

The Broadcaster

July 2025



LITTLETON EHS/COA SERVICES

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IMPORTANT NOTES:

No COA Board Meeting scheduled for July 2025 at this time. Check the website for updates or changes.

Closed on July 4th in observance of Independence Day



From Liz's Desk:

I hope you all are enjoying your summer so far! Plan to spend some time with us to cool down and beat the summer heat! No car? No problem! Our van can pick you up and bring you to the Center. If your home is feeling too warm, please give Outreach a call so we can assist you. There may be programs or funds available for your unique situation.

We have been working hard to bring you new and exciting programs that will keep you connected and engaged all summer long! Check out all of the programs we have going on, and make sure to call to register. We've seen our daily attendance doubling in the new building, and are thrilled to see so many new faces.



Senior Tax Work Off Program: The Senior Tax Work-Off Program allows eligible seniors to work in various Town Departments and receive in exchange an abatement on their property taxes. Work is paid at the minimum wage and the "wages" earned are applied to property taxes as an abatement. Participants who were active in the FY25 program will receive an email / direct mail of the re-enrollment form which needs to be completed to be eligible to participate again in FY26's program. The re-enrollment form will also be posted to our website: www.littletonma.org/elder-and-human-services

If you are a brand new participant enrolling for the first time, you must come to the office to complete the paperwork packet and discuss placement options. If you have any questions please contact Elder and Human Services at 978- 540-2470 and ask to speak with Liz. Space is limited!

There is also a Veterans Tax Work-Off Program available. You do not need to be a senior to be part of the Veterans program. Call Littleton's Veteran's Agent at 978-540-2485 for details. Or visit the Veterans Services web site at: www.littletonma.org/veteran-services

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 of 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

Here we are in the first month of our new Fiscal Year 2026!

There are a couple of things you should be aware of regarding July 2025. First, there will NOT be a COA board meeting in July unless an emergency exists which requires a meeting. Second, there are some changes in the officers of the COA Board starting July 1st, 2025: The Chair will be Anita Harding, Vice-Chair Sue Melander, and Secretary Jeanne Sill! Congratulations to all of them! Yes, after being chair for 11 years and seeing the completion of the new home for the COA, I stepped down to allow others to have the opportunity to accomplish goals for Littleton's older population. It has been a wonderful experience, and I am grateful to have had the opportunity to be a part of this exciting time in Littleton!

Finally, how about our wonderful new home? Have you visited it yet? If not, do plan to go and get a tour of the building. Check in with the individual at the desk to the right after you enter and they can help you out! Please realize that the staff of 5 used to managing 4 rooms in a building now have a 2-story building to take care of. They can use all the positive suggestions you might have and are providing a suggestion box at the front desk for your helpful input. It will take time to get the wrinkles out....be patient and helpful versus critical the next few months!



Marge Payne, COA Board

Thank you, Marge, for 11 fantastic years of your leadership, support, and guidance!

-The EHS/COA Staff

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 Tuesday, July 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

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

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

Update on Planters: The planters around the back of the senior center were planted as advertised in the June Broadcaster. If you are interested in helping maintain the gardens over the Summer and early Fall you can find us there 2:30 on Mondays.

Since I first wrote, I've spoken to Liz about naming the planter project. A resident made a monetary gift, in his wife's name who was an avid gardener. I wanted permission to name the project after her. It was Harold Arthur. His wife Pauline was in the garden club with me, Bev Cyr, and Peggy Larsen and it would be us that Liz would coincidentally ask to plant 'Pauline's Gardens'. One of the photos taken is of me and Harold. The other is of the volunteers who made it happen. The two volunteers not previously mentioned are Linda Schmitt and Dave Plauger. Linda used to drive Pauline to garden club meetings. Now she's driving Harold to the center to watch us plant & enjoy the gardens. How cool is that! Enjoy your Summer everyone.

The Friends



There are still leaves available for engraving on the tree in the lobby. Either Charlie DeStefano or Andy Fredette can help you with that. And of course there are rooms that can be dedicated as well. That Liz can help with.

The Friends will not be 'officially' meeting the months of July and August. Of course, you may find us together on the patio eating fresh tomatoes!

- Sandra, Chair, FLCOA

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

LittletonCenterOnShattuck.com/donation-opportunities



Apple icon denotes a Friends sponsored event!

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.





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 7/3 & 7/17.

Caregiver Support: Next meeting is July 30th at 6pm. Join us in Program Room 2 for great conversation & dinner hosted by Megan Murphy 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.

Farmers' Market Nutrition Program

Farmers' Market Nutrition Program coupons offer low-income Seniors with coupons that can be used to buy fresh vegetables and fruits at approved farmers' markets & farmstands in MA. Eligible seniors can apply for a \$50 booklet of coupons to purchase locally grown, unprocessed, fruits, vegetables, fresh cut herbs & honey from participating vendors. Each booklet has 10 coupons worth \$5 each. Contact Outreach for more information on when the coupons will be available and to explore eligibility. Limited supply!



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.

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.

COBRA and Medicare:

COBRA is a federal law that allows individuals who lose employer group health insurance to continue coverage for a limited time. It gives employees, their spouses, and dependents the option to maintain health insurance after job loss, reduction in hours, or divorce. If you are Medicare eligible and choose COBRA, you will be paying both Medicare Part B premiums & COBRA which can be costly. Medicare will be the first payor & COBRA *may* fill in gaps in Medicare plus offer other non-Medicare benefits like routine dental care and vision. This may be a good option for people eligible for Medicare with dependent spouses/children. Other options for family members who are not Medicare eligible include selecting a health plan from the Massachusetts Health Connector. For more info regarding COBRA and Medicare please schedule a SHINE appt 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.

Cost Chart (One Way)

1-10 miles: \$4
11-15 miles: \$5
16-20 miles: \$7

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

July 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 10:00-12 Cribbage Club 1:00 Ice Cream & Elvis	3 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00 Living Alone Group 1:15 Chair Yoga w/Rebecca	4 CLOSED 
7 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 12-2:00 Loving Stitches NO Chair Yoga	8 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 Magical Monarchs	9 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 12:00-2pm Blue Grass Therapy Jam Session	10 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia NO Chair Yoga w/Rebecca 2:00 DooWop Comes to Littleton	11 8:30 ROMEO Club Breakfast Trip— JJ's place 10:00 Elder Law Clinic 10:30-12:30 Trip to Harvard Alpaca Farm 11:00 Ukulele Club 1:00 BINGO
14 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 12:45-1:30 Chair Yoga 12-2:00 Loving Stitches 4:00 Mac & Cheese Din.	15 Rhode Island Light House Trip Day! 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 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 10:00-12 Cribbage Club 3:00-4:00 Peter, Paul, and Mary by Frank King	17 10:30 Financial Planning and Coffee with Alan Bell 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00 Living Alone Group 1:15 Chair Yoga w/Rebecca	18 8:30 JULIET Club Breakfast Trip— JJ's Place 11:00 Ukulele Club 1:00 BINGO
21 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 11:00 Rummikub NO Line Dancing Today 12:45-1:30 Chair Yoga 12-2:00 Loving Stitches	22 10:00-12:00 BP Clinic 11:15-12:15 Stretch&Flex 11:45 Dirigible Tour 1:00-4:00 Mah-Jongg	23 8:00 Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 2:00 Home Tweet Home	24 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:15 Chair Yoga w/Rebecca 2:00 Movie and Popcorn	25 8:30 ROMEO club Breakfast Trip –Rosie's Diner 11:00 Ukulele Club 1:00 BINGO
28 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 1:00 Restaurant Hoppers 2:00 Beantown Bites	29 10:00-12:00 BP Clinic 11:15-12:15 Stretch&Flex 1:00-4:00 Mah-Jongg 1:00 Upbeat Music Duo	30 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 1:00 Chords & Cannons 6:00 Caregiver Group	31 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:15 Chair Yoga w/Rebecca	IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE



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Minuteman Senior Services		July 2025		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER your Meal, Call your local meal site by 11AM the DAY BEFORE 781-325-7879	1 Potato Crunch Fish on Burger Bun Corn Brussels Sprouts Chilled Fruit	2 Steak Fajita (<i>peppers & onions</i>) Spanish Rice Black Beans Tortilla Rice Pudding	3 Chicken Cordon Bleu Supreme Sweet Potatoes Caesar Salad Oat Bread Berry Crisp	July 4th  No Meals Served
7 Smothered Pork (<i>mushroom, cream</i>) Mashed Potatoes Cauliflower WW Dinner Roll Cookie	8 Chicken Meatballs Marinara w/Pasta Vegetable Blend Oat Bread Pineapple	9 Special Finger Sandwiches(<i>chicken salad & egg salad</i>) Orzo Salad Coleslaw Parfait	10 Yankee Pot Roast Butternut Squash Beets Biscuit Fruit	11 Cheese Omelet Turkey Sausage Roasted Potatoes Ratatouille Applesauce Fruit Loaf
14 Beef & Cabbage Potatoes w/Red Bell Peppers Rye Bread Chilled Fruit	15 Garlic Lemon Fish Corn Creamed Spinach MG Bread Jello	16 Cold Tortellini Salad Tomato & Cucumbers Oat Bread Cookie	17 Marry Me Chicken <i>tomato, garlic, cream</i> Couscous Green Beans Dinner Roll Fruit	18 Turkey Chili Brown Rice Cornbread Mandarins
21 Hawaiian Chicken White Rice Vegetable Blend WW Dinner Roll Chilled Fruit	22 Meatloaf w/Gravy Mashed Potatoes Peas MG Bread Fruit	23 Cold Seafood Salad on Vienna Bread Tabouli Garden Salad Yogurt (<i>no milk</i>)	24 BBQ Pulled Pork on Burger Bun Sweet Potatoes Collard Greens Cake	25 Mac & Cheese Stewed Tomatoes Oat Bread Chilled Fruit
28 Turkey w/Gravy Mashed Potatoes Carrots LS Wheat Bread Chilled Fruit	29 Lasagna w/ Marinara Vegetable Blend Garlic Roll Cookie	30 Hot Dog *** (<i>beef/pork</i>) on Roll Baked Beans Coleslaw Cinnamon Apples	31 Cold Rst Beef & Cheese on MG Bread Potato Chips Garden Salad Fruit	Entrees that contain more than 1200 mg sodium are designated by an ***

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 No class in July or August

Summer is upon us and time to enjoy. Therefore, we will not schedule a craft class for July and August.

We will be back with many new ideas for fall. Enjoy your time this summer and we will see around the Center for sure!

—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, July 8th @ 10am, Room 2

Join us for a discussion on the book **October Sky** by Homer Hickam! The book choice for August is **Eternal on the Water** by Joseph Monninger.



Megan has copies of both books in her office. Please call (978) 540-2470 to register.

Coffee & Financial Planning July 17th, 10:00am-11:00am

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

Cribbage Club Wednesdays, 10am-12pm, Room 2

Come on in from 10am - 12pm on Wednesdays in Program Room 2 and join the fun!

Elder Law Clinic Friday, July 11th, 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 30 minute consultation! Reserve your spot by calling 978-540-2470.

"Home Tweet Home" - Craft and Funeral Pre Planning with Badger's Wednesday, July 23rd, 2:00-3:00pm, Art Room

Let's discuss funeral preplanning after coming together to paint some cute birdhouses for you to take home. Light refreshment served. Please call to register (978) 540-2470

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

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

Friday, July 11th: 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!

Blue Grass Jam Session Wednesday July 9th, 12:00-2pm, MPR

Do you love acoustic music? Do you play an acoustic instrument? Do you love to sing? Blue Grass Therapy will be hosting an open acoustic music jam on July 9th. We are an eclectic group of friendly, encouraging amateur musicians who love to make music together. All acoustic musicians are welcome — including beginners or simply the curious. We love an audience too! So listeners are welcome!

Questions regarding the Jam Session- please email Susan Cudmore: susan.cudmore@gmail.com

Please call (978) 540-2470 to register.

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

Walking Club July and August

Wed.'s, 8:30am, Bruce Freeman Trail

Join us Wednesday mornings! Please call to sign up 978-540-2470 so we can reach you in case of cancellation or changes. The walk will be Wednesdays at 8:30am meeting at Bruce Freeman Trail. Dress comfortably and bring water! Group typically parks behind Donelans.

Foot Care Clinic

Monday July 7th, 9AM-2PM

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



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

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!



Fitness Room

We will put out a training schedule to hold small group classes to show users how to use the equipment properly before you are able to use the room on your own. The Sign Up process will be:

- Review and sign our fitness waiver,
- Pay the fee at the front desk,
- Sign up to take a training class with our Fitness Instructor.

Once these steps are complete, you are able to use the room between 9am-3:30pm. At this time we will not have time slots, but will determine the need in the future.

Fee for 2025 is \$30/6 months or \$50/year. The fees collected will be used to maintain the equipment and train users.

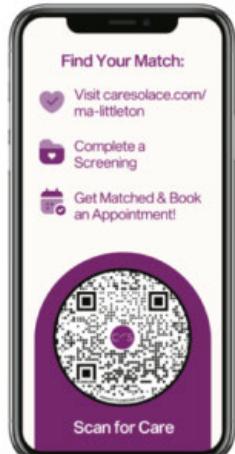
Ages 60 and up only at this time.



Help is Available

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

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





ROMEO 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 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!

July 11th: JJ's Place, Westford, MA

July 25th: Rosie's Diner, N. Chelmsford, MA

Veterans Breakfast

Wed. July 23rd, 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 July 9th, 8:00AM - 9:00AM

Men's Breakfast July 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!*

Movie and Popcorn

Thursday July 24th, 2:00-4:00pm, MPR

Come on in to stay cool, watch a movie and enjoy some popcorn! "**Conclave**" (120 minutes, PG) Conclave follows one of the world's most secretive and ancient events-selecting the new Pope. Cardinal Lawrence is tasked with running this covert process after the unexpected death of the beloved Pope. Once the Catholic Church's most powerful leaders have gathered from around the world and are locked together in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope's wake, secrets which could shake the foundations of the Church. Please call (978) 540-2470 to register. *Movie subject to change.*

Beantown Bites: Food History

Monday July 28th, 2:00pm-3:00pm, Program Room 2

From baked beans to Boston cream pie, the city's food traditions tell a story of history, culture, and innovation. Join food historian and author Clara Silverstein as she takes us on a delicious journey through Boston's most iconic dishes. Discover how Native American foodways, colonial cooking techniques, and immigrant influences shaped the flavors we know today. Learn the origins of beloved New England classics, explore fun historical food facts, and leave with inspiration to bring a taste of Boston into your own kitchen. Call (978) 540-2470 to register.

Ukulele Club

Fridays from 7/11 - 8/22 at 11am in Program Room 2

We had such fun with the Learn to Play the Ukulele lessons with Julie that we are starting a weekly club for those who want to keep practicing before our next session of lessons that begin on August 29th! Come to Program Room 2 on Fridays at 11am and practice away!



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!

July 18th: JJ's Place, Westford, MA

Aug 1st: Rosie's Diner, N. Chelmsford, MA

Restaurant Hoppers

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

On Monday 7/28 we will be headed to Tavern in the Square in Littleton, 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.

Trip to Harvard Alpaca Farm

Friday July 11th, 10:30am-12:30pm

Meet our herd alpacas while learning how and why we started raising alpacas. In addition to the herd of alpacas living on our Ranch, you will also find the Alpaca Shop, full of all types of beautiful alpaca products. Our products include yarn, socks, hats, scarves, gloves, and mittens, blankets, stuffed animals, and a variety of souvenirs from the Ranch. \$10 per person.

Space is limited on the van. Please call (978) 540-2470 to register.



Dirigible Brewery Tour, Littleton, MA

Tuesday July 22nd, 11:45-2:30pm

Come join us for a tour of Dirigible Brewery in Littleton and learn how their beer is brewed. Enjoy a light lunch and some beer samples! \$10 per person covers the tour, samples, and light lunch. Space is limited on the van. Please call to register (978) 540-2470.

National Mac and Cheese Day Dinner

Monday, July 14th, 4:00pm, MPR

Come celebrate National Mac and Cheese day with a delicious home cooked meal! \$5 per person. Please call to register (978) 540-2470, space is limited. Non-Littleton Residents can register for this event starting Tuesday, 7/8.

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!

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Special Programs!

Magical Monarchs Tuesday July 8th, 2:00-3:00pm, Art Room



Exquisite and fragile, yet strong enough to migrate thousands of miles, monarch butterflies have captured our imaginations with their beauty and complexity. Elke and her husband Garth have come to know these magical creatures well while documenting their transformation up close. What makes these butterflies so special? How can we help them? And what happens when some tough urban teens encounter a butterfly raised by their classmates? In this lively presentation, Elke will discuss facts and myths about monarchs and share heartwarming stories and captivating photos from their experiences. Please call 978-540-2470 to register.

DooWop Comes to Littleton Thursday July 10th, 2:00-3:00pm, MPR

The Doo-Wop Team has been spreading joy since 2023 by singing great songs from the 50's and 60's. So far, they have performed at: Polar Park, The Colonial Inn, Bedford TV, Bemis Hall, and more! Feel free to sing along! Please call (978) 540-2470 to register.

Peter, Paul and Mary presented by Frank King Wednesday July 16th, 3:00-4:00pm, MPR

In this musical lecture you'll learn all about the premier group of the 1960s folk music revival – Peter, Paul & Mary, including: The backgrounds of all three individual singers, The interesting story of how they came together, The deep folk roots of their iconic first album in 1962, Highlights of their record-setting decade as a trio, The reasons for their breakup in 1970, Their personal lives and support of a multitude of liberal causes, And plenty of their music, including their Top 10 hits and a few of Mr. King's favorites

Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio, was a News Producer at WCVB TV, Channel 5, and an Assistant Professor at B.U.. His lectures draw from the music and art from his personal collection of over 2500 record albums. He has presented over 900 highly acclaimed music lectures around Greater Boston and Cape Cod since 2014. Please call (978) 540-2470 to register.

UpBeat Music Duo Tuesday July 29th, 1:00-2:00pm, MPR

Enjoy upbeat music from classic rock, pop and jazz of the 50's 60's and 70's including songs by George Gershwin, Fats Waller, Bert Bacharach, Willie Nelson, Carol King, The Beatles. Guitarist/vocalist Karen Quatromoni is an accomplished jazz performer and former music teacher who studied at Berklee College. She ascribes her "Freddie Green" accompaniment style to hundreds of engagements with big band orchestras, and her lyrical solos are reminiscent of Grant Green. Her singing is inspired by the legends – Ella and Sarah – and popular jazz singers, such as Diana Krall.



Bassist Rick Maida plays a variety of jazz, rock, blues and other popular styles of music, performing in Boston-area bands over the past 25 years. His versatile playing is inspired by the soulful music of bassist James Jamerson, virtuoso bassist Victor Wooten and legendary master bassist Ray Brown.

Please call (978) 540-2470 to register.

Chords and Cannons: Tchaikovsky's 1812 Overture Wednesday July 30th, 1:00pm-2:30pm, Program Room 2

Anyone who has ever watched the fireworks on the Boston Esplanade has heard Tchaikovsky's 1812 Overture ... but what are the French national anthem and Russian folksongs doing in this Fourth of July favorite? Packed with drama and emotion, this Romantic masterpiece tells the story of a momentous historic event. How does the music relate the ebb and flow of fortune, and how did it become a beloved American tradition?

We'll listen to this great work, interspersed with discussions about the composer, the historical context, and the story told through the music. This is an engaging and interactive presentation for both lifelong musicians and those who claim to know absolutely nothing about classical music.

Please call (978) 540-2475 to register.



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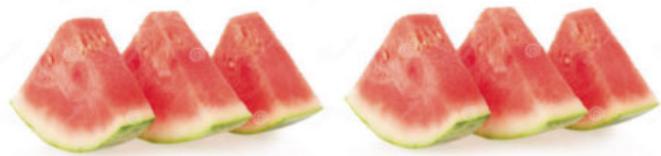
If you need to cool down this summer, come to the Center on Shattuck Street Monday-Friday 8:30am-4:00pm.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun & into a cool, ideally air-conditioned place.
- Drink fluids; avoid alcohol and caffeine.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest.

Emergency Contacts

For your safety we ask that you share an emergency contact name and phone number with us. If you are unsure if you have one on file, or if you need to make a change or an update to your existing contact, please stop by the front desk. We keep this information confidential and will only use it in case of an emergency.



Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

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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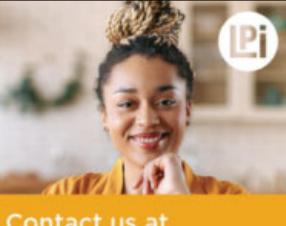
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LITTLETON EHS TRANSPORTATION

- 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!**

