

*The Cameron Senior Center and the Westford Council on Aging telephone number is 978-692-5523.
MISSION STATEMENT: The mission of the Council on Aging is to promote physical, emotional,
and economic well-being of older adults and to promote their participation in all aspects of
community life.*

COUNCIL ON AGING STAFF

*Joanne Sheehan
Director of Elder Services
Judith Ramirez
L.I.C.S.W./Social Worker
Annette Cerullo
Elder Outreach Coordinator
Victoria Johnson
Adult Supportive Day Program Coord.
Norma Antonetti, ASD Activities Coord.
Sandra Cullen, Office Manager
Claire France, Senior Assistant
Marjorie Hunter, Registrar
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver-Admin.
Joyce Newton, Lead Van Driver-Dispatch
Marie Lawrence, Nutrition Site Manager
Mary Sudak, Evening Supervisor
Christopher Mitchell, Maintenance
Louis Gisetto, ASD Maintenance*

COUNCIL ON AGING BOARD MEMBERS

*Helena Crocker, Chair
Robert Tierney, Vice Chair
Nancy Cook, Clerk
Dorothy Hall
Cecilia Healy
Patricia Holmes
Ret. Chief George Rogers*

FRIENDS OF THE CAMERON OFFICERS

*Aurea Rondeau, President
George Rondeau, Vice President
Joyce Cederberg, Secretary
Marjorie Hunter, Treasurer
Marie Lawrence, Asst. Treasurer*

CAMERON SUNDAY HOURS

The Cameron Senior Center will be opened on select Sundays for your enjoyment. Stop in and enjoy a light lunch at Noon and relax in the offering of the air conditioned facility. Watch the Red Sox, play pool, start up a game of cards, scrabble or bingo. This is your Senior Center please come and enjoy! The Sundays in August that the center will be opened are August 10th and 24th from Noon until 3 PM. Volunteers needed at 11:30 AM to help set-up for lunch. Please register at 978-692-5523. Donations for lunch are accepted.

COOKOUTS

Senator Panagiotakos and Representative Hall are hosting a cookout on **Friday, August 8th at 12 Noon** at the Cameron. This is a great opportunity to meet with them. Registration must be made early by calling 978-692-5523. Don't come empty handed...please bring a non-perishable food item for the food pantry.

The Kiwanis will host a cookout on **Tuesday, August 12th at 6:00 PM** at the Cameron. Please bring a salad or dessert to share. Please sign up by calling 978-692-5523.

OUR CHANGING FOOD PANTRY!

Stop by and see our newly reorganized and painted food pantry! This project of reorganizing, painting and decorating our food pantry was initiated and completed by Nicole Order as a service project to earn her Girl Scout "Gold Award". Thank you Nicole, great job!

Wii AT THE CAMERON!

Cameron now has the Wii Nintendo Sports bundle and Olympic Games. Call the front desk at 978-692-5523 to sign up for an

introduction time. In the Fall we can all look forward to competing in bowling, swimming and golf. After your introduction time you can drop in and enjoy the game. Wii will **not** be available Monday and Wednesday afternoons.

SALAD BAR

This is a new feature here at the Cameron on Thursdays and Fridays at 11:30 AM. There will **not** be a salad bar on Friday, August 8th. We are looking for set-up volunteers from 9 – 10 AM and also donation of needed items, cash donations also will be accepted. Please call 978-692-5523 if you would like to help. The success of this new Salad Bar depends on attendance!

RESTAURANT REVIEW

Ladies, if you enjoy eating out and would like to do so with others, then join us on the last Wednesday of each month. Our next outing will be **August 27th at Scupper Jack's in Acton** at 11:30 a.m. Please call the senior center to pre register at 978-692-5523 so we can call the restaurant with a head count for reservations. Bon Appetit!

MINI GOLF AT KIMBALL FARM

Come out and enjoy a game of mini golf on **Thursday September 11th at 10:30 AM**. A lunch will follow with a choice of hot dog or hamburger, a drink and a small ice cream. \$14 fee includes all. Register early at 978-692-5523.

KIMBALL GOLF TOURNAMENT

This year we will be having the twelfth annual Cameron Classic at Kimball's on **Thursday, September 25th at 9:00 AM**. A \$14 entry fee will include eighteen holes of golf, a hot dog or hamburger lunch with a cold drink and a small ice cream. This has proven to be a fun day for beginners and low handicaps as well. You may register with a partner or as an individual. Payment is due

at time of registration 978-692-5523. This was a sell out last year so register early!

LUNCHEON AT RIVERCOURT

Come join us for a luncheon hosted by **RiverCourt Residences** in Groton to be held on **Tuesday, September 16th at Noon**. We have a limited number of seats so please call 978-692-5523 to sign up.

ROOT BEER FLOATS AT CAMERON!

Come join us on **Thursday, September 18th at 12:30 PM** for a refreshing root beer float. Bring your old pictures of the Cameron and of the Town of Westford or any other interesting sites, people or buildings in the town to reminisce and share with everyone. If you have any extra pictures that you can donate to us we will start a photo album that would be available here at the Cameron for all to see! Please call 978-692-5523 to sign up.

MEN'S GROUP--Summer Vacation

Please note that there will be **NO** Men's Group in August. **The Men's Group will return on September 9th** with John Buonomo, Register of Probate at Middlesex Probate and Family Court who will present information about new changes in the system. We encourage everyone who usually attends to watch our newsletter for our **Summer Cookout** events. We look forward to seeing you all at these activities. Have a wonderful summer!

OUR ANNUAL HARVEST FAIR

Come join us for our annual **Harvest Fair** to be held on **Friday and Saturday, October 17th and 18th from 9 AM – 2 PM** at the Cameron. Please keep us in mind with craft projects, holiday items, prizes and gift certificates. New holiday crafts and ornaments are needed. New this year will be a white elephant and collectible area. Tombolo (a game of chance) will need new

prizes; Penny Sale; afghan, quilt and 50/50 raffles; crafts; Busy Fingers will feature handmade knitted and crocheted items not limited to afghans, throws, sweaters, mittens and baby sets; Silent Auction, Thrift Shop and outside vendors.

The baked goods table is always a sell out and in need of donations. On Friday October 17th, lunch will be Meatball Subs, chips and a drink and will be served at Noon. On both Friday and Saturday October 17th and 18th, coffee and donuts will be available. Saturday's lunch will be from 11:00 AM to 1:00 PM. We will have hot dogs, chips, and drinks. Volunteers are needed after lunch for clean up.

Save the date and support your Senior Center with this fundraiser by stopping by with friends and family! Fair Tables are available for outside groups. Table rental for both days is \$15, plus a donation of a raffle basket or item with a minimum value of \$25 for our Silent Auction table. We look forward to seeing you there!

CAMERON SENIOR CENTER RENOVATION and EXPANSION

The Friends of the Cameron Senior Center, Inc. need your help. We are presently trying to raise funds for these needed renovations, upgrades and expansion at the Cameron Senior Center. The Town through the Permanent Town Building Committee has secured an Architect to design the expansion and renovation for the Senior Center. The design drawings should be ready this summer. We have currently raised \$1,300. Please mail your tax-deductible donation check made payable to: Friends of the Cameron Senior Center, Inc., PO Box 2223, Westford, MA 01886. Please write "Cameron Expansion" in the memo section of your check. You may stop by the Center at 20 Pleasant Street any week day 8 AM. to 4 PM.

ADULT SUPPORTIVE DAY PROGRAM

The Adult Supportive Day Program is a great opportunity to get out of the house, socialize and join in activities and programs. We serve a hot lunch each day along with morning and afternoon snacks. Our program is strictly a social day program not a medical program. Adult Supportive Day offers our participants current events, word games, crafts for men and women, moderate exercises, music and guest speakers, entertainment, and holiday celebrations. For more information call Victoria, Social Day Coordinator at (978) 692-0803. We look forward to meeting you and showing you what our program is all about.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham from Coldwell Banker, will **not** be here in August. She will return here at the Cameron in October. If in the interim you have any questions or concerns regarding real estate matters she can be reached at 978-758-7778.

LONG TERM CARE INSURANCE, WHAT IS IT AND IS IT FOR ME?

This **free** informative presentation will be given by Marshall-Ben Tisdale from Edward Jones Investments here at the Cameron on **Tuesday, August 5th from 9 – 10 AM.** Volunteer lawyers from Deschenes & Farrell, P.C. will also be here to help with any questions. Please call 978-692-5523 to sign up. Refreshments will be available.

PODIATRY CLINIC AT CAMERON

Dr. Weakland will be at Cameron on **Wednesday, August 6th at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date will be Wednesday, October 8th.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, September 17th from 9 – 11:30 A.M.** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

DID YOU KNOW???

Great News for Seniors ... Help is Available to Beat the High Cost of Groceries!

If you are 60 years or older, you may qualify for monthly food assistance. The average eligible senior receives \$88./month towards groceries. That could go a long way! In the past, a person would be disqualified if they had assets (savings, CD's) higher than \$3,000. Wonderfully, that requirement was recently eliminated; therefore many more seniors are eligible. Seniors whose income is above the guidelines in the table below may still be eligible but their assets will be considered.

Household Size	Monthly Gross Income	Assets
One person	Below \$1,734.	Assets not counted
Two people	Below \$2,334.	Assets not counted

So, if you meet these criteria, we strongly urge you to make a phone call to the Food Source Hotline at 1-800-645-8333 or to Annette at the Westford Cameron Senior Center at 978-399-2326 to complete the application. Remember, "Every dollar helps" said a recently approved Westford senior!

MEALS ON WHEELS

Are you homebound, age 60 and over, and unable to prepare a hot meal? Let us assist

you Monday through Friday by delivering meals to your door around noontime. Call 1-888-820-5423 for more information.

BROWN BAG PROGRAM

Do you have a need for an extra bag of groceries each month? A brown bag of groceries is available for pick up each month for those who have pre-registered for this service at 978-692-5523. The brown bag day for **August** will be the **29th from 9AM to 3 PM**. Delivery can be made if requested in advance.

FOOD PANTRY

The community Food Pantry is located at Cameron and staffed by volunteers. The dates for **August** are as follows:

- ❑ The third **Monday, August 18th**, from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, August 20th**, and third **Thursday, August 21st**, from 8:30-11:30 am.

Birthday Gift Bags are available for families using our food pantry with a child's birthday that month. Pre-registration is suggested at 978-692-5523.

GOVERNMENT SURPLUS FOOD

Government Surplus Food is available for those who meet Fuel Assistance guidelines. Stop in Monday, Wednesday or Thursday, from 8 A.M. – 1 P.M. and inquire at the Cameron front desk.

MEDICAL INFORMATION

BLOOD PRESSURE & MORE:

These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at **Cameron**. Dates and times are:

- Second Tuesday of the month, **August 12th**, 9:30-10:30 AM with the Board of Health.

- Fourth Wednesday of the month, **August 27th**, 8-10 AM with the Lowell VNA.

SUPPORT GROUPS

- ✓ ADULT DIABETES SUPPORT GROUP meets at Saints Memorial Medical Center in Lowell. Call 978-934-8559 for more information.
- ✓ ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUP meets the fourth Wednesday of each month from 6-8 PM at The Inn at Robbins Brook, Route 27, Acton. For more information contact Judy at 978-399-2325 or jramirez@westfordma.gov.
- ✓ ALZHEIMER'S CAREGIVER SUPPORT GROUP meets the second and fourth Monday of each month from 1:00 – 2:30 PM at the Chelmsford Senior Center. For more information call 978-251-8491.
- ✓ BEREAVEMENT SUPPORT GROUP "You Are Not Alone" meets at the J.V. Fletcher Library, 50 Main St., Westford. The group meets on the second and fourth Thursday from 7-8 PM. Contact Cathy at 978-692-7424.
- ✓ PARKINSON'S SUPPORT GROUP meets the first and third Wednesday of each month, except **JULY & AUGUST**, from 2 – 4 PM at John Cummings Building, Donaldson Room at Emerson Hospital. For information contact Jerry at 978-443-5742 or joconnell@bentley.edu.
- ✓ PERIPHERAL NEUROPATHY SUPPORT GROUP meets at Lowell General Hospital in the Clark Auditorium. For more information contact Carol at 978-263-0484.

SHINE

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Cameron at 978-692-5523

and leave your name and phone number. The next scheduled date is **August 28th**.

BOARD OF HEALTH CLINICS

Hearing & Hearing Aid Test

Appointments are required by calling the Board of Health at 978-692-5509. The next date is **September 15th, from 9:30-11:30AM** at the Cameron Senior Center. Next date is November 17th. Tests are Free and provided by Rogers Hearing Solutions.

DENTAL GRANT

The Director of Health Services in conjunction with the Director of Elder Services has been awarded funding from the Community Foundation to provide dental work to Westford seniors. If you would like to be considered for this program please contact us at 978-692-5523 for an application.

ACTIVITIES

AEROBICS with Elaine Wednesdays at 9AM and Fridays at 8:30 AM. The fee is \$3.00 per class. **There will be NO Aerobics Classes for the months of July and August. Classes will RESUME on September 3rd.**

ART CLASS with Stella. Wednesdays at 9 A M. All mediums used. Cost is \$5 per class. CONGRATULATIONS to Honorable Mention Winner Phyllis M. Mizzone, for her watercolor entry "Sunset at Swift's Beach" at the 40th Annual 4th of July Art Festival.

ART CLASS (New Six Week Course) **Free** classes starting Monday, August 4th at 1:00 PM. Instructor Marie Stabile.

BINGO – Thursdays, 7-9:30 PM. Doors open ½ hour early. Transportation is available by calling 978-399-2322.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at Cameron on two **Wednesdays, August 13th and 27th** at **10:45AM**.

BOWLING – Wednesday 9:15 AM at Brunswick Lanes in Lowell. Call Mary at 978-692-6867 for more information.

CONTRACT BRIDGE

With Instruction: Tuesday afternoon's Bridge group's instructor, Bert Chang, will help you understand and improve your game. Beginners and new players are welcomed. Class will meet weekly on Tuesday's from 1:00 - 3:00 PM. There will be a fee of \$1.00.

CONTRACT BRIDGE

Advanced Players: meet on Fridays from 12:30 – 4:00 PM.

BUSY FINGERS – This group meets every Monday & Wednesday, 1-3 P.M. to make knitted and crocheted items. Great conversation!

CANASTA – has a lively and fun group that currently plays every Thursday from 1:00-3:30 P.M. Feel free to join us.

CERAMICS with Carol every Monday at 9:30 A.M. The fee is \$5.00 per class. There will be **NO** classes for the months of **July and August**. See you in September.

“CHEER” Chair Movement - Tuesday and Thursday 10:45 – 11:30 A.M.... This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity, breathing techniques, stretching, toning and gentle core muscle workout. Hand weights and stretch bands maybe used and are provided as well as optional for the participant. The fee is \$3.00 per class.

COMPUTER INSTRUCTION

All levels of individual and group instruction available on Thursdays starting at 9:00AM at the Cameron. Appointments needed, please call to schedule time 978-692-5523. Fee is \$5 per class. Alternate day may be available.

CRIBBAGE – Meets every week on Wednesdays, from 1:00 to 3:00 PM.

HAND AND FOOT (CARD GAME)

This card game is seen as a variation of Canasta. The group meets on Tuesdays from 1:00 – 3:30PM. Come and join our fun group!

LINE DANCING WITH ELLEN

During the months of **June, July and August** there will be **NO** line dancing. Classes will resume in September.

LUNCH

The Merrimack Valley Nutrition Program provides anyone age 60 and over, or couples with one partner having reached the age of 60, with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-692-4480 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00.

MUSIC MAKERS - at the Cameron meets **Fridays from 9-10:30 A.M.** under the direction of Ann. The group will not be meeting in August.

POOL TABLES are available for your use Monday-Friday 8 AM -4 PM.

SCRABBLE

The group plays on Tuesday afternoons from 1:00 PM to 3:30 PM. More players are welcome.

TAI-CHI

FREE one hour classes at Plum Blossom Academy, 222 Great Road #13, Littleton every Wednesday at 10:00 AM for people 65 or older. They can be reached at 978-486-3095. Classes might return to the Cameron this fall.

WALKING GROUP

The group has disbanded for the summer. Call us at 978-692-5523 if you have interest in resuming in the fall.

TRANSPORTATION

We travel in Westford and to all of the surrounding towns, as well as Lowell, Concord, Ayer and Billerica. We also provide transportation on **Thursday evenings** to and from Bingo at the Cameron Senior Center. **During the month of August we will be going to the Pheasant Lane Mall on the 4th and the 18th.**

Rides are booked on a first come basis, so call the **transportation desk at 978-399-2322** as soon as you know that you will need a ride. The round trip ride fees are \$3 in Westford, \$4 for surrounding towns and \$6 outside the area. If you need to **cancel on the day of your ride** please call the front desk at 978-692-5523 so that the driver can be notified. Save your gas and ride with us!

COMPANION & RESPITE CARE

For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. The cost is \$9.00 per hour. For more information call Pat at the Chelmsford Senior Center at 978-251-8491.

SENIOR SOCIAL SERVICES

Our Social Worker is Judy, L.I.C.S.W. She is available for home and office visits, and interventions (in person or by phone) within

the community, with a confidential and caring approach. Many of our seniors are homebound and they and their families may be unaware of the services that are available for them. Some examples that may be provided include securing in-home services, referrals to Day Programs, and crisis intervention. If you think Judy may be able to help you or anyone you believe is in need of her assistance, please call her at 978-399-2325 or e-mail jramirez@westforma.gov.

OUTREACH

As one gets older, various challenges may arise. Challenges may include: limited income and rising costs, health concerns, maintaining your home, loss of loved ones and others unmentioned. Here at the senior center, home of the Council on Aging, we may have knowledge of resources that could ease some of your concerns. Don't wait to contact us for assistance either over the phone, in the office or at your home. You aren't alone ... we can help! Contact your Outreach Coordinator, Annette at 978-399-2326 or email her at acerullo@westfordma.gov

FRIENDLY VISITOR PROGRAM

If you would like company a few times a month in the comfort of your home to socialize, reminisce or play games, please call Annette at 978-399-2326 to introduce you to a friendly visitor.

FINANCIAL INFORMATION

TAX WORK PROGRAM – FY 2009

The Tax-Work Program officially started on July 1st. Placements were made for twenty-five seniors to work in Town Departments. Seniors who will be assigned to work in the schools in September will be getting notification in August. Seniors assigned to a town department should contact the Department Head **immediately** to set up a

mutually agreed on time schedule, if you have not already done so.

All hours **MUST** be completed by March 31, 2009 without exception. Anyone who has a change of plans, please call me, Dorothy, immediately at 978-692-5523.

MONEY MANAGEMENT

We have money managers that are available to assist those 60 and older having difficulty writing checks and managing their bills. For more information call 978-399-2325

CTI NEEDS YOU!

If you would like to become an RSVP volunteer please give Joan at CTI a call at 978-654-5080 x 14. Signing up to become a volunteer does not add new commitments to the service you are already providing. It does allow you to track hours of service and combine them with those of over 200 RSVP volunteers. We want to demonstrate that people 55 and up contribute an incredible amount of time in Greater Lowell, Sharing their experience and good will in literally dozens of ways.

WALK/RUN FOR ELDERS

Join us for the 19th annual Five Mile River Walk/5K Run for Elder Services of the Merrimack Valley, Inc., **on Sunday, October 5th, at 10:00 AM.** This year the route is along the historic and scenic banks of the Merrimack River. Food, fun, raffles and games for all ages. The 9:45 AM start is at Elder Services of the Merrimack Valley, Inc., 360 Merrimack Street, Building 5, Lawrence, MA. Proceeds from the event benefit the Elder Care Fund of the ESMV, an emergency financial resource established to help older adults and our walk partners from the Councils on Aging. To register call 800-892-0890 or visit www.esmv.org.

MISCELLANEOUS

AUTUMN SOCIAL - DANCE/DINNER

An Autumn Dance will be held at the Franco-American Club on **Friday, November 7th, from 7-11 PM.**, with music provided by Chet Harden also (TBD a **Fish Fry** prepared by Roger LaChance). Cost for dance ticket will be \$7.00. Tickets will be available at the Cameron front desk **beginning in September.** Tickets for **the dance** can also be purchased at the door the night of the dance. Please bring a dessert to the dance to share. Thank You.

FALL FASHION SHOW

Please watch for more information in our upcoming newsletters.

MEET AND GREET

Paul Avella, Candidate for State Representative from the Second Middlesex District will be here at the Cameron on Tuesday, August 26th at 11 AM to hear your opinions on issues surrounding the Commonwealth of Massachusetts.

LAWYER REFERRAL SERVICES

The Massachusetts Bar Association will help you find the right lawyer for your needs. Just call toll free, 1-866-627-7577, or go to www.massbar.org.

Are you a Veteran, or family member of a veteran, who needs to appeal a state or federal benefits decision? Then the Massachusetts Bar Association can help. Every Monday between 3 and 5 P.M. call 617-338-0572 and be matched with a volunteer attorney --- for Free.

DO NOT CALL – Do you want to reduce telemarketing calls? Sign up now for the Massachusetts Do Not Call Registry, this also includes cell phones. You can register online at www.mass.gov/donotcall or you can call toll free at 1-866-231-2255.

THRIFT & GIFT SHOP

It's August and our Summer Clearance Sale continues. All items are now \$1.00 a bag! The shop is open to the general public on weekdays from 9:00AM – 3:00 PM. We will receive fall and winter items that are clean and in excellent condition **beginning in September after Labor Day.**

STITCH IT

Need something hemmed or a simple repair? Then bring the item to Cameron and we will try to assist you. Stop by anytime with the article of clothing and your name and phone number attached and the repair needed also supply matching thread if needed. Leave the item in the box in the Cameron Library/Lounge.

FIX IT

Do you have a small appliance that is in need of repair? Maybe that lamp or iron just needs a new cord. Label your item clearly with your name and phone number and what is needed to be repaired. Drop it off at Cameron and put it in our fix-it repair area located in the Library/Lounge and Mr. Fix It will do his best. No toasters or radios please. You will only be billed for the parts.

GIFTS

The Friends of Cameron and the Roudenbush Community Center have together produced a local cookbook. There are many historical pictures throughout. The \$10 cost benefits both organizations and is available at Cameron.

We also have for sale June Kennedy's "Westford Recollections of Days Gone By". The cost is \$29.95.

The Cameron School is part of the Cat's Meow collection. The sale of these pieces will benefit the Friends of the Cameron Senior Center, Inc. Cost is \$20 each.

The "Cameron Note Cards" are available. We are selling packets of eight note cards and envelopes for \$3.00 per package.

GAINING GROUND VEGETABLES

Vegetables will be brought here to the Cameron on Thursday afternoons from Gaining Ground in Concord, thanks to the **Westberg and Brown Families.**

EMPLOYEE OF THE MONTH

Congratulations to **Norma Antonetti**, our August employee of the month. Norma is the Activities Coordinator at the Adult Supportive Day program. She is very caring and does wonderful work with our clients. **Thank You, Norma!**

PAT ON THE BACK WINNER

Congratulations to **Keith Johansen**, our August Pat on the Back winner. Keith's dedication and caring in the delivery of meals to our homebound seniors is appreciated. **Thank You, Keith!** Please feel free to nominate someone you want to thank for his or her volunteer work.

DAY TRIPS

Call 978 692-5523 for reservation and information on the following trips. Payment is due upon signing up for a trip. Please only register for self and spouse/companion for the trip.

Tuesday, August 19th – "Authentic Downeast Lobster Bake", a repeat of a fabulous summertime tour that will take you for a scenic visit of Nubble Light and York Village and on the return trip along the Atlantic Seacoast and a stop at Hampton Beach. The Lobster Bake (choice of lobster or chicken) at Bill Foster's and entertainment. Fox Motor Coach departs Cameron at 8 AM and returns early evening.

Cost is \$61.00 per person (includes driver tip). WAITLIST AVAILABILITY ONLY.

Tuesday, September 9th - "Foxwoods"

Buckingham Motor Coach departs Cameron at 7:30 A.M., fee \$25, due at time of sign up. Receive bonus and food coupon. Deadline for payment is August 29th.

Thursday, October 2nd – "Show Boat", at the North Shore Music Theatre, come join

your friends to see this American Masterpiece with lyrics by Oscar Hammerstein and music by Jerome Kern. This will be a 10:00 AM performance with lunch buffet to follow the show at "Overtures Restaurant" on the grounds of the theatre. Buckingham Motor Coach will depart Cameron at 8 AM. The cost for this trip is \$85.00 (includes tips). The fee is due immediately!

Sunday, November 2nd – "Blue Man

Group", at the Charles Playhouse. This 1:00 PM performance is on the second floor and can only be accessed by stairs. The Motor Coach will depart Cameron at 11:15 AM. The cost for this trip is \$68.00 per person (includes tip). Deadline for reservations is September 30th.

EXTENDED TRIP

"The Beacon Resort" Lincoln, N.H., August 10th & 11th, 2008, Lobster or Prime Rib Dinner on Sunday and a boat cruise on Mt. Washington on Monday. \$149.00 p/p double occupancy, bus leaves Westford on Sunday at 10:15 A.M. For more information or to make a reservation please contact Joseph Morello at 978-455-9596.