

*The Cameron Senior Center and the Westford Council on Aging telephone number is 978-692-5523.
MISSION STATEMENT: The mission of the Council on Aging is to promote physical, emotional,
and economic well-being of older adults and to promote their participation in all aspects of
community life.*

COUNCIL ON AGING STAFF

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

**COUNCIL ON AGING
BOARD MEMBERS**

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

**FRIENDS OF THE CAMERON
OFFICERS**

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

REMINDER – DAYLIGHT SAVINGS

On Saturday Evening, **March 13th**, you will need to change your clocks; they should **Spring** forward by **one hour**.

We would also remind you to check your smoke/carbon monoxide alarms. Each Spring and Fall the Council on Aging and Westford Fire Department partner to assist seniors who need help changing their smoke/carbon monoxide detector batteries. If you need assistance and would like to be put on a list for battery replacement, please call 978-692-5523 and you then will be notified when the Fire Department is available. Please note that smoke detectors should be replaced every ten years.

ST. PATRICK'S DAY LUNCHEON

Wear your green and come out and join us for our annual **St. Patrick's Day Luncheon on Tuesday, March 16th, from 10:30AM – 2:30 PM (new ending time, pending additional entertainment confirmation)** at the Franco American Club. We will be having a corned beef and cabbage dinner provided by The Inn at Robbins Brook. You need to be seated for lunch by 11:45 AM. Entertainment will be Laurel Martin, a master Irish fiddler and Kate Chadbourne who plays the harp, flute and sings. They are both well versed in Traditional Irish & Celtic music. They come to us through Indian Hill Arts. "This program is supported in part by a grant from the Westford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency." Reserve your seat by March 8th at 978-692-5523; a \$7 fee is due at registration.

CENSUS

This month Federal Census forms will be delivered to every residence. When you

receive yours just answer the ten short questions and then mail the form back in the postage paid envelope provided. If you don't mail the form back you may receive a visit from a census worker, who will ask you the questions on the form. Any personal data you provide is protected under federal law. Census forms are not mailed to post office boxes. If you do not receive a form call the Telephone Questionnaire Assistance Center at 1-866-872-6868. The 2010 Census will help communities receive federal funds each year for things like:

- ✓ Schools
- ✓ Senior Centers
- ✓ Bridges and other road projects
- ✓ Emergency Services
- ✓ Hospitals

The data collected by the census also helps determine the number of seats your state has in the U.S. House of Representatives.

CAMERON SENIOR CENTER UPDATE

Construction of the Senior Center Addition and Renovation Project continues to proceed along on schedule. The building is now starting to take shape as all of the interior partition walls have been completed. The office staff has had an opportunity to see what their new offices will look like. All of the old drafty windows have been replaced with energy efficient insulated windows that match the old ones. The new addition is mostly completed along with the large multi-purpose room. Upstairs, the new classrooms and fitness rooms have been completed in the addition and the existing classrooms in the old building have been renovated. A new porch has been constructed off the rear of the addition that provides fantastic views of Forge Pond.

The project has reached the stage where we are starting to select the final colors, finishes, and furniture. We are fortunate to have Leslie Thomas volunteering her time and expertise to work

with the staff to select the paint, carpet, flooring, and other finishes.

We are optimistic that construction will be completed by early spring. Photos of the construction progress can be viewed on the town's website www.westford.com.

THANK YOU TO VERIZON!

The Verizon Foundation donated \$10,000 to the Friends of the Cameron Senior Center to benefit the Council on Aging in its effort to provide a series of free computer literacy and Internet safety classes. With the renovation and expansion of the Senior Center these funds will focus on educating older adults on how to become computer literate and how to safely explore the Internet by helping them connect to the digital age.

VOLUNTEER CORNER

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

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

THRIFT AND GIFT SHOP: Volunteers will meet on **Thursday, March 25th at 1:30PM.**
FRONT DESK GREETERS AND TELEPHONE COVERAGE

VOLUNTEERS: will meet on **Thursday, March 18th at 12:30 PM.**

FITNESS ROOM VOLUNTEERS: are needed to monitor room and use of the equipment so no one exercises alone. First organizational meeting will take place on **Thursday, March 25th at 12:30 PM.**

WOMEN'S BREAKFAST

The first Thursday of every month will be our Women's Breakfast Series beginning April 1st at 8:30 AM at the Senior Center, 10 Church Street in the lower level of the

United Methodist Church. Guest presenter will be on hand at 9 AM to share information with everyone. Please sign up for the breakfast by calling 978-692-5523 to reserve your space.

HOME REPAIRS OR YARD WORK - "FAITHWORKS – 2010"

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

RENTAL HOUSING OPTIONS FOR SENIORS IN WESTFORD

The Westford Housing Authority currently manages 73 units of State-subsidized elderly/disabled rental housing at two locations in Westford. Forty-eight units can be found at 65 Tadmuck Road and 25 units are in the Graniteville section of town. An applicant must be over the age of 60 (or have a long-term disability) and cannot have an annual income over \$44,800 for a single person and \$51,200 for a couple. Rents are based on your income, minus certain medical deductions for the previous year. Your rent includes all utilities except phone and television. All units are one bedroom and six of the apartments are handicapped (wheelchair) accessible.

In addition to the State-subsidized housing the Authority also manages 36, one-

bedroom units of Federally-subsidized housing at 67 Tadmuck Road. This building opened last April and consists of two floors with an elevator. Four of the units are handicapped (wheelchair) accessible. To be eligible an applicant must be over the age of 62 and cannot have an income that exceeds \$30,950 for one person and \$35,350 for two people. Rent is based on income minus medical deductions and once again, the Housing Authority pays the utilities except for phone and television.

In both programs, you may apply if you currently own a home. If you would like more information about the Authority's housing programs, please feel free to call us at 978 692-6011.

WISDOM WORKS

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

RESTAURANT REVIEW

Ladies, be sure to mark your calendars for our next outing on **Wednesday, March 31st at 11:30 AM at the Glenview Restaurant at 248 Princeton Blvd in 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. If you have restaurant

suggestions please contact Annette at 978-399-2326.

DID YOU KNOW???

NEW CREDIT CARD REGULATIONS

The Credit Accountability Responsibility and Disclosure (CARD) Act is a credit card reform bill that was signed into law and becomes effective on February 22, 2010.

This law provides new protections for consumers such as:

- Cardholders will be given 45 days notice of interest rate increases
- Elimination of Universal Default – credit card issuers can no longer increase the interest rate on one card if a customer misses a payment on another card
- No interest rate increases can occur during the first year or on existing balances
- Card issuers must wait until payments are 60 days late before charging penalty increase rates
- No more fees for payment by phone or online

For additional information regarding the law and its impact please call the Consumer Advisory Hotline at 1-888-283-3757 or visit the website at www.mass.gov/consumer

FINANCIAL INFORMATION

INCOME TAX HELP

Hal, the volunteer tax expert, is back this year to help you complete your 2009 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 tax forms that are needed to be filled out – you do not need to bring any blank forms with you. If you are only filing a Massachusetts return for the Circuit Breaker refund it is important to mention that when you call for an appointment.

CIRCUIT BREAKER 2009

- Maximum credit: \$960

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

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

If you would like more information about this law, please contact the Massachusetts Department of Revenue's Customer Service Bureau at 1-800-392-6089. We encourage all to file taxes for 2009. You must file income tax to benefit for this credit even if you do not owe state income tax.

FUEL SAVINGS PROGRAM!

Are you in need of assistance with paying your oil bill? We are working with Concord Oil and JA Healy & Sons Oil Company to help with the cost of your heating oil again this winter. If you are currently heating with oil and a member of your household is age 65 or over, we would like to help. This program is not for everyone. It is for those who are struggling to pay their fuel bill along with other bills.

It is as easy as one, two, three: (1) Complete "Friends of the Cameron Senior Center" Fuel Savings application (2) Include a donation of \$10.00 made payable to The Friends of the Cameron Senior Center (3) Advise as to which oil company you currently use. You will receive a discount of .12 cents per gallon in addition to any other Senior Citizens discounts that apply

from your dealer, once your application is reviewed for eligibility by the Council on Aging. If you are currently a customer of another oil dealer, please give Joanne a call with the name of your oil dealer and she will contact them to see if they would like to participate in the Fuel Savings Program. We will try to assist as many residents as possible. Call us at 978-692-5523 or stop in at the Senior Center today for your Fuel Savings application.

FUEL ASSISTANCE

Fuel Assistance income eligibility guidelines are: annual income for a household **family size of one - \$29,126 and family size of two – 38,087**. Appointments for new applications are now being scheduled. Call 978-692-5523 to set up a 45 minute appointment. You may qualify for heating repairs or cleaning along with energy saver appliances. When you call to schedule your appointment ask for the additional information that you will need to be mailed to you.

CITIZEN'S ENERGY

If you are in need of fuel oil please take advantage of the Joseph Kennedy Fuel Oil Program. You do not have to be on fuel assistance to qualify for this program. If you are on fuel assistance, you must use up your fuel assistance allotment before applying for the Citizen's Energy Program. Call Community Teamwork at 978-459-6161 and ask for the Citizen's Energy Program. They provide a one time delivery of 100 gallons of oil at 40%. Inquire early there is a limited supply available.

GOOD NEIGHBOR ENERGY FUND

The fund is available to any qualified Massachusetts resident who is not eligible for state or federal fuel assistance, but due to financial difficulty, cannot meet a month's fuel expense. A one time payment of \$300 is

available. To qualify, an applicant's gross household income must fall within these ranges:

2009-2010 Guidelines for a family of:

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

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

FREE ENERGY

If you are approved for Fuel Assistance, you may also qualify for the following free energy program: **Weatherization:** Renters (excluding heat included in rent) and homeowners are eligible for this program. You may qualify to have free insulation, weather-stripping and air sealing added to your home by Community Teamwork, Inc. approved contractors. All weatherization work is inspected by CTI'S Energy Advisors. For more information and to determine if you qualify call CTI at 978-459-6161.

FINAL CALL FOR TAX WORK 2010

Tax work hours must be completed by **March 31st**. Your 100 hours must be signed by the department head and brought to the COA. If you will not have your hours completed by the 31st please notify Dorothy at the COA at 978-692-5523 as soon as possible.

FOOD PANTRY

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

- ❑ The third **Monday, March 15th** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, March 17th** and the third **Thursday, March 18th** from 8:30-11:30 AM

MEALS ON WHEELS

Are you homebound, age 60 and over, and unable to prepare a hot meal? Let us assist you Monday through Friday by delivering meals to your door around noontime. Call 1-888-892-0890 for more information.

LUNCH

The Merrimack Valley Nutrition Program provides anyone age 60 and over, or couples with one partner having reached the age of 60, with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-692-5523 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, April 12th, from 10:00 – 11:00 AM** to answer any questions or concerns you may have regarding real estate matters. Please sign up by calling 978-692-5523. Refreshments will be available.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, March 17th from 9:30 – Noon** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

SENIOR GOLF

Maynard Country Club on Route 27 is providing us the opportunity to play weekday golf at a group rate from May thru October. Nine holes of golf with electric cart for \$25 per week. Tuesday tee time of 8:30 AM; arrive early to make up your foursome. Attend a planning meeting on Tuesday, April 13th at 9:30 AM at the temporary home of the Westford Senior Center, 10 Church Street in the basement of

the United Methodist Church (rear entrance). Men and ladies are invited and we will decide how to implement this at our spring meeting. Please call us at 978-692-5523 to register for the April meeting.

ROUDENBUSH ADULT SOCIAL DAY PROGRAM

This program runs five days per week, Monday-Friday, 8:30 AM – 3:30 PM with door to door transportation by private van. We serve hot lunch and AM & PM snacks. Activities: coffee/conversation, discussion time, morning/afternoon activity time including word games, cooking, crafts, music, cards, video program, exercise, arm chair travel, movies and monthly mini field trips and more. Visit www.roudenbush.org or call the Coordinator at 978-692-0803 for a brochure or to arrange for a FREE day.

WESTFORD RECREATION PENPALS

Westford Partnership for children Afterschool Program is interested in partnering with seniors as pen pals with elementary school age children. If you are willing to correspond with these individuals for the remainder of the school year it would be appreciated. Please call us with your name, address and phone number at 978 692-5523. We will share your name and address with the program director.

CAMERON CRAFT CORNER

As we eagerly await the move to our new Senior Center, we are looking to gather all crafters for their innovative ideas and skills. Please come to an informational meeting on **Thursday, April 1st at 12:30 PM** where your fellow crafters will exchange ideas and suggestions for new activities. Feel free to bring samples of what you would like to teach or be taught! Please call Laura to sign up for this informational meeting at 978-399-2322.

ACTIVITIES

AEROBICS with Elaine Wednesdays at 9 AM and Fridays at 8:30 AM. The fee is \$3.00 per class. **Classes will resume on March 10th.**

BINGO – Fridays, 6:45-9 PM. Doors open ½ hour early. **In case of inclement weather, call before 4 P.M. at 978 692-5523.**

BOOK DISCUSSION GROUP

On Monday, March 15th the Cameron Book Discussion group will meet at 10 AM to discuss “My Life in France”, by Julia Child. Copies of the current discussion book are available at the Library. During renovations, the meetings will take place at the J.V. Fletcher Library.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesday, March 17th at 10:45AM.**

BOWLING

Wednesdays at 9:15 AM at Brunswick Lanes in Lowell. Call Mary at 978-692-6867 for more information.

MEN’S BREAKFAST

Our next monthly Men’s Breakfast will be held on **Tuesday, March 9th at 8:00AM.** The presentation will be “**Protecting Your Nest Egg**” by Cathleen Summers, RN, JD of Summers, Summers & Associates, P.C. Please sign up for the breakfast by calling 978-692-5523 or e-mail at jramirez@westfordma.gov. We look forward to seeing you here. ****Please note our weather policy**** – if the Westford School system is closed or delayed, our building will be closed and this breakfast will be cancelled, but, we hope to see you next month.

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

Returns on **Monday, March 15, 2010** from 10:30 to 11:15 AM. Join us on that day for a sample of basic rhythms emphasizing cardio, stretching, balance, and grace. A dance to remember favorites. No equipment is used; however, chair support is available. Classes are taught by Debbie Chase who is a nationally certified instructor - BS/MA CPT.

“FITNESS CHEER” Chair Movement - Tuesday and Thursday 10:40–11:25 A.M.
This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity, breathing techniques, stretching, toning and gentle core muscle workout. Hand weights and stretch bands maybe use and are provided as well as optional for the participant. The fee is \$3.00 per class.

MAH JONGG

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

MUSIC MAKERS

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

OPEN STUDIO

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

POOL TABLES

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

SCRABBLE

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

TAI-CHI

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

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, April 7th at 1:00 PM**. The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date will be June 2nd.

MEDICAL INFORMATION

BLOOD PRESSURE & MORE:

These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at **Senior Center**. Dates and times are:

- Second Tuesday of the month, **March 9th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **March 24th** 8-10 AM with the Lowell VNA.

SHINE

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Senior Center at 978-692-5523 and leave your name and phone number. The next scheduled dates are Monday, **March 8th** and Thursday, **March 25th**.

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, March 15th, from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

DENTAL HYGIENE CLINIC

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

OUTREACH

As one gets older, various challenges may arise. Challenges may include: limited income and rising costs, health concerns, maintaining your home, loss of loved ones and others unmentioned. Here at the senior center we may have knowledge of resources that could ease some of your concerns. Don't wait to contact us for assistance either over the phone, in the office or at your home. You aren't alone... we can help! Contact your Outreach Coordinator, Annette at 978-399-2326 or email her at acerullo@westfordma.gov

HOARDING PROGRAM

Elder Services of the Merrimack Valley (ESMV) has a Hoarding Outreach Program to assist elders living amidst clutter and disorganization. If you or someone you know is impacted by their living conditions and is seeking information, please consider attending a **seminar on March 10th, from 9:30 - 11:30 AM** presented by ESMV at 360 Merrimack Street, Bldg. 5, Lawrence MA. Call ESMV at 800-892-0890 to register.

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 March 24th For more information contact The Inn at Robbins Brook at 978 264-4666.
- ✓ **ALZHEIMER'S CAREGIVER SUPPORT GROUP** meets the second and fourth Monday of each month from 1:00 – 2:30 PM at the Chelmsford Senior Center. For more information call 978-251-8880.
- ✓ **BEREAVEMENT SUPPORT GROUP** "You Are Not Alone" meets at the J.V. Fletcher Library, 50 Main Street, Westford. The group meets on the second and fourth Thursday from 7-8 PM. Contact Cathy at 978-692-7424.
- ✓ **PARKINSON'S SUPPORT GROUP** meets the first and third Wednesday of each month, from 2 – 4 PM at John Cummings Building, Donaldson Room at Emerson Hospital. For information contact Jerry at 978-443-5742 or joconnell@bentley.edu.

TRANSPORTATION

Due to an increase in ride requests; we ask that you please allow 30 minutes on either side of your pick up and return time. We travel in Westford and to all of the surrounding towns, as well as Lowell, Concord, Ayer and Billerica. If school is cancelled due to inclement weather our van **will not** be on the road. **During the month of March we will be going to the Pheasant**

Lane Mall on the 8th and on the 22nd.

Rides are booked on a first come basis, so call the **transportation desk at 978-399-2322** as soon as you know that you will need a ride. The round trip ride fees are \$3 in Westford, \$4 for surrounding towns and \$6 outside the area. If you need to **cancel on the day of your ride** please call the front desk at 978-692-5523 so that the driver can be notified. Save your gas and ride with us!

COMPANION & RESPITE CARE

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

MISCELLANEOUS **WALK FOR HUNGER**

The Greater Lowell Good Friday Walk for Hunger will take place on **Friday, April 2nd**. Many charities benefit from the walk, including the Westford Community Food Pantry. For more information and/or to donate call 978-256-3539 or go to www.westford.com/walkforhunger.

GAY NINETIES CELEBRATION

The Council on Aging is pleased to once again sponsor our annual Gay Nineties Celebration on **Tuesday, May 18th from 10:30 AM – 2:30 PM** at the Franco American Club. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 A.M., along with raffles and entertainment.

Advance registration is necessary, at 978-692-5523 before May 10th. If you were born in 1920 or earlier please indicate your birth date when registering so you can be

acknowledged. Our honored Westford guests age 90 and over are welcome to bring a guest and they will be seated at your table. Transportation is available. All Westford seniors are invited. There is no charge for this special event. "This program is supported in part by a grant from the Westford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

GARDEN PROJECT

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

EMPLOYEE OF THE MONTH

Congratulations to **Laura Mathis** our March employee of the month. Laura is our new Lead Van Driver and Dispatcher and has done a great job getting everyone scheduled on our busy vans. **Thank You, Laura!**

PAT ON THE BACK WINNER

Congratulations to Jen Simeone our **March** Pat on the Back winner. Our Friday Bingo players really enjoy and appreciate her delicious homemade goodies to eat while they are playing bingo. **Thank You, Jen!** Please feel free to nominate someone you want to thank for his or her volunteer work.

WISH LIST

We are in need of napkins, 5 oz. and 7 oz. cups. Thank you for all your support.

INDIAN HILL MUSIC

BACH'S LUNCH' CONCERT: Indian Hill Music School's monthly faculty series presents celebrated vocalist Nancy Howells

singing all about love, from classical to cabaret: **Thursday, March 18th, Noon - 1 PM**, 36 King Street, Littleton. Coffee, tea and cookies served; bring your lunch. FREE and open to the public. For more information on this event or other planned events in March 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, March 9th - “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, March 24th – “Boston Flower Show” Depart with Fox Tours from the Franco American Club at 8:30 AM. Tour includes admission to the Boston Flower Show, full course luncheon at Maggiano’s and a sightseeing tour of the ‘new’ Boston, featuring the Rose Kennedy Greenway. The cost of this trip is \$71 p/p which is all inclusive.

Wednesday, April 14th – “My Fair Lady”
Depart with Buckingham Motor Coach from the Franco American Club at 12 Noon. Arrive at Stoneham Theatre for the show at 1:30 PM. Show time is 2-4 PM. Depart for home right after the show. The cost of this trip is \$49 p/p which is all inclusive.

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

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

EXTENDED TRIP

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

March 21-23, 2010 “Atlantic City, Hilton Hotel and Casino”, Round trip motor coach provided by Ritchie Bus Lines departs from Franco at 7 AM. \$20 in coins and \$20 in food credit, discount coupons/ souvenir. Cost is \$185 p/p double occupancy. Singles cost is \$265. Payment is due immediately.

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