

The Cameron Senior Center and the Westford Council on Aging telephone number is 978-692-5523. MISSION STATEMENT: The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

*Joanne Sheehan
Director of Elder Services
Judith Ramirez
L.I.C.S.W./Social Worker
Annette Cerullo
Elder Outreach Coordinator
Claire France, Records Supervisor
Marjorie Hunter, Registrar
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver-Admin.
Laura Mathis, Lead Van Driver-Dispatch
Marie Lawrence, Nutrition Site Manager
Mary Sudak, Evening Supervisor
Christopher Mitchell, Maintenance
Angela Gagne, Volunteer Coordinator*

COUNCIL ON AGING BOARD MEMBERS

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

FRIENDS OF THE CAMERON OFFICERS

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

NEWSLETTER SUMMER EDITION!

Due to our move back to Cameron we anticipate difficulty with producing our regular newsletter. Next month's may be an abbreviated edition.

CAMERON SENIOR CENTER UPDATE

We have now entered the final month of construction! With the warm weather, construction crews are now working diligently to complete the construction of the Senior Center Addition and Renovation Project. The finishes touches will soon be applied to the site work, including new curbing, landscaping, and final paving of the entire parking lot. On the inside of the building, crews are completing the electrical and mechanical systems, and finish crews are installing all of the new flooring, cabinets, and equipment. The new commercial kitchen is nearly complete. Most of the existing hardwood floors in the original building are being refinished. It is exciting to see some of the historic features of this building being brought back to life. Within the next several weeks the building exterior will also be painted a color scheme that will be similar to the Sargent School. We expect to receive a Certificate of Occupancy by the end of May. Plans are now being put in place to move permanently back in to the new facility, which is expected to occur in mid-June. Photos of the construction progress can be viewed on the town's website www.westford.com. Our plans are to return to the renovated and expanded Cameron Senior Center in mid June. There is not a set date at this time because we still have some work to do and an occupancy permit to obtain. Please be patient with us during our transition back. We expect a delay in obtaining telephone

and internet service and apologize for any inconvenience.

HEAT STRESS

To avoid heat stress this summer:

Use head protection (hats, umbrellas)	Stay inside during hottest time of day
Avoid exertion	Drink plenty of fluids
Take cool showers or baths	Wear light weight & light color clothing

Symptoms to be aware of:

Fatigue	Nausea
Confusion	Dizziness
Throbbing headache	Rapid Heartbeat

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 by the equipment supplier on proper use of our new fitness equipment at Cameron. We anticipate, with enough volunteers, one hour per week of your time. Contact Angela at 978-692-5523 or agagne@westfordma.gov. We are gathering volunteer names so we can be ready to begin when the equipment arrives this summer.

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.

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 and will be accepting clean items in good to excellent condition between the hours of 9–11 A.M. and 1– 3 P.M. 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.

WOMEN’S BREAKFAST

The first Thursday of every month will be our Women’s Breakfast Series. The next breakfast will be on **June 3rd at 8:30 AM** at the Senior Center, 10 Church Street in the lower level of the United Methodist Church (rear entrance). Dr. Carla LeClerc from Westford Chiropractic will be our guest presenter speaking about Sleep and why it is so vital to your health and how you can learn to get a good night’s sleep, the natural way. Please sign up for the breakfast by calling 978-692-5523 to reserve your space. A donation is welcomed. ****Please note: there will be No Women's Breakfast in July.**

RESTAURANT REVIEW

Ladies, be sure to mark your calendars for our next outing on **Wednesday, June 30th at 11:30 AM at Princeton Station, 147 Princeton St., 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.

DID YOU KNOW???

With summer upon us be sure to protect yourself from ticks! According to the Massachusetts Dept. of Public Health a single tick can spread the following diseases: Rocky Mountain Spotted Fever, Tularemia, Lyme Disease, Babesiosis and Anaplasmosis. Ticks are bloodsucking external parasites that feed on humans, wild and domestic mammals. They are totally dependent on the blood/tissue fluids of the host. The longer an infected tick feeds, the greater the chance of infection. So, be sure to check yourself daily especially after working in your yard. Remove the tick as soon as possible. Use fine point tweezers to grip the mouthparts of the tick as close to the skin as possible. The tick should not be squeezed or twisted but pulled straight outward with steady gentle pressure. You may want to save the tick in a jar for identification and analysis. Be sure to note where on your body the tick was removed from and notify your health care provider, especially if you develop flu like symptoms, fever, rash, headache and/or achy joints. Preventive measures include: using repellent with DEET, wearing long pants and long socks in the yard/woods and checking yourself regularly. For further information refer to the Mass. Department of Public Health at 888-658-2850 or go to their website at:

www.mass.gov/dph/cdc/epii/lyme/lymehp.htm

FINANCIAL INFORMATION

TAX WORK PROGRAM – FY 2011

The new tax work program starts again on July 1st. The Council on Aging administers the Senior Tax Program. All seniors 60 years and over who own the residence they live in and pay real estate taxes can be assigned to work 100 hours for \$800 tax rebate. This will be subject to Federal Taxes. Twenty-five slots will be available for FY '11. No check is ever issued to the individual. A job match is found based on your skills/talents and placements are made for work in a Town Department or in a school situation. All work must be completed by March 31, 2011. If you would like to receive an application please call 978-692-5523. All completed applications and a copy of your latest Real Estate Tax bill must be at the Senior Center by **June 18, 2010.** You will be notified of acceptance into the program. Those assigned to a Town Department can start work July 1st. School assignments will begin with the opening of school in the fall. All questions about this program should be directed to Dorothy, Tax Work Program Coordinator, by calling 978-692-5523. **You are considered independent contractors subject to federal tax and entitled to no Town employee benefits and present no liability to the Town.**

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 your 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 **June** are as follows:

- ❑ The third **Monday, June 21st** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, June 16th** and the third **Thursday, June 17th** 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. At this time the food pantry would like to reduce food donations until we move back to Cameron this summer. Thank you.

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.

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 – 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 at the pro shop prior to your teeing off. This program is available from May thru October 2010.

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 Coordinator at 978-692-0803 for a brochure or to arrange for a FREE day.

SENIOR CITIZENS ARTISTIC 2010 HOLIDAY CARD CONTEST!

The 14th Annual Senior Citizens Artistic Interpretation of the State House Holiday Card Contest, open to all citizens over the age of 62, is accepting entries through July 1, 2010. The theme of the 2010 contest is "December Holiday at the State House". If you are interested more information is available at the Senior Center front desk.

COOKOUT

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.*

CAMERON CRAFT CORNER

Please come to the Women's Breakfast on **Thursday, June 3rd at 8:30 AM** to hear a presentation by Laura on card-making with rubber stamps using different mediums. Come share your ideas with others for creative crafts you would like offered upon our return to Cameron!

ACTIVITIES

Please check with your instructor for class cancellations and location while we move back to Cameron.

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

BINGO – Fridays, 6:45-9 PM. Doors open ½ hour early. *When we return to Cameron Bingo will return to Thursday night with transportation. Call the transportation line at 978-399-2322.*

BOOK DISCUSSION GROUP

On Monday, June 14th the Cameron Book Discussion group will meet at 10 AM to discuss the novel, “Handle with Care”, by Jodi Picoult. Copies of the current discussion book are available at the Library. During renovations, the meetings will take place at the J.V. Fletcher Library. We hope to have the book discussion move back to Cameron in July.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesday, June 9th 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

We will have our monthly Men's Breakfast on **Tuesday, June 8th at 8:00A.M.** at our location at the United Methodist Church. We're planning a casual, "continental breakfast" for that morning since we will be in the process of packing and getting ready for our move back to the Cameron Senior Center but we're hoping everyone will still attend as usual. Please sign up for breakfast

at 978-692-5523 or e-mail at jramirez@westfordma.gov.

A donation is welcomed.

****Please note: there will be No Men's Breakfast in July or August, but we will return in September at the Cameron.**

WOMEN’ BREAKFAST – Our Women’s Breakfast will be held on **Thursday, June 3rd at 8:30 AM.** *Reservations are a must at*

978-692-5523. A donation is welcomed.

****Please note: there will be No Women's Breakfast in July.**

CONTRACT BRIDGE

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

DUPLICATE BRIDGE

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

BUSY FINGERS – This group meets every Monday & Wednesday, 1-3 P.M. to make knitted and crocheted items. Great conversation!

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

CRIBBAGE

Meets every Wednesday from 1 to 3 PM.

CURVES

Westford Curves is proud to offer senior women the ability to join our club at not cost to you under the Silver Sneakers program. They have women members from ages 18 – 88. They pride themselves in offering a fun, safe, clean and homey environment to those women who would like to begin or maintain their health and wellness routines. Curves

low impact, resistance training provides a great strength and cardio workout in 30 minutes no matter what your age! Just bring in your medical coverage member card and we will be happy to check your eligibility for the Silver Sneakers program. If you are not eligible under your medical coverage, we offer a generous Senior Discount membership! Come in and see us today at 270 Littleton Road or call 978 392-0089 for more information.

DANCE MOVEMENT FITNESS

Monday's from 10:30 to 11:15 AM. Join us for a sample of basic rhythms 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.*

“FITNESS CHEER” Chair Movement -

Tuesday and Thursday 10:40–11:25 A.M.

This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity, breathing techniques, stretching, toning and gentle core muscle workout. Hand weights and stretch bands maybe used and are provided as well as optional for the participant. The fee is \$3.00 per class.

FITNESS 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 TABLES

Are available for your use Monday-Friday 8 AM -4 PM. *Pool Table will be at Cameron when we open our doors in mid June.*

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

Will return to Cameron Senior Center this Summer.

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, June 2nd 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 August 4th.

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, **June 8th 9:30-10:30 AM** with the Board of Health.
- Fourth Wednesday of the month, **June 23rd 8-10 AM** with the Lowell VNA.

MEDICAL EQUIPMENT-

Many of you have borrowed medical equipment through our loaner program and have asked about returning items. Even though we will be returning to the Cameron in June please continue to hang onto your equipment at home a little bit longer so that we can settle in and unpack. **We will announce when we are ready to begin accepting medical equipment again.** In the meantime, if you have equipment that you are done with please call the main desk and we will put your name on a list. When we get calls seeking supplies we will call you to make arrangements for pick up. Please call 978-692-5523 and thank you for your patience during this time.

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, June 14th and Thursday, June 24th.

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

We are very excited about our move into the newly renovated Cameron center and hope you will come see us in your new building! After you've checked out the new kitchen, new library, new fitness room and other great space, be sure to stop in and see me in an office at the very front of the building. Though we will be in transition and living out of boxes during June, I will continue to do my best to return your calls and emails and help you meet your needs. Please come visit and feel free to call Annette 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, 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

ATTENTION ALL

TRANSPORTATION RIDERS! WHEN BOARDING YOUR VAN FOR YOUR RETURN TRIP HOME, BE SURE IT IS THE WESTFORD VAN! All Road-Runner vans look similar; please identify yourself to your driver. Thanks to the quick thinking of the Westford COA, the Westford, Lowell, and Dracut Police, as well as the LRTA, a dangerous situation was averted during the month of May. One of our clients mistakenly boarded the wrong bus, and we were able to locate the client

with the help of these agencies. **Please know, the Transportation Department at the Westford COA will NEVER LEAVE YOU STRANDED.** If you own a cell phone, please enter 978.692.5523, the main number for Cameron. Call this number if you feel your van is late or even if you are early. The person at the desk will reach the dispatcher and your van will be located. ***We ask that you please allow 30 minutes on either side of your pick up and return time.*** We travel in Westford as well as all surrounding towns. **During the month of June we will be going to the Burlington Mall on Monday, June 28th.** *Call for a reservation! We need at least 4 people! We will not be going to the Pheasant Lane Mall in June.*

A van regularly goes to Market Basket on Wednesday's. Currently, there a few openings! Secure your spot on the van as soon as possible! Also, Monday mornings and Wednesday afternoons have fairly light ridership; keep this in mind when you book your medical appointments. Rides are booked on a first-call basis, so **call the transportation desk at 978-399-2322** as soon as you know you will need a ride. The round-trip ride is \$3 in Westford, \$4 for surrounding towns, and \$6 outside the area. If you need to **cancel on the day of your ride**, please call the front desk at 978-692-5523. Save your gas and ride with us!

COMPANION & RESPITE CARE

For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call Jodi at the Chelmsford Senior Center at 978-251-8491.

MISCELLANEOUS

THANK YOU, THANK YOU!

To the Westford Police Association for their generosity to the seniors of Westford as they hosted a delicious Spaghetti Dinner!

Everyone enjoyed the fun filled evening that was capped off with a raffle (prizes donated by local businesses) and Bingo.

GAINING GROUND VEGETABLES

Again this year vegetables will be brought to the Cameron on Thursday afternoons from Gaining Ground in Concord. We will also have, some weeks, bread from Nashoba Brook Bakery in West Concord. This program should start sometime in late June. *We ask that prior to taking vegetables and bread you sign the registration form that will be on the table.*

ESMV GOLF TOURNAMENT

The Elder Services of the Merrimack Valley will be having its 2010 Annual Golf Tournament on Thursday, June 10th at Meadow Creek Golf Club in Dracut, MA.

This year there is the addition of a new “all inclusive” entry fee to give players access to all games and contests. The shotgun start is at 8:00 AM. For registration and more information go to their website

www.esmvgolf.com

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.

EMPLOYEE OF THE MONTH

Congratulations to **Marie Lawrence** our June employee of the month. Marie is our Nutrition Site Manager; she does a great job making sure that all who wish to receive a meal on wheels or come to the Senior Center for lunch receives a hot and nutritious meal. **Thank You, Marie!**

PAT ON THE BACK WINNER

Congratulations to Tina Lamy our June Pat on the Back winner. During an emergency situation in transportation, Tina was reliable, confident and composed throughout. **Thank You, Tina!**

Please feel free to nominate someone you want to thank for his or her volunteer work.

WISH LIST

We would ask that at this time if there are any donations that you would like to make if you could please wait until **after** our move back to Cameron. *Thank you for all your support.*

INDIAN HILL MUSIC

BACH'S LUNCH' CONCERT: Indian Hill Music School's monthly faculty series concludes its season with an all-time favorite, the Justin Meyer Swing Trio: **TWO SHOWS - Thursday, June 17th at 11 AM and 1:30 PM**, 36 King Street, Littleton. Coffee, tea and cookies served; bring your lunch. FREE and open to the public. For more information on this event or other planned events in June call (978) 486-9524 or visit www.indianhillmusic.org.

DAY TRIPS

Call 978 692-5523 for reservation and information on the following trips.

Payment is due upon signing up for a trip.

Please only register for self and spouse/companion for the trip.

Transportation departs and returns from the parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

Tuesday, 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 (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.

EXTENDED TRIPS

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

July 4, 2010 "James Taylor and Carole King at Tanglewood", Fireworks Too! Cost, Shed Seating - \$169 p/p and Lawn Seating - \$139 p/p.

July 7th – 10th, "The Boston Red Sox vs The Toronto Blue Jays", 4 days/3 nights. Valid passport required as of June 1, 2009. Cost is \$499 p/p double occupancy; \$649 p/p single.