

# The Broadcaster

## January 2024



### 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 New Years Day, Monday 1/1 & Martin Luther King Jr Day, Monday 1/15



#### **From Liz's Desk:**

Happy New Year, friends! I hope you all had a wonderful, happy and healthy holiday season. This new year will be an exciting one as we plan to break ground on the new building in a few short months. Stay tuned to this newsletter for updates, and sign up for our weekly e-newsletter by emailing Nicole at [NSarvela@littletonma.org](mailto:NSarvela@littletonma.org) to get the latest news.

Reflecting on 2023, we saw many new faces and record breaking attendance numbers for our department. Nearly 11,000 event sign-in's were recorded for our programs last year. Mondays were by far our busiest days with an average of 53 activity sign-in's. May and September were our months with the highest program attendance. Nearly 800 unique individuals of all ages were assisted by Outreach last year with the top categories of assistance being General Information, Advocacy, Food Resources, and Insurance help. All of this would not have been possible without our incredible staff: Nicole, Amy, Alicia, Sue, Rich, Neil, Sam, and Tom. Our volunteers went above and beyond as well, especially those helping Gayle in our Senior Diner, and Charlie cooking for our big events. We are so fortunate to have a dedicated and passionate team of staff and volunteers here in Littleton!



#### **FLCOA Fundraiser!**

The Friends of the Littleton Council on Aging are holding a Giveback event at Anthony's Coal Fired Pizza at The Point on Friday, January 19th from 11:30am to 10:00pm. No pre-registration necessary. Anthony's will donate 20% of sales back to the Friends to support Littleton's seniors! More details on page 3 of this newsletter.

Thank you Friends for supporting the COA! We hope to see you there!



#### **Winter Weather Policy**

If Littleton Public Schools are closed due to inclement weather, Littleton EHS Vans will not run. The safety of Littleton residents and our van drivers is of the upmost importance. In the event of a snowstorm, please check to see if Littleton schools are closed. If they are, you will be contacted to reschedule your ride.

If Town Hall is closed due to weather, all in-person EHS programs will be canceled for that day, if are unsure please call the main office at 978-540-2470.



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



## COA Board Update

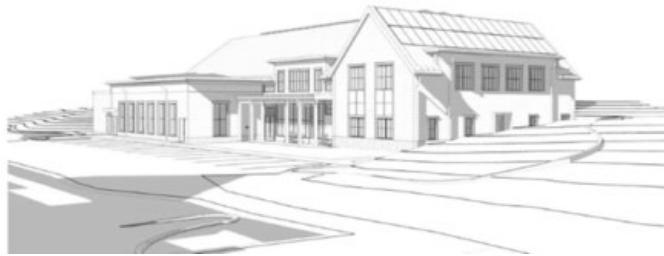
Happy New Year! The arrival of 2024 brings with it great excitement at the expectation of completion of our new building for senior events and activities. The current plan expects groundbreaking in March 2024 and hopeful completion perhaps by the close of 2024.

Check your Broadcaster each month in 2024 for the current status of this wonderful project!

2023 ended with excitement for the Friends of Littleton COA. They opened their new Thrift Shop called RENEW on Saturday, December 9, 2023. If you have not heard, the new shop is located in the First Baptist Church in the center of Littleton, across from the Common. Hours are Wednesday thru Friday, 10:00 AM to 3:00 PM and Saturday 10:00 to 1:00 PM. Entrance is the door in the King Street parking lot. Sandra Casale, current President of the FLCOA was the manager of the Thrift Shop when it was at Shattuck Street so "Renew" is in good hands! The COA wishes the FLCOA great success in this new project.

The COA Board is looking forward to a productive and exciting 2024!

**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 TUESDAY, January 2nd, 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  
Jeanne Sill

## FRIENDS OF THE COA

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

**Friends Contact Information:**  
Box 134, Littleton, MA 01460  
**LCOAfriends@gmail.com**

## Broadcaster by Email and Online

You can receive the Broadcaster in your email! Visit our website at [www.littletonma.org](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

**SAVE THE DATE!** Friday, January 19, 2024 we have a fundraiser at Anthony's Coal Fired Pizza. The hours are from 11:30am -10:00pm, and the fundraiser can be used for in-house dining and pickup. Fundraising is on meals and drinks, tips are excluded. Anthony's will donate 20% of the sales of every order to the FLCOA! See you all there!

## Book Buddies

VOLUNTEER TO READ A BOOK TO  
SHAKER LANE SCHOOL STUDENTS!

CALL NICOLE AT 978-540-2475  
FOR INFORMATION OR TO SIGN UP



### Littleton Middle School Drama Presents

# DISNEY'S THE LITTLE MERMAID JR

Friday, January 19 at 7pm  
Saturday, January 20 at 2pm  
Sunday, January 21 at 2pm

Littleton Performing Arts Center

Littleton High School

Tickets \$10

Available at [littletonmiddleschooldrama.com](http://littletonmiddleschooldrama.com) or at the door

Disney's The Little Mermaid JR is presented through special arrangement with MTI  
All authorized performance materials are also supplied by MTI [www.MTIsShows.com](http://www.MTIsShows.com)

## 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 and are at least 65 years of age.
- Have a residence that was built prior to 1975, that does not have hardwired detectors.
- You have faulty, damaged, or expired battery operated detectors currently installed.

Contact the Littleton Fire Dept. with any questions or to set up an appointment, call 978-540-2302.

## Sand for Seniors

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.

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.

## 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.**





## OUTREACH CORNER

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

### Medicare Advantage Plans



Calling all Medicare Advantage members. If you are already enrolled in a Medicare Advantage plan as of January 1st 2024 you have another opportunity to check your plan and make changes if necessary. This is the Medicare Advantage Open Enrollment Period from January 1st 2024 to March 31st 2024. If you would like to work with our SHINE counselor to look at your options during this open enrollment period call 978-540-2470 to set up an appointment.

### Fuel Assistance Update

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

For families whose income exceeds the limit for Fuel Assistance, there is a possibility of assistance through the **Good Neighbor Energy Fund program**. Outreach is able to review the household income and determine if individuals/families are eligible for either program. Please contact us for an appointment!

### Powerful Tools for Caregivers Virtual Workshop

By taking care of your own health and well-being, you become a better caregiver. Powerful Tools for Caregivers is a 6-week online course designed to build the skills caregivers need to take better care of themselves while caring for an adult. The next course begins on Wednesday January 24th, 11:30am -1pm and will be held every Wednesday 11:30 am - 1 pm until February 28, 2024 . This workshop is FREE, but space is limited! Registration is required. Link provided prior to start of class. Caregivers must have their own computer with webcam, microphone, and internet access.

For more info and to register, contact Minuteman Senior Services Healthy Living Coordinator Stephanie Bott at 781-221-7095 / [s.bott@minutemanseniorservices.org](mailto:s.bott@minutemanseniorservices.org)



### Conversation Groups:

**Anxiety Group:** Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! January dates are 1/9 and 1/23. 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). January date is 1/18, 10:30am - 11:30am.

**Caregiver Support:** Group is meeting next on Wed. Jan. 31st at 6pm with host Deaconess Abundant Life Services! This group is held monthly in the senior diner with great conversation and dinner! 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 at: 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		January 2024		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  New Year's Day No Meals Served	2 Chicken Pot Pie Mashed Potatoes WW Dinner Roll Jello	3 <i>Cold</i> Turkey Cranberry Salad Butternut Salad Pita Bread Mixed Fruit	4 Hot Dog (beef/pork) Baked Beans Coleslaw Hot Dog Roll Cinnamon Pears	5 Pasta Fagioli Cauliflower Oat Bread Cookie
8 BBQ Pulled Pork on Burger Bun Sweet Potato Tots Corn & Bell Pepper Applesauce	9 Turkey w/ Gravy Mashed Potatoes Carrots LS Wheat Bread Mixed Fruit	10 Chicken Marsala Parmesan Risotto Mixed Vegetables Oat Bread Cake	11 Beef Stew Mashed Potatoes Cornbread Fresh Fruit	12 Lasagna w/ Spinach Alfredo Sauce Squash Blend WW Dinner Roll Tapioca Pudding
15  MLK Jr. Day No Meals Served 	16 Turkey & Sweet Potato Chili Green Beans WW Bread Mandarins	17 Meatloaf w/ Gravy Mashed Potatoes Peas Oat Bread Chocolate Pudding	18 Chicken Cordon Bleu Sweet Potato Beets MG Bread Pineapple	19 Fish Sandwich on Burger Bun Potato O'Brien Garden Salad Fruit Crisp
22 American Chop Suey Zucchini WW Garlic Roll Mandarins	23 Baked Cod Crumb Topping Rice Pilaf Brussels Sprouts Oat Bread Mixed Fruit	24 Chicken-Basil, Red Bell Pepper Sauce Quinoa Mixed Vegetables Vienna Bread Fresh Fruit	25 Sweet & Sour Pork w/ Asian Vegetables Veggie Fried Rice Dinner Roll Cake	26 Egg Bake Roasted Potatoes Ratatouille (no mush- rooms) Fruit Loaf Yogurt, Juice
29 Chicken Piccata WW Spaghetti Broccoli Dinner Roll Mixed Fruit	30 Chicken Meatball Sub Corn Creamed Spinach Pineapple	31 Salisbury Steak w/ Gravy Garlic Mashed Beets Cornbread Jello	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



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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for your Real  
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**CONTACT ME Lisa Templeton**  
ltempleton@lpicommunities.com  
(800) 477-4574 x6377



# January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	3 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting	4 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	5 8:30 ROMEO Club Breakfast Trip 10:00-11:00 Elder Law Drop In 1:00 BINGO & Pizza
8 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 3:00 COA Board Meeting	9 10:00-11:00 Gentle Yoga with Jenny 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	10 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance-Sturtz 10:30 Style for the Golden Years 1:00-3:00 Craft Class	11 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 1:00 Fall Proof Workshop 1:00-2:00 Practical Tips: Planning for & Dealing with End-of-Life Care	12 8:30 JULIET Club Breakfast Trip 9:00 - 2:00 Foot Care Clinic 1:00 BINGO
15 CLOSED 	16 10:00-11:00 Gentle Yoga with Jenny 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	17 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:30 Healthy Eating on a Budget	18 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12:00 Grief /Bereavement Support Group 12:30 Out of the Box Trivia 1:00 Fall Proof Workshop	19 8:30 ROMEO Club Breakfast Trip 10:00-2:00 A Spa for You 1:00 BINGO 11:30am -10:00PM FLCOA Fundraiser at Anthony's Coal Fired Pizza
22 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	23 10:00-11:00 Gentle Yoga with Jenny 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	24 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Gelli Plate Printing	25 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00 Fall Proof Workshop	26 9:00 Blueberry Pancake Breakfast 1:00 BINGO
29 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	30 10:00-11:00 Gentle Yoga with Jenny 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	31 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Happiness for Seniors 6:00 Caregiver Group		<b>IN PERSON EVENTS - GREEN</b> <b>VIRTUAL EVENTS - RED</b> <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 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

Join Jenny for a 4 week Gentle Yoga series for the month of January; starting Tuesdays 1/9 at 10AM in the Sturtz Room at the Library. Only \$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 fitness waiver. Please bring your own mat to class.

## Foot Care Clinic

**Friday, January 12th from 9AM—2PM**

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, January 12th 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 January 10th, 1PM - 3 PM, MPR

Happy New Year!! Hard to believe!! This month we will be making unique note cards. We will have an instructor with many exciting ideas for the cards. The class will be held on January 10, 2024 from 1:00-3:00 in the multipurpose room. We will be charging \$5.00 for this class which includes instructions and cost of materials. Please sign up early as the class is limited to 20 participants.

-Anita, Sue, Kathy, & Anne Lee

## Veterans Breakfast January 31st, 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.

## Practical Tips - Planning Early for and Dealing with End of Life Care (Zoom) Thursday, January 11th, 1:00-2:00 PM

Join Dianne Savastano via Zoom to learn what services are available to assist with end-of-life in any setting, the differences between hospice and palliative care, what decisions you may be faced with as you prepare for end-of-life, and the five most important legal protections/documents to have in place. This webinar is sponsored by the Acton, Boxboro, & Littleton COAs.

You may view the webinar from home or on a large screen at the Acton Senior Center.  
Pre-registration required: <https://tinyurl.com/mrxrvzhz>

## Women's Breakfast: Jan. 10th, 8:00AM - 9:00AM

## Men's Breakfast: Jan 17th, 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, Jan 5th:** 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, January 5th, 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!

### A Spa for You

**Friday, January 19th from 10AM-2PM**



Treat yourself to a spa treatment right here at EHS! A Spa for You is offering 15 minute massages, manicures, pedicures, and facials for \$15 per treatment.

Friday, January 19th from 10AM-2PM, please call to register as space is limited.

### “Style For The Golden Years” with Fashion Historian Karen Antonowicz

**Wednesday, Jan 10<sup>th</sup> at 10:30AM, MPR**



Style is eternal! As we age, we may think that style no longer matters and that we shouldn't worry about expressing ourselves with fashion. I disagree! Share this journey with me as we witness women of advanced age dressing in fabulous and unique ways, refusing to give up their authentic style and glamour.

Join us and be inspired! Please call to register, 978-540-2470

### Fall Proof: 6 Week Balance Workshop with Steve Shain

**Thursdays, starting Jan 11th, 1PM MPR**

Join physical therapist and senior fitness specialist Steve Shain for a 6 week balance improvement and fitness class. Steve will show you exercises that you can do in your home that will help you improve your balance and help your overall fitness, such as improved strength and flexibility.

Thursdays, starting January 11th at 1PM in the MPR. \$10 per person for the 6 week session due upon registration. Please call to register, 978-540-2470

### Free Fitness for New Seniors!

Start the New Year off right by checking out some of our incredible fitness classes: Stretch & Flex, Yoga for Strength and Balance, Chair Yoga, Tai Chi, and Line Dancing. EHS will be 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 your fitness waiver prior to class.

### Healthy Eating on a Budget

**Wednesday, Jan 17<sup>th</sup> 1:30PM Room 230**

Discover practical tips and strategies to embrace healthy eating without breaking the bank. Join us as we uncover smart ways to save money while still enjoying nutritious and delicious meals, both when cooking at home and when ordering out. Learn actionable techniques to make healthy eating sustainable and affordable. Leave equipped with the knowledge to empower yourself and thrive on a budget, making your well-being a top priority.

Please call to register, 978-540-2470

### Gelli Plate Printing w/ Kimberly Stoney

**Wednesday, Jan 24th, 1PM, Sturtz Room**

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! \$3 per person. Wednesday, January 24th at 1PM in the Sturtz Room of the new Library. Please call to register, space is limited to 15 participants.

### Blueberry Pancake Breakfast

**Friday, January 26th at 9AM in the MPR**



Celebrate National Blueberry Pancake Day with us here at EHS!

Join us on Friday, January 26th at 9AM in the MPR for a delicious hot breakfast. No charge for this event. Space is limited, please call to register, 978-540-2470

### Happiness For Senior Citizens

**Wednesday, Jan 31st, 1PM in the MPR**

Happiness... What it Looks Like and How to Achieve it. “The Days of the Angry Old Man Can be Over!”

Join us for this exciting presentation from lecturer and publisher Henry Quinlan, and learn how to achieve happiness in your Golden Years.

Please call to register, 978-540-2470



**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!** 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.

**January 5th Pauls Diner, Westford, MA**

**January 19th: Mario's Restaurant, Westford, MA**



JULIET CLUB

*breakfast*

On January 12th 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.

**January 12<sup>th</sup>: Pauls Diner, Westford, MA**

**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**



## Restaurant Hoppers, Monday, January 29th at 12:30

Restaurant Hoppers is in full swing and ready for another month with lunch at a local restaurant with a brand new day! On Monday, January 29th we will be headed to Il Forno in Littleton.

Please register by Wednesday, January 24th so we are able to reserve your table.

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.

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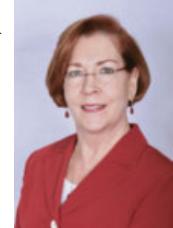
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## LITTLETON EHS TRANSPORTATION

- 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.**