

# The Broadcaster

## May 2024



### LITTLETON EHS/COA SERVICES

#### CONTENTS

**INFO 2**

**INFO AND PROGRAMS 3**

**OUTREACH 4**

**MENU 5**

**CALENDAR 6**

**FITNESS & WELLNESS 7**

**EVENTS & PROGRAMS 8**

**EVENTS & PROGRAMS 9 & 10**

#### 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 May 27th in  
Observance of Memorial Day



**From Liz's Desk:** Hello Everyone! What an amazing turn out we had for our Groundbreaking Ceremony last month! It was a joy to celebrate with you all and recognize all of the hard work that went into making this new building a reality. The hard work and professional expertise of LLB Architects, Commodore Builders, and Vertex. The EHS Staff who have lent themselves to sit in on meetings and handled the additional workload flawlessly. The dedicated volunteers on the COA Board and the Friends Board who tirelessly championed this cause, the community leaders who lent their unwavering support, and the seniors themselves who have relentlessly advocated for a better space- this building is a testament to power of community collaboration.

There is a saying that a senior center does not solely operate within the walls of it's building, but that its reach extends to the entire community. It may be hard to imagine right now, but what lies within the rebar, cement, and framing- our future center- represents so much more. It will be a place where new and old friendships are fostered, support is found, and memories are made. Where one's purpose can be reimagined, and a helping hand and friendly face is at every turn.



Truly remarkable things happen within our current 3,000 sq feet, and we're so excited to see what can be accomplished in our own dedicated space with expanded resources. What a journey! Hope to see you all at one of our upcoming events!

**Spring Fling**

*Dinner & Dancing!*

**Wednesday, May 29th from 4:30-7PM**

Join us to kick off the spring season with dinner, dancing, and conversation! Delicious dinner will be served and live music from local band, *The California Dreamers*, who will be playing all your favorite songs while you catch up with friends, or head out to the dance floor for an evening to remember!

Wednesday, May 29th in the Town Hall Multipurpose Room, from 4:30PM-7:00PM. \$5/ticket. Please call to reserve your seat, space is limited! #978-540-2470



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



## COA Board Update

Hopefully by now, most of you have driven down Shattuck Street and peeked behind the green construction barrier to see how quick progress is happening with the new Shattuck Street town building! The Friends of the COA are progressing with their fundraising activities to help support the project. Look for specifics in the Broadcaster from Sandra, their President. You also can check the Town Website for construction updates.

Your COA Board continues to work on establishing a new Mission and Vision Statement as well as expanding efforts to support the EHS Director, especially now as we are temporarily short one staff person who previously was responsible for the programming. We are thrilled to have the Friends of the COA joining us to volunteer their help with setting up and cleaning up as well as serving etc. at various COA events. Thank you FLCOA! Do not forget that we always appreciate help from folks who wish to join the fun. Call the COA office if you are interested in volunteering. May brings so many different early flowers along with some warmer days so remember, the "nothing ventured nothing gained" saying has some truth to it! Give yourself a treat and join a new event at the Senior Center in May!

*-Marge Payne,*

Chair, COA Board



## Participant Policies

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

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

## IMPORTANT REMINDER:

Registration opens on Wednesday May 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, Assistant Director  
Alicia Rego, Outreach Coordinator  
Sue Raymond, Administrative Asst.

Neil Campbell, Driver  
Steve Haddad, 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

As Friends of the Littleton Council on Aging, we are here to fundraise for the new Senior Center. With the Groundbreaking of the Senior Center now behind us, we need to look forward to its future building needs. There are several opportunities available to you, your family, and friends, if you wish to donate. There will be a donor wall to visibly recognize your contribution on. There will also be 'Naming Opportunities'. In this case a large donor, or business, may want to have a room, area, or fixture dedicated. The donor recognition could be in memory of, in honor of, or on one's behalf.

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 reach us by phone: 978-501-4069. We are currently in the process of updating our website to include information on the Naming Opportunities and donor wall.

Have you visited Renew Thrift Shop yet? We're open four days a week. Our new hours are Wednesday, Thursday, and Friday 11-4. and Saturday 10-1. We're always looking for additional volunteers. And for the high schoolers, we have lots of opportunities for community service.

- 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.**

### Car Seat Safety for Grandparents and Caretakers

Michael Deblasio, a trained child passenger safety technician from the Littleton Fire Department, offers one-on-one appointments tailored for local caregivers, emphasizing car seat safety and proper installation to ensure your child travels safely. These classes are free and available to anyone who will be traveling with children in their vehicles. Sessions are by appointment only; to schedule, please email: [carseats@littletonfire.org](mailto:carseats@littletonfire.org)

It's crucial to note that car seat technology and designs are evolving rapidly. Keeping up with these changes can be challenging for caregivers. However, we're here to help you navigate these advancements and understand how to use car seats effectively. According to recent statistics from the National Highway Traffic Safety Administration (NHTSA), car accidents are a leading cause of death for children in the United States. Shockingly, many of these fatalities could have been prevented with proper car seat usage. Studies reveal that a significant percentage of car seats are installed incorrectly, putting children at risk of serious injury or death in the event of a crash.



### 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:

**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). May 2nd and May 16th from 1:00pm – 2:00pm.

**Caregiver Support:** Group is meeting next on Wed. May 22th at 6pm with host Mala Lama from Sewa Homecare! 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		May 2024		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>To CANCEL or ORDER your Meal, Call your local meal site by 11AM the DAY BEFORE</b> <b>781-325-7879</b>	For questions about the nutritional information in this menu or your nutritional needs, contact: <b>Deborah McLean, Dietitian, 781-221-7018</b>	<b>1</b> Sloppy Joe on Burger Bun Corn Garden Salad Berry Crisp	<b>2</b> Potato Crunch Fish on WW Roll Rice Pilaf Brussels Sprouts Apple Slices	<b>3</b> Mac & Cheese Peas Oat Bread Fresh Orange
<b>6</b> Chicken Meatballs w/ Apricot Glaze Couscous Beets Vienna bread Pineapple	<b>7</b> Raviolis Squash Blend WW Bread Mandarins	<b>8</b> Chicken Salad on MG Bread Tabouli Spinach Salad Yogurt (no milk) Juice	<b>9 Special</b> Asparagus-Cheese Crustless Quiche Au'gratin Potatoes Glazed Carrots Fresh Fruit Salad Coffee Cake	<b>10</b> Beef Stew Mashed potatoes WW Dinner Roll Fresh Fruit
<b>13</b> Steak Fajita Black Beans Spanish Rice Tortilla Cookie	<b>14</b> Turkey w/ Gravy Mashed Potatoes Carrots LS Wheat Bread Applesauce	<b>15</b> Chicken Parmesan on Pasta Zucchini WW Bread Fresh Orange	<b>16</b> BBQ Pulled Pork on Burger Bun Sweet Potato Tots Corn Mandarin	<b>17</b> Lentil Stew w/ Veggies & Potatoes Brussels Sprouts WW Dinner Roll Yogurt, Juice
<b>20</b> Chicken Stir Fry Brown Rice Vienna Bread Pineapple	<b>21</b> Mediterranean Cod Roasted Potatoes Creamed Spinach WW Dinner Roll Fresh Fruit	<b>22</b> Hot Dog (beef/pork) on Hot Dog Roll Baked Beans Coleslaw Cinnamon Apples	<b>23 Cold</b> Egg Salad on Oat Bread Italian Pasta Salad Garden Salad Cake	<b>24</b> Beef Burgundy on Egg Noodles Broccoli MG Bread Jello
<b>27</b> 	<b>28</b> Stuffed Shells Broccoli Dinner Roll Applesauce	<b>29</b> Chicken Kiev Rice Pilaf Beets MG bread Pineapple	<b>30</b> Meatloaf w/ Gravy Mashed Potatoes Peas Oat Bread Chocolate Pudding	<b>31</b> Cheese Omelet Roast Potatoes Ratatouille Fruit Loaf 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.



**Contact us  
for your Real  
Estate needs  
978-852-9480**

**LET'S GROW YOUR BUSINESS  
Advertise in our Newsletter!**

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



# May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN PERSON EVENTS - GREEN</b> <b>VIRTUAL EVENTS - RED</b> <b>HYBRID EVENTS - PURPLE</b>		<b>1</b> 9:00-10 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Chop Suey Lunch 1:00 Tommy Rull Performance	<b>2</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia <b>1:00-2:00 Living Alone Group</b> 3:00-4:00 Tiger Tech	<b>3</b> 8:30 JULIET Club Breakfast Trip 1:00 BINGO & Pizza
<b>6</b> 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	<b>7</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Friends Board Meeting	<b>8</b> 8:00-9 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Craft Class	<b>9</b> 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 5:00 Planning for Caregiving	<b>10</b> 8:30 ROMEO Club Breakfast Trip 9:00 - 2:00 Foot Care Clinic 9:30-10:30 Coffee Club 10:00 Famous Bay Staters Trivia 1:00 BINGO
<b>13</b> 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 3:00 COA Board Meeting	<b>14</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>15</b> 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Historical Tour of Littleton 2:00 Healthy Sleep Habits	<b>16</b> 11:15-12:15 Stretch & Flex 12:00 Grief/ Bereavement Support Group 12:30 Out of the Box Trivia <b>1:00-2:00 Living Alone Group</b>	<b>17</b> 8:30 JULIET Club Breakfast Trip 8:30 WEBS trip 9:30 Coffee Club 1:00 BINGO
<b>20</b> 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	<b>21</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>22</b> 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch & Learn: Boost Your Brain Health <b>6:00 Caregiver Group</b>	<b>23</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 5:00 Emotional Dimensions of Caregiving	<b>24</b> 8:30 ROMEO Club Breakfast Trip 1:00 BINGO
<b>27</b> 	<b>28</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>29</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance <b>4:30-7:00 Spring Fling</b>	<b>30</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:30-2:30 Kimballs Ice Cream	<b>31</b> 8:30 JULIET 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



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Littleton Council on Aging, Littleton, MA 06-5119

## 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, May 10th from 9AM—2PM**

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, May 10th 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!



## Healthy Sleep Habits Wednesday, May 15th at 2pm, Room 230

Join us on Wednesday May 15th at 2pm for an information talk from Reshma Nair on "Healthy Sleep Habits", sponsored by our friends at *Volunteering for Seniors*. This lecture will go into a brief overview of factors that disrupt sleep and habits that can be included to get into a healthy sleep routine. We will also look at an overview of the consequences of bad sleep habits on our health.



Reshma Nair, an executive director at EPOCH Senior living, a senior living organization that operates various residential communities throughout the Northeast. Reshma's experience in the health and wellness space is recognized through her dedication in embodying a directorial role in senior assisted living communities as well as care settings specifically catered towards the needs of those diagnosed with Alzheimer's or related dementia.

Volunteering for Senior's mission: To help our seniors stay energetic and be active participants in our communities. We aim to reduce loneliness and isolation among elders, to help them stay more energetic, and to blend into their communities without difficulties.

## Craft Class May 8th, 1PM - 3 PM, MPR



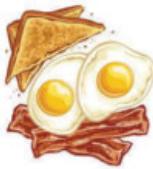
It is May already and Dave has been very busy building bird feeders for all of you to decorate. The class will be May 8 from 1:00 - 3:00 in the multipurpose room. The cost is \$3.00 and there is a limit of 20. So please sign up

early and come and create a great bird feeder for your summer birds.

-Anita, Sue, Kathy, & Anne Lee

## Veterans Breakfast May 22nd, 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 May 10th, 9:30-10:30, Senior Diner

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.



## Women's Breakfast: May 8th, 8:00AM - 9:00AM Men's Breakfast: May 15th, 8:00AM - 9:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing in the Senior Diner. No cost for your made-to-order breakfast thanks to the FLCOA. Please call 978-540-2470 to register in advance.



*Thank you Friends of the LCOA for generously sponsoring the monthly breakfasts!*

## Mahjong Every Tuesday, 1 PM-4 PM, Room 230

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Join this fun growing group! Please call **978-540-2470** to register.

## BINGO Fridays @ 1PM-3PM in the MPR

**Friday, May 3rd:** A special pizza lunch will be provided for all BINGO players on the first Friday of each month- please be sure to register in advance to ensure we have enough for everyone!



*Thanks to the Friends of the LCOA for sponsoring Bingo prizes and equipment!*

## Loving Stitches Every Monday, 12PM - 2PM, Room 233

Calling all knitters, crocheters, stitchers, etc.!

The Loving Stitches group meets every Monday from 12:00-2:00pm, in Room 233. The group makes items to be donated to charities rather than just working on personal items. Yarn is available from 3 cabinets full of donated yarn. A variety of needles are available as well as patterns. The requirements are: 1) A love of doing needlework, 2) enjoying company of others, & 3) wishing to help others! Call EHS, 978-540-2470 for more info or just show up!

Do you have yarn that you aren't planning to use? Give us a call, we would love your donation!

## Elder Law Drop In Friday, June 7, 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 inquire about a scholarship with any EHS/COA staff member. All scholarships are strictly confidential!

## Special Programs!

### 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.

- **May 9th at 5PM** in Room 230, Town Hall: Planning for Caregiving, Practical Tips with Julie Norstrand, PhD, MSW, MSc
- **May 23rd 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.

### WEBS Yarn Store Tent Sale Trip Friday, May 17th, 8:30AM



Webs yarn store is hosting their Annual Tent Sale at their Northampton, Mass store. It's also their 50th anniversary!

The EHS van will leave Town Hall at 8:30am to arrive by 10am. Shop, then enjoy lunch, with an early afternoon return to Littleton. Lunch is the responsibility of the participant.

Space is limited, please call to sign up! 978-540-2470

For more information on Webs and the Tent sale visit their site: [www.yarn.com/pages/webs-tent-sale-tips](http://www.yarn.com/pages/webs-tent-sale-tips)

### Famous Bay Staters Trivia Friday, May 10th at 10AM in Room 230

Test your knowledge of notable figures from Massachusetts. We present quotes from famous Bay Staters across various fields—think Bette Davis in film, Jay Leno in comedy, or John F. Kennedy in politics – and it's up to you to guess who said it. We keep giving quotes until you get it (or we run out of quotes). It's a fun and enlightening way to explore the history and rich cultural heritage of Massachusetts, one quote at a time. Please call to register.

### A Historical Tour of Littleton Wednesday, May 15th, 10AM, Room 230



Join Carolyn from the Littleton Historical Society for an armchair trip down memory lane; nostalgia and discussion with your favorite Littleton landmarks and some that may be brand new to you! Please call to register, 978-540-2470.

### Lunch & Learn: Boost Your Brain Health by Eating Well Wednesday, May 22nd at 12PM, MPR

Join us with hosts, Concord Park for lunch and an educational lecture on how eating well can boost your brain health. May 22nd at 12PM in the MPR, please call 978-540-2470 to register.



### How About an Ice Cream?

**Thursday, May 30, 1:30 p.m. - 2:30 p.m. Kimball Farm, 400 Littleton Rd, Westford**

Open to all seniors (60 and up) who reside in Acton, Boxborough, and Littleton. Join us for a free small cup or cone, flavor of your choice. No substitutions. Upon arrival, meet by the silo and cow to check in and receive your voucher. We look forward to seeing you there!



**Pre-registration is required by Thursday, May 23.**

Please contact Acton Council on Aging. Email: [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)  
Phone: 978-929-6652.

*Funding for this event is provided through a grant from CHNA (Community Health Network Area) through the Massachusetts Dept. of Public Health's determination of need process and is administered by the Acton Health Division*





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.

**May 10th : Talista by the Brook , Shirley, MA**

**May 24th: Kimballs Country Store & Café, Westford, MA**



### Just Us Ladies Into Eating Together

On May 3rd, 17th, and 31st 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.

**May 3rd: Talista by the Brook , Shirley**

**May 17th: Kimballs Country Store and Café, Westford**

**May 31st: Cliff's Café, Townsend**



CELEBRATING

15 •YEARS•

**HearSmart**  
Audiology

435 King St., Littleton, MA

**978.952.2500**

[hearsmartaudiology.com](http://hearsmartaudiology.com)



We listen so  
**YOU** can hear.



**WE'RE HIRING!**

AD SALES EXECUTIVES

BE YOURSELF.

BRING YOUR PASSION.

WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4ipi.com](mailto:careers@4ipi.com) or  
[www.4ipi.com/careers](http://www.4ipi.com/careers)

**NEVER MISS  
OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter  
emailed to you.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



**Philip Arcidiacono**  
MA, MARCH, MFA, JD  
Attorney at Law

**ELDER LAW**

Security for you.  
Peace of mind for your family.

Offices in Lunenburg and Concord  
tel 978-400-2626  
[pa@archdeaconlaw.com](mailto:pa@archdeaconlaw.com)  
[www.archdeaconlaw.com](http://www.archdeaconlaw.com)

**TRAIN with SHAIN**

IN HOME PERSONAL TRAINING  
FOR SENIORS

Gait, Balance/Fall Prevention  
& Strength Training

**(508) 231-6378**

[www.trainwithshain.net](http://www.trainwithshain.net)

**FULLY INSURED**





**Alan D Bell, AAMS™**  
Financial Advisor  
222 Great Road Ste 8  
(At Donelan's Plaza)  
Littleton, MA 01460

978-486-1059 • Cell 617-799-8680  
[alan.bell@edwardjones.com](mailto:alan.bell@edwardjones.com)



Member SIPC

## RIVERCOURT RESIDENCES



Call 978-448-4122 to Schedule a Tour & Lunch

Independent Living • Assisted Living  
Memory Care • Respite Stay

8 West Main Street, Groton, Massachusetts 01450  
[www.rivercourtresidences.com](http://www.rivercourtresidences.com)

### ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets



833-287-3502

## MILL POND APARTMENTS

### Section 8 Elderly Housing

We are accepting applications for elderly,  
handicapped or disabled, for 1 bedroom apartments.

Call Louisa at: **978-486-9719**  
**50 Mill Road, Littleton**

MANAGED BY PEABODY PROPERTIES



## IL FORNO

### Restaurant & Catering

For All Your Bereavement Needs  
& Special Occasions

*Il Forno is here for you.*

In our Function Room  
or Delivered to Yours.

**978-540-2880**

Il Forno Littleton  
529 King St, Littleton MA  
[www.il-forno.com](http://www.il-forno.com)



**ADVERTISE HERE**  
to reach your community



Call 800-477-4574



**CALL US!**

When It's Time To Take  
The Next BEST Step!

We offer our resources and expertise to find  
Independent/Assisted Living or Memory Care  
because the right place means everything for  
you and your family.



Oasis Northwest Boston

781-205-9455

[OasisSeniorAdvisors.com/NW-Boston/](http://OasisSeniorAdvisors.com/NW-Boston/)



### KATHLEEN M. O'CONNOR

Estate Planning  
Elder Law • Probate

**978-266-0101**

KITTYOCONNOR@ECKEL-LAW.COM  
267 GREAT ROAD • ACTON



ECKEL, HOAG  
& O'CONNOR  
ATTORNEYS AT LAW

[www.eckel-law.com](http://www.eckel-law.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Littleton Council on Aging, Littleton, MA 06-5119



**LITTLETON COUNCIL ON AGING**  
P.O. BOX 1305  
33 SHATTUCK ST.  
LITTLETON, MA 01460

Bulk Rate  
US Postage  
Paid  
Littleton, MA  
Permit No. 19



## 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.**