

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**

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

FLU/PNEUMONIA CLINICS

The Westford Health department announces the 2008 flu/pneumonia clinics. For residents 60 and over:

Date: Thursday, October 23rd

Time: 12:30 PM – 3:30 PM.

Please adhere to the following time schedule. Last names beginning with:

- **A-H – 12:30 – 1:30 PM**
- **I–Q – 1:30 – 2:30 PM**
- **R-Z – 2:30 – 3:30 PM**

Location: Franco-American Club

Transportation is available by calling **978-399-2322** early in the month. For additional information and for those requiring a **home visit**, please call **978-692-5509**.

*****People with known allergies to eggs should not receive the flu shot. Anyone with a history of Guillian-Barre Syndrome should check with their Doctor before receiving this vaccination.***

Vaccine this year contains the following three strains:

**A/Brisbane/59/2007 (H1N1) like virus
A Brisbane/10/2007 (H3N2) like virus
B /Florida/4/2006-like virus**

The following other clinic dates and locations are open to **ALL** residents regardless of age. Because of limited supply we request that children try and receive their immunization at their primary physician's office. Pneumonia vaccine will be available at all clinics for eligible residents:

Monday, October 27th, 11 A.M. – 2:00 P.M., Roudenbush Community Center-Room 2

Wednesday, November 5th, 6 P.M. – 8P.M., Millennium School.

**Tuesday, November 18th, 6 P.M. – 8 P.M.,
Police Department**

**Tuesday, December 2nd, 11A.M. – 1:00
PM, JV Fletcher Library.**

REMINDERS: TIME FALL BACK AND ALARM CHECK-UP

On Saturday Evening, **November 1st**, you will need to change your clocks; they should **Fall** back by **one hour**.

We would also remind you to check your smoke/carbon monoxide alarms. Each Fall and Spring the Council on Aging and Westford Fire Department partner to assist seniors who need help changing their smoke/carbon monoxide detector batteries. If you need assistance and would like to be put on a list for battery replacement, please call 978-692-5523 and you then will be notified when the Fire Department is available. Please note that smoke detectors should be replaced every ten years.

Wii AT THE CAMERON!

Join our Wii bowling league by attending an instructional session on Wednesday, October 8th at 9:30 AM at Cameron. You will be shown how to use the Nintendo Wii that many of your grandchildren may own. Post your bowling score or remain anonymous throughout the month of October. If there is interest in forming a weekly league more information will follow in the November newsletter. Wii will **not** be available Monday and Wednesday afternoons and Friday mornings. Call the front desk at 978-692-5523 to sign up for the instructional session.

FREE PORTRAIT

Carl Slack of MoMax Photography of Westford will be here at the Cameron on Friday, October 3rd and Monday October 6th to take your picture **free** of charge. If you are interested you need to sign up for a 15 minute sitting time. You would receive (not

on that day) an 8x10 high quality, luster finish portrait. If you would want to purchase additional portraits you can do so at discounted prices. To sign up for your sitting please call 978-692-5523.

HARVEST FAIR & BAKE SALE

The Friends of the Cameron Senior Center Annual **Harvest Fair** will be held on **Friday and Saturday, October 17th and 18th from 9 AM – 2 PM** at the Cameron. Homemade knitted and crocheted items, crafts, jewelry, games of chance, penny sale, silent auction, raffle and thrift shop are available.

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

Save the date and support your Senior Center with this fundraiser by stopping by with friends and family. We look forward to seeing you there!

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 **October 29th at the Westford Grille** at 11:30 a.m. Please call the senior center to pre register at 978-692-5523 so we can call the restaurant with a head count for reservations. Bon Appetit!

MEN'S BREAKFAST - The 100 YEAR LIFESTYLE

Our October Men's Breakfast will be held on Tuesday, October 14th at 8AM at the Senior Center. Our speaker will be Dr. David LeClerc, who runs Corrective Care

Chiropractic in Westford. As a health coach, wellness expert, and chiropractor, Dr. Dave will be presenting an uplifting workshop on living an active healthy life to 100 and beyond. Let's face it, people are living longer, longer, and longer. The workshop is called "The 100 year lifestyle." Please register for the breakfast by calling 978-692-5523 or e-mail at jramirez@westfordma.gov. We look forward to seeing you here.

CAMERON SENIOR CENTER RENOVATION and EXPANSION

Special Town Meeting is Monday, October 20th at Abbott School and the Cameron expansion and renovation will be voted on. The Friends of the Cameron Senior Center, Inc. need your help. We are presently trying to raise funds for these needed renovations, upgrades and expansion at the Cameron Senior Center. The Town through the Permanent Town Building Committee has secured an Architect to design the expansion and renovation for the Senior Center. Friends of Cameron have raised \$50,000 towards this project. Please mail your tax-deductible donation check made payable to: Friends of the Cameron Senior Center, Inc., PO Box 2223, Westford, MA 01886. Please write "Cameron Expansion" in the memo section of your check. You may stop by the Center at 20 Pleasant Street any week day 8 AM. to 4 PM.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham from Coldwell Banker, will be here at the **Cameron** on **Monday October 20th, from 10:00 – 11:00 A.M.** to talk about "Staging a Home to Sell", this is a show and tell about secrets realtors use to prepare a home to go on the market. Please sign up by calling 978-692-5523. Refreshments will be available.

HEALTH CARE PROXY

On **Tuesday, October 7th, 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. 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. Refreshments will be available. Pre-registration is required by calling 978-692-5523.

PODIATRY CLINIC AT CAMERON

Dr. Weakland will be at Cameron on **Wednesday, October 8th 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, December 10th.

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 Patti Mason at PMason@roudenbush.org.

EDUCATIONAL MEETING **HOW TO TALK TO YOUR DOCTOR**

A good patient-doctor relationship is a partnership based on open communication, trust and respect. It's important to prepare for medical appointments and provide all the important facts. Janice Boyd, Community Educator for Elder Services of the Merrimack Valley, will provide us with the tools we need to properly communicate our questions and needs to the doctor. Come to the Chelmsford Senior Center on Thursday October 16, 2008, from 10 – 11 a.m. to hear this information, sponsored by the Chelmsford and Westford COA's Respite-Companion Program; this is free and open to the public, with refreshments available after 9:30.

DID YOU KNOW???

October is National Depression Screening Month. Why screen for depression?

According to Mental Health America, 19 million American Adults are affected by depression yearly. Clinical depression is a serious medical illness and statistics show that one in four women and one in ten men will experience depression at some point during their lifetime. Sadly, 2/3 of those suffering from the illness do not seek the necessary treatment yet **more than 80% of all cases of clinical depression can be effectively treated** with medication, psychotherapy or a combination of both. Screenings are often the first step in getting help. If you believe you may be experiencing signs of depression (change in mood, sleep, appetite) you can:

- Contact your physician and explain your concerns
- Call the National Depression Screening Project Office at 781-239-0071

- Attend a screening on October 10th, 9:00 am - 4:00 pm in Haverhill at Team Coordinating Agency, Inc., call for an appointment 978 373-1181 x38
- Check out these websites www.mentalhealthscreening.org or www1.nmha.org
- Any questions or concerns, feel free to contact Annette, Outreach Worker at Westford COA 978-399-2326 or Judy, Social Worker at 978-399-2325

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 **October** will be the **31st** 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 **October** are as follows:

- The third **Monday, October 20th** from 1:00 - 3:30 pm.
- The third **Wednesday, October 15th**, and third **Thursday, October 16th**, 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.

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 Tuesday of the month, **October 14th**, 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **October 22nd**, 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 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 **October 23rd**.

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.

ACTIVITIES

Cameron will be closed on Monday October 13th due to the Columbus Day Holiday. Confirm class dates with your instructors. On October 16th in the PM and October 17th classes will be cancelled so you can attend The Harvest Fair.

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.

ART CLASS (Seven Week Course) **Free** classes starting Monday, October 6th at 1:00 PM. Instructor Marie Stabile.

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

THERE WILL BE NO BINGO ON OCTOBER 16TH DUE TO THE HARVEST FAIR.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at Cameron on two **Wednesday, October 8th 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, October 14th at 8 AM.** 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 week on Wednesdays, from 1:00 to 3:00 PM.

HAND AND FOOT (CARD GAME)

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

LINE DANCING WITH ELLEN

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

Class meets every Wednesday at 10:45 AM. at the Cameron. This seven week session started on Sept. 24th. The cost per class is \$5.00. Please call 978-692-5523 for availability.

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 October we will be going to the Pheasant Lane Mall on the 6th and on the 20th.** Rides are booked on a first come basis, so call the **transportation desk at 978-399-2322** as soon as you know that you will need a ride. The round trip ride fees are \$3 in Westford, \$4 for surrounding towns and \$6 outside the area. If you need to **cancel on the day of your ride** please call the front

desk at 978-692-5523 so that the driver can be notified. Save your gas and ride with us!

COMPANION & RESPITE CARE

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

SENIOR SOCIAL SERVICES

Our Social Worker is Judy, L.I.C.S.W. She is available for home and office visits, and interventions (in person or by phone) within the community, with a confidential and caring approach. Many of our seniors are homebound and they and their families may be unaware of the services that are available for them. Some examples that may be provided include securing in-home services, referrals to Day Programs, and crisis intervention. If you think Judy may be able to help you or anyone you believe is in need of her assistance, please call her at 978-399-2325 or e-mail jramirez@westforma.gov.

OUTREACH

Do you have concerns about your aging parents and are not sure where to turn? Are you a senior who doesn't have 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.

FRIENDLY VISITOR PROGRAM

If you would like company a few times a month in the comfort of your home to socialize, reminisce or play games, please

call Annette at 978-399-2326 to introduce you to a friendly visitor.

FINANCIAL INFORMATION

PROPERTY TAX PAYMENT

On Wednesday, October 29th from 11:30 – 12:30 PM, Peggy from the Tax Collector's office will be at Cameron to accept tax payments. You can pay by either cash or check and you need to have your tax bill with you at that time. Cameron is handicap accessible.

ECONOMIC STIMULUS DEADLINE

Have you filed yet for your Economic Stimulus Payment? If not you must file a 1040A form by October 15, 2008. You may be eligible for \$300 if you are single or \$600 if you are married. For more information call the IRS hotline at 1-866-234-2942 or Annette at 978-692-5523.

FUEL ASSISTANCE APPLICATIONS

Fuel assistance re-certification applications for those receiving fuel assistance last year were mailed directly to you from CTI in August. Please complete and return the application ASAP.

New applicants' appointments begin in November at the Cameron Senior Center for all residents by calling 978-692-5523. If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities.

If you have less than a quarter of a tank of oil, propane or kerosene call CTI at 978-459-6161 for an October appointment and have your application approved to request a delivery of fuel on November 1st. We cannot pay for any deliveries before November 1st. Income Guidelines are:

Household Size	Maximum Gross Income
1	20,800
2	28,000
3	35,200
4	42,400
5	49,600
6	56,800

TAX RELIEF FOR THE ELDERLY AND DISABLED

Applications for the TREAD Program (Tax Relief for the Elderly and Disabled) will be available this month. If interested, call 978-692-5523. If you were a recipient last year, you will automatically be sent an application again this year. If you do not receive an application by October 1st, please call. This program is income and asset based and for both the low-income elderly and the disabled (of all ages) who have a State recognized disability. Awards will be made to those with lesser incomes and assets first. All applications are treated as confidential. The money for this program comes from the generosity of local businesses and private citizens. **No application will be reviewed unless it is returned complete and accompanied with the necessary documentation.** Awards will be made in December to be applied to the tax bill due in January. Refer all questions to Dorothy, Program Coordinator, at 978-692-5523.

WALK/RUN FOR ELDERS

Join us for the 19th annual Five Mile River Walk/5K Run for Elder Services of the Merrimack Valley, Inc., **on Sunday, October 5th, at 10:00 AM**. This year the route is along the historic and scenic banks of the Merrimack River. Food, fun, raffles and games for all ages. The 9:45 AM start is at Elder Services of the Merrimack Valley, Inc., 360 Merrimack Street, Building 5,

Lawrence, MA. Proceeds from the event benefit the Elder Care Fund of the ESMV, an emergency financial resource established to help older adults and our walk partners from the Councils on Aging. To register call 800-892-0890 or visit www.esmv.org.

MISCELLANEOUS BIRTHDAY WISHES!

One of our Westford residents, Mary, will be celebrating her 100 Birthday in October. If you would like to send her special Birthday wishes for this milestone celebration you could either mail or drop off a card here at the Cameron, P.O. Box 2223 by October 7th and we will make sure that she receives them.

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 PM**. and/or socialize and dance with music provided by Chet Harden **7-10:30PM**. Cost of the tickets are \$15 for Baked Fish Dinner/Dance and Dance Only Tickets \$7. These tickets are available at the Cameron front desk. Tickets for just the dance only may also be purchased at the door the night of the dance. Tickets for just the Dinner can be purchased at the Franco for \$10. The deadline to purchase tickets for the Baked Fish Dinner is October 31st. 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 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.

SPECIAL TOWN MEETING

The Special Town Meeting at Abbot Elementary School on Depot Street will be held on Monday, October 20th at 7:30 PM.

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.

50TH ANNIVERSARY SOCK HOP WESTFORD HISTORICAL SOCIETY

Join the Westford Historical Society on Saturday, October 18th as they celebrate their 50th Anniversary and 100 Years of the Frost School with a 50's – 60's Sock Hop at the Roudenbush Community Center Gymnasium, 65 Main Street from 7 -10:30 PM. Come dance and/or listen to the 50's – 60's music, provided by a DJ, in your old fashion attire. Contests for best dressed. Tickets are \$10 (adults & seniors) and are available at Roudenbush, Cameron Senior Center or the cottage next to the Museum. Memorabilia is needed for the display, items such as an Old Fashion table top juke box selector and Old Fashion frappe machine. If you have memorabilia to share contact Bill at 978-692-4269.

ROBBINS BROOK FALL FESTIVAL

Please Join Us for The Annual Robbins Brook Fall Festival at The Robbins Brook Inn, 10 Devon Drive, Acton, on October 4th, 12-4 PM. **Hot Air Balloon Rides 4-6 PM (weather permitting).** Over 30 Crafters selling their wares plus a Barbecue, Cotton Candy, Ice Cream, Popcorn, Balloons and Hot Rod Car Show. **Sing and dance along with Lyle Pierce, Nashville Recording Artist performing from 2-4 pm.** For

further information, please call 978-264-4666

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

Watch for our Fashion Show coming this month to Westford Cable T.V.! We are still accepting fall and winter items that are clean and in excellent condition. The shop is open to the general public on weekdays from 9:00AM – 3:00 PM.

BOGO SALE ON OCTOBER 16th & 17th.

EMPLOYEE OF THE MONTH

Congratulations to **Greg Bacon** our October employee of the month and a double pat on the back for his consistent delivery of meals with the MVNP, and going that extra mile retrieving garbage barrels, recycling bins and even mail. **Thank You, Greg!**

PAT ON THE BACK WINNER

Congratulations to **Bert Chang**, our October Pat on the Back winner. Bert stepped forward to help instruct all those who wanted to learn to play Bridge. He has developed quite a following, **Thank You, Bert!** 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 also need napkins and cookies. The following items are needed for our Harvest Fair: gift certificates and new gift items for White Elephant and the Silent Auction tables and for the Penny Sale. Thank you for all your support.

INDIAN HILL ARTS

“BACH’S LUNCH” CONCERT: Indian Hill Music School’s monthly faculty series presents a classical program with pianist Jenny Tang: Thursday, October 16, 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 October 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.

Sunday, November 2nd – “Blue Man Group”, at the Charles Playhouse. This 1:00 PM performance is on the second floor and can only be accessed by stairs. The Motor Coach will depart Cameron at 11:15 AM. The cost for this trip is \$68.00 per person (includes tip).

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.