

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 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*

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*Helena Crocker, Chair
Robert Tierney, Vice Chair
Nancy Cook, Clerk
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FRIENDS OF THE CAMERON OFFICERS

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

This Newsletter is a combined January and February 2011 issue.

Our next Newsletter will be March 2011.

INCLEMENT WEATHER

If, due to poor weather conditions, the Westford School System is closed the Senior Center will not be open for activities. Be safe and call ahead at 978-692-5523. In the event of a prolonged power outage or extremely unusual weather conditions caused by storms, the Blanchard Middle School on West Street will be utilized as a shelter for any person that may be in need of this service. Call the Police at 978-692-2161 if you need their assistance.

SUNDAY HOURS

The Cameron Senior Center will now be open on Sunday afternoon's for socialization beginning on **January 9, 2011** 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. Bring your own lunch and something to share with others "Pot Luck" style. In case of inclement weather please stay safely at home.

FEBRUARY LUNCHEON

Please join us for a catered turkey dinner, prepared by Shirley Caterers and served around Noon, at the Cameron Senior Center on **Tuesday, February 15th seating at 11:00 AM.** Entertainment will be the Westford Middle (Stony Brook and Blanchard) School String Students. There is limited enrollment and is opened to Westford Residents Only. Call for reservations by February 8th at 978-692-5523; the \$7 fee is due at time of registration. You will not be registered until

payment is received. Please carpool or call for the van at 978-399-2322.

ST. PATRICK'S DAY LUNCHEON

Wear your green and come join us here at Cameron for our annual **St. Patrick's Day Luncheon on Tuesday, March 15th, seating at 11 AM.** We will be having a corned beef and cabbage dinner provided by The Inn at Robbins Brook and served around Noon. There is limited enrollment and is opened to Westford Residents Only. Reserve your seat by March 8th at 978-692-5523; the \$7 fee is due at time of registration. You will not be registered until payment is received. Please carpool or call for the van at 978-399-2322.

COOKING WITH ED

Instructor Ed Alessi has been in the catering business and cooking for over 40 years. He has taught this class at the Andover and Wellesley Senior Centers among others and is now coming to Cameron to teach us his culinary skills. Ed will 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 two classes will be on Fridays from 1-2:30 PM.** A minimum of 7 people are needed to sign up by calling 978-692-5523. The cost will be \$7 per person per class. The class dates are as follows:
January 28th – Papa Chicken & vegetables, sign-up deadline January 25th.
February, 25th –Pork Stir Fry & vegetables, sign-up deadline February 22nd.

SOUPS, SANDWICHES AND SQUARES!

Come join us here at Cameron for some hearty soups and sandwiches, and Square Dancing. Join in or feel free to watch as Bayberry at Emerald Court, voted Tewksbury's #1 Assisted Living

Community, will provide soups and sandwiches at 1:00 PM, followed immediately by dancing. Kick up your heels! It's sure to be a swinging time! All levels welcome! **Date: Friday, January 21st from 1:00 – 3:00 PM. Please call 978-692-5523 to sign up. This is their last visit for the season.**

MEET AND GREET

Come and meet Steve Roach, CEO of Nashoba Valley Medical Center, located in Ayer, on **Thursday, January 13th at 12:15 PM** here at Cameron. Mr. Roach is offering a question and answer session on what you think is working for you at Nashoba Valley Medical Center and what you think would help to enhance the hospital's services. Come and get your questions answered while sharing a bite of Apple Crisp. Call 978-692-5523 to sign up.

GIANT FLOWERS IN THE ART ROOM!

What's with those giant flowers in the art room? Come find out when Big Paper Design comes to the Cameron Senior Center on **Monday, January 31st at 10:00 AM.** Join Westford artists, Mary Gallant and Natalie Sandore, for a presentation about their Big Paper Design studio and a short demonstration on the process they use to create their large scale paper and wire sculptures. Starting in February 2011, the artists will be offering an engaging class using their sculpture techniques. Sign up for the class after the artists talk or by calling 978-692-5523. Class size limited to 12 people.

VOLUNTEER CORNER

We invite current and new volunteers to attend the following meetings held on **Tuesday's at 10 AM** as follows:

- Fitness Volunteers – January 11th
- Food Pantry Volunteers – Jan. 18th
- Thrift Volunteers – January 25th

CAMERON CLOSET

Please visit our Thrift Shop located on the second floor of the Cameron. We are open for shopping everyday from 9AM-3PM, stop by we have lots of great items.

Note: Donations of **clothing only** are preferred at this time Mon-Fri 9AM to 12 PM. Please check in at front desk first, and we will be happy to help you unload at the back red door. Thank you for your cooperation.

RESTAURANT REVIEW

Ladies, be sure to mark your calendars for our next outings on **Wednesday, January 26th at 11:30 AM at the new European Restaurant at 75 Princeton St., North Chelmsford and Wednesday, February 23rd at 11:30 AM at Mario's on Rte. 40.** Please pre register at 978-692-5523 so we can call the restaurants with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

FRIDAY MOVIE AND POPCORN

Our first popcorn and movie event was a success, so we are planning two more one for January and one for February. The movies will be shown in our Billiards and Media Room on the second level of the Cameron Senior Center, refreshments will be available, and donations are welcome. Friday, January 14th 1-3PM, 'Anger Management' with Jack Nicholson
Friday, February 18th 1-3PM, 'Shall We Dance?' with Richard Gere
Please register by calling our Front Desk at 978-692-5523

We are looking for a few volunteers to act as a movie selection committee if you are interested please contact Angela at 978-399-2330.

WINTER FESTIVAL

Westford's Annual Winter Festival will be held during February 2011. Come to Cameron on **Friday, February 25th from 9-10 AM**, and join us for hot chocolate and donuts. Bring your children, grandchildren or neighbor's grandchild to help celebrate the festival! Please call 978-692-5523 to sign up so we can plan for the hot chocolate and donuts.

ELECTRONIC MAIL

Are you willing to receive your monthly COA newsletter by e mail? We are looking to reduce our postage costs and this will help us. Contact cfrance@westfordma.gov and let her know your name and address as it appears exactly on this newsletter label and she will initiate the change.

GENEALOGY WORKSHOPS

Whether you're stuck on finding information on a distant ancestor; just starting your family tree; or continuing your present search, genealogists Patti and Bob will help you at a one-on-one genealogy workshop. They will show you how to find information as they research your family. Each session is forty-five minutes at the Cameron Senior Center Computer Room on **Tuesdays from 9 to 12:00 noon restarting Tuesday, January 11th**. Bring any family information that you have on the family or person you are researching or continuing to research. Please call 978-692-5523 for an appointment or if you cannot make your appointment so that someone on the waiting list can be called.

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 until June 2011.

This Genealogy Club is not a substitute for the weekly Tuesday Genealogy Class offered by Patti and Bob from the Westford Historical Society. The Club is open to everyone, even if you are not taking the Genealogy Classes on Tuesday. Come have a cup of coffee/tea or hot chocolate and let's talk about your family history. Call 978- 692-5523 to sign up for the **first meeting on Friday, January 14th**.

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.

FINANCIAL INFORMATION **PROPERTY TAX PAYMENT**

On **Wednesday, January 26th, 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.

PROPERTY TAX EXEMPTION

You may be eligible to reduce all or a portion of the taxes assessed your domicile if you meet the qualifications for one of the exemptions allowed under MA state law. The following groups of people may be eligible: Veterans with at least 10% service connected disability, or their surviving spouse, minor of deceased parent; blind; Senior Citizen age 70 or older. Your application must be filed in a timely manner or you lose all rights to an exemption (3 months from postmark of January tax bill) and the Assessors office cannot by law, grant you one. Call the Assessors Office for more information or if you would like to apply. They can be reached at 978-692-5504.

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.

PROPERTY TAX DEFERRAL

Are you struggling to pay your real estate taxes? Have you considered deferring these taxes? In 2006, Town Meeting voted to reduce the interest rate for tax deferrals from 8% to **0%**! You may be eligible to defer payment of all or a portion of the taxes assessed on the property you own and occupy if you are age 65 or older, your income doesn't exceed \$40,000 and you are willing to enter into a Tax Deferral Agreement with the Board of Assessors. You must apply within 30 days of your third quarter tax bill, which comes out on or about January 1, 2010. You can defer up to 1/2 the value of your house without interest and the Town is paid at the time you sell your home. Please contact the Assessors office at 978-692-5504 for more detailed information or an application.

PROPERTY TAX RELIEF

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

2010 INCOME TAX HELP

Hal, the volunteer tax expert, will be back this year to complete your 2010 federal and Massachusetts income tax returns. This is a free service sponsored by your Senior Center. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

What to bring with you:

- Form MA 1099-HC. It is very important to bring this form if you have private health insurance since the insurance company's name and tax identification number and your subscriber number has been entered on your Massachusetts tax return.
- W-2s, SSA-1099s, 1099s(DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc
- The amount and date of any federal and Massachusetts estimated tax payments that you made
- The four quarterly property tax bills that you paid in calendar year 2010 (the bills were due on 1 Feb 10; 3 May 10, 2 Aug 10, and 1 Nov 10). It is very important that you either bring the four bills that you paid

in calendar year 2010 or a transcript of payments for calendar year 2010 from the Tax Collector's office.

- The four quarterly water bills that you paid in calendar year 2010 or a transcript of your calendar year 2010 payments from the Water Department.
- Your 2009 federal and state tax return
- If you sold any stock or bonds, bring the date that you bought the stock or bonds and the amount that you paid for them.
- If you have any mutual funds, bring any information, provided by the mutual fund, concerning how much of the dividends are exempt from Massachusetts income tax or are from federal or Massachusetts obligations.
- If you bought a main home after 30 Apr 2010 and before 1 Oct 2010, you may qualify for a rebate (even if you are not required to file a federal tax return). Bring the date that you signed a binding contract to purchase the home, the date that you closed on the home, and the purchase price.
- If you added insulation, installed energy efficient heating, air conditioning, and hot water systems, or installed energy efficient windows and doors to your home in 2010, you may qualify for a credit on your tax return. Where you bought the energy efficient systems, windows, and doors can tell you if they qualify. Bring date paid, date installed, and dollar amount for each type of improvement.
- If you paid the sales tax in 2010 on a new car (not a used car) that you bought after 16 Feb 2009 and before 31 Dec 2009, you may be able to deduct the sales tax. Bring your bill of sale and the date you paid the sales tax.
- If you have income from working in 2010, you may qualify for a rebate (even if you are not required to file a federal tax return).

FUEL ASSISTANCE APPLICATIONS

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.

FY'11 SENIOR TAX WORK PROGRAM

Time is getting short for finishing your 100 hours in the tax work program. All time sheets must be completed by March 31st. If a problem exists that may make it impossible to complete the work, please call Dorothy ASAP at 978-692-5523. Remember: All 100 hours are required for the \$800 rebate.

FOOD PANTRY

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

- ❑ The fourth **Mondays, January 24^h and February 28th** from 1:00 - 3:30 pm.
- ❑ The third **Wednesdays, January 19th and February 16th** and the third **Thursdays, January 20th and February 17th** from 8:30-11:30 AM

The Westford Community Food Pantry is located on the first floor at Cameron. We are welcoming new volunteers and implementing new procedures. The dates and times will remain the third Monday, Wednesday and Thursday 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!

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, February 14th 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, January 19th, 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 March 23rd.

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 more. Visit www.roudenbush.org or call the Staff at 978-692-0803 for a brochure or to arrange for a FREE day.

INTRODUCTION TO WATERCOLOR PAINTING

Instructor Nancy Russo will be having an 8 week series of classes here at Cameron, beginning on **Tuesday, February 1st thru March 29th (not on Feb. 22nd) 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.

TAI CHI YANG- STYLE

There will be a new series of Tai Chi classes for seniors offered here at Cameron. The instructor will be Mayflower Zaretsky. These classes will be held on **Tuesday and Thursday mornings from 9:15–10 AM starting March 8th and running thru April 14th**. You can either sign up for just the Tuesday class (\$30/\$5 per class) or you can sign up for both the Tuesday and Thursday classes (\$50/\$4 per class). Please register in person for your choice of day/days. Checks made out to The Friends of the Cameron Senior Center, Inc.

BASIC ZUMBA

If you are interested in this class please call 978-692-5523 to let us know of your interest with your choice of weekday or Saturday morning and time that might work for you. This class would be taught by Amulya Deepak here at Cameron with a possible start time of April 2011. A free demonstration class will be listed in the March Newsletter.

ACTIVITIES

The Senior Center will be closed on January 17th due to the Martin Luther King Holiday and February 21st due to the President'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. In case of inclement weather, call before 4 P.M. at 978-692-5523.*

BOOK DISCUSSION GROUP

Due to the Martin Luther King holiday, the book discussion group will be meeting at Cameron on **Friday, January 14th at 10 AM** to discuss “The Worst Hard Times”, by Timothy Egan. The February date will be **Monday, February 14th at 10 AM** to discuss “The Last Time I Saw You”, by Elizabeth Berg. Copies of the January and February discussion books are available at the Library.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesdays, January 5th and 26th and February 16th 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 January Men’s Breakfast will be held on **Tuesday, January 11th at 8:00 A.M.** Our guest speaker will be former Boston Red Sox star pitcher, **Bill Monbouquette**, whose career spanned 11 years and included a no-hitter against the White Sox in 1962 and 4 All Star appearances.

February’s Men’s Breakfast will be held on **February 8th at 8:00 AM** and our guest presenter will be **Lisa Slattery, R.N.** whose program **Stroke Heroes Act FAST** will explain causes and symptoms of stroke and ways to reduce risk. Please sign up for the breakfasts by calling 978-692-5523 or e-mail at jramirez@westfordma.gov. If you have any questions, please call Judy at 978-399-2325. The March Men’s Breakfast will be March 8th.

WOMEN’S BREAKFAST

Our January Breakfast will be held on, **Thursday, January 6th at 8:30 AM.**

Cynthia McMahon King, licensed acupuncturist and registered pharmacist will be discussing acupuncture which is a system of medicine developed thousands of years ago. There will be a demonstration and time for questions and answers.

Our February Breakfast will be held on **Thursday, February 3rd at 8:30 AM.** Our speaker will be Michele Ellicks, Community Outreach Coordinator, from the Registry of Motor Vehicles. She will be presenting a Safe Driving Workshop. There will be important information, not to be missed! Register for both events by calling our Front Desk at 978-692-5523. Donations are welcomed. The March Women’s Breakfast will be March 3rd.

CONTRACT BRIDGE

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

INTERMEDIATE BRIDGE

We are offering intermediate bridge on **Monday’s at 1:30 PM** in the card room so you can play, ask questions and connect with others. This will not be an advanced class or contract bridge. Hope to see you!

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

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, February 11th 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 February 2nd. These would make great gifts.

CARD MAKING WITH RUBBER STAMPING

Will resume on **January 12th at Noon**. This class will be held once a month for one hour; cost is \$4. We will be making Valentine cards on January 12th and St. Patrick day cards on February 9th. Advance sign-up is necessary; call 978-692-5523.

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.

Note the time change 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.

FITNESS/STRENGTH TRAINING ROOM

Come join the 150+ seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM and Sundays, Noon - 3 PM starting January 9th. 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.

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.

NEW 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.

WII

WII is available at the Cameron Senior Center. Stop in and have some fun playing tennis, bowling or golf! If you need some assistance ask Annette.

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, February 2nd at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date is April 6th.

MEDICAL INFORMATION

BOH FREE EYE SCREENING

The Board of Health has offered us the opportunity to have seniors receive a free eye screening at Cameron and to hear an educational talk on eye care. Please contact us prior to **January 15th** if you are interested in this service at **978-692-5523**. Leave your name and number along with answering the following question. Do you have medical insurance for eye exams?

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, **January 11th and February 8th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **January 26th and February 23rd** 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 sign up by leaving your name and phone number. The next scheduled dates are **Monday's, January 10th and February**

14th with appointments starting at 1:00 PM.

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.

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 **Tuesday, January 18th from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

OUTREACH

Now that we have all had time to settle into the renovated building and the New Year is upon us we are looking to you for your suggestions for activities and presentations. Whether it is quilting, scrapbooking, line dancing, cooking, antiques or something else, let us know by dropping your ideas in our suggestion box in the front entry way. Also, if you are able to teach a class please share that information as well. We are open

to new programming and will do our best to accommodate. Cameron is a wonderful place to gather with your peers and make new friends. Come check us out. If you have any concerns, feel free to contact Annette your Outreach worker 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.

TRANSPORTATION

Just a reminder to call 978-399-2322 as soon as you know you will need a ride. If there is a question about transportation because of **inclement weather**, please call the front desk at 978-692-5523. We encourage those traveling to Cameron to ride the van.

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

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 **January 13th and February 10th**. 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.

SLEEP DISORDER WELLNESS SEMINAR

Emerson Hospital Home Care is partnering with Emerson Hospital Cardio-Pulmonary-Neurology Sleep Disorder Program to bring you an interesting talk to help you understand sleep disorders such as insomnia and sleep deprivation. Come learn the dynamics of sleep and be on your way to getting a good nights' rest. The speakers are: Pam Hurlbert R.R.T., Registered Sleep Technologist and Researcher Neil Kruszkowski R.R.T., Director of cardio-Pulmonary-Sleep Disorder Program and Registered Sleep Technologist. This seminar will be here at Cameron on **Tuesday, March 22nd from 12:30 – 1:30PM**. Please register by calling 978-692-5523. Complimentary desserts will be served.

NOTARY PUBLIC

We will have Notary Publics available at the Senior Center on **Tuesday, January 11th and Tuesday, February 8th 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 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.

Sunday, January 16, 2011– “The Jersey Boys” *Sold Out*

Thursday, February 10, 2011 – Showtime at Spinelli’s featuring Mel Simons, WBZ personality. Complete Lunch at Noon with a choice of meal. The cost of this all inclusive trip is \$59 p/p and will depart at 10:15 AM from the Franco.

Tuesday, March 8th, “Foxwoods”
Buckingham Motor Coach departs 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.

Friday, March 18th, The Spectacular Boston Flower and Garden Show.
Enjoy all the change of seasons, lunch at Maggiano’s, and tour ‘new’ Boston featuring the Rose Kennedy Greenway. The cost of this all inclusive trip is \$77 p/p and will depart at 8:30 AM from the Franco.

Tuesday, April 5th, “Love Italian Style”,
an Italian Festival with Johnny Mazz, Italian cuisine, music and song featuring one of New England’s best entertainers. The cost of this all inclusive trip is \$71 p/p and departs from the Franco. Departure time TBD.