AEROBICS -
This class is tailored for all levels. This workout alternates standing, low impact choreographs with standing & strength exercise and it will elevate your heart rate. This eight week sessions will be starting the first week in March. Allison Hillman will continue teaching the Wednesday classes and Elaine's video will be used on Friday's until she returns.
Instructor: Elaine Corsetti
Wed. at 9:15a.m. in the multi-purpose room
Cost $40 for Non-Westford residents
Fri. at 8:30a.m. in the card room
More to come...

BONE BUILDERS -
These classes are made possible by CTI which is taught by their trained and dedicated instructors. This is an osteoporosis prevention and reversal program. Application must be filled out to participate and can be picked up at the front desk.
Mon. & Wed. at 9:30 a.m. in the card room
Tues. & Thurs. at 1p.m. in the card room

CHAIR MOVEMENT -
This class uses a chair and helps build endurance & strength of the heart and muscles. Concludes with stretching. This eight week session will be starting the first week in March.
Tues. at 10:15 a.m. in the multi-purpose room with Carol Wing
Cost $40 for Non-Westford residents
Thurs. at 10a.m. in the multi-purpose room with Jo Crawford
Cost $40 for Non-Westford residents

CIRCUIT TRAINING -
This class offers body conditioning and endurance training using various intensities. An exercise "circuit" is one completion of all prescribed exercises in the program. This eight week session will be starting again in April.
Instructor: Allison Hillman.
Tues. at 4:30 p.m. in the fitness room
Cost $40 for Westford residents
Cost $50 for Non-Westford residents
Thurs. at 3:30 p.m. in the fitness room
Cost: $40 for Westford residents
Cost: $50 for Non-Westford residents

FITNESS CAMP -
This class is to provide a whole body work—out that builds strength & endurance. The next twelve week session for this class will be starting on May 1st.
Instructor: Kim Vespucci
Wed. at 1:30 p.m. in the multi-purpose room
Cost:$60 for Non-Westford residents

GOLF -
Sign up at 978-692-5523 Cost $25 per session
Tuesdays at 8 a.m. at Quail Ridge 354 Great Rd, Acton, MA 01720

PICKLE BALL—Weather Permitted on the Field at the Cameron
If you are a well seasoned pickle ball player and wish to be added to the email list please contact krussell@wesfordma.gov . To sign out the equipment on the weekend you must be a Westford resident, be on the email list, and sign it out in the book at the front desk and returned Monday morning at 9am. All pickle ball players need to have a waiver signed in order to play. Any questions or concerns please contact Katie at 978-399-2330 or at krussell@wesfordma.gov

PING PONG — Drop ins are welcome
Mon. at 1:45 p.m. in the Card Room
Tues. at 3:30 p.m. in the Card Room
Fri. at 9:45 a.m. in the Card Room
* Other rooms may be used if available*

TAI CHI -
This is a low-impact moving meditation. The class includes standing, balance and alignment* This eight week session will be starting the first week in March.
Instructor: Leslie Thomas
Mon. at 1 p.m. in the card room
Cost $40 for Non-Westford Residents

YOGA -
This class helps you stay flexible & strong with out putting stress on your muscles. Great mind—body relaxation. This eight week session will be starting the first week in March.
Instructor: Jo Crawford.
Tues. at 9 a.m. in the card room
Cost $40 for Non-Westford residents
Thurs. at 10 a.m. in the card room
Cost $40 for Non-Westford residents

ZUMBA -
Awesome workout that involves dance and aerobic movement.
Preform to energetic music. This eight week session will be starting the first week of March. *Note: Zumba will take place at Millworks on Tuesday, March 12th. Millworks is located at 22 Town Farm Road, Westford MA 01886*
Instructor: Carol Wing.
Tues. at 8:15 a.m. in the multi-purpose room
Cost $40 for Non-Westford residents
Thurdays at 9 a.m. in the multi-purpose room
Cost $40 for Non-Westford residents

* Room locations are subject to change*

You can sign up for all of these classes by calling 978 692 5523.
Please remember there will be a $5 cost per class for non-Westford residents.
TRIPS

WE ARE KICKING OFF SPRING WITH A TRIP TO FOXWOODS!
We will be traveling to Connecticut on Tuesday, April 2 and are inviting all those ages 50 and over to join us. Silver Fox Motor Coach will once again be driving us with departure from the Franco-American Club at 7:30 AM. Please park at the rear of the lot. The fee for this trip will be $36 which includes driver gratuity and is due at sign-up. You will receive bonus and food coupons when you arrive at the casino. Please call 978-692-5523 to sign-up for this fun day at Foxwoods.

RIVERCOURT RESIDENTS HOST LUNCH & TOUR
If you want to learn more about this assisted and independent living apartments and special memory unit. RSVP for Thursday, March 21st at 11am at 978-692-5523.

DAY BUS TRIPS
Listed below are some upcoming Bus Trips for this year. For more information please contact Katie at 978-399-2330 or krussell@westfordma.gov or pick up the flyers at the Cameron. To sign up for these trips call 978-692-5523.

<table>
<thead>
<tr>
<th>Date</th>
<th>Trip</th>
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<tbody>
<tr>
<td>Tues. April 16</td>
<td>Plymouth, Massachusetts</td>
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<tr>
<td>Wed. April 24</td>
<td>Dancing Dream: ABBA Tribute</td>
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<tr>
<td>Thurs. May 16</td>
<td>Spirit of Boston Harbor Cruise</td>
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<tr>
<td>Tues. Jun. 26</td>
<td>Red Sox Game in Boston</td>
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<tr>
<td>Tues. Jul. 16</td>
<td>Michael Minor and Foster’s Clam Bake</td>
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<tr>
<td>Sat. Aug. 24</td>
<td>Jersey Boys at North Shore Music Theater</td>
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<tr>
<td>Thurs. Sept. 19</td>
<td>JFK in Hyannis</td>
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<tr>
<td>Tues. Oct. 22</td>
<td>Essex Valley Steam Train &amp; Connecticut Riverboat</td>
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COA VAN TRIP
Production at the cannon Theatre in Littleton Saturday March 16th 1:30 pm RSVP by March 8th $17 (Transportation Included) Based on a true story, Cheaper by the Dozen tells the story of the Gilbreth family. Their inventor father, who is well-known for bringing better efficiency to factories, keeps his family of twelve children running just as efficiently. This play is told from the point of view of two of his children reflecting on the last few months before his death. He was preparing the family for his imminent departure, but most of his children were unaware of the fact. It is an extremely funny, heart-warming, and family-friendly tale……a play not to be missed!!! Starring a Member of our Center: Matt Foster as Mr. Gilbreth Sign up at 978-692-5523.

Save the date: April 17, 12:00
Volunteer Appreciation Lunch
Volunteer Opportunity
Would you like to call BINGO or help with the money? We have opportunities Monday at 1:00 and Thursday at 7:00! Please call Martha at 978-399-2324