

The Broadcaster

April 2025



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IMPORTANT NOTES:

The COA Board will meet Monday, 4/14, at 3PM in Room 103; a virtual Zoom option is also available. Zoom link to join is on the meeting's agenda.

Closed on
Monday April 21st in
Observance of Patriots Day



From Liz's Desk: Hello and happy April to you all! There is so much exciting news to share this month! At the time of writing this article in mid-March, we have completed nearly all of our final inspections, and just received notice that we have gotten our new building's Certificate of Occupancy from the Building Commissioner. A huge milestone in the project! We are now going through our punch list items to be sure everything is just as planned. Through March and April staff are being trained on the new equipment inside the building, including the new kitchen appliances, all of the technology, the audio-visual equipment, and security system. All of the furniture and fitness equipment is scheduled for delivery during the 3rd and 4th weeks of April. All month you will see EHS/COA staff busy with packing and moving, and finding new homes for our things. Thank you in advance for your patience with us, as we expect this will be a hectic and busy time!



I cannot wait for you all to experience the new building. The architecture and design of the space was planned so thoughtfully and intentionally, it makes you feel welcome and comfortable as soon as you walk in!. The construction and attention to detail is meticulous. So please save the date of Friday May 16th at 1pm in the afternoon for our official Ribbon Cutting Ceremony and grand opening!

Senior Luncheon at Littleton High School Wednesday April 9th at 1pm, Littleton High School Cafeteria



It's time for the Annual LHS Luncheon in Honor of Littleton's Seniors! The Littleton School Department is so excited to be hosting a Luncheon in honor of Littleton's seniors. This will take place on Wednesday, April 9th at 1pm at the High School Cafeteria. The menu will include homemade meatloaf and mashed potatoes with all the fixings – and of course, dessert! Come eat and enjoy some live music with us! School will still be in session. Please do not come early. Parking is in the rear of the building. Seating is limited. Call to register and get your ticket: 978-540-2470. Littleton Seniors only.

33rd Annual LELWD Luncheon Tuesday April 22nd, 12pm, at the Littleton High School Cafeteria



A turkey dinner will be served with fresh rolls, salad, and desserts! Please call to register: 978-540-2470. Pick up your ticket at the COA office, and don't forget to bring your ticket to the luncheon to enter into one of the 3 raffles valued at \$100! This luncheon is open to Littleton and Boxborough seniors.

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



COA Board Update

Alert seniors in Town! We are on the cusp of being in our new, quite amazing building which will provide much needed increased space for EHS/COA. Look for the ribbon cutting date and please do come! Now that we are at this momentous finale, it is time to look at the one HUGE remaining need regarding seniors in Littleton: Deeply affordable rental housing opportunities. Just a little information to help you understand how long ago this need was identified. Sept. 21, 2015 (10 years ago) UMass Boston Gerontology Institute reported on a needs assessment they completed at the request of our Town. Many meaningful recommendations were made with two greatest needs, 1. Expand the capacity of the COA and the space for senior activities (accomplished!) and 2. Promote age friendly housing because by the year 2035 more than 1 of every 3 residents is expected to be 60 or older. We all know that there are few deeply affordable rental opportunities currently in town. However, our Town is now addressing this need. IT IS IMPORTANT THAT YOU STAY INFORMED IN ORDER TO MAKE INFORMED DECISIONS AT OUR NEXT TOWN MEETING. The discussion is just commencing, and it is a somewhat complicated process. May I suggest that you read the March Littleton Town Newsletter, pages 2 & 4, articles by our Town Administrator, Jim Duggan and Town Planner, Maren Toohill. (Town Newsletter is on Town Website and there are some hard copies available in EHS). You can also go to the Town Website LCTV and look at the COA Board Meeting of 3/10/25, when Jim Duggan, TA, explains some of this.

-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 April 1st 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.

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

State Senator Jamie Eldridge Presents:

44th Annual Senior Conference

Thursday, April 17th, 2025
8 AM - 2 PM

Assabet Valley Regional Technical High School
215 Fitchburg St, Marlborough, MA 01752

Workshops, Food, Raffle Prizes, & more!

Questions? Email: Bianca.DeSousa@masenate.gov

Friends of the Council on Aging

By the time you read this article the fence surrounding the senior center will be gone and the long-lost rear parking at the library will have resumed. The anticipated ribbon cutting ceremony is scheduled for mid-May. What will you do to mark this day in history?

A Special Appeals Letter was sent to all Littleton residents in early March. Its purpose was to not only ask for financial support but also give us the opportunity to recognize someone who's held a special place in our lives and hearts. There will be a donor tree in the lobby of the Center with both silver and gold leaves placed upon donor request. A silver leaf donation is available to us at \$250 and a gold at \$500, with the name of your choice engraved. What a wonderful way to honor a loved one or give a unique gift. These two choices can easily be made with the information on the Special Appeals Letter. You need to fill out the bottom of the sheet, write a check to FLCOA and we'll handle the rest.



Support at a higher level comes with Naming Opportunities. When you sponsor a room, for example, an engraved plaque with the name of your choice would be mounted outside of the room. This would be on a first come/first serve basis. The full list is held by Liz Tretiak, COA Director.



Sandra, Chair, FLCOA

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

LittletonCenterOnShattuck.com/donation-opportunities



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.

Find Your Match:
Visit caresolace.com/ma-littleton
Complete a Screening
Get Matched & Book an Appointment!

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



Scan for Care



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 April 3rd and 17th.

Caregiver Support: Next meeting is April 30th 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.

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. Accessibility Improvements may include, but are not limited to: Access Ramps, Grab Bars, Stairs & Stair Lift, Tripping Hazards, Wheelchair Access.

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

Caregiver Support Group @ Congregational Church of Littleton, 2nd Wed. of Each Month

Meetings take place on the 2nd Wed. of every month from 7-8:30PM in the Parish Hall of the Church 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.

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.



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

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!

The S.H.I.N.E. Program

Are you turning 65 this year and thinking about retiring in 2025? The SHINE program can help you navigate the transition from employer group health coverage to Medicare A/B and supplemental coverage to cover copayments, deductibles, and medication.

A "New to Medicare" SHINE counseling session will guide you through how to enroll in Medicare A/B; when to enroll in Medicare; tax implications when contributing to a Health Savings Account; the differences between traditional Medigap supplements and Medicare Advantage plans; and annual healthcare costs in retirement.

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 Rego for your SHINE appointment today at 978-540-2469.

Elder Law Clinic Friday, April 4th, 10am-11am

Phillip Arcidiacono, Attorney at Law, will be on site in Room 233 from 10:00AM - 11:00AM to answer your legal questions. No cost for the 20 minute consultation!

Reserve your spot by calling 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](#)

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

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.

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.

Massachusetts Registry of Motor Vehicles Appointment Line for Customers Age 65+

Seniors who are at least 65 years of age can call the RMV's dedicated appointment line at **857-368-8005**, Monday- Friday from 9:00 a.m. to 5:00 p.m., to schedule a license or ID renewal appointment, and REAL ID appointments.

Call and book an appointment to visit the RMV Service Center location of your choice. RMV hours of operation are Monday through Friday between 9:00 a.m. and 5:00 p.m. AAA Members must contact AAA to book an appointment to visit a AAA office. Visit [AAA/NE.com](#) or call your local AAA office.

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

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	2 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Bonnie Hope Delarose Musical Performance 1:00 Craft Class	3 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group	4 8:30 JULIET Club Breakfast Trip 10-11 Elder Law 11:00 Ukelele Class 1:00 BINGO
7 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 2:00 Painting Party for Littleton in Bloom 3:00 COA Board Meeting	8 10:00 Ravenous Reader Book Club 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Abigail Whitney & Family; Events of April 19, 1775	9 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Senior Luncheon at Littleton High School	10 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 2:00 Flower Arranging Class 3:00 Tiger Tech	11 8:30 ROMEO Club Breakfast Trip 11:00 Ukelele Class 1:00 BINGO
14 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	15 9:30 iPhone Photography for Beginners 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00 Boston Irish Belt Tri. 1:00-4:00 Mah-Jongg	16 8:00 Men's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Crafting with Laura-Felted Eggs	17 8:00-2:00 44th Annual Senior Conference 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group	18 8:30 JULIET Club Breakfast Trip 11:00 Ukelele Class 1:00 BINGO
21 CLOSED 	22 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 12:00 LELWD Luncheon 1:00-4:00 Mah-Jongg	23 7:30 Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Theater & Chorus	24 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 2:00 Harnessing the Power of AI and Chat GPT 3:00 Tiger Tech	25 8:30 ROMEO club Breakfast Trip 11:00 Ukelele Class 1:00 BINGO
28 10:00-11:00 Tai Chi 11:00 Rummikub 11:15 Line Dancing 1 12:15 Line Dancing 2 12:30 Restaurant Hopper 12:45-1:30 Chair Yoga 12-2:00 Loving Stitches	29 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Trip to NE Botanical Garden: Daffodils	30 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:30 Oneil Cinemas 6:00 Caregiver Group	IN PERSON EVENTS -GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE	



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Minuteman Senior Services

April 2025

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For questions about the nutritional info in this menu or your nutritional needs, contact: Deborah McLean, Dietitian, 781-221-7018	1 Turkey a la King Mashed Potatoes Corn Biscuit Pineapple	2 Citrus Chicken Parmesan Risotto Broccoli Oat Bread Cookie	3 Beef Stew Steam Potatoes MG Bread Tapioca Pudding	4 Eggplant Parm w/Pasta Vegetable Blend WW Dinner Roll Mandarins
7 Chicken Parmesan w/ Pasta Roman Veggies MG Bread Pineapple	8 Potato Crunch Fish on Burger Bun Corn Brussels Sprouts Chilled Fruit	9 Steak Fajita, peppers & onions Spanish Rice Black Beans Tortilla Rice Pudding	10 Glazed Ham Au'Gratin Potatoes Caesar Salad LS Wheat Bread Apple Crisp	11 Mac & Cheese Peas WW Bread Fresh Fruit
14 Turkey w/ Gravy Mashed Potatoes Carrots LS Wheat Bread Applesauce	15 Beef Burgundy Egg Noodles Broccoli WW Bread Chilled Fruit	16 <i>Cold</i> Egg Salad on Pita Quinoa Salad Marinated Beets Jello No Margarine	17 <i>Special</i> Broccoli Cheese Stuffed Chicken Sweet Potatoes Garden Salad Oat Bread Berry Crisp	18 Mediterranean Cod Rice Pilaf Creamed Spinach WW Dinner Roll Fresh Fruit
21 Patriot's Day  No Meals Served	22 Broccoli Egg Bake Roasted Potatoes Carrots Fruit Loaf Yogurt (<i>no milk</i>)	23 Hot dog on Roll LS Beef/Pork Baked Beans Coleslaw Cinnamon Apples	24 Meatloaf /Gravy Mashed Potatoes Green Beans MG Bread Cake	25 Chicken Stir Fry w/ Vegetables Brown Rice Oat Bread Pineapple
28 Beef w/ Gravy Mashed Potatoes Corn Biscuit Chocolate Pudding	29 Balsamic Chicken Butternut Squash Garlic Kale WW Dinner Roll Chilled Fruit	30 <i>Cold</i> Turkey & Cheese on Rye Bread Garden Salad Three Bean Salad Fresh Fruit	Thank you to our Senior Nutrition Corporate Sponsor  Metropolitan Home Health Services, Inc.	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.

MEET TROY
— OUR MASCOT —

BEST SHORT-TERM REHABILITATION
U.S. NEWS & WORLD REPORT

Home of CHAMPIONS

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Craft Class Wednesday April 2nd 1-3pm, MPR

Hello All! It is exciting times for EHS. This month we will be making tulips out of pistachio nut shells and put them in a small vase. It is a great new craft and we are excited to show you. The class is April 2 from 1:00 to 3:00 in the multipurpose room. The class is \$3.00 and is limited to 20 so sign up early for a fun afternoon.



PLEASE NOTE THE DATE CHANGE FOR THE CLASS- APRIL 2.

-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.

Crafting with Laura- Felted Eggs Wednesday April 16th, 1:00pm, MPR



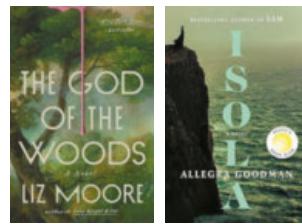
Laura will be back by popular demand to make another felted craft! No prior experience felting necessary. \$3 per person.

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

EHS Ravenous Readers Tuesday, April 8th at 10am, Room 233

The EHS Ravenous Readers will meet Tuesday 4/8 at 10am in Room 233. Book Club is the second Tuesday of every month in room 233.

Our April book is The God of the Woods by Liz Moore. Our May book pick is Isola by Allegra Goodman. Join us for fun discussions and story related snacks!



Painting Party for Littleton in Bloom Monday April 7th, 2:00pm, in the MPR

The Littleton Cultural Council is providing wooden flowers, wooden butterflies and painting supplies for the creation of a painted wooden garden to be displayed on the town common, Faye park, and other public locations around town. Inspired by the Littleton community members and organizations who make our town "bloom" with their kindness, generosity of spirit, and community service, we look forward to creating an artistic celebration of the spring season as depicted by the residents of our town. Join us to do our part in making Littleton more beautiful this spring!

BINGO Fridays, 1:00PM-3:00PM in the MPR

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

Friday, April 4th: A special pizza lunch will be provided for all BINGO players, please be sure to register in advance to ensure we have enough for everyone!



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

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

Rummikub play together, and it's great for a game night too. Join us!

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!



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! New crafters encouraged to join!

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/class. Instructor Stan Fall

Mondays: Beginners Line Dancing 1: 11:15am– 12:15am, in the MPR, \$5/class. Instructor Kari McHugh

Mondays: Advanced Line Dancing 2: 12:15pm-1:15pm in the MPR, \$5/class. Instructor Kari McHugh

Mondays: Chair Yoga with Rebecca Reber 12:45pm-1:30pm in the Sturtz Room at the RH Library, \$3/class

Tuesdays: Stretch & Flex, 11:15am-12:15pm in the MPR, \$3/class. Instructor Carol Wing

Wednesdays: Yoga for Strength & Balance 9:30-10:30am in Library (Sturtz), \$3/class. Instructor Carol Wing

Thursdays: Stretch & Flex, 11:15 am-12:15 pm in the MPR, \$3/class. Instructor Carol Wing.



RI Lighthouse Cruise, Tuesday, July 15, 2025

Motorcoach will depart: 9:30 AM - Littleton Senior Center, Returns Approx: 5:30pm

Join *Bloom Tours* on this 90 minute cruise showcasing 10 of Rhode Islands most beautiful Lighthouses. The captain will take you throughout the Narragansett Bay bringing you up close and personal to these historic landmarks. Before the cruise you enjoy a delicious lunch at the Quonset O' Club. Menu will include your choice 1 of the following: New England Baked Scrod or Breaded Chicken Cutlet. All meals come with mashed potatoes, sauteed green beans, rolls, butter, vanilla ice cream, coffee and tea. \$149 Per Person

For reservations, call the EHS/COA Office: 978-540-2470. Full payment and Meal Choice due at time of booking. Tour is non-refundable. *TRIP OPERATED BY BLOOM TOURS*

Foot Care Clinic

Monday April 7th, 9AM-2PM

Foot Care RN, Christine Quiriy, RN CFCN is here Monday 4/7 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.



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!

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!



Day Trips!

The Field Of Daffodils: Trip to NE Botanic Garden at Tower Hill, Boylston, MA

Tuesday April 29th, 1pm-4:30pm

One of the most popular seasonal displays at the Garden, the Field of Daffodils signals the first signs of spring. When this field of more than 25,000 daffodils comes into bloom, it is a dramatic sight to behold. Join us to experience this tapestry of color and take photographs. When you call to register please let us know if you will be taking the van or driving yourself. Van leaves at 1:00pm. \$15 per person.

Trip to Webs “America’s Yarn Store” Friday May 2nd, Van leaves at 8:30, returns by 4pm

Join us for a shopping trip to Webs “American yarn store” in Northampton, MA followed by lunch at Northampton Brewery. Call to register, space is limited!





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 (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!

April 11th: Classic Kitchen Café, Westford, MA
April 25th: Tiny's, Ayer, MA

Veterans Breakfast

Wed. April 23rd, 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 let us know if you will be attending 978-540-2470.



Women's Breakfast April 9th, 8:00AM - 9:00AM
Men's Breakfast April 16th, 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!

Digital Literacy & Technology

iPhone Photography for Beginners: Taking & Organizing Photos- KevTech
Tuesday, April 15th, 9:30am-10:30am, Room 103

In this class, we dive into the Camera app on the iPhone, exploring different features of the camera and adjustments that can be made for taking pictures in different settings. We also go into Photos and discuss organizing photos into Favorites and Albums.

Harnessing the Power of AI for Older Adults - How to Use AI and Chat GPT
Thursday, April 24th, 2:00pm-3:00pm in the MPR

Experience how Chat GPT can revolutionize your free time, from news-related interests to hobbies and activities. Use A.I. safely for everyday tasks, personalized learning, and meaningful conversations. Plan unique experiences, spark fresh hobby ideas, and get tailored book and movie recommendations. It's all about enhancing your life with AI's assistance. Great for people interested in learning new skills, or for those who are just wondering what all the fuss is about.

Tiger Tech at Littleton High School
April 10th and April 24th at 3:00pm

Need help with technology? Sign up through the COA to get tech help from Tiger Tech members at the high school! We help with devices, email and messaging, social media, photos and videos, and everything else! Call to schedule an appointment 978-540-2470



Just Us Ladies Into Eating Together

Meet new friends or bring someone you know. You can drive yourself and meet us there, or utilize MART Connects transportation (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!

April 4th: Marty's Corner Café, Devens, MA
April 18th: Classic Kitchen Café, Westford, MA

Restaurant Hoppers

Monday, April 28th, Van leaves at 12:30



On Monday, 4/28 we will be headed to Atlantic Sea Grill in Acton, 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 April 23rd, so we are able to re-reserve your table.

Learn to Play the Ukulele with Julie - 4 week class Begins Friday April 4th, 11am-12pm, in the MPR

Want to try an instrument that is fun and relatively easy to play? Learn the fundamentals of ukulele playing. No experience necessary. Ukuleles provided or bring your own. In this one hour program, participants will learn how to tune, strum, fret and read chord diagrams. Call to register: 978-540-2470

Join Me at the Movies - O'Neil Cinema - Senior Wednesday Wednesday, April 30th, 12:30pm at O'Neil Cinema

Wednesdays are Senior Days at O'Neil Cinema. Meet Megan at the cinema for a 1pm showing of a movie yet to be disclosed! (Movies come out the week before....) If you sign up, Megan will contact you as soon as the movie is announced and then you can decide for sure! \$7 tickets and \$3 popcorn/drink. Call to register: 978-540-2470

Theater / Chorus Planning Meeting Wednesday, April 23rd at 11am, Room 230

There will be 2 parts to these upcoming events; PHASE 1 and PHASE 2. Here's PHASE 1: Do you like to sing in the shower? Do you like to dance in the rain? Do you have a talent you'd like to share with others or even a small group? Do you like being around people with smiling faces? If so, please read on... A few years ago, some people got together and looked forward to starting some lighthearted entertainment amongst themselves. Several groups were formed and were on their way, for a short period of only two weeks. COVID HAPPENED AND EVERYTHING STOPPED.

Fast forward to the spring of 2025. Some of us Littleton seniors, thought it was a good idea to try again. So here we are with collaboration between EHS and the FLCOA, to get this started. Please attend our next meeting (PHASE 1) Wednesday, April 23, 11:00am with Mark Corey and Nancy Levine, and perhaps YOU too! COME ON OVER! You just might have a good time. There is also the possibility for a very exciting PHASE 2 venue on the horizon, but may not be ready in time for this Broadcaster. If this happens, please check your May issue for our SPECIAL NEWS. Stay tuned!!!! Please call to register 978-540-2470. —Nancy Levine

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Special Programs!

Bonnie Hope Dellarose - Musical Performance Wednesday April 2nd, 11am, in the MPR

Bonnie Hope Dellarose sings songs from every decade, genre and emotion. She has been playing the guitar and singing for 30 years and her repertoire is always growing. Bonnie holds a degree in music therapy from Arizona State University as well as a Hospice Music Therapy certification from Seasons hospice. She has been singing in senior centers across the state since 1998. Bonnie weaves lighthearted stories and a warm, loving presence into all of her performances. She is also a yoga instructor and mom to four boys who are all musicians themselves.

Abigail Whitney and Family; Eyewitness to the Events of April 19, 1775 Tuesday April 8th, 1:00-2:00pm in the MPR

Abigail by Gail: A Colonial Experience - Transport yourself back to colonial New England and understand how it was an epicenter for the family establishment, commerce, and political activity. Learn about the daily life of an ordinary housewife, Abigail Whitney, her husband Samuel, and their 17 children as they manage everyday existence while participating in major events that shape America's history.



Abigail Whitney and her family witnessed British soldiers march by their home on the Bay Road in Concord, MA, early in the morning on April 19, 1775, the beginning of the American Revolution. Later, as the soldiers retreated, they fulfilled specific orders to search the Whitney house looking for ammunition and supplies. Abigail remained strong, but anxiously worried about her husband Samuel, who was with fellow patriots at Concord's North Bridge. Additionally, she was frightened and concerned as her teenage son went missing. Learn about these first-hand experiences, why the soldiers searched her home, and the outcome for the family, the town of Concord, and the nation.

Flower Arranging Class with Elegant Flower Shop Thursday, April 10th, 2:00pm-3:00pm, in the MPR

What do you do with the flowers you buy from the grocery store? In this class we'll showcase easy ways to make any supermarket bouquet look beautiful and Pinterest worthy. We'll cover types of spring flowers, design techniques and care and handling. A demonstration will consist of the European handtied method as well as the grid style. Each participant will get a chance to design their own flower arrangement with gorgeous, fresh flowers in a glass vase with hands on guidance from the instructor. This is a fun way to spend time with your friends and learn a new skill. Flowers and vase are included in the \$27 class price, but please bring your own scissors or clippers.



Boston Irish Belt Trilogy - Author Mike Bernard Tuesday, April 15th, 1:00pm-2:00pm, in the MPR

Mike Bernard is a screenwriter, author and playwright. His work has been recognized internationally in the Academy Nicholl Fellowship, PAGE, ScreenCraft, New York and Los Angeles Screenplay competitions. His 'midlife crisis' writing career began when all his children and all his money went off to college.

Mike is a graduate of Providence College and Boston College High School. He resides on Cape Cod with his wife Michele. He spends his summers losing to someone twice his age in Pickleball, and his winters aimlessly roaming the aisles of Home Depot.

Mike will present his 'Boston Irish Belt Trilogy' novels. The discussion will include local inspirations, writing process, Hollywood screenplay adaptations, Irish Catholic guilt and passive aggressive mothers (definitely not his own ;) Please call to register 978-540-2470

Cinco de Mayo Party Monday, May 5th, 1:00-2:30pm in the MPR

Join us on May 5th to celebrate Cinco de Mayo with catered lunch and live music from the California Dreamers! Thank you to the Friends of the Littleton Council on Aging for sponsoring this event! Please call us to register at 978-540-2470.

Please register for this event in April so we have an accurate headcount for catering.



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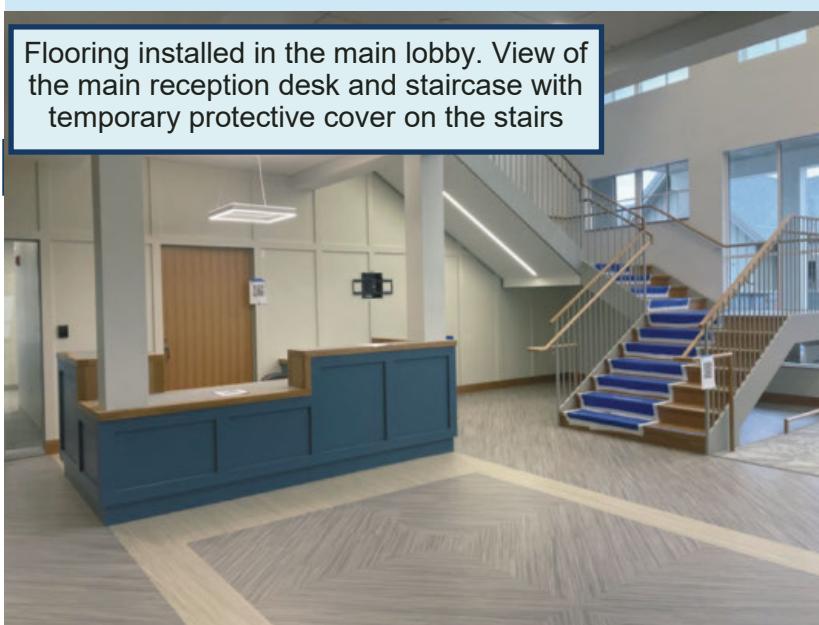
ADA

The Center on Shattuck Street Updates:

Solar panel installation



Flooring installed in the main lobby. View of the main reception desk and staircase with temporary protective cover on the stairs



2nd floor fitness room with mirrors and stretching barre.



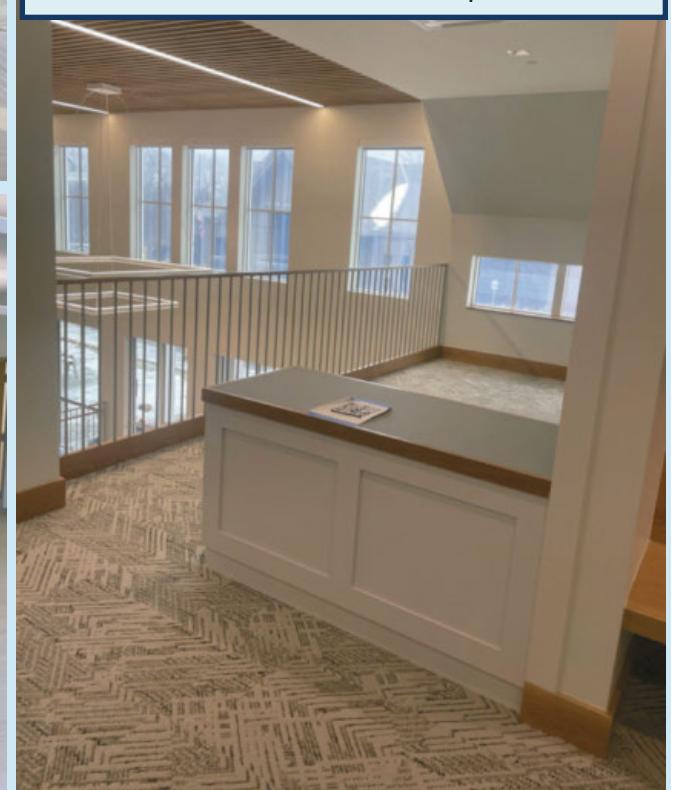
Kitchen Manager Gayle Dalton touring the new kitchen



Multipurpose Room Projector installed



Second floor volunteer desk. Carpets installed.



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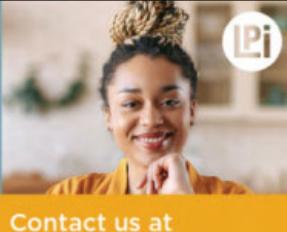
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LITTLETON EHS TRANSPORTATION

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

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

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

