

The Broadcaster

September 2025



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IMPORTANT NOTES:

COA Board Meeting will be held on September 8th, 2025 at 3pm. Check the website for updates or changes.

We will be closed on Monday 9/1/2025 in observance of Labor Day



From Liz's Desk: Happy Fall, Everyone! Another great month of activities and events is lined up here at the Center on Shattuck— Hope to see you there!

Flu & COVID-19 Vaccine Clinic

The Littleton Board of Health and the Council on Aging are partnering to help keep our community healthy this fall. We will be hosting a **Flu and COVID-19 Vaccination Clinic** on **Monday, September 29th, from 3:00–6:00 PM** at the **new Center on Shattuck Street building, at 33 Shattuck Street**. Please bring your **insurance information and a photo ID**. Thanks to a generous donation from the Littleton Rotary Club, those without insurance will still be fully covered at no cost.

Registration is required. Sign up online at: <https://tinyurl.com/2v4hm2jr> or call the Elder and Human Services office staff at **(978) 540-2470** (Monday–Friday, 9:00 AM–4:00 PM) for assistance. Come see us at the New Center!

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 POLICE & FIRE BBQ

TUESDAY, SEPTEMBER 9TH AT 12
LITTLETON FIRE STATION

JOIN US ON TUESDAY THE 9TH AT NOON FOR OUR ANNUAL SUMMER BBQ HOSTED BY THE LITTLETON POLICE AND FIRE DEPARTMENTS.

CALL TO REGISTER: 978-540-2470

SHUTTLE AVAILABLE, CALL FOR DETAILS!



Mark your calendars:

Tax collector office hours Monday Oct. 27th, from 10am - 2pm at the Center on Shattuck Conference Room

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



COA Board Update

With fall approaching it will soon be time to pay real estate taxes for 2026. This month I would like to discuss the Tax Deferral Program.

Having worked in the Assessor's office for 30 years I am well aware of the Program and how beneficial it can be. If, as a senior 65 or older, you are having a hard time keeping up with the yearly increases in your taxes, this might be a option for you. To qualify you need to own your home as of July 1, 2025 and your INCOME can not exceed \$72,000. This program allows you to defer all or a portion of your yearly real estate tax. There is a yearly 1% interest on the unpaid tax and you do not need to pay the tax until you sell your house or if you die the estate would pay the tax. There is a lien put on the property to ensure the unpaid tax and interest ONLY are paid. The lien does not mean that the town can take your home. Many people that I talked to when I worked in the Assessor's office, as well as the people that I talk to now, tell me they want to leave their home and estate to their kids. This program allows you to do that and still pay less taxes. If you have a budget of \$4000 a year for taxes and they go up to \$4700, or even \$5000, you can defer only the increase and keep your tax budget the same every year or you can defer all of the tax. An example: if you defer \$4000 a year for 10 years, you will have deferred \$40,000 plus minimal interest. You sell your house for \$400,000. Pay back the \$40,000 plus interest and you still have around \$350,000 for your children. This is a win for you to be able to stay in your house, use the money you did not use for taxes for repairs or other expenses, and your children only lose a very small amount of your estate. I feel that this is important for all seniors with an income of \$72000 or less to really think about and talk to your children about. The staff in the Assessor's office will sit with you confidentially to discuss your individual needs and help you complete the application. Your children can also call or talk to the staff in the office. They are very friendly and willing to help in any way to assist you in this process.

- Anita Harding,
COA Board Chair



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, September 2nd 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.

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
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Marjorie Payne
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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

We hope you've enjoyed the first half of your Summer. The Friends haven't formally met over the Summer, but we're in touch all the same. We run into each at the Center quite regularly and whenever there's a request from Liz's office, we activate our group email. My report for the month is that the Friends purchased a popcorn machine and popcorn for the monthly 'Movies and Popcorn' at the Senior Center. And the next batch of leaves for the Donor Tree is ready to be sent in.

Pauline's Gardens are thriving. The tomato plants have yielded hundreds of tomatoes, in equal amounts of Sweet 100's and Sungold. Those vibrant purple eggplants are getting plumper every day, but I'm not sure about the zucchini. I've only seen two. Between the herbs and cut flowers, the bees are really buzzing. Tending a garden is nourishing for the mind and soul. Won't you join us! Three of us are there on Monday mornings at 9:30 and we take turns watering, which occurs most days.

If you're reading this article before the end of August, there's still time for the 50% off Summer Sale at the thrift shop. There's also an end of season white hanger sale going on. Items on this rack are \$2.00. People have asked about having a fashion show. If enough volunteers step up to help, maybe we can have a fashion show. The number for the Friends and thrift is 978-501-4069.



- **Sandra**, Chair, FLCOA

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

LittletonCenterOnShattuck.com/donation-opportunities



Apple icon denotes a Friends sponsored event!

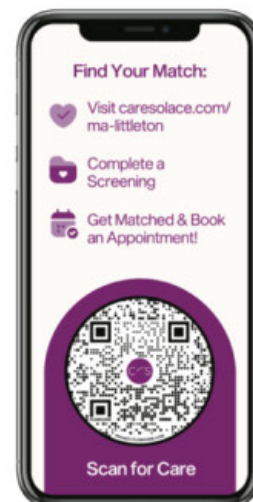


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Help is Available

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





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 9/4 & 9/18.

Caregiver Support: Next meeting is September 24th 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, Sept 5th, 10am, Conference Room

Phillip Arcidiacono, Attorney at Law, will be on site in the Conference room from 10:00AM - 11:30AM 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**

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

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY1
1 	2 10:00-12:00 BP Clinic NO Stretch & Flex 1:00-4:00 Mah-Jongg	3 8:30-9:30 Walking Club NO Yoga for Strength & B 10:00-12 Cribbage Club 12:00 Bluegrass Jam 1:00 Canasta w/Linda	4 NO Stretch & Flex 12:30 Out of the Box Trivia 1:00 Living Alone Group 1:15 Chair Yoga	5 8:30 ROMEO Club Breakfast Trip-Johnsons 10:00 Elder Law Clinic 11:00 Ukulele Lessons 1:00 BINGO
8 9:00-10:00 Beg. Tai Chi 10:00-11:00 Adv. Tai Chi 10:00 Grief SupportGroup 11:00 RummiKub 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga 4:00 Play LCR!	9 9:30 Personalizing Your Device- iPhone Class 10:00-12:00 BP Clinic 10:00 Ravenous Readers Book Club NO Stretch & Flex 12:00 Police & Fire BBQ @ Fire Station 1:00-4:00 Mah-Jongg	10 8:00 Women's Breakfast 8:30-9:30 Walking Club NO Yoga for Strength 10:00-12 Cribbage Club 1:00 Craft Class- Part 1 1:00 Canasta w/Linda	11 No Stretch & Flex 12:30 Out of the Box Trivia 1:15 Chair Yoga 2:00 Mosquito Awareness Program	12 8:30 JULIET Club Breakfast Trip- Johnsons 9:30 Chair Yoga Sculpt 9:30-2:30 AARP Safe Driver Course 11:00 Ukulele Lessons 1:00 BINGO
15 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 12:45-1:30 Chair Yoga	16 10:00-12:00 BP Clinic 11:15 Stretch & Flex 12:30 Acrylic Painting 1:00-4:00 Mah-Jongg 2:00 Afternoon of Magic with Illusionist Lyn Dillies	17 8:30 Walking Club 8:00 Men's Breakfast 9:00 Hearing Screenings 9:30 Vet AM Stand-Down 9:30 Yoga for Strength 10:00-12 Cribbage Club 1:00 Canasta w/Linda 1:00 Craft Class- Part 2 2:00 Art of Decluttering	18 9:00 Mindfulness & Meditation for Every Day Life 9:30 Wood Pumpkin Trio Workshop 11:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00 Living Alone Group 1:15 Chair Yoga 2:00 Heroes & Homecomings; Rockwell & WW11	19 8:30 ROMEO Club Breakfast Trip- Classic Kitchen 11:00 Ukulele Lessons 1:00 BINGO 1:30 Gym Orientation 2:15 Gym Orientation
22 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 2:00 Jukebox of Memories	23 9:30 Shaker Lane Info 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Live Game Show! 2:00 Welcome Fall- Mocktails and Desserts on the patio	24 7:30 Veterans Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for S&B 10:00-12 Cribbage Club 1:00 Lunch & Learn 1:00 Canasta w/Linda 6:00 Caregiver Group 6:00 Bluegrass Jam Sesh	25 9:00 Mindfulness 10:00 Hot Topics w/ Chief 11:15 Stretch & Flex 12:30 Out of the Box Trivia 1:15 Chair Yoga 2:00 Movie & Popcorn	26 8:30 JULIET club Breakfast Trip-Classic Kitchen 10:00 Financial Planning & Coffee/ Alan Bell 1:00 BINGO
29 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	Monday 29th cont... 12:30 Restaurant Hoppers 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga 3:00 Flu & Covid Clinic	Tuesday 30th... 8:30 Turkey Train Trip 10:00-12:00 BP Clinic 11:15 Stretch & Flex 1:00-4:00 Mah-Jongg		<div>IN PERSON EVENTS - GREEN</div> <div>VIRTUAL EVENTS - RED</div> <div>HYBRID EVENTS - PURPLE</div>



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Minuteman Senior Services

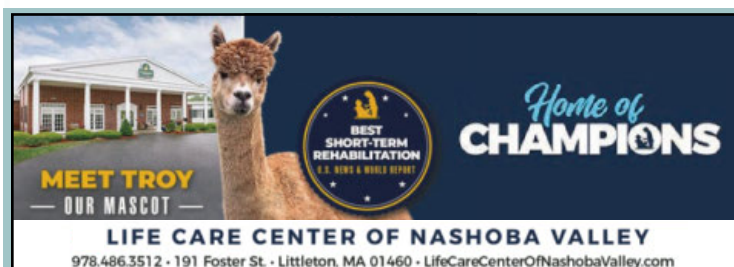
September 2025

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Meatloaf w/Gravy Mashed Potatoes Peas MG Bread Chilled Fruit	3 Cold Egg Salad on Vienna Bread Tabouli Garden Salad Yogurt (<i>no milk</i>)	4 BBQ Pulled Pork on Burg- er Bun Sweet Potatoes Collard Greens Applesauce	5 Crab Cake w/ Remoulade Sauce Rice & Beans Tomato & Cukes Oat Bread Peach Cobbler
8 Turkey w/Gravy Mashed Potatoes Carrots LS Wheat Bread Chilled Fruit	9 Lasagna Vegetable Blend Garlic Roll Cookie	10 Hot Dog *** (beef/pork) on Roll Baked Beans Coleslaw Cinnamon Apples	11 Cold Rst Beef & Cheese on MG Bread Potato Chips Garden Salad Fruit	12 Chicken Piccata Rice Pilaf Broccoli ww Bread Pudding
15 Hamburger Au Jus on ww Burger Bun Sweet Potatoes Beets Jello	16 Potato Crunch Fish on Burger Bun Mashed Potatoes Corn Cookie	17 Special Hawaiian Chicken Island Fried Rice Garden Salad Dinner Roll Strawb Rhubarb	18 Cold Turkey Chef Salad Chickpea Salad Pita Bread Fruit	19 Eggplant Parm Pasta Vegetable Blend LS Wheat Bread Mandarins
22 Greek Chicken (feta spinach,peppers,olives) Risotto MG Bread Chilled Fruit	23 Broccoli Cheese Egg Bake Potatoes O'Brien Carrots Muffin Yogurt (<i>no milk</i>)	24 Cold Tuna Salad on Wheat Bread 3-Bean Salad Garden Salad Chilled Fruit	25 American Chop Suey Broccoli ww Garlic Roll Cupcake	25 Pork Sausage w/ Peppers & Onions on Bun Tater Tots Butternut Squash Fruit
29 Creamy Pork Roast w/Mushrooms Sweet Potatoes Cauliflower ww Dinner Roll Applesauce	30 Chicken Meatballs Marinara w/Pasta Vegetable Blend Oat Bread Mandarins	Thank you to our Senior Nutrition Corporate Sponsor 	To CANCEL or ORDER your Meal, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u> 781-325-7879	<i>Entrees that contain more than 1200 mg sodium are designated by an ***</i>



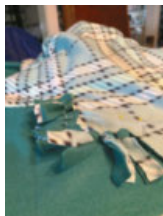
This program is made possible in part by funding from Executive Office of Elder Affairs.
 Entrees that contain more than 500mg sodium are designated by an *. Menu subject to change without notice.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Littleton Council on Aging, Littleton, MA 06-5119

Craft Class September 10th & 17th at 1pm

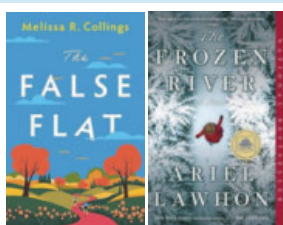
Hope everyone had an enjoyable summer and now we are back to crafting. We will be making tie blankets to send to nursing homes and or hospitals. We will be meeting Sept. 10 and Sept. 17 from 1:00 - 3:00 in Room 2. The cost is \$3 for Sept. 10 and nothing for Sept. 17. Hope you can come and enjoy an afternoon of fun.



—Anita, Anne Lee, Kathy, & Sue

EHS Ravenous Readers Tuesday, Sept 9th @ 10am, Art Room

Join us to discuss the book for September, *The False Flat* by Melissa Collings. Looking ahead, our book for October is *The Frozen River* by Ariel Lawhon. Please call (978) 540-2470 to register.



Coffee & Financial Planning Sept 26th, 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.

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.



PJ Story Time Readers Needed! Beginning October 2025, 2nd Wed. of the month 6:30pm A Reuben Hoar Library Collaboration

Do you enjoy reading to children? We are looking for people to read at the library's PJ Storytime once a month. PJ Storytime is from 6:30-7:00PM on the 2nd Wednesday of each month starting in October. If you would like to read, please contact Megan at (978) 540-2475 to sign up. You will be able to pick out the book/books that you would like to read.

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

Join us for BINGO every Friday, 1-3pm! On **Friday, Sept 5th**, A special pizza lunch will be provided for all BINGO players, please be sure to register! *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 & groups. The object is to be the first to play every tile on your rack. Join us!



Mahjong, Just for Fun! 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 Sessions Wednesday 9/3, 9/24, 10/1, 10/29—MPR

Do you love acoustic music? Do you play an acoustic instrument? Do you love to sing? Blue Grass Therapy will be hosting multiple open acoustic music jams in September and October. 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!

The dates/times are:

- ▶ 9/3 at 12- 2pm
- ▶ 9/24 6-8pm
- ▶ 10/1 12-2pm
- ▶ 10/29 6-8pm

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 - September 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 Sept. 15th, 9AM-2PM

Foot Care RN, Christine Quiriy, RN CFCN is here Monday 9/15 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, Sept 12th, 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. Ages 60 and up only at this time.

September 19th, Session A: 1:30 - 2:15pm

Session B: 2:30 - 3:15pm

Hearing Screening & Hearing Aid Cleaning Wed. Sept 17th, 9-11am

Hearing Life returns for their semi annual clinic. Call for your time slot! 978-540-2470

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!





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 our van, just call dispatch at 978-844-6809 to get on the list!

If you are attending, please call us whether you are driving yourself or taking the van so we have an accurate headcount for the restaurant!

Sept 5th: Johnsons, Groton, MA

Sept 19th: Classic Kitchen, Westford, MA

Veterans Breakfast

Wed. Sept 24th, 7:30am, Senior Cafe

Join us for a hot breakfast cooked by our very own Police & Fire Depts! 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 - Sept. 10th, 8:00AM - 9:00AM

Men's Breakfast - Sept. 17th, 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.

Lunch in the Senior Café Monday – Friday at 12 Noon

The Senior Cafe is open! 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.

Veterans' Morning Stand - Down Wednesday September 17th, 9:30am, Senior Café A casual coffee hour with your Littleton VSO



Your presence is requested for a low-stress assignment. Join Michael Wilson, the new Veterans' Services Officer for Littleton, for an informal get-together over coffee. This is your opportunity to take a break, meet fellow veterans from our community, and get your questions answered.

There's no agenda and no formal presentation - just good conversation about the local, state, and federal benefits you have earned. Whether you have a question about the PACT Act, Chapter 115 benefits, or VA healthcare, or just want to connect, this is the place for you. All veterans and their family members are welcome. Coffee and refreshments will be served. Please call (978) 540-2470 to register.

Choosing Senior Living & What to Know Wednesday, September 24th, 1:00pm-2:30pm, Art Room

Join senior living experts Melissa Nachatelo Lee and Patricia Jacotin of Oasis Senior Advisors to navigate the ins & outs of senior living options. Discuss issues from aging in place to community living and tackle your questions about costs, planning for the future, managing care needs, dementia care, & finding social engagement. Remaining independent, staying safe, & thriving are all goals that will be discussed. Enjoy light snacks & beverages while you learn more about the next steps to consider what will work best for you. Call (978) 540-2470 to register.



Just Us Ladies Into Eating Together

Meet new friends or bring someone you know. You can drive yourself and meet us there, or our COA Van—just call dispatch to get on the van list at 978-844-6809.

If you are attending, please call us whether you are driving yourself or taking our van so we have an accurate headcount for the restaurant!

Sept 12th: Johnsons, Groton, MA

Sept 26th: Classic Kitchen, Westford, MA

Restaurant Hoppers Monday, Sept 29th, Van leaves at 12:30

We will be headed to Tequila's Mexican Cantina in Groton, 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 Sept. 24th, so we are able to reserve your table.

Personalizing Your Device - iPhone class with KevTech Services

Tuesday, Sept 9th, 9:30am, Program Room 2

In this class, we learn about different ways to customize the iPhone and iPad to suit your preferences better. We'll cover reorganizing our Home Screens, creating folders, changing the appearance of our displays, and changing the image used for the wallpapers and Lock Screens. Call to register! 978-540-2470

Mosquito Awareness Program: The Central Mass. Mosquito Control Project

Thursday, Sept 11th, 2:00PM, Program Room 2

This program familiarizes local residents with the biology and habitat of mosquitoes, as well as providing suggestions as to what can be done to reduce mosquito populations in and around their homes. Helping reduce exposure to mosquitoes and mosquito-born disease is the goal of the program while also highlighting the services CMMCP provides to all member communities.

AARP Safe Driving Course

Friday September 12th, 9:30-2:20pm, Program Room

Hit the road with confidence, courtesy of the newly updated, award-winning AARP Smart Driver course. You will learn helpful driving strategies from Instructor Doug Prentiss. Lunch is included. Course Fee is \$20 for AARP Members & \$25 For Non-members. Make Checks Out To "AARP". Call to register 978-540-2470.

Movie and Popcorn

Thursday, September 25th, 2:00-4:00pm, MPR



Join us for a movie and popcorn! This month's movie is Nonnas, rated PG, starring Vince Vaughn, Lorraine Bracco, & Talia Shire. After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs. The movie, which was added to the 2025 Emmy Award Nominees list, is based on the real-life story of Joe Scaravella's restaurant. It explores how the restaurant helps him keep his mother's memory alive. The film also received a nomination for the Script Symphony Award. Call to register 978-540-2470

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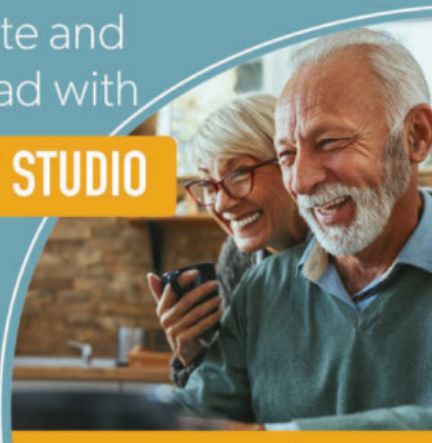
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Come Play LCR and Be a Winner!
Monday, Sept 8th, 4pm-6pm, MPR/Senior Cafe

Join us for a fun evening of Left Center Right! Each table of 6 or more will have one \$25 winner! **\$6 per person** to play. We will also be serving finger sandwiches and chips. This is sure to be a fun evening with lots of laughs! Please call (978) 540-2470 to register. Sponsored by Benchmark Senior Living.

Acrylic Painting with Anne
Tuesday September 16th, 12:30-3:30pm, Art Room



Join a painting class that is fun and friendly. No need to know composition, figure out which colors work, or how to put some realism into your painting. That is all taken care of in class, with step-by-step instruction from Anne. Everything is provided for you, simply bring yourself and a smile. You will create and complete a small painting in one lesson. The paintings vary from still life, floral, land and seascape to nature themes. **\$25 per person**. Must pay by 9/10 to secure your spot. Please call to register - class size is limited! 978-540-2470

An Exciting afternoon of Magic with Illusionist Lyn Dillies
Tuesday September 16th, 2:00pm, in the MPR

From the grand stages of new York's Lincoln Center to the glitter of Hollywood's magic castle, Lyn Dillies wows her audiences with her powers of prestidigitation. She is the highest awarded female illusionist in the country. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Her show is guaranteed to fill your heart with magic! No cost for this event, call to register!



The Art of De-Cluttering and Downsizing: A Workshop for a Simpler Future
Wednesday September 17th, 2:00-3:00pm, Senior Cafe

Do you feel overwhelmed by your "stuff"? Is it holding you back from enjoying your space more or from downsizing to a smaller space that will help you live your next dream in life? Clearing out clutter and organizing can be challenging, both physically and emotionally. And it can be difficult to know where to start. In this workshop, Realtor and Organizing/Decluttering Expert Nancy Slocum will discuss strategies and proven tools and techniques to help you begin carrying out the process. Please call to register (978) 540-2470. No cost!

Wood Pumpkin Trio Craft Workshop
September 18th, 9:30am-11:00am, Art Room



This simple and creative project is great for all skill levels, and it brings a warm, festive touch to the start of fall. The pumpkin sets can be painted in traditional fall colors, neutral farmhouse tones, or something fun and whimsical- totally customizable to match your creativity. **\$28 per person**, includes all materials and instruction. Best of all, everyone leaves with a festive fall decoration they're proud to show off! Call (978) 540-2470 to register. Payment is due by 9/12 to secure your spot.

Heroes and Homecomings: Norman Rockwell and World War II
Thursday September 18th, 2:00-3:00pm, Program Room 2

America's most beloved illustrator created dozens of images related to the second World War. What happens when an artist known for his use of humor tackles the serious subject of war? This program explores how his work departs from earlier artistic interpretations of American conflicts and considers how and why he chose specific wartime themes to present to the millions of readers of the Saturday Evening Post. No cost for this event, call to register!



6 Weeks of Mindfulness & Meditation for Everyday Life with Erin
Thursdays, 9/18 - 10/23, at 9am, Barre Room

Whether you're brand new to meditation or have been practicing for years, this 6-week series will help you deepen your connection to the present moment and bring more joy into your everyday life. Each week, you'll be guided through accessible meditation and mindfulness techniques, engage with thoughtful questions and discussion, and learn how to effortlessly weave new habits into your daily routine. We'll explore tools for calming the mind, softening the body, and opening the heart—so you can meet life's challenges with more clarity, compassion, and ease.

Come as you are- bring your friends or make new ones! By the end of our 6 weeks together, you'll have a toolkit of meditation styles, joyful awareness practices, and the experience of deeper connection to yourself and the world to use for a lifetime. **\$40 for 6-week session-** Thursdays, 9/18 - 10/23 at 9am. Please call (978) 540-2470. Payment due by 9/12/25.



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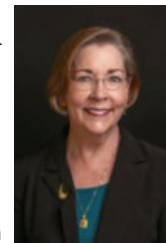
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**"Juke Box of Memories" with Dan Kirouac
Monday, September 22nd 2:00-3:00pm, MPR**

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 acoustic guitar and vocal. This will be a jukebox of memories and sing-a-long songs from the stars of pop, light-rock, and easy-listening. Please call to register (978) 540-2470. No cost.

**LIVE Game Shows- back by popular demand
Tuesday, September 23, 1:00-2:00pm, MPR**

Back by Popular Demand! Come and play games shows hosted by Kevin Richman – fun and prizes galore! Please call to register (978) 540-2470. No cost for this event.

**Welcome Fall - Mocktails and Desserts on the Patio, Sponsored by Bridges
Tuesday, September 23rd, 2:00-4:00pm**

Join us on our patio for the first day of Fall! We will be serving seasonal mocktails and desserts. Great time to relax and enjoy with friends. Please call (978) 540-2470 to register. No cost for this event– Thank you Bridges!

**Hot Topics with Chief McCurdy
Thursday September 25th, 10:am-11:00am, Senior Café**

Come and chat with Fire Chief Steele McCurdy and get answers to all your burning questions! Coffee and breakfast treats provided, please call to let us know you're coming! 978-540-2470



**Fine & Danny - The Movie Music of Mr. & Mrs. Danny Kaye by Frank King
Wednesday, October 1st, 3:00-4:00pm**

She truly deserves to be included in the list of great American songwriters. Her name was Sylvia Fine - better known as Mrs. Danny Kaye- and she was truly the woman behind her man: the composer of many of his most famous songs and musical routines. In this lecture, Frank King will cover the professional and personal lives of both these great talents, and will play the best of Sylvia Fine's beautiful music from their long career as one of the greatest show business teams. Mostly known for her tongue-twisting novelty songs for Danny Kaye, this lecture will bring back Sylvia Fine's gorgeous ballads and lullabies, all but forgotten. You'll also learn some interesting facts about Danny Kaye's life and career as well.

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 and was a News Producer at WCVB TV, Channel 5. Please call (978) 540-2470 to register. No cost.

**Elder Fraud Protection by Middlesex Bank
Friday October 3rd, 10:00am-12:00pm, Senior Café**

Join us at the Littleton Senior Center for an important presentation on fraud prevention by Middlesex Savings Bank. Taking place on Friday, October 3, 2025 at 10:00 a.m., this session will equip you with the knowledge to protect yourself from scams and fraudulent activities. Don't miss this opportunity to learn valuable tips and ask questions. Please call (978) 540-2470 to register. No cost.

**BUS TRIP! 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 on the casino side, 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.

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

NO REFUNDS. Trip Operated by Wilson Bus Tours.

Paisley the Therapy Dog will be visiting weekly on Wednesdays from 10am-12pm. Give & get some puppy love!

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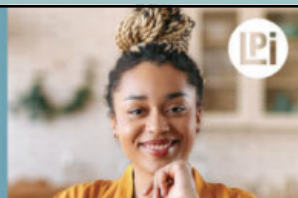
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- Requests should be made 48 hours in advance.
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