

The Broadcaster

November 2024



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IMPORTANT NOTES:

The COA Board will meet Monday, 11/4, 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 November 11th and Thursday November 28th



From Liz's Desk: On behalf of the EHS staff I would like to extend our wishes for a very happy Thanksgiving to you all! It is truly a pleasure to be a part of this community and work alongside so many wonderful people. I am especially grateful to have so many dedicated volunteers who give their time and put their hearts into the work they do for this department. Speaking of this department, in late October we welcomed a new full time staff member, Megan Murphy, who will be our Programs Coordinator. Welcome, Megan! See more about Megan on page 2.

Exciting news for our transportation users— our COA vans are now fare-free for all your rides! Rides are available Monday-Friday 9-3pm. Arrange a ride by calling Dispatch at 978-844-6809; their hours are Monday through Friday, 8:30am-4:00pm.

As we get into the cold weather now is the time to apply for fuel and heating assistance. South Middlesex Opportunity Council (SMOC) facilitates the Fuel Assistance program for Littleton and 36 surrounding communities. This is an eligibility-based program that looks at your gross income and family size to determine eligibility. For those who applied and were approved for the 2023-2024 season, you should have received your re-certification application for the 2024-2025 season. If you would like to apply or need assistance with the application process, please contact our Outreach Department to schedule a confidential appointment 978-540-2470.

Senior Tax Work Off Program Participants: Please hand in your first timesheet by November 29th at the latest! These timesheets should include any hours worked July 1 through November 30th. Timesheets will be collected at the EHS/COA Office. Your second timesheet will be due February 28th, 2024.

Veteran's Luncheon

Thursday, November 7th at 1pm, Multipurpose Room

Veterans and Veteran's spouses are invited to a Veteran's Day Luncheon on Thursday, November 7th at 1pm, Sponsored by Rivercourt Residences of Groton. One lucky diner will go home with a gift basket! Please call to register, 978-540-2470.

FLCOA Turkey Bingo Fundraiser!

Thursday November 21st, 6:00-8:00pm, MPR

Join us for a fun evening playing Turkey Bingo while we raise money to support the new senior center! Prizes will include items to make your Thanksgiving dinner a success! You'll have a chance to win turkeys, desserts, veggie baskets, and more! The Friends of the COA will be holding a 50/50 raffle, and raffle baskets. \$5 for 2 cards. Come enjoy desserts and a fun night out!



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



COA Board Update

Hello everyone! You already have noticed that you have an insert in your Broadcaster this month. PLEASE pay attention to it. Read it and if nothing seems to be something you may be interested in, please think about other folks and share it with them. We know there are folks in Town who just do not have the information. We hope you have looked into reading the monthly Town newsletter. Go to the Town's website to find the link. Lastly, do not forget to call the office and let them know if you must cancel something you signed up for earlier in the month. This so very important for so many reasons! Finally, my thanks to all of you "news" carriers!

-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/>

Welcome Megan Murphy EHS/COA's First Full Time Program Coordinator!



We are so excited to welcome Megan Murphy to our team! Megan will be coordinating and planning all of our programs, events, and activities. Megan has over 30 years of experience in the elder services and human services realm. When she is not working she enjoys spending time with her children and friends, reading, going for walks, going to the gym, and watching her daughter play hockey. Be sure to stop by and introduce yourself!

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 Friday Nov. 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.

STAFF

Liz Tretiak, EHS Director
Amy DeMichele, Assistant Director
Alicia Rego, Outreach Coordinator
Megan Murphy, Program 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

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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.

Sand for Seniors

Snow and ice are right around the corner! Sand for Seniors is a program designed to increase safety during the winter and was created for eligible seniors who are physically or financially unable to acquire their own bucket of an ice melt product.

This program is available to senior Littleton residents who meet the following criteria:

-be a Senior Littleton resident;

-live in their own home;

-and are unable to physically get ice melt product OR unable to afford ice melt product.



If you are interested in the program, please call the EHS Office to confirm your eligibility. If you qualify, you will have a bucket of icemelt product delivered to your door by a staff member or volunteer for use on your property. For more information or to sign up for the program please call 978-5402470

Friends of the Council on Aging

It's an exciting time in Littleton with the long-awaited senior center, the Center on Shattuck Street, nearing completion. With our new building comes the perfect opportunity to remember or honor a loved one or leave a legacy. There are a few ways to do this, with or without recognition.

Taken in its simplest form first, monetary donations can be made to the senior center in any amount and at any time. You can choose to be recognized for your donation or remain anonymous. It's that simple. You can make a donation in person or send a check.

A second choice is in the form of an engraved leaf on a donor tree. The multi-branched tree will be on the wall in the lobby and there are two leaf sizes. The donation for the smaller leaf is \$250. The donation for a larger leaf is \$500.

The third choice may appeal to those who want to make a group, or family gift or a company interested in supporting our town while being recognized as a community leader. Support at this higher level comes with a Naming Opportunity in our new center. You sponsor/fund a room at the center and an engraved plaque with your name will be mounted outside the donor-dedicated room. There are many sponsorship opportunities in the new building from rooms to special window views and even a coffee area. The Friends are proud to be funding the multipurpose room and Main Lobby, but it was one of our residents who funded the first room. He has dedicated the Study to his beloved wife who never missed a recorded town meeting on LCTV.

Naming Opportunities are on a first-come/first-serve basis. The full list is held by Liz Tretiak, EHS/COA Director. Information packets are available upon request, or online here:

LittletonCenterOnShattuck.com/donation-opportunities

-Sandra



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.

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.

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 15th – December 7th 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 Nov 7th and Nov 21st.

Caregiver Support: Next meeting is on Wed. November 20th ! 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 Group 2nd Thursday of each month 12PM at the Reuben Hoar Library

We welcome adults who are experiencing grief to participate in a monthly drop-in Grief & Healing Support Group. Facilitated by grief counselor Karen Campbell, MSMHC of *Grief&Healing Connections*, this support group offers a safe space to share experiences of the grief journey. This 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. If you would like a 1-on-1 appt with the counselor, please speak with Outreach Amy DeMichele.

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. For more info: interface.williamjames.edu/community/littleton

Free Little Food Pantry

We are excited to share that we now have a free Little Food Pantry box out-side 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!



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



Schedule safe, affordable public transit rides up to 20 miles to and from your pickup location in Littleton & 5 other surrounding towns.

Rides can be for any reason, all seven days of the week, from
5:30AM to 10:00PM.

Rides are curb to curb and must be booked at least 1 day in advance by 2:00PM. **Call MART**
Monday - Friday between 8:00AM - 5:00PM at
(800) 922-5636 Option 4

Cost Chart (One Way)

1-10 miles	- \$3
11-15 miles	- \$4
16-20 miles	- \$5

- Individuals 12 years and younger must be accompanied by an adult.
- We accept credit/debit cards and purchased tickets for payment.

Thanksgiving Pie Donation

We will be receiving a donation of 25 frozen pies again this year handmade by the DOC Concord Farm (former MCI Concord) culinary program. They are fully baked and frozen, just need to be defrosted and they are ready to eat. If you are in need, please contact us by November 22nd to arrange a pick up or drop off of a pie! Call us at 978-540-2470.



November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE				1 8:30 ROMEO Club Breakfast Trip 10-11 Elder Law 1:00 Pizza /1:30 BINGO
4 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	5 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	6 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Music of WW1	7 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 1:00 Veterans Luncheon 1:00-2:00 Living Alone Group	8 8:30 JULIET Club Breakfast Trip 9:30 Coffee Club 11:00 Lunch & Convo: Jobs That Used to Exist 1:00 BINGO
11 	12 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	13 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Craft Class	14 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 2:00 Pies & Positivity	15 8:30 ROMEO Club Breakfast Trip 1:00 BINGO
18 9:00-2 Foot Care Clinic 10:00-11:00 Tai Chi 10:00-11:00 Holiday Scams at the PD 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	19 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	20 8:00 Men's Breakfast 8:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 2:00 Caring for Your Loved One Through the Holidays 6:00 Caregiver Group	21 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group 6:00-8:00 Turkey Bingo Fundraiser	22 8:30 JULIET club Breakfast Trip 1:00 BINGO
25 10:00-11:00 Tai Chi 11:00 Rummikub 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:30 Restaurant Hoppers 12:45-1:30 Chair Yoga w/ Rebecca	26 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	27 7:30 Veterans Breakfast 8:30 Walking Club 9:30-10:30 Yoga for Strength & Balance	28 	



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 (800) 477-4574 x6377



Minuteman Senior Services		November 2024		Meals on Wheels Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>For weather emergencies and cancellations, please check Fox 25 TV station</p> <p>Littleton: 781-325-7879</p>	<p>For questions about the nutritional information in this menu or your nutritional needs, contact: Deborah McLean, Dietitian, 781-221-7018</p>			<p>1 Cold</p> <p>Tuna Salad on Vienna Bread</p> <p>Garden Salad</p> <p>Corn & Black Bean</p>	
<p>4</p> <p>Lasagna w/ Alfredo Sauce</p> <p>Squash Blend</p> <p>WW Bread</p> <p>Mandarins</p>	<p>5</p> <p>Turkey Pot Pie w/Peas & Carrots</p> <p>Mashed Potato</p> <p>Vienna Bread</p> <p>Fruit</p>	<p>6</p> <p>Sausage, Peppers & Onions on Bun</p> <p>Tater Tots</p> <p>Butternut Squash</p> <p>Applesauce</p>	<p>7</p> <p>Lemon Chicken</p> <p>Rice Pilaf</p> <p>Broccoli</p> <p>Oat Bread</p> <p>Jello</p>	<p>8</p> <p>American Chop Suey</p> <p>Brussel Sprouts</p> <p>WW Garlic Roll</p>	
<p>11</p>  <p>No Meals Served</p>	<p>12</p> <p>Apricot Chicken</p> <p>Brown Rice</p> <p>Beets</p> <p>Oat Bread</p> <p>Chilled Fruit</p>	<p>13</p> <p>Potato Crunch Fish on WW Bun</p> <p>Sweet Potato</p> <p>Coleslaw</p> <p>Apple Crisp</p>	<p>14 Cold</p> <p>Egg Salad on Vienna Bread</p> <p>Garden Salad</p> <p>Quinoa Salad</p> <p>Yogurt</p>	<p>15</p> <p>Turkey Tetrazzini</p> <p>Peas & Carrots</p> <p>WW Dinner Roll</p>	
<p>18</p> <p>Pork w/Apples</p> <p>Sweet Potato Tots</p> <p>Brussel Sprouts</p> <p>WW Bread</p> <p>Cookie</p>	<p>19</p> <p>Beef Stew</p> <p>Mashed Potatoes</p> <p>Cornbread</p> <p>Pudding</p>	<p>20</p> <p>Swedish Chicken Meatballs</p> <p>Rice</p> <p>Green Beans</p> <p>Oat Bread</p> <p>Pineapple</p>	<p>21 Special</p> <p>Turkey & Stuffing w/ Gravy</p> <p>Mashed Potatoes</p> <p>Butternut Squash</p> <p>Dinner Roll</p> <p>Apple Pie</p>	<p>22</p> <p>Ravioli w/Creamy Tomato Sauce</p> <p>Squash Blend</p> <p>Garlic Roll</p> <p>Mandarins</p>	
<p>25</p> <p>Chicken Parm w/Pasta</p> <p>Broccoli</p> <p>WW Bread</p> <p>Chilled Fruit</p>	<p>26</p> <p>Hot dog (beef/pork) on Hot dog Roll</p> <p>Baked Beans</p> <p>Coleslaw</p> <p>Cinnamon Apples</p>	<p>27</p> <p>Garlic Lemon Fish</p> <p>Vegetable Rice</p> <p>Garlic Spinach</p> <p>Vienna Bread</p> <p>Brownie Cookie</p>	<p>28</p>  <p>No Meals Served</p>	<p>29</p> <p>Day after Thanksgiving</p> <p>No Meals Served</p>	



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.*



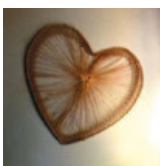
Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Littleton Council on Aging, Littleton, MA 06-5119

Craft Class

Wednesday November 13th, 1pm-3pm

November is a great month for celebrating & getting together. We will be making a fall wall hanging. Use your creativity to make a beautiful wall hanging for everyone to enjoy. Class is November 13 from 1:00 to 3:00 in the multipurpose room. The cost is \$3 and the class is limited to 20 so sign up early. See you there!

-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, Nov 1st: 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! **PLEASE NOTE:** Pizza will be served in the Senior Diner at 1pm, Bingo will follow at 1:30pm in the MPR.



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

Elder Law Drop In

Friday, November 1st, 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.

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, Nov. 18th from 9AM-2PM

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Monday, November 18th 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 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

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.



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.

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!

Nov 1st: Tiny's, Ayer, MA

Nov 15th: Dream Diner, Tyngsboro, MA

Coffee Club

Nov. 8th, 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

November 27, 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 November 13th, 8:00AM - 9:00AM

Men's Breakfast November 20th, 8:00AM - 9:00AM

Join Special Guest Cook Marilyn and the crew for a hot cooked breakfast 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 Nov. 8th and 22nd the EHS Van will be taking our JULIET group to a local Diner for breakfast. Meet new friends or bring someone you know. 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!

Nov 8th: Tiny's, Ayer, MA

Nov 22nd: Dream Diner, Tyngsboro, MA

Restaurant Hoppers

Monday, Nov 25th, 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, November 25th we will be headed to Bailey's Bar & Grille in Townsend, MA . 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, Nov. 20th so we are able to reserve your table.



Property Tax Exemption Spotlight: TAX DEFERRALS (also known as CLAUSE 41A)

A tax deferral is a way to reduce or eliminate the amount currently due on your real estate tax bill. The deferral will not forgive the tax obligation but may be a very good option for those who are struggling to keep up with an increasing tax bill or on a fixed income.

EXAMPLES OF WHY PEOPLE DEFER? •To maintain a level tax bill. You choose how much to defer! •To be able to afford an unexpected expense (new roof, septic, car) •To make your quality of life a priority (to afford medications, food & house expenses •Flexibility! Pick & choose what year(s) and/or how much to defer! •No requirement to disclose 'Why you choose to defer'

WHO QUALIFIES? •Property owner is age 65 or older •Gross receipts not exceeding \$55,000.00 •Deferrals can be combined with any of the exemptions you may also be entitled to.

WHAT IS THE AMOUNT A QUALIFIED PERSON CAN DEFER? •The portion/amount of your bill you defer is completely up to you and your needs. •Up to 100% of your bill may be deferred. •To receive a deferral annually, you will need to apply annually. •The accumulated total amount of multi-year deferrals cannot exceed 50% of the value of the property.

HOW ARE DEFERRED TAXES PAID BACK? •A lien will be placed on the property in the amount of the deferred taxes plus 1% interest. •The lien is not required to be repaid until the sale of the property occurs or upon the death of the applicant(s)

WHO CAN I TALK TO PRIVATELY AND/OR HELP ME WITH THE PAPERWORK? •ALL applications and conversations are confidential. •For assistance with the application process and questions, contact Amy or Alicia at the Elder & Human Services Outreach Department: 978-540-2470. •EHS can also review any Exemption options you may qualify for. •Completed forms are processed at the Assessor's Office.

By Mail: PO Box 1305, Littleton MA 01460

By Email: HAXon@LittletonMA.org

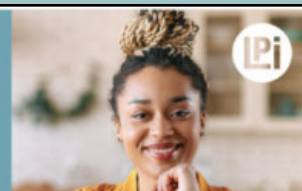
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Special Programs!

John Clark & His Great American Music Experience Presents: Music of World War I Wednesday Nov 6th, 11am in the MPR

This program highlights some of the most popular singers, songs and songwriters of World War I (1914-1918). Prior to American involvement, British war songs were popular in this country, like **It's a Long, Long Way from Tipperary** and **Keep the Home Fires Burning**. Then, as events began to draw us into this "war to end all wars", opposing viewpoints were expressed in popular songs, like the pacifistic **I Didn't Raise My Boy to Be a Soldier** and the militaristic **Wake Up, America!** Don't forget the biggest wartime favorite of all, George M. Cohan's **Over There**. Of course there were romantic and sentimental songs that spoke for soldiers, spouses and families separated by the war, like **'Til We Meet Again**. And even humorous songs like the tongue-twisting **Sister Susie's Sewing Shirts for Soldiers** and Irving Berlin's **Oh, How I Hate to Get Up in the Morning**. Then following the signing of the Armistice, we heard songs about how American life had changed after the war: **How You Gonna Keep 'Em Down on the Farm** and **I've Got My Captain Working for Me Now**. Featured artists include Al Jolson, Eddie Cantor, John McCormack, Nora Bayes, Billy Murray, Henry Burr and several popular quartets of the era. Call to register! 978-540-2470



Lunch & Conversation: Jobs That Used to Exist Friday, November 8th at 11am, in the MPR

Join us with hosts Life Care Center for a Lunch and Learn on Wednesday, November 8th at 11AM in the MPR for a fun lunch and conversation: *Jobs that do not exist anymore, do you remember? And why do you think?* Come have lunch on Life Care Center of Nashoba Valley and see how we have progressed and see what jobs have been replaced. Please call 978-540-2470 to register.

Pies and Positivity Thursday, November 14th at 2PM, in the MPR

Sharon Nolli from Fallon Health- Summit ElderCare will present on Nov. 14th from 2:00PM to 3:00PM on the Power of Positive Thinking. She will discuss how to believe in yourself, create positive energy, expect only the best, create happiness and positive thoughts, and how to stop worrying and realize a peaceful mind generates power. Come enjoy some pie and hear some valuable life tips. Please call 978-540-2470 to register.



Holiday Scam Awareness with Middlesex Sheriff's Office Monday, November 18th at 10am, Police Dept Community Room

Members of the Middlesex Sheriff's Office will be on hand at the LPD Community Room on November 18, 2024 at 10AM to discuss scam prevention and awareness during the holiday season. The Sheriff's Office will talk about ongoing scams, ways to recognize them and how you can help family, friends and neighbors protect themselves. Please call to register: 978-540-2470.



Caring For your Loved One Through the Holidays Wednesday, November 20th at 2pm

Cindy from Bridges presents tips on how to care for your loved ones with memory issues during the holidays. Attend the seminar and go home with a delicious packaged dinner for two. Please call to register 978-430-2470.



Friendsgiving Luncheon with the Littleton Rotary Club Wednesday, December 4th at 12pm in the MPR



Join us and our friends from the Rotary for a delicious meal together on December 4th at 12pm in the MPR. No cost for this event. You don't want to miss this! Thank you Rotary!

Please call to register! 978-540-2470.



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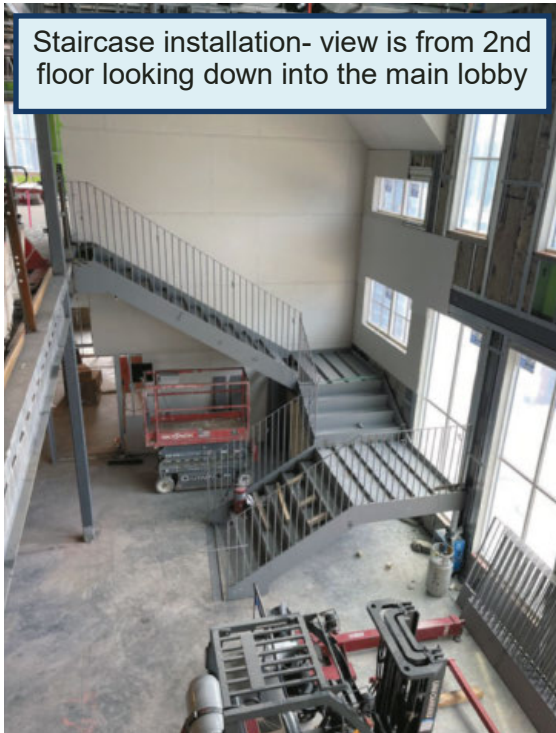
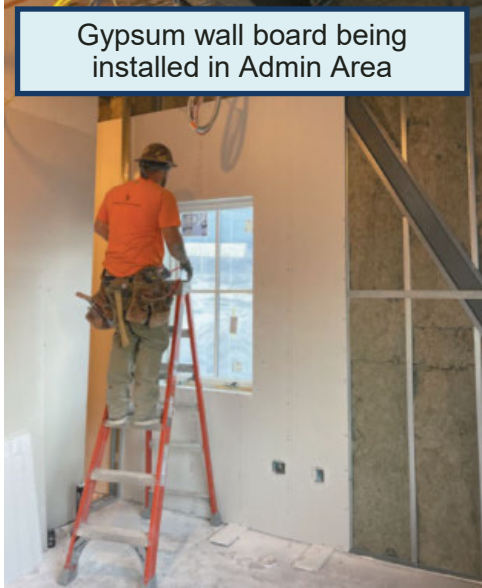


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LITTLETON EHS TRANSPORTATION

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

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

**Effective October 7, 2024 rides are now fare-free
through June 30, 2025!**

