

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. The Council on Aging also promotes physical, emotional, and economic well-being of older adults and promotes 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*

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*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*

NEWSLETTER SUMMER EDITION!

Due to our move back to Cameron this will be the only edition of the Westford Council on Aging Newsletter for the summer. Have a great summer!

CAMERON SENIOR CENTER UPDATE

Construction of the Senior Center is nearly complete! The Certificate of Occupancy is expected to be issued by early June. The final touches are being applied to the inside, with the painting and finish work almost completed. It has been a rush of activity in the last month as construction crews race to the finish line and the staff of the Senior Center make plans to move back to their new facility. Final furniture selections have been made and some furnishings have started to be moved into the new building. Painting crews are working on the exterior of the building applying a new coat of paint. Site crews have been busy constructing the sidewalk, granite curbing, exterior landscaping, and applying the finish paving of the parking lot.

The Senior Center will be moving out of their temporary facility and should be open for business in the newly renovated facility by the end of June. The entire Senior Center staff eagerly awaits the opportunity to show off their new building! Photos of the construction progress can be viewed on the town's website www.westford.com.

SWIPE TAG

The touch screen that you "sign into" as you enter the Senior Center was enhanced in April. The screen may look different to you as you "touch" the screen to automatically record your data. New categories have been

added so take your time and remember it is important to us that you sign in for all activities. This information is compiled for the state annually and submitted with our application for funding. **Don't leave Westford short on funding just SWIPE!**

VOLUNTEER CORNER

We invite you and a friend to assist us in the following areas. Please call for an application and Cori form at 978-399-2330.

FOOD PANTRY: Will be in need of volunteer stewards to meet with food pantry clients on initial visit while they complete an intake application. Stewards will advise clients of other services they may be eligible for such as fuel assistance, food stamps, housing, etc. Training will be provided. Contact Angela for an application at 978-399-2330 or agagne@westfordma.gov.

GREETERS: Greeters are needed to welcome and assist individuals with directions on our return to Cameron. Three to four hour shifts available. Contact Angela for an application at 978-399-2330 or agagne@westfordma.gov

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

FITNESS EQUIPMENT TRAINERS: Do you have a basic knowledge of fitness equipment? We are in need of individuals who will be instructed on proper use of our new fitness equipment at Cameron. We anticipate, with enough volunteers, one hour per week of your time. Contact Angela at 978-692-5523 or agagne@westfordma.gov.

We are still gathering volunteer names so we can add to our current volunteer list.

CUSTODIAL HELPER: Do you have a few hours per week that you would like to give back to the Senior Center? As we return to our new and expanded facility our part time maintenance worker would like an extra pair of hands to help with sorting and recycling, emptying trash, room set up, floor sweeping and wiping of tables. Contact Angela for an application at 978-399-2330 or agagne@westfordma.gov.

FITNESS ROOM

The Friends of the Cameron Senior Center, Inc. thru their fundraising efforts and the generosity of the townspeople have purchased the following pieces of equipment geared specifically for adults age 60 and over. The equipment is treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, leg press, low back, flat/incline ladder bench and dumbbells. The hours for the fitness room are anticipated to be Monday – Friday 8 AM – 4 PM (see volunteer corner) and closed Holidays. Registration for the fitness room will begin after we return to Cameron. Complete the registration and liability waiver form, annual payment of \$50 for resident age 60 and over, \$25 for age 80 and over then you will be scheduled for an introductory training session on the equipment. The Fitness Room will be staffed by a trained volunteer at all times.

BONE BUILDERS

These exercise and strengthening classes will be starting in the fall. Our certified instructors want to know which days of the week and time of the day are best for you to attend this free program. Call 978-692-5523 to express your choice. Look in the September Newsletter for class times.

CAMERON CLOSET

Formerly the Cameron Thrift Shop will be returning to the Senior Center one month after we return to the building. The Closet will now be located on the first floor, all clean donated items will be accepted that are in good to excellent condition between the hours of 8 AM – 12 Noon. No large items, children's toys, undergarments, bathing suits, soiled or torn clothing will be accepted. **Please allow us to move into our offices and unpack before donating to the Cameron Closet.**

RESTAURANT REVIEW

Ladies, be sure to mark your calendars for our next two outings on **Wednesday, July 28th at 11:30 A.M. at The Outback in Tyngsboro/Nashua and Wednesday, August 25th at 11:30 A.M. at The Westford Grille.** 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.

DID YOU KNOW???

According to the State Department of Elder Affairs, on behalf of the SHINE program, "any Medicare beneficiary who reaches the "donut hole" in prescription coverage is automatically eligible to receive a rebate of \$250. The senior's drug plan will contact the Center for Medicare and Medicaid Services (CMS) directly when this threshold is reached and CMS will issue the check directly to the senior during the next quarter. There is NOT an application process nor any phone calls placed regarding the issuance of this rebate check! If you are contacted by someone seeking personal information it could be fraudulent activity so please do not give out your information and then please report this immediately to CMS (1-800-MEDICARE = 1-800-633-4227) and your local police. If you have any further

questions feel free to contact the Senior Center and ask to speak with a SHINE counselor at 978-692-5523 who will return your call.

FINANCIAL INFORMATION

PROPERTY TAX PAYMENT

On **Wednesday, July 28th from 11:30 AM – 12:30 PM**, someone 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.

TAX WORK PROGRAM – FY 2011

The Tax-Work Program for FY '11 is now underway. Assignments for twenty-five individuals will be made shortly. If your application has not been forwarded to me, please send it in as soon as possible to facilitate making assignments. If you are not interested in participating this year, please call me at the Senior Center. All work is to be completed by March 31, 2011. In due time, you will be notified of your acceptance into the program. Those individuals who will be assigned to the schools will get their letters in August. All questions should be referred to Dorothy, Program Coordinator at 978-692-5523.

CIRCUIT BREAKER

In 2008, 312 Westford households were awarded the Circuit Breaker income tax credit of \$806 on average. Did you apply for the Circuit Breaker; check with you tax preparer you can file back three years if needed.

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

CTI NEEDS YOU!

If you would like to become an RSVP volunteer please give Joan at CTI a call at 978-654-5080 x 14. Signing up to become a volunteer does not add new commitments to the service you are already providing. It does allow you to track hours of service and combine them with those of over 200 RSVP volunteers. We want to demonstrate that people 55 and up contribute an incredible amount of time in Greater Lowell, Sharing their experience and good will in literally dozens of ways.

FOOD PANTRY

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

- ❑ The third **Monday, July 19th and August 16th** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, July 21st and August 18th** and the third **Thursday, July 15th and August 19th** from 8:30-11:30 AM

The Westford Community Food Pantry will be returning soon to the first floor at Cameron. We will be welcoming new volunteers and starting to implement 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.

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 1-800-892-0890 and ask for Dayna 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. 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, July 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, July 21st from 9:30 AM – Noon** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

MEN'S AND LADIES GOLF

Nine holes of golf with an electric cart is being offered to Senior Citizens who register by calling 978-692-5523. Join us on Tuesdays with a tee time of 9:00 AM at the Maynard Country Club on Route 27. Arrive early to form your foursome and pay the \$25 fee at the pro shop prior to your

teeing off. This program is available from May thru October 2010.

MINI GOLF AT KIMBALL FARM

Come out and enjoy a game of mini golf on **Thursday, September 9th at 10:30 AM**. A lunch will follow with a choice of hot dog or hamburger, a drink and a small ice cream. \$14 fee includes all. Register early at 978-692-5523. Arrive and check in at 10:15 AM.

KIMBALL GOLF TOURNAMENT

This year we will be having the twelfth annual Cameron Classic at Kimball's on **Thursday, September 23rd at 9:00 AM**. A \$14 entry fee will include eighteen holes of golf, a hot dog or hamburger lunch with a cold drink and a small ice cream. This has proven to be a fun day for beginners and low handicaps as well. You may register with a partner or as an individual. Payment is due at time of registration 978-692-5523. Arrive and sign in at 8:45 AM.

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.

COOKOUTS

The Kiwanis will be hosting a cookout on **Tuesday, August 10th from 5:30-7:30 PM** at the Cameron Senior Center. Please bring a salad or dessert to share. In conjunction with this cookout the **Mid-State Antiques Auto Club** will be bringing and displaying

some of their antique cars for you to enjoy! Please sign up for this special event by calling 978-692-5523. *Car pooling encouraged.*

Senator Panagiotakos and Representative Arciero will be hosting a cookout on **Thursday, August 12th at 11:30 AM** at the Cameron Senior Center. This is a great opportunity to meet with them. Registration must be made early by calling 978-692-5523. Don't come empty handed...please bring a non-perishable food item for the food pantry.

CAMERON CRAFT CORNER

Thank you to all that attended the Women's Breakfast and saw my display of Rubber Stamping with Copic Markers! Classes for Rubber-stamping will be on **Wednesday's** from **1 – 2:30 P.M.**, beginning on **Wednesday, September 8th**! The cost for the class is \$4. Call the front desk at 978-692-5523 to register and get a list of supplies needed to begin! Questions? **Call Laura at 978-399-2322**. Look for my display of original cards at the "new" Cameron!

GOLD PARTY

The Friends of the Cameron Senior Center, Inc. will be hosting a Gold Party on a Sunday this Fall. You bring any gold that you may wish to sell and a professional will tell you the dollar value that they will give you for the items. You can either accept or decline the offer to sell. Items such as necklaces, bracelets, rings, earrings and even just one earring or cufflink from a pair can be sold. The Friends in return make a profit on the professionals commission. Refreshments will be available, this is for all ages, register at 978-692-5523.

DOMINOES WITH JEAN

Come join us to play Dominoes; a new group starting **Friday, August 6th at 1:00**

PM. Bring dominoes if you have them. If you are interested please call the Front Desk at 978-692-5523 and sign up.

ACTIVITIES

The Senior Center will be closed on Monday, July 5th due to the Fourth of July 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. There will not be any classes from July 1st thru September 7th. **Classes resume on September 8th.**

BINGO – Thursday's, 7-9 PM. Doors open ½ hour early. *If you need a ride call the transportation line at 978-399-2322 by Wednesday.*

BOOK DISCUSSION GROUP

On **Monday, July 12th** the Cameron Book Discussion group will meet at 10 A.M. to discuss “The Glass Castle”, by Jeannette Walls and on **Monday, August 16th** the group will meet at 10 A.M. to discuss the novel, “The Family Man”, by Alan Bradley. Copies of the current discussion books are available at the Library. Starting in July the Book Discussion group will be meeting at the Cameron Senior Center in the Library Room.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesday's, July 21st and August 11th 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 at **8:00AM on Tuesday, September 14th**. Our guest speaker for this breakfast will be our **State Representative (2nd Middlesex District) Jim Arciero**. Jim will be giving a legislative update and will talk about current issues facing us locally in Westford and our state in general. He will be available for questions following his presentation. In addition, we will have some “guest chefs and greeters” who will be joining us. Our **Town Manager, Jodi Ross** and our **Board of Selectmen** have graciously agreed to help us with the breakfast and will also be available to meet and greet all of you. This will be our first Men's Breakfast in the new building so we look forward to seeing as many of you as possible. Please register for this breakfast at **978-692-5523** or e-mail jramirez@westfordma.gov A donation is welcomed.

WOMEN' BREAKFAST

There will not be a Women's Breakfast in July but it will resume on **Thursday, August 5th at 8:30 A.M.** Our guest cooks will be from the Board of Health. The topic is “Say Goodbye to Clutter and Hello to Being Organized!” with Lesley “Jazz” Barnette of Jazz Personal Management, she is a professional organizer. Some of her work includes help with downsizing and relocating, de-cluttering, packing for a move and other tasks to create a space you love to come home to. *Reservations are a must at 978-692-5523.* A donation is welcomed. The next Women's Breakfast will be September 2nd, our guest speakers will be Kate and Kelley, they are Massage Therapists and the owners of “All About the Massage” a new Westford business.

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 in the Welcome Area from 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.

DANCE MOVEMENT EXERCISE

Monday's from 10:30 to 11:15 AM. Join us for a sample of basic rhythms to familiar dances songs emphasizing cardio, stretching, balance, and grace. No equipment is used; however, chair support is available. Classes are taught by Debbie who is a nationally certified instructor - BS/MA CPT. *We will need a minimum of six to pre-register for this class at 978-692-5523 to determine the start date.*

CHAIR MOVEMENT EXERCISE

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.

FITNESS/STRENGTH TRAINING ROOM

Registration Forms will be available when we return to Cameron. Fitness Room hours will be Monday – Friday, 8 AM – 4 PM. Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. 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. *Get fit the Cameron way!*

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 TABLE

Are available for your use Monday-Friday 8 AM -4 PM at Cameron. The room has new television as well.

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.

WII

WII to return to the Cameron Senior Center in the fall, if you have a day or date that would work for you please call the center at 978-692-5523 to sign up your choice.

COMING TO CAMERON THIS FALL

GENTLE STRETCH YOGA: YOGA FOR THE REST OF US

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. Props, chairs, or walls are used to make poses accessible and to provide support and safety in balance poses. This class is designed to gently help you build strength, increase flexibility, improve mental clarity, and energize the body.

Pat is a certified yoga instructor and older adult fitness instructor.

If you are interested in this class please call 978-692-5523 to sign up.

ALL ABOUT THE MASSAGE

All About the Massage, a new Westford business, will offer custom massages. Fully clothed either on a massage chair or table, the sessions are 15 minutes each with an additional 5 minute interview. The cost per session is \$15, and you can make an appointment by calling 978-692-5523. Our first monthly clinic will be held at the Cameron Center on **Tuesday, September 7th**.

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, August 4th 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 October 6th.

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, **July 13th and August 10th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **July 28th and August 25th** 8-10 AM with the Lowell VNA.

MEDICAL EQUIPMENT-

Now that we are settled in we will begin accepting donations 8 AM – 12 Noon of only the following medical equipment: walkers, wheelchairs, commodes, tub seats and canes. We have a limited need for hospital beds so please call ahead first. Please only donate clean and functional equipment in excellent condition. **We WILL 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.

MEDICARE PRESCRIPTION DRUG "EXTRA HELP"

Are you struggling to afford costs related to your Medicare prescription drug plan? If you are a Medicare beneficiary with limited income and assets, you may be eligible to receive "Extra Help", also known as the Low Income Subsidy (LIS). Social Security offers Extra Help to reduce costs related to Medicare prescription drug plans such as monthly premiums, annual deductibles, and prescription co-payments. Contact your SHINE counselor at 978-692-5523 for an

appointment to see if you qualify for Extra Help!

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's, July 12th and August 9th and Thursday's, July 22nd and August 26th.**

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, July 19th, from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

OUTREACH

It is our hope that you will make the Cameron Center a place that you regularly visit to participate in activities, fitness or simply to relax and have a cup of coffee with friends. If you are one of those that says, "I'm not old enough to go there" please know that we have many youthful seniors who attend classes, volunteer and find purpose in connecting with their peers and larger community. Amazingly, according to the National Institute on Aging, research indicates that seniors who are active, social and have a purpose in life significantly lower their risk of mortality from heart disease and diabetes by 60%! Come check us out and reap the health benefits! Feel free to contact Annette, your Outreach Coordinator anytime at 978-399-2326.

FRIENDLY VISITOR PROGRAM

If you wish you had some more company in the comfort of your home to socialize,

reminisce or play games simply call and request a friendly visitor. Please call Annette at 978-399-2326 if you are interested in having a visitor.

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 May 26th. 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, except **JULY & AUGUST**, 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

Our vans travel all over Westford for a round-trip fare of \$3. What a bargain! Save your gas and ride with us! In addition we travel to surrounding towns for \$4 and the outside area for \$6. Rides are booked on a first-call basis, so **call the transportation desk at 978-399-2322** as soon as you know you need a ride. We book up fast!

When you call the transportation desk, remember to leave your **name, address, and phone number** as well as the **date** of your appointment, the **time** of your appointment, and the exact **location** of your appointment. If you have a medical appointment, leave the **name of your doctor**. If you carry a cell phone, please leave your **cell phone number**. When you leave a message for the transportation desk, we make every effort to return your call with **24 hours!** If you need to **cancel on the day of your ride**, please call the front desk at 978-692-5523.

On **Wednesday, July 21st** from 12 Noon to 4 PM a van will travel to Exit 6 in Nashua. Riders may visit: Kohls, the Christmas Tree Store, Burlington Coat Factory, Babies R Us. There are also a few Restaurants nearby. Call early for a reservation. On **Wednesday, August 18th** a van will travel to Pheasant Lane Mall in Nashua from 12 Noon to 4 PM.

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

GAINING GROUND VEGETABLES

Again this year vegetables will be brought to the Cameron on Thursday afternoons from

Gaining Ground in Concord. *We ask that prior to taking vegetables you sign the registration form that will be on the table.*

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.

ANTIQUÉ CAR SHOW

On **Tuesday, August 10th from 5:30 – 7:30 PM** the Mid-State Antique Auto Club will be at the Cameron Senior Center displaying some of their cars. This will be in conjunction with the Kiwanis Cookout. More information is given elsewhere in this newsletter. Call 978-692-5523 to register.

EMPLOYEES OF THE MONTH

Congratulations to ALL OUR VAN DRIVERS they are our July/August Pat on the Back winners. They all do outstanding work transporting our clients. **Thank You, Van Drivers!** Please feel free to nominate someone you want to thank.

NOTARY PUBLIC

We have Notary Publics available at the Senior Center. If you need a document notarized we can assist you. Call ahead at 978-692-5523.

CHECK OUT OUR WEBSITE

You can receive our newsletter online; if this works for you let us know your email address and your name exactly as it appears on this mail label and we can start going paperless. Send your email to cfrance@westfordma.gov

LAWYER REFERRAL SERVICE

The Massachusetts Bar Association will help you find the right lawyer for your needs. Just call toll free, 1-866-627-7577, or go to www.massbar.org.

WATCH FOR OUR HARVEST FAIR

Come join us for our **New Harvest Fair** at the Cameron Senior Center. We are in need of new knitted goods and new gift prizes. Watch here for the day and date and then stop by with friends and family; we look forward to seeing you there!

FIRST ANNUAL SHERIFF'S DEPARTMENT SPAGHETTI SUPPER

At the Cameron Senior Center on **Thursday, October 21st at 5 PM** followed by Bingo. There is limited enrollment and is for Westford Residents Only. You must register before the October 1st deadline at 978-692-5523.

WISH LIST

We are looking for some books for our library, if you have some to donate please bring them to the **rear door of the Cameron between the hours of 8 A.M. and 12 Noon Monday thru Friday.**
Thank you for all your support!

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, July 20th - "Foxwoods"
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, 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 (there are 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.

Wednesday, August 11th - "The Cradle of Liberty and The City of Presidents", JFK Presidential Library & Museum and Adams National Historic Park with lunch (choice of Chicken Parmesan or Baked Haddock) at the Venezia Waterfront Restaurant. The cost of this trip is \$84 p/p and is all inclusive. Pick up time TBD.

Tuesday, September 21st – "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.

Thursday, September 30th – "Fall Foliage Train Ride", Meredith to Livermore Falls, four hours scenic train ride with lunch at the Common Man Inn (known for their excellent cuisine) in Plymouth, NH. The cost for this trip is \$102 p/p and is all inclusive. Pick up time TBD.

Wednesday, November 3rd - "Foxwoods"
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.

Sunday, November 7th – "A Chorus Line – One Singular Sensation!" at the North Shore Music Theatre with lunch. The cost for this trip is \$81 p/p and is all inclusive. Pick up time TBD.

Sunday, December 5th – “White’s Happy Holiday Celebration!” a delicious family style feast and Holiday Celebration at White’s and The LaSalette Christmas Lights. The cost of this trip is \$60 p/p and is all inclusive. Pick up time TBD.