

# The Broadcaster

## June 2024



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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.

We will be closed on Wednesday June 19th in Observance of Juneteenth



### From Liz's Desk:

Welcome June! Summer is here and we are ready to get outside and soak up the sunshine. We have so many special programs happening this month. Please check pages 11 and 12 for new offerings. From a CSI workshop to a Bette Midler tribute show, we have something for everyone!

Every day we track statistics of how many people attend our programs and I'm thrilled to share that April 2024 we had our highest attendance month since the covid shutdown in March of 2020. We also had the highest number of unduplicated residents visit in a single month— 300! Thank you all for joining us!

All of this magic happens thanks to our wonderful volunteers and Board members. They truly make the programs happen and are the reason our events are seamless and fun. Be sure to say thank you!

Did you notice the newsletter has expanded this month? We are now up to 16 pages! This expansion has allowed for us to add a second page of Outreach resources, additional pages for programs and town information, and a page for building updates and photos as we progress through the construction.



### Senior Center Building Update:

The construction, under Commodore Builders with the oversight of our Project Mangers from Vertex, continues as planned and on schedule. The concrete footings are complete, and backfilling is now taking place. Next up or in progress is installing utilities – below slab plumbing and piping, below slab electrical, installing the water main to the building, and installing electrical duct bank to the building. Steel framing is planned to begin in June. Stay tuned for a beam signing ceremony and cookout in June to celebrate another milestone in the project!

We have a live feed of the construction site if you would like to view the progress from the comfort of your own home! The video is on YouTube under the LCTV Channel at [www.youtube.com/@LCTV01460](https://www.youtube.com/@LCTV01460) or go to the EHS home page to see the action: [www.littletonma.org/226/Elder-Human-Services](https://www.littletonma.org/226/Elder-Human-Services)

Chairs and furniture samples have been dropped off in the multipurpose room for testing. Over 60 seniors have provided feedback on the potential furniture options for the new building! Some chairs were sent back, and new ones arrived based on the feedback received— thank you all for sharing your thoughts!

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



## COA Board Update

Hello June! We are continuing to see progress in our new building! Good news for sure! There is other news to share with all of you who do not participate in the monthly craft class every month (this is not news for those who attend). The April craft project was to decorate and paint a ceramic bowl, return the following week to fill it with candy and then deliver it to one of our Town Departments as our (meaning elder residents) way of thanking them for the splendid work they do for the Town. Feedback from those who participated reflects the caring and support our Town staff have for those they work for. Two COA Board members and two Littleton residents are responsible for running the Craft group every month and they deserve our thanks. So, thank you so very much, Anita Harding, Susan Melander, Kathy Coughlin, and Anne Lee Ellis! Also, they had a donor, who contributed the funds to support the costs involved in working with a ceramic shop and wishes to remain anonymous: thank you ever so much!

All of you should consider participating in the Craft class. It is usually the second Wed. of the month at 1:00 PM. Call early in the month to reserve your spot as the size of the group is limited. Have a GREAT June and spend time outside when you can!

*-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 programs 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 June 3rd, 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](mailto: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](mailto: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.

## Town of Littleton, Department of Health Opioid Settlement Funds Survey

### WE WANT TO HEAR FROM YOU!

Massachusetts has secured crucial settlement funds from pharmaceutical companies to combat the opioid crisis and its aftermath. The Town will receive a portion of these funds to address our community's specific needs. We invite you to help us focus on key areas for development, recommend solutions, and identify opportunities for innovative programs.



Please complete our survey to share your insights and suggestions. You can access the survey by scanning the QR code, visiting the Dept webpage at

[www.littletonma.org/1174/Health-Department](http://www.littletonma.org/1174/Health-Department) or by picking up a paper copy at the Town Hall in Room B-100.

Your input is invaluable in shaping our community's future.



Questions? Email Francis Dagle, Health Director at [fdagle@littletonma.org](mailto:fdagle@littletonma.org) or call at 978-540-2432.

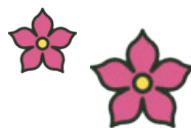
## Friends of the Council on Aging

The Naming Opportunity Fundraiser for the new senior center is underway, with its first three rooms requested to be sponsored. The Friends plan to reserve both the Multi-Purpose Room and the Main Lobby. A resident has requested to sponsor the Study, in memory of his beloved wife. We will be approaching businesses in town offering sponsorship for the many rooms that remain. If you would like to inquire about honoring a loved one, leaving a legacy, or know of someone who may, please contact the Friends by email ([lcoafriends@gmail.com](mailto:lcoafriends@gmail.com)) or phone (978-501-4069). A donor wall will also be available as an option. Possibly in the form of a tree, where a donor would purchase a leaf to be engraved. (Details will soon be made available.)

A future fundraiser for the Senior Center is the Senior Follies shows. Two showings of the original 2014 and 2015 shows will be on Sunday, July 7 and Sunday, September 15. The shows will take place at the high school in the auditorium, at 2 p.m. Sign-ups will be available through the COA in July and September.

Spring has Sprung at Renew Thrift Shop and we have lots of lovely clothing for men and women.

Thanks to all of your generous hearts! We are open on Thursdays and Fridays from 11-4, and Saturday 10-1, until we get more volunteers. As for the rumors: There is currently no plan to move the thrift shop from the church back to Shattuck Street.



*Sandra*

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

## The S.H.I.N.E. Program



S.H.I.N.E (Serving the Health Insurance Needs of Everyone.. on Medicare) The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Our certified, trained SHINE counselor will work with participants to help explore

Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs. Call Alicia for your SHINE appointment today at 978-540-2469.





## 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)

### Aging: Planning for the Future with Ellen Feinsand Thursday June 13th at 5pm, Room 230

June 13th Ellen Feinsand will present a session "Aging: Planning for the Future." This session will cover topics that can help seniors and their families prepare for aging safely in place.

The topics include Health Care/Insurance, Government Benefits, Planning for Emergencies & Resources to be ready to deal with the changes that take place as we age. Adult Children with senior and/or elder family members can be ready before the needs become urgent. Call to register! 978-540-2470

### 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>

### MassEDP Specialized Telephone Program

The State 911 Department would like to make you aware of an exciting program that could greatly benefit you or members of your family. This program is the Massachusetts Equipment Distribution Program or more commonly referred to as MassEDP.

MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing loss or vision loss. This enables you to have the opportunity to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech.

There are three eligibility requirements:

1. Residency in Massachusetts
2. Permanent disability that can be verified by a MA physician
3. Residential phone service

There are several different types of equipment, each offering special benefits based on disability.

**For more information and a complete list of equipment, please visit [www.massEDP.com](http://www.massEDP.com) or call 1-800-300-5658.**



### 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)

## 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). June 6th and June 20th from 1:00pm – 2:00pm.

**Caregiver Support:** Next meeting is on Wed. June 2th at 6pm with host Lori Kalinoski! 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

## Grief & Healing Support Groups

Nashoba BOH 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. 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.

## Rental Assistance Program

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)



**Taxi/Livery vehicle shared rides to get you where you need to go.**

**Where:**

**Rides up to 20 miles to and from your pickup location in the Towns of Bolton, Lancaster, Littleton, Lunenburg, Sterling, and Stow.**

**When:**

**5:30 AM - 10:00 PM, Daily**

**Book Rides:**

**Call Monday - Friday, 8:30 AM - 4:30 PM**

**1-800-922-5636 Option 4**

Individuals 12 years and younger must be accompanied by an adult.

**Cost Chart (One Way)**

**1-10 miles - \$3**

**11-15 miles - \$4**

**16-20 miles - \$5**

**Rides are curb to curb and must be booked at least 1 day in advance by 2:00 PM.**



# June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</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>4</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>5</b> 9:00-10 Walking Club 9:30-10:30 Yoga for Strength & Balance	<b>6</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group 3:00-4:00 Tiger Tech	<b>7</b> 8:30 ROMEO Club Breakfast Trip 10-11 Nara Park Stroll 10-11 Elder Law Drop In 1:00 BINGO & Pizza
<b>10</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>11</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 12:30 Lunch & Learn LCC 1:00-4:00 Mah-Jongg 1:00 Friends Board Meeting	<b>12</b> 8:00-9 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 9:30-11:30 Hearing Screenings	<b>13</b> 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 5:00 Aging: Planning for the Future	<b>14</b> 8:30 JULIET Club Breakfast Trip 9:00 - 2:00 Foot Care Clinic 10-11 Nara Park Stroll 9:30 Coffee Club 1:00 BINGO
<b>17</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>18</b> 8:00 Men's Breakfast 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:30 The Stonewall Generation	<b>19</b> Closed in observance of  <b>Juneteenth</b>	<b>20</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:30 The Isabella Stewart Gardner Museum Heist 1:00-2:00 Living Alone Group	<b>21</b> 8:30 ROMEO Club Breakfast Trip 10-11 Nara Park Stroll 1:00 BINGO
<b>24</b> 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:30 Restaurant Hoppers 12:45-1:30 Chair Yoga w/ Rebecca 2:00 Divine Bette Midler	<b>25</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>26</b> 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:30 Concord Traveling Players 6:00 Caregiver Group	<b>27</b> 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00 Forensic Science Roadshow	<b>28</b> 8:30 JULIET Club Breakfast Trip 1:00 BINGO
<b>IN PERSON EVENTS - GREEN</b>  <b>VIRTUAL EVENTS - RED</b>  <b>HYBRID EVENTS - PURPLE</b>				



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





Minuteman Senior Services		June 2024	Meals on Wheels Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>To CANCEL or ORDER your Meal, Call your <u>local</u> meal site by 11AM the DAY BEFORE</b>  <b>Littleton: 781-325-7879</b>	For questions about the nutritional information in this menu or your nutritional needs, contact:  <u>Deborah McLean, Dietitian</u> 781-221-7018			<b>For weather emergencies and cancellations, please check Fox 25 TV station</b>
<b>3</b> Shepherd's Pie Mashed Potatoes Biscuit Pudding	<b>4</b> Sausage w/ Peppers & Onions on Roll Tater Tots Roasted Butternut Applesauce	<b>5 Cold</b> Turkey & Cheese on Rye Three Bean Salad Garden Salad Fresh Fruit	<b>6</b> Chicken Alfredo Pasta Broccoli WW Dinner Roll Chilled Fruit	<b>7</b> Tuscan Salmon Orzo Veggie Blend MG Bread Cookie
<b>10</b> Turkey Tetrizzini w/ Mushrooms Carrots Oatbread Jello	<b>11</b> Balsamic Chicken Mashed Potatoes Sautéed Garlic Kale Dinner Roll Chilled Fruit	<b>12 Special</b> BBQ Steak Tips Mac & Cheese Corn Dinner Roll Coffee Cake	<b>13</b> Potato Crunch Fish Rice Pilaf Brussel Sprouts MG Bread Fruit	<b>14</b> Raviolis Squash Blend WW Bread Mandarins
<b>17</b> Beef Stew Mashed Potatoes WW Dinner Roll Cookie	<b>18</b> Hot Dog (beef/pork) Hot Dog Roll Baked Beans Coleslaw Cinnamon Apples	<b>19 No Meals</b>  <b>Juneteenth</b>	<b>20</b> Mac & Cheese Peas Oat Bread Fresh Orange	<b>21 Cold</b> Chicken Salad on MG Bread Tabouli Spinach Salad Yogurt (no milk) Juice
<b>24</b> BBQ Pulled Pork on Burger Bun Sweet Potato Tots Corn Mandarins	<b>25</b> Turkey w/ Gravy Mashed Potatoes Carrots LS Wheat Bread Applesauce	<b>26</b> Chicken Parmesan Pasta Zucchini WW Bread Fresh Orange	<b>27</b> Steak Fajita on Tortilla Black Beans Spanish Rice Cookie	<b>28</b> Lentil Stew w/ Vegetables Green Beans WW Dinner Roll Yogurt, Juice



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.



## Craft Class

**June 12th, 1PM - 3 PM, MPR**

It is June already! This month is part 2 of our April class. For those of you that came and made candy dishes for employees in April, it's now time for you to make a dish for yourself. Participants returning for class 2 will be given priority in the sign up. If you can't make it please let us know. We have a few



slots open, but the class is limited to 20. The cost is \$5 and will be held in the multipurpose room from 1-3pm.

-Anita, Sue, Kathy, & Anne Lee

## 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.

## 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!

## 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! We are always looking for new players. Never played before? Give us a call to arrange a lesson on how to play! Please call **978-540-2470** to register.



## BINGO

**Fridays @ 1PM-3PM in the MPR**

**Friday, June 7th:** 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!*

## 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.

## 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.**

# NEED HELP WITH TECHNOLOGY?

LHS TIGER TECH

**Dates:**  
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



## 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.

## Hearing screenings

**June 12th 9:30am-11:15am**

Doctor of Audiology Megan Ford of HearSmart Audiology will be here on Wednesday June 12th for Hearing Screenings. No cost for the 15 minute screening.

Please call 978-540-2470 to reserve your spot, space is limited.



## Foot Care Clinic

**Friday, June 14th from 9AM—2PM**

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, June 14th from 9AM-2PM, \$40 per person.



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

## Lunch & Learn:

**Exercise for Brain Health**

**June 11th, 12:30pm in Room 230**



Join Francis McCormick, Occupational Therapist and Michaela Williams-Barth, Speech Therapist, from Life Care Center of Nashoba Valley as they share valuable tips and skills on connecting the body and mind! Lunch will be served with this presentation. Please call to register 978-540-2470

## Weekly Blood Pressure Screenings Every Tuesday 10-12, Room 230



Our weekly Blood Pressure Clinic is held every Tuesday 10am-12, in Room 230 at the COA.

Stop by every week and our wonderful RN's will keep a log for you.

No sign-up necessary, just drop-in!



## Nara Park Senior Stroll

Come join other seniors from the Acton, Boxboro and Littleton Council's on Aging for conversation, coffee and a stroll around

Acton's Nara Park  
25 Ledgerock Way, Acton, MA  
Friday, June 7th, 14th and 21st  
10am - 11am

Open to all those 60+ (and their caregivers)

RSVP required to [nursing@actonma.gov](mailto:nursing@actonma.gov) or 978-929-6650

Please meet at the Sports Pavilion which is located at the upper parking lot located off Quarry Road.

For additional information please contact Heather York at 978-929-6650  
Sponsored by the Acton Nursing Services

**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!**



**ROMEIO 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 the Littleton Chapter of ROMEIO!** The EHS Van will be taking our ROMEIO 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.

**June 7th Franny’s Diner, Pepperell, MA**  
**June 21st: Dream Diner, Tyngsboro, MA**

### Coffee Club

**June 14th, 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.

### Veterans Breakfast

**June 26th, 7:30am, Senior Diner**

Join us for breakfast, prepared by Littleton’s Police and Fire Depts. Veterans of all ages are welcome to this free offering. We hope you will join us!



### Just Us Ladies Into Eating Together

On June 14th, and 28th 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.

**June 14th Franny’s Diner, Pepperell, MA**  
**June 28th: Dream Diner, Tyngsboro, MA**

### Restaurant Hoppers Monday, June 24th

Restaurant Hoppers is in full swing and ready for another month with lunch at a local restaurant with a brand new day!

On Monday, June 24th we will be headed to Sweet Tomatoes Pizza in Acton. If you would like van service please call Dispatch at 978-844-6809, the van will leave Town Hall at 12:30PM, if you will be driving yourself please call EHS to register, 978-540-2470. Attendees are responsible for their own meal.

Please register by Wednesday, June 19th so we are able to reserve your table.



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

### Women’s Breakfast: June 12th, 8:00AM - 9:00AM

**Date Change this month! Men’s Breakfast: TUESDAY June 18th, 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!*





# FORENSIC SCIENCE ROADSHOW



Thursday 6/27 at 1pm in Room 103

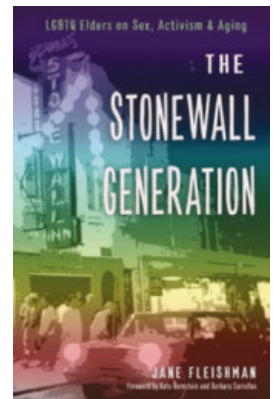
## Venture into the world of CSI!

Join Paul Zambella, a forensic scientist for the Mass State Police Crime Laboratory for 36 years as he provides insights into the roles and techniques of forensic scientists. Hear directly about the examination of blood, DNA, fingerprints, gunshot residue, and more. Learn how the use of metal detectors, crime lights, and footwear impressions are analyzed in solving crimes. Adding a layer of mystery, audience members will participate in identifying a "suspect" during the workshop. Ideal for curious minds, this experience unveils the real-world science that solves mysteries. Call to register 978-540-2470.

## The Stonewall Generation: LGBTQ Elders on Sex, Activism, and Aging with Dr. Jane Fleishman Tuesday, June 18th at 1:30PM

Celebrate PRIDE Month with us by joining us for this exciting author talk! Please call 978-540-2470 to register. Refreshments will be served.

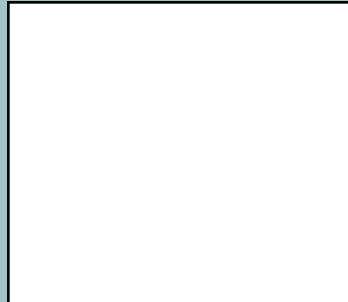
In *The Stonewall Generation*, sexuality researcher Dr. Jane Fleishman shares the stories of fearless elders in the LGBTQ community who came of age around the time of the Stonewall Riots. Dr. Fleishman's book is a 2020 Silver Nautilus Award Winner in the Social Change & Social Justice category



Dr. Jane Fleishman, PhD, MEd, MS, AASECT, is an accomplished writer, program developer, and researcher. In 2016, she received a PhD in Human Sexuality from the Widener University at the age of 62 after a successful career as an organizational/training consultant for a large public mental health system.

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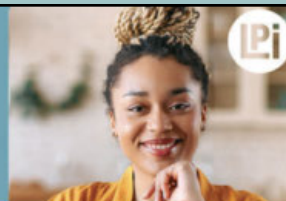
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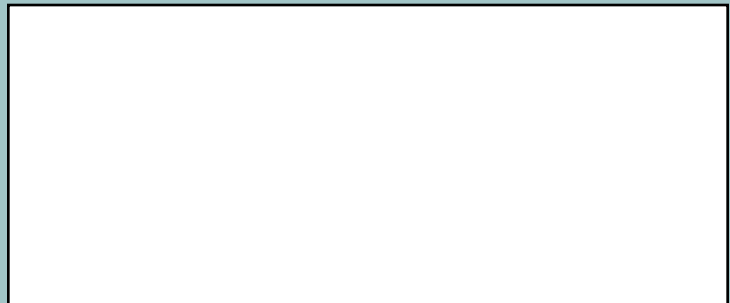
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## Special Programs!

### The Stewart Gardner Museum Heist: Author Talk with Bob Ainsworth Thursday June 20th, 1:00-2:30pm

HAS ANYONE SEEN \$500 MILLION IN ART LYING AROUND BOSTON? An hour or so after the 1990 St. Patrick's Day ended, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art.

None of the priceless items have been found. Numerous suspects have been named over the years but none have been arrested. Many are now dead.

Bob Ainsworth, the author of *DUPED*, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime.



Bob Ainsworth was raised in New Jersey, earned a BS in Accounting from Boston College, an MBA in Finance from Northeastern University, and had his CPA. He worked in corporate accounting as a CFO and Controller and taught accounting. He uncovered two fraud cases during his career.

The idea for the Harry Bartlett stories sprang from his Accounting students' positive reactions to fraud anecdotes. He started to write his first story while commuting and then continued after retiring. He has self-published 3 novels- *DUPED*, *CONNED* and *SCAMMED*. A fourth, *PONZI'd*, is planned for 2024.

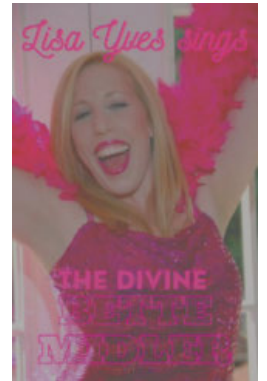
He loves reading mysteries and thrillers by authors such as John Grisham, Dennis Lehane, Robert B. Parker, David Baldacci, Earl Stanley Gardner, Arthur Conan Doyle, Hank Phillipe Ryan, and Elmore Leonard. He also likes to read non-fiction history. He lives in retirement in Massachusetts with his family.



### THE DIVINE BETTE MIDLER, Presented by: Vocalist & Pianist Lisa Yves June 24th at 2:00pm, Multipurpose Room

Lisa Yves comes to Littleton with her tribute to the Divine Miss M- Bette Midler. Lisa plays and sings the songs made famous by the diva herself. Come and be the Wind Beneath her Wings as she takes you on a journey through the music and career of Bette Midler.

Lisa Yves has been a highly accomplished professional musician and vocalist for over 35 years. She graduated from New York University as a vocal jazz performance major. She is a recording artist, composer, performer, vocal coach, and well-known musician in Boston. Lisa has released over 10 albums of original music across various genres. Her work has been featured in numerous TV shows, including *Blue Bloods*, *The Young and the Restless*, *Hallmark*, and *Dolly Parton's Heartstrings* on Netflix. Additionally, Lisa was a finalist in the 2004 Boston Pops search, where she performed with Keith Lockhart at Symphony Hall.



### Concord Traveling Players Wednesday, June 26th at 1:30pm in the MPR



Come be entertained by the Concord Traveling Players! You are invited to a free show where local senior actors and musicians will engage the audience with good-spirited humor, staged readings, music and skits. These experienced actors and musicians love to perform and engage audiences. For many years, they have brought lively entertainment to gatherings throughout the area.

Come join us for a fun and high-energy performance. They are full of positive energy and we think you will have as much fun as they do! Refreshments will be served. Wednesday, June 26<sup>th</sup> at 1:30PM in the MPR. Please call to register, 978-540-2470





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## LITTLETON EHS TRANSPORTATION

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday, 8:30 AM-4:00 PM
- Messages on the answering machine after 4:00PM will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests.
- Ride service is curb-to-curb.
- Requests should be made 48 hours in advance.
- You must provide the exact address of your destination (street number & town), as well as a destination phone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15min's after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.

### TRIP FARES:

Rides are provided to appointments between 9:00 AM and 3:00PM

- Rides greater than 15 miles (except medical rides in Concord) are \$7 one way. Call for info on towns served.
- Rides to medical services in Concord are \$1 one way.
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) are \$1 one way.
- Veterans ride for free.

***\*\*Rides to and from a Council on Aging in any of the four towns are always FREE \****

Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART (Montachusett Regional Transit Authority) & the Town of Littleton.

### REMINDER

**If you use the van on a weekly basis, please call EVERY week to continue your reservation.**