

The Broadcaster

May 2025



CONTENTS

INFO 2

INFO AND PROGRAMS 3

OUTREACH 4—5

CALENDAR 6

MENU 7

FITNESS & WELLNESS 9

EVENTS & PROGRAMS 10-12

NEW BUILDING UPDATES 14

IMPORTANT NOTES:

The COA Board will meet Monday, 5/12, 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 May 26th in
Observance of Memorial Day

MEMORIAL DAY



From Liz's Desk: Friends, the time has finally come! Three decades of advocating for a dedicated space for our seniors has finally come to fruition. This vision has been tirelessly advocated for by community members, past and present. It has been a dream now made real by unwavering commitment, perseverance, and an understanding of the importance of supporting Littleton seniors. Without **your** passion and commitment we would not be here celebrating this momentous occasion together... the Grand Opening of our new building, our new home away from home, the Center on Shattuck Street. We can hardly contain our excitement for what the future holds for us all in this new space. Thank you, Littleton, for making this happen!

We're moving the first week in May! Please pardon our boxes (and possible delays!) We're thrilled to be moving into our new building across the way, but like any big move, things might be a little chaotic for a bit. Boxes are stacking up between the old space and new space, program supplies may end up in the wrong rooms, and our staff might need an extra minute (or two) to get back to you. Thanks for bearing with us as we unpack, plug in, and find our new footing. We promise things will be back to normal (even better than ever) soon— it's totally worth the wait!

Please check out page 13 for information on our new sign-in system—"MySeniorCenter" key tags that you can scan as you walk in! See you soon!



Grand Opening

THE CENTER ON SHATTUCK STREET
LITTLETON SENIOR CENTER, ELDER & HUMAN SERVICES,
AND VETERANS SERVICES BUILDING

Friday, May 16, 2025
at 1:00PM

33 Shattuck Street
Littleton, MA 01460

For more info email: Ltretiak@littletonma.org



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



COA Board Update

If you have not yet marked your calendar to be at the Center on Shattuck Street building at 1:00 PM, May 16th, please do that right now! All Littleton residents are invited to attend the ribbon cutting and official opening of the newest building in Littleton. The word is out that it is a gorgeous, amazing building. Thanks to everyone who helped us get this accomplished.

Folks, our work is not yet over when it comes to ensuring that Littleton is meeting the needs of residents, especially when it comes to affordable housing for seniors. The Town meeting will be on Tuesday, May 6th. Two long-term needs of Littleton will be discussed, and a plan will be presented to address the fact that our Town Hall no longer can accommodate the needs of our town employees and the disturbing fact that there is no deeply affordable rental housing for elderly people in the town. The plan is to declare the existing Town Hall facility surplus for affordable housing. This plan is somewhat complicated, a lengthy process and deserves your attention. Please go to littletonma.org and click on the April 2025 Town of Littleton Newsletter. page two and our Town Administrator's article which explains this way better than I can. If you have questions feel free to reach out to Jim Duggan, our TA. Also, you can go back to the [littletonma](http://littletonma.org) website and click on LCTV, go to COA Board meetings of March 10, 2025, and April 14, 2025, as well as view the April 2025 edition of EHS Highlights (the exact date is not available as I write this, but will be toward the end of the month. Be informed! Jim Duggan, our TA will be explaining more about this. Hope to see you at both the Town Meeting and our ribbon cutting on May 16th.

-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 Thursday May 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

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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.

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

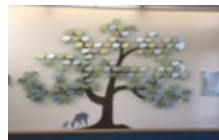
Friends of the Council on Aging

A lot has happened since the March article was written about the thrift shop. Customers I had not seen since before the pandemic started to return. One woman has begun to take home jewelry to repair and polish. One newly retired resident has signed up to volunteer one afternoon a week. A young man who shops at the thrift regularly convinced his mom, a graphic artist, to make us 250 business cards pro bono. And then there's the bittersweet.

Just days after the March Broadcaster was sent out, Liz received a call from a woman named Barbara M. who wanted to get in touch with me. I told Liz I knew Barbara because I had worked with her husband John many years ago. When I called Barbara she told me she wanted to help with the thrift shop rent for one, two, or three months. The next week we received a check that would cover three months rent. I was speechless. It was such a generous and heartfelt gift. A thank you card on behalf of the Friends went out right away. But then there were to be four more cards coming. Fan mail we called it. But Barbara would never see the additional cards. She passed away on March 17th.

This is what she had written in the card she sent: *'Keep those doors open! "Thank you for all that you do". -Barbara Massapica*

- **Sandra**, Chair, FLCOA




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

LittletonCenterOnShattuck.com/donation-opportunities



Apple icon denotes a Friends sponsored event!

Town of Littleton, Massachusetts
TOWN MEETING REPORT
VOTER INFORMATION



Please bring this with you to the
May 6, 2025 ANNUAL TOWN MEETING
Tuesday, May 6, 2025 at 7:00 PM
Charles Forbes Kaye Gymnasium, Littleton Middle School
55 Russell Street, Littleton, MA 01460

Please join us before Town Meeting at
6 PM in the Littleton Middle School Cafeteria
for an informational update from the
Shaker Lane School Building Committee




Scan here to learn more about the
Massachusetts School Building Authority (MSBA)
Shaker Lane School Project

Annual Town Meeting
May 6th, 2025 at
7pm, Littleton Middle
School



Need a ride to Town Meeting? Give us a call for transportation options running that night!

Call 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



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

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 May 15th.

Caregiver Support: Next meeting is May 28th at 6pm, with Rivercourt Residences as our guest host. Join us in Program Room 2 for great conversation and dinner! Email Amy for more info: ADeMichele@littletonma.org or call 978-540-2470.

Grief & Healing Support Group

2nd Monday of each month, 10AM at the Reuben Hoar Library

NEW
DAY AND TIME!

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 & 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 Thursday, May 1st, 1pm-2pm

Phillip Arcidiacono, Attorney at Law, will be on site in Room 233 from 1:00PM - 2:00PM to answer your legal questions. No cost for the 20 minute consultation!

Reserve your spot by calling 978-540-2470.

Lunch in the Senior Diner Monday – Friday at 12 Noon

The Senior Diner is open for lunch daily, Monday - Friday at noon. Suggested donation is \$2. The menu is on 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.



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.

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

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>IN PERSON EVENTS -GREEN</p> <p>VIRTUAL EVENTS - RED</p> <p>HYBRID EVENTS - PURPLE</p>			<p>1</p> <p>11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Elder Law</p>	<p>2</p> <p>8:30 WEBS trip 8:30 JULIET Club Breakfast Trip– Tiny's 1:00 BINGO</p>
<p>5</p> <p>10:00-11:00 Tai Chi 11:00 RummiKub No Line Dancing Today! 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga 1:00-2:30 Cinco de Mayo Party</p>	<p>6</p> <p>10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Batter Up! Musical Baseball Show 7:00 Annual Town Meeting-Littleton Middle School</p>	<p>7</p> <p>8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Theatre & Chorus group 1:00 Beatles & Beyond with Roger Tinknell</p>	<p>8</p> <p>10:00-12:30 Day of Beauty at Nashoba Tech 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 3:00 Tiger Tech</p>	<p>9</p> <p>8:30 ROMEO Club Breakfast Trip-Legends Cafe 1:00 BINGO</p>
<p>12</p> <p>9:00-2:00 Foot CareClinic 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 3:00 COA Board Meeting</p>	<p>13</p> <p>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 Sport Cheats, Frauds, & Con Artists</p>	<p>14</p> <p>8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00-3:00 Craft Class</p>	<p>15</p> <p>10:00-11:00 Coffee & Financial Planning with Alan Bell 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group</p>	<p>16</p> <p>8:30 JULIET Club Breakfast Trip– Legends Cafe 1:00 Ribbon Cutting Ceremony No Bingo today</p>
<p>19</p> <p>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</p>	<p>20</p> <p>9:30 KevTech iphone/ipad 10:00-12:00 BP Clinic 11:15-12:15 Stretch&Flex 12:45 Lunch & Learn Funeral Preplanning & Veterans Info 1:00-4:00 Mah-Jongg</p>	<p>21</p> <p>8:00 Men's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Defensive Driving for Mature Drivers</p>	<p>22</p> <p>11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 3:00 Tiger Tech</p>	<p>23</p> <p>8:30 ROMEO club Breakfast Trip –Karyn's Kitchen 10:00 Nara Park Stroll 1:00 BINGO</p>
<p>26 Closed</p>  <p>★★★★★ MEMORIAL DAY HONORING ALL WHO SERVED</p>	<p>27</p> <p>10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg</p>	<p>28</p> <p>7:30 Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Lunch & Learn Pro-active Brain Health 6:00 Caregiver Group</p>	<p>29</p> <p>11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 2:00 The Industrial Revolution" Interactive Variety Show</p>	<p>30</p> <p>8:30 JULIET Club Breakfast Trip– Karyn's Kitchen 10:00 Nara Park Stroll 1:00 BINGO</p>



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Minuteman Senior Services		May 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	To CANCEL or ORDER your Meal, Call your meal site by 11AM the DAY BEFORE Littleton: 781-325-7879	Thank you to our Senior Nutrition Corporate Sponsor 	1 BBQ Pork Tater Tots Cauliflower WW Bread Applesauce	2 Cheese Lasagna w/ Marinara Garlic Spinach WW Garlic Roll Cookie
5 Alfredo Chicken on Pasta Broccoli WW Dinner Roll Chilled Fruit	6 Pork Sausage w/ Peppers & Onions on Hot Dog Bun Sweet Potatoes Corn Applesauce	7 Special Asparagus & Cheese Quiche Potatoes O'Brien Glazed Carrots Fruit Salad Coffee Cake	8 Tuscan Turkey Orzo Casserole Green Beans Oat Bread Fruit	9 Fish w/Pesto Sauce Lemon Rice Vegetable Blend MG Bread Jello
12 Sweet BBQ Chicken Meatballs White Rice Beets Vienna Bread Pineapple	13 Ravioli w/ Marinara Vegetable Blend WW Bread Mandarins	14 Cold Chicken Salad on MG Bread Butternut Salad Spinach Salad Cookie	15 Cheese Omelet Turkey Sausage Roasted Potatoes Stew Tomatoes Muffin Yogurt (<i>no milk</i>)	16 Beef Stew w/ Peas & Carrots Mashed Potatoes WW Dinner Roll Fruit
19 Turkey w/ Gravy Mashed Potatoes Carrots LS Wheat Bread Applesauce	20 Potato Crunch Fish on Burger Bun Corn Brussels Sprouts Chilled Fruit	21 Steak Fajita <i>peppers & onions</i> on Tortilla Spanish Rice Black Beans Rice Pudding	22 Chicken Cordon Bleu Sweet Potatoes Caesar Salad Oat Bread Berry Crisp	23 Mac & Cheese Peas WW Bread Fruit
26 No Meals Served 	27 Chicken Parmesan on Pasta Vegetable Blend MG Bread Pineapple	28 Hot Dog *** Beef/Pork on Roll Baked Beans Coleslaw Cinnamon Apples	29 Cold Egg Salad on Pita Quinoa Salad Garden Salad Cupcake	30 Mediterranean Fish Roasted Potatoes Creamed Spinach WW Dinner Roll Jello



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



Craft Class Wednesday May 14th, 1-3pm, MPR

It's May and I just saw a fairy flying into the EHS patio. It is time to make them homes to live in Littleton. Please come to craft class on May 14th from 1:00 - 3:00 in room 103. The cost is \$3.00 and the limit is 20. Sign up early. Call to register 978-540-2470.



—Anita, Anne Lee, Kathy, & Sue

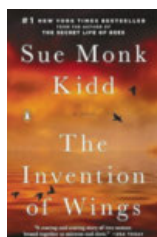
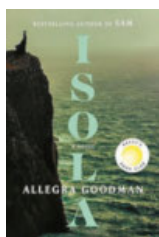
Out of the Box Trivia Thursdays, 12:30 - 1:30, in Room 230

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.

EHS Ravenous Readers Tuesday, May 13th @ 10am, Room 233

Join us for a discussion on May's Book *Isola*, by Allegra Goodman. And for those who like to read ahead... our June book is *The Invention of Wings*, by Sue Monk Kidd.

Megan has copies of *The Invention of Wings* in her office. Pop on in and grab a copy!



Coffee & Financial Planning Thurs May 15th, 10-11am, Senior Diner

Join Alan Bell for coffee and a casual chat about financial planning. No cost. Please call to register 978-540-2470

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

Join us for BINGO every Friday, 1-3pm! **No BINGO May 16th!**

Friday, May 2nd: 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



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 object is to be the first to play every tile on your rack. 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.



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!



Defensive Driving for Mature Drivers Wednesday May 21st, 11am-12pm

Join Kristen Dixon Keilty, Occupational therapist and Certified Driver Rehabilitation Specialist from CMSC Auto School of West Boylston, MA for a presentation on defensive driving for mature drivers that will include:

*Seat position
*Blind spot checks

*Rehab and "pre-hab"
*Lane maintenance

*Self-restrictions
*Parking strategies



LPD Officers will be available after the presentation to answer your questions about specific traffic areas in town! No cost for this event Please call to register 978-540-2470, space is limited.

Thank you Littleton Police Department for sponsoring the event!



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.

Walking Club at the Russell St. Track Wednesdays 8:30am

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!

Foot Care Clinic Monday May 12th, 9AM-2PM

Foot Care RN, Christine Quiry, RN CFCN is here Monday 5/12 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!



Lunch & Learn: Funeral Pre-Planning and Veterans Info May 20th, 12:45pm-2:15pm, Room 2

Anaili Diane of Badger Funeral Homes is a licensed funeral director, embalmer, and a former cremation specialist. She is the Director of Preplanning in Littleton and Groton. Her role is to provide guidance and clarity to individuals who are looking to plan ahead for themselves or their loved ones with the intention of avoiding further complications during times of grief and distress. Lunch will be provided. Call to register 978-540-2470

Nara Park Senior Stroll

Come join other seniors from the Acton, Boxboro and Littleton Council's on Aging for conversation, coffee and a stroll around

Acton's Nara Park
25 Ledgerock Way, Acton, MA

Fridays, May 23rd thru June 27th
10am - 11am

*Monthly education walk with Ian Bergemann,
Town of Acton's Community Conservation Specialist

Open to all those 60+ (and their caregivers)
RSVP required to nursing@actonma.gov or 978-929-6650

Please meet at the Bath House Pavilion off the main parking lot.
For additional information please contact Nursing at 978-929-6650
Sponsored by the Acton Nursing Services

Day of Beauty at Nashoba Tech Thursday May 8th 10:00am-12:30pm

Enjoy a free beauty service compliments of Nashoba Tech's Cosmetology department. Please call 978-540-2470 to sign up and select your service. *One service per patron*

Complimentary Services Include: Wash & style (blow-dry or set), Cut and blow dry, manicure, facial, Waxing (eyebrow, lip, or chin.)

Space is limited, sign up early! Please arrive at Nashoba Tech at 10AM.





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!

May 9th: Legend Café, Acton, MA

May 23rd: Karyn's Kitchen, Ayer, MA

Veterans Breakfast

Wed. May 28th, 7:30am, Senior Cafe

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 May 14th, 8:00AM - 9:00AM

Men's Breakfast May 21st, 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!*

Proactive Brain Health Lunch & Learn, Sponsored by Bridges Wed., May 28th at 1pm, Senior Cafe

By implementing proactive habits, individuals can help reduce their risk of cognitive decline. Seniors will learn lifestyle changes to help keep their minds sharp for tomorrow. Risks to brain health, lifestyle factors, diet, sleep, exercises, and connections between heart and brain will be discussed. Please join Certified Dementia Practitioner Sarah Turcotte From Bridges by EPOCH for this informative presentation. Lunch will include: Fresh green salad w/ free range grilled chicken, Seasonal fresh fruit cup, Decadent dessert.



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!

May 2nd: Tiny's, Ayer, MA

May 16th: Legend Café, Acton, MA

May 30th: Karyn's Kitchen, Ayer, MA

Restaurant Hoppers

Monday, May 19th, Van leaves at 12:30

On Monday, 5/19 we will be headed to Not Your Average Joe's 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 May 14th, so we are able to reserve your table.

Digital Literacy & Technology

**Staying in Touch on iPhone & iPad - KevTech Services
Tuesday, May 20th, 9:30am-10:30am, New Building Program Room 2**

This class focuses on using the iPhone and iPad to stay in touch with friends and loved ones. We learn about sending texts in Messages, managing contacts in Phone, and setting up video calls in FaceTime. We also learn to use Siri to make calls and send messages.

**Tiger Tech at Littleton High School
May 8th and May 22nd 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

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 of 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. **Payment must be made by June 1st.** *TRIP OPERATED BY BLOOM TOURS*

Theater / Chorus Planning Meeting Wednesday, May 7th at 11am, Room 230

Phase 1: Hopefully, you've been dusting off your dancing shoes, have been relaxing your vocal cords, plus enhancing your other talents. Please join us on Wednesday, May 7th at the COA at 11:00 am, in room 230. We will organize, split into groups and get started. Please call 978-540-2470 to register for Phase 1.

Phase 2 is the possibility of having our very own Telethon in the fall. Yes, I said TELETHON. Mark Crory has volunteered to be our overseer in this challenging endeavor. We will be asking for a volunteers to: entertain the audience, answer phones, help with set up and set take down, clerical, advertising, etc. (Perhaps some people in PHASE ONE might also like to be in PHASE TWO.)

If you have interest and/or desire to be involved, please let us know by calling the COA to reserve a seat at 978-540-2470 at our meeting on Wednesday, May 7th, 11:00 am, room 230. *—Nancy Levine*

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Special Programs!



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 to register at 978-540-2470.

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

Event Full

Batter Up! Musical Baseball Show with Howie Newman **Tuesday, May 6th, 1:00 PM - 2:00 PM, MPR**



It's baseball season! Come join Howie Newman for his Batter Up! Musical Baseball show- baseball songs, baseball trivia, and stories about Howie's days as a sportswriter on the Red Sox beat. The popularity of his baseball music led to an 18-year sportswriting career. Newman covered 2 World Series, 5 NBA Finals and 4 Stanley Cup finals writing for the Patriot Ledger, Lowell Sun, Boston Globe, Associated Press and Lynn Item. Born in Brooklyn, N.Y., he moved to Boston to attend Northeastern University. He's lived in the greater Boston area ever since. Call to register 978-540-2470.

Beatles and Beyond with Roger Tinknell **Wednesday, May 7th 1:00-2:00pm, in the MPR**

Roger is back by popular demand! Join us for a fun concert featuring 1960's and 1970's pop songs!



This event is sponsored by a grant from the Littleton Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Thank you LCC & MCC!



Sports Cheats, Frauds, and Con Artists with Bob Ainsworth **Tuesday, May 13th 1:00pm-2:00pm, in the MPR**

Bill Belichick and Spygate, Tom Brady and Deflategate, Boston area native Nancy Kerrigan attacked by Tanya Harding, Boston Red Sox Manager Alex Cora sign stealing with The Houston Astros... What do these actions have in common? They all are examples of sports cheats, people who will do anything to win. Cheating doesn't just exist in major sports. It occurs everywhere people compete, from fencing to boxing to chess. And it is pervasive, from little league baseball to colleges to the professional leagues to the Olympics. And even to the special Olympics. The presentation - **SPORTS CHEATS, FRAUDS AND CON ARTISTS** - takes the audience on the trail of cheaters from ancient times to today, from baseball to Indy car racing to the card game of bridge. Many will recognize the stories from headlines in the sports pages or on ESPN. Other stories will surprise the audience from the audacity of the methods used to win at all costs. Call to register 978-540-2470.

"The Industrial Revolution" Interactive Variety Show **Thursday May 29th, 2:00-3:00pm, MPR**

It was the era of invention during which major changes in manufacturing, technology, medicine, communications and transportation changed the very fabric of our lives. This interactive variety show celebrates this significant time in history by presenting fascinating facts and stories, surrounded by songs honoring such icons of the era as Henry Ford, Alexander Graham Bell, Robert E. Lee, the telephone, elevator, steam engine and more. Great music, fun and educational! Call to sign up! 978-540-2470

Judicial Outreach Program - Presentation by Hon. Karin Bell, Associate Justice of the Superior Court **Tuesday, June 3rd, at 2pm in the MPR**

Have you been summonsed for jury duty? Did you receive a notice to appear in court for a hearing? Navigating state court can seem intimidating, but it doesn't have to be. On Tuesday, June 3rd, Superior Court Judge Karin Bell will be here to talk about what to expect when you come to the courthouse, the role of the court in the community, jury service, and civil and criminal hearings. Come with questions!



Please call to sign up 978-540-2470



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The Center on Shattuck Street Updates:



Exterior Painting in progress as of 4/18/2025. The building is receiving multiple coats of primer and exterior paint.

Paving of the additional 19 parking spots added to the front of the building is in progress, with line striping scheduled to be completed the week of 4/22/25.



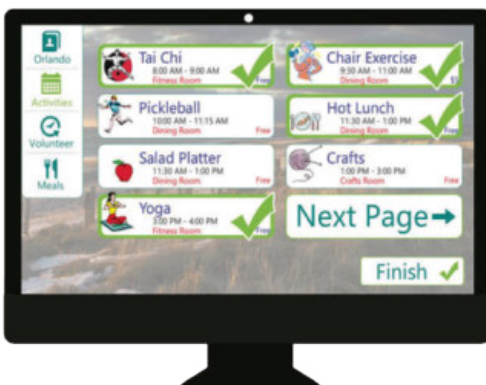
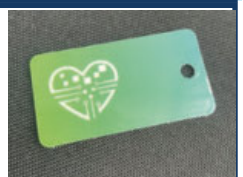
Solar panel installation is complete.

Patio, bocce court, raised garden beds, and sidewalk to Shattuck Street completed.

Landscaping in progress. Pictured here is a flowering Shad Tree (*Amelanchier canadensis*.)

New key tag check-in's at the kiosk!

At the new Center on Shattuck Street a new, an automated check-in system called *MySeniorCenter* will be available at the reception desk. The system is designed to help our staff members track participation, and improve the way we report our services to the Town and the Executive Office of Aging and Independence. It enables us to quickly and accurately detail the services we are providing which will increase our chances of receiving additional funding in the future. Over 900 senior centers across the U.S. and Canada use *MySeniorCenter* – so it is a proven tool. This new system is extremely easy to use.



All visitors will receive a small key tag which can attach to your key ring (the card contains no personal information, but it will allow the system to recognize you). They look just like the tags you might get at a grocery store. Instead of signing in on a sheet of paper, you scan your key tag at the reception desk and use the touchscreen to select the programs you are participating in that day. If you have a key tag from another senior center, it will work at our center too! Just see a staff member to get set up. No need for multiple tags!

Please see a staff member today for help getting your key tag!

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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!**

