

The Broadcaster

August 2025



LITTLETON EHS/COA SERVICES

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IMPORTANT NOTES:

COA Board Meeting will be held on August 11th, 2025 at 3pm. Check the website for updates or changes.

**Let's ENJOY
the SUMMER**

From Liz's Desk: Hello Everyone! It's hard to believe August is already here, and we have been in our new home for 2 full months already! Seems like we just cut that ribbon yesterday! We have many fun new activities this month, hope to see you soon!

Tax Relief for the Elderly and Disabled (T.R.E.A.D.) Are you a Littleton senior resident or disabled resident who needs assistance with their property taxes? MA State Law Chapter 60, Section 3D, allows a fund to be created to collect donations and disburse them to low-income elderly property owners and qualifying disabled owners. Here in Littleton, we call it the T.R.E.A.D. program. The application period is open now through September 30th, 2025. Applicants must meet the following criteria:

- Must own and occupy the property
- Must be 65 or older or have a state-recognized disability
- Must file an application disclosing exemptions and household income and expenses for all household members age 18 or older

Applications can be obtained from our department website:

<https://www.littletonma.org/237/TREAD-Program> or by coming to our office at the Center on Shattuck, 33 Shattuck St. If you need assistance filling out an application, please call Amy or Alicia at 978-540-2470

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 to play a game of pool. Signing in helps us keep track of how many people are in the building, and also great for advocating for funding & grant writing!

**ANNUAL SUMMER BBQ
WITH OUR LEGISLATORS
THURSDAY AUGUST 14TH AT 12**

**JOIN US ON THURSDAY AUG 14TH AT NOON
FOR OUR ANNUAL SUMMER BBQ HOSTED BY
SENATOR JAMIE ELDRIDGE AND
STATE REPRESENTATIVE JIM ARCIERO
CALL TO REGISTER: 978-540-2470**

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



COA Board Update

By the time you are reading this 2 1/2 plus months have gone by since we moved into our new home. It continues to be a learning experience for all of us...especially the staff. For example: EHS has always had to deal with the privacy and confidentiality concerns which most of us never thought about. You all must realize that necessity is what drove the design of staff office space in our new building. Trust us, staff are as accessible as they were in Shattuck Street... We all just must learn the new ways! Our wonderful staff continue to operate with flexibility... Are you aware that they were given short notice to get everything out of the rooms vacated by EHS in Shattuck Street? Apparently, the plan to put those rooms in mothballs was vacated when the Building Dept. space had their AC fail and they needed to move in. Are you aware that participation in programs has increased significantly and new things consistently appear? For example, a hot lunch is now served daily and all you need to do is call 1 day ahead and bring \$2. Rumor has it that the food is good!

In September keep your eyes open for information about real estate tax assistance programs available and specifics about all the opportunities. Welcome if you are considering a visit to learn more about events and opportunities. 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 5 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 there is a suggestion box at the front desk for your helpful input. A few wrinkles are still with us and will exist for several more months.



-Marge Payne & Anita Harding,

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 Friday, August 1st for all programs and activities included in this newsletter unless otherwise noted. 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.

Information 2

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 Program

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

Although the Friends are not meeting over the Summer, we do have some news. Tony Jesensky, our long-time Treasurer, has submitted his letter of resignation. Tony served on the Friends' board for many years. Although I do not personally hold the historical records, it is safe to say he was Treasurer for a minimum of 25 years. During which time Tony helped countless residents prepare their taxes every year. If it was tax season, we knew we wouldn't be seeing Tony. Thank you, Sir, for all your dedicated years of service and for keeping the senior's money safe, while helping it grow, something we know you are most proud of. May you spend many more happy and healthy years on Lake Matawanakee.

Pauline's Gardens at the Senior Center are thriving despite this Summer's intermittent heatwaves. It's been challenging to keep the plants happy with all this heat, but having a 'gardening angel' looking down on it helps! Participation isn't what I had hoped. However, inviting you to come at 2:30 in the afternoon wasn't very desirable, or well thought out, especially with the weather conditions we've had. So, I've decided to go to the gardens on Monday mornings at 9:30 instead. I hope you will stop by. You can help with deadheading or weeding. You can also sign up to water when it works for you. Or just stop by to say 'hi'. Just saying 'hi' won't earn you a tomato, but weeding will!



- **Sandra**, Chair, FLCOA

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

LittletonCenterOnShattuck.com/donation-opportunities

We Want to Hear About Your Vision for a Sustainable Littleton!

Join the Littleton Sustainability Committee and Northern Middlesex Council of Governments (NMCOG) for a public workshop related to Littleton's Climate Action Plan (CAP). The CAP represents a significant step toward creating a more sustainable and resilient Littleton and will serve as a guide for the Town to achieve these goals. Your input is crucial! This event will provide residents with the opportunity to learn more about the climate action plan and share their ideas on actions the Town can take to address climate change.



Date and Time: Tuesday, August 12th at 6:00 PM

Location: 33 Shattuck Street, Littleton, MA

Please register at: <https://www.surveymonkey.com/r/LittletonCAPForum1>



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 8/7 & 8/21.

Caregiver Support: Next meeting is August 27th 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

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.



Elder Law Clinic Friday, Aug 8st, 1pm, Conference Room

Phillip Arcidiacono, Attorney at Law, will be on site in the Conference room from 1:00PM - 2:30PM to answer your legal questions. No cost for the 30 minute consultation!

Reserve your spot by calling us at 978-540-2470. Please call to reserve your appointment!



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!



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

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



August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE				1 8:30 JULIET Club Breakfast Trip-Rosie's Diner 11:00 Ukulele Club 1:00 BINGO
4 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 today!	5 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	6 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 12:00-2:00 Blue Grass Jam 1:00 Canasta w/Linda 2:00 Root beer Float Day	7 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00 Living Alone Group No Chair Yoga today!	8 8:30 ROMEO Club Breakfast Trip- Tiny's 9:30 Yoga Sculpt 11:00 Ukulele Club 1:00 Elder Law Clinic 1:00 BINGO
11 9:00-2:00 Foot Care Clinic 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	12 10:00-12:00 BP Clinic 10:00 Ravenous Reader Book Club 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 6:00 Sustainability Committee Public Workshop/ Climate Action Plan	13 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 Canasta w/Linda 1:00 Mother Goose Tour-The Freedom Trail	14 9:30 Senior Living & Home Care: Understanding the Options 11:15-12:15 Stretch & Flex 12:00 Annual Summer BBQ w/ Our Legislators No Trivia today! 1:15 Chair Yoga w/Rebecca	15 8:30 JULIET Club Breakfast Trip- Tiny's 11:00 Ukulele Club 1:00 BINGO
18 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	19 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	20 8:00 Men's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 12:00 Lunch & Learn: Healthy Home Strategies 1:00 Canasta w/Linda	21 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00 Living Alone Group 1:15 Chair Yoga w/Rebecca	22 8:30 ROMEO club Breakfast Trip—Paul's Diner 10:00 Financial Planning & Coffee/ Alan Bell 11:00 Ukulele Club 1:00 BINGO
25 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 11:00 Rummikub NO Line Dancing today! 12:30 Restaurant Hoppers 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga	26 10:00-12:00 BP Clinic 10:00 Sea Glass Morning Class 11:15-12:15 Stretch&Flex 1:00-4:00 Mah-Jongg 1:00 Sea Glass Afternoon Class	27 8:00 Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00-12 Cribbage Club 1:00 Canasta w/Linda 1:00 Averill House Vineyard 6:00 Caregiver Group	28 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:15 Chair Yoga w/Rebecca 2:00 Movie & Popcorn	29 8:30 JULIET Club Breakfast Trip- Paul's Diner 11:00 Ukulele Lessons with Julie 1:00 BINGO



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Minuteman Senior Services		August 2025		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For weather emergencies and cancellations, please check Fox 25 TV station	To CANCEL or ORDER your Meal, Call your local meal site by 11AM the <u>DAY BEFORE</u>	Thank you to our Senior Nutrition Corporate Sponsor  Metropolitan Home Health Services, Inc.		1 Chicken Piccata Rice Pilaf Broccoli WW Bread Pudding
4 Hamburger on WW Burger Bun Sweet Potatoes Beets Jello	5 Potato Crunch Fish Mashed Potatoes Chuckwagon Corn Dinner Roll Cookie	6 Chicken Teriyaki Vegetable Rice Green Beans MG Bread Pineapple	7 Chef Salad Black Bean & Tomato Salad Pita Bread Fresh Fruit	8 Eggplant Parm Pasta Vegetable Blend LS Wheat Bread Mandarins
11 Greek Chicken <i>spinach, peppers, feta, olives</i> Risotto MG Bread Apple Slices	12 American Chop Suey Broccoli WW Garlic Roll Fruit	13 <i>Cold</i> Tuna Salad on Wheat Three Bean Salad Garden Salad Pineapple	14 <i>Special</i> BBQ Pulled Pork on Burger Bun Potato Salad Garlic Green Beans Peach Cobbler	15 Broccoli Cheese Egg Bake Potatoes O'Brien Carrots Muffin Yogurt (<i>no milk</i>)
18 Pork Roast- <i>cream mushroom, onions</i> Sweet Potatoes Cauliflower WW Dinner Roll Applesauce	19 Chicken Meatballs Marinara Pasta Vegetable Blend Oat Bread Mandarins	20 Cheese Omelet Turkey Sausage Roasted Potatoes Vienna Bread Pineapple	21 <i>Cold</i> Chicken Salad on MG Bread Quinoa Salad Carrot Slaw Cookie	22 Yankee Pot Roast Butternut Squash Beets Biscuit Fruit
25 Thai Beef & Basil <i>soy & oyster sauce</i> Brown Rice Broccoli WW Bread Chilled Fruit	26 *** Hot dog (<i>beef/pork</i>) on Hot Dog Roll Baked Beans Coleslaw Cinnamon Apples	27 <i>Cold</i> Tortellini Salad w/Peas Tomato & Cucs Oat Bread Fruit	28 Marry Me Chicken <i>tomato,garlic,cream</i> Couscous Green Beans Dinner Roll Cupcake	29 Garlic Lemon Fish Corn Creamed Spinach MG Bread 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.

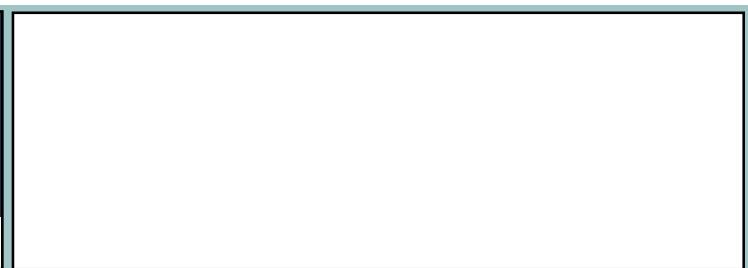



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Craft Class No class in July or August

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

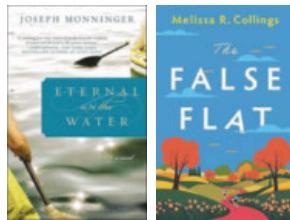
Out of the Box Trivia Thurs, 12:30 - 1:30, in Program Room 2

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, Aug 12th @ 10am, Room 2

Join us for a discussion on the book **Eternal on the Water** by Joseph Monninger. ! The book choice for September is **The False Flat** by Melissa Collings.

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



Coffee & Financial Planning Aug 22nd, 10:00am-11:00am, Diner

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!

Learn to Play Canasta with Linda Wednesdays, 1:00-3:00pm, Pr. Room 2

Have you ever wanted to learn to play Canasta? If so, come and join Linda in Program Room 2 on Wednesdays at 1pm. Are you an experienced player? You are invited too! Please call (978) 540-2470 to register.



Sea Glass with Laura Morning Class Tuesday, August 26th, 10am-12pm, Art Room

Join Laura to make this beautiful sea glass mobile! Cost is \$15 per person. Morning class at 10am is new, the 1pm class is full due to being rescheduled from it's original June date. Please call to register. Space is limited. (978) 540-2470

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

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

Friday, Aug 1st: 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 Aug 6th, 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- **CLASS FULL!**

Walking Club - 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 Aug. 11th, 9AM-2PM

Foot Care RN, Christine Quiriy, RN CFCN is here Monday 8/11 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.



Chair Yoga Sculpt w/ Therese LaRose

Friday, Aug 8th, 9:30am-10:30am

Join guest instructor Therese LaRose from Life Care Center for a Chair Yoga Sculpt class. This is a yoga class using resistance bands for flexibility, strength and relaxation.

Please call to register (978) 540-5470. Space is limited. There is no cost for this class. Class will be held 1x monthly.

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. Register in July for these early August dates.

Ages 60 and up only at this time.

Next Training Dates:

August 6th, Session A: 2:30 - 3:15pm

Session B: 3:15 - 4:00pm

August 13th, Session A: 2:30-3:15pm

Session B: 3:15 - 4:00pm

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!





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!

Aug 8th: Tiny's, Ayer, MA

Aug 22nd: Paul's Diner, Westford, MA

Veterans Breakfast

Wed. Aug 27th, 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.



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!

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

Aug 15th: Tiny's, Ayer, MA

Aug 29th: Paul's Diner, Westford, MA

Restaurant Hoppers

Monday, Aug 25th, Van leaves at 12:30

On Monday 8/25 we will be headed to Stir Martini Bar & Kitchen. 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 August 20th, so we are able to reserve your table.



Women's Breakfast Aug. 13th, 8:00AM - 9:00AM
Men's Breakfast Aug. 20th, 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!*

Lunch in the Senior Diner

Monday – Friday at 12 Noon

The Senior Diner is open for lunch daily, Monday through 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 will be coming for lunch.

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:

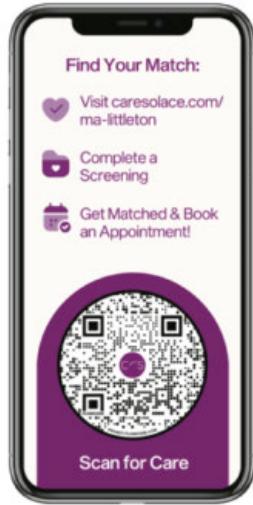
- Get out of the sun & into a cool, ideally air-conditioned place.
- Drink fluids; avoid alcohol and caffeine.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest.



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



Healthy Home: Strategies for Staying Safe & Secure in Your Own Home

Lunch & Learn; Wednesday, August 20th, 12pm

Join us for home safety tips tailored for seniors. Discover simple strategies to create a safer living environment, including decluttering tips, proper lighting, and non-slip flooring. We'll also discuss strategies for emergency preparedness, medication safety tips, and fall prevention education. Don't miss this opportunity to gain valuable insights on how to protect yourself and your loved ones. Please call (978) 540-2470 to register.

Senior Living & Home Care: Understanding the Options with Confidence & Clarity

Thursday, Aug. 14th, 9:30am, Program Room 2

Join us for an informational session on navigating senior living and home care options followed by some breakfast refreshments. Presentation by Deb Tishler from Assisted Living Locators. Please call (978) 540-2470 to register.

Ukulele Club

Fridays, Aug 1st - Aug 22nd, 11am, 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 begins on August 29th! Come to Program Room 2 on Fridays at 11am and practice away! Please call (978) 540-2470 to register.

Ukulele Lessons with Julie

Fridays, 11am, Aug 29th-Sept 19th (4 week session)

Join us to learn to play or to continue learning the Ukelele with Julie! This 4 Week session from 8/29 - 9/19 will be \$52 per person for the 4 week session. Please call to register.

Dr. Megan Ford Dr. Richard Selleck

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Special Programs!

National Root Beer Float Day Wednesday, August 6th, 2pm, In the Senior Cafe



Let's celebrate National Root Beer Float Day! Come in, cool off and enjoy a Root Beer (or Coke) float! Go home with a souvenir mug. Event Sponsored by the Friends of the Littleton COA! Please call (978) 540-2470 to register.

Mother Goose Tour - The Freedom Trail Wednesday August 13th, 1pm, in the MPR

Learn about the early history of our country from a true Bostonian! Elaina Vrattos Jacobs, a seasoned Boston Freedom trail tour guide who was born and grew up in Boston will present the Freedom trail in a fun interactive way. Using slide photos of the trail sites, Ms Jacobs will take you on a journey through our country's history from the first colony up to the beginning of our Revolutionary War.

Ms. Jacobs will entertain and interact in full costume from the period and present this presentation, not as herself, but as someone directly out of Boston's history of the time, Elizabeth Foster Goose! Please call (978) 540-2470 to register.

Tour, Tasting & Glass at Averill House Vineyard Trip Wednesday August 27th, 1pm-5pm, Brookline NH

Uncover the Enchanting Secrets: Begin your journey with an exclusive guided tour through our historic winery, mesmerizing vineyard, and captivating wine cellar. Immerse yourself in the rich history of Brookline's renowned Ice District as we unveil the fascinating tale of our 1830's tasting room and the humble origins of our family's cherished vineyard.

Prepare your senses for an extraordinary experience as you step into our elegant tasting room. Indulge in a tantalizing flight of four exceptional wines meticulously crafted to perfection from our extensive collection. Each sip will transport you to a world of unparalleled flavors and artistry, leaving your taste buds craving for more.

But that's not all! As a token of our appreciation, choose your very own wine glass to take home—a masterpiece of sophistication, available in both stemmed and stemless options. Adorned with the exquisite Averill the Elephant embossment, it symbolizes our commitment to the beauty of winemaking and philanthropy.

Van leaves at 1pm. Returning at 5pm. \$25 per person, due by 8/20. Please call (978) 540-2470 to register.

Movie and Popcorn Thursday, August 28th, 2:00pm, MPR

Come on in to stay cool, watch a movie and enjoy some popcorn! This month we will be watching **October Sky**:

In a 1950's mining town called Coalwood, Homer Hickam is a kid with only one future in sight, to work in the local coal mine like his father. However, in October 1957, everything changes when the first artificial satellite, Sputnik, goes into orbit. With that event, Homer becomes inspired to learn how to build rockets. With his friends and the local nerd, Homer sets to do just that by trial and a lot of error. Unfortunately, most of the town and especially Homer's father thinks that they are wasting their time. Only one teacher in the high school understands their efforts and lets them know that they could become contenders in the national science fair with college scholarships being the prize. Now the gang must learn to perfect their craft and overcome the many problems facing them as they shoot for the stars. Based on a true story.

Please call (978) 540-2470 to register. Movie subject to change without notice.

Traveling Chef Luncheon Tuesday, September 2nd at 12pm, in the Senior Cafe



The Traveling Chef will be here in Littleton to make and serve a delicious lunch! Suggested donation is \$6 per person. Must call to register: 978-540-2470. Please register in July or August for this event so we have an accurate headcount prior to this early September event.

Menu includes: Chicken Saltimbocca, Creamy Risotto w/Toppings, Garden Salad, Garlic Roll, Tiramisu, Juice, milk or water. Please call 978-540-2470 in August to register. Sponsored by the FLCOA!





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Upcoming Bus Trips



Turkey Train Tour Tuesday, September 30th, 2025

It's Turkey Time!! All Aboard...

Join the Littleton COA for the perfect Foliage Day Trip! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the *Winnipesaukee "Turkey Train"* at the Hobo Railroad. This two hour scenic train ride, through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixin's! This exceptional turkey meal is provided by *Hart's Turkey Farm*. Following the lunch train excursion we board the motorcoach and head to *Moulton Farm*, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand, garden center or maybe pick up a treat at their bakery! A Perfect ending to our September day!

\$143.00 per person. Includes: Roundtrip Transportation, Train Ride, & Lunch plus gratuity.

Your Motorcoach Will Depart: 9:30am from Littleton Center on Shattuck. Returns Approximately 6:30pm

For Reservations, Please Call: 978-540-2470. Full Payment due upon reservation. Must register by August 30th.

NO REFUNDS. *Trip Operated by Bloom Tours*

New England Christmas Festival @ Mohegan Sun

Saturday, November 8th, 2025



Artisan Giftmas! A new way to shop handpicked & handmade crafts, as well as specialty foods. Visit the New England Christmas Festival with over 300 pop up shops by American Artisans that come together once a year for three days only! You will find special and unique gifts for everyone on your list – in all price ranges. This award-winning show is the largest arts and crafts festival in New England.

Once finished at the festival, try your luck at one of the machines over on the casino side, with over 364,000 square ft. of gambling space – there's something for everyone!

Meet at 8:30 AM at the Friendly's in Leominster (482 N Main St, Leominster), return time 6:30 PM

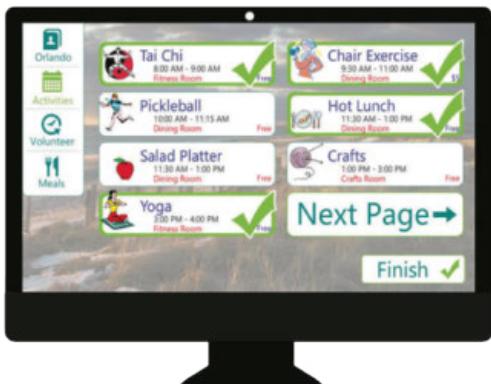
\$81 per person. Checks can be made out to Wilson Bus Tours and dropped off at the Center on Shattuck Street.

Payment due by September 22, 2025. Please call 978-540-2475 to register. Space is limited.

NO REFUNDS. *Trip Operated by Wilson Bus Tours.*

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!

