

The Broadcaster

December 2024



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IMPORTANT NOTES:

The COA Board will meet Monday, 12/9, at 3PM in Room 103; a virtual Zoom option is also available. Zoom link to join is on the meeting's agenda.

EHS/COA Offices & the Senior Diner will be closed on Wednesday, December 25th.



From Liz's Desk:

Hello Everyone! On behalf of the EHS staff I would like to extend our warmest wishes for a very happy holidays to you all!



As we close out another year, we want to take a moment to express our heartfelt gratitude to our volunteers for the time, care, and energy they have dedicated to our community and our department this year. Your dedication has made a profound difference in the lives of our seniors, and we couldn't do this important work without you. Thank you for being a vital part of our community and for spreading kindness and warmth each day. Your contributions are truly appreciated, and we are so grateful to have you as part of our team!

It seems as though time as flown by since we first broke ground on the new building at the beginning of this year, and now here we are in December with a beautiful center taking shape right before our eyes. It is hard to believe that 2024 marks the last full year in our town hall space! This month you will see the siding finished, and painting applied, and flooring being installed inside the building.

We have an exciting month planned for you. With the holidays and the events going on, it is sure to be busy and your calendar will fill up fast. Call to register for programs beginning Monday, December 2nd as programs are sure to fill up quickly.

Now that winter is in full swing, please reach out if you need assistance with heating costs. Our Outreach Coordinators have access to many resources and benefits for which you may be eligible. They are happy to confidentially assist you in applying. Don't assume you aren't eligible for assistance, there are many different programs out there.

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.

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. There is cost for this event. You don't want to miss this! Thank you Rotary! Please call to register at 978-540-2470.

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



COA Board Update

Greetings! What a busy time of the year! EHS/COA welcomed Megan Murphy, our 1st full-time Program Coordinator, who immediately jumped into learning all about our wonderful department. Megan would love to hear from all of you about what types of programs you would like to have so please either drop by to meet her or call her at 978-540-2475. (Amy has moved into the office next to Liz and Megan is now where Amy used to be).

Thanksgiving has already come and gone, and we are into the great wonders of Christmas! How and what to give can become a daily thought. May I suggest that this year we all have a unique consideration for giving. The Center on Shattuck Street which will be the home of Elder & Human Services, will be opening as soon as construction is completed in the spring. This presents a great opportunity to honor, memorialize, or thank someone you know or to just contribute for yourself! Consider gifting 10, 50, 100 dollars or more (the sky is the limit) to the building fund. There are so many ways to be a part of this exciting event! Contact Liz, our Director, at 978-540-2470 for more specific information. Information on the new building, including the donation information packet, can be found on our building website: <https://www.littletoncenteronshattuck.com/>

-Marge Payne, Chair, COA Board



Participant Policies

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

- Everyone must register in advance for programs.
- 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 Monday Dec. 2nd 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:

-are a Senior Littleton resident;

-live in your 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 978-540-2470

Friends of the Council on Aging

Here's a holiday gift idea with the season fast approaching. What better gift to give to honor the legacy of your family and loved ones than to purchase a leaf on a donor tree to be installed on the new Senior Center Lobby.

Leaves are being sold at two different prices, a small leaf at \$250 and a large leaf at \$500. Leaves may be ordered by contacting Charlie DeStefano at (978) 404-6777 or by email at deltasuv@gmail.com

-Charlie

Donation information packets are available upon request, or online here:

LittletonCenterOnShattuck.com/donation-opportunities

Holiday Helpers

LITTLETON
PARKS, RECREATION, & COMMUNITY EDUCATION
Gift Giving Program

For 15 wonderful years, this program has helped Littleton families during the holiday season. With the kindness of our community, we'll provide warm clothing and three special gifts for each child enrolled in the holiday helpers program.

You Can Help In Three Ways!

1. Purchase gifts listed on the Amazon Gift Registry! The items will be delivered to the PRCE Office.
2. Donate to the Holiday Helpers Gift Fund
3. Visit the PRCE Office and pick out some gift requests. Take the gift ID card with you, purchase the item, and return it with the gift ID card to the office.

SCAN ME

For more information or access to program links



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.

Fuel & Heating Assistance

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.

Holiday Dinner Distribution Need Help with Your Holiday Dinner?

If you are a resident of Ayer, Devens, Dunstable, Groton, Harvard, Littleton, or Shirley please visit the Loaves and Fishes Pantry if you need help!

Just join the drive-thru line to receive a holiday dinner with all the fixings!

Holiday Dinner Distribution – Wednesday, December 18th from 9 a.m. to 1 p.m. and 5 p.m. to 7 p.m.

If you have any questions, please contact the Loaves and Fishes Client Counseling Team:

Phone: 978-772-4627 x312

Email: clientassist@loavesfishespantry.org

Littleton's 55+ Co-housing, Hager Homestead, still has one Affordable Housing unit available to qualified seniors. Any income-eligible elder is welcome to apply. Applications are accepted on a first-come, first-served basis. Persons needing help to apply may contact Amy DeMichele, EHS Asst. Director: ademichele@littletonma.org, 978-540-2472.

The application can be found here: <https://sebhousing.com/property/hager-homestead-littleton/>

Medicare Annual Open enrollment is October 15th – December 7th Time to review your Medicare coverage!

- In September each Medicare beneficiary receives an Annual Notice of Coverage 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/ co-payments 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.

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 Dec 5th and Dec 19th.

Caregiver Support: No meeting in December. Next meeting is Jan 29th. 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 Asst Director Amy DeMichele.**

Rental Assistance Program

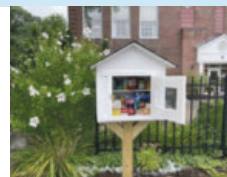
The Littleton Rental Assistance Program provides rental assistance to income-eligible households who are renting qualified housing units in Littleton. The assistance available through the program will be provided for a period of 1 year (with the ability to re-apply for up to 3 years) in the amount of \$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 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!



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.

Parkinson's Support Group Thurs. Dec.12th, 2pm - 3pm



Nashoba Valley Life Centers is pleased to announce a Parkinson's Disease Support Group, taking place on the second Thursday of each month at 2 PM at 191 Foster Street, in Littleton MA. All are welcome!

Group facilitators are Joanne McCole, RN, BSN, and Michele Churchill, OTR-L.

To register, please call Joanne at 978-486-6712 or send an email to her at: joanne_mccole@lcca.com

December 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 2 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 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg | 4 8:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Friendsgiving Lunch | 5 10:00-11 Muffins and Mochas with Megan 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group | 6 8:30 ROMEO Club Breakfast Trip 10-11 Elder Law 1:00 BINGO |
| 9 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 4:00 Night Lights Trip | 10 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00 Craft Class 1:00-4:00 Mah-Jongg | 11 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch & Learn: Estate & Long Term Care Planning 1:30 Live Concert from Kellys Music School | 12 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 1:00 Holiday Themed Trivia and Tunes with Vin | 13 8:30 JULIET Club Breakfast Trip 9:30 Coffee Club 1:00 BINGO |
| 16 9:00-2 Foot Care Clinic 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 Cupcake Decorating | 17 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg | 18 8:00 Men's & Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance | 19 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group | 20 8:30 ROMEO Club Breakfast Trip 1:00 BINGO |
| 23 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 | 24 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg | 25  | 26 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia | 27 8:30 JULIET club Breakfast Trip 1:00 BINGO |
| 30 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 No Chair Yoga Today! | 31 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg | | | IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE |



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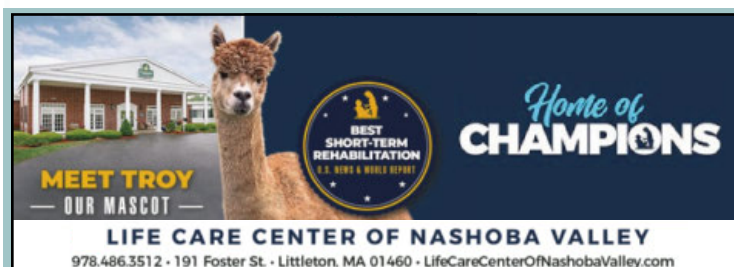
ltempleton@lpicommunities.com
 (800) 477-4574 x6377



| Minuteman Senior Services | | December 2024 | | Meals on Wheels Menu |
|---|--|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 2 Turkey w/Gravy Mashed Potato Green Beans LS Wheat Bread Applesauce | 3 Cheese Omelet Turkey Sausage Roasted Potatoes Honey Carrots Muffin Yogurt | 4 Chicken Alfredo w/Pasta Broccoli WW Dinner Roll Chilled Fruit | 5 Hot dog (beef/pork) on Hot dog Roll Baked Beans Coleslaw Cinnamon Apples | 6 Beef Fajita on Tortilla Peppers & Onions Rice & Black Bean Cookie |
| 9 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Root Vegetables WW Bread Chilled Fruit | 10 Greek Chicken (spinach, feta, olives) Orzo Vegetable Blend MG Bread Cookie | 11 Special Apple Glazed Ham Garlic Mashed Green Beans & Bell Peppers Wheat Roll Mint Choc Mousse | 12 Stuffed Shells Cauliflower Oat Bread Applesauce | 13 Cold Tuna Salad on Vienna Bread Bean Salad Garden Salad Chilled Fruit |
| 16 Lasagna w/Alfredo Sauce Squash Blend WW Bread Mandarins | 17 Turkey Pot Pie w/ Peas & Carrots Mashed potato Vienna Bread Fruit | 18 American Chop Suey Brussels Sprouts WW Garlic Roll Jello | 19 Lemon Chicken Rice Pilaf Broccoli Oat Bread Cake | 20 Sausage, Peppers, Onions on Bun Butternut Squash Green Beans Applesauce |
| 23 Sheppard's Pie Biscuit Chilled Fruit | 24 Potato Crunch Fish on ww Bun Sweet Potato Latin Slaw Apple Crisp | 25 No Meals Served  | 26 Turkey Tetrazzini Peas Carrots WW Dinner Roll Fresh Orange | 27 Apricot Chicken Rice Pilaf Broccoli Oat Bread Cookie |
| 30 Swedish Chicken Meatballs Brown Rice Green Beans Oat Bread Pineapple | 31 Ravioli Creamy Tomato Sauce Squash Blend Garlic Roll Mandarins | Entrees that contain more than 1200 mg sodium are designated by an *** | To CANCEL or ORDER your Meal, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u> 781-325-7879 | For questions about the nutritional information in this menu or your nutritional needs, contact: Deborah McLean, Dietitian, 781-221-7018 |



This program is made possible in part by funding from Executive Office of Elder Affairs. *Entrees that contain more than 500mg sodium are designated by an **. Menu subject to change without notice.



Craft Class

Tuesday December 10th, 1pm-3pm

Can you believe it is December already? This month we will meet on **TUESDAY, DECEMBER 10th, 1pm-3pm**, in the multipurpose room. We will be creating wall hangings with fabric to look like the picture below. The class will cost \$3. There is a limit of 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, Dec. 6th: 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!

Elder Law Drop-In

Friday, December 6th, 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



Weather permitting!! 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 978-540-2470.

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

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

Foot Care Clinic Monday, Dec. 16th, 9AM-2PM

Foot Care RN, Christine Quirry, RN CFCN is here Monday, Dec. 16th 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, 10am-12pm, Room 230

Our weekly Blood Pressure Clinic is held every Tuesday 10am-12pm, 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!

Avoiding Falls in Cold Weather

As the season progresses, it is important to stay winter ready. and prepare for the potential risks and hazards that come with it. Here are some tips from FEMA.

When entering your home, make sure you:

- Dry the wheels or tips of each walking aid before entering your home.
- Keep the entryway clear of clutter to avoid slipping or tripping. Use ice melt or sand to clear outside walkways.
- Keep a small table or shelf near the entry door to put items while unlocking the door.
- Use a different entrance if your home's main entrance is often icy during winter.
- If possible, stay inside when the weather is bad. Consider delivery services for prescriptions, groceries and other necessities.

When outside your home, make sure you:

- Avoid shoveling snow yourself when possible. There is a risk of heart attack for older adults while shoveling snow.
- Use railings to help avoid slipping on icy stairs and walkways.
- Wear nonskid, rubber-soled, low-heeled footwear.
- Ensure outdoor areas are well-lit.



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



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!

Dec 6th: Paul's Diner, Westford, MA
Dec 20th: Rosco's Diner, Chelmsford, MA

Coffee Club Dec. 13th, 9:30am-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 December 18th, 7:30am, Senior Diner

Join us for a hot breakfast cooked by our very own Fire Dept! Veterans of all ages are welcome to this free offering. We hope you will join us! **Please note the date change due to the holiday**— Men's Breakfast will combine with the Veteran's Breakfast this month. Please let us know if you will be attending 978-540-2470.



Just Us Ladies Into Eating Together

On Dec. 13th and 27th 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!

Dec 13th: Paul's Diner, Westford, MA
Dec 27th: Rosco's Diner, Chelmsford, MA

Restaurant Hoppers Monday, Dec 30th, 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, December 30th we will be headed to Evviva Trattoria in Westford. 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 Mon, December 23rd, 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 December 11th, 8:00AM - 9:00AM Combined Veteran's and Men's Breakfast December 18th, 8:00AM - 9:00AM

Join Charlie 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. The Fire Dept will be cooking the combined Men's and Veterans Breakfast this month due to the holiday!



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

Muffins and Mochas with Megan Thur. Dec 5th, 10am-11am, Senior Diner

Stop by and meet our new Program Coordinator, Megan Murphy, and have a muffin and a hot mocha! Bring your suggestions for programs that you would like to see us offer in the future.

Lunch and Learn: Estate and Long Term Care Planning Wednesday, Dec. 11th at 12PM, MPR

Join us Wednesday, December 11th at 12PM for a Lunch and Learn educational lecture with Attorney Kitty O'Connor in the Multipurpose Room.

Please call 978-540-2470 to register.

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.

LGBTQIA+ and Friends Event Saturday, December 21st, 11am-1:00pm Minuteman Senior Services Office, Suite 101, One Burlington Woods Drive Burlington, MA



Please join us for a screening of the movie *Rustin*. *Rustin* illuminates the work of civil rights activist / rainbow icon Bayard Rustin, awarded the Presidential Medal of Freedom as the key organizer of the March on Washington for Jobs and Freedom at which Dr. Martin Luther King, Jr. delivered his "I Have a Dream" speech.

A cold, light lunch will be provided. All are welcome. RSVP by Monday, December 16th, 2024 at 781-275-6825 or coa@BedfordMA.gov



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Special Programs!

Night Lights at New England Botanic Garden Trip Monday, December 9th at 4PM

Our most popular trip of the year is finally here! Join us at New England Botanic Garden (formerly Tower Hill Botanical Garden) on Monday, December 9th at 4PM for a magical walk through the lights. The EHS van will leave Town Hall at 3:30PM, if you need transportation to/from your home please let us know when you register. Celebrate the season with a light display at New England Botanic Garden! Enchanting landscapes, fun experiences, and thousands of lights await. Enjoy s'mores, seasonal drinks, a model train, shopping for holiday gifts, and fun photo opportunities while creating special memories. Space is limited, \$10 per person to be paid to EHS upon registration. Call 978-540-2470 to register.



Youth Join Seniors in Harmony, A Live Concert & Sing Along Performance by "Kelly's Music & More" Music School Wednesday, December 11th 2024, 1:30 - 2:30, in the MPR

Kelly's Music & More, a music school based in Littleton, specializes in working with talented young musicians, preparing them for bright futures in every way we can. We get them playing right away by showing them the foundations of music while encouraging them to explore their creativity.

These young musicians work really hard, performing frequently throughout the year, for community events, schools, libraries, senior centers, and Food Drives. We're especially excited to perform for the Littleton Community! These students play and sing an eclectic mix of music, rock, pop, jazz, country - covering artists such as Green Day, Frank Sinatra, Stevie Wonder, Taylor Swift, Shawn Mendes, Alison Krauss, Glen Campbell, Dizzy Gillespie, John Coltrane, Horace Silver, and Amy Winehouse.

See this group of talented youth perform an array of songs and styles! Bring your own voice and be ready to sing!! The show will conclude with a sing along of timeless and classic songs that everyone can join together in singing. Enjoy some refreshments with us at this festive event! Please call to register: 978-540-2470

Holiday Themed Trivia and Tunes with Vin Thursday Dec. 12th, at 1pm, in the MPR



Looking for something fun and new to do to celebrate the holidays? Grab some friends and join us for the upcoming Trivia and Tunes game. Trivia and Tunes combines questions designed with seniors in mind across a broad variety of categories with musical clues from artists like Sinatra, the Supremes, Dean Martin, Ella Fitzgerald and Elvis.

This game will be holiday-themed, so brush up on your Christmas movies, Hanukkah facts, and other December trivia.

Celebrate National Cupcake Day with a Cupcake Decorating Class Monday, December 16th, at 3pm, in the Senior Diner

We're always looking for a reason to celebrate, and who doesn't love a cupcake? Join us on Monday Dec. 16th to decorate a snowman cupcake to celebrate National Cupcake day! We will be joined by Instructor and Baker, Lainie, from *Lainie Cakes* of Hudson, MA! No cost, space is limited. Please call to register: 978-540-2470



New Year Celebration! The Golden Age of Crooners with Entertainer Frank King Wednesday, January 8th, at 3pm in the Multipurpose Room

Join us to celebrate the new year with hot hors d'oeuvres and some great music! Frank King will be here for a musical lecture where you'll get to hear the standout songs of the Golden Era – including rare, seldom-heard recordings- and also learn some fascinating secrets about the singers and the songs.

On 1/8, his lecture will focus on the legendary **JOHNNY MATHIS**, including "*Chances Are*" and many other hits from his long career. You'll learn about his life story, including the difficult career choice he faced as a teenager. Also included: the story behind 3 hit songs from the great music year of 1948; a rare duet by Frank Sinatra and Judy Garland; plus a few surprises. Registration for this event is open in December so we can have an early headcount for catering! Call today 978-540-2470!



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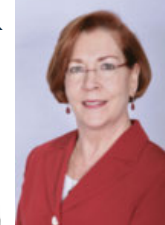
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The Center on Shattuck Street Updates:



Siding installation, and sidewalk forming and pouring



Granite curb and bollards installed



Program Room 2 with wall finishing in progress, mechanical piping in place.



Stormwater drain and catch basin installed and backfilled



Siding progress facing Shattuck Street

RECENTLY COMPLETED:

- Kitchen hood installed
- Poured concrete patio, side-walks, condenser pad, and dumpster pad
- Water is live, power is live
- Canopy framed

NEXT MONTH LOOK AHEAD:

- Elevator construction continues
- Acoustical Ceiling installation
- Flooring installation
- Painting

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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!**

