

*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 that the center will be opened are June 8<sup>th</sup> and 29<sup>th</sup>, July 13<sup>th</sup> and 27<sup>th</sup> and August 10<sup>th</sup> and 24<sup>th</sup> 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.

**YARD SALE – TABLES AVAILABLE**

Our Second Annual Yard Sale will be held **Saturday, June 21<sup>st</sup> from 8:00 A.M to Noon** here at the Cameron rain or shine. Come early for the best selection. Please do not drop off items prior to the 21<sup>st</sup>. Volunteers are needed for set-up from 7 – 8 AM and for clean-up from 11:45 AM – 1 PM. Rental of tables available for \$15 each, call 978-692-5523 for an application. The proceeds will benefit The Friends of the Cameron Senior Center, Inc.

**NEW SIGN DEDICATION**

We would like to congratulate Ryan Fellers on the completion of his Eagle Scout Project. Cameron is the beneficiary of this project with a new granite sign outside of our facility. The sign is engraved with the words “**Cameron Senior Center**”. Ryan designed the sign, determined the location, fundraised, hired the sign company, recruited volunteer landscape help and organized a sign dedication ceremony. We wish to thank Ryan along with Garside Granite, Eric’s Nursery and all those who donated to this project for their involvement. Stop by and see our beautiful new sign!

### **LUNCHEON AT ROBBINS BROOK**

Come join us for a luncheon buffet to celebrate the beginning of Summer on **Wednesday, June 18<sup>th</sup>, at 12:15 PM** hosted by the Inn at Robbins Brook. The food will be prepared by Chef Dave Di Mario and his staff (who prepared our wonderful St. Patrick's Luncheon!). We have a limited number of seats so please call 978-692-5523 to sign up. The Inn at Robbins Brook is located on Rte 27 in Acton just over the Westford line.

### **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 **June 25<sup>th</sup> at the Outlook Restaurant at Nashoba Valley Ski in Westford** at 11:30 a.m. Please call to pre register at 978-692-5523. Bon Appetit!

### **CONVERSATION AND SHORTCAKE!**

Come join us here at the Cameron for fresh Strawberry Shortcake and lively conversation on **Thursday, June 19<sup>th</sup> from 12:30 – 1:30PM**. Limited seating; please pre-register for this by June 13<sup>th</sup> by calling 978-692-5523.

### **MEN'S BREAKFAST**

The June Men's Breakfast will be held on **Tuesday, June 10<sup>th</sup> at 8:00AM**. Please remember to register for this breakfast by either calling 978-692-5523 or e-mail [jramirez@westfordma.gov](mailto:jramirez@westfordma.gov). Our guest speaker will be Christopher Yule, President of Yule Development Co. Inc. He will be talking about the proposed renovation of the Abbot Mill located in the Forge Village National Historic District in Westford. The mill is a former textile mill that was constructed over a 60 year period beginning in the late 1900s and played an important role in the history of Westford. It is architecturally and historically significant.

In 2002, the National Park Service placed Forge Village on the National Register of Historic Places. As part of his presentation, Yule will discuss the status of this project.

### **COOKOUTS**

The Friends of the Cameron Senior Center invite you to our Independence Cookout on **Thursday, July 3<sup>rd</sup>, at 11:30 AM**. Chefs Vullo, Rondeau, Tousignant, Van Landeghem, Fanning, and Moncreaff will grill hot dogs and hamburgers to perfection. Reservations are a must, call 978-692-5523 and sign up by June 26<sup>th</sup>. Please bring a salad or dessert for all to share. Indoor and outdoor seating will be available.

On **Tuesday, July 29<sup>th</sup> at 11:30AM** the Merrimack Valley Nutrition Project will be sponsoring a Barbecue Cookout. There is limited indoor seating so please call 978-692-4480 between 10:00 AM and 1:00 PM to reserve your place. Donation is \$2.00

### **ADULT SUPPORTIVE DAY PROGRAM**

The Adult Supportive Day Program is designed to provide a safe and fun environment for individuals that benefit from socializing and being around people. We have a lot of fun with seasonal activities. We are always looking for new volunteers. If you or someone you know would enjoy learning more about this program, please contact Victoria, Program Coordinator, at 978-692-0803.

### **BREAD MAKING WITH DENALI**

Come to a bread making workshop here at the Cameron on **Thursday, June 26<sup>th</sup> at 2:00 PM**. Denali will teach you how to make this easy, versatile and delicious no knead bread. Samples and recipes will be available. Also there is a special baking pan that will be available to purchase, the cost of the pan is \$40. Don't miss out on this tasty

workshop! Please register for this **FREE** workshop by calling 978-692-5523.

### **GARDEN PROJECT**

Growing Places Garden Project, Inc., a non profit company, would like to build you a vegetable garden! If you are interested, they are now accepting applications for this year's gardens. Call them at 978-771-2377 or 978-598-3723 x 0 or you can e mail them at [staff@growingplaces.org](mailto:staff@growingplaces.org)

### **HEAT STRESS**

To avoid heat stress this summer:

Use head protection (hats, umbrellas)	Stay inside during hottest time of day
Avoid exertion	Drink plenty of fluids
Take cool showers or baths	Wear light weight & light color clothing

Symptoms to be aware of:

Fatigue	Nausea
Confusion	Dizziness
Throbbing headache	Rapid Heartbeat

Cameron is air-conditioned and will be opened extended hours as a cooling station if there is an extended heat wave. We will be happy to pick you up and bring you here for some heat relief.

### **THE HARVEST FAIR NEEDS YOU!!**

Our first organizational meeting for this year will be **Friday, June 20<sup>th</sup> at 1:00 PM** at Cameron. All interested in volunteering should attend. As we prepare for our Harvest Fair we are in need of your help. If you or a family member or friend has a talent or craft that you enjoy please remember us. If you start your project now (whether it is a holiday craft, knitting, quilt, woodworking or ceramics item) we would appreciate you bringing it to Cameron **after** Labor Day and label the item for the Harvest Fair. We will be happy to arrange for pick up of items for the fair by calling our transportation number at 978-399-2322. Thank you!

**ASK OUR REALTOR** – Local real estate agent Kathy Cunningham, from Coldwell Banker will be here at the **Cameron on Monday June 9<sup>th</sup>, from 10:00 – 11:00 A.M.** to answer any questions or concerns you may have regarding real estate matters. Please sign up by calling 978-692-5523. Refreshments will be available.

### **ICE CREAM SOCIAL**

Come join us for an Ice Cream Social here at the Cameron on **Thursday, July 24<sup>th</sup> at 12:15 PM** hosted by **Chelmsford Crossings**. Please call to sign up for this special treat at 978-692-5523. You can reserve an 11:30 Lunch by calling 978-692-4480; Lunch donation is \$2.00.

### **POWER OF ATTORNEY**

Attorneys from the law firm of Deschenes and Farrell will be here on **Tuesday, June 3<sup>rd</sup>, from 9 – 10 AM** to help you complete a “**Power of Attorney**”. Please pre-register for this by calling 978-692-5523. Refreshments will be available.

### **ASK THE BANKER!**

☆New Program☆ A banker from **Enterprise Bank** will be here at the Cameron on **Thursday, June 26<sup>th</sup> from 9 – 11 AM** to help answer any questions you may have around your monthly statements, direct deposit, bill payments, etc. Please stop by and see them; they will be happy to help you with any and all of your banking needs, regardless if you are a customer or not! Light refreshments will be served. Next month a banker from the Middlesex Bank will be here.

### **PODIATRY CLINIC AT CAMERON**

Dr Weakland will be at Cameron on **Wednesday, June 11<sup>th</sup> 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, August 6<sup>th</sup>.

### **ASK THE LAWYER**

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, July 23<sup>rd</sup> from 9 – 11:30 A.M.** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

### **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.

### **☆NEW SALAD BAR☆**

This will be a new feature here at the Cameron on Thursdays and Fridays at 11:30 AM beginning **June 12<sup>th</sup>**. 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!

### **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 **June** will be **the 27<sup>th</sup> from 9 AM 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 June are as follows:

- The third **Monday, June 16<sup>th</sup>**, from 1:00 - 3:30 pm.

- The third **Wednesday, June 18<sup>th</sup>**, and third **Thursday, June 19<sup>th</sup>**, 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.

**FOOD STAMPS** – To apply for food stamp benefits call DTA at 1-800-249-2007 or visit their website at [www.mass.gov/dta](http://www.mass.gov/dta).

Approximate monthly income guidelines are: household of one person \$1,552; two person household \$2,082. Medical deductions will change your income eligibility.

### **EDUCATIONAL MEETING INCONTINENCE UPDATE:**

Many men and women, as they age, have some type of leaking of urine when they cough or sneeze or are unable to get to the bathroom in time when they have a strong urge to void. 80% can be cured or greatly improved with physical therapy. Come to the Chelmsford Senior Center on Tuesday, June 10, 2008 from 10 – 11 a.m. and learn some strategies for control from Judy Curless, a pelvic health specialist and Chief Physical Therapist at Emerson Hospital Physical Therapy Department in Westford. This program is sponsored by the Chelmsford/Westford Respite-Companion Care Program and is open to the public; come early for refreshments

### **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, **June 10<sup>th</sup>**, 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **June 25<sup>th</sup>**, 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](mailto:jramirez@westfordma.gov).
- ✓ **ALZHEIMER'S CAREGIVER SUPPORT GROUP** meets the second and fourth Monday of each month from 1 – 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, 2 – 4 PM at John Cummings Building, Donaldson Room at Emerson Hospital. For information contact Jerry at 978-443-5742 or [joconnell@bentley.edu](mailto: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 **June 26<sup>th</sup>**.

### **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 **June 16<sup>th</sup>, from 9:30-11:30AM** at the Cameron Senior Center. Future date is July 21<sup>st</sup>. 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.

### **DID YOU KNOW???**

*We have two things to share with you this month.*

#### **Expired Medication Disposal:**

According to the American Pharmacists Association and the US Fish and Wildlife Service, flushing medications down the toilet is a bad idea since hormones, antibiotics and other chemicals can make their way into the water supply. It is recommended instead to crush pills, dissolve them in water and then mix them with kitty litter, coffee grounds or sawdust to absorb the ingredients. Then put the “paste” into a sealed plastic bag for the garbage. Another option is to ask your local pharmacy to dispose of them for you, many do offer this service.

**Digital Television Transition Coming  
February 17, 2009 Update:**

The folks that need to take action and purchase a digital to analog converter box are those that currently watch “free TV” through a rooftop antenna or “rabbit ears”. If you subscribe to a paid service such as cable or satellite TV, you should contact your provider to see if you need any equipment or not. You will need a converter box for any analog TV in your home that is not connected to your paid service. For more information call 1-888-CALL- FCC (1-888-225-5322).

**ACTIVITIES**

AEROBICS with Elaine Wednesdays at 9AM and Fridays at 8:30 AM. The fee is \$3.00 per class.

ART CLASS with Stella. Wednesdays at 9 A.M. All mediums used. Cost is \$5 per class. CONGRATULATIONS to Third Place Winner Phyllis M. Mizzoni, for her watercolor entry “Sunset at Swift’s Beach” at the Watertown Art Association 2008 Annual Exhibit.

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, June 4<sup>th</sup> and June 25<sup>th</sup> at 10:45AM.**

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

MEN’S BREAKFAST Held on the second Tuesday of each month. The next breakfast will be on **Tuesday, June 10<sup>th</sup> at 8 AM.** Pre-register at 978-692-5523.

**CONTRACT BRIDGE**

**With Instruction:** Tuesday afternoon’s Bridge group has a new instructor, Bert Chang, he will help us understand and improve our 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. If interested call 978-692-5523 to register.

**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. Come and join us.

“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.

#### 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. New members are always welcomed.

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.

#### WALKING GROUP

We meet at the Cameron every Wednesday and Friday at 8:00 AM. Come join us! If it is raining we will not be walking.

#### 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 June we will be going to the Pheasant Lane Mall on the 9<sup>th</sup> and the 23<sup>rd</sup>.**

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.

#### 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 or Lucille 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](mailto:jramirez@westforma.gov).

#### OUTREACH

I am available to answer your questions, make home visits and provide resources. If

you are seeking information regarding medical issues, housing options, driving concerns, activities, support groups etc. than just give a call to your outreach coordinator, Annette at 399-2326 or email me at [acerullo@westfordma.gov](mailto:acerullo@westfordma.gov). No question is silly!

### **MEDICAL EQUIPMENT LOANER SERVICE**

Folks, as many of you know, we have a wonderful program that allows seniors to borrow equipment i.e. walkers, wheelchairs, etc. rather than having to purchase such items. We would like to remind everyone that, **for sanitary purposes, we can not accept damaged, rusted or soiled items nor can we accept open packages of personal care items.** Please call the front desk for borrowing information, 692-5523. Thank you.

### **FINANCIAL INFORMATION 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

### **TAX WORK PROGRAM – FY 2009**

The new tax work program starts again on July 1<sup>st</sup>. The Council on Aging administers the Senior Tax Program. All seniors 60 years and over who own the residence they live in and pay real estate taxes can be assigned to work 100 hours at \$8.00 per hour. Twenty-five slots will be available for FY '09. No check is ever issued to the individual. A job match is found based on your skills/talents and placements are made for work in a Town Department or in a school situation. All work must be completed by March 31, 2009. Applications will be mailed shortly. All completed applications and a copy of your latest Real Estate Tax bill must be at the Senior Center by **June 16, 2008.** You will be notified of

acceptance into the program. Those assigned to a Town Department can start work anytime after July 4<sup>th</sup>. School assignments will begin with the opening of school in the fall. All questions about this program should be directed to Dorothy, Tax Work Program Coordinator, by calling 978-692-5523. **You are considered independent contractors subject to federal tax and entitled to no Town employee benefits and present no liability to the Town.**

### **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.

### **TOWN MEETING**

Thank You for supporting us at Town Meeting.

### **MISCELLANEOUS LEGISLATIVE UPDATE**

This is a local cable program (Channel 8) with Representative Geoff Hall. This month he will be speaking with Michael Festa, Esquire who is the Secretary for the Executive Office of Elder Affairs. They will have some pertinent information that would be of interest to seniors. The show will air on Fridays at 6:30PM and Saturdays & Sundays at 7:30 PM.

### **FALL FASHION SHOW**

There will be an organizational meeting on **Thursday, July 10<sup>th</sup>** here at the Cameron at **1:00 PM.** We presently have a three person

committee who would welcome others to join them as they begin to plan for this fun event. Hope to see you on July 10<sup>th</sup>!

### **DIXIELAND CONCERT BY RETIREES**

These musicians are retirees from careers other than music. In this casual concert, you will get to know the musicians and hear about their experiences, balancing a love of music with different careers. This concert will be on Wednesday, June 11<sup>th</sup> at 7:00 PM, at the Parish Center for the Arts, Westford Common. Free with a \$5 suggested donation to benefit the PCA. For more information, call Bill Harman, 978-692-3907.

### **VOLUNTEERS NEEDED!**

We are in need of volunteers for the Bank of America Championship Golf Tournament from June 16<sup>th</sup> to June 22<sup>nd</sup> at Nashawtuc Country Club in Concord. This tournament raises money for local charities. No golf knowledge is needed. For more information call 978-266-0266 or [www.BankofAmericaChampionship.com](http://www.BankofAmericaChampionship.com)

### **ESMV GOLF TOURNAMENT**

The Elder Services of the Merrimack Valley will be having its 2008 Annual Golf Tournament Friday, June 20<sup>th</sup> at the Merrimack Golf Course, 210 Howe Street, Methuen. Registration and continental breakfast at 7:30 AM and shotgun start at 8:00 AM. For more information call 800-892-0890, ext. 1467.

### **LAWYER REFERRAL SERVICE**

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](http://www.massbar.org).

**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](http://www.mass.gov/donotcall) or you can call toll free at 1-866-231-2255.

### **THRIFT & GIFT SHOP**

Come visit the Cameron Thrift and Gift Shop and see all that we have to offer, from clothes and glass ware to jewelry! The shop is open to the general public on weekdays, from 9AM – 3PM.

### **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**. The program will begin in late June or early July.

### **INDIAN HILL ARTS**

#### **"BACH'S LUNCH" CONCERT:**

**Thursday, June 19<sup>th</sup>, Noon - 1 pm:**

soprano Charlotte Russell will perform a variety of classical and popular works: Indian Hill Music School, 36 King Street, Littleton. FREE and open to the public. Coffee, tea and cookies served; bring your

lunch. For more information on this event or other planned events in June call (978) 486-9524 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org).

### **EMPLOYEE OF THE MONTH**

Congratulations to **Marie Lawrence**, our June employee of the month. Marie is our Nutrition Site Manager and does a great job making sure everyone who wishes a meal receives a meal. **Thank You, Marie!**

### **PAT ON THE BACK WINNER**

Congratulations to **Richard Bennett**, our June Pat on the Back winner. He is always willing to help where ever there is a need. **Thank You, Richard!** Please feel free to nominate someone you want to thank for his or her volunteer work.

### **CAMERON WISH LIST**

We are in need of individuals who can crochet to make scrubbies for us. We have the netting. These are a popular item that many use to clean their pots and pans. Call Claire at 978-692-5523. Thank you for all your support!

### **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.**

**Friday, June 13<sup>th</sup> – “The Boston Pops”** with Keith Lockhart. Fox Motor Coach departs Cameron at 4:15 PM with a visit to Copley Plaza and Prudential Shops prior to arrival at Symphony Hall. Return home at 11:00 PM. Cost is \$69.00 per person. WAITING LIST ONLY.

**Wednesday, June 25<sup>th</sup> – “Fenway Park Tour”** with a luncheon to follow at the “No Name Restaurant.” The day also includes a tour of U.S.S. Constitution, “Old Ironsides”

and a visit to Quincy Market. Fox motor coach will depart the Cameron at 8:30 AM and return home at 5:30 PM. Cost is \$59.00 per person. You may want to take your children or grandchildren on this fun and interesting day in Beantown!

**Tuesday, July 22<sup>nd</sup>, “Hyannis Harbor Cruise”**, Brush Hill Tours, Motor Coach departs Cameron at 7:45 AM and returns at approx. 5:30 PM fee of \$51.00 (includes driver tip) is due at sign up. Trip includes Hyannisport Harbor Cruise, Buffet Luncheon and a stop at the Sagamore Christmas Tree Shop.

**Tuesday, August 19<sup>th</sup> – “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).

**Thursday, October 2<sup>nd</sup> – “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”. Buckingham Motor Coach will depart Cameron at 8 AM. The cost for this trip is \$85.00 (includes tips). The fee is due by August 1<sup>st</sup>.