

The Broadcaster

June 2025



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IMPORTANT NOTES:

The COA Board will meet Monday, 6/9, at 3pm; a virtual Zoom option is also available. Zoom link to join is on the meeting's agenda.

Closed on
Thursday June 19th in
Observance of Juneteenth



From Liz's Desk:

WOW, I am still absolutely blown away by the turnout for our Grand Opening and Ribbon Cutting Ceremony! Never in my wildest dreams did I think we would have that many attendees! Thank you all for coming to support the Center on Shattuck Street and all that it stands for. If you weren't able to attend the ceremony, the video is posted to the LCTV's YouTube page here: <https://tinyurl.com/COSceremony>

I am so grateful that we had LLB Architects, Commodore Builders, and Vertex on our team to complete this project. Thank you to the dedicated members of the COA Board and the Friends Board who tirelessly championed this cause and raised funds to provide you a space that is state of the art.



As I write this article we are on Day 2 of officially being in the building. We are seeing a vast number of new faces, welcome to you all! Thank you all for your patience as we are still finding our stride, and finding out what we left behind in the old building (wall clocks, garbage cans, oops!) We appreciate your kindness and understanding!

Fitness Room Update: We are currently still waiting on a few pieces of equipment to be delivered for our new fitness room. Once the room is complete and all items are fully assembled, we will put out a training schedule to hold small group classes to show everyone how to use the equipment properly before you are able to use the room on your own. The process will be: Sign a waiver, take a training class with our Fitness Instructor, and then you can use the room during business hours that we are open. Fee will be \$30/6 months or \$50/year. The fees collected will be used to maintain the equipment and train users. Ages 60 and up only at this time.

Key tags and Checking In: Anytime you come into the building please scan your key tag at the front desk! We have options to check off "Drop In" if you are just coming to sit and read or enjoy a cup or coffee, or "Pool drop in" if you are going upstairs to play a game of pool. Signing in helps us keep track of how many people are in the building which is good for safety purposes, and also great for advocating for funding and grant writing!

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



COA Board Update

Hello June! It does not seem possible that we are in our new home...and have been for about two weeks! If you have not yet visited and explored our space, please do stop by!

So much has happened in the past year to finally get us to this point. It has occurred to me that it is so easy to just assume all the tasks and work that had to happen to get us where we are today would not have been accomplished if not for our staff. So, I think we need to recognize them and let them know how much they are appreciated.

Do you realize that we now have 11 staff members in EHS? Do you know that 4 of them are full-time and 7 are part-time? Do you realize that they are great movers and were seen rolling carts with their office supplies over to our new home? Do you know that April 2025 was a record-breaking month in the history of EHS/COA with 1,515 sign-ins for events?

How about our Outreach Coordinator and Shine Counselor, Alicia Rego, setting a record for help given this past year? Are you aware that 7,000 meals have been served yearly from our kitchen? Do you know that staff oversee and work with a huge number of volunteers who also help keep things happening? I can go on and on...but if you are interested in numbers, you can always get them by reading the minutes of the monthly COA Board meeting (found on the town website because Liz Tretiak, our director reports monthly data to the board). The full list, by name, of our staff is listed right next to this article. When possible please just thank them for their hard work.



-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
- Classes and activities are subject to change, we will do our best to notify all participants of any alterations.

IMPORTANT REMINDER:

Registration will open on Monday, June 2nd 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



Littleton Safe Return

This program includes a form that a family member with a loved one who may wander from home completes so that if that person goes missing, the first responders have information on where the person may go and the best places to look immediately. Any person who may be at risk to wander is welcome in the program (ex: TBI, Developmental Disabilities, etc.) The information is only used when the Police are called upon to respond to the missing person and includes a photo of the person. **How to Participate:** Littleton Safe Return forms may be picked up at the Police Station or Center on Shattuck Street or at: www.littletonma.org/police-department

Friends of the Council on Aging

Have you always loved to garden but thought your gardening days were over? Think again!

What if I told you all the obstacles that have made gardening so difficult were about to disappear. The heavy lifting, bending and kneeling for long periods of time. Lugging around buckets and heavy watering cans. Not to mention pushing around that squeaky old wheelbarrow. Well, that's exactly what I'm telling you. Because when you take away all the obstacles, what you're left with is fresh air and the joy of gardening.

Behind the senior center are eight raised planters. The height of the planter is designed for easy access from a wheelchair or walker, with its built-in chair. By the time you read this article the planters will be filled with compost-rich soil. Vegetable, herb, and flower plants have been selected and are being held in Bruce Larsen's Greenhouse. So, retired gardeners dust off your hand trowels and get out your favorite garden hat. It's time to plant!

If you are interested in joining in on this fun gardening adventure, it will begin on Tuesday, June 3. We will meet on Tuesdays, weather permitting, at 2:30. You may sign up by calling 978-501-4069. This phone is shared by Friends of the COA and the Renew Thrift Shop.

Speaking of the thrift shop, we have garden clothes at pre-covid prices, with tops at \$3 and bottoms at \$5. Renew is open Wednesday through Saturday 10-2.

- **Sandra**, Chair, FLCOA

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

LittletonCenterOnShattuck.com/donation-opportunities



Apple icon denotes a Friends sponsored event!

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 June 5th. No group 6/19.

Caregiver Support: Next meeting is June 25th at 6pm. 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

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

Friday, June 6th, 10am-11am, Conf. Room

Phillip Arcidiacono, Attorney at Law, will be on site in the Conference room 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.

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:	\$4
11-15 miles:	\$5
16-20 miles:	\$7

- 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

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 11:00 RummiKub 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga	3 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 2:00 Judicial Outreach Program	4 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club	5 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:15 Chair Yoga w/Rebecca 3:00 Tiger Tech	6 8:30 ROMEO Club -Tiny's 10:00 Elder Law 10:00 Nara Park Stroll 10:00-11:00 Learn to Play Ukulele 10:30 Medical Equipment 11:00 Make Your Own Therapy Garden 1:00 BINGO
9 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 10:00 Grief Support Group 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 Songs of the 50s-70s 3:00 COA Board Meeting	10 10:00-12:00 BP Clinic 10:00 Ravenous Reader Book Club 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 2:00 A Funny Program About Funny Programs	11 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 1:00-3:00 Craft Class	12 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:15 Chair Yoga w/Rebecca 3:00 Tiger Tech	13 8:30 JULIET Club Breakfast Trip- Tiny's 10:00-11:00 Learn to Play Ukulele 10:00 Nara Park Stroll 10:30 Mobility Equipment Presentation 1:00 BINGO
16 9:00-2:00 Foot Care Clinic 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. 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 1:30 Lifeline Lunch&Learn	17 9:30 Navigating Settings on iPhone & iPad 10:00-12:00 BP Clinic 11:15-12:15 Stretch&Flex 1:00-4:00 Mah-Jongg 1:00 Never Forget a Name	18 8:00 Men's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 11:30-1:00 Here Comes Summer Hot Dog Cook-out	19 CLOSED	20 8:30 ROMEO Club Breakfast Trip- Blackbird Café 10:00-11:00 Learn to Play Ukulele 10:00 Nara Park Stroll 11:00 Brain Health: Recipe for Life 1:00 BINGO
23 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. 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	24 10:00-12:00 BP Clinic 11:15-12:15 Stretch&Flex 1:00-4:00 Mah-Jongg 1:00 Sea Glass Craft with Laura	25 7:30 Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 10:00-3:30 Trip to Pickity 6:00 Caregiver Group	26 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:15 Chair Yoga w/Rebecca 2:00 Willie Nelson—Songs and Stories by Matt York	27 8:30 JULIET club Breakfast Trip –Blackbird Cafe 10:00 Nara Park Stroll 1:00 BINGO
30 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 11:00 RummiKub	30th continued... 11:15 Line Dancing 1 12:15 Line Dancing 2 12:30 Restaurant Hop-	30th continued ... 12:45-1:30 Chair Yoga 12-2:00 Loving Stitches 2:00-3:30 Learn to Cricut	IN PERSON EVENTS -GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE	

Minuteman Senior Services		June 2025		Meals on Wheels Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Stuffed Shells w/ Florentine Sauce Vegetable Blend Garlic Dinner Roll Cookie	3 Pork Roast w/ Garlic Sauce Butternut Squash Brussels Sprouts Cornbread Mandarins	4 Chicken Stir Fry Brown Rice Vegetable Blend Oat Bread Pineapple	5 Meatloaf w/Gravy Mashed Potatoes Beets MG Bread Fruit	6 Broccoli Egg Bake Roasted Potatoes Carrots Fruit Loaf Yogurt (<i>no milk</i>)	
9 Beef w/Gravy Mashed Potatoes Corn Biscuit Chocolate Pudding	10 Balsamic Chicken Parmesan Risotto Garlic Kale WW Dinner Roll Chilled Fruit	11 Cold Turkey & Cheese on LS Bread Three Bean Salad Garden Salad Fruit	12 Special Sausage, Peppers Onions on Sub Roll Corn Coleslaw Blueberry Cobbler	13 Cheese Lasagna w/ Marinara Garlic Spinach WW Garlic Roll Chilled Fruit	
16 Alfredo Chicken on Pasta Broccoli WW Dinner Roll Chilled Fruit	17 Cheese Omelet Turkey Sausage Roasted Potatoes Honey Carrots Muffin & Yogurt	18 Sloppy Joe on Burger Bun Mashed Potatoes Vegetable Blend Fruit	19 Holiday No Meals Served	20 Pesto Fish Lemon Rice Vegetable Blend MG Bread Cookie	
23 Chicken Meatballs w/Sweet BBQ White Rice Beets Vienna Bread Pineapple	24 Hot Dog *** (<i>beef/pork</i>) on Hot Dog Roll Baked Beans Coleslaw Cinnamon Apples	25 Cold Chicken Salad on MG Bread Butternut Salad Spinach Salad Yogurt (<i>no milk</i>)	26 Ravioli w/ Marinara Vegetable Blend WW Bread Cupcake	27 Beef Stew Peas & Carrots Mashed Potatoes WW Dinner Roll Fruit	
30 Turkey w/ Gravy Mashed Potatoes Carrots LS Wheat Bread Applesauce	Entrees that contain more than 1200 mg sodium are designat- ed by an ***	To CANCEL or ORDER your Meal, Call your local meal site by 11AM the DAY BEFORE 781-325-7879	For questions about the nutritional information of this menu contact: Deborah McLean, Dietitian 781-221-7018	Thank you to our Senior Nutrition Corporate Sponsor 	

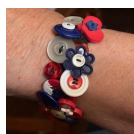


This program is made possible in part by funding from Executive Office of Elder Affairs. *Entrees that contain more than 500mg sodium are designated by an *.* Menu subject to change without notice.

Craft Class

Wed. June 11th, 1-3pm, Art Room

Buttons, Buttons! Who's got the Buttons? We've got the Buttons! Come join us on June 11 from 1:00 to 3:00 in our new building in room 206 (craft room). We will be making bracelets. You will be sewing them on. The class is limited to 20 and the cost is \$3 so sign up early. See you then. Call to register 978-540-2470.



—Anita, Anne Lee, Kathy, & Sue

Out of the Box Trivia

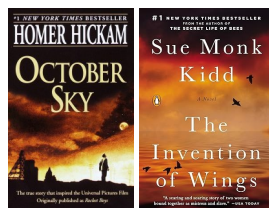
Thurs, 12:30 - 1:30, in Program Room 2

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, June 10th @ 10am, Room 2

Join us for a discussion on June's book, *The Invention of Wings*, by Sue Monk Kidd. And for those who like to read ahead, our July book is *October Sky* by Homer Hickman. Megan has copies of both books in her office. Pop on in and grab a copy!



Coffee & Financial Planning No Meeting in June!

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

Learn to Play Ukulele with Julie Begins June 6th, 10-11am, Room 2

Join us to learn to play or to continue learning the Ukulele with Julie! Three lessons for \$40, beginning Friday June 6th. Please call to register 978-540-2470.

Cribbage Club

Wednesdays, 10am-12pm, Room 2

We are starting a Cribbage group here in Littleton! Come on in from 10am - 12pm on Wednesdays in Program Room 2 and join the fun!

Make Your Own Therapy Garden - A Calming & Creative Workshop for Anyone Friday, June 6th, 11am, Art Room

A calming, hands-on workshop, you'll learn simple design tips and create your own miniature Therapy Garden using soil, stones, moss, and other natural elements.

\$10 per person. Space is limited, please call to sign up! 978-540-2470



BINGO

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

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

Friday, June 6th: A special pizza lunch will be provided for all BINGO players, please be sure to register in advance !



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

Rummikub Drop-In

Mondays at 11am-1pm, Overlook Tables



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 2

Mahjong is a tile-based game that was developed in the 19th century in China. Join this fun, growing group! We are always looking for new players.



Loving Stitches

Every Monday, 12PM - 2PM, Art Room

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!

Sea Glass Craft Project with Laura Tuesday June 24th, 1:00pm, Art Room

Join Laura to make this beautiful sea glass mobile! Supplies included in the cost of the program. \$15 per person. Space is limited, call to register: 978-540-2470.



Learn To Cricut

Monday June 30th, 2:00pm, Art Room

Join Amy and Alicia as they teach you how to Cricut!! Call to register 978-540-2470. Supplies included to make a small craft. \$3 per person.

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: Beginner Tai Chi: 9am-10am, in the Barre Room, \$3/class. Instructor Stan Fall - **NEW TIME**

Mondays: Advanced Tai Chi: 10am-11am, in the Barre Room, \$3/class. Instructor Stan Fall - **NEW TIME**

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 Barre Room, \$3/class– **CLASS FULL!**

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 Barre Room \$3/class. Instructor Carol Wing

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

Thursdays: Chair Yoga with Rebecca Reber 1:15pm-2:00pm in the Barre Room, \$3/class

Lifeline Lunch & Learn Presentation Mon June 16th, 1:30-2:30pm, Program Room 2

Come join Darlene Messier to learn and discuss various safety devices and services available to Seniors in the Littleton area. A great opportunity to learn, ask questions and have lunch in a comfortable setting! Call to register 978-540-2470

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 June 16th, 9AM-2PM

Foot Care RN, Christine Quiry, RN CFCN is here Monday 6/16 from 9AM-2PM, \$40/person. Clinic is held in the First Floor medical room. Space is limited, call to reserve your time slot. Call 978-540-2470 to register.



Weekly Blood Pressure Screenings Tuesdays, 10am-12pm, Conference room

Our weekly Blood Pressure Clinic is held every Tuesday 10am-12pm, in the Conference Room. Stop by every week and our RN's will keep a log for you. No sign-up necessary, just drop-in!



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

Letourneau's Pharmacy Mobility Equipment Presentation, Friday June 6th, 10:30am, MPR1

Why This Presentation will benefit you.....

- ☐ Enhance Mobility & Independence – Learn about walkers, rollators, transport chairs, power scooters, lift recliners, hospital beds & more!
- ☐ Rent or Buy with Confidence – Discover the benefits of renting vs. purchasing medical equipment.
- ☐ Live Demonstrations – See real equipment in action & get expert advice on usage and fit.
- ☐ Complimentary Tweak & Tune – Our technician will assess and adjust rollators, wheelchairs, and more on-site! Call to register 978-540-2470



ROMEIO Clubs (Retired Old Men Eating Out) eat out, have fun, make and keep friends, and are not bound by rules- meaning there are no causes, and no specific membership restrictions, except Retired "Old" Men Eating Out.

Join the Littleton Chapter of ROMEIO! The Littleton ROMEIO group to a local Diner for breakfast, meet new friends or bring someone you know.

You can drive yourself and meet us there, or take utilize MART Connects transportation (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!

June 6th: Tiny's, Ayer, MA

June 20th: Blackbird Café, Acton, MA

Veterans Breakfast

Wed. June 25th, 8:00am, Senior Cafe

Join us for a hot breakfast cooked by our very own Marilyn Converse! 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 June 11th, 8:00AM - 9:00AM

Men's Breakfast June 18th, 8:00AM - 9:00AM

Join Charlie and the crew for a hot cooked breakfast in the Senior Diner. No cost for your made-to-order breakfast thanks to the FLCOA. Please call 978-540-2470 to register in advance. *Thank you Friends of the LCOA for generously sponsoring the monthly breakfasts!*

Brain Health: "A Recipe for Life"

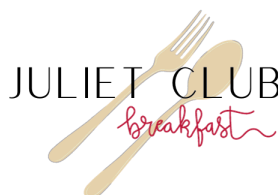
Friday June 20th, 11am, Senior café

Join Richard Rogers of Heart to Home Meals to learn more about brain health and nutrition! Richard was standing in front of a gas oven in his restaurant when it exploded, causing a traumatic loss of memory and cognitive impairment. He dealt with it in a way that made it possible to continue working in his business, doing what he loves best, cooking. Richard, "The Forgetful Chef," speaks with groups, providing hope to others with a serious, sentimental, and humorous look at this issue. Relating his experience in regaining much of his cognitive abilities and memory function, he discusses the latest information on how to improve brain health at any age. Richard will be bringing some Heart to Home meals for you to sample. Call to register 978-540-2470

Navigating the Settings on iPhone & iPad- KevTech Services

Tuesday, June 17th, 9:30am-10:30am, Program Room 2

This class provides a general overview of the iPhone and iPad Settings app, guiding participants through customization options and empowering them to optimize their device for personalization, security, and ease of use. Call to register 978-540-2470- Space is limited!



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!

June 13th: Tiny's, Ayer, MA

June 27th: Blackbird Cafe, Acton, MA

Restaurant Hoppers

Monday, June 30th, Van leaves at 12:30

On Monday 6/30 we will be headed to Classic Kitchen Café in Westford, MA. If you would like van service please call Dispatch at 978-844-6809, the van will leave 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 June 23rd, so we are able to reserve your table.



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*

Lunch at Pickity Place in Mason, NH Wednesday June 25th, 10am-3:30PM

We will be taking a trip to Pickity Place in Mason, NH to enjoy their five-course creative herbal cuisine luncheon. From start to finish the luncheon courses feature fresh herbs and edible flowers harvested daily from our very own culinary garden. Take our van or drive yourself! Must call to register: 978-540-2470

Since 1786 their quaint little red cottage has graced the hills of southern NH, seemingly untouched by time. The enchanting cottage was chosen by Elizabeth Orton Jones as the model for her illustrations in *Little Red Riding Hood* (Little Golden Books, 1948). Today it is a mecca for gardeners, foodies and anyone looking for inspiration and relaxation. Payment and entree choice due by 6/5. Cost is \$42.34 per person.

Entree 1~ Orange sesame chicken with mango relish and orange scented jasmine — or —
Entree 2~ Garden vegetables in garlic sauce over cauliflower mash

(Also includes - Cabernet Herb spread, Tortilla with salsa fresca soup, Ceasar salad, Olive oil ciabatta and flour-less chocolate cake with strawberry compote)

Special Programs!

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.

Best-loved songs of the late-1950s, 1960s, and early 1970s with Dan Kirouac Monday, June 9th, 2pm, in the MPR

Part of the regional music scene for over forty years, Dan Kirouac has been an entertainer, drummer, keyboardist, guitarist, vocalist, and an ASCAP-affiliated songwriter and publisher who has performed hundreds of shows in New England, New York, Mexico, and with studio recording credits from New Hampshire to Arizona.

Some of the nation's best-loved songs of the late-1950s, 1960s, and early 1970s will be revisited and re-interpreted by the simplicity of one guitar and one vocal. This will be a jukebox of memories from the stars of pop, light-rock, and easy-listening. Please call to register 978-540-2470.

A Funny Program About Funny Programs: The Greatest Sitcoms of All Time Tuesday June 10th, 2:00pm, MPR

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best of the best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *The Golden Girls*, *Seinfeld*, *Everybody Loves Raymond* and *The Big Bang Theory*. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun!

Never Forget a Name with Neil Kutzen Tuesday, June 17th, 1:00-3:00pm, MPR1

People like it when you remember their name. You'll make a better connection, both socially and in business. Become a much better networker. No longer struggle to remember. No longer be embarrassed. In this training, you'll learn how to use the two most powerful memory principles:

- 1) Pictures are easier to remember than words.
- 2) Silly pictures are easier to remember than serious ones.

These principles are applicable to anything you might want to remember. We'll look at how to apply these principles to anything to remember. But we'll do a deep dive into first names. You'll get surprising results, right in the training, and with additional practice, you may never again forget a name. Call to register: 978-540-2470

Here Comes Summer Hot Dog Cook Out Wednesday June 18th, 11:30am-1:00pm

Join us for a hot dog cook-out to celebrate the start of summer! Must call to register 978-540-2470.

Willie Nelson - Songs and Stories by Matt York Thursday June 26th, 2:00pm, MPR 1

Longtime New England singer/songwriter Matt York will perform songs and tell stories about the great Willie Nelson. York will focus on Willie's long and illustrious music career that has spanned over seven decades. In both 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist and last year, his album, *Gently Used*, was named one of the top albums by Worcester Magazine.

4th of July Ice Cream Party featuring "Elvis" Wednesday July 2nd, 1:00pm

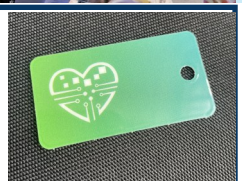
Celebrate an early 4th of July with Trombetta's Homemade Ice Cream and an "Elvis" concert! Cost is \$5 per person for a cone, cup, or sundae! Please register for this event in June so we have an accurate headcount for this early July event! Call 978-540-2470 to secure your spot!

The Center on Shattuck Street Grand Opening!



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!



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

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june
2025

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!

