

The Broadcaster

March 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.

New Date and Time:

The Friends of the LCOA meet the first Tuesday of the month at the Reuben Hoar Library, in the Murray Conference Room at 1:00 pm.

From Liz's Desk:

Hello Everyone and Happy March!

I am beyond thrilled to share that the new building construction project is underway! The team at Commodore Builders and our Project Managers from Vertex have mobilized the site. At the time of writing this, the plan is to install the construction fencing the last week in February. We will be holding a groundbreaking ceremony at the end of March, date to be determined. Tune into the March 11th Select Board meeting to hear the latest building updates from our Project Manager and receive an update on when the ceremony will be held. We will keep you informed and announce the date through an email blast as well as through social media. It's hard to believe we have finally arrived at this point of breaking ground. After years and years of waiting our turn, the time is now!



If you have not already signed up for our weekly e-newsletter, now is the perfect time. We will be sending building and parking lot updates through that channel every Thursday. To receive the weekly e-newsletter call or email Nicole at 978-540-2475 or NSarvela@littletonma.org

See you all at our programs this month. The schedule is full and there are many opportunities to join us! From all of us at EHS, we wish you all a very happy St. Patrick's Day!



View of front from Library (project South-West)



View of rear (Shattuck Street side) from drive (project South-East)

Littleton Senior Center

Exterior Color Study : Grout Siding, Whiteout Trim, Black Windows

LLB
ART DIRECTOR

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



COA Board Update

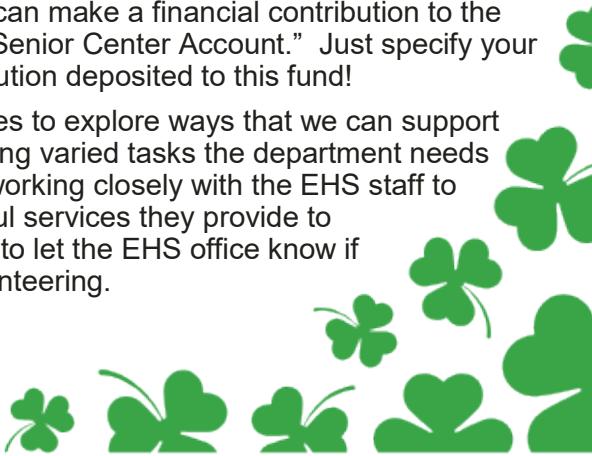
A most gracious welcome to March....the month we finally will be afforded the opportunity to actually see the beginning construction of the Littleton building which will provide space for the Dept of Elder and Human Services/COA. A specific date has yet to be determined but pay attention in March as the groundbreaking is being planned sometime from the middle to the end of the month. We hope to see as many residents as possible there!

Speaking of the new planned space for Littleton resident activities, folks might like to know that the Town of Littleton, in response to inquiries regarding how someone can make a financial contribution to the project, established the "Senior Center Account." Just specify your wish to have your contribution deposited to this fund!

Your COA Board continues to explore ways that we can support our EHS staff by performing varied tasks the department needs accomplished. We are working closely with the EHS staff to help support the wonderful services they provide to Littleton. Please feel free to let the EHS office know if you are interested in volunteering.

-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 Friday, March 1st, 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 Asst.
 Neil Campbell, Driver
 Richard Kent, Driver
 Sam Palmer, 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

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 Charlie DeStefano, Vice President
 Tony Jesensky, Treasurer
 Andy Fredette Asst. Treasurer
 Beverly Cyr, Secretary
 Joe Barry
 Anne Lee Ellis
 Kathy Harlow
 Margaret Kelleher
 Peggy Larsen

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

I'd like to welcome Kathy Harlow and Anne-Lee Ellis to the Friends' Board. We will certainly need their help with our upcoming fundraiser for the new Senior Center. Our fundraiser at Anthony's was a big success and a lot of fun. Thank you, Charlie, for organizing.

Now Barbara McRae has a few words: *Remembering the Senior Follies. The Follies was a series of 4 plays written, directed and acted by Littleton seniors back in 2014, 2015, 2016, and 2018. Funds raised were later used towards incoming requests of the COA. Whether you saw the Follies or not, this will be your chance to enjoy these skits on the big screen, share a few laughs, and help raise funds for the new Senior center. There'll be more information in the near future on when and where, and the time advertised in the Broadcaster, Action Unlimited and on LCTV.*

The Friends meet the first Tuesday of the month at the Reuben Hoar Library, in the Murray Conference Room at 1:00 pm.

- Sandra

Lunch in the Senior Diner Monday – Friday at 12 Noon

The Senior Diner is open for lunch daily, Monday - Friday at noon. Suggested donation is \$2. The menu is on page 5. Please call 781-325-7879 by 11am the day before to let us know you would like a meal.

NEED HELP WITH TECHNOLOGY?

LHS TIGER TECH

Dates:
Feb 1
Mar 7
Apr 4
May 2
Jun 6

When:
3-4PM

Where:
Littleton High School Library

We help with:

- Computers
- iPhone & Smartphones
- iPad & Tablets
- Gmail & Email
- Messaging
- Social Media
- Photos & Videos
- Anything else!

Sign up through the COA

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.

Littleton Volunteer Corp Info Night Wed Mar. 27th, 7pm - 9pm, Fire Station



The Littleton Volunteer Corps (LVC) is holding a public Information Night on Wednesday, March 27 from 7P-9P at the Littleton Fire Station (20 Foster St). The LVC is a team of local citizens from Littleton and surrounding towns with the desire to give a little back to their community. Working under FEMA and MEMA and in partnership with Littleton's Fire & Police Depts. along with participating at community events, the LVC's mission is to make the community safer, stronger and better prepared to respond to real life emergencies. All are welcome to attend, must be 18 to join our team. PLEASE JOIN US. For more info email: Littletonvolunteercorps@gmail.com

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 Jan 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 Alicia Rego at 978-540-2469 to set up an appointment.

Healthy Eating with Heart to Home Wed, March 20th @ 1:30PM, Room 230

Join speaker Richard Rogers from Heart to Home Meals over coffee, tea, and desserts to learn more about a balanced diet. Richard will also talk about Heart to Home Meals' special diets, regular diets, and how to select meals that are best suited for your dietary requirements. Please call 978-540-2470 to register.

Lunch & Learn: Talking Book Library Wed, March 13th at 12PM in Room 230

Do you struggle to read print or hold a book comfortably? The Worcester Talking Book Library (WTBL) can help! A librarian will be presenting information on the program and answering questions. Learn more about this free service that loans accessible reading materials, including audio and large print books, via postage-free mail. This presentation will cover:

- How to use a talking book machine
- The BARD (Braille & Audio Reading Download) app
- Large print services, including Book Club in a Bag
- Dial A Story

Join EHS and Kate from the Talking Library on Wed, March 13th at 12PM in Room 230 for an educational lunch. Please call 978-540-2470 to register.



Conversation Groups:

Anxiety Group: Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! March dates are 3/5 and 3/19. 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. March date is 3/21, 10:30am - 11:30am.

Caregiver Support: Group is meeting next on Wed. March 27th at 6pm with host Kitty O'Connor! 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

March 2024

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER your Meal, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u> 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 Bean & Veggie Stew Corn Biscuit Cookie
4 American Chop Suey Zucchini WW Garlic Roll Mandarins	5 Baked Cod w/ Crumb Topping Rice Pilaf Brussels Sprouts Oat Bread Cookie	6 Honey Garlic Chicken Quinoa Mixed Vegetables Vienna Bread Fresh Fruit	7 Turkey w/ Gravy Mashed Potatoes Carrots LS Wheat Bread Applesauce	8 Broccoli & Cheese Egg Bake Roasted Potatoes Fruit Loaf Yogurt Juice (<i>no Milk</i>)
11 Sweet & Sour Chicken Meatballs Fried Rice Mandarin Vegetables MG Bread Pineapple	12 Chicken Piccata WW Spaghetti Green Beans Dinner Roll Mandarins	13 Special Corned Beef & Cabbage *** Carrot & Turnip Potatoes & Parsley Marble Rye Crème De Menthe	14 BBQ Pulled Pork on Bun Sweet Potato Tots Corn & Bell Pepper Chocolate Pudding	15 Macaroni & Cheese Peas Oat Bread Fresh Orange
18 Breaded Chicken w/ Country Gravy Sweet Potatoes Creamed Spinach Vienna Bread Applesauce	19 Ravioli Marinara Squash Blend WW Bread Mandarins	20 Glazed Pork Mashed Butternut Garden Salad LS Wheat Bread Bread Pudding	21 Salisbury Steak w/ Mushroom Gravy Garlic Mashed Mixed Vegetables Cornbread Chilled Fruit	22 Garlic Herb Salmon Brown Rice Brussels Sprouts MG Bread Jello
25 Yankee Pot Roast Scalloped Potatoes Beets WW Bread Pineapple	26 Hot Dog (<i>Beef/Pork</i>) Hot Dog Roll *** Baked Beans Coleslaw Cinnamon Apples	27 Cobb Salad Corn Salad Pita Bread Yogurt	28 Chicken Pot Pie Mashed Potato Oat Bread Cake	29 Lasagna w/ Spinach Alfredo Sauce Squash Blend WW Dinner Roll Fresh Fruit



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



March 2024

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 1:00-2:00 Anxiety Group	6 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Friends Board Meeting	7 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 3:00-4:00 Tiger Tech	8 8:30 JULIET Club Breakfast Trip 9:00 - 2:00 Foot Care Clinic 9:30 Coffee Club 1:00 BINGO
11 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	12 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Pelvic Floor Discussion	13 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Talking Book Library Lunch and Learn 1:00 Craft Class	14 11:15-12:15 Stretch & Flex 12:00 Grief/ Bereavement Support Group 12:30 Out of the Box Trivia 1:30 Gelli Plate Printing	15 8:30 ROMEO Club Breakfast Trip 9:00 Meet the Town Administrator Coffee Hour 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 9:00 Driver Appreciation Day 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	20 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 St Patrick's Day Luncheon 1:30 Healthy Eating with Heart to Home	21 10:00 Cancer Support Community MA 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	22 8:30 JULIET Club Breakfast Trip 1:00 BINGO
25 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12 -2:00 Loving Stitches 12:30 Restaurant Hoppers 12:45-1:30 Chair Yoga w/ Rebecca 2:00 Susan B. Anthony	26 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	27 7:30 Veterans Breakfast 9:00-10 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Electrical Safety Pres. and Pizza Party 6:00 Caregiver Group 7:00 Littleton Volunteer	28 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	29 8:30 ROMEO Club Breakfast Trip 1:00 BINGO




MEET TROY
— OUR MASCOT —

BEST SHORT-TERM REHABILITATION
U.S. NEWS & WORLD REPORT

Home of CHAMPIONS

LIFE CARE CENTER OF NASHOBA VALLEY
978.486.3512 • 191 Foster St. • Littleton, MA 01460 • LifeCareCenterOfNashobaValley.com



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. Instructor Stan Fall

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.

Foot Care Clinic

Friday, March 8th from 9AM—2PM

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, March 8th from 9AM-2PM, \$40 per person. Space is limited, call to reserve your time slot. Call 978-540-2470 to register.



Join the Walking Club!

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. Please call to sign up 978-540-2470

Grief & Healing Support Groups

Nashoba 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 12PM** @ the Reuben Hoar Library, 35 Shattuck St.

Weekly Blood Pressure Screenings

Our weekly Blood Pressure Clinic is held every **Tuesday 10am-12, 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!

What is a Pelvic Floor? Workshop Hosted by Audra Harris, OTR/L Tuesday March 12th, 1:00pm, Room 233

Come learn: What is a pelvic floor? Do Kegels really matter? Why does pelvic health matter as we age? Tips on how to care for your pelvic floor. Audra Harris is an occupational therapist specializing in pelvic health. She has worked with people in a variety of settings all across the lifespan. She believes everyone deserves better education about pelvic health and making it more accessible for the community!

Cancer Support Community Massachusetts Thursday, March 21st at 10AM in Room 230

Join Kristin Laferty, MSW, LICSW for an info session on Cancer Support Community; a national non-profit that supports cancer patients, caregivers and individuals who have lost a loved one to cancer. Recently, CSC launched a new network partner locally out of the BostonMetro area and is currently providing support, and has openings, in all of their psychosocial support groups throughout the week. All programming is virtual, facilitated by licensed mental health professionals, and free of charge to MA residents. If you are in cancer treatment, are a caregiver, or a grieving individual—it would be an honor for us to walk this journey with you. Please call 978-540-2470 to register

Craft Class March 13th, 1PM - 3 PM, MPR

It seems that Spring is just around the corner. Lots to look forward to in March. In March we will be taking on Easter with small candy baskets and candy filled bunnies. Please come and enjoy on March 13 from 1:00 to 3:00, only \$3. There is a limit of 20 so please sign up early. Looking forward to seeing you all soon. -Anita, Sue, Kathy, & Anne Lee



Veterans Breakfast March 27th, 7:30am, Senior Diner

Join us for breakfast, prepared by Littleton's Police Dept. & Fire Depts. 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.

Gelli Plate Printing with Kimberly Stoney, Thursday, March 14th at 1:30PM in the 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. Please call to register, space is limited! 978-540-2470



Women's Breakfast: March 13th, 8:00AM - 9:00AM Men's Breakfast: March 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, Feb 2nd: 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, March 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!



AARP Tax-Aide volunteers Tony Jesensky and Bob Martinec will be here to complete your 2023 federal and state income tax returns. This is a free service sponsored by EHS. Please call us at 978-540-2470 to add your name to the list for having your tax return prepared.

We will be having appointments on **Fridays from 9am-12pm with Tony and Wednesdays 12:30-2:30 with Bob**. There is also a drop-off option if you are unable to stay for an appointment. We have all the federal and state tax forms that are needed to be filled out. Please call us with any questions and for the list of documents you need to bring with you!



Coffee Club March 8th, 9:30-10:30, Room 230

Join Alan Bell of Edward Jones for a casual discussion of current events, the economy, and investing. Coffee and Muffins will be provided! Call to register 978-540-2470.

Meet and Greet with Littleton's New Town Administrator Friday, March 15th at 9AM in the Senior Diner

Join us in welcoming our new Town Administrator, James Duggan on Friday, March 15th at 9AM in the Senior Diner.

We will be serving coffee and donuts. Please call to register, 978-540-2470.



St. Patrick's Day Luncheon Monday, March 18th at 12PM

Join EHS and RiverCourt Residences for a traditional Irish meal on Monday, March 20th at 12PM in the Multipurpose Room. Space is limited, please call to register, 978-540-2470

Driver Appreciation Day Thurs. March 19th at 9am, Room 230

Chances are if you've rode in one of our vans, taken a COA trip or just happened to see one of our vans parked out back you've met one of our great crew of van drivers.

Join us on Thursday, March 19th at 9AM in Room 230 for coffee and donuts to give a big THANKS and recognize the hard and important work our van drivers do every day. From delivering Food Pantry bags to those in need, to taking residents to medical appointments, hair appointments and everything in between we are so grateful for our drivers. Please call 978-540-2470 to register.

Electrical Safety Presentation & Pizza Party Wed, March 27th at 11AM in the MPR

Join us with Ray from LELWD for an educational presentation on electrical safety, followed by a pizza lunch.

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

Susan B. Anthony Performance, Women's Rights Activist Mon, March 25th at 2:00PM in the MPR

Susan B. Anthony was a women's rights activist, and she devoted her life to racial, gender, and educational equality. She is one of the most famous women in American history, she played a prominent role in the women's suffrage movement; the 19th Amendment, which gave women the right to vote and she also was in support of women's labor organizations and for a woman's right to own property.

Celebrate Women's History Month with EHS and Sheryl Faye as Susan B Anthony. Please call 978-540-2470 to register.

Senior Luncheon at LHS Returns! Monday, April 8th at 1PM

The Littleton School Department is so excited to be hosting a Luncheon in honor of Littleton's Seniors.

Monday, April 8th at 1PM in the LHS Cafeteria. Please DO NOT arrive early, school will be in session and we need time to clean up from lunch prior to your arrival. Parking in the rear of the building.

Seating is limited so please call 978-540-2470 to register and get your ticket. You can register for this event starting March 1st!





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.

March 15th: Karyn's Café, Ayer, MA

March 29th: Tinys, Ayer, MA



JULIET CLUB

breakfast

On March 8th and 22nd 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.

March 8th: Karyn's Café, Ayer, MA

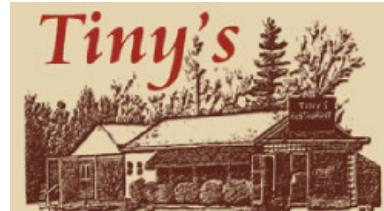
March 22nd: Tinys, Ayer, MA

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, March 25th 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, March 25th we will be headed to Tiny's in Ayer. Please register by Wednesday, March 20th so we are able to reserve your table. No van service for this month. Attendees are responsible for their own meal.



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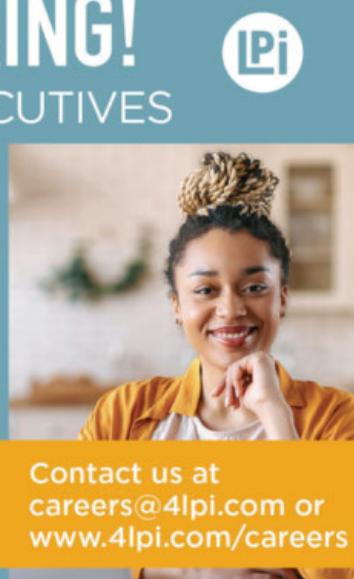
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LITTLETON EHS TRANSPORTATION

- 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

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.