

The Broadcaster

February 2025



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IMPORTANT NOTES:

The COA Board will meet Monday, 2/10, 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 & Senior Diner will be closed on Monday February 17th.



From Liz's Desk: Hello Everyone! We are inching closer and closer every day to moving into our new building. We are deep in the planning and preparations at this stage, working out the logistics and finalizing placement of furniture, fixtures, and equipment. I am so grateful that we have experts in our community to lend their talents in helping to pick the best equipment suited for our needs— special thanks to our fitness instructors, kitchen and food service aficionados, and our local pool players! The interior of the building is really coming together beautifully. The walls are painted, the bathrooms tiled, and finishes are going up. I know you are going to love this new space!

Speaking of love, from all of us here at EHS, we wish you a Happy Valentines Day! We LOVE seeing you every week and spending time together. Join us on February 13th for a special concert from Lisa Yves (check out page 12 for the details!) or on Valentines Day (the 14th) for an ice cream social in the multipurpose room!

Valentine's Day Sundae Bar Friday February 14th, 2-3pm in the MPR

Join us for some Valentine's Ice Cream Sundaes while we watch some classic Valentine's Day clips from TV and movies.



It's tax season again! We have our AARP Tax Aide program running this year to assist you with your simple tax returns. Beginning Monday Feb 3rd you may call to sign up for a Wednesday afternoon time slot to have your taxes done. Please see **page 4** of this newsletter for all the details. We have AARP Tax Aide volunteer Bob Martinec returning this year, joined by Tax Aide volunteer Bill Crenshaw.

Senior Tax Work Off Program: If you participate in the Senior Tax Work Off Program, please hand in your timesheets by February 28th!

Winter Weather Policy

If Littleton Public Schools are closed due to inclement weather, Littleton EHS Vans will not run. The safety of Littleton residents and our van drivers is of the utmost importance. In the event of a snowstorm, please check to see if Littleton schools are closed. If they are, you will be contacted to reschedule your ride. If Town Hall is closed due to weather, all in-person EHS programs will be canceled for that day. If are unsure please call the main office at 978-540-2470.

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



COA Board Update

Welcome February! Three months (February, March, April) and counting! Have you thought about the HUGE opportunity our new building will provide for Littleton's 60 plus population? Littleton will soon be able to expand the variety of programs and services provided to help those 60 and up **maintain their health, independence and social connections**. Programming up to now has been limited to three rooms essentially. We know that many categories of programs i.e. educational, mental stimulation, socialization etc. etc. are necessary to accomplish the above goals. Our staff has done a great job providing a variety of activities, but lack of space has limited them. We have well-qualified staff ready to expand programming and only need the space which is coming! This is so VERY exciting!

Three months remain for folks to participate in the building finalization. Please help get the word out to friends and neighbors and encourage them to participate. Consider how you yourself might like to contribute and participate. 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.

Remember to consider volunteering your time to EHS/COA in 2025! There will be so many new and different ways to be involved.

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

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



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 Feb. 3rd 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
 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.

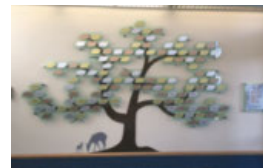


If you are interested in the program, please call the EHS Office to confirm your eligibility. If you qualify, you will have a bucket of icemelt product delivered to your door by a staff member or volunteer for use on your property. For more information or to sign up for the program please call 978-540-2470

Friends of the Council on Aging

Let me start off by wishing all our Seniors a healthy and prosperous New Year.

Our original vendor for our Donor Tree suffered damage from the two hurricanes that impacted the Sarasota region of Florida. We have since decided to go with Metro Signs located locally, they are currently working on designing a Donor Tree for us.



The tree will be 8 feet wide with brown acrylic branches and metal leaves of gold and silver mounted on a backing of plexiglass, Leaves can be purchased at \$500 for a gold leaf and \$250 for a silver leaf.

Checks can be mailed to the Friends of the LCOA, Treasurer, Box 134, Littleton, MA 01460



-Charlie

VICE CHAIR, FLCOA

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

LittletonCenterOnShattuck.com/donation-opportunities

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

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.



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



AARP Tax Aide Program

AARP Tax-Aide volunteers Bob Martinec and Bill Cranshaw as well as other certified volunteers will be available this year to complete your 2024 federal and state income tax returns. This is a free service sponsored by EHS. Please call us at 978-540-2470 to add your name to the list for having your tax return prepared. We will be scheduling one hour appointments on Wednesdays at 1pm, 2PM, and 3pm beginning February 12th—April 9th. Please call us with any questions: 978-540-2470



Information Needed for Preparing Your Tax Return:

- A completed IRS Form 13614-C – Taxpayer Intake/Interview Form (to be obtained from the EHS department)
- Copies of your 2023 federal and state tax returns.
- Original forms W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc.as received from issuers.
- The amount and date of any federal and state estimated tax payments you made for 2024.
- Form MA 1099-HC (IRS Form 1095-B if you did not receive MA 1099HC). The health insurance information from these forms must be entered on your Massachusetts tax return.
- Form 1095-A (you receive this form if you received the advanced health insurance premium tax credit). Your return will be rejected, and the IRS will demand the entire credit be returned if the information from this form is not entered on your federal tax return.
- If you pay rent for your main home (only if in Massachusetts), total the amount you paid in calendar year 2024 (some or all is deductible on your Massachusetts tax return).
- Bank account information if you wish to have tax refunds/payments directed via direct deposit.

Additional Information needed to qualify for a Mass. State Circuit Breaker Credit

- Total the real property tax bills that you paid in calendar year 2024 for your main home in Massachusetts. If you own a home or vacant land in another state or a second home or vacant land in Massachusetts, total those bills separately from your main home (do not include any interest charges or any demand fees). TREAD awards are not considered as being paid by you.
- If your main home is in Massachusetts – total the water/sewer bills that you paid in calendar year 2024. Only include the water usage charge and the service charge for the meter. Do not include any interest charges, demand fees, or connection charges.
- If your main home is in Massachusetts, include any Storm Water fees that you paid in calendar year 2024. Car, boat, personal property excise tax bills that you paid in calendar year 2024 (do not include any interest charges or any demand fees).

Additional Documentation needed if you itemize deductions or have large deductible expenses that may exceed the federal standard deductions for 2024 (over \$14600 if single, \$29200 if filing jointly)

- Medical & Dental expenses – total your co-pays and deductibles for all your drugs (prescription & over-the counter), doctor, dentist, hospital visits, etc. Include hearing aids, eyeglasses, etc. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, & Medicare premiums separately since they need to be reported separately (do not add them together).
- Charitable contributions. - total your cash/check/credit card contributions that you gave to a charity/ church/ nonprofit/ government. You cannot deduct contributions given to any individual person (including gofundme), political organization, or election campaign. For property contributions- in general terms (clothing, household goods, furniture, etc.), what was contributed; date of the contribution; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity.



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



OUTREACH CORNER

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

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 Feb 6th and 20th.

Caregiver Support: Next meeting is Feb 26th at 6pm, and 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

Presentation by Mass. Behavioral Health Partnership Thursday, Feb 27th at 2pm, Room 230



Massachusetts' new Behavioral Health Help Line (BHHL) offers direct connection to mental health and substance use care for anyone in the Commonwealth— no insurance needed. Available 24/7, in more than 200 languages, the BHHL is a phone, text, and online chat line who's clinically trained staffed will work with you to determine the care that best fits your needs and directly connect you to treatment, including outpatient, urgent care, and immediate crisis care. Mary Morrison will be presenting on this service and how best to utilize it as well as what the process looks like every time you call or text the helpline. Join to find out more about this tool whether for you or a family member or friend. Call to register: 978-540-2470



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., Feb. 13th, 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

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 12:15 Lunch & Learn: Spot the Scam 1:00-4:00 Mah-Jongg	5 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Chocolate Tasting Social- Event full! 2:30 Tour of Shaker Lane School + Q&A	6 10:00 Recovering from a Hospital Stay 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group	7 8:30 JULIET Club Breakfast Trip 10-11 Elder Law 1:00 BINGO
10 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	11 9:30 Back to Basics iPhone & iPad class 10:00 Ravenous Readers Book Club 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	12 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Theatre and Chorus Interest meeting 1:00 Craft Class	13 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 2:00 L.O.V.E presented by Lisa Yves	14 8:30 ROMEO Club Breakfast Trip 2:00 Valentines Day Sundae Bar No bingo today!
17 CLOSED 	18 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	19 8:00 Men's Breakfast 8:30-9:30 Walking Club 9:00-2 Foot Care Clinic 1 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch & Learn Downsizing and Decluttering	20 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group 1:45 Boost Your Brain Health	21 8:30 JULIET Club Breakfast Trip 1:00 BINGO
24 8:00 Parkers Maple Barn 10:00-11:00 Tai Chi 11:00 RummiKub 11:15 Line Dancing 1 12:15 Line Dancing 2 12:45-1:30 Chair Yoga 12-2:00 Loving Stitches	25 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	26 7:30 Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 A&W Ukulele Players 6:00 Caregiver Group	27 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 2:00 MA Behavioral Health Helpline Presentation	28 8:30 ROMEO club Breakfast Trip 11:00 History of Country Music with Matt York 1:00 BINGO
IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE				



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Minuteman Senior Services		February 2025		Meals on Wheels Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Chicken & Sausage Gumbo Rice Biscuit Cookie	4 Yankee Pot Roast Mashed Potatoes WW Bread Chilled Fruit	5 Tuna Casserole Vegetable Blend WW Dinner Roll Mandarins	6 Turkey & White Bean Chili Green Beans MG Bread Applesauce	7 Broccoli & Cheese Egg Bake Roasted Potatoes Beets Muffin Yogurt (<i>no milk</i>)	
10 Beef Stroganoff Broccoli MG Bread Chilled Fruit	11 *** Hot dog (<i>beef/pork</i>) on Hot Dog Roll Baked Beans Garden Salad Cinnamon Pears	12 Turkey & Cranberry Salad Butternut Salad Coleslaw Pita Bread Fruit	13 Chicken Scampi (<i>congregate-shrimp</i>) Vegetable Blend Garlic Dinner Roll Chocolate Berry Mousse	14 Pasta Fagioli (<i>beans, carrots, celery, tomatoes, spinach</i>) Cauliflower Oat Bread Brownie Cookie	
17  No Meals Served	18 Turkey A la King Parmesan Risotto Corn MG Bread Pineapple	19 Citrus Chicken Sweet Potatoes Broccoli Oat Bread Cookie	20 Beef Stew Mashed Potatoes Biscuit Tapioca Pudding	21 Eggplant Marinara w/Cheese & Pasta Squash Blend WW Dinner Roll Mandarins	
24 Turkey w/Gravy Mashed Potatoes Green Beans LS Wheat Bread Chilled Fruit	25 Cheese Omelet Turkey Sausage Roasted Potatoes Honey Carrots Muffin Yogurt (<i>no milk</i>)	26 American Chop Suey Zucchini WW Garlic Roll Mandarins	27 Chicken Cordon Bleu Butternut Squash Beets MG bread Fruit	28 Breaded Fish Sandwich on Bun Vegetable Blend Garden Salad Fruit Crisp	
	For questions about the nutritional information in this menu or your nutritional needs, contact:: Deborah McLean, Dietitian 781-221-7018	Thank you to our Senior Nutrition Corporate Sponsor  Metropolitan Home Health Services, Inc.	For weather emergencies and cancellations, please check Fox 25 TV station	To CANCEL or ORDER your Meal, Call your meal site by 11AM the <u>DAY BEFORE</u> Littleton: 781-325-7879	



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.

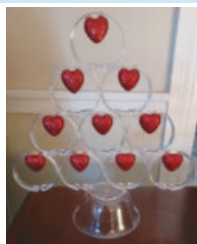


Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Littleton Council on Aging, Littleton, MA 06-5119

Craft Class

Wednesday Feb. 12th 1-3pm, MPR

It is February and time to think hearts. We will be making a centerpiece. It is quite pretty. So let's get together on February 12 from 1:00pm to 3:00pm and create. The class is limited to 20 so sign up early. The cost is \$3. See you soon! Call to register 978-540-2470.



—Anita, Anne Lee, Kathy, & Sue

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

Drop in and join us whether you knit, crochet, or are learning how! Loving Stitches is a group that makes items for local charities, rather than for personal use. Join the fun!

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!

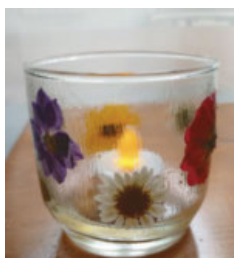


Crafting With Rachelle- Wildflower Votives Workshop

Friday March 7th, 11am-12:00

Join Rachelle in making a Wildflower Votive to get us starting to think about Spring!! \$3 per person. Class size is limited.

Call to register- you can call in February to register for this class due to the timing: 978-540-2470



BINGO

Fridays @ 1PM-3PM in the MPR

Join us for BINGO every Friday, 1-3pm!

Friday, Feb. 7th: 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: NO BINGO ON 2/14!



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

Elder Law Clinic

Friday, February 7th, 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

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 at the Russell St. Track Wednesdays 8:30am

Weather permitting!! Join us Wednesday mornings! Please call to sign up 978-540-2470. The walk will be at the Track at Russell Street School from 8:30AM - 9:30AM. Dress comfortably and bring water!

Caregiver Support Group- 2nd Wed. Congregational Church of Littleton

Meetings take place on the 2nd Wednesday of every month from 7–8:30PM in the Parish Hall of The Congregational Church of Littleton at 330 King St. Littleton. This is a support group for people of all ages who have the responsibility for the welfare of a family member or friend. This is open to all in the community and nearby towns and is NOT limited to church members.

Foot Care Clinic Feb 19th, 9AM-2PM

Foot Care RN, Christine Quirry, RN CFCN is here Wednesday 2/19 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!

Recovering from a Hospital Stay- Presented by Nashoba Park Thursday Feb 6th at 10am, Room 230

After a hospitalization for a serious health event, many seniors need additional care or rehabilitation services, such as physical or occupational therapy, until they have fully recovered. They may be sent to a skilled nursing facility or rehab center to receive the necessary services short-term, or they might be sent straight home where they may still require assistance. The burden of securing all of the necessary services and assistance most often falls on the family.

This presentation will help participants understand what happens after a senior is discharged from a hospital or rehab stay, why the readmission rate is so high, and all available options for supportive services including Assisted Living Communities. Call to register 978-540-2470.

Boost your Brain Health - Presented by Concord Park Thursday Feb 20th at 1:45pm, MPR

Learn the benefits of Brain Healthy Cooking. There is no question that eating a diet rich in brain healthy foods can benefit people at any and every age. It reduces inflammation, regulates blood sugar, promotes heart health and scientists are now finding it may have an effect on delaying the symptoms of Alzheimer's disease. Hear from experts why making more healthful and mindful food choices can benefit you.

At the completion of this presentation, participants will be able to... 1. Describe the scientific connection between diet and cognitive health 2. Describe the elements of the Mediterranean diet and their impact on brain and overall health 3. Use brain-healthy, mediterranean-style ingredients in everyday meals. Call to register 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 Littleton ROMEIO 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 utilize MART Connects transportation for free (see page 5 for the information on how to schedule your ride.)

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

Feb 14th: Tatlista by the Brook, Shirley, MA
Feb 28th: The Village Store, Westford, MA

Veterans Breakfast **February 26th, 7:30am, Senior Diner**

Join us for a hot breakfast cooked by our very own Police Dept! 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.

EHS Ravenous Readers **Tuesday, Feb 11th at 10am, Room 233**

The first official meeting of the EHS Ravenous Readers will be Tuesday 2/11/25 at 10am in Room 233. Our first book pick is *The Berry Pickers* by Amanda Peters. For those who would like to read ahead, our book for March is *Nora Goes off Script* by Annabel Monaghan. We will be meeting on the second Tuesday of each month at 10am in Room 233.

Please come ready to talk about the book and with some other title suggestions.



Back to Basics with iPhone and iPad - Presented by KevTech Services **Tuesday, Feb 11th at 9:30am, Room 103**

This introductory class introduces new users to the basics of using the iPhone and iPad. We cover the hardware of the iPhone and iPad, important areas of the devices, and accessing common tools like the flashlight, alarm, and camera. Part presentation, part hands-on class, bring your devices! Call to register 978-540-2470.

Staying Organized on iPhone & iPad - Presented by KevTech Services **Tuesday, March 4th, 9:30am, Room 103**

In this class, we learn to take notes, create shopping lists, and manage calendars using the iPhone and iPad. We also learn to use Siri, the virtual assistant used in the iPhone and iPad. bring your devices! Call to register 978-540-2470.



Just Us Ladies Into Eating Together

On Feb. 7th and 21st the EHS JULIET group will head to a local Diner for breakfast. Meet new friends or bring someone you know. You can drive yourself and meet us there, or take utilize MART Connects transportation for free (see page 5 for the information on how to schedule your ride.)

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

Feb 7th: Karyn's Kitchen, Ayer, MA
Feb 21st: Tatlista by the Brook, Shirley, MA

Restaurant Hoppers -New Date for Feb! **Monday, Feb 10th, Van leaves at 12:30**

On Monday, Feb 10th we will be headed to Ocho Café 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 Feb 7th, so we are able to reserve your table.



Women's Breakfast February 12th, 8:00AM - 9:00AM **Men's Breakfast February 19th, 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. *Thank you Friends of the LCOA for generously sponsoring the monthly breakfasts!*

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.

Lunch & Learn: Spot the Scam & Fraud Workshop

Tues. Feb. 4th, 12:15pm in Room 103

Workshop presented by Celia Otero from Jeanne D'Arc Credit Union to educate the community on frauds and scams that target seniors. Join us to learn about the different scams out there and get useful information to help protect yourself from any type of fraud. Lunch sponsored by Life Care Center. Call to register in January so we have an accurate headcount for lunch: 978-540-2470

Elder and Human Services Tour of Shaker Lane School February 5th at 2:30pm @ Shaker Lane



Come tour the Shaker Lane School on Wednesday, February 5th at 2:30pm. During the tour you will see how the building is

currently used as well as the limitations and challenges within Shaker Lane School. After the tour we will gather in the school's library for questions and answers. This tour is open to all, no advanced sign ups are required. For questions about touring Shaker Lane School, please reach out to Dorothy Mulone at dmulone@littletonps.org or Joyce Hekkala at jhekkala@littletonps.org, or by phone 978-540-2500.

Theater / Chorus Interest Meeting Wednesday, Feb 12th at 11am, Room 230

If you are interested in having a theater and/or chorus group here at EHS, Nancy Levine is having a meeting for anyone interested. Bring your ideas, creativity and talent! Please call to register 978-540-2470



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Special Programs!

Chocolate Tasting Social Wednesday, February 5th, 1pm in the MPR

Join us for a chocolate tasting social and try at least 4 (sometimes more!) kinds of chocolate. We will have samples, along with a tasting sheet for you to record your notes. Info on samples and where to purchase both featured and other gourmet chocolates will be provided. No cost, space is limited! Call to register 978-540-2470



L.O.V.E. presented by Lisa Yves Thursday Feb 13th at 2:00 in the MPR



Lisa Yves comes to Littleton with her tribute to LOVE songs just in time for Valentine's Day. Join us on February 13th at 2pm for a sweet time! Refreshments provided. Call to register 978-540-2470.

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

Lunch & Learn! Decluttering & Downsizing: Navigating the Journey of Letting Go! Wednesday February 19th at 12pm in the MPR



For many seniors, a lifetime of memories and possessions can accumulate into overwhelming clutter, making downsizing and decluttering seem like an insurmountable challenge. This seminar, "Decluttering and Downsizing: Navigating the Journey of Letting Go," presented by Jeff and Kelly Turcotte, offers guidance and support to seniors seeking to simplify their lives. Lunch provided. Please call to register 978-540-2470.

Parker's Maple Barn - Sugar House Tour and Breakfast Trip Monday February 24th, 8:00am-11:00am



Back by popular demand! We are heading back up to Parker's Maple Barn in Mason NH for a guided tour of their 19th century Sugar House, a delicious breakfast, and the opportunity to visit their Corn Crib Gift Shop. \$24 per person, includes the tour and breakfast.

Register by 2/18 to reserve your spot. Space on the van is limited! Van leaves town hall at 8am. If you're driving yourself please meet us there at 8:45am. Call today! 978-540-2470.

A&W Ukulele Players Wednesday February 26th at 1pm in the MPR.

Join us for an amazing performance by the A&W Ukulele Players! Call today to register: 978-540-2470.



The History of Classic Country Music with Matt York Friday February 28th, 11am in the MPR



Longtime New England musician/author Matt York will perform the songs of classic country and honky-tonk artists and tell stories of their careers. Starting with artists like Hank Williams, Patsy Cline and many more, York will discuss the origins of Western Swing music and the heroes of the Texas and Nashville honky-tonks. York has twice been nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was named one of Worcester Magazine's best albums of 2022. Call to register! 978-540-2470.



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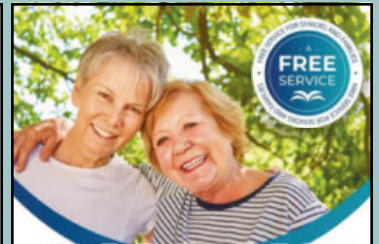
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The Center on Shattuck Street Updates:



Vertex Project Manager Doug Goddard & Outreach Alicia Rego tour the building's 2nd floor program rooms.



Program Room Casework installation on 1/16/25

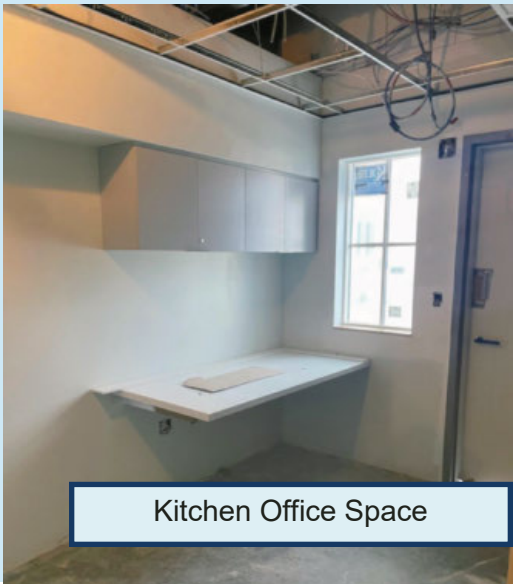


George Dumas & Eric Derba of the Littleton Facilities Dept tour the building to understand what it will take to serve the building and our patrons moving forward.



Acoustic ceiling installation in the billiards room

Progress of the exterior siding and trim installation.



Kitchen Office Space

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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!**

