for young adults. **Second Chance** will be open Wednesdays, Thursdays, & Fridays from 10-3 and Saturdays 10-1. We still have openings for volunteers to help, including students needing community service hours. Contact us through email lcoafriends@gmail.com

We hope to hear from you! - Sandra

2023 Holiday Helpers

The 2023 Holiday Helpers programs is officially up and running. If you have not heard of the program it helps Littleton families experiencing financial difficulties during the holiday season. The program supplies clothing needs and 3 wanted items per child to help lighten the financial burden of the holidays through donations from the community.

The enrolled children ask for specific items which are listed on the Holiday Helpers Amazon registry and are also printed out on cards that are located on our tree at the Parks & Rec Office. You can help by choosing a gift or a need card or two; you would purchase those items and drop them off at the Park & Rec office or you can donate money to the Holiday Helpers Fund which allows the department to purchase those requested items for you without the hassle of shopping.



Please stop in and see us at 41 Shattuck Street or use the QR code to access the gift registry online. If you have any questions please call us at 978-540-2490. Thank you in advance for your generosity!

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:

- 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, 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 please call 978-540-2470.

Festive Fest Saturday, December 16 11am-1pm



Join us for some seasonal fun, games, and sparkle! Gather with friends and allies for a light lunch. Festive attire encouraged or come as you are. All are welcome to join us at Town Center, 2nd Floor Flint Room, 12 Mudge Way, Bedford, MA

RSVP by Monday, December 11, 2023 at 781-275-6825 or coa@bedfordma.gov



OUTREACH CORNER

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

Holiday Dinner Distribution

Do You Need Help with Your Holiday Dinner? If you are a resident of Ayer, Devens, Dunstable, Groton, Harvard, Littleton, or Shirley please visit the Loaves and Fishes Pantry if you need help! Just join the drive-thru line to receive a holiday dinner with all the fixings!

Monday, Dec. 18th from 9AM - 12PM & 4PM - 6PM

If you have any questions, please contact our Client Counseling Team 978-772-4627 x 312

Or email ClientAssist@loavesfishespantry.org

Mitten Tree for Shaker Lane

For the month of December EHS will have a Mitten Tree outside the elevator on the 2nd floor accepting donations of purchased or handmade mittens for the students of Shaker Lane Schools. These mittens will be distributed to the school nurse following their winter break in January to be given to students ranging in age from 4 to 8 years old who, for a variety of reasons, may not have mittens or gloves. Please call Nicole at 978-540-2475 with any questions.

Conversation Groups:

Anxiety Group: Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! December dates are 12/12 and 12/26. 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. Dec. date is 12/21, 10:30am - 11:30am.

Caregiver Support: No group in December. Group is meeting next on Wed. Jan. 31st at 6pm! 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 at: 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

DECEMBER 2023

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER your Meal, Call your local meal site by 11AM the <u>DAY BEFORE</u> Littleton: 781-325-7879	For weather emergencies and cancellations, please check Fox 25 TV station	For questions about the nutritional information in this menu or your nutritional needs, contact: Deborah McLean, Dietitian, 781-221-7018		1 Baked Cod w/Crumb Topping Butternut Squash Mixed Vegetables Oat Bread Fruit
4 BBQ Pulled Pork Rice Pilaf Brussels Sprouts WW Burger Bun Applesauce	5 Breaded Chicken-Garlic Cream Sauce Rst. Sweet Potatoes Green Beans Corn Bread Pineapple	6 American Chop Suey Cauliflower & Peas Mixed Fruit Garlic Roll	7 <i>Cold</i> Tuna Salad on MG Bread Quinoa Salad Garden Salad Yogurt	8 Chicken Pot Pie Mashed Potatoes WW Roll Cookie
11 Vegetable Fried Rice w/ Tofu Broccoli MG Bread Pineapple	12 Hot Dog *** Baked Beans Coleslaw Hot Dog Roll Cinnamon Apples	13 Broccoli & Cheese Stuffed Chicken Sweet Potatoes Cauliflower WW Dinner Roll Chocolate Pudding	14 <i>Special</i> Beef Wellington Garlic Mashed Carrots & Peas Parker House Roll Berry Cheesecake	15 Mac & Cheese Stewed Tomatoes Rye Bread Fresh Orange
18 Chicken Meatball Sub Tater Tots Capri Blend Mandarins	19 Fish Stew Spanish Rice Green Beans Corn Bread Fruit -Whip Topping	20 Cobb Salad Corn Salad Pita Bread Applesauce	21 Meatloaf w/Gravy Whipped Potatoes Brussels Sprouts Oat Bread Cake	22 Chicken Alfredo Pasta Broccoli WW Roll
25  No Meals Served	26 Ravioli Marinara Squash Blend MG Bread Pineapple	27 Turkey w/ Gravy Mashed Potato Honey Carrots LS Bread Fruit	28 Breaded Chicken Cream Sauce Mashed Butternut Green Beans WW Bread Cookie	29 Frittata Egg Bake Capri Vegetables Fruit Loaf Yogurt



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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DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE				1 10:00-11:00 Elder Law Drop In 1:00 BINGO & Pizza
4 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	5 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	6 9:00 Breakfast Bingo 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00-3:00 Craft Class	7 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Sup- port Group 12:30 Out of the Box Trivia	8 8:30 ROMEO Club Break- fast Trip 9:00 - 2:00 Foot Care Clinic 1:00 BINGO
11 10:00-11:00 Tai Chi 10:00 Intro to Genealogy 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	12 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	13 8:00-9:00 Women's Break- fast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Anything Goes-The Roaring 20s Historical Lecture	14 11:15-12:15 Stretch & Flex 12:00 Grief/Bereavement Support Group 12:30 Out of the Box Trivia	15 8:30 JULIET Club Break- fast Trip 10:00-2:00 A Spa for You 1:00 BINGO
18 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	19 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	20 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Holiday Carolers	21 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 10:30-11:30 Living Alone Group	22 8:30 ROMEO Club Break- fast Trip 1:00 BINGO
25 CLOSED 	26 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	27 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	28 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	29 8:30 JULIET Club Break- fast Trip 1:00 BINGO 1:00 Winterfest Ice Skat- ing Show Trip




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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!

Free Fitness for New Participants!

Start the New Year off right by checking out some of our incredible fitness classes: Stretch and Flex, Yoga for Strength and Balance, Chair Yoga, Tai Chi, Line Dancing.

EHS is offering FREE fitness classes for the month of January; try one class or try them all! This program is open only to Seniors who have not participated in our fitness programs before.

Please call 978-540-2470 to register and complete you waiver prior to class.

Foot Care Clinic

Friday, December 8th from 9AM—2PM

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, December 8th 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!

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. This group is an opportunity to learn more about the grief process and strategies for managing grief. Confidentiality is respected and maintained. The Grief & Healing Support Group honors all types of grief, including grief due to loss, change, and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any point in their journey. No one is required to commit to consistent attendance.

Join us on the 2nd Thursday of each month 12 PM @ the Reuben Hoar Library, 35 Shattuck St, Littleton.



Craft Class December 6th, 1PM - 3 PM, MPR

We are all thinking about the holidays and it is time to create festive greenery centerpieces once again! We will be making the centerpieces on Dec. 6th from 1:00 to 3:00 in the multipurpose room. The cost is \$3. Sign up early because there will be a limit of 20! *-Anita, Sue, Kathy, & Anne Lee*



Veterans Breakfast December 27th, 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!

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.

Breakfast Bingo Wednesday, December 6th in the MPR

Join us for a hot breakfast and Bingo on Wednesday, Dec 6th in the Multipurpose Room.

Breakfast begins at 9AM and the first Bingo game will start at 9:45AM. \$1 for 2 Bingo cards, includes breakfast. Please call 978-540-2470 to register.



Book Buddies

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. This program will continue through June of 2024.

Women's Breakfast: Dec.13th, 8:00AM - 9:00AM

Men's Breakfast: Dec.20th, 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, Dec 1st: 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, December 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! 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!

Intro to Genealogy

Monday, Dec. 11th @ 10AM Room 230

Ready to learn more about your family history? Let's discuss the basic forms and tenets of genealogical research. We'll also review types of repositories, websites, and educational opportunities for your journey through personal history.

Seema has her BA, BS, and has completed BU's Genealogical Researcher Certificate Program and has continued her education via ProGen and NIGR; she is ready and able to guide you on your journey into Genealogy. Please call to register, 978-540-2470

A Spa for You

Friday, December 15th from 10AM-2PM



Treat yourself to a spa treatment in time for the holidays right here at EHS!

A Spa for You is offering 15 minute massages, manicures, pedicures and facials for \$15 per treatment. Friday, December 15th from 10AM-2PM, please call to register space is limited.

Anything Goes - America During the Jazz Age, "The Roaring 20s" with Historian Christopher Daley

Wednesday, Dec. 13th, 10:30AM, MPR



This historical presentation is an entertaining overview of the 1920's, showcasing world events, political events, prohibition, organized crime as well as the style, fashion and trends of the Jazz Age.

Christopher Daley is an historian and published author who has been speaking all over New England for the last 30 years. Chris has written several articles on varied historical topics for local publications and has written his first book entitled "Murder and Mayhem in Boston: Historic Crimes in the Hub."



Chris has also served as historical consultant on the Sacco-Vanzetti Case for the Travel Channel's program "Time Traveling with Brian Unger." He also appeared in two episodes of the Travel Channel's "Kindred Spirits" in the capacity of historian on shows about the Lizzie Borden Case.

Holiday Carolers

Wednesday, Dec. 20th at 10AM, in MPR

The Holiday Carolers duo are comprised of two of the finest vocalists and performers; join us on Wednesday, December 20th at 10AM in the Multipurpose Room for coffee, donuts and the beautiful sounds of Holiday Carolers.



Please call 978-540-2470 to register

Winterfest Exhibition Figure Skating Show at Colonial Figure Skating Club

Friday, December 29th at 1PM



Join us on Friday, December 29th at 1PM at Colonial Figure Skating Club in Boxborough, MA. Please call to register and specify whether or not you need transportation, 978-540-2470

Adventures in Winter Sowing

Saturday, Dec. 2nd, 2:00-3:30PM Sturtz Room, Reuben Hoar Library

If you want to start seeds without all the equipment and daily attention, then Winter Sowing is for you! Find out why this seed starting technique is growing in popularity. Content includes details on required supplies, types of seeds to use, when and how to plant them, fertilization, and watering.

Don't miss this hands-on FREE workshop.

Register by phone 978-540-2600 or online here:

<https://littletonma.assabetinteractive.com/calendar/adventures-in-winter-sowing/>

Excel 101, Offered by Parks & Rec.

Tuesday, Dec. 12th, 6:30-8:30PM

Excel skills are so important to have under your belt in today's professional world. This workshop will help get your skills up to date. This comprehensive course will help sharpen those skills!

Cost: \$69 Resident/ \$74 Non-Resident

Location: Parks & Rec Conference Room at 41 Shattuck St.

Register online here:

<https://littletonma.myrec.com/info/default.aspx>

Or call: 978-540-2490 for more information.



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 December 8th and 22nd the EHS Van will be taking our ROMEO group to a local Diner for breakfast, meet new friends or bring someone you know.

Please call 978-844-6809 to reserve your spot on the van. We will leave Town Hall at 8:30AM and head to breakfast, the van will return you to Town Hall following breakfast.

December 8th The Farmhouse Café, Dunstable

December 22nd: Helen's Restaurant, Concord, MA



On December 15th and 29th 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.

Dec 15th: The Farmhouse Café, Dunstable

Dec 29th: Helen's Restaurant, Concord

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



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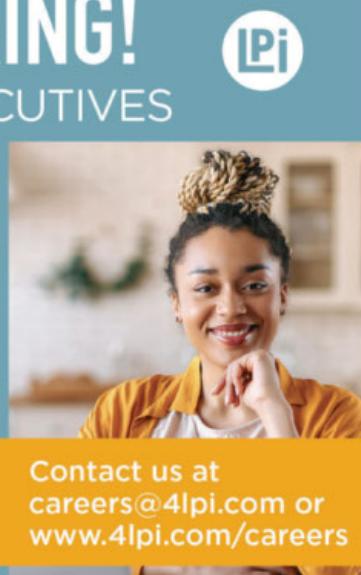
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LITTLETON EHS TRANSPORTATION

- 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.