

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
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

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

REMEMBER: To change your clocks when you go to bed on **Saturday Evening, November 1st**; they should **Fall** back by one hour.

AUTUMN SOCIAL - DANCE/DINNER

Sponsored by The Friends of the Cameron Senior Center, in conjunction with the Franco-American Club Baked Fish Dinner, will be held at the Franco on **Friday, November 7th**, Baked Fish Dinner (prepared by Roger LaChance) from 5-7 P.M. and/or socialize and dance with music provided by **Chet Harden 7-10:30PM**. Dance Only Tickets are \$7 and are available at the Cameron front desk or may also be purchased at the door the night of the dance. Sorry but the deadline to purchase tickets for the dinner has passed. Please bring a dessert to the dance to share.

HAM AND BEAN SUPPER

The Annual Ham and Bean Supper will be held at the **VFW Mattawanakee Post #6539**, West Prescott Street on **Saturday, November 15th at 5 PM**. The dinner is sponsored by the American Legion Post #159 and the Firefighters Association. There is no charge for the dinner but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

THANKSGIVING DINNER

Jim Geraghty, family and friends, will host for the **tenth year**, a Turkey Dinner for Westford Seniors age 60 and over on **Sunday, November 23rd at Westford Academy**. Bingo will be from 10 AM to 12 Noon with lunch starting around Noon. Volunteers will serve this full course

homemade dinner to you. Seating is limited; reservations are necessary at 978-692-5523.

FUEL SAVINGS PROGRAM!

Are you in need of assistance with paying your oil bill? We are working with Concord Oil and JA Healy & Sons Oil Company to help with the cost of your heating oil this winter. If you are currently heating with oil and a member of your household is age 65 or over, we would like to help. This program is not for everyone. It is for those who are struggling to pay their fuel bill along with other bills.

It is as easy as one, two, three: (1) Complete "Friends of the Cameron Senior Center" Fuel Savings application (2) Include a donation of \$10.00 made payable to The Friends of the Cameron Senior Center (3) Advise as to which oil company you currently use. You will receive a discount of .12 cents per gallon in addition to any other Senior Citizens discounts that apply from your dealer, once your application is reviewed for eligibility by the Council on Aging. If you are currently a customer of another oil dealer, please give Joanne a call with the name of your oil dealer and she will contact them to see if they would like to participate in the Fuel Savings Program. We will try to assist as many residents as possible. Call us at 978-692-5523 or stop in at the Cameron Senior Center today for your Fuel Savings application.

Wii AT THE CAMERON!

Drop in and bring a friend to try your hand at Wii bowling and golf at the Cameron Library. Staff will be available to introduce you to the Wii following the Men's Breakfast on Wednesday, November 12th at 9 A.M.

RESTAURANT REVIEW

Ladies, it has been decided to postpone our monthly restaurant gatherings in November

and December due to the busy holiday season. We will resume with a luncheon on the last Wednesday in January. In the mean time if you could call Annette with your restaurant suggestions, likes and dislikes, that would be appreciated. Her number is 978-399-2326. Thanks.

MEN'S BREAKFAST –Change of Day

The November Men's Breakfast will be held on **Wednesday, November 12th at 8:00AM.** Please remember to register for this breakfast by either calling **978-692-5523** or e-mail jramirez@westfordma.gov Representatives from both the **Westford Police Department** and the **Westford Fire Department** will be on hand to discuss public safety issues. Bring your questions with you as they will be available to attempt to answer or to make other helpful suggestions. Our police and firefighters are truly dedicated to serving our community and we are proud to be able to present this forum.

We are pleased to have Keystone Home Care collaborating with us for this month's breakfast and we appreciate their commitment to our area.

GYPSY SCAM

One of the different types of Gypsy scams that are going on in Westford is called imposter Burglary/Breaking and Entering scam. This is how the scam works: The imposter will knock on an elderly victim's door, when the victim comes to the door, the imposter will pose as a Water Department worker. (Could use anyone of the town departments as a rouse) This individual will say there is a problem with water/pipes and needs to look at the pipes in the basement. (In some cases people are asked outside to look at the house) This individual will get everyone in the house to accompany him to the basement. When this happens the imposter notifies the second

individual who is waiting outside and will advise them usually by one of the following means of communication (walkie talkie, cell phone and/or Nextel direct connect) that everyone is in the basement.

The second imposter will enter the house and go into the bedrooms looking for cash. Once he gets the money, he will get in contact with the imposter in the basement and let him know that they have the cash and the imposter in the basement will then leave the house abruptly. If they do not find the money, sometimes they will ask for change for a \$50 or \$100 dollar bill, knowing that the victim will have to go to their "stash" to get the bills for the change. Then the imposter will distract the victim again, and enter the room and take the money that was hidden.

The Westford Police Department would like to remind the Westford Residences that any Westford Water Department, Health Department, Police Department, Fire Department etc, will have ID Badges for you to view. If you ever have any question if the person who is at your door is legit or not, you can contact the Westford Police Department at 978-692-2161.

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

HEALTH CARE PROXY AND HOMESTEAD ACT

On **Tuesday, December 2nd, from 9 – 10 A.M.** we will have Attorneys from the Law firm of Deschenes & Farrell, P.C. at the Cameron. The attorneys will be speaking about the importance of Health Care Proxies and the Homestead Act They will be

showing you how to fill out and complete the forms as well as private consultations. They look forward to seeing you there. Please note if you want a health care proxy completed you should bring your driver's license. If you would like to have the Homestead Act form completed the only charge will be the \$35.00 filing fee charged by the Registry of Deeds.

We are requesting that you pre-register for this service at the Cameron Senior Center, 978-692-5523. There is a sign up sheet at the front desk. Kindly register for this by giving your full name, address, and approximate date of purchase of the property. If you have a copy of your deed, please bring it to the session with a \$35.00 check payable to the Registry of Deeds. Refreshments will be available and remember to pre-register for either service by calling 978-692-5523.

PODIATRY CLINIC AT CAMERON

Dr. Weakland will be at Cameron on **Wednesday, December 10th at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, November 19th from 9 – 11:30 A.M.** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

ROUDENBUSH ADULT SOCIAL DAY PROGRAM

Come join us at the new adult social day program held at the Felix Perrault Community Room at 65 Tadmuck Road. This is a wonderful opportunity to get out of the house and socialize with other adults, enjoy some group activities, and have lunch. We are planning some new events for the

fall, and already have new members! We are open 5 days a week; stop by and meet our old and new staff, and schedule a free trial day on us! For more information, contact Adult Social Day Director, Norma Antonetti at (978) 692-0803 or NAntonetti@roudenbush.org or Patti Mason at PMason@roudenbush.org.

EDUCATIONAL MEETING **REVIEW & UPDATE ON ALZHEIMER'S –** **TREATMENT AND RESEARCH**

This program will review our current understanding of what goes on in Alzheimer's disease, how we can manage it both with medications and care giving approaches and what new research is on the horizon. Debra Katt-Lloyd, Manager of the Northeast/Merrimack Valley Office of the Alzheimer's Association will be presenting this talk at the Chelmsford Senior Center from 10 – 11 AM on Thursday November 6th. Sponsored by the Westford and Chelmsford COA's Respite-Companion Care Program this educational opportunity is free and open to all; come at 9:30 AM for refreshments!

DID YOU KNOW???

Do you have a love of learning, crave knowledge and want to meet others with similar interests? Then you may want to consider one of the many educational opportunities available to seniors, from on line learning, to local classroom to worldwide travel. Here are a few examples:

- Elderhostel = **the world's largest educational travel organization for adults 55 and over. They are a not-for-profit organization that provides exceptional learning adventures to nearly 160,000 older adults each year. Elderhostel offers nearly 8,000 programs a year in more than 90 countries.**

To learn more, visit their website at www.elderhostel.org

- LIRA = **the Learning in Retirement Association through the University of Massachusetts in Lowell. The program offers a spring and fall semester and classes typically run for 8 weeks with trips/outings to museums, concerts, etc. If you want to meet other active learners and to obtain further information/brochures, call the LIRA office at 978-934-3135.**
- M.I.L.E.S. = Middlesex Institute for Lifelong Education for Seniors in Bedford, MA. **MILES offers intellectual stimulation and interaction for older adults. For \$85.00 you can enroll in as many classes as you wish. To learn more and get a brochure, call Chris Lindsey at 781-280-3570.**

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 **November** will be the **21st** 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 **November** are as follows:

- The third **Monday, November 17th** from 1:00 - 3:30 pm.

- The third **Wednesday, November 19th**, and third **Thursday, November 20th**, 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.

HOLIDAY BASKETS

If you would like to contribute to the baskets, coordinated at Cameron and delivered by the Police Association, we ask that you complete a holiday donor form that may be obtained by calling us at 978-692-5523. Donations in the form of a check should be made payable to “The Friends of the Cameron Senior Center” and indicate on the memo line of your check “Holiday Baskets”. We are also in need of gift certificates to distribute to families and individuals for food and gifts. Thanksgiving certificates need to arrive in our office prior to noon on November 25th. Christmas certificates need to arrive prior to noon on December 18th. If you are in need of food at the holiday time or gifts for young ones please call us for an application at the above number.

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 **Cameron**. Dates and times are:

- Second Wednesday of the month, **November 12th**, 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **November 26th**, 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, 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

1 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 **November 20th**

PRESCRIPTION ADVANTAGE

Prescription Advantage now has Continuous Open Enrollment! This is great news. Now our seniors will not have to wait a year because they missed an open enrollment. This is an opportunity to reduce your prescription drug costs. Prescription Advantage, the State's pharmacy assistance program, is a secondary payer to Medicare Part D and can help to reduce your out-of-pocket costs by: providing benefits during coverage gaps such as deductibles or the "donut hole", lowering your co-payment amounts and providing you with an annual out-of-pocket spending limit. If you already have a Part D plan or you plan to join one, you should look at how Prescription Advantage can lower your prescription drug costs even more. If you have any questions or need help our SHINE Counselor can assist you. Please call 978-692-5523 and sign up for a SHINE appointment.

MEDICARE D

Open enrollment will be from November 15 thru December 31, 2008. Call for a SHINE appointment 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, November 17th, from 9:30-11:30AM** at the Cameron Senior

Center. Tests are Free and provided by Rogers Hearing Solutions.

DENTAL HYGIENE CLINIC

At Middlesex Community College is available September – April for cleanings, cost is \$15, for those age 60 and over. Call 978-656-3250 for information and to make an appointment.

ACTIVITIES

Cameron will be closed on Tuesday November 11th due to the Veterans Day Holiday and Thursday and Friday, November 27th and 28th due to the Thanksgiving Holiday.
Confirm class dates with your instructors.

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. In case of inclement weather, call before 4 P.M.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at Cameron on two **Wednesday's, November 5th and 19th 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 for November only will be on **Wednesday, November**

12th at 8 AM because of the Veteran's Day Holiday. Pre-register at 978-692-5523.

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 meets every Monday at 9:30 A.M. The fee is \$5.00 per class. Watch the newsletter to see when classes will resume.

“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 Wednesday, from 1:00 to 3:00 PM.

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!

LINE DANCING WITH ELLEN

Every Tuesday, Beginners from 1:30-2:00 PM and Advanced Beginners from 2:00–3:00 PM. Sign up for these FREE, fun classes by calling 978-692-5523.

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. All singers welcome! For more info call Ann at 978-692-6779.

POOL TABLES are 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 Tuesday and Thursday from 12 to 12:45 PM must be 65 or older. For more information call 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 November we will be going to the Pheasant Lane Mall on the 10th and to the Burlington Mall on the 24th.**

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@westformagov.

OUTREACH

Many ask me what an Outreach Worker does. My primary responsibility is to “reach out” and be available to all our seniors for whatever concerns you may have. I try to reach out through this newsletter, through home visits and on site activities. I am available to you by phone and/or office visits as well. I will do my best to address your needs and if I am unable I will try to point you to the right resources. No question is silly and no problem is too big or too small. If you have a concern and don’t know where to turn, give me a call, Annette, at 978-399-2326.

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.

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 are currently low on wheelchairs so if you have borrowed one and no longer need it please return it at your earliest convenience. Also, we can not accept medical supplies i.e. syringes, tubing, back

braces etc. Any inquiries may be made at the front desk, 978-692-5523. Thank you.

FINANCIAL INFORMATION

PROPERTY TAX RELIEF

Community Preservation Act (CPA) Exemption Applications are now available at the Assessors Office. You must complete this application yearly to be exempt from the 3% surcharge placed on your property tax bill. We encourage all homeowners to go to the Assessors office to pick up an application to receive the CPA exemption. They also currently offer exemptions for the Blind, Disabled Veterans, persons who are over 70 and Tax Deferral Program, please call the Assessor's office to find out the eligibility requirements. The Assessors are in the Millennium School at 23 Depot Street. Assessors Office phone number is (978) 692-5504.

FUEL ASSISTANCE

Fuel Assistance income eligibility guidelines are: annual income for a household family size of one - \$20,800 and family size of two – 28,000. Appointments for new applications will begin in November. 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.

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.

TAX RELIEF FOR THE ELDERLY AND DISABLED

Tread (Tax Relief for the Elderly and Disabled) applications were mailed and must be completed in their entirety with the necessary documentation attached and returned to the Cameron Senior Center. The purpose of this fund is to assist in defraying the real estate taxes of the elderly and disabled persons of low income.

Qualification Requirements are:

Must own and occupy the property for which taxes are assessed.

Must be 65+years old or have a State recognized disability.

Must file completed application disclosing exemptions and household income and expenses for all members age 18 and over.

Call 978-692-5523 to receive an application or if you need assistance completing your application or have any questions. Our Program Coordinator is Dorothy.

MISCELLANEOUS HOLIDAY LUNCHEON

Join us for a catered luncheon at the Franco American Club on **Thursday, December 4th from 10 A.M. – 2 P.M.** Lunch (Roast Pork Loin) will be prepared by Shirley Caterers and served around Noon. Entertainment will be provided by the Westford Academy Honors Choral Group who have performed for us in the past. Fee for lunch is \$7.00 call 978-692-5523 by November 21st for reservations.

COMMUNITY CHRISTMAS CHORUS

The Westford Community Christmas Chorus welcomes all singers to join them in their third annual concert. Rehearsals will be

held on Sunday evenings, from 7:00 - 8:30 PM, at First Parish Church, Westford Common, from November 2nd through December 7th. The concert will be held on Sunday, December 14th, at 7:00 PM. at First Parish. The program will include Vivaldi's Magnificat, plus several anthems by Mendelssohn. All proceeds to benefit the food pantry at Cameron Senior Center. Choir dues are \$25; this includes two free tickets to the concert. Admission is \$5 plus a non-perishable item for the food pantry. For further information, please contact Jeanne Masterman, 978-692-8416, or jeanne.masterman@verizon.net.

WINTER CONCERT

The NASHOBA YOUTH ORCHESTRA presents a Winter Outreach Concert at the First Parish Unitarian Universalist Church, 2 Westford Street in Chelmsford. Featured will be NYO'S Chamber Orchestra and the premiere of its' Young Artists Chamber Music Program Ensemble. You are invited to come and hear the area's most talented young musicians perform in this intimate setting. Benjamin Thacher will be conducting. Admission is FREE. Call 978-392-0995 for more info.

"A RENAISSANCE EVENING"

St. Anne's Sodality is sponsoring a concert by "Vox Lucens", a fourteen member vocal ensemble who perform music from the Renaissance period. The concert will take place at St. Anne's Church, 75 King Street, Littleton on Saturday, November 15 at 7:30 PM. This is opened to the public. A suggested "Goodwill Offering" of \$10 for adults and \$5 for seniors or students would be appreciated. Refreshments will be served in the church hall following the performance.

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.

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

The shop is open to the general public on weekdays from 9:00AM – 3:00 PM. Come in to browse and see all we have to sell at reasonable prices.

THANK YOU!

Thanks to Kimball's and all of our mini-golf and par three golfers. We had a wonderful crowd for these annual events. The men's mini-golf champions were Richard Hebert and Ray Ricard. The ladies champion was Theresa Daly. The "Turkey Award" was won by Debbie Percibal. The winner of the "Cameron Cup" was Ray Ricard. Congratulations to all! Look for the photo board here at Cameron with your pictures.

EMPLOYEE OF THE MONTH

Congratulations to **Bill Gross** our November employee of the month. He is kind, consistent and does a good job delivering the meals. He is always willing to help.
Thank You, Bill!

PAT ON THE BACK WINNER

Congratulations to The Friends of the Cameron Senior Center, and all those who helped either with donations, set up or working the days of the Harvest Fair, you are our November Pat on the Back winners.
Thank You, to all of you! Please feel free

to nominate someone you want to thank for his or her volunteer work.

CAMERON WISH LIST

The Cameron Senior Center is in need of socket sets and an electric drill in good working condition. We are also looking for a seamstress who would be willing to do basic alterations. If you are interested please call Claire at 978-692-5523. Thank you for all your support.

INDIAN HILL MUSIC

‘BACH’S LUNCH’ CONCERT: Indian Hill Music School’s monthly faculty series presents a fun mix of jazz standards and originals with Jamie Dunphy on guitar and Paul Combs on sax: Thursday, November 20, 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 November 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.

Tuesday, November 18th, “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 November 14th.

Tuesday, December 2nd – “Christmas Holly Trolley”, a wonderful narrated tour to view the holiday light displays in Boston. Bring a family member or friend. Dinner will be at The Union Oyster House prior to the tour. Brush Hill Motor Coach will

depart the Cameron at 2:45 PM. The cost for this trip is \$71.00 (includes driver tip).

EXTENDED TRIP

Call Mickey at 978-692-8259 for reservations and information on the following trip.

December 10th thru 12th “Beacon Christmas Party Tour”, 3 days/2 nights of “An Old Fashioned Beacon Christmas” Features a Holiday Luncheon Buffet, entertainment, Santa Claus, Holiday Candlelight Buffet, Beacon staff sing-along, Champagne Breakfast, Rocks’ Christmas Tree Farm and a New Year’s Eve big band party. Cost \$249 pp/do (singles \$50 additional). Deposit required \$50 with balance due before November 10th.