

The Broadcaster

October 2024



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IMPORTANT NOTES:

The COA Board will meet Monday, 10/7, at 3PM in Room 103; a virtual Zoom option is also available. Zoom link to join is on the meeting's agenda.

We will be closed on Monday October 14th



From Liz's Desk: Happy October! This is my favorite month of the year. I love fall— the crunchy leaves, Halloween and fall festivities, and the cool crisp air. I hope the activities this month get you in the spirit too! Last week I was able to put on a hardhat and enter the new building for the first time. **Joy** is the best descriptor I can find for that moment! The large windows let in so much natural light into the program rooms and seating areas. I can't wait for you all to experience it soon. I am working with our Construction team to plan "tours of the building. Stay tuned!

October 2nd: Annual Police & Fire BBQ, 12PM at the Fire Station

The Annual Police and Fire BBQ will be held on Wednesday, October 2nd at 12PM at the Littleton Fire Department. Join us for some laughs and a delicious lunch prepared by some of Littleton's finest. Please call 978-540-2470 to register. No cost!



Flu Vaccine Clinic: Tuesday 10/22/24, 3PM to 6PM Littleton Middle School, 55 Russell St, Littleton, MA

Nashoba Associated Boards of Health will be in town on 10/22 for our annual flu vaccine clinic! If you need assistance with registering online we can help over the phone, give us a call at 978-540-2470.

Flu Clinic FAQ:

- Pre-registration is required. Because there are different vaccine formulations, registration links are divided by age group. Please select the link for the correct clinic location and your age group to register.
- Flu clinics are open to the public (ages 6 months and up).
- Residents of Nashoba towns can attend any clinic in the region
- Appointment times are 'placeholders' so if the particular time slot you are looking for is not available, please sign up anyway and we will see you at any time during the scheduled clinic.
- People should bring their insurance cards to the clinic. This includes Medicare cards, even if you have a "Preferred" plan.
- No insurance? No problem. A person that does not have insurance may still receive a vaccination.
- There will be high dose flu vaccine available for those age 65 years and older.
- This year, all flu vaccine formulas protect against three strains of flu.
- Our vaccine stock is all preservative-free this year.
- Ayer Pharmacy will be on-site providing Covid vaccines
- ***We ask anyone feeling sick to stay home.***



COA Board Update

Hello everyone! I have two requests: First, go to Littletonma.org on your computer and click on the September 2024 Town of Littleton Newsletter. This issue is 31 pages long and full of good information (which we used to get in a newspaper!) Detailed instructions on how to sign up for the newsletter are on page 11 of this newsletter. Also, be patient as the Select Board is working on improving this very early attempt at improving communication! My second request is: PLEASE remember to call the office if you need to cancel going to an event you signed up for! This is very important for so many reasons.

-Marge Payne.

Chair, COA Board

Information on the new building, including the donation information packet, can be found on our building website, here:

<https://www.littletoncenteronshattuck.com/>



Please note! Early voting for the November 5, 2024 general election begins October 19th and ends November 1st. This will affect our use of the townhall multipurpose room, and programs typically held in that space are being moved to other areas. We will make our best effort to relocate everything, and will notify participants by email and phone call of location changes and updates.

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.
- All participants must abide by our Code of Conduct and Standards for Independence
- 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 will open on Tuesday October 1st for all programs and activities included in this newsletter. 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.

Information 2

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
Mary Newcombe
John Peachey
Mary-Ann Peachey
Jeanne Sill

FRIENDS OF THE COA

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

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

Broadcaster by Email and Online

You can receive the Broadcaster in your email! Visit our website at www.littletonma.org, select "Sign up to receive Email Notifications," enter your email address, select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

Disclaimer:

Some announcements and advertisements in this Broadcaster are not sponsored by EHS/COA.

Free Fire Protection Device Evaluations for Littleton Seniors



The Littleton Fire Department has teamed up with Littleton Elder & 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.

October is Domestic Violence Awareness Month

National statistics show 1 in 4 women and 1 in 9 men experience severe intimate partner violence in their lifetime. If you or a loved one needs support please contact the National Domestic Violence Hotline at 1-800-799-7233 (24/7) or the EHS/COA Department for additional local resources at 978-540-2470.



Dial **988** for 24/7 emotional support. This is a free service. Your conversations will be confidential.

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.

Friends of the Council on Aging

The Friends primary fundraising focus right now while The Center is nearing completion is talking to Businesses and large donors about Naming Opportunities. They, and all of you, are being offered the opportunity to have a dedication made in a name(s) of their choosing; whether you'd like to honor, recognize, or leave a legacy. There are also items other than a room that a person can choose to dedicate. For example, an elevator, a view, or reception desk. The list goes on. The availability is on a first-come, first-served basis. Liz Tretiak will be maintaining the master list to ensure there is no overlap. You may contact the Friends to manage your request or contact Liz directly. There are information packets, upon request or online here:

www.littletoncenteronshattuck.com/donation-opportunities

There is another way, on a smaller scale, you can honor a loved one. On the multipurpose room wall there will be a large tree installation. On that tree will be spots available for engravable leaves.

Now, a small ad for *Renew*. The thrift shop replenishes their clothing continually. Last month we started bringing in Fall and Winter clothing to keep us warm. Our new baseline of customers is growing, but we still miss those of you who haven't returned to us. We're only up the street you know. We're open Thurs and Fri from 11-4 and Sat from 10-1.

-Sandra

The Friends of the Council on Aging are now in the process of creating two Fundraisers to support the new Senior Center. Sandra Casale is spearheading a group that is seeking area businesses that would like to name one of the rooms in the building. I am spearheading a Donor Tree that will be mounted on one of the walls in the new multi purpose room.

The Donor Tree will be custom made from our design choosing and will be built with a tree and branches made of wood, and leaves of colored plexiglass that will have the donor's name digitally printed on the decided leaf.

The advantage of purchasing a Donor Leaf is that it will be a lasting legacy for you and your loved ones. The current price of the leaves are \$250 for a small leaf and \$500 for a large leaf.

Those interested in purchasing a leaf can contact Charlie DeStefano by email at deltasuv@gmail.com or by phone at (978) 404-6777.

Stay safe and well, -Charlie DeStefano



OUTREACH CORNER

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

Fuel Assistance

South Middlesex Opportunity Council, commonly referred to as SMOC, began mailing out applications to Fuel Assistance program participants in September. The Outreach staff can assist with completing and submitting the applications and supporting documentation, contact our office to schedule an appointment with Amy or Alicia.

Elder Law Drop In Friday, October 4th, 10am-11am

Phillip Arcidiacono, Attorney at Law, will be on site in Room 233 from 10:00AM - 11:00AM to answer your legal questions. No cost for the consultation! Reserve your spot by calling 978-540-2470.

New (Optional) Medicare Prescription Payment Plan Coming January 2025

Those enrolled in Medicare Part D will soon have the option of enrolling in the Medicare Prescription Payment Plan. By opting-in, consumers will be able to pay out-of-pocket prescription drug costs in the form of capped monthly payments instead of all at once at the pharmacy. Spreading these costs out over a year could help reduce the financial strain of the first months of your plan if you have a high cost sharing plans.

For more information about this new option or for help understanding all your Medicare options, call us at 978-540-2470 and ask to make an appointment with our SHINE Counselor Alicia Rego.

Medicare Annual Open enrollment is October 15 – December 7 and time to review your Medicare coverage

- Each Medicare beneficiary receives an Annual Notice of Coverage in September which provides information regarding 2025 Medicare premiums and deductibles.
- Insurance companies (Medigap/Medicare Advantage and Part D) provide notification of plan benefits and premium changes.
- In 2025 annual out of pocket prescription drug costs will be capped at \$2000 including the annual Part D deductible.
- Also in 2025, consumers will have the option to spread Part D costs over 12 months.
- A meeting with a state-certified Medicare Benefits Counselor (SHINE counselor) may help you reduce out of pocket medical and/or prescription drug costs, screen for public programs that can help with premiums and copayments and assist with plan enrollment.
- Contact us at 978-540-2470 to schedule a SHINE appointment, if you want to compare coverage and costs during Open Enrollment.

SHINE counseling is available in all languages and accessible to every Medicare beneficiary including people who are vision or hearing disabled or homebound

Plan to have the following information available for your SHINE appointment:

- Medicare A/B card
- Medigap or Medicare Advantage card
- Prescription Drug Plan Member card
- List of medications and dosage which can be obtained from your local pharmacy
- My Medicare account username and password (if you have created an account) – this will save time as all information is securely stored and can be updated

For those who prefer to view Medicare plan choices and costs online please visit: www.Medicare.gov



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

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. Group meets from 1:00pm- 2:00pm via zoom on Oct. 3rd & Oct. 17th.

Caregiver Support: Next meeting is on Wed. October 25th with Attorney Kitty O'Connor! Group is held monthly in Room 230 with great conversation and dinner! Email Amy for more info: 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 \$500/month to each participating household. Application can be found at: www.littletonma.org/elder-and-human-services

William James INTERFACE Referral Service for Mental Health Help

Interface is a mental health and wellness referral Helpline available Monday-Friday, 8am - 6pm at 888-244-6843. This is a free confidential referral service for Littleton residents. Callers are matched with licensed mental health providers from Interface's extensive database. Each referral best meets the location, insurance, and specialty needs of the caller. See the website for more information: interface.williamjames.edu/community/littleton



Coupons & Financial Assistance available!
Contact Amy at 978-540-2470

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.

October 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
|  | 1 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Friends Board Meeting | 2 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Police and Fire BBQ | 3 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group | 4 8:30 ROMEO Club Breakfast Trip 10-11 Elder Law 1:00 BINGO & Pizza |
| 7 10:00-11:00 Tai Chi 11:00 Rummikub 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga 3:00 COA Board Meeting | 8 10:00 LELWD Public Power Week Celebration 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg | 9 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Craft Class | 10 9:30 Medicare & Open Enrollment Coffee Hour 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 1:00 Funniest Moments in Film | 11 8:30 JULIET Club Breakfast Trip 9:30 Coffee Club 1:00 BINGO |
| 14  | 15 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg | 16 8:00 Men's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 2:00 Halloween Party with Musician Roger Ticknell | 17 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group | 18 8:30 ROMEO Club Breakfast Trip No BINGO today |
| 21 10:00-11:00 Tai Chi 11:00 Rummikub 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca | 22 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex-ZOOM 1:00-4:00 Mah-Jongg 3:00-6:00 Flu Clinic | 23 8:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Felted Pumpkin Craft | 24 11:15-12:15 Stretch & Flex-ZOOM 12:30 Out of the Box Trivia | 25 8:30 JULIET club Breakfast Trip 1:00 BINGO *Room Change* |
| 28 10:00-11:00 Tai Chi 10-2:00 A Spa for You 11:00 Rummikub 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 | 29 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex-ZOOM 1:00-4:00 Mah-Jongg | 30 7:30 Veterans Breakfast 8:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 6:00 Caregiver Group | 31 11:15-12:15 Stretch & Flex-ZOOM 12:30 Out of the Box Trivia | IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE |

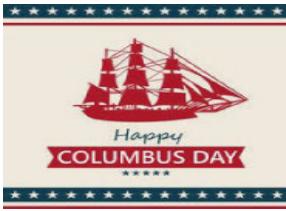


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| Minuteman Senior Services | | October 2024 | | Meals on Wheels Menu |
|--|---|--|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| For weather emergencies and cancellations, please check Fox 25 TV station Littleton: 781-325-7879 | 1 Potato Crunch Fish on WW Burger Bun Sweet Potato Coleslaw Apple Crisp | 2 Apricot Chicken Rice Pilaf Broccoli MG Bread Cookie | 3 Sheppard's Pie Mashed Potatoes Corn Biscuit Chilled Fruit | 4 <i>Cold</i> Egg Salad on Pita Bread Black Bean Salad Garden Salad Yogurt (<i>no milk</i>) |
| 7 Pork w/Apples Sweet Potato Tots Brussels Sprouts WW Bread Cookie | 8 Turkey Tetrazzini Peas Beets WW Dinner Roll Fresh Orange | 9 Beef Stew Mashed Potatoes Cornbread Pudding | 10 Broccoli-Cheese Stuffed Chicken Butternut Squash Cauliflower Vienna Bread Applesauce | 11 Ravioli w/Creamy Tomato Sauce Squash Blend Garlic Roll Mandarins |
|  No Meals Served | 15 *** Hot dog (beef/pork) Baked Beans Corn, Bell Peppers Hot Dog Roll Sliced Apples | 16 Garlic, Lemon Fish Brown Rice Creamed Spinach Vienna Bread Jello | 17 Meatloaf w/Gravy Mashed Potatoes Green Beans Oat Bread Baked Good | 18 Chicken Parm Pasta Broccoli WW Bread Chilled Fruit |
| 21 Turkey w/Gravy Mashed Potato Green Beans LS Wheat Bread Applesauce | 22 Chicken Alfredo Pasta Broccoli Oat Bread Chilled Fruit | 23 <i>Special</i> Gnocchi-Sausage & Mushrooms Root Vegetables Garlic Roll Pumpkin Square | 24 Cheese Omelet Turkey Sausage Roasted Potatoes Honey Carrots Fruit Loaf Yogurt (<i>no milk</i>) | 25 Beef Fajita on Tortilla Peppers & Onions Rice &Black Bean Chilled Fruit |
| 28 Pork Fried Rice w/ Eggs, Peas & Carrots Asian Veggies WW Dinner Roll Pineapple | 29 Stuffed Shells Cauliflower Oat Bread Applesauce | 30 Greek Chicken Orzo Vegetable Blend MG Bread Cookie | 31 <i>Halloween</i> Salisbury Steak Mashed Potatoes Beets WW Bread Pudding & Candy |  |



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.



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



Craft Class Wednesday October 9th, 1pm-3pm



Hello October! It is time to think fall. We will be creating a wall hanging for October. We will be painting fall flowers, pumpkins and corn stalks on a wooden plaque. The class will be in the MPR on October 9 from 1:00 to 3:00. The cost is \$3.00 and the class is limited to 20 so sign up early.

-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

Join us for BINGO every Friday 1-3pm!

Friday, October 4th: A special pizza lunch will be provided for all BINGO players, 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!

Littleton Memory Café September 28th, 10:00-11:30am

The Littleton Memory Café meets every month on the 4th Saturday from 10 to 11:30am at the First Baptist Church, 461 King Street, Littleton. September 28th Mike Slator, an Elvis Impersonator, will be entertaining us with the songs we all remember.

Rummikub Drop In— New Day! Mondays at 11am-1pm, Room 230

Rummikub has all the elements that make a great game. It's easy to learn and fast moving. The "board" changes all the time as players adjust the tiles on the table. It combines luck and strategy and it changes quickly so every player has a chance to win until the very end. Players take turns placing numbered tiles in runs and groups. The Joker tiles add to the fun; they can be any color or number.



The object is to be the first to play every tile on your rack. Rummikub is ideal for people of different ages to play together, and it's great for a game night too. Join us!

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.

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!

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.

Walking Club

Monday & Wednesdays 8:30am

Looking to get some exercise? Want to get some fresh air? Join us Mondays and Wednesday mornings! You choose how far you want to go, and you set your own pace. Please call to sign up 978540-2470.



Mondays we will walk at the Bruce Freeman Trail at 8:30am. Park and meet the group behind Donelans off 119 in Acton.

Wednesdays walk will be at the Track at Russell Street School for walking club from 8:30AM - 9:30AM. Dress comfortably and bring water!

Foot Care Clinic

Monday, Oct. 21st from 9AM-2PM

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Monday, October 21st from 9AM-2PM, \$40 per person.



Clinic is held in room 123. Space is limited, call to reserve your time slot. Call 978-540-2470 to register.

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!

Long Lake ADA/AAB Pathway

Littleton Parks, Recreation, & Community Education department obtained approval from the Park & Rec. Commission to replace a section of the seasonal access mats with a permanent ADA/AAB pathway to ensure year round accessibility to Long Lake Beach from Beach Drive to Town Road. This project was also approved by the Conservation Commission and Disability Commission. The construction work was completed June 3rd, 2024.



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 caretakers, 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

Genealogy One-on-One

Do you have questions about your family tree? Want to start looking into genealogy but don't know where to start? Are you currently researching, but stuck? Local genealogy expert Marsha Russell is available to meet with you 1-on-1 to answer all your questions. Call to make an appointment: 978-540-2470.



ROMEO Clubs (Retired Old Men Eating Out) eat out, have fun, make and keep friends, and are not bound by rules— meaning there are no causes, and no specific membership restrictions, except Retired "Old" Men Eating Out.

Join the Littleton Chapter of ROMEO! 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.

If you are attending, please call us whether you are driving yourself or taking the van so we have an accurate headcount for the restaurant!

Oct 4th: Dennys, Leominster, MA

Oct 18th: Babico's Café, Maynard, MA

Coffee Club

October 11th, 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

October 30th, 7:30am, Senior Diner

Join us for a hot breakfast cooked by our very own Police and Fire Depts! Veterans of all ages are welcome to this free offering. We hope you will join us!

Please let us know if you will be attending 978-540-2470.

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 October 9th, 8:00AM - 9:00AM Men's Breakfast October 16th, 8:00AM - 9:00AM

Join Charlie and the crew for a hot cooked breakfast, featuring pumpkin pancakes this month, 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!



Just Us Ladies Into Eating Together

On Oct. 11th and 25th 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.

If you are attending, please call us whether you are driving yourself or taking the van so we have an accurate headcount for the restaurant!

Oct 11th: Dennys, Leominster, MA

Oct 25th: Babicos's Café, Maynard, MA

Restaurant Hoppers

Monday, Oct 28th, Van leaves 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, October 28th we will be headed to Princeton Station in Chelmsford. If you would like van service please call Dispatch at 978-844-6809, the van will leave Town Hall at 12:30PM, Everyone attending must call the EHS office so we have an accurate headcount, whether you are taking the van or driving yourself: 978-540-2470. Attendees are responsible for their own meal.

Please register by Wednesday, October 23rd so we are able to reserve your table.



Medicare & Open Enrollment Coffee Hour with Alicia Rego

Thursday October 10th at 9:30am



Join Alicia Rego, our certified SHINE counselor, in a casual coffee hour to talk all things Medicare and Open Enrollment. Come see what's new for Medicare in 2025 and schedule your Open Enrollment appointment to review your specific plans and options.



Town of Littleton Newsletter

The Town's brand new Newsletter is now available! You can access it in the following ways:

- 1 - Go to the town's website and access it on the front page under "Latest News": www.littletonma.org/
- 2 - Go to the town's website and click "Subscribe to Town Notifications" and then click "Town of Littleton Newsletter" to receive a notification via email or text that the newsletter has been posted. www.littletonma.org/
- 3- Hard copies are available at Town Hall, the Library, and in the EHS/COA Outreach office info desk.

Free Little Food Pantry



We are excited to share that we now have a free Little Food Pantry box outside of town hall on the edge of the Courtyard sidewalk. This was the Eagle Scout project of resident Mattias Lacroix from Boy Scout Troop 20

here in Littleton. This box will be stocked with non-perishable food items and hygiene products. Please take what you need, or leave something if you have extra. Special thank you to volunteer Reina Hofeldt for managing the box!

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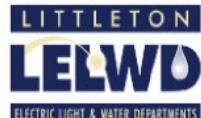


Special Programs!

Public Power Week Celebration with LELWD Tuesday, October 8th at 10am in the Senior Diner

Littleton Electric Light and Water Department returns for a light breakfast and giveaways to celebrate Public Power Week, which is celebrated in October. Thank you, LELWD!

Join us! Please call to let us know you will be attending, 978-540-2470



The Funniest Moments in Film, Presented by Marty Gitlin October 10th at 1:00pm in the MPR

 Join award-winning author and pop culture historian Marty Gitlin for The Funniest Moments in Film - the biggest belly-laughs in movie history. This interactive presentation highlights the best of the best from the silent era to the modern era. Marty will show videos of the best laugh-out-loud scenes from the 1920s to today, including snippets of such stars as Harold Lloyd, Groucho Marx, Woody Allen, Peter Sellers, Gene Wilder, Leslie Nielsen, John Candy and Robin Williams. You will be entertained by the funniest moments in such comedies as It Happened One Night, A Night at the Opera, The Producers, The Pink Panther Strikes Again, Monty Python and the Holy Grail, Naked Gun, Mrs. Doubtfire, Planes, Trains and Automobiles and The Birdcage. He will discuss why they are considered the funniest ever and impact they made on pop culture. The presentation will include plenty of fun trivia questions and will be followed by a question-and-answer period.

This one is a blast to feel free to join in! Sweet treats will be provided by Alan Bell. Thank you Alan!



Halloween Costume Party with Musician Roger Tinknell Thursday, October 16th at 2PM in the Multipurpose Room

Join us in your spookiest costume for some Halloween treats and creepy crawly music from Roger Tinknell. Roger Tinknell has been performing for children, families, and seniors in the U.S., Canada and Europe for over 45 years. Thanks to Littleton's Cultural Council for funding this performance!

Please call 978-540-2470 to register.



LITTLETON
CULTURAL
COUNCIL

Felted Pumpkins Craft with Laura Wednesday October 23 at 10am in Room 233



Join us for a fun felted pumpkin craft! Our fantastic Art & Craft Instructor Laura is back this month with a festive felted project. Needle felting, also known as dry felting, is a technique that uses a barbed needle to tangle wool fibers together to make a 3D artwork.

Cost per person is \$5. Supplies will be provided.

Space is limited so please call early! 978-540-2470



A Spa for You Monday, October 28th from 10AM-2PM

Treat yourself to a spa treatment just in time to relax before the holidays, right here at EHS!

A Spa for You is offering 15 minute massages, manicures, pedicures, and facials for \$15 per treatment. Sign up for one treatment, or sign up for them all! We will be gathering on Monday October 28th from 10AM-2PM, in room 230.

Please call to register space is limited, 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.