

The Council on Aging office hours are Monday to Friday 8:00 AM – 4:00 PM and the 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
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*

SUNDAY HOURS

The Cameron Senior Center is now opened on Sunday afternoon's for socialization; also the Fitness Room will be opened for those members who would like to come in to work out. Volunteers will staff the center and fitness room from Noon until 3 PM. Please bring your own lunch and something to share with others "Pot Luck" style.

GAY NINETIES CELEBRATION

The Council on Aging is pleased to once again sponsor our annual Gay Nineties Celebration on **Tuesday, May 17th 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 lunch served around 11:30 A.M., along with raffles and entertainment. **Advance registration is necessary, at 978-692-5523 before May 9th.** If you were born in 1921 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.

BOSTON POST CANE

We were all saddened to learn of the death of Mary Tilton, Westford's oldest resident. Mary was quite a lady and was in possession of our Boston Post Cane.

We are now looking to identify our present oldest resident of Westford. If you were born in 1910 or earlier or know someone that may be the oldest resident please email us at cfrance@westfordma.gov on or before

April 15th. The Council on Aging would like to present the Boston Post Cane to them this May.

WELLNESS RESOURCE FAIR – APRIL 8th

Join us for a FREE information resource day on **Friday April 8th from 1:00-3:00** in our multipurpose room. You will have the opportunity to visit each vendor's table, ask questions and get information materials. We will have several companies represented including: Boston Walk In Bathtubs, Diabetic Shoe Company, Perkins School for the Blind Library Services, A & A Medical Supply Company, Lifeline Emergency Response Systems and more. Light refreshments will be served. If you anticipate coming please call our front desk at 978-692-5523 for our planning purposes but **DROP INS ARE WELCOME!**

SPRING CLEAN UP

If you requested spring cleanup by our March 31st deadline than we are doing our best to find volunteers to do this work for you. Once you are matched up with a volunteer organization (i.e. scouts, church or students) they will get in touch with you to make cleanup arrangements. If you have any questions feel free to contact Annette, the Outreach Worker at 978-399-2326.

HOME REPAIRS or YARD WORK – “FAITHWORKS 2011”

We are fortunate to have three local Methodist Churches working together to offer a day of service on Sat. May 14th from 8-4:30. Adult volunteers will devote their time to help seniors who need assistance with household repairs, painting or yard work. If you would like your project request to be considered you must **sign up by Friday April 8th** by calling 978-692-5523 or completing an application at the senior center front desk. This service is only available to a limited number of clients.

Any questions please contact Annette Outreach Coordinator at 978-399-2326.

COOKING WITH ED

Instructor Ed Alessi will be teaching another of his great cooking classes. He will share his culinary skills and instruct you in an enjoyable and entertaining way on how to prepare an entire meal; then you will be able to sit together and enjoy what you have prepared. So come with an appetite! All ingredients will be provided by the instructor. The next **class will be on Friday, April 29th from 1-2:30 PM**. You will be preparing Homemade Ravioli with a red sauce. A minimum of seven people are needed to sign up by calling 978-692-5523. The cost will be \$7 per person per class. The sign-up deadline is April 26th.

CAMERON CLOSET

Please visit our Thrift Shop located on the second floor of the Cameron Senior Center. We are accepting spring donations in excellent condition. New treasures arriving daily, but will only remain on the floor for 30 days, so don't miss out! Donations accepted daily Monday-Friday 8AM-Noon. Please check in at the front desk and we will be happy to help you unload at the back red door. Thank you for your cooperation.

RESTAURANT REVIEW

Ladies, mark your calendars for our next outing on **Wed. April 27th at 11:30 a.m. at the Glenview Pub & Grill Restaurant, 248 Princeton Street, North 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.

FRIDAY MOVIE AND POPCORN

Join us on **Friday, April 15th from 1-3 PM** in the Billiards Room on the second floor of

the Cameron Senior Center. We will be showing "Casablanca" starring Humphrey Bogart and Ingrid Bergman. Come see this great classic movie and bring a friend! Please register by calling the front desk at 978-696-5523.

GENEALOGY CLUB

Join the new Cameron Genealogy Club, under the direction of Patti. **The Club will meet the 2nd Friday of each month at 10 AM in the Computer Room** at the Cameron Senior Center. This is offered by Patti and Bob from the Westford Historical Society. The Club is open to everyone. Call 978- 692-5523 to sign up for the **next class on April 8th**.

DO YOU HAVE CONCERNS ABOUT FALLING?

The Westford Council on Aging is proud to offer **A MATTER OF BALANCE**, an award winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. Participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and learn exercises to increase strength and balance. If you have ever been concerned about falls, are interested in improving balance, flexibility and strength, had falls in the past or have restricted activities because of falling concerns then this is a program not to be missed. Classes will start on April 7th and will meet every Thursday for 8 weeks from 10:00am-12:00 Noon. Please call 978-692-5523 to register for this 8-week program. There is no charge for this program, but regular attendance is expected.

ALZHEIMER'S CONFERENCE

The 23rd Annual Merrimack Valley Alzheimer's Conference "Your Caregiver Toolbox-Essential Resources" will be taking

place on Saturday, April 30th at the Wyndham Andover Hotel, 123 Old River Road, Andover from 8:30 AM to 1:00 PM. A supportive and informative day for caregivers and professionals who work with or care for those with Alzheimer's Disease. 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 Renee Merritt, Family Caregiver Support Program Manager at 978-946-1321.

INTRO-COMPUTER

If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will then be called by our instructor Mary Eve to set up a time for your instruction. We are now WiFi ready. A donation of \$3.00 is suggested.

WOULD YOU LIKE TO LEARN HOW TO CREATE A FACE BOOK ACCOUNT?

Facebook is a global and a very popular social-networking website that allows anyone to sign up for their account. Facebook is a great way to stay in touch with friends but if you don't know how to create an account, this workshop is for you. Prerequisite: You must have an email account. Dina Kanabar from the J.V. Fletcher Library will be here at Cameron to offer a FREE workshop **on Monday, April 11th from 10 AM – 12 Noon**. Please call 978-692-5523 to register for this workshop.

GOLF TIME

We have the opportunity to play weekday golf at a group rate from May through October. Nine holes of golf with electric cart for \$25 per week. Tuesday tee time of 9 AM arrive at 8:30 AM to set up your foursome. Attend a **planning meeting on Tuesday, April 12th at 9:15 AM at Cameron**, immediately after the men's breakfast. We

are presently talking with two clubs to determine our exact location. Please call to register for the April meeting at 978 692-5523.

FINANCIAL INFORMATION

PROPERTY TAX PAYMENT

On **Wednesday, April 27th, 11:30 AM** someone from the Tax Collector's office will be at the Senior Center to accept tax payments. You must pay by check and you need to have your tax bill with you.

CIRCUIT BREAKER 2010

- Maximum credit: \$970

Minimum Age: 65(as of 31 Dec 2010). 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: \$764,000(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 2010. You must file income tax to benefit for this credit even if you do not owe state income tax.

FUEL ASSISTANCE – LAST CALL

Fuel Assistance income eligibility guidelines are: annual income for a household family size of one - \$30,751 and family size of two – 40,213. 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.

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.

FUEL ASSISTANCE

If you have any questions or are in need of assistance with your fuel please call us here at Cameron at 978-692-5523.

FOOD PANTRY

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

- ❑ The fourth **Monday, April 25th** from 1:00 - 3:30 PM.
- ❑ The third **Wednesday, April 20th** from 8:30-11:30 AM.
- ❑ The third **Thursday, April 21st** from 8:30-11:30 AM and **Thursday evening April 21st** from 6:30 – 8:30 PM.
- ❑ The third **Friday, April 15th** from 8:30 – 11:30 AM.

The Westford Community Food Pantry is located on the first floor at Cameron. We are implementing new procedures. The dates and times will remain the third Monday, Wednesday, Thursday and Friday of the month. The communities in our area of service will be Westford and the towns which border us Littleton, Tyngsboro, Chelmsford, Carlisle, Acton and Groton. Residents of other communities will be supplied with pre-packaged items.

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 978-476-2206 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00. Menu can be found on our website www.westfordma.gov/coa. Come and enjoy the new dining room!

MEALS ON WHEELS

Meals on Wheels clients are now 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 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 1-800-892-0890 to register.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, April 11th 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 18th, from 9:30 AM – Noon** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office. The next date for the lawyer is July 20th.

BASIC ZUMBA

Zumba for Seniors class will begin on **Monday, April 4th from 10 AM – 10:40 AM** here at Cameron. The classes will be for six weeks with the additional dates being

April 11th and 25th and in May on the 2nd, 9th and 16th. The instructor is Amulya Deepak. You can come to one class or all six classes. The cost per class is \$3.00. For planning purposes please call 978-692-5523 to sign up.

INTRODUCTION TO WATERCOLOR PAINTING

Instructor Nancy Russo will be having an 8 week series of classes here at Cameron, beginning on **Tuesday, April 12th thru May 24th (not on April 19th) from 9:30 – 11:30 AM**. You need to register in person here at Cameron to receive the discounted price of \$120 for the eight weeks. Payment in full is due at time of registration, with checks made out to The Friends of the Cameron Senior Center, Inc.

SOY CANDLE MAKING

If you have an interest on how to make soy candles; the basics of how to make them plus adding aroma will be demonstrated by Ann Cullerton on **Friday, April 15th at 9:30 AM** here at Cameron. The cost will be \$6.00 and each participant will go home with a soy candle and instructions. Please sign up at 978-692-5523 with payment due no later than April 11th. These would make great Mother's Day gifts.

ACTIVITIES

The Senior Center will be closed on April 18th due to the Patriot's Day Holiday. Confirm class dates with your instructors.

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

ART-OPEN STUDIO

Any person who paints in oils or watercolors is welcome to join our open group on Mondays from 12 noon – 3 p.m. A donation of \$1.00 is requested.

ART CLASS with Stella

Bring your medium/project and Stella, a lifelong artist with over 60 years of teaching, will help take you to the next level. It does not matter whether you are a beginner or advanced artist. She is skilled in all mediums, is creative and passionate, and currently teaches at the senior centers in Chelmsford and Dracut and would love to see the program here in Westford expand. Her classes are Wednesday mornings from 9 until 11:30 AM and the cost is \$5.00 per class. Drop ins welcome!

BILLIARD TABLE

We have a billiard table available for your enjoyment Monday-Friday 8 AM - 4 PM; also on Mondays and Wednesdays at 10 AM there will be players available if you would like to come and partner up. The room has a new flat screen television!

BINGO – Thursday’s, 7-9 PM, doors open ½ hour early; also on **Monday’s, 1 – 3 PM**. *If you need a ride call the transportation line at 978-399-2322 in advance.*

BOOK DISCUSSION GROUP

On **Friday, April 22nd** the Cameron Book Discussion group will meet at 10 AM to discuss the novel, “Tinkers”, by Paul Harding. Copies of the current discussion book are available at the Library

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesday, April 20th at 10:45AM**.

BOWLING

Wednesdays at 9:15 AM at Brunswick Lanes in Lowell. Call Norman at 978-692-6792 for more information

MEN’S BREAKFAST

Our next men’s breakfast will be held on **Tuesday, April 12th at 8:00AM**. Our presenter will be Ed Alessi, a retired Clinical Social Worker, and current part-time Assistant Professor at local colleges. His presentation will be **Proverbs: Windows into Cultures of the World**. This program will discuss how cultural proverbs provide us with insight into the nature of some of our world’s cultures. Please call **978-692-5523** or e-mail jramirez@westfordma.gov to register for this breakfast. Donations are welcome.

WOMEN’S BREAKFAST

Our April Women's Breakfast will be held on **Thursday, April 7th at 8:30 AM**. Our guest speaker will be Michele Ellicks, Community Outreach Coordinator, from the Registry of Motor Vehicles. She will be presenting a Safe Driving Workshop. Topics will include, safe driving in all types of weather, affects of age on one's driving, warning signs of unsafe driving and how to apply for a disability placard and plate. Important information, not to be missed! Please register at the Front Desk by calling **978-692-5523**. Donations are welcome. The next breakfast will be May 5th.

CONTRACT BRIDGE

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

CANASTA – has a lively and fun group that currently plays every **Thursday from 1:00-3:30 P.M.** Feel free to join us.

CARD-MAKING WITH RUBBERSTAMPS

On **Thursday, April 14th and May 19th**, a Card-Making class will be held in the Art Room at Noon. An Easter/Spring card will be the focus for April, and a graduation theme is planned for May. Please come

with scissors and glue! Minimum of 6 people. Sign-up at the Front Desk or call Laura at 978-399-2322.

CRIBBAGE

This game minded fun group meets every **Wednesday from 1 to 3 PM. Come join us!**

CHAIR MOVEMENT EXERCISE

Tuesday and Thursday 10:00–11:00 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 may be used and are provided as well as optional for the participant. Our instructor is Jo. The fee is \$3.00 per class. **There will not be a class on Tuesday, April 19th.**

FITNESS/STRENGTH TRAINING ROOM

Come join the 200 seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM and Sundays, Noon - 3 PM. Complete the registration and liability waiver form, annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration Forms are available at Cameron.

KNITTING-BUSY FINGERS – This group meets every Monday & Wednesday in the Welcome Area from 1-3 P.M. to make knitted and crocheted items. Great conversation! Stop in and see what is for sale. If you love to knit we would welcome a donation to our annual Fall Fair.

MAH JONGG

Join this well received group on **Wednesdays at 1 PM.** Mah-Jongg trains

your brain with games. All level of players are welcomed.

MUSIC MAKERS

Meet on **Friday mornings from 9 – 10:30 AM.** If you like to sing you are invited to join this lively group of seniors every Friday morning. 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.

PERCUSSION GROUP

If you love upbeat music, then check out this group on Tuesday mornings from **10:30 - 11:15 AM.** Rhythm patterns will be taught using sticks, shakers, xylophones, accordions and more. No experience is necessary, simply a love of music and desire for some carefree fun.

SCRABBLE

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

GENTLE STRETCH YOGA

Based on Peggy Cappy's wonderful book and videos, *Gentle Stretch Yoga* is a modified series of traditional poses which can be done by almost anyone—of any age or ability. *Our instructor Pat is a certified yoga and older adult fitness instructor.* This weekly class is held on **Wednesdays, from 1:30 – 2:30 PM.** The fee is \$3.00. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up. Call us if you are unable to attend afternoons but would like a morning class.

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, April 6th at 1:00 PM.** The cost of the clinic is \$25. Appointments are

necessary; please call 978-692-5523. The next clinic date is June 8th.

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 12th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **April 27th** 8-10 AM with the Lowell VNA on the second floor.

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 sign up by leaving your name and phone number. The next scheduled dates are **Monday's, April 11th and May 9th with appointments starting at 1:00 PM.**

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

Clean out your closets and bring your expired and unused prescription meds to us on April 30th. To ensure anonymity, please cross out any identifying information prior to dropping off medications. Sponsored by the Westford Health Department and the Westford Police Department.

Date: Saturday, April 30th

Times: 10 AM to 2 PM

Location: Cameron Senior Center

HEALTH FAIR AND CHILD SAFETY DAY

Are you ready to start moving but need new activity ideas? Want to know some baseline health information, by having your cholesterol, thyroid, blood sugar, blood

pressure and pulmonary function screened? If so come join us for our town Health Fair and Child Safety Day! The fair will provide free health screenings, educational information on a variety of health and safety issues, as well as food and exercise demonstrations. The theme will be **“Let's Move Westford”**. The day FREE and is co-sponsored by the Health Department, Emerson Hospital, Police Department and numerous local businesses. The day will provide families a fun filled educational and family activities held both inside and outdoors.

Date: Saturday, May 21st, Abbot Gym

Times: 9 AM.-12 Noon, Health Fair

**11-3 p.m. - Child Safety Activities-
Outdoors and inside**

EATING HEALTHY ON THE RUN

Finding it difficult to balance the business of life with healthy eating and weight maintenance? Finding yourself and your family grabbing take out because you're too busy to make a meal? Eating healthy doesn't have to be a chore or take up all of your time. Come join us and learn how you can make better choices for eating on the run! Presenter is Lucy Wisnowski-Hutchings, a Registered Dietitian and Licensed Dietitian/Nutritionist working as a clinical dietitian at Emerson Hospital. Co-sponsored by Emerson Hospital. Call 978 692 -5509 to register for this FREE presentation.

**Date: April 6th, 7 – 9 PM at Town Hall
2nd floor conference room.**

BOARD OF HEALTH CLINIC

Hearing & Hearing Aid Test

Appointments are required by calling the Board of Health at 978-692-5509. The next date is **Monday, May 16th from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions. The next clinic date is July 18th.

DENTAL HYGIENE CLINIC

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

OUTREACH

We continue to get rave reviews about the renovated center – have you seen it yet? If not, be sure to drop in for a tour and stop by the Outreach and Social Work offices and introduce yourself. We are here for consult, support and as a resource to you. We offer many services including: application assistance (i.e. for tax exemptions, food assistance), set up of home care services, delivery of medical equipment and resource sharing. Also, make sure you get your “File of Life” for your refrigerator. We look forward to working with you. Please call Annette at the Cameron Senior Center at 978-399-2326 or email at acerullo@westfordma.gov

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.

TRANSPORTATION

We anticipate a very busy van schedule this spring! Please call as soon as you know you will need a ride at 978-399-2322 or e-mail lmathis@westfordma.gov. Transportation costs remains at the same affordable round trip rate: \$3 within Westford, \$4 nearby towns, and \$6 for out-laying towns.

SUPPORT GROUPS

ADULT DIABETES SUPPORT GROUPS:

- ✓ Saints Memorial Medical Center in Lowell, call 978-934-8559
- ✓ Concord Health Care Center, 1st Thursday of each month, 1:30-2:30 in the first floor conference room. Mary Bannon, 978-202-3520

ALZHEIMER’S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS:

- ✓ The Inn at Robbins Brook, Rte. 27 Acton, meets the 4th Wed. of each month, 4-5:30 p.m. and a light supper will be served. Registration required, call Maura Capriccio at 978-264-4666.
- ✓ Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30. For information call 978-251-8880.

BEREAVEMENT SUPPORT GROUP:

- ✓ YANA (You Are Not Alone) meets at the Westford JV Fletcher Library and will resume it’s spring session March 10, 2011. Call Cathy at 978-552-4904 for information.

PARKINSON’S SUPPORT GROUP:

- ✓ Meets the 1st Wednesday of each month from 2-4 p.m. at the John Cummings Building, Donaldson Room at Emerson Hospital. Contact Jerry at 978-443-5472 or joconnell@bentley.edu.

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.

WISDOM WORKS

The *Wisdom Works* Job Search Training Program helps adults 55+ learn the essential skills required for seeking employment in

today's competitive marketplace. The program was developed as part of a state wide initiative through the Executive Office of Elder Affairs in conjunction with Keystone Associates, a premier search firm in Burlington, MA. The program is comprised of four, two-hour sessions during which job search strategies and employment goals are developed. The sessions are facilitated by Human Resource professionals who volunteer their time and expertise. The Billerica Council on Aging (COA) is offering two new sessions to be held at the Billerica Senior Center, 25 Concord Road. A minimum of at least six participants will be required for each workshop. Registration fee is \$10 and payable to the Billerica COA. The two workshops will be held on Tuesday evenings from **6:00 to 8:00 p.m.** on **May 3, 10, 17, 24 and June 7, 14, 21, 28.** If you are interested in participating or want more information please call 978-671-0916.

MEDICAL EQUIPMENT

We accept donations of only the following medical equipment: walkers, wheelchairs, commodes, tub seats and canes; with a need in particular for wheelchairs. Please only donate clean and functional equipment in excellent condition. **We CAN NOT accept the following: crutches, knee/back braces, oxygen tanks and tubing, foam padding, dietary supplement drinks, nor personal hygiene products.** Any questions please feel free to call Annette at 978-399-2326.

HANDYMEN

We are fortunate to have two semi-retired men who graciously volunteer many hours to help our local seniors on fixed incomes with small projects i.e. moving air conditioners, fixing lamps, small paint/carpentry jobs, etc. If you have a job that you need assistance with, call your

Outreach Worker, Annette to discuss it at 978-399-2326.

MISCELLANEOUS **THIRTY CHANCES TO WIN**

Purchase our June calendar raffle ticket for just \$5.00 from any of the Friend's members or at our front desk. The Friends of Cameron have ordered a limited number of tickets for this first time event. **A cash drawing will take place every day throughout the month of June. Don't be left out please support your Senior Center!**

YARD SALE

On Saturday, June 18th from 8 AM–Noon The Friends of the Cameron Senior Center will sponsor a yard sale at Cameron. We plan on holding this outside weather permitting or indoors if there is rain. We are in need of your yard sale donations. The Friends will be at Cameron (rear of building red door) on **Friday, June 17th from 1 – 3 PM to accept donations in good condition** for our sale. Table space is available to rent from us at \$15 per table; please sign up early. Checks are made payable to The Friends of the Cameron Senior Center. Contact us at 978-692-5523 for an application. You may bring your own set up for the same fee but indicate that on your application. Volunteers are needed for set up and or clean up on Saturday, June 18th from 7 – 8:30 AM and 11:45 – 1 PM.

FAMILY SERVICES DETECTIVE

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron monthly on the **2nd Thursday of each month from 11AM to 12Noon** – he will be here on **April 14th**. If you would like to schedule an appointment, you may reserve time with Matt, or walk-ins will also be welcome as time permits. Matters discussed

will be kept confidential. Please call 978-692-5523 for an appointment.

WALK FOR HUNGER

The Greater Lowell Good Friday Walk for Hunger will take place on **Friday, April 22nd**. 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.

CAMERON COLLECTING USED CELL PHONES

The Cameron Senior Center will be collecting used cell phones. They will be reconditioned and then donated back to us for distribution use for protective services for victims of domestic violence or others that may need to carry one to reach 911 in an emergency.

FAMOUS TRIALS IN AMERICAN HISTORY

This is series that will be presented by Gary Hylander, PhD, Professor of American History at Stonehill College, where he specializes as a Presidential Historian. The series is being held at The Inn at Robbins Brook at 2 PM on the following dates: April 3rd, "Leopold and Loeb: The Murder that shocked America"; May 15th, "The Power and Peril of Celebrity: The Lindbergh Kidnapping"; and June 12th, "Worse than Murder: The Rosenberg Atomic Spy Trial". Refreshments will be served. Please call 978-264-4666 to reserve a seat.

WISH LIST

We are in need of knitted items for the fall fair such as lap robes, and maroon and gray hats for all ages. Thank you for all your support

NOTARY PUBLIC

We will have Notary Publics available at the Senior Center on **Tuesday, April 12th from 1-2 PM**. If you need a document notarized we can assist you. Call us at 978-692-5523 to request a notary at another time.

VETERANS SERVICES

The town's Veterans Services department will be holding office hours at Cameron Senior Center every Thursday from **8:30 AM to 12:30 PM** please feel free to stop by to speak with Terry Stader, Westford's Veterans Service Officer, you can call him at 978-392-1170 or email him at veterans@westfordma.gov.

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.

Wednesday, April 20th, Amesbury Playhouse, "Steel Magnolias", Enjoy a delicious meal (several choices) and a great show. The cost of this all inclusive trip is \$57 p/p and will depart from the rear of the Franco at 9:45 AM.

Tuesday, May 3rd, "Mohegan Sun" Buckingham Motor Coach departs from the rear of the Franco American Club at 7:30 A.M. The fee of \$28 includes driver gratuity and is due at time of sign up. Receive bonus and food coupon.

Tuesday, May 17, 2011 "Bill Fosters Lobsterbake", Fox Tours departs from the rear of the Franco at 8:30 AM. Stops will be at Nubble Light and York Village followed

by the “Authentic Downeast Lobster Bake”.
On the trip home there will be a visit to
Hampton Beach and scenic Ocean
Boulevard. This all inclusive trip is \$64 p/p.

**Wednesday, June 15, 2011 “Fox Tours –
Spirit of Boston”**, a delicious lunch and
fabulous entertainment enjoying the
breathtaking skyline and the wonder of the
harbor on a two hour narrated cruise. This
all inclusive trip is \$71 p/p and departs from
the rear of the Franco at 9 AM.

**Wednesday, July 20, 2011 Summer
Music Theatre “Hairspray”** in Meredith
Village and Hart’s Turkey Farm Lunch.
Featuring a delicious lunch with your choice
of fresh Turkey, baked Haddock or sliced
Beef. The cost of this all inclusive trip is \$76
p/p and departs from the rear of the Franco
at 9 AM.