

# The Broadcaster

## April 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.

Closed on  
Monday April 15th in  
Observance of Patriots Day



**From Liz's Desk:** Hello Everyone, I hope you are all enjoying the spring weather! It's so refreshing to be able to spend time outdoors and take walks without a winter coat on.

The new building construction is going along well. The excavation and hauling of material off site should be complete by the time you receive this newsletter. We are fortunate that our DPW was able to take the fill extracted, resulting in a credit for the project. Next up on-site we will be seeing the concrete work begin. You will see the workers installing concrete forms and rebar for the foundation footings, and then the concrete placement. Throughout April, the installation of the underground utilities, plumbing and electrical, will take place within the building footprint.

The buildings floor plans and design renderings can be found at [littletoncenteronshattuck.com](http://littletoncenteronshattuck.com) under the Designs tab. Sign up for town News and Announcements (<https://www.littletonma.org/> and click on "Sign Up For Notifications") and email us to get added to the EHS weekly e-newsletter to get the latest building updates.

We want to wish Assistant Director Nicole Sarvela a fond farewell as she moves on to become the Senior Center Director in a neighboring community. We wish her the very best and will miss her terribly! She has left a legacy here in Littleton and her many contributions have been so impactful for so many residents. Good Luck Nicole!

#### **Senior Luncheon at LHS Returns! Monday, April 8<sup>th</sup> at 1PM at LHS Cafeteria**



It's back! The Annual LHS Luncheon in Honor of Littleton's Seniors. The Littleton School Department is so excited to be hosting a Luncheon in honor of Littleton's seniors. This will take place on Monday, April 8th at 1pm at the High School Cafeteria. The menu will include spaghetti and meatballs, salad, and garlic bread. Come eat and enjoy some live music with us! School will still be in session. Please do not come early. Parking is in the rear of the building. Seating is limited. Call to register and pick up your ticket at the COA office.

#### **32nd Annual LELWD Senior Luncheon Thursday, April 18th, 12, LHS Cafeteria**



A turkey dinner will be served with fresh rolls, salad, and desserts! And don't forget to bring your ticket to enter into one of the 3 raffles valued at \$100! Please see your local Council on Aging for tickets, or call LELWD 978-540-2222 if you have questions.

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



## COA Board Update

Hello April! Here it is, March 2<sup>nd</sup> as I write this and the fence around the Shattuck Street tennis courts is gone, the trees are gone and there is a chain link fence surrounding a large property area which will become the home of Littleton EHS/COA. Construction has begun! Please pay attention to March events to get the date of the Groundbreaking and attend to celebrate this wonderful event.

Do you know someone you would like to recognize for their contributions and service to Littleton? Remember that you can do just that by making contributions to our new building. Entire rooms can be named after a person: for example, someone who has loved and enjoyed billiards all of their life, could have that room named for them etc. Pieces of exercise equipment or other items can be purchased with a donation. The options are extensive and way too long to list here. Just contact the Friends of the COA who are the fundraisers for Littleton Seniors. Their E-mail is: LCOAfriends@gmail.com.

*-Marge Payne.*

Chair, COA Board



## Participant Policies

Littleton's Dept of Elder & Human Services/ COA's participant policies are in place for the safety and welfare of staff, instructors, guests, and our community. We'll continually review and adjust as necessary. We reserve the right to pause or alter programs, and will make all attempts to notify participants in a timely manner of any changes.

- Everyone must register in advance for programs.
- By entering the building to participate in programming or activities, you are acknowledging you have no symptoms of COVID-19 and have not been diagnosed with COVID-19.
- Residents are always welcome to set up appointments to meet in person with staff members.
- We strongly encourage you to sign up for our weekly e-newsletter to stay informed about additions or changes to programs or schedules.

## IMPORTANT REMINDER:

Registration opens on Monday, April 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  
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

Sandra Casale, President  
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](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.

## 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.

# 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**



## Friends of the Council on Aging

The Friends of the Littleton Council on Aging are about to embark on their largest fundraising campaign yet. With the Senior Center finally on the horizon, literally, it's time to tell all of you about the upcoming opportunities available to you, your family, and friends. There will be a donor wall, to recognize your contribution on, if you choose to donate to it. There will also be 'Naming Opportunities'. In this case a large donor, or business, may want to have a room, fixture, etc, dedicated, hence recognized. The donor recognition could be in memory of, in honor of, or on one's own behalf. It would be a way to remember someone(s), or a way to be remembered.

The Friends meet at the library every month for their board meeting, in the Murray Meeting Room. There is also the Sturtz Meeting Room. Both donor families have left their mark, as a reminder of their legacy, as well as in recognition of their legacy. On your next visit to the Reuben Hoar Library, look at all the 'opportunities' sought there.

If you'd like additional information on either donor recognition possibility, please contact the Friends by email [lcoafriends@gmail.com](mailto:lcoafriends@gmail.com) You can also access our website for information. Or, stop by the thrift shop to chat. The shop is open Wed-Fri 10-3, & Saturday 10-1.

- Sandra

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

## 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 of this newsletter. Please call 781-325-7879 by 11am the day before to let us know you would like a meal.

## 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.**

### What is IRMAA & How Does It Impact My Medicare Benefits As I Plan For Retirement?



Income-related monthly adjustment amount, or IRMAA, is a fee you pay on top of your Medicare Part B and Part D premiums if you make a yearly income above the annual thresholds.

The higher Medicare Part B premium kicks in if you make more than \$103,000 or if you and your spouse collectively earn up to \$206,000. The IRMAA is calculated on a sliding scale with five income brackets topping out at \$500,000 and \$750,000 for individual and joint filing,

#### How to avoid an IRMAA:

You can avoid paying an IRMAA either by lowering your taxable income or by making an appeal to the Social Security Administration (SSA). Lowering your taxable income is the best way to try to avoid an IRMAA in the future. You can also appeal an IRMAA decision directly with the SSA. For more information regarding IRMAA please make an appointment today with SHINE.

### NEW! Medicare Savings Program eliminates asset test making more beneficiaries now eligible

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums--currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and the prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309-\$2552 monthly and married couples earning \$3123-\$3451 qualify for the Medicare Savings Programs and as of March 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call Alicia at 978-540-2469.

*SHINE is available to Medicare beneficiaries of all ages by Minuteman Senior Services with partial funding provided by the ACL. For more information about SHINE or other aging and disability services contact Minuteman Senior Services at 781.272.7177 <https://www.minutemansenior.org>*

### Conversation Groups:

**Anxiety Group:** Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! Dates are April 2nd, April 16th, and April 30th. To receive the Zoom link, email Amy: ADeMichele@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. April 18th, 10:30am - 11:30am.

**Caregiver Support:** Group is meeting next on Wed. April 24th at 6pm with host Sandy from Rivercourt! 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](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		April 2024	Meals on Wheels Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey w/Gravy Mashed Potato Carrots LS Wheat Bread Applesauce	2 Stuffed Shells Cauliflower Vienna Bread Chilled Fruit	3 Steak Fajita w/ Peppers & Onions Black Beans Spanish Rice Tortilla	4 <i>Special</i> Chicken Cordon Blu Sweet Potatoes Caesar Salad Berry Rhubarb Crisp	5 Lentil Stew w/ Vegetables Green Beans WW Dinner Roll Yogurt Juice (no milk)
8 Chicken Stir Fry Brown Rice Mandarin Veggies Oat Bread Pineapple	9 <i>Opening Day</i> Hot Dog (beef/pork) on Hot Dog Roll Baked Beans Coleslaw Cinnamon Apples	10 Beef Burgundy on Egg Noodles Broccoli MG Bread Cookie	11 Egg Salad on Roll Quinoa Garden Salad Jello	12 Mediterranean Cod Roasted Potatoes Creamed Spinach WW Dinner Roll Fresh Fruit
15 No Meals Patriots Day	16 Broccoli Egg Bake Roasted Potatoes Fruit Loaf Yogurt Juice (no milk)	17 Chicken Parmesan Pasta Zucchini MG bread Pineapple	18 Meatloaf w/Gravy Mashed Potatoes Peas Oat Bread Fresh Fruit	19 Pork w/Apples Sweet Potatoes Garden Salad Bread Pudding
22 Shepherd's Pie Biscuit Chocolate Pudding	23 Balsamic Chicken Parmesan Risotto Sautéed Garlic Kale WW Dinner Roll Chilled Fruit	24 <i>Cold</i> Turkey & Swiss on Rye Garden Salad 3 Bean Salad Fresh Fruit	25 BBQ Pulled Pork on Burger Bun Sweet Potato Tots Corn & Bell Pepper Cake	26 Tuscan Salmon Orzo Mixed vegetables MG Bread Applesauce
29 Chicken Alfredo Pasta Broccoli Dinner Roll Chilled Fruit	30 Turkey & Rice w/Chickpeas & Bell Peppers Green beans Cornbread Jello	To CANCEL or ORDER your Meal, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u>  <b>781-325-7879</b>	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: <b>Deborah McLean,</b> 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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(800) 477-4574 x6377



# April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	2 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	3 9:00-10 Walking Club 9:30-10:30 Yoga for Strength & Balance	4 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 3:00-4:00 Tiger Tech	5 8:30 JULIET 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 <b>1:00 LHS Luncheon</b> 3:00 COA Board Meeting	9 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Friends Board Meet- ing	10 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch & Learn- Hospital Stay 1:00 Craft Class	11 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Sup- port Group 12:30 Out of the Box Trivia 5:00 Planning for Caregiv- ing	12 8:30 ROMEO Club Breakfast Trip 9:00 - 2:00 Foot Care Clinic 9:30 Coffee Club 12:00 Grilled Cheese Day 1:00 BINGO
15  <b>Closed for Patriots Day</b> 	16 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	17 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	18 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex <b>12:00 LELWD Luncheon</b> 12:00 Grief/ Bereavement Support Group 12:30 Out of the Box Trivia	19 8:30 JULIET Club Breakfast Trip 9:30 Coffee Club 1:00 BINGO
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 <b>9:30 Blood Mobile</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	24 7:30 Veterans Breakfast 8:00-9 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 4:00 Dinner & Magic Show <b>6:00 Caregiver Group</b>	25 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	26 8:30 ROMEO Club Breakfast Trip 11:00 LELWD Presen- tation & Pizza Party 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 Hop- pers 12:45-1:30 Chair Yoga	30 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	<b>APRIL SHOWERS</b> <b>Bring</b> <b>MAYFLOWERS</b>		<b>IN PERSON EVENTS - GREEN</b> <b>VIRTUAL EVENTS - RED</b> <b>HYBRID EVENTS - PURPLE</b>



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— 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. 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, April 12th from 9AM—2PM**

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, April 12th from 9AM-2PM, \$40 per person.

Space is limited, call to reserve your time slot. Call 978-540-2470 to register.



## 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!

## National Walking Day

**Wednesday, April 3rd, 9am-10am**

Have you been to our Walking Club yet? This is a great time to try it out. Wednesday, April 3rd is National Walking Day! Meet us at the Russell Street Track at 9AM to stretch your legs and get your heart pumping. You choose how far you want to go, and you set your own pace. Call to register at 978-540-2470.

## Lunch & Learn: What To Do Following A Hospital Stay

**Wed, April 10th @ 12pm, Room 103**

Join us on, April 10<sup>th</sup> at 12PM in Room 103 for a Lunch & Learn presentation sponsored by Senior Living Residences. After a hospitalization for a serious health event, many seniors need additional care or rehabilitation services, such as physical or occupational therapy, until they have fully recovered. They may be sent to a skilled nursing facility or rehab center to receive the necessary services short-term, or they might be sent straight home where they may still require assistance. The burden of securing all of the necessary services and assistance often falls on the family. This presentation will help participants understand what happens after you are discharged from a hospital or rehab stay, why the re-admission rate is so high, and all available options for supportive services including Assisted Living Communities. Please call 978-540-2470 to register.

## Craft Class April 10th, 1PM - 3 PM, MPR

April is our Appreciation month where we do a craft project to show our appreciation to certain people for all that they do so please come to class on April 10 from 1:00-3:00 in the multipurpose room to create a surprise. Please come for some creative fun. There is no charge for the class.

-Anita, Sue, Kathy, & Anne Lee

## Veterans Breakfast April 24th, 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.

## Coffee Club April 19th, 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.



## Celebrate National Grilled Cheese Day! Friday April 12th at 12pm in the MPR



Join us on Friday, April 12th for a classic Grilled Cheese lunch at 12PM in the Multipurpose Room.

Please call 978-540-2470 to register.

## 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, April 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, April 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.

## Women's Breakfast: April 10th, 8:00AM - 9:00AM Men's Breakfast: April 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!*

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.

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!



### Tools for Adult Children of Aging Parents

Join us for a 3 part lecture on how to plan for and care to the needs of your aging parents.

- April 11th at 5PM in Room 230, Town Hall: Planning for Caregiving, Practical Tips with Julie Norstrand, PhD, MSW, MSc
- May 9th at 5PM in Room 230, Town Hall: Planning for Caregiving, Emotional Dimensions of Caregiving with Julie Norstrand, PhD, MSW, MSc
- June 13th at 5PM in Room 230, Town Hall: Planning for End of Life with Ellen Feinsand

Light dinner to be served, provided by EHS. Please call to register, 978-540-2470.

### The MGH Bloodmobile returns! Tuesday, April 23rd, 9:30am—3:00pm



The bus will be packed in the Town Hall Parking lot, please visit the Senior Diner when you arrive for your appointment to check in. Appointments beginning at 9:30AM through 3PM.

Link to sign up: <https://bit.ly/LittletonMGH2>

### Dinner and a Magic Show! Wednesday, April 24th at 4PM

Join EHS on Wednesday, April 24th at 4PM in the Multipurpose Room for Dinner and a Show.



Catered dinner will be served at 4PM followed by a magnificent magic show performed by Ed the Wizard. Thanks to Littleton's Cultural Council for funding this performance!

From Mind-Reading to Coins to Cards, there will be something magical for all, including the teaching of easy impromptu magic effects that the patrons can perform for their grandchildren. Be prepared to be amazed, amused, and possibly volunteer, with Ed the Wizard's award winning performance

Cost is \$5 per person due upon registration, please call 978-540-2470 to register

### LELWD Electrical Safety Presentation & Pizza Party Friday, April 26th 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

### American Chop Suey Luncheon Wednesday May 1st, 11:30am, MPR

Join us for one of the classics on Wednesday, May 1st at 11:30AM in the MPR. Then stay for Tommy's show! Please call 978-540-2470 to register, space is limited

### Tommy Rull, Singer/Entertainer, "A Musical Journey Through the Years" Wednesday May 1st at 1pm in the MPR

Take a "walk down memory lane" and share an hour of music, laughter and a really good time with Tommy Rull, singer/entertainer show, "A Musical Journey Through the Years". Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Elvis, Perry Como, Louis Armstrong, Engelbert, Barry Manilow and many others. Sing along to your favorite songs and if "the spirit moves you", get up and dance!





**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.

**April 12th: Johnson's, Groton, MA**

**April 26th: Savory Skillet, Leominster, MA**



On April 5th and 19th the EHS Van will be taking our JULIET group to a local Diner for breakfast. Meet new friends or bring someone you know. You can drive yourself and meet us there or take the van.

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.

**April 5th: Johnson's, Groton, MA**

**April 19th: Savory Skillet, Leominster, MA**

## Restaurant Hoppers, Monday, April 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, April 29th we will be headed to Markoh's in Ayer. No van service this month.

Attendees are responsible for their own meal.

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

CELEBRATING

15  
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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.**