

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
Claire France, Records Supervisor
Marjorie Hunter, Registrar
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver-Admin.
Laura Mathis, Lead Van Driver-Dispatch
Marie Lawrence, Nutrition Site Manager
Mary Sudak, Evening Supervisor
Christopher Mitchell, Maintenance
Angela Gagne, Volunteer Coordinator*

COUNCIL ON AGING BOARD MEMBERS

*Helena Crocker, Chair
Robert Tierney, Vice Chair
Nancy Cook, Clerk
Dorothy Hall
Cecilia Healy
Patricia Holmes
Ret. Chief George Rogers*

FRIENDS OF THE CAMERON OFFICERS

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

GAY NINETIES CELEBRATION

The Council on Aging is pleased to once again sponsor our annual Gay Nineties Celebration on **Tuesday, May 18th from 10:30 AM – 2:30 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 chicken lunch served around 11:30 A.M. along with raffles. Our entertainment will be a vocal quartet called **“Senior Class”** who perform mostly in the barbershop style. **Advance registration is necessary, at 978-692-5523 before May 10th.** If you were born in **1920** 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. All Westford seniors are invited. There is no charge for this special event.

SPAGHETTI DINNER

The Westford Police Association invites you to join them at a Spaghetti Dinner on **Friday, April 30th at the Franco American Club between 4 and 8 PM.** This is **FREE** to all Senior Citizens age 60 and over. Raffle prizes will be donated by local businesses. Following the dinner please stay and enjoy a game of Bingo at the Franco. Seniors must call the Cameron Senior Center at 978-692-5523 to reserve their dinner seat. Transportation will be available by calling the transportation line at 978-399-2322.

CAMERON SENIOR CENTER UPDATE

We are now in the final stages of construction of the Senior Center Addition and Renovation Project. This is the exciting

part of the project as we can see that the end is near and we are beginning the plans to move in! All of the new offices and activity rooms have been completed. The multi-purpose room and adjoining kitchen have finished walls and the contractor is in the process of installing the new commercial kitchen equipment. The electrician is busy completing the wiring of all the lights, power and computer outlets. The HVAC contractor is working on completing the new heating and air conditioning systems. The painting contractor has started painting the finish coats. Once the warm weather arrives, the entire exterior will be repainted. We have selected a color scheme that is similar to the Sargent School Housing. All have been busy selecting furniture and equipment to furnish the new facility. The construction is continuing along on schedule. If things continue to proceed without any major delays, we expect to move in to the new facility by early June! Photos of the construction progress can be viewed on the town's website www.westford.com.

SPRING CLEAN UP

We anticipate having a list of students, scouts or church groups willing to assist with light yard work in April or May. If you need assistance picking up branches, sweeping your walk and driveway, planting flowers we may be able to assist you. Please call the Senior Center at 978-692-5523 and ask to be placed on the spring clean up list. We will need your name, address, telephone number and a description of your project.

SWIPE TAG

Please remember to stop at the front desk when you enter at the Senior Center and just swipe your "My Senior Center" card. Your information will be automatically recorded with the "touch" of the screen. If you lost your card or have not been issued one just

tell the receptionist and we will gladly provide one. These statistics are provided to the state annually with our application for funding. Thank You!

A COMMUNITY RESPONSE TO DOMESTIC VIOLENCE IN WESTFORD:

A Panel Presentation and Discussion

Please join the Peaceable Communities – Westford Coalition for Non-Violence on:

Date: Thursday, April 1, 2010

Location: Stony Brook Middle School Auditorium (9 Farmer's Way)

Time: 7:00 – 9:00 PM

Speakers will include:

Carlene Pavlos - Director, Violence and Prevention Division, MA Department of Public Health

Sheriden Haines – Governor's Council on Sexual and Domestic Violence

Joanne Tulonen – Director, Battered Women's Resources

Jacquelin Apsler – Ex. Director, Domestic Violence Services Network, Concord

Tom McEnaney – Chief, Westford Police Department

Light refreshments will be available. For more information contact the Westford Health Department, 978-692-5509.

VOLUNTEER CORNER

We invite you and a friend to assist us in the following areas. Meetings are held at our present senior center location unless otherwise noted.

FOOD PANTRY: Volunteers are planning for our return to Cameron. If you are interested in a volunteer position at the Community Food Pantry, contact Angela at 978-399-2330 or agagne@westfordma.gov.

"CAMERON CLOSET": This is the new name for our Thrift Shop. Volunteer positions will be available for three hour weekly shifts when we return to Cameron. Contact Angela at 978-399-2330 or agagne@westfordma.gov

FRONT DESK GREETERS AND TELEPHONE COVERAGE

VOLUNTEERS: Will be needed when we return to Cameron. Contact Angela for an application at 978-399-2330 or agagne@westfordma.gov

FITNESS ROOM MONITORS: We are looking for individuals to welcome members to the fitness room and monitor the room and use of the equipment so no one exercises alone. Two to four hour weekly shifts starting this summer. Contact Angela for an application at 978-399-2330 or agagne@westfordma.gov

LIBRARY ROOM VOLUNTEER: Will be needed to work with another volunteer in setting up the library room at the Cameron sorting donated books and other library functions throughout the year.

BONE BUILDER LEADER – Tufts Health Plan and CTI have joined forces to provide eight hour training in the area of fitness. Upon completion of the training you will be partnered with another leader to offer Bone Builders classes at the Senior Center twice weekly for a minimum of six months. To register for the eight hours of required training, which will take place on Monday, May 10th, contact Joanne at 978-692-5523 or jsheehan@westfordma.gov

FITNESS EQUIPMENT TRAINERS: Do you have a basic knowledge of fitness equipment? We are in need of individuals who will be instructed by the equipment supplier on proper use of our new fitness equipment at Cameron. We anticipate, with enough volunteers, one hour per week of your time. Contact Joanne at 978-692-5523 or jsheehan@westfordma.gov. We are gathering volunteer names so we can be ready to begin when the equipment arrives this summer.

WOMEN'S BREAKFAST

The first Thursday of every month will be our Women's Breakfast Series. The next

breakfast will be **May 6th at 8:30 AM** at the Senior Center, 10 Church Street in the lower level of the United Methodist Church (rear entrance). A guest presenter will be on hand at 9 AM to share information with everyone. Please sign up for the breakfast by calling 978-692-5523 to reserve your space. A donation is welcomed.

HOME REPAIRS OR YARD WORK - "FAITHWORKS – 2010"

Local United Methodist Church's invites you to become a recipient of their newest tradition, a day of service. This day of service will be offered to a limited number of clients. The date for this year's spring day of service is Saturday, May 15th from 8:30 AM – 3:30 PM. Rain date will be May 22nd. The purpose is to help a few families with projects around their home such as repairs, painting or yard work. Clients that are selected will receive a call and a home visit by the committee to evaluate what the need is and that it can be met safely. If you would like to participate you can receive an application by stopping by or calling the Senior Center at 978-692-5523; **sign up ends on April 5th**.

WISDOM WORKS

This is an employment program to help you increase your income and enhance your quality of life. This four week job search training workshop helps teach techniques; and consists of a two hour session each week. Completion of this workshop will allow members to rejoin the workforce, earn additional income, and receive psychological benefits of employment. The trainers are local Human Resource Professionals. The class schedule will be based on availability one night per week beginning in Spring 2010. Enrollment is limited to fifteen, age 50+ call to register at 978 692-5523. The fee is \$15 and you must commit to the entire four week session.

RESTAURANT REVIEW

Ladies, be sure to mark your calendars for our next outing on **Wednesday, April 28th at 11:30 AM at Tai Jasmine, 313 Littleton Road, Chelmsford**. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under “Westford Senior Center”. Bon Appétit. Please call Annette with your restaurant suggestions at 978-399-2326.

ALZHEIMER’S CONFERENCE

The 22nd Annual Merrimack Valley Alzheimer’s Conference “Finding Balance in a Time of Change” will be taking place on Saturday, April 24th at the Wyndham Andover Hotel, 123 Old River Road, Andover from 8:00 AM to 12:30 PM. This conference is designed for family members and others who are caring for people afflicted with Alzheimer’s or dementia. Four workshops are planned, covering important topics that impact the lives of Alzheimer’s patients and their caregivers. The Conference is free to family caregivers but due to the popularity there is limited space availability, reservations are strongly recommended. To register in advance, or for more information call Janice, Community Educator for Elder Services at 800-892-0890.

DID YOU KNOW???

****BEWARE OF SCAMS****

We were recently made aware of a scam that has been around for awhile but seems to have resurfaced and is directed at seniors. Here’s what happens:

- People receive a letter from a financial services company along with a check.
- The letter says that you’re a winner in an International Sweepstakes contest and you need to call the

enclosed number and ask for a “claims agent” in order to “activate the check.”

- Once on the phone, you’re asked to give a social security number to activate the check. **DO NOT GIVE OUT YOUR SOCIAL SECURITY NUMBER – THIS IS A RED FLAG – **BEWARE**!**
- They will tell you now that the check is activated, you should deposit it, take cash out of your account to cover taxes, make out a bank check or money order and send the money to the address given via Western Union.
- The check is **BOGUS – DO NOT DEPOSIT IT AND DO NOT SEND MONEY, THE CHECK WILL BOUNCE AND YOU WILL BE CHARGED FOR THE INSUFFICIENT FUNDS!!**
- Please do not respond in any way to this mailing because your information will be shared with other scam artists!
- If you receive any suspicious mailings, feel free to call Judy at 978-399-2325 or Annette at 978-399-2326 for review, or notify the Westford Police Department.

BE SMART! DON’T BE A VICTIM!

FINANCIAL INFORMATION

PROPERTY TAX PAYMENT

On **Wednesday, April 28th, from 11:30 AM -12:30 PM**, a staff member from the Tax Collector’s office will be at the Senior Center to accept tax payments. You can pay by check and you need to have your tax bill with you at that time. We are handicap accessible.

CIRCUIT BREAKER 2009

- Maximum credit: \$960

Minimum Age: 65 (as of 31 Dec 09). If filing a joint return, only one needs to meet the minimum age requirement.

- Maximum Total Income:
 1. Single - \$51,000
 2. Head of Household - \$64,000
 3. Joint Return - \$77,000
- Maximum Assessed Value of Home: \$788,000(only applies to homeowner)
- Renters are eligible for the circuit breaker providing they do not receive any federal or state rent subsidy or rent from a tax-exempt entity(e.g., housing authority)

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 2009. You must file income tax to benefit for this credit even if you do not owe state income tax.

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 again 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 Senior Center today for your Fuel Savings application.

FUEL ASSISTANCE – LAST CALL

Fuel Assistance income eligibility guidelines are: annual income for a household **family size of one - \$29,126 and family size of two – 38,087**. Appointments for new applications are now being scheduled. 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.

MONEY MANAGEMENT

We have money managers that are available to assist those 60 and older having difficulty writing checks and managing their bills. For more information call 978-399-2325

GOOD NEIGHBOR ENERGY FUND

The fund is available to any qualified Massachusetts resident who is not eligible for state or federal fuel assistance, but due to financial difficulty, cannot meet a month's fuel expense. A one time payment of \$300 is available. To qualify, an applicant's gross household income must fall within these ranges:

2009-2010 Guidelines for a family of:

- 1: \$29,126 - 37,834
- 2: \$38,087 – 50,783
- 3: \$47,049 – 62,732
- 4: \$56,011 – 74,681

You must apply at the Salvation Army's office closest to you. The Lowell office is at 978-458-3396.

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.

FOOD PANTRY

The community Food Pantry is located at the Senior Center and staffed by volunteers. The dates for **April** are as follows:

- ❑ The fourth **Monday, April 26th** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, April 21st** and the third **Thursday, April 15th** from 8:30-11:30 AM

MEALS ON WHEELS

Meals on Wheels clients will now be offered a choice of five special diets. Along with the traditional Meals on Wheels a special diet with a doctor's authorization is available. The five new diets are **Cardiac (heart healthy), Renal, Chopped, Ground and Puree**. Meals on Wheels are available to 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 1-888-892-0890 for more information.

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 978-692-5523 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, April 12th, from 10:00 – 11:00 AM** 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.

ASK THE LAWYER

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

SENIOR GOLF

Maynard Country Club on Route 27 is providing us the opportunity to play weekday golf at a group rate from May thru October. Nine holes of golf with electric cart for \$25 per week. Tuesday tee time of 8:30 AM; arrive early to make up your foursome. Attend a planning meeting on **Tuesday, April 13th at 9:30 AM** at the temporary home of the Westford Senior Center, 10 Church Street in the basement of the United Methodist Church (rear entrance). Men and ladies are invited and we will decide how to implement this at our spring meeting. Please call us at 978-692-5523 to register for the April meeting.

ROUDENBUSH ADULT SOCIAL DAY PROGRAM

This program runs five days per week, Monday-Friday, 8:30 AM – 3:30 PM with

door to door transportation by private van. We serve hot lunch and AM & PM snacks. Activities: coffee/conversation, discussion time, morning/afternoon activity time including word games, cooking, crafts, music, cards, video program, exercise, arm chair travel, movies and monthly mini field trips and more. Visit www.roudenbush.org or call the Coordinator at 978-692-0803 for a brochure or to arrange for a FREE day.

CAMERON CRAFT CORNER

As we eagerly await the move to our new Senior Center, we are looking to gather all crafters for their innovative ideas and skills. An informational meeting was held to exchange ideas and suggestions for new activities. If you are interested or would like to teach or be taught please call Laura at 978-399-2322.

ACTIVITIES

AEROBICS with Elaine Wednesdays at 9 AM and Fridays at 8:30 AM. The fee is \$3.00 per class.

BINGO – Fridays, 6:45-9 PM. Doors open ½ hour early. **April 30th Bingo will be at the Franco preceded by the Spaghetti Dinner, you must register for the Dinner at 978-692-5523.**

BOOK DISCUSSION GROUP

On Monday, April 12th the Cameron Book Discussion group will meet at 10 AM to discuss the novel, “The Sweetness at the Bottom of the Pie”, by Alan Bradley. Copies of the current discussion book are available at the Library. During renovations, the meetings will take place at the J.V. Fletcher Library.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on

two Wednesday’s, April 7th and April 28th 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

Our next Men’s Breakfast will be held on **Tuesday, April 13th at 8:00 A.M.** The guest speaker on that morning will be Alex Valdez, Operations Supervisor from the **Social Security Administration** office in Lowell. He will be discussing Medicare D, Social Security cash benefits, Income Related Monthly Adjustment on Medicare B Premiums and Supplemental Security Income followed by a question and answer period. Please sign up for the breakfast by calling 978-692-5523 or e-mail jramirez@westfordma.gov or, if you have any questions you may call Judy at 978-399-2325. A donation is welcomed.

WOMEN’ BREAKFAST – Our Women’s Breakfast will be held on **Thursday, April 1st and Thursday, May 6th at 8:30 AM.** A donation is welcomed.

CONTRACT BRIDGE

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

DUPLICATE BRIDGE

An informal group has formed and will be meeting once a month on the fourth Monday from 12:30 – 4 p.m. You must pre-register each month with Peter at 978 692-8383. We need exactly 8, 12 or 16 players.

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.

CRIBBAGE

Meets every Wednesday from 1 to 3 PM.

CURVES

Westford Curves is proud to offer senior women the ability to join our club at not cost to you under the Silver Sneakers program. They have women members from ages 18 – 88. They pride themselves in offering a fun, safe, clean and homey environment to those women who would like to begin or maintain their health and wellness routines. Curves low impact, resistance training provides a great strength and cardio workout in 30 minutes no matter what your age! Just bring in your medical coverage member card and we will be happy to check your eligibility for the Silver Sneakers program. If you are not eligible under your medical coverage, we offer a generous Senior Discount membership! Come in and see us today at 270 Littleton Road or call 978 392-0089 for more information.

DANCE MOVEMENT FITNESS

Monday's from 10:30 to 11:15 AM. Join us for a sample of basic rhythms emphasizing cardio, stretching, balance, and grace. A dance to remember favorites. No equipment is used; however, chair support is available. Classes are taught by Debbie who is a nationally certified instructor - BS/MA CPT.

“FITNESS CHEER” Chair Movement -

Tuesday and Thursday 10:40–11:25 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.

MAH JONGG

Trains your brain with games and join the well received Mah-Jongg group on Wednesdays at 1 PM. All level players are welcomed.

MUSIC MAKERS

If you like to sing you are invited to join this lively group of seniors every Friday morning from 9 – 10:30 AM. No auditions just come and sit in on a couple of rehearsals to see if you would like to participate. For more information call Ann at 978-692-6779.

OPEN STUDIO

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

POOL TABLES

Are available for your use Monday-Friday 8 AM -4 PM. Call the Senior Center at 978 692-5523 for pool table location.

SCRABBLE

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

TAI-CHI

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

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, April 7th 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 June 2nd.

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

- Second Tuesday of the month, **April 13th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **April 28th** 8-10 AM with the Lowell VNA.

SHINE

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Senior Center at 978-692-5523 and leave your name and phone number. The next scheduled dates are **Monday, April 12th and Thursday, April 22nd**.

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, May 17th, from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

OUTREACH

Do you sometimes wish you had a group of women you could talk with? Would you like some support outside of your family? If so, then strongly consider joining our Wellness Support group. We are seeking 4-5 more women interested in meeting two Friday mornings every month. This group combines educational topics with supporting one another. Topics covered have included: coping with stress, managing pain, being assertive, leading healthy lives, combating loneliness and so much more. All sharing is

kept confidential. Call Annette regarding details at 978-399-2326.

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.

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. The upcoming meeting is April 28th. For more information contact The Inn at Robbins Brook at 978 264-4666.
- ✓ 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 978-251-8880.
- ✓ BEREAVEMENT SUPPORT GROUP "You Are Not Alone" meets at the J.V. Fletcher Library, 50 Main Street, Westford. The group meets on the second and fourth Thursday from 7-8 PM. Contact Cathy at 978-692-7424.
- ✓ PARKINSON'S SUPPORT GROUP meets the first and third Wednesday of each month, from 2 – 4 PM at John Cummings Building, Donaldson Room at Emerson Hospital. For information contact Jerry at 978-443-5742 or joconnell@bentley.edu.

TRANSPORTATION

Due to an increase in ride requests; we ask that you please allow 30 minutes on either side of your pick up and return time. We travel in Westford and to all of the surrounding towns, as well as Lowell, Concord, Ayer and Billerica. **During the month of April we will be going to the Pheasant Lane Mall on the 12th and on the 26th.** 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. For more information call Jodi at the Chelmsford Senior Center at 978-251-8491.

MISCELLANEOUS

ELDER AFFAIRS INFORMATION

Are you at least 60 years of age and having a problem with your in-home care giving services? Do you know someone who does? **If so, please call us! 1-800-243-4636 (1-800-AGE-INFO)**

HANDYMAN HELP - We are fortunate to have the dedication of a few local semi retired men who are willing to volunteer some of their time to our seniors. They may be able to help with minor projects and small appliance/electrical repairs (i.e. rewiring lamps) in your home. If you are in need of some assistance please call Annette,

the Outreach Coordinator, at 978-399-2326 to set up this service.

SWISS TEAM BRIDGE TOURNAMENT

Will be held at the Billerica Senior Center, 25 Concord Road on **Tuesday, May 11th from 12:30 to 3:30 PM.** Open to all those 60 years of age or over. Space is limited; only one team from each Senior Center. No entry fee. For more information contact the tournament host Dominic at 978-663-6505 or Linda at 978-671-0916 ext. 222

WALK FOR HUNGER

The Greater Lowell Good Friday Walk for Hunger will take place on **Friday, April 2nd.** 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.

EMPLOYEE OF THE MONTH

Congratulations to **Ginger Burke** our April employee of the month. Ginger is one of our Van Drivers and does a great job transporting our clients to and from their various destinations. **Thank You, Ginger!**

PAT ON THE BACK WINNER

Congratulations to **Barbara Mahanna** our April Pat on the Back winner. She has been very helpful to our clients who need help filing for Fuel Assistance. **Thank You, Barbara!** Please feel free to nominate someone you want to thank for his or her volunteer work.

GARDEN PROJECT

Growing Places Garden Project, Inc., a non-profit company, would like to build you a vegetable garden! If you are interested, they are now accepting applications through the end of April for this year's gardens. Call them at 1-978-598-3723 x 801 or you can e-mail them at staff@growingplaces.org

WISH LIST

We are in need of 8 oz. styrofoam cups.
Thank you for all your support.

INDIAN HILL MUSIC

BACH'S LUNCH' CONCERT: Indian Hill Music School's monthly faculty series presents a classical program with acclaimed pianist Jenny Tang: **Thursday, April 15th, Noon - 1 PM**, 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 April 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. Transportation departs and returns from the parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

Tuesday, May 4th – “Mohegan Sun”
Buckingham Motor Coach departs the Franco American Club at 7:30 A.M., fee \$25, due at time of sign up. Receive bonus and food coupon.

Wednesday, May 12th - “Tropical Island Heat” at Luciano's on Lake Pearl in Wrentham. Show, luncheon (choice of stuffed chicken breast or baked haddock), transportation and driver gratuity all inclusive cost for trip is \$72 p/p. Time to be announced in May.

Thursday, May 20th –“Jersey Boys”, the story of Frankie Valli and The Four Seasons, 7:30 PM show at the Providence

Performing Arts Center with Fox Tours departs the Franco American Club at 5 PM. You can get something to eat in the theatre area prior to the performance or bring your own. The cost for the show and bus including driver gratuity will be \$101.00 p/p.

Wednesday, July 28th – “Lobsterbake/Lighthouse” at the Clambake Seafood Restaurant in Scarborough, ME then a 90 minute scenic cruise through the busy harbor. Four lighthouses can be seen close-up (as many as seven in view) including the Portland Head Light! The cost of this trip is \$92 p/p, includes choice of meal, Harbor Cruise, transportation & driver gratuity. Departure time TBD.

EXTENDED TRIP

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

April 26 – May 7, 2010 “Bella Italia!”, Celebration Tours, 5 nights Rome, 3 nights Florence, 2 nights Venice; Air, Hotel, full breakfast daily and welcome and farewell dinners with music. City tours of Rome, Florence, Venice and more! Cost is \$2,989 p/p double occupancy. Singles cost is \$3,699. Payment is due immediately.