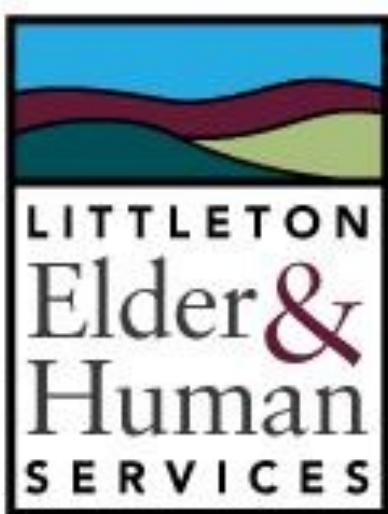


# The Broadcaster



## Eagle Eye Update



As of January 1, 2018, Eagle Eye Coupons will only be redeemable for COA sponsored events.

Coupons may no longer be redeemed for any event with the Friends of the COA apple logo next to it or for Minute-man dining.

Thank you for understanding and happy hunting!

### Bring with you:

- Your 2016 Federal and State Tax Returns.
- Form MA 1099-HC. It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number and your subscriber number has to be entered on your Massachusetts tax return.
- W-2's, SSA-1099's, 1099's (DIV, INT, B, G, MISC, etc.) schedule K-1's, 109's etc.
- The amount and date of any federal and state estimated tax payments that you made.
- All 4 quarterly property tax bills that you paid in calendar year 2017. It is very important that you bring all 4 bills that you paid in calendar year 2017.
- All water bills that you paid in calendar year 2017.
- Medical and Dental Expenses: bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).

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## Happenings—January 2018

(These are just a few of our events-look inside The Broadcaster for more)

- Jan 8, Mon at 2:00, **Coloring, Coffee and Conversation** (P7)
- Jan 8 and 22, **Chair Massage**, by Appointment Only (P4)
- Jan 10, Wed at Noon, **Friends' 50's Pizza Party Lunch** (P4)
- Jan 16, Tues, **Podiatry Clinic**, by Appointment (P4)
- Jan 18, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Jan 18 Thurs at 11:00 and 1:30, **Indian Hill Bach's Lunch** (P8)
- Jan 18, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Jan 24, Wed at 1:00, **Crafts at the Council** (P8)
- Jan 25, Thurs at 1:00, **Movie of the Month** (P8)
- Jan 26, Fri at 10:00, **Fall Prevention Presentation** (P4)
- Jan 31 Wed from 7:30-8:30, **Veterans Breakfast** (P8)
- Jan 31, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Senior Diner

### Ongoing Exercise Programs (P4):

- Tues and Thurs, from 9:00-10:00, **Fit-4-LIFE with Phyllis**
- Tues and Thurs, from 11:15-12:15, **Stretch and Flex with Carol Winge**
- Wed from 9:30-10:30, **Gentle Flow Yoga**
- Mon and Sat, from 11:00-12:00, and Mon evenings at 6:00 pm, **Tai Chi-Qi Gong**

### HOLIDAY CLOSINGS

- ★ **Monday, Jan 1: New Year's Day-COA and Diner Closed**
- ★ **Monday, Jan 15: Martin Luther King Day-COA and Diner Closed**

### Bill Vales' Internet & Computer Classes

Classes are held on Thursdays from 10:30 – 11:30 am in Room 230.  
(We linger until noon.)



**Jan 25** - Brainstorming and discussion of topics for the Winter/Spring 2017 sessions.

**Going on vacation? Call 978-540-2470** to stop your Broadcaster mailings. This saves the COA money. Thank you!

## STAFF

Tina Maeder, Outreach Coord.  
Nicole Lorenson, Outreach Coord.  
Helen Bailey, MART Driver  
Neil Campbell, MART Driver  
Richard Kent, MART Driver  
Gina Monahan, MART Driver  
William Monahan, MART Driver  
Sam Palmer, MART Driver  
Paul Tokmakian, MART Driver  
Gayle Dalton, Senior Diner Manager  
Nancy Hilsinger, Editor

## BOARD MEMBERS

Marjorie Payne, Chair  
Mary "Paddie" Hunt, Vice Chair  
Robert Stetson, Secretary  
Mary Catalanotto  
Maureen Donnelly  
Jean Johnson  
Mary Pickard

## FRIENDS OF THE COA

Barbara McRae, President  
Nancy Levine, Vice President  
Tony Jesensky, Treasurer  
Dottie Ruiz, Secretary  
Ellen Araujo  
Sharon Corbin  
Andy Fredette  
Carol Vales

33 Shattuck Street,  
P.O. Box 1305  
Littleton, MA 01460

Main Phone: 978-540-2470  
Fax: 978-952-2363  
Outreach: 978-540-2472  
Senior Diner: 978-540-2474

### COA Office Hours:

Monday-Friday  
8:30 am- 4:30 pm

### COA Outreach Hours:

Monday-Friday  
9:00 am-3:00 pm

### Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our site, [www.littletonma.org](http://www.littletonma.org), select "Sign up for Town Notifications," and enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

**The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg**  
**Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall**

## OUTREACH INFORMATION

Residents need to make appointments for Outreach Services. Call Tina at 978-540-2472, or Nicole at 978-540-2475 to schedule an appointment.



Do you need help paying for your heat this winter? We can help provide information for assistance for you. Call Tina Maeder at 978-540-2472, or Nicole Lorenson at 978-540-2475 in the Outreach office.

### Living Alone & Living Well Group

This group meets the 3<sup>rd</sup> Thursday of each month in Room 230. The January date is **Thursday, January 18th, from 10:45-12:00 Noon** in room 233. If you are living alone and living well, or want to be, please join us. This group is designed for the recently bereaved or for those who simply live alone and would like to speak in a supportive environment. We have a great group and would love to welcome new members.

Please contact Tina Maeder at 978-540-2472 or Nicole Lorenson at 978-540-2475 to sign up.

### SMOC Fuel Assistance Program

The Outreach office has been busy with recertification of SMOC applications and began accepting new applicants on November 1st. Appointments are needed to complete a fuel assistance application or recertification.

#### 2017-2018 Guidelines

Household Size	Gross Annual Income
1 person household	\$34,380
2 person household	\$44,958
3 person household	\$55,537
4 person household	\$66,115

Please call **Tina at 978-540-2472 or Nicole at 978-540-2475** in the Outreach Office if you are in need of energy assistance. Other energy assistance programs are also available.

### Littleton Social Club (LSC)

The LSC meets on **Mondays, Tuesdays, and Wednesdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate.

The LSC is accepting new residents into this program. The cost includes transportation and lunch.

Please call Tina Maeder at **978-540-2472** for more details or to sign up.

### Social Anxiety Support Group

The Social Anxiety Support Group meets every other Tuesday in Room 230. If you have anxieties, social or otherwise, we would love to have you join our group. We have a close knit group of residents from Littleton and surrounding towns who are very open and eager to offer ideas, coping mechanisms and support for anyone who has anxieties and would like to talk about them in a supportive, safe space. Stay tuned to the Newsletter for dates and times. The January meetings will be held on **Tuesdays, January 2nd, 16th and 30th from 1:00-2:30 pm, in Room 233**.

New members are welcome, but please contact Tina Maeder at 978-540-2472 or Nicole Lorenson at 978-540-2475 to sign up.

### Bereavement Drop-In Group

Have you lost someone? Come to the Library on the 3<sup>rd</sup> Thursday of each month (**January 18th**) from 1:00-2:30 pm, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.

### Caregivers Meeting

Those who are caring for an adult in the home are invited to attend a monthly support group. This month's meeting will be held in the Senior Diner on **Wednesday evening, January 31<sup>st</sup> from 6:30-8:00 pm**.

Margaret Perras, community liaison for Right at Home, will be our host and speaker for our group. Please contact Nicole at [978-540-2475](tel:978-540-2475) or Tina at [978-540-2472](tel:978-540-2472) if you plan on attending.

### Medicare or Health Insurance Questions?



Our trained **SHINE** (Serving Health Information Needs for Everyone) counselor is at the COA every **Wednesday from 1:00-3:00 pm**. Call **978-540-2470** to make a private, confidential appointment. Appointments are needed. **SHINE** services are provided through Minuteman Senior Services.

**A reminder that the Outreach Office (978-540-2472 or 978-540-2475) is available to assist caregivers in finding Respite Services if needed.**

## January is National Glaucoma Awareness Month



Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Visit [www.glaucoma.org](http://www.glaucoma.org) for more information.

## Podiatry Clinic



Next Podiatry Clinic: **Tuesday, January 16th, in Room 103.** By Appointment only. Call **978-540-2470** to schedule an appointment. Cost has increased to \$35.



## Chair Massages!

Shirley Jenner, Licensed Massage Therapist will be providing chair massages on the following mornings: **January 8th and 22nd, February 5th and 26th, and March 12th and 26th.** The American Massage Therapy Association reports that a massage can ease stress and anxiety, improve balance, help you sleep better and reduce arthritic pain in addition to numerous other benefits. The cost is \$3 per person. Appointments are necessary. Please call **978-540-2470** to reserve your spot and come relax!



## Free Blood Pressure Screening

Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon.** Tamara Bedard from Nashoba Nursing Service joins us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner.**

## Radiant Home Care Presents: Preventing Hospitalizations Through Education at the Littleton COA



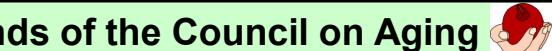
This is a four-part series discussing prevention of hospitalization. Our first presentation will be on **Friday, January 26th at 10:00 am in Room 233, where Fall Prevention will be discussed.**

Don't let the fear of falling prevent social interaction and regular activity in and out of the home. Come to this informative session and learn the 5 steps to prevent falls!

Please join us for some or all of these valuable presentations, which will run through April. We will have information on each presentation as well as the date and time at the beginning of each month. Stay tuned!



## Friends of the Council on Aging



Happy New Year from the Friends of the COA and our Thrift Shop volunteers. We are hoping this year you will join us for the programs we plan for 2018. Our first celebration will be **Wednesday, January 10th for the '50's Pizza Party, at noon in the Multi-Purpose Room.** Bring your high school picture. **Wednesday, February 14th** is the date for our Valentine's Day party.

Sign up for these dates now at [978-540-2470](http://978-540-2470).

## THRIFT SHOP



We are looking for part time volunteers. If you are looking for a volunteer place to help senior programs and a fun job, join our Thrift Shop crew.

Call the COA office at [978-540-2470](http://978-540-2470) and sign up.

The Thrift Shop is open **Monday through Friday, 10:00 am to 3:00 pm.**



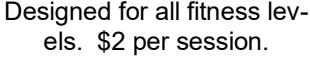
We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by your donations to the Friends of the COA.

All classes below are in the Multi-Purpose Room. Call **978-540-2470** to register.

**FIT-4-LIFE with Phyllis**  
**Tuesday and Thursday, 9:00 to 10:00**  
Intermediate to Advanced.  
\$2 per session.



**STRETCH AND FLEX with Carol Winge**  
**Tuesday and Thursday, 11:15-12:15**  
Designed for all fitness levels. \$2 per session.



## Gentle Flow Yoga

Join the Gentle Yoga group which meets on **Wednesdays from 9:30-10:30 am** led by Carol Winge. \$3.

## Tai Chi-Qi Gong

**Tai Chi-Qi Gong** is offered on **Mon and Sat from 11:00 am to 12:00 noon** in the MultiPurpose Room. Tai Chi also meets on **Monday evenings at 6:00 pm in the Multi-Purpose Room.** Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are WELCOME! \$3 per session.

**Minuteman Senior Services JANUARY 2018 Senior Dining Menu**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1  <b>NO MEALS SERVED</b>	2 Chicken Breast with Creamy Pesto Sauce Three C's Soup Orzo and Spinach Pilaf Multigrain Bread Fresh Fruit	3 Beef Stew Tossed Salad Pumpernickel Bread Lemon Cake	4 White Bean & Chicken Chili Brown Rice Corn and Peas Wheat Bread Applesauce Cup	5 Sloppy Joes Home Fries Broccoli Hamburger Roll Strawberry Yogurt
8 Chicken Penne A la Vodka California Veg Blend Italian Bread Raisins	9 Pork and Lentil Chili Brown Rice Cauliflower Rye Bread Escalloped Apples	10 Chicken Breast with Supreme Sauce Vegetable Soup Red Bliss Potatoes Multigrain Bread Blueberry Yogurt	11 Roast Turkey with Herb Gravy Tossed Salad Garlic Whipped Potatoes Wheat Dinner Roll Mixed Fruit	12 Potato Pollock Tarter Sauce Mac n' Cheese Mixed Vegetables Multigrain Bread Fresh Fruit
15  <b>NO MEALS SERVED</b>	16 Chicken and Rice Bake Spinach Dinner Roll Snack N Loaf	17 <b>Special</b> Salmon Boat Dill Sauce Tossed Salad Wild Rice Pilaf Pumpernickel Bread Almond Cookie	18 Chicken Breast with Cran-Orange Sauce Autumn Harvest Soup Chantilly Potatoes Wheat Bread Pineapple	19 Broccoli Bake Stewed Tomato Home fries Multigrain Bread Peaches
22 Haddock Newburg Bowtie Pasta Minestrone Soup Wheat Bread Canned Pears	23 Beef & Cabbage Casserole Carrots Rye Bread Chocolate Pudding	24 Chicken Breast with BBQ Sauce Corn Chowder Sweet Potato Coins Multigrain Bread Mandarin Oranges	25 Swedish Chicken Meatballs Parslied Noodles Tossed Salad Italian Bread Spice Cake	26 Meatloaf with Mushroom Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Fresh Fruit
29 Lasagna Roll up with Meat Sauce Italian Blend Vegetables Italian Bread Vanilla Yogurt	30 Chicken Breast with Honey Mustard Sauce Tossed Salad Au Gratin Potatoes Wheat Bread Brownie	31 Turkey Corn Stew Genoa Blend Veg Biscuit Fresh Orange	<b>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></b>	Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00



# JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	3 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting 1:00-3:00 SHINE	4 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	5 10:00 Wii Noon Lunch 1:00-2:30 Bingo
8 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch 1:30 COA Board Mtg Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee and Conversation 6:00 pm Tai Chi Chair Massage by Appt.	9 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	10 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' 50's Pizza Party Lunch 1:00-3:00 SHINE	11 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	12 10:00 Wii Noon Lunch 1:00-2:30 Bingo
15 	16 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp Podiatry Clinic by Appt.	17 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 1:00-3:00 SHINE Noon Lunch	18 9:00-10:00 Fit 4 Life Class 10:45-Noon Living Alone Grp 11:00 and 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Fire Dept BP Check Noon Lunch 1:00 Scrabble 1:00-2:30 Bereavement Grp	19 10:00 Wii Noon Lunch 1:00-2:30 Bingo
22 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi Chair Massage by Appt.	23 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	24 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE 1:00 Crafts at the Council	25 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00 Movie of the Month	26 10:00 Wii 10:00 Fall Prevention Presentation Noon Lunch 1:00-2:30 Bingo
29 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	30 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	31 8:00-9:00 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE 6:30-8:00 pm Caregivers Meeting		

## LADIES' BREAKFAST



January 11th - 7:30 am to 9:00 am



## MEN'S BREAKFAST



January 17th - 7:30 am to 9:00 am

### Senior Diner - Shattuck Street

Bacon, eggs, sausages, pancakes, home-fries, toast

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs

#### Get a FREE Class

As a reward for attendance, get a coupon for a **FREE** class when you attend 6 or more classes in the previous month (meals don't count). Attend Tai Chi, a craft class, an exercise class, get your blood pressure taken, play Mah Jongg or Scrabble – you choose the six to attend. We will track you through the attendance sheets. Pick up your coupon after the first of the month in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

#### ELDER ABUSE?



If you suspect someone is being abused, neglected or financially exploited, contact **Minuteman Senior Services, Protective Services** at **781-221-7069** during regular business hours; after hours on evenings, holidays and weekends, call **1-800-922-2275** to speak confidentially to the **Elder Abuse Hotline**.

## LCAA



The Littleton Coalition Against Addiction is a team of public service employees invested in providing help and resources to those dealing with addiction, whether for themselves or a loved one. **You can reach out to Communications Officer, Kelly Young at 978-540-2300 or EHS Outreach Coordinator, Nicole Lorenson, at 978-540-2475** for support, resources or assistance. The community stands ready to assist with helping its residents in whatever way possible with this 100% confidential program. Please reach out if you need help.

## Common Scams - Don't Get Tricked!



**IRS Tax Scam:** As tax day approaches, this scam becomes popular. A person claiming to be an IRS agent will call and claim the senior has an "outstanding balance with the IRS" and will be "arrested if payment isn't made by phone". The IRS will **never** call them on the phone to ask for money!

**What to do?** Just hang up. If it's a message, delete it. The IRS will NEVER call you on the phone to ask for money.



*The Littleton 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.*

## Openings on the COA Board!

Are you interested in serving on the COA Board? Would you like to get involved in the COA and the Town of Littleton?

Here's an overview of the COA Board...



The Council on Aging Board exists for the benefit of its seniors and operates under the "best practices" for councils on aging endorsed by the Massachusetts Executive Office of Elder Affairs. The Council on Aging Board consists of eleven (11) regular members appointed by the Board of Selectmen for three-year overlapping terms so arranged that the term of at least two members shall expire each year.

If you are interested in joining the board, please see the Town Clerk or complete an application on the town website. We would love to have you!

## Coloring, Coffee and Conversation



The next meeting will be **Monday, January 8th at 2:00 pm in Room 230**. No charge – coloring blanks and books available. Bring your pencils and pens. Group normally meets the first Monday of the month.

## \*\*FIND THE DELIBERATE ERROR\*\*



Find the 'error' we have inserted in this month's Broadcaster and you win a coupon entitling you to a free class or meal for a COA sponsored event.

As of **January 1, 2018**, Eagle Eye Coupons will only be redeemable for COA sponsored events. Coupons may no longer be redeemed for any event with the Friends of the COA apple logo next to it or for Minuteman dining. Come in and show us the error and we'll give you your coupon. Happy hunting!

## Crafts at the Council



Ann Marie Chernosky will give us an introductory lesson on Tole Painting on **Wednesday, January 24<sup>th</sup> at 1:00 pm**. You will learn the techniques of this art and get a start on your project. All materials provided. Please call **978-540-2470** to register for this much-anticipated workshop. The cost is \$3.00.



## Loving Stitches



Littleton's 'Loving Stitches' group meets every **Monday from 12:00-2:00 pm in Room 233**. Bring your own lunch and then enjoy some time to knit or crochet items that are donated to various, local charities.

Call **978-540-2470** for more information

## Veterans Breakfast



Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday January 31st (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

## Looking for Scrabble Players-All Levels



The Scrabble group will meet on **Thursdays at 1:00 pm in Room 233**. All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow at 978-486-8589** for more information.

## Come Join the Fun!!



### Line Dancing

**Mondays at 9:00 am. MultiPurpose Room – no signup needed.**

### Mah Jongg

**Tuesdays from 12:30-3:30 pm in Room 230.**

### Bingo

**Friday afternoons from 1:00 - 2:30 pm in the Senior Diner**

## Movie of the Month



**Thursday, January 25th at 1:00 pm, "Victoria and Abdul" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call 978-540-2470.**



## Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening** at the Congregational Church from **5:30 to 6:30 pm**. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's **FREE!**

## Senior Bingo Afternoon



Come join us for an afternoon of Bingo, prizes and refreshments on **Thursday, January 11th**, at the Congregational Church from **1:00 to 3:30 pm**. If Littleton schools are closed, there will be no Bingo.

Jane Lyons [978-486-3436](tel:978-486-3436)

## Veteran Services



Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222. For appointment call **John Boroski at 978-540-2485**.

## Bingo at St. Anne's Church



The Sunshine Club will meet on **Thursday, January 18, 2018 at 1:00 pm** in the Conference Room at St. Anne's Church. Bingo is free and winners get small prizes. Refreshments are served after the games.

We request that bingo players do not arrive before 12:30 pm. **For more information or questions call Topsy Hunt at 978-486-3783**

## SENIOR BOWLING

**Monday through Friday 10:00-1:00**  
3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowladrome - 978-263-7638.**



## INDIAN HILL MUSIC



Indian Hill Music School presents Contemporary and Classical Duos with Amelia Hollander Ames (viola) and Elaine Rombola Aveni (piano): **TWO SHOWS - Thursday, January 18 at 11:00 am and 1:30 pm**, 36

King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE admission.**

Reservations required for groups at [\(978\) 486-9524](tel:978-486-9524) (press 0). Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

**Disclaimer:** Some announcements and advertisements in this Broadcaster are not sponsored by the LCOA.

## Staying Active this Winter



It has been well-reported that walking regularly can help improve your balance and coordination, strengthen your bones and muscles and help to maintain an active lifestyle. But how are you supposed to get out and walk in the cold, icy weather? Why not try Mall Walking?

The Pheasant Lane Mall in Nashua, NH offers a Mall Walker Program called, 'Hearts and Soles'. This program is designed to provide a safe, indoor location for walkers of all ages. The doors to the Food Court open **Monday-Saturday at 8:00 am** for those who wish to walk. This program is sponsored by Lowell General Hospital and is a great way to stay active throughout the winter months. Get a group together or go alone and meet some new friends. Happy Walking!



Did you know that Littleton Elder and Human Services has a Facebook page? Stay connected by searching for

us to get daily updates and information on our events as well as helpful tips for town residents. In addition to the monthly newsletter this is a great place to get information right away and connect with other Littleton residents and COA members.



Whether you know someone or are someone with a memory impairment or other impairment that may make it difficult to eat out in a crowded, often

times loud, restaurant, The Purple Table Reservation is a new initiative that tries to make it easier and more enjoyable to get out.

The Purple Table Reservation restaurant training program is designed for those who are living with Dementia/Alzheimer's Disease, Autism, PTSD, TBI, a hearing or vision impairment, or other physical or cognitive condition that may benefit from a more predictable environment and additional accommodations when dining out. A Purple Table Reservation ensures that you and your loved ones will be assisted by staff who have been trained to understand and accommodate different needs.

Locally, there are 2 restaurants that offer a Purple Table Reservation:

**The Red Raven**, 3 Nagog Park Acton, Massachusetts 01720, Phone: 978-274-2231.

**Rapscallion Table & Tap**, 5 Strawberry Hill Road Acton, Massachusetts 01720, Phone: 978-429-8161.

Learn more at [www.purpletables.com](http://www.purpletables.com)

## Tips to Stay Safe During the Winter Months



Believe it or not, winter is here and while many dread the cold weather and snow, there are several safety measures, according to the CDC, that will help to ensure you are safe and well prepared for the season.

- Check your heating system, before you need it! Be sure everything is working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Check windows and doors to be sure they are properly insulated (this will also help to keep your energy bill manageable).
- Clean out gutters and repair any roof leaks that heavy snow/ice will worsen.
- Test/replace batteries in your smoke detectors/carbon monoxide detectors.
- Keep a full tank of gas in your car.
- Being prepared for weather emergencies is important. When you hear a forecast of a bad storm, it is important to be sure you have enough food and water on hand, as well as batteries, flashlights, a first aid kit and any medicine you need.
- Be cautious when driving, and be sure that the tailpipe of your car is not blocked by snow prior to starting it. Be safe and try to enjoy it!

More information can be found at:

<https://www.cdc.gov/features/winterweather/index.html>



NORTHEAST  
LEGAL AID

## Caretakers of Children at Risk Project

Are you caring for children of a family member?

- Do you have questions about the custody, health care, housing or education of the children?
- Do you need to find resources and support for yourself and the children?

Northeast Legal Aid may be able to provide free legal advice through this project.

For more information, please call **978-458-1465** or visit [northeastlegalaid.org](http://northeastlegalaid.org)

## The Concord Players Present



by Moss Hart and George S. Kaufman  
Directed by Kathy Lague

Alice Sycamore falls for Tony Kirby, a prominent banker's son. But when she invites her snooty prospective in-laws to dinner to give their blessing to the marriage, Alice's peculiar extended family - including her philosophical grandfather, her hapless fledgling ballerina sister, and her fireworks enthusiast father - might be too eccentric for the staid Kirbys. This Pulitzer Prize-winning classic was originally produced in 1936.

**SENIOR OPEN DRESS REHEARSAL**  
**Thursday, February 8, 2018 at 8PM**  
**\$5 at the door**  
**51 Walden St, Concord**

### Performances

February 9, 10, 16, 17, 23, 24, 2018 at 8:00 pm

February 18, 2018 at 2:00 pm

For more information, contact:

Joanne Hines  
Jbhines@gmail.com

### Crustless Quiche

#### Ingredients:

5 eggs (beaten)  
Vegetables of your choice (whatever you have on hand!)  
3 cups cheese (Swiss, mozzarella, cheddar)

Preheat the oven to 350 degrees. Add eggs, vegetables and cheese and stir to blend. Put mixture into a lightly greased pie pan, cook until eggs have set, roughly 30 minutes.

This is a great meal for any time of day that you can make ahead of time and heat up quickly.

If you have a recipe you would like to share, please send it in to [nlorenson@littletonma.org](mailto:nlorenson@littletonma.org).



### *Check out Littleton's New Movie Theater, O'Neil Cinemas at The Point!*

Offering \$7 movie tickets for anyone aged 62 and up, all day long, every Wednesday. Treat yourself to a popcorn/drink combo for \$4. Super Bargain Tuesday for all ages offers \$6 movie tickets all day, every Tuesday with discounts on candy, popcorn and drinks.

Sit back, relax, and enjoy the show!

### Need Help with Your "Device"?



Let the Tiger Tech Help Desk team help **you** with problems with your iPhone, iMac, Android phone, Chromebook, Facebook, Skype, photos, Windows, and with searching the web. Littleton High School students are ready and able to help you with your problems.

**Call the COA at 978-540-2470** to sign up for a "help session". Students meet with seniors on **Tuesday afternoons from 2:30-3:30 pm** at the High School Library. You must have an appointment. This is a free service.

### RMV NEAR ME



The Registry of Motor Vehicles is partnering with area COAs to provide five of the most common transactions at COA sites. Littleton is one of those sites! Transactions are: license renewals (for licensed drivers younger than age 75), registration renewals (if no insurance stamp is required), change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. **You must call the COA at 978-540-2470 and schedule an appointment.** You will need a valid credit card to process any transaction; no cash will be accepted.



### \*\*\*TRANSPORTATION\*\*\*

- Arrange a ride by calling Dispatch at **978-844-6809**; **Monday through Friday - 8:30 am to 4:00 pm** Messages on the answering machine after 4:00 pm 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. Veterans ride for free. 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 and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes 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.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

### LITTLETON EHS TRANSPORTATION CHARGES

**Rides are provided to appointments between 9:00 and 3:00 pm.**

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

***\*\* Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE \*\****

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

- 1<sup>st</sup> and 3<sup>rd</sup> Fridays – Boston area hospitals
- 2<sup>nd</sup> and 4<sup>th</sup> Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

### REMINDER

**If you use the van on a weekly basis, please call EVERY week to continue your reservation.** If you are accompanied by someone on the ride, they must also pay the fare.

### LITTLETON COUNCIL ON AGING

P. O. BOX 1305  
33 SHATTUCK ST., ROOM 231  
LITTLETON, MA 01460

### RETURN SERVICE REQUESTED



(Photo by  
Jim Donnelly)

Bulk Rate  
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