

***The Cameron Senior Center and the Westford Council on Aging telephone number is 978-692-5523.***

***MISSION STATEMENT: The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.***

### **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  
Joan Hayward, 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*

### **REMINDER – DAYLIGHT SAVINGS**

On Saturday Evening, March 8<sup>th</sup>, you will need to change your clocks; they should **Spring** forward by **one hour**.

### **ST. PATRICK'S DAY LUNCHEON**

Come out and join us for our annual **St. Patrick's Day Luncheon on Tuesday, March 18th, from 10:00AM–2PM** at the Franco American Club. We will be having corned beef and cabbage provided by the Inn at Robbins Brook. Entertainment will be provided by "Glenshane Irish Folk Duo". Reserve your seat by March 11<sup>th</sup> at 978-692-5523; a \$7 fee is due at registration.

### **SMOKE ALARM CHECK-UP:**

In partnership with the Council on Aging, the Westford Fire Department will be available in the Spring and Fall to install free smoke and carbon monoxide alarms in homes of seniors that request them. This program will include the installation of smoke/carbon monoxide alarms and also fire safety and prevention education to help seniors and their families prevent fires and to be prepared in case of a fire. If you would like to apply for a free smoke/carbon monoxide alarm or if you already have a smoke/carbon monoxide alarm and would like to have your batteries changed, please call the Council on Aging at 978-692-5523 to put your name on the list. You will be notified when the Fire Department is available to install them. Please note that smoke detectors should be replaced every ten years. When you call to sign up please tell us if you need a new unit or battery replacements.

### **SPRING DINNER/DANCE & SOCIAL**

Come on out to a dinner/dance and social sponsored by The Friends of the Cameron Senior Center at the Franco-American Club on **Friday, April 18<sup>th</sup>, dinner from 6 – 7 P.M., and dance/social from 7 - 11 P.M.**

A roast pork dinner will be prepared by Roger LaChance with music provided by Chet Harnden. Ticket cost is as follows: Dinner/Dance Ticket \$15, and Dance Ticket only \$7. Tickets are available at the Cameron front desk. Please bring a dessert to the dance to share.

### **REFLECTIVE HOUSE NUMBERING**

It has been brought to the Westford Women's Club attention that many homes in Westford are without proper outside numbering. This is important to aid Fire and Rescue teams in locating someone in need of assistance in a timely manner during any emergency situation. If you are 65 years or older or disabled and need reflective numbering on a mailbox or next to your door, the Westford Women's Club and Girl Scouts would be more than happy to come and affix reflective numbers at no cost to you. We will install on a first come basis for the first 150 low income households to register with the Cameron Senior Center. If you feel you could benefit from this service please contact the Council on Aging at 978-692-5523 with your name, phone number and the exact house number to be posted on your house. You will receive a call as weather permits as to when the numbers will be posted on your home.

### **ASK THE BANKER!**

☆New Program☆ A banker from **Enterprise Bank** will be here at the Cameron on **Thursday, March 27<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 Savings Bank will be here.

### **MEN'S BREAKFAST**

How's your golf game? Can you shoot your age? Join us at the next Men's Breakfast on **Tuesday, March 11<sup>th</sup> at 8:00AM** and learn about the PGA Tour's Champions Tour; what goes into running an event like the Bank of America Championship at Nashawtuc Country Club; the Nashawtuc Charities ownership of the Tournament and the organization they support; opportunities to get involved with the Tournament; and for those who can shoot their age...how to qualify to play on Tour. John Slattery, Executive Vice President of Hayson Sports Group and Director of Marketing & Sales for the Bank of America Championship will be on hand to talk about the professional golf event in Concord, which last year featured legends like Tom Watson, Nick Price, Craig Stadler and Lee Trevino.

**Please sign up for the breakfast, so we can plan for food, by calling 978-692-5523 or e-mail [jramirez@westfordma.gov](mailto:jramirez@westfordma.gov).**

### **ASK THE LAWYER**

Free legal service is available to all Westford seniors age 60 and over by appointment on **Wednesday, March 12<sup>th</sup> from 9 – 11:30 A.M.** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

### **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 **March 26<sup>th</sup>** at the Glenview Pub & Grill in Chelmsford at 11:30 A.M. If you need to car pool please inform the

receptionist when you call to pre-register at 978-692-5523. Bon Appetit!

### **PODIATRY CLINIC AT CAMERON**

*Dr Weakland will be at Cameron on Wednesday, April 2<sup>nd</sup> at 1:00 PM. The cost of the clinic is \$25. Appointments are necessary; call 978-692-5523.*

### **MEET AND GREET**

**Jim Arciero**, District Director for Senator Panagiotakos, will be happy to speak with you about your thoughts and concerns about the happenings on Beacon Hill. Jim will be here at the Cameron on **Wednesday, March 19<sup>th</sup>, from 11:00 AM until 12 Noon.**

**ASK OUR REALTOR** – Local real estate agents Patrice and Beth of William Raveis Real Estate will be here at the **Cameron on Monday March 10<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.

### **HABITAT FOR HUMANITY**

A non-profit Christian organization is building a house in Westford. They are in the process of accepting families to partner with for this affordable land. Volunteers are also needed to work on this great project. To learn more phone 978-692-0927, e-mail [familyslection@lowellhabitat.org](mailto:familyslection@lowellhabitat.org) and visit the website: [www.lowellhabitat.org](http://www.lowellhabitat.org).

### **FREE WOOD**

Habitat for Humanity is beginning to clear a lot in Nabnasset to build a home. The wood is being offered to Seniors locally who can use it. Students at Westford Academy will deliver it to your home. To learn more call Habitat at 978-692-0927.

### **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 **March** will be **the 28<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 March are as follows:

- ❑ The third **Monday March 17<sup>th</sup>**, from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, March 19<sup>th</sup>**, and third **Thursday, March 20<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. - 1P.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**

### Geriatric Anesthesia-What you Should Know Before You Go Under!

On Thursday, March 13<sup>th</sup>, from 10-11 AM, please join us at the Chelmsford Senior Center for this most important informational talk about anesthesia and in particular, how it relates to older people. Donald G. Ganim II, MD, FABA, President of the MA Society of Anesthesiologists and Chief Anesthesia at Beverly Hospital, will be the speaker; this talk is sponsored by the Respite-Companion Care Program and open to the public; refreshments will be available after 9:30 AM.

### 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, **March 11<sup>th</sup>**, 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **March 26<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 April 24<sup>th</sup>.

### PART D NEW INFORMATION

Enrollment for the Medicare Part D prescription drug plans ended December 31, 2007. Fortunately, Massachusetts residents can still join a Medicare Part D plan by enrolling in Prescription Advantage, the state's pharmacy assistance program. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November. If you are concerned about added cost, you will be happy to know that there is no charge for Prescription Advantage for members with an annual income less than \$30,630 for a single person and \$41,070 for a married couple. And, depending on your income and the Medicare prescription drug plan you choose, Prescription Advantage may help pay all or part of your Medicare

prescription drug plan's monthly premium, deductible and drug co-payments. There is no reason not to have coverage for your prescription drugs. Call Prescription Advantage today for an application form. You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

### **RECALL – ICY HOT HEAT THERAPY**

Chattem Company has announced a voluntary recall of their Icy Hot Heat Therapy products due to reports of skin burns. The Westford Board of Health wants you to be aware. Consumers should stop using these products. You may call Chattem Consumer Affairs for a full refund at 1-888-458-3487.

### **ADULT SUPPORTIVE DAY PROGRAM**

The Westford COA 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 located at 65 Tadmuck Road, please contact Victoria, Program Coordinator, at 978-692-0803.

### **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 **March 17<sup>th</sup>, from 9:30-11:30AM** at the Cameron Senior Center. Future dates are April 22<sup>nd</sup> and May 19<sup>th</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.

### **DENTAL HYGIENE CLINIC**

At Middlesex Community College is available September – April for cleanings, cost is \$15.00 for those age 60 and over. Call 978-656-3250 for information and to make an appointment.

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

The Commonwealth of Massachusetts provides loans for seniors and for adults/children with disabilities. The purpose of the program is to improve accessibility in your home so you can live in your home longer. 0% - 3% interest loans from \$1,000 to \$30,000 are available for home modification projects. The 0% loan does not need to be repaid until the home is sold or transferred. For more information contact Steve Scarano at 617-204-3724 or by email [Steven.Scarano@state.ma.us](mailto:Steven.Scarano@state.ma.us)

### **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 \_ hour early. Transportation is available by calling 978-399-2322. **In case of inclement weather, call before 4 P.M.**

### **BOOKMOBILE**

The J.V. Fletcher Library bookmobile is scheduled to stop at Cameron on **Wednesday, March 12<sup>th</sup> at 10:45AM.**

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

MEN'S BREAKFAST Held on the second Tuesday of each month. The next breakfast will be on **Tuesday, March 11<sup>th</sup> at 8 AM.** Pre-register at 978-692-5523.

CONTRACT BRIDGE - Tuesday's group is open to all levels and new players are encouraged to join from 1:00 – 4:00 PM. They are in need of a volunteer leader. 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.

#### CONGREGATE MEAL SITE

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.

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

INDIAN SENIOR GATHERING – senior citizens from our Indian community will be gathering at Cameron on a monthly basis. This month they will meet on **Tuesday, March 24<sup>th</sup> from 11 A.M. – 1 P.M.** e-mail Purna at [pbtula@gmail.com](mailto:pbtula@gmail.com)

#### LINE DANCING WITH ELLEN

**Tuesdays, from 2:00-3:00 PM.** Sign up for this FREE, fun class by calling 978-692-5523.

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.

RED HAT SOCIETY - for info on upcoming events, call 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 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.

### **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 March we will be going to the Pheasant Lane Mall on the 10<sup>th</sup> and the 24<sup>th</sup>.**

Rides are booked on a first come basis, so call Joyce at **978-399-2322 (transportation desk)** 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.

### **OUTREACH**

We currently have 2-3 openings for women interested in participating in a wellness support group that meets every other Friday from 10:30 to 11:30 a.m. The group evolved from the "Living with Chronic Illness" series and participants support one another around issues of health, coping with stressors and maximizing quality of life. Participants must be willing to adhere to our strict confidentiality policy. If interested, please contact Annette for further information at 399-2326.

### **TEACH ENGLISH**

We have a Russian speaking senior in Westford that would love to improve her English language skills. If you speak both languages and would be interested in helping her, please contact Annette at 978-399-2326.

### **NEW ACTIVITY IDEAS**

We are trying to start some new activities here at the center. If you have any interest in attending or leading any of the following let us know: a book club, genealogy, scrap booking, quilting, crafts or sewing. Please call Annette at 978-399-2326 to learn more and sign up.

### **PET ASSISTANCE**

We are fortunate to have a local student who is willing to assist seniors with pet care. If you are a pet owner and could use some help with walking or caring for your cat or dog this spring then she may be able to help you. We also have pet food available in our food pantry. If you would like more information, contact Annette at 978-399-2326.

### **INCOME TAX HELP**

Hal, the volunteer tax expert, will be back this year to help you complete and

electronically file your 2007 federal and Massachusetts income tax returns. This is a free service sponsored by AARP. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the tax forms that are needed to be filled out – you do not need to bring any blank forms with you. If you are filing a Massachusetts return for the Circuit Breaker refund it is important to mention that when you call for an appointment.

**What to bring with you:**

- Your W-2s, SSA-1099s, and 1099s (DIV, INT, B, G, MISC, etc)
- Your MA 1099-HC (this is a new form).
- The amount of state and federal estimated tax payments that you made.
- The quarterly property tax bills that you paid in calendar year 2007 (bring all four bills).
- The water bills that you paid in calendar year 2007 (bring all four bills).
- Your 2006 federal and state tax return.
- If you sold any stock or bonds, bring the date that you bought the stock or bonds and the amount that you paid for them.
- If you have any mutual fund, bring any information provided by the mutual fund concerning how much of the dividends are exempt from Massachusetts income tax.

**PROPERTY TAX RELIEF (CPA), TAX DEFFERAL, AND PROPERTY TAX EXEMPTION**

Applications may be picked up at the Assessors Office through March. You can call for more information at 978-692-5504.

**FINAL CALL FOR TAX WORK**

Tax work hours must be completed by **March 31<sup>st</sup>**. Your 100 hours must be signed by the department head and brought to the COA. If you do not have your hours completed the 31<sup>st</sup> please notify Dorothy at the COA at 978-692-5523 as soon as possible.

**FUEL ASSISTANCE**

Fuel Assistance income eligibility guidelines are: annual income for a household family size of one - \$20,420 and family size of two – \$27,380. Call 978-692-5523 to set up a 45 minute appointment. You may qualify for heating repairs or cleaning along with energy saver appliances. When you call to schedule your appointment ask for the additional information that you will need to be mailed to you. Deadline approaching.

**FREE ENERGY**

If you are approved for Fuel Assistance, you may also qualify for the following free energy program: **Weatherization:** Renters (excluding heat included in rent) and homeowners are eligible for this program. You may qualify to have free insulation, weather-stripping and air sealing added to your home by Community Teamwork, Inc. approved contractors. All weatherization work is inspected by CTI'S Energy Advisors. For more information and to determine if you qualify call CTI at 978-459-6161.

**CIRCUIT BREAKER LAW**  
**FILE INCOME TAXES**

This law allows eligible seniors age 65 or over whose property taxes (or 25% of rent) exceed 10% of their annual income and who meet other qualifying criteria, in Massachusetts to take a credit on their state income taxes for real estate taxes paid on Massachusetts residential property that they rent, own or which they occupy as their principle residence. The 2007 tax year

maximum credit or refund of \$900 with assessed valuation not greater than \$772,000 and a single household income with some exceptions not to exceed \$48,000 and married filing jointly not to exceed \$72,000. If you would like more information about this law, please contact the Massachusetts Department of Revenue's Customer Service Bureau at 1-800-392-6089. We encourage all to file taxes for 2007. You must file income tax to benefit for this credit even if you do not owe state income tax.

## **MISCELLANEOUS**

### **SWIPE TAG**

Have you visited the Cameron Senior Center recently? We are now tracking our statistics, so when you stop at Cameron please **remember to use your swipe tag**. If you have not obtained your tag yet, please stop by to get yours. Thank you for your assistance.

**GAY NINETIES CELEBRATION** – The Council on Aging is pleased to once again sponsor the nineteenth annual Gay Nineties Celebration on **Monday, May 5<sup>th</sup> from 10 AM – 3 PM** at the Franco American Club. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served at 11:30 A.M., along with raffles and entertainment. **Advance registration is necessary at 978-692-5523 before April 28<sup>th</sup>**. If you were born in 1918 or earlier please indicate your birth date when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring a guest and they will be seated at your table. Transportation is available. There is no charge for this special event. "This program is supported in part by a grant from the Westford Cultural Council, a local agency which is supported

by the Massachusetts Cultural Council, a state agency."

### **WALK FOR HUNGER**

The Greater Lowell Good Friday Walk for Hunger will take place on **Friday, March 21<sup>st</sup>**. Many charities benefit from the walk, including the Westford Community Food Pantry. For more information and/or to donate call 978-256-3539 or go to [www.westford.com/walkforhunger](http://www.westford.com/walkforhunger).

Volunteers are needed to be board members as well.

### **SPAGHETTI LUNCHEON & BINGO**

**Sunday, April 6<sup>th</sup>** at the Cameron, Scouts will prepare and serve a free spaghetti feast and join in for some Bingo fun after lunch. Doors will open at 11:30 AM. Call 978-692-5523 for a reservation.

### **THRIFT & GIFT SHOP**

The Cameron Thrift and Gift Shop is open to the general public on weekdays, from 9AM – 3PM. In March we will be featuring spring and summer clothing for men, women and children. We are now accepting spring and summer clothing that is clean and in excellent condition.

### **GIFTS**

The Roudenbush Community Center and the Friends of Cameron have 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 now available. We will be selling packages of eight note cards for \$3.00 per package.

### **INDIAN HILL ARTS**

**"Bach's Lunch Concert"** - Indian Hill Music School presents a lunchtime concert with soprano Susan Bonito, pianist Michelle Kelley and clarinetist Paul Surapine: Thursday, March 20<sup>th</sup>, Noon - 1 PM, Indian Hill Music, 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 March call (978) 486-9524 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org).

### **EMPLOYEE OF THE MONTH**

Congratulations to **Edna MacNeil**, our March employee of the month. Edna is one of our friendly and helpful receptionists. She does a great job; say hello at your next visit. **Thank You, Edna!**

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

Congratulations to **Clara Linteri**, our March Pat on the Back winner. She is one of our Thrift Shop volunteers and is very helpful to all who shop there. **Thank You, Clara!** Please feel free to nominate someone you want to thank for his or her volunteer work.

### **CAMERON WISH LIST**

We are in need of cookies and paper towels. 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.**

**Saturday, March 15, "St. Patrick's Day Shamrock Festival", Indian Head Resort,**

Lincoln, N.H. Cost \$89 per person for more info call **Roudenbush Community Center**, 978-692-5511.

### **Tuesday, March 25, "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 March 15<sup>th</sup>.

### **Tuesday, April 22<sup>nd</sup>, "Aqua Turf's Give My Regards to Broadway"**

Hartford, Conn. Transportation, meal and show, cost \$64 p/person, departure time TBD. Registration and payment due by March 20, 2008.

### **Tuesday, May 20<sup>th</sup>, "Mohegan Sun"**

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 May 16<sup>th</sup>.

**May 2008 – "The Boston Pops"** with Keith Lockhart.

**June 2008 – "Fenway Park Tour"** includes luncheon at the No Name Restaurant. More information to come on the May and June trips.