

The Broadcaster

JULY 2023



CONTENTS

INFO 2

INFO AND PROGRAMS 3

OUTREACH 4

MENU 5

CALENDAR 6

FITNESS & WELLNESS 7

EVENTS & PROGRAMS 8

EVENTS & PROGRAMS 9 & 10

IMPORTANT NOTES:

The COA Board meets the 2nd Monday of the month at 3PM in Room 103; a virtual Zoom option is also available. The Zoom link to join is on the meeting's agenda.

We are closed on July 4th in observation of Independence Day.



From Liz's Desk:

Hello Friends, happy summer! I hope this newsletter finds you all happy and healthy! Sometimes things slow down in the summer, but we are staying busy and active here, and we hope you join us! The special programs on page 9 are sure to catch your eye, check them out!

Speaking of special programs, we owe many thanks to all of the wonderful volunteers, the band, and the staff who made last month's Spring Fling a smashing success! What a great time was had by all. If you missed the event, the photos are online on our website and Facebook page.

Just a reminder, we are open all summer long. If you want to come by just to sit in the air-conditioned rooms, you are always welcome. If the heat ever becomes an issue in your home, give us a call so we can assist you in finding a solution to cool down. Our van can give you a ride here for free if you need a lift. Please also take the opportunity to check on your neighbors when the weather gets hot. Heat exhaustion and dehydration are serious concerns, so keep an eye on weather if you plan to be outside.

We are open on Monday July 3rd but will be closed on the 4th in observation of Independence Day. We hope you have a safe and happy holiday!



Senior Tax Work Off Program:

The Senior Tax Work-Off Program allows eligible seniors to work in various Town Departments and receive in exchange an abatement on their property taxes. Work is paid at the minimum wage and the "wages" earned are applied to property taxes as an abatement.

Participants who were active in the FY23 program will receive an email / direct mail of the re-enrollment form which needs to be completed to be eligible to participate again in FY24's program. The re-enrollment form will also be posted to our website: www.littletonma.org/elder-and-human-services

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

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

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



COA Board Update

COA Alert! The Council on Aging Board has 9 members appointed by the Select Board. Each member is appointed to serve a 3 year term unless they are joining to complete a 3-year term by a member who resigns early. Generally, as is the case this year when a term expires, individuals do either 1 of 2 things: choose to apply to be appointed to serve another 3 year term or step down and vacate the position. This July, your COA Board will have two vacancies because of 2 members stepping down.

The COA Board functions solely in an advisory capacity, focusing on identifying the needs of the senior population, educating the community on issues, advocating on their behalf, and recruiting members of the COA Board. The Board supports the Director of Elder and Human Services (EHS) in the mission of the Department.

The above responsibilities sound very simple and easy. However, some issues can be quite complex and require dedication and commitment from Board members. You are requested to help us "get the word out" so to speak and either apply to join the group or encourage others to do so. This is a VERY exciting time to be involved and supportive of senior programming in Littleton!!

More information: Call the EHS office 978-540-2470 and ask to have Marge Payne call you or just go to the Town Website and select Board. Click on the left side option: Apply for appointed Board/ Com. Opening.

—Marge Payne, Chair, COA Board

Participant Policies

Littleton's Dept of Elder & Human Services/ COAs 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.
- By entering the building to participate in programming or activities, you are acknowledging you have no symptoms of COVID-19 and have not been diagnosed with COVID-19.
- Residents are always welcome to set up appointments to meet in person with staff members.
- We strongly encourage you to sign up for our weekly e-newsletter to stay informed about additions or changes to programs or schedules.

IMPORTANT REMINDER:

Registration opens on MONDAY July 3rd at 9AM for all programs and activities included in this newsletter, programs are open until filled. Please call the Dept of Elder and 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
 Nicole Sarvela, Assistant EHS Director
 Amy DeMichele, Outreach Coordinator
 Alicia Rego, Outreach Coordinator
 Sue Raymond, Administrative Assistant
 Neil Campbell, Driver
 Richard Kent, Driver
 Sam Palmer, Driver
 Thomas Bennett, Driver
 Gayle Dalton, Senior Diner Manager

Contact Us:

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

Main Phone: 978-540-2470
 Senior Diner: 978-540-2474

Monday-Friday, 9:00 am- 4:00 pm

COA BOARD MEMBERS

Marjorie Payne, Chair
 Anita Harding, Vice Chair
 Ann Lee Ellis
 Marilyn Fedele
 Joseph Knox
 Susan Melander
 Lorilei Richardson
 David Sill
 Jeanne Sill

FRIENDS OF THE COA

Sandra Casale, President
 Tony Jesensky, Treasurer
 Andy Fredette Asst. Treasurer
 Beverly Cyr, Secretary
 Joe Barry
 Charlie DeStefano
 Margaret Kelleher
 Peggy Larsen
 Pat Schauburger

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.

Friends of the Council on Aging

This Summer the Friends will be busy organizing an event they will be hosting this Fall, called 'Friends Unite'. Towns within a twenty mile radius will be invited to join us. Its purpose is to share fundraising ideas. Lots and lots of fundraising ideas! The event will be held at the Reuben Hoar Library. If you have any ideas you'd like to share, please let us know.

Our email is: LCOAfriends@gmail.com

Thank you, Friends, for stepping up once again to work with the COA on its most recent event, the Spring Fling. The night was a huge success and everyone had a blast. I can't wait to see the photos and post them on our website! Happy 4th!

- Sandra



Did you know? The apple symbol denotes that a program is generously funded by the Friends of the LCOA!!



Tiger Tech: Technology Assistance

Tiger Tech will be on hold until fall when school resumes! We will see you then to get answers for all your smart phone/ computer/ technology/social media questions! This program is in collaboration with Littleton Public Schools.

For more information , please call 978-540-2470

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.



Thank you Friends of the LCOA for sponsoring this program



Free Smoke & Carbon Monoxide Detectors



The Littleton Fire Department has teamed up with Littleton Elder and Human Services to assist senior residents with **FREE** Smoke and Carbon Monoxide Detector Inspections and installations.

Contact LFD with any questions or to set up an appointment call 978-540-2302.

Grief Socials Nashoba Nursing Service & Hospice

A gentle opportunity to gather and meet with others who are grieving. Gentle light conversation to help work through the grief, meet and hear how others are getting through their grief, and realizing there is no need to go this alone. Participate in the Grief Social that best suits your needs.

July 14th at 11:30am: 873 Cafe & Tavern
873 Main Street, Ashby MA

July 28th 4:30: The Bull Run Restaurant
215 Great Rd Shirley, MA

August 8th 11:30am: Il Forno Restaurant
529 King St, Littleton, MA 01460

To reserve your seat and make known you would like to attend, please call **Lucia Camara, Bereavement and Spiritual Care Provider from Nashoba Nursing** a call at **508-951-3850**. Hope to see you there.

Select Board Office Hours

Have a question, comment, or concern? Select Board Office hours are every Friday from 1:00 - 3:00 in the Houghton room of the Reuben Hoar Library. Stop by!



Third Thursday at Fay Park July 20th, 5:00-7:30pm

Join us for the Summer 2023 edition of Third Thursdays, Littleton's Community Market! Held on the 3rd Thursday of May, June, July & August. Our purpose is to highlight, preserve, & grow Littleton's local businesses and organizations by creating an opportunity come together in a fun, festive, and family friendly community setting. There is Food and Live music at each event! Hope to see you there!





OUTREACH CORNER

Please contact Amy or Alicia at 978-540-2470 for Outreach assistance.

Get involved, make a difference!

Over the years our friends at the Alzheimer's Association have been providing education, support and resources to help those living with Alzheimer's disease or related dementias and their families and friends. With an estimated 47 million people around the world living with Alzheimer's disease, on-going support to help them with their mission, continues to be necessary. There are many ways to get involved; donate time or money to an Alzheimer's organization, take part in seminars, or share an image of yourself wearing purple and join the social media campaign using the hashtag #EndAlz

If you prefer to get involved or participate more locally, the First Baptist Church in Littleton started offering their Memory Café again. April was the first Memory Café since before COVID. They will continue to offer their Memory Café the fourth Saturday each month from 10:00am-12:00pm. For more information, contact Anne Lee Ellis at 978-486-4075 or contact the church office.

The EHS/COA department is seeking volunteers to build a Friendly Visiting program to support those living with Alzheimer's/dementia and their families. The volunteers will be matched with a resident who is living with Alzheimer's/ Dementia and they will meet an hour each week to engage in an activity of interest. Contact Amy (978-540-2472) or Alicia (978-540-2469) in Outreach to learn more!

Health Insurance Help

SHINE (Serving Health Insurance Needs of Everyone) is accepting new appointments! If you would like to review your existing medical & prescription drug coverage and costs please contact us at 978-540-2470 to arrange a free one-on-one meeting with our SHINE counselor over the phone. Appointments are on a first come, first serve basis so call today!

Conversation Groups:

Anxiety Group: Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! June dates are 7/11, and 7/25. Email Nicole to register: NSarvela@littletonma.org

Living Alone & Living Well Group: Group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link at ADeMichele@littletonma.org. July date is 7/20, 10:30am - 11:30am.

Caregiver Support: July 26th at 6pm in the senior diner with great conversation and dinner! Email Amy to let us know you're coming: ADeMichele@littletonma.org or call 978-540-2470



Rental Assistance Programs:

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 \$250/month to each participating household. **Application can be found online here:** www.littletonma.org/elder-and-human-services


William James INTERFACE Referral Service for Mental Health Help:

Interface is a mental health and wellness referral Helpline available Monday-Friday, 8am - 6pm at 888-244-6843. This is a free confidential referral service for Littleton residents. Callers are matched with licensed mental health providers from Interface's extensive database. Each referral best meets the location, insurance, and specialty needs of the caller. See the website for more information: interface.williamjames.edu/community/littleton



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

Minuteman Senior Services		JULY 2023		Meals on Wheels Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Roasted Pork & Apples Mashed Sweet Potatoes Brussels Sprouts WW Roll Brownie Cookie	4 No Meals Served 	5 BBQ Chicken Warm Potato Salad Corn & Peppers Burger Bun Jello & Blueberries	6 <u>Cold</u> Tuna Salad Garden Salad 3 Bean Salad Wheat Bread Mixed Fruit	7 American Chop Suey Broccoli MG Bread Fruit	
10 Red Bell Pepper/Parm Breaded Chicken Couscous Zucchini Garlic Roll Applesauce	11 Beef Stew w/ Peas & Carrots Mashed Potatoes Biscuit Pudding	12 Maryland Crab Cake Rice Pilaf Veggie Blend WW Dinner Roll Mixed Fruit	13 Mac & Cheese Stewed Tomatoes Oat Bread Fruit	14 <u>Cold</u> Turkey Cobb Salad Corn Salad WW Pita Bread Cookie	
17 Ravioli w/ Vodka Sauce Broccoli Dinner Roll Mixed Fruit	18 Sliced Turkey w/ Gravy Mashed Potatoes Carrots LS WW Bread Applesauce	19 BBQ Pulled Pork Mashed Butternut Green Beans WW Burger Bun Cake	20 <u>Cold Special</u> *** Finger Sandwiche (Chicken Salad & Egg Salad) Orzo Salad Coleslaw Fruit Salad	21 Lentil Stew Brown Rice Mixed Veggies Cornbread Pudding	
24 Chicken Meatballs w/ Marinara Sauce Spaghetti Creamed Spinach Oat Bread Cookie	25 Frittata Roasted Potatoes Ratatouille Onion Roll Yogurt Juice	26 <u>Cold</u> Roast Beef & Provolone on MG Bread Sweet Potato Salad Garden Salad Fruit	27 Hot Dog*** Roll Baked Beans Coleslaw Baked Apples	28 Garlic Wine Cod Lemon Couscous Mixed Squash WW Dinner Roll Mandarins	
31 Stuffed Chicken Rice Pilaf Peas MG Bread Mixed Fruit		To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u> Littleton: 781-325-7879	For questions about the nutritional information in this menu or your nutrition- al needs, contact: Deborah McLean, Dietitian 781-221-7018	For weather emergencies and cancellations, please check Fox 25 TV station	



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.



**Contact us
 for your Real
 Estate needs
 978-852-9480**

LET'S GROW YOUR BUSINESS
 Advertise in our Newsletter!

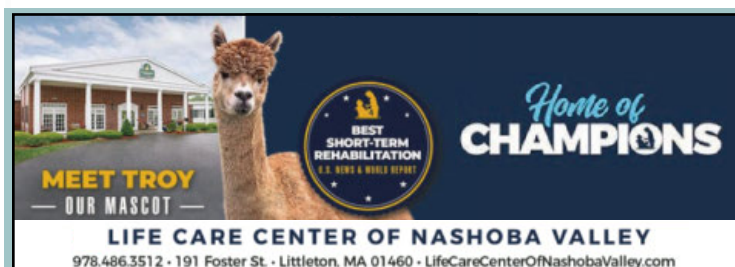
CONTACT ME Lisa Templeton

ltempleton@lpicommunities.com
 (800) 477-4574 x6377



JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches No Chair Yoga today	4 	5 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	6 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	7 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE Stroll & Refreshments 1:00 BINGO & Pizza
10 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	11 10:00-11:00 Mindful Movement 10:00-12:00 BP Clinic 10:00-12:00 Hearing Screening Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	12 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00- Afternoon with Author Andrew Noone	13 11:15-12:15 Stretch & Flex 12- Picnic at Fay Park 12:30 Out of the Box Trivia	14 8:30 ROMEO Club Breakfast Trip 9:00-1:00 Foot Care Clinic 9:00-12 SHINE Stroll & Refreshments 1:00 BINGO
17 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	18 10:00-11:00 Mindful Movement 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	19 8:00-9:00 Men's Breakfast 9:00-3:00 WEBS Yarn store trip and lunch 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	20 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 5:00-7:30 Third Thursday in Fay Park	21 8:30 JULIET Club Breakfast Trip 9:00-12 SHINE 10:00 Watercolor Wildflowers 1:00 BINGO
24 10:00-11:00 Tai Chi No Line Dancing today 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	25 10:00-11:00 Mindful Movement 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 12:30 Restaurant Hoppers 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	26 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch & Learn: Planning Ahead 5:30 Goat Yoga at Fay Park 6:00 Caregiver Support	27 10:30-2:00 Tower Hill Botanical Garden Trip and Picnic 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	28 9:00 Belgian Waffle Breakfast 9:00-12 SHINE 1:00 BINGO
31 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca				IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE



MEET TROY
— OUR MASCOT —

LIFE CARE CENTER OF NASHOBA VALLEY
978.486.3512 • 191 Foster St. • Littleton, MA 01460 • LifeCareCenterOfNashobaValley.com



Place Your Ad Here and Support our Community!
Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

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:

Tai Chi, 10am-11am, in the MPR, \$3 per class

Mondays:

Beginners Line Dancing 1: 11:15am– 12:15am, in the MPR, \$5 per class. Instructor Kari McHugh
NO CLASS ON 7/24

Mondays:

Advanced Line Dancing 2: 12:15pm-1:15pm in the MPR, \$5 per class. Instructor Kari McHugh
NO CLASS ON 7/24

Mondays:

Chair Yoga with Rebecca Reber 12:45pm-1:30pm in the Sturtz Room at the RH Library, \$3 per class

NO CLASS ON 7/3

Tuesdays:

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

Wednesdays:

Yoga for Strength and Balance 9:30-10:30 am in the Sturtz Room at the RH Library, \$3 per class. Instructor Carol Wing

Thursdays:

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

Mindful Movement with Jenny Tuesdays 10AM-11AM, Fay Park



Join us on Tuesdays from 10AM-11AM, from June 20-July 25th (excludes July 4th) outside at Fay Park, weather permitting. **Next session will begin August 8th– September 5th/**

\$15 per session.

Please call us at 978-540-2470 to register!

Foot Care Clinic Friday, July 14th at 9AM

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Friday, July 14th at 9AM-1PM, \$40 per person.

Space is limited, call to reserve your time slot. Please call 978-540-2470 to register.



Join the Walking Club!

Looking to get some exercise? Want to get some fresh air? Join us every Wednesday morning at the Track at Russell Street School for walking club from 9AM - 10AM. You choose how far you want to go, and you set your own pace.

Pedometers available for those who may want one! Please call to sign up. 978-540-2470

Weekly Blood Pressure Screenings

Our weekly Blood Pressure Clinic holds screenings every **Tuesday 10am - 12 noon, in Room 230** at the COA. Stop by every week and our RN's will keep a log for you. No sign-up necessary, just drop-in!

Hearing Screening Clinic Tuesday July 11th 10:00am -12:00pm

Megan D. Ford, AuD, Owner of HearSmart Audiology, will be here on Tuesday, July 11th for Hearing Screenings from 10am-12pm in the Veterans Office in Town Hall.

Please call 978-540-2470 to reserve your spot!



Goat Yoga in Fay Park Wednesday July 26th 5:30 - 6:30pm

PRCE and EHS have partnered with Enchanted Animals in Groton to bring you GOAT YOGA at Fay Park! This program is all ages (13 and up) and the fee is \$35 Resident / \$40 Non-Resident per class. We will have a fenced off area at Fay Park for these sessions! Come try out the trendiest form of yoga!!! Class is instructed by the amazing Lelia Leary!

Please bring a Yoga Mat & water and your love of animals!

To register call PRCE at 978-540-2490 or register online at: <https://littletonma.myrec.com/>

Craft Class

No class in July

Here it is July already. We the crafters will not be meeting for July and August. We will be back in September with new and exciting crafts. Have a great couple months, enjoy the good weather and we will see you in September.

-Anita, Sue, and Kathy

Veterans Breakfast

Hosted by Littleton Police Dept

Wed. July 26th @ 7:30am, Senior Diner

The monthly Veterans breakfast is hosted by Littleton Police Department, held in the Senior Diner. No cost to attend, but please let us know if you will be joining so we have plenty of food for everyone, call to register at 978-540-2470. *Thank you for sponsoring, LPD!*

Lunch Date: Soup & Sandwich

On break for the month of July!

Soup and Sandwich will be on hold for the month of July— look forward to seeing you at other events!

Out of the Box Trivia

Thursdays 12:30—1:30 in Room 230

Come join Alicia for some “Out of the Box” trivia held on Thursdays, 12:30-1:30p. Along with your trivia smarts, feel free to bring your lunch, or enjoy Gayle’s soup & sandwich special from the Diner! No team necessary. Call to register 978-540-2470.

Lunch & Learn: What to look for in a Private Home Care Agency

Wednesday, August 9th at 12PM in the MPR

Join Deaconess Abundant Life Services for lunch and an educational program on Private Home Care Agencies and how to find the right fit. Many families ask why they should work with a home care agency rather than hiring a nurse or aide themselves. The answer is that agencies provide significant benefits over direct hires in the areas that matter the most to families and patients. This talk will cover the topics of:

1) Employer Obligations 2)Peace of Mind 3) Security & Contingency 4) Training & Supervision

Please call to register, 978-540-2470, space is limited!

Women’s Breakfast : JULY 12TH, 8:00AM - 9:00AM

Men’s Breakfast: JULY 19TH, 8:00AM - 9:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing 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 breakfasts!*



Mahjong

Every Tuesday, 1 PM – 4 PM, Room 230

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Join this fun growing group! Please call **978-540-2470** to register.

BINGO

Fridays @ 1pm-3pm in the MPR

Friday, July 7th: A special pizza lunch will be provided for all BINGO players on the first Friday of each month- please be sure to register in advance to ensure we have enough for everyone!



Thanks to the Friends of the LCOA for sponsoring Bingo!

Loving Stitches

Every Monday, Noon - 2pm, Room 233

Calling all knitters, crocheters, stitchers, etc.!

The Loving Stitches group meets every Monday from 12:00-2:00pm, in Room 233. The group makes items to be donated to charities rather than just working on personal items. Yarn is available from 3 cabinets full of donated yarn. A variety of needles are available as well as patterns. The requirements are: 1) A love of doing needlework, 2) enjoying company of others, & 3) wishing to help others! Call EHS, 978-540-2470 for more info or just show up!

Do you have yarn that you aren’t planning to use? Give us a call, we would love your donation!

If cost is ever a barrier to you attending a program or event, please inquiry about a scholarship with any EHS/COA staff member. All scholarships are strictly confidential!

Special Programs!

An Afternoon with Andrew Noone Wednesday, July 12th at 1PM in Room 230

Author of the book *A Revolutionary Murder Conspiracy* which details the most sensational crime of the Revolution. The title character, when five months pregnant, was hanged (despite protests to Boston) alongside her three British and American accomplices. Spooner, John Adams' second cousin, was the first woman executed in the new U.S., the instigator in the nation's premier capital case.

Named #1 new release, *US Revolution*, at Amazon, Jonathan Cohn of the Huffington Post calls the book "...meticulously researched, elegantly told..."

Please call to register, 978-540-2470

Picnic Lunch Thursday, July 13th at 12PM in Fay Park

Grab your lunch to go from Gayle in the Senior Diner and head over to Fay Park with your favorite picnic blanket or chair and meet some friends to enjoy a meal and some warm sunshine.

Please call 978-540-2474 to reserve your bagged lunch, \$3 per lunch paid to Gayle.

Van service is available by calling Dispatch at 978-844-6809 to reserve your ride.

WEBS Yarn Store Trip & Lunch Wednesday, July 19th 9AM - 3PM

Join us for a trip to WEBS Yarn Store in Northampton, MA followed by lunch at Jake's. WEBS has been the destination for knitters, crocheters, weavers, and spinners for over 45 years. Bring your reusable bags! The City of Northampton has banned single-use plastic bags.

The van will depart Littleton at 9:00AM; following your shopping excursion the van will take you to lunch at Jake's of Northampton and returning for an anticipated 3PM arrival to Littleton.



\$3 per person for the van, does not include lunch.

Space is limited, please call 978-540-2470 to register. Please specify when you register if you would like to be picked up at home or at Town Hall.

Watercolor Wildflowers Friday, July 21st at 10AM in Room 233

Let's paint wildflowers together using an "untraditional approach" to watercolor painting at the Council on Aging.

Kimberly Stoney shares an untraditional approach to watercolor painting that uses a fun and easy process; you don't need to know anything about painting with watercolors.

Come play and experiment while staying cool on a warm summer afternoon.

Please call 978-540-2470 to register, space is limited

Lunch & Learn Planning Ahead: Care in Your Own Home or a Nursing Home Wed, July 26th, 12PM in Room 103

Philip Arcidiacono, an elder law attorney, will talk about subsidies and private pay for help at home and for nursing homes. Your questions are welcome. Please join our lively discussion about advance planning strategies.

Wednesday, July 26th at 12PM in Room 103

Please call 978-540-2470 to register, space is limited.

Tower Hill Botanical Garden Trip Thursday, July 27, 10:30AM-2:00PM

Join us Thursday, July 27th for a trip to Tower Hill for a picnic among the flowers. \$10 per person includes transportation and a bagged lunch from The Senior Diner. Van will leave Town Hall at 10:30AM and return at roughly 2PM.

Space is limited, please call to register, 978-540-2470

Belgian Waffle Breakfast! Friday July 28th at 9am

Join us on Friday, July 28th at 9AM in the Senior Diner/MPR for Belgian Waffles with all the fixings, cooked up by our Chef Charlie!

We will have real Maple Syrup made by Littleton's own Sugarmaker, Dwight Long, with some bottles to give away for prizes!

Call 978-540-2470 to register!





So, what do **ROMEIO** Clubs (Retired Old Men Eating Out) do? They eat out, have fun, make and keep friends, and are not bound by rules— meaning there are no causes, and no

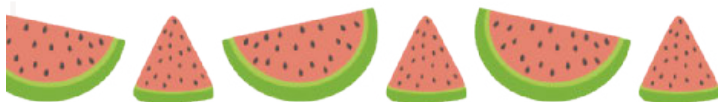
specific membership restrictions, except Retired “Old” Men Eating Out.

Another great benefit is by joining, you can mention to others your affiliation to a ROMEIO Club, and you will get a judgmental look, followed by a great laugh when you say what it stands for.

Join us! On July 14th and 28th the EHS Van will be taking our newly forming ROMEIO group to a local Diner for breakfast, meet new friends or bring someone you know.

Please call 978-844-6809 to reserve your spot on the van. We will leave Town Hall at 8:30AM and head to breakfast, the van will return you to Town Hall following breakfast.

July 14th : Salt and Light Café Bakery, Groton, MA



JULIET Breakfast Club Just Us Ladies Into Eating Together

On July 7th and 21st the EHS Van will be taking our newly forming **JULIET** group to a local Diner for breakfast, meet new friends or bring someone you know.

Please call 978-844-6809 to reserve your spot on the van. We will leave Town Hall at 8:30AM and head to breakfast, the van will return you to Town Hall following breakfast.

July 7th: Marty's Corner Café and Deli, Devens, MA

July 21st: Salt and Light Café Bakery, Groton, MA

Restaurant Hoppers Tuesday July 25th at 1PM

Restaurant Hoppers is in full swing and ready for another month with lunch at a local restaurant!

On Tuesday, July 25th we will be headed to Johnsons Restaurant and Dairy Bar in Groton. Please meet at Town Hall at 12:30pm for van service, attendees are responsible for their own meal. Please register by Friday, July 14th so we are able to reserve your tables.

KATHLEEN M. O'CONNOR

Estate Planning
Elder Law • Probate

978-266-0101

KITTYOCONNOR@ECKEL-LAW.COM
267 GREAT ROAD • ACTON



ECKEL, HOAG
& O'CONNOR
ATTORNEYS AT LAW



www.eckel-law.com



Littleton Storage Solutions

Store smarter. Move Easier. Spend Less.

www.TheStorageSolutions.com • 978-339-5258

509 Great Road, Littleton MA 01460

Traditional & Climate Controlled Storage

Trouble
Hearing?

Call today for your
FREE CONSULTATION



HearSmart
Audiology

978.952.2500 • hearsmartaudiology.com



COVID-19 safety
measures in place

Senior Helpers
Senior Care, Only Better.

Great Place To Work.
Certified
MAY 2022 - MAY 2023

Companion Care & Personal Care Services
*Specializing in Alzheimer's,
Dementia, Parkinson's Care*
Free Life Profile Assessment!
978-467-4300

66 Tadmuck Rd Ste 2, Westford
seniorhelpers.com/ma/westford

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

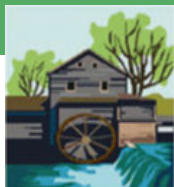
Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED

Independent Living • Assisted Living • Memory Care • Respite Stay



**RIVERCOURT
RESIDENCES**

Proudly serving Seniors and the Community since 2002

Spacious One Bedroom and Studio Apartments • Fine Dining • Housekeeping • Laundry • Transportation
Personal Care • Medication Management • Social, Health and Wellness Programs • 24/7 Certified Staff

RiverCourt Residences sits on the scenic banks of the Squannacook River.

Come visit this beautifully renovated historical mill and see the spectacular waterfall for yourself.

www.rivercourtresidences.com - 978-448-4122 - 8 West Main St., Groton, MA





Alan D Bell, AAMS™

Financial Advisor
222 Great Road Ste 8
(At Donelan's Plaza)
Littleton, MA 01460

978-486-1059 • Cell 617-799-8680

alan.bell@edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

MILL POND APARTMENTS

Section 8 Elderly Housing

We are accepting applications for elderly, handicapped or disabled, for 1 bedroom apartments.

Call Louisa at: 978-486-9719

50 Mill Road, Littleton

MANAGED BY PEABODY PROPERTIES



Are You Turning 65 Soon?

**AS WE GET OLDER,
WE GROW WISER...**

**Informed Choices Make Medicare
a Piece of Cake!**

Become Medicare Ready by joining us at
an Educational Event in your neighborhood
and enjoy a meal on us!

www.eternalHealth.com/events
1 (888) 418-4982 (TTY 711)

Topics covered:

- Understanding Parts A, B, C, and D
- Original Medicare vs Medicare Advantage
- Enrollment and eligibility periods



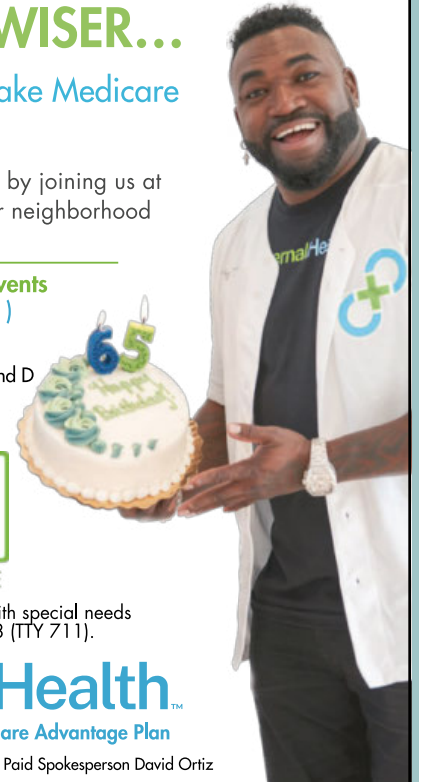
SCAN ME

For accommodations of persons with special needs
at meetings call 1 (800) 464-7198 (TTY 711).

eternalHealth
Your Hometown Medicare Advantage Plan

Y0160_LPIA4_C

Paid Spokesperson David Ortiz

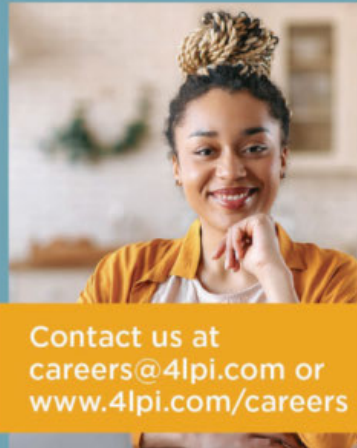


WE'RE HIRING! AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

IL FORNO

Restaurant & Catering

For All Your Bereavement Needs

& Special Occasions

Il Forno is here for you.

In our Function Room
or Delivered to Yours.

978-540-2880

Il Forno Littleton
529 King St, Littleton MA

www.il-forno.com



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



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

Bulk Rate
US Postage
Paid
Littleton, MA
Permit No. 19



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.

TRIP FARES: Rides are provided to appointments between 9:00 AM and 3:00PM

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

*****Rides to and from a Council on Aging in any of the four towns are always FREE ****

Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART (Montachusett Regional Transit Authority) & the Town of Littleton.

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.