

The Broadcaster

March 2025



LITTLETON EHS/COA SERVICES

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IMPORTANT NOTES:

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



From Liz's Desk: Hello Everyone! We are so excited to share that our new building is set to complete construction **this month!** Throughout the rest of March and April we will be organizing the big move. In April and May we will see finishing touches and landscaping be completed. Our grand opening will be in May. Stay tuned for details on our ribbon cutting ceremony!

I am excited to share that we have a new mental health referral service available to all residents in town, Care Solace. We know that finding mental health care can add stress to an already stressful situation. That's why we've partnered with Care Solace, a new central hub of care for all of your mental health needs. With a network of over 660,000 licensed mental health providers and substance use treatment services, Care Solace will help you find the right help at the right time, regardless of insurance coverage. No matter what you're experiencing, there is hope and help.



Additionally, we understand that the conditions we live in deeply affect our mental health. If you are in need of food, housing, or affordable medical and dental care, Care Solace can help connect you to resources and provide eligibility information. Call the number below for help.

Care Solace's coordination services are free, confidential, and accessible via:

- By Phone: Call 888-515-7881 at any time. Support is available in 200+ languages.
- Online: Search anonymously by answering a few quick screening questions at caresolace.com/ma-Littleton

Left Center Right (LCR) Fundraiser, Hosted by the Friends of the COA Wednesday March 26th, 6pm-8pm, in the MPR

Join us in playing LCR for a fundraiser for the COA! Bring your own snacks and be prepared for lots of fun and laughs while raising money for our new senior center. Never played before? Join us for a lesson beforehand on Friday 3/14 at 11:30am.

\$20 donation to play. One winner will leave with the \$200 prize! We will also have a 50/50 Raffle and raffle baskets!



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 upmost 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 you are unsure please call the main office at 978-540-2470.



COA Board Update

Greetings March! Two months will fly by, and we will begin the process of moving! Do you realize how being in a new building will help bring Littleton residents to a whole new level of aging in place? You might find it interesting to investigate the MA Healthy Aging Collaborative website and of course the Executive Office of Aging & Independence website. Both are full of valuable information regarding needs of folks...especially those who have lots of life experience!

Have you volunteered your help to COA programs or perhaps made suggestions for programming events etc.? If so, you need to consider having your name located somewhere in our new home. The Friends Donor Tree, which will be in the lobby and the place for either a silver or gold leaf with your name on it will be the perfect spot for this! Suggest to your family that it would be a great birthday gift etc. There are so many ways we all can participate and help make wonderful lasting memories, but it is impossible to list them all here. If you have any interest whatsoever contact Liz, our director, at 978-540-2470 for more specific information.

Remember spring is around the corner and it will be a great time to become more involved!

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 March 3rd for all programs and activities included in this newsletter. Please call the Dept of Elder & 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
Philip Pagano, Driver
Sam Palmer, Driver
Gayle Dalton, Senior Diner Manager

Contact Us:

EHS / COA

33 Shattuck Street
P.O. Box 1305
Littleton, MA 01460

EHS@LittletonMA.org

Main Phone: 978-540-2470

Monday-Friday, 9:00 am- 4:00 pm

COA BOARD MEMBERS

Marjorie Payne, Chair
Anita Harding, Vice Chair
Marilyn Fedele
Joseph Knox
Susan Melander
Mary Newcombe
John Peachey
Mary-Ann Peachey
Jeanne Sill

FRIENDS OF THE COA

Sandra Casale, President
Charlie DeStefano, Vice President
Tony Jesensky, Treasurer
Andy Fredette Asst. Treasurer
Beverly Cyr, Secretary
Anne Lee Ellis
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

Hello everyone. It's been months since I've submitted an article, although I've written one, over and over in my head, and on paper. Here is what I've been wanting to write about:

RENEW Thrift Shop is a labor of love and a joy to work at. There are a few of us who have dedicated ourselves to its cause. It's been over a year, and many have yet to visit. Some came once but didn't appreciate the changes we had to make. Then the 'hearsays' began. But we've come to ignore the negative energy and focus on the good energy. Like the loyal followers who understand the changes we had to make and appreciate our efforts and support us. They are a delight to see, many of them are men. Some customers are new to Littleton or from surrounding towns. All love the high-quality clothing we offer.

We rent four rooms from the First Baptist Church. There's a men's department, two rooms for ladies, and an overstuffed storage room. I joke that if we had as many sales as donations, we'd be a fortune 500 company. All joking aside, we need your support and more volunteers. Have you considered sending your family or friends? Do you know a company that would consider helping a non-profit to defray a portion of their rent as a write-off? Remember we are Friends of the COA. We are doing this for **you**. Help us, Help you! **Open Wed-Sat 10-2**



Sandra, Chair, FLCOA



Donor Tree in the new senior center: Donation information packets are available upon request, or online here:

LittletonCenterOnShattuck.com/donation-opportunities

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 March 6th and 20th.

Caregiver Support: Next meeting is March 26th at 6pm, and held monthly in Room 230 with great conversation and dinner! Bridges will be hosting. Email Amy for more info: ADeMichele@littletonma.org or call 978-540-2470

Grief & Healing Support Group & One-on-One Sessions

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. **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 up to \$500/month to each participating household. Application can be found at: www.littletonma.org/elder-and-human-services

Affordable Housing Trust (AHT) Homeowner Small Grant Program

The AHT is excited to announce the Homeowner Small Grant Program. This program is designed to provide financial support for critical home repairs and accessibility improvement projects to allow Littleton homeowners with limited means to remain in the community as long and as safely as possible. Littleton received a \$120,000 Housing Choice Grant from the Executive Office of Housing and Livable Communities. The AHT will offer up to \$7,500 for critical home repairs for qualified Littleton Applicants. Applicants may be deemed eligible if (1) The property is your primary residence and in need of critical repair; (2) Household income is below 80% of Littleton's Median Income; and (3) You plan to own your home for at least the next 12 months. Contact Amy for more information 978-540-2472

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

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

Cost Chart (One Way)

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

Call or Scan the QR code for Help

Care Solace is available 24/7/365 to quickly find mental health providers, substance use treatment, and social services matched to your needs.

(888) 515-7881



caresolace.com/ma-littleton

March 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 9:30 KevTech: Staying Organized on iPhone 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	5 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Theatre & Chorus Meeting	6 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group 2:00 RMV: Disability Placards & REAL ID	7 8:30 JULIET Club Breakfast Trip 10-11 Elder Law 11:00 Crafting with Rachelle: Flower Votives 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 12:45-1:30 Chair Yoga 3:00 COA Board Meeting	11 10:00 Ravenous Reader Book Club 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 No Irish Need Apply	12 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Craft Class	13 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 4:30 St. Patrick's Day Dinner & Irish Step Dance	14 8:30 ROMEO Club Breakfast Trip 11:30 Learn to Play LRC (Get ready for the Fundraiser!) 1:00 BINGO
17 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 12:45-1:30 Chair Yoga 12-2:00 Loving Stitches	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 Hearing Screening & Hearing Aid Cleaning Clinic with Hearing Life 9:30-10:30 Yoga for Strength & Balance	20 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group	21 8:30 JULIET Club Breakfast Trip 1:00 BINGO
24 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 2:00 The Girls and Girl Groups ('50's Genre)	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 12:00 LELWD Electrical Safety Pres. and Pizza 6:00 Left Right Center Fundraiser! 6:00 Caregiver Group	27 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	28 8:30 ROMEO club Breakfast Trip 10:30 Live Game Show with Kevin Richman 1:00 BINGO
31 10:00-11:00 Tai Chi 11:00 Rummikub 11:15 Line Dancing 1 12:15 Line Dancing 2 12:30 Restaurant Hoppers 12:45-1:30 Chair Yoga 12-2:00 Loving Stitches 6:00 5 Wishes & Pizza	IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE			

Minuteman Senior Services		March 2025		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sweet & Sour Pork Vegetable Lo Mein Green Beans Dinner Roll Pineapple	4 Meatloaf w/Gravy Mashed Potatoes Peas & Onions Oat Bread Cookie	5 Parmesan Fish Rice Pilaf Brussels Sprouts WW Bread Applesauce	6 Marry Me Chicken (<i>tomato, garlic, lemon, cream, parmesan</i>) Quinoa Vegetable Blend Vienna Bread Mandarins	7 Ravioli w/Lemon Basil Butter Sauce Garlic Spinach MG Bread Pudding
10 Glazed Baked Ham Sweet Potatoes Cauliflower Garden Salad LS Wheat Bread Chilled Fruit	11 Chicken Fajitas on <i>peppers, onions</i> Tortilla Rice Black Beans Jello	12 <i>Special</i> Corned Beef & Cabbage Carrots & Turnip Boiled Potatoes Marble Rye Mint Brownie	13 Chicken Meatball Sub Tater Tots Corn Mandarins	14 Mac & Cheese Peas Oat Bread Fruit
17 Turkey Bean Chili Green Beans MG Bread Applesauce	18 Chicken & Sausage Gumbo Rice Biscuit Chilled Fruit	19 Tuna Noodle Casserole w/Peas Vegetable Blend WW Dinner Roll Mandarins	20 Yankee Pot Roast w/Gravy Mashed Potatoes Carrots WW Bread Cake	21 Broccoli & Cheese Egg Bake Roasted Potatoes Beets Yogurt (no milk) Fruit Loaf
24 Chicken Pot Pie Biscuit (<i>HDM</i>) Puff Pastry (<i>Cong</i>) Mashed Potatoes Peas & Carrots Chilled Fruit	25 Beef Stroganoff Egg Noodles Broccoli MG Bread Pudding	26 Turkey Cranberry Salad on Pita Butternut Salad Garden Salad Fruit	27 Hot Dog (<i>beef/pork</i>) on Hot Dog Roll Baked Beans Latin Slaw Cinnamon Pears	28 Pasta Fagioli <i>beans, carrots, celery, tomato, spinach</i> Cauliflower Oat Bread Brownie Cookie
31 Honey Garlic Pork Brown Rice Brussel Sprouts Vienna Bread	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 DAY BEFORE Littleton: 781-325-7879

Craft Class

Wednesday March 12th 1-3pm, MPR

Hello All! It is exciting times for EHS. This month we will be making faux stain glass pictures. They will be abstract designs on glass in a frame. It is a great new craft and we are excited to show you. The class is March 12 from 1- 3pm in the MPR. The class is \$3 and is limited to 20 so sign up early for a fun afternoon.

—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, March 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!



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

Elder Law Clinic

Friday, March 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

Monday March 17th, 9AM-2PM

Foot Care RN, Christine Quiry, RN CFCN is here Monday 3/17 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!

Hearing Screening and Hearing Aid Cleaning Clinic with Hearing Life Wed, March 19th, 9am-11am, Rm 233

On March 19th Hearing Instrument Specialist Brian Bauer (Lic. #492) of HearingLife in Hudson, MA will be here for hearing screenings and hearing aid cleanings. Please call to book your free 15 minute one-on-one session!

978-540-2470



Registry of Motor Vehicles - Disability Placards and REAL ID Thursday March 6th, 2pm, in the MPR



REGISTRY OF MOTOR VEHICLES

www.Mass.Gov/RMV

Join us for a presentation by the DMV on how to obtain a Disability placard / plate and the laws governing them as well as the particulars for applying for a REAL ID. The deadline to get a REAL ID is fast approaching – for real this time!

Call to register 978-540-2470.



care
solace

Help is Available

At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers, regardless of your insurance coverage. We can also connect you to social services such as housing, health care and food, as well as community organizations that provide social assistance.

Visit caresolace.com/ma-littleton
or call 888-515-7881





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

Join the Littleton Chapter of ROMEO! The Littleton ROMEO 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!

March 14th: Pressed Café, Chelmsford, MA
March 28th: Marty's Corner Café, Devens, MA

Veterans Breakfast

Wed. March 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, March 11th at 10am, Room 233

The EHS Ravenous Readers will meet Tuesday 3/11 at 10am in Room 233. Book Club is the second Tuesday of every month in room 233. The book for March 11th is *Nora Goes Off Script* by Annabel Monaghan. The book pick for April is *The God of the Woods* by Liz Moore.

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

Just Us Ladies Into Eating Together



On March. 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!

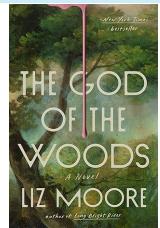
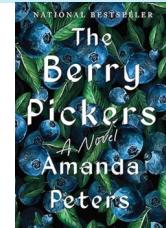
March 7th: The Village Store, Westford, Ma

March 21st: Pressed Café, Chelmsford, MA

Restaurant Hoppers

Monday, Mar. 31st, Van leaves at 12:30

On Monday, Mar. 31st we will be headed to Karma in Westford, MA. 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 March 27th, so we are able to reserve your table.



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.

Learn to Play LRC (Get ready for the Fundraiser!)

Friday, March 14th, 11:30am, MPR

Learn to play LRC (Left, Right, Center) in preparation for our LRC Fundraiser scheduled for Wednesday 3/26/25 at 6pm! Run by Barbara DeStefano right before BINGO. Please call to register 978-540-2470.



Women's Breakfast March 12th, 8:00AM - 9:00AM

Men's Breakfast March 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!*

5 Wishes: Presented by New England Hospice & Life Care Centers of America

Monday, March 31st, 6:00pm-8:00pm, in the MPR

Join us for a pizza dinner while listening to a presentation on 5 Wishes

Have "The Conversation" Before It's Too Late: Give Your Family the Gift of Peace of Mind with Five Wishes

Imagine this: a family gathered around a hospital bed, fraught with worry and disagreement. Doctors are asking questions, but no one knows what their loved one truly wanted. This is a heartbreakingly common scenario when end-of-life wishes haven't been clearly communicated.

No one wants to think about the end, but planning ahead is one of the most loving and practical things you can do for your family. It avoids painful conflicts and ensures your wishes are honored. That's where Five Wishes comes in.

What is Five Wishes?

Five Wishes is a simple, easy-to-use document that helps you express your wishes for end-of-life care in a clear and personal way. Developed by the trusted non-profit organization Aging with Dignity, it goes beyond traditional legal documents to address not just medical decisions, but also your emotional and spiritual needs. Guided by a professional team in hospice and senior living care, wishes are listed without being an overwhelming or daunting experience.

Call to register 978-540-2470



Theater / Chorus Interest and Planning Meeting

Wednesday, Mar 5th at 11am, Room 230

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



Special Programs!

No Irish Need Apply Presentation - Historian Chris Daley Tuesday, March 11th at 1pm, in the MPR

The talk begins with a look at the scant evidence there is of the Irish who were brought over unwillingly as indentured servants in the late 17th Century. Then the first real migration of the Irish in 1718 - the arrival of the Scot-Irish or the "Ulster Irish" will be discussed. Next, we will examine the slow pre-famine trickle of Irish Catholic immigrants coming into Boston as well as the corresponding increase in Anti-Irish/Catholic sentiment within Boston beginning with the notorious Pope's Day celebrations and then the discussion will turn to the burning of the Ursuline Convent in 1834 in Charlestown, and the Broad Street Riot of 1837.



The massive wave of immigration into Boston after the Great Potato Famine will be examined next with respect to the condition of the new arrivals, the neighborhoods they settled, how they banded together, the kinds of work they did to survive and their eventual assimilation into American culture.

Finally, there will be a discussion of the rise of the Irish within the sphere of Boston politics. Short vignettes on such Irish political leaders such as Patrick Collins, Hugh O'Brien, Martin Lomasney, Patrick J. Kennedy, John "Honey Fitz" Fitzgerald and of course the old "Rascal King" himself James Michael Curley will be given. Please call to register! 978-540-2470

St. Patrick's Day Dinner & McInerny School of Irish Dance Thursday March 13th, 4:30pm, in the MPR

Join us for a delicious corned beef and cabbage dinner with all the fixings sponsored by Rivercourt Residences! Dinner will be served and then we will enjoy a performance at 5:30 by the McInerny School of Irish Dance.



Please call to register, space is limited: 978-54-2470

The Girls & the Girl Groups (Women's History Month/50's Genre) - with John Clark Monday, March 24th at 2pm in the MPR



Rock & roll was dominated by a male rockers and songs from a male perspective. But from 1958 to 1964 the music of female singers and groups spoke directly to the emotions and situations of adolescent girls. First came Connie Francis with teen love songs like Where the Boys Are. Then Lesley Gore was all about boyfriends and betrayal with It's My Party and its dramatic sequel Judy's Turn to Cry. There was the threat of payback in the Angels' My Boyfriend's Back. There were even songs about the bad boys that the good girls loved like Leader of the Pack and He's a Rebel. But don't forget those songs about the joys of falling and being in love like Be My Baby and He's So Fine. And in the end the Dixie Cups invited us to walk down the aisle with them to the Chapel of Love. Along the way you'll also hear the hits of the female TV stars of the era: Connie Stevens, Shelley Fabares and Annette Funicello. The agony and the ecstasy. Yes indeed, it's all there (and set to music) in this nostalgic program of famous teen oriented songs.

Call to register 978-540-2470.

LELWD Electrical Safety Presentation and Pizza Party Wednesday March 26th, 12pm, MPR



Join us with Ray from LELWD for an educational presentation on electrical safety followed by a pizza and pie. Ray will also be raffling off a Market Basket gift card!

Please call to register, space is limited: 978-540-2470

"LIVE" Game shows with Kevin Richman Friday March 28th, 10:30am in the MPR

Join the "Live Game" show with Kevin Richman! Come and participate in our lively program playing game show favorites such as "Jeopardy," "Wheel of Fortune," "Concentration," "Family Feud," "Match Game," and many more.

Try your luck, prizes for game winners! Please call to register 978-540-2470.



The Center on Shattuck Street Updates:



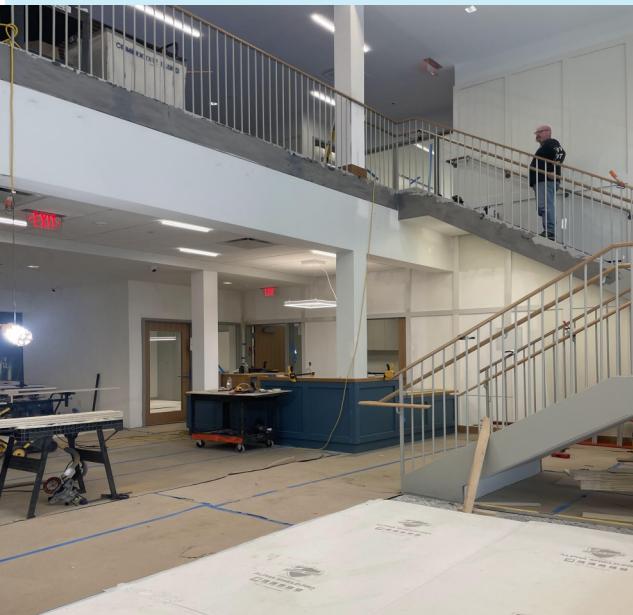
Study Millwork installation



Program Room 1 in finishing stages



Main Reception Desk being installed



View of the main reception desk and staircase



Kitchen Refrigerator, Sinks, and Ovens installed



Natural Light in Program Room 1



LITTLETON COUNCIL ON AGING
P.O. BOX 1305
33 SHATTUCK ST.
LITTLETON, MA 01460

Prsrt Std
US Postage
Paid
Permit No. 19
Littleton, MA



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!**

