

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
 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
 Angela Gagne, Volunteer Coordinator*

**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**

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

NEWSLETTER SUMMER EDITION!

The next copy of the Westford Council on Aging Newsletter will be a **combined July and August** Summer edition.

TOWN MEETING

Thank you to all who attended the Annual Town Meeting. What a great day for the seniors!

RELOCATION

The programs and staff of the Cameron Senior Center will be vacating the building for approximately twelve months. Call ahead at 978-692-5523 or watch the newspaper and our website to find our new address. Pardon us if we have an interruption in cable or telephone service.

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

BOOK DISCUSSION GROUP

The second session of the J.V. Fletcher Library Book Discussion Group is meeting at the Senior Center on **Monday, June 15th** at **10 A.M.** Join us for a discussion of “Carter Beats the Devil” by Glen David Gold. Copies of this discussion book are available here at Cameron and also from the

Bookmobile or the Library. A brief synopsis of the book will be available at the front desk.

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 **Wednesday, June 24th at 11:30 a.m. at Mario's Restaurant, 223 Groton Road (Rte. 40), Westford.**

Please pre register at 978-692-5523 so we can call the restaurant with a head count for reservations. Bon Appétit!

REVERSE MORTGAGES - FRIEND OR FOE?

AN INFORMATIONAL

PRESENTATION AND BREAKFAST

Have you received mailings and telephone calls urging you to apply for a reverse mortgage? Do these offers sound too good to be true? Come on **Tuesday, June 2nd at 9:00 AM** and learn the facts about reverse mortgages from local Attorney Kathryn Farrell of Deschenes & Farrell, P.C. She will answer your questions about reverse mortgages and will give honest, independent advice. Private consultations will be available after the seminar. This is part of a FREE seminar series sponsored by Deschenes & Farrell, P.C. bringing legal topics of interest to seniors. If you have any ideas for future programs, please call Claire at 978-399-2321 at the Senior Center or Kathryn Farrell of Deschenes & Farrell, P.C. at 978-250-8877. A continental breakfast will be provided. Please pre-register for this free seminar by calling the Senior Center at 978-692-5532.

MEN'S BREAKFAST

Our next **Men's Breakfast** will be at **8:00AM on Tuesday, June 9th**. Our guest presenters will be John Clemens, Scott Gray and Geoff Hall who represent "The History

of Westford Baseball Project", a retrospective on the origins of youth baseball and softball from the early 1950's to present day. Through pictures, news articles, stories and memorabilia, they hope to acknowledge those individuals who have made significant contributions to the development and success of the league. Their timeline will illustrate the many changes that have taken place and milestones achieved over the past six decades. The goal is to exhibit their findings in the Westford Museum for all to see and enjoy. Please register for this breakfast at **978-692-5523** or e-mail

jramirez@westfordma.gov

[Please note: there will be **NO Men's Breakfast in July or August** but we will start up again in September. Have a wonderful summer!]

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, June 8th 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.

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, June 3rd 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 August 5th.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only. An Attorney from Attorney Leslie Madge's office will not be here again until **Wednesday, September 9th from 9 – 11:30 A.M.** call 978-692-5523 to reserve a time.

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 1-978-598-3723 x801 or you can e mail them at staff@growingplaces.org

ROUDENBUSH ADULT SOCIAL DAY PROGRAM – AKA – “The Club”

Spring is here..... The Roudenbush Community Center in Westford is offering seniors and family members a valuable supporting resource to them in Westford and surrounding towns. It is the Roudenbush Adult Social Day Program aka “The Club” 65 Tadmuck Road. The program is designed to assist seniors/ “club members” to remain in the community in a home-like environment. Program is offered 5 days per week Monday- Friday. “Club members” want to participate; have fun together; share experiences, and contribute to their community. All activities are designed for success, achievement and fun. Lunch is served daily by Meals On Wheels. If you would like more information regarding our program or the activity schedule please visit www.roudenbush.org (click on adult social Day) or visit www.roudyasdp.shutterfly.com to see some of the pictures about the program. Call Norma Antonetti, Director at 978-692-0803 for information or to set-up a free day.

SENIOR CITIZENS ARTISTIC 2009 HOLIDAY CARD CONTEST!

The 13th Annual Senior Citizens Artistic Interpretation of the State House Holiday Card Contest, open to all citizens over the age of 62, is accepting entries through July 1, 2009. The theme of the 2009 contest is “Celebrating the December Holiday at the State House”. If you are interested more

information is available at the Senior Center front desk.

EDUCATIONAL MEETING ALL ABOUT HEART DISEASE

Join us on Tuesday June 9, 2009 from 10 – 11 AM at the Chelmsford Senior Center as we learn all about heart disease. This educational talk will be given by Kathleen Laferriere, RN, BSN, CCRN, Lowell General Hospital Cardiac Health Educator. She will discuss the symptoms, causes and treatments of this prevalent disease. This FREE educational meeting is sponsored by the Westford and Chelmsford COA's Respite-Companion Program. Refreshments will be available after 9:30 AM; all are welcome!

DID YOU KNOW???

Research strongly suggests that playing board games helps seniors with focus, visual perceptual skills, problem solving, reaction time, socialization and reducing the risk of dementia through challenging the left and right-brain hemisphere functions. Scrabble, Chinese checkers, Parcheesi, Chess and card games top the list. **Mah Jongg**, a traditional tile game played for thousands of years in the Far East, also stimulates both brain hemispheres, as memory, logic, and identifying patterns are core components of the game. **A few local folks have expressed interest in starting a Mah Jongg group so if you would like to join, please call Annette with your available times at 978-399-2326.** Train your brain with games!

UPDATE ON DIGITAL TELEVISION

TRANSITION: The transition will be taking effect and is scheduled for June 12, 2009. For more information call 1-888-CALL- FCC (1-888-225-5322) or visit the website www.dtv.gov

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 **June** will be the **26th** from **9AM to 3 PM**. Delivery can be made if requested in advance.

FOOD PANTRY

The community Food Pantry is moving temporarily and is staffed by volunteers. Call 978-692-5523 for the new location.

The dates for **June** are as follows:

- The third **Monday, June 15th** from 1:00 - 3:30 pm.
- The third **Wednesday, June 17th** and third **Thursday, June 18th** 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 Senior Center front desk.

DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?

If you are 60 years or older, you may qualify for food assistance. Approximate monthly guidelines are household of one person below \$1,734; two person household below

\$2,334. For more information call the Food Source Hotline at 1-800-645-8333.

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 the **Senior Center**. Dates and times are:

- Second Tuesday of the month, **June 9th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **June 24th** 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 Street, 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, 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.

SHINE

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Senior Center at 978-692-5523 and leave your name and phone number. The next scheduled dates are **Monday, June 8th and Thursday, June 25th**.

PRESCRIPTION ADVANTAGE

Due to recent statewide budget cuts, the Prescription Advantage program was reduced by \$11 million dollars which will likely translate into our seniors facing higher copayments for medications. Many folks are not realizing the change until they go to their local pharmacy and have to pay more. Now Prescription Advantage assistance will not be available to folks until the enrollee and Medicare combined have first paid out \$2,700 yearly. If you have concerns regarding your medication costs please call Mass Medline at 1-866-633-1617 or the Senior Center to set up a visit with our SHINE counselor at 978-692-5523.

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 **Monday, July 20th, from 9:30-11:30AM** at the Senior Center. 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 Friends of the Cameron Senior Center 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.

ART CLASS with Stella. Wednesdays at 9 A M. All mediums used. Cost is \$5 per class.

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 the Senior Center on **Wednesday June 17th at 10:45AM.**

BOWLING

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

MEN'S BREAKFAST

Takes place on the second Tuesday of each month. The next breakfast will be on **Tuesday, June 9th at 8 AM.** Pre-register at 978-692-5523.

CONTRACT BRIDGE

Advanced Players: meet on Fridays from 12:30 – 4:00 PM. All players are required to stay until 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.

“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.

CRIBBAGE

This group meets every Wednesday from 1:00 to 3:00 PM.

MEN’S GOLF SENIOR LEAGUE

Tuesday mornings at the Maynard Country Club. Check in between 8:30 and 8:45 AM. \$25 p/p for nine holes includes electric cart.

HAND AND FOOT (CARD GAME)

This card game is seen as a variation of Canasta. The group will meet on Fridays at 1:00 PM. Come and join our fun group!

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 the Senior Center, 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 Senior Center meets **Fridays from 9-10:30 A.M.** under the direction of Ann. All singers welcome! For more info call Ann at 978-692-6779.

OPEN STUDIO – Any person who paints in oils or watercolors is welcome to join our open group on Mondays from 1:00 – 3:00 PM. A donation of \$1.00 is requested.

POOL TABLE is available for your use Monday-Friday 8 AM -4 PM.

RED HAT SOCIETY invites senior women at least fifty years old and ambulatory to enjoy the fellowship of friendly ladies enjoying activities while having fun and making new friends. Join anytime by calling Carol at 978-692-6084.

SCRABBLE

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

TAI-CHI

FREE classes at Plum Blossom Academy, 222 Great Road #13, Littleton every Thursday from 12 to 12:45 PM must be 65 or older. For more information call 978-486-3095.

COME PLAY THE WII

We have the “Wii” which is an **interactive** television video system for playing golf, tennis, bowling and more. Volunteer, Ron Cahill, is available some Tuesday mornings to teach the games to all those interested. If you have any questions call Annette at 978-399-2326.

TRANSPORTATION

We travel in Westford and to all of the surrounding towns, as well as Lowell, Concord, Ayer, Billerica and more. We also provide transportation on **Thursday evenings** to and from Bingo at the Senior Center. **During the month of June we will be going to the Pheasant Lane Mall on the 8th and on the 22nd.** 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. We are now allowed

to stop at individual stores at the mall. 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. For more information call the Chelmsford Senior Center at 978-251-8491.

OUTREACH

Do you have concerns about your aging parents and are not sure where to turn? Are you a senior who has few family or friends to assist you and aren't sure where to turn? You can turn to us ... your senior center has an outreach coordinator and social worker willing to talk with you on the phone, come to your home or meet with you here in the building. Simply call Annette at 978-399-2326 or Judy at 978-399-2325.

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.

FRIENDLY VISITOR PROGRAM

If you wish you had some more company simply call and request a friendly visitor. We have wonderful volunteers that would love to visit with you 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 2010

The new tax work program starts again on July 1st. 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 for \$800 tax rebate. Twenty-five slots will be available for FY '10. 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, 2010. 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 15, 2009**. You will be notified of acceptance into the program. Those assigned to a Town Department can start work anytime after July 4th. 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.**

TOWN CLERK

Someone will be here at the Senior Center from the Town Clerk's office on **Wednesday, June 10th, from 11:15 AM – 12:00 PM** to help you. They cannot accept tax payments that should be done at the Tax Collector's office.

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.

MISCELLANEOUS THANK YOU TO ALL!

The Friends of the Cameron Senior Center want to extend heartfelt thanks to all those who helped and or attended their recent Dinner/Dance. Your support is greatly appreciated.

Thank you to the Patrolmen's Association for the fun filled Spaghetti Supper. We appreciate the generosity of the local businesses with donated raffle prizes.

GAINING GROUND VEGETABLES

Again this year vegetables will be brought here to the Senior Center on Thursday afternoons from Gaining Ground in Concord. The program should begin sometime mid to late June.

ESMV GOLF TOURNAMENT

The Elder Services of the Merrimack Valley will be having its 2009 Annual Golf Tournament Friday, June 19th at the Merrimack Golf Course, 210 Howe Street, Methuen. Registration and continental breakfast at 7:30 A.M. and shotgun start at 8:00 AM. For more information call 800-892-0890, ext. 1467.

TOWN NEWS

Town Manager, Jodi Ross has a new monthly newsletter that can be found on the Town website. Go to www.westfordma.gov to read the information submitted by various town departments.

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.

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.

HANDYMAN HELP

We are fortunate to have the dedication of a local semi retired man who is willing to volunteer some of his time to our seniors. He may be able to help with small painting projects and minor carpentry repairs in your home. If you are in need of some assistance please call Annette, the Outreach Coordinator, at 978-399-2326 to set up this service.

THRIFT & GIFT SHOP

The Thrift and Gift Shop is open to the general public on weekdays, from 9AM – 3PM. *We are not accepting any clothing at this time. Because of the new lead paint law regarding children we can no longer accept children's toys, jewelry and some clothing.*

WISH LIST

We are in need of brown paper bags. Also because of the recent postal rate increase we are in need of one and two cent stamps. Thank you for all your support!

EMPLOYEE OF THE MONTH

Congratulations to Fred Palmer our June employee of the month. Fred is one of our van drivers. He is friendly and helpful and does a wonderful job transporting our seniors. **Thank You, Fred!**

PAT ON THE BACK WINNER

Congratulations to Trudy Laslie our June Pat on the Back winner. She volunteers in our Thrift Shop; a pocketbook donated to the thrift shop had a substantial amount of money in it, she returned the money to the person who had donated the item. They greatly appreciated her honesty. **Thank You Trudy!** Please feel free to nominate someone you want to thank for his or her volunteer work.

INDIAN HILL MUSIC

BACH'S LUNCH' CONCERT: 2 shows in June! Indian Hill Music School's monthly faculty series presents a Bach's Lunch favorite: the Justin Meyer Swing Trio on **Thursday, June 18 and Friday, June 19 Noon - 1 pm**, Indian Hill Music School, 36 King Street, Littleton. Coffee, tea and cookies served; bring your lunch. FREE and open to the public. For more information on this event or other planned events in May call (978) 486-9524 or visit www.indianhillmusic.org.

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 19th, "Boston Pops – "Michael Feinstein: The Sinatra Project", 8 PM show, Buckingham Bus departs from the Senior Center at 6 PM. The cost for the show and bus including driver gratuity will be \$70 p/p.

Tuesday, July 14th - "Providence's Little Italy", narrated tour of Providence & Federal Hill, lunch at Geppetto's including a table side demonstration. Motor coach departs the Senior Center at 8:00 AM. Celebration Tours escort throughout. Complete cost is \$61.00 p/p.

Tuesday, July 28th – "Foxwoods" Buckingham Motor Coach departs the Senior Center at 7:30 AM, fee \$27, due at time of signup. Receive bonus and food coupon.

Sunday, August 2nd - "Jersey Boys", the story of Frankie Valli & The Four Seasons, 2 PM show Buckingham bus departs the Senior Center at 12:15 PM. The cost for the show and bus including driver gratuity will be \$105.00 p/p.

Wednesday, September 16th – "Tour Fenway Park & Cruise on the Charles River", luncheon at the Cheesecake Factory. Motor coach departs the Senior Center at 8 AM, Celebration Tours escort throughout. Complete cost \$89.00 p/p.

OTHER UPCOMING 2009 TRIPS AT THE SENIOR CENTER WATCH FOR DETAILS:

October - Warren's Restaurant, Kittery, ME
December – Salem Cross

EXTENDED TRIPS:

September 15th & 16th, Best of Times will be traveling to **"The Killington Inn"**, in Killington, Vermont, s/o \$299.95, d/o \$249.95. Flyers with detailed information available at the Senior Center.

Brochures available at the Senior Center for the following trips with Collette Vacations:

September 11 – 18, 2009, “Northern National Parks”, d/o \$1,949; s/o \$2,499; t/o \$1,919. Check about space availability.

November 5 – 14, 2009, “Discover Tuscany”, d/o \$2,739, s/o \$3,139; t/o \$2,709.