

*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*

MEMORIAL DAY

The Memorial Day Services are on **Sunday, May 30th**. Meet at the Cameron Senior Center, 20 Pleasant Street at 8:00 AM, coffee and donuts will be available prior to the start. The Hour of Remembrance will be at the Town Common at 11 AM. Parade and services are at Noon. Rain date will be May 31st.

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 chicken lunch served around 11:30 A.M. along with raffles. Our entertainment will be a vocal quartet called **“Senior Class”** who perform mostly in the barbershop style. **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.

CAMERON SENIOR CENTER UPDATE

Construction crews are now busy trying to complete the construction of the Senior Center Addition and Renovation Project. All of the different sub-trades are working to apply the finishing touches to both the inside and outside of the building. It is exciting to see the walls have been painted, the floors are being finished, and very soon the

remaining site work will be completed. Within the next several weeks the building exterior will also be painted. We have selected a color scheme that will be similar to the Sargent School. The contractor is targeting completing the majority of the construction by the end of April so that the building can be occupied by early June. This means the project will be completed slightly ahead of schedule!

The Council on Aging and Staff with the help of Volunteer Leslie Thomas will have a busy couple of months ahead of them as we make the final selections for furniture, exercise equipment, and building finishes. In addition, planning will now begin to move the staff permanently back in to the new facility. Photos of the construction progress can be viewed on the town's website www.westford.com.

As of April 15th our plan is to be moving back to Cameron around June 15th. When we are in the processing of moving there might be some disruptions such as phone, email and possibly our newsletter. Our goal is to be up and running as soon as possible. Thank you for your patience as we move back to our new and renovated Cameron Senior Center!

SPRING CLEAN UP – LAST CALL

We are in the process of matching up seniors with volunteers for yard clean up requests received in April. **Requests will be accepted until May 15th**. We will do our best to find volunteers to assist you i.e. a scout group, church group and/or Westford Academy students. Please know that much of our success depends on the number of volunteers that step forward to assist. If you would like to be put on a list for clean up or to assist others please call our front desk by May 15th at 978-692-5523.

LEAF COLLECTION

Acme Waste Systems will be collecting leaves **Saturday, May 8, 2010**. The cost is \$1.25/bag with a minimum charge of \$20.00 per pick up.

Put your leaves, grass clippings and pine needles into paper leaf bags and have them at the curb by 7 AM on Saturday morning. **You will pay Acme directly** by attaching a check payable to Acme Waste Systems to one of your leaf bags on collection day. Call the Town Clerk's office at 978-692-5515 to register for the leaf pickup.

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. Two to four hour weekly shifts starting late summer. Contact Angela for an application at 978-399-2330 or agagne@westfordma.gov

BONE BUILDER LEADER – Tufts Health Plan and CTI have joined forces to provide eight hour training in the area of fitness. Upon completion of the training you will be partnered with another leader to offer Bone Builders classes at the Senior Center twice weekly for a minimum of six months. To register for the eight hours of required training, which will take place on Monday, May 3rd, contact Angela at 978-692-5523 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.

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 **May 6th at 8:30 AM** at the Senior Center, 10 Church Street in the lower level of the United Methodist Church (rear entrance). Angela Rowe from Concord Travel will be our guest presenter and 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. A donation is welcomed.

BUSINESS FOCUS GROUP

TopicPhone(tm) from SIPTopics, Inc. is an intelligent, voice based service that simplifies access to businesses and business services for seniors and the visually impaired. The SIPTopics team is looking for focus group volunteers who would be willing to share with the team the key pain points that they face when using telephones to access businesses and business services. The opinions of this focus group will help drive the key capabilities that will be included in this new technology. Representatives from this company will be here at the Senior Center on Monday, May 17th at 1 PM *or* Friday, May 21st at 1 PM to hear your opinions and answer questions. You need to only attend one of the one hour sessions. Please register at 978-692-5523.

HEARING AID DRAWING

May being National Hearing Month; Rogers Hearing Aid Company is providing us with an opportunity to win a free hearing aid. To enter, stop at the Senior Center and drop your name in the box. A different winner will be drawn each day throughout the Merrimack Valley. Please realize that entering a contest may have you be the

recipient of a sales phone call from this company. Nothing in life is free anymore!

RESTAURANT REVIEW

Ladies, be sure to mark your calendars for our next outing on **Wednesday, May 26th at 11:30 AM at Scupper Jacks Rte. 2A, Acton.** 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???

The Social Security Administration has recently approved several dementias and early onset Alzheimer’s disease for the disability program compassionate allowances. This means that Social Security has determined that people with these diagnoses will always qualify for disability benefits. When people with these diagnoses file for Social Security disability benefits, they must show through their medical records that they have been diagnosed with the condition and then they will be processed on the “fast track” because their conditions “invariably” meet the disability requirements. For further information you can call Soc. Sec. at 1-800-772-1213 or go to the internet and check the following website:

www.ssa.gov/compassionateallowances

FINANCIAL INFORMATION

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 **May** are as follows:

- ❑ The third **Monday, May 17th** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, May 19th** and the third **Thursday, May 20th** 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, May 24th, from 10:00 – 11:00 AM** to answer any questions or concerns you may have regarding real estate matters. Please sign up by calling 978-692-5523. Refreshments will be available.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, May 19th 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.

DEPARTMENT OF VETERANS AFFAIRS

The Chaplin Service for Veterans, Father Sebastian Ugochukwu, Chief Chaplain, is extending an invitation for a Memorial Day

Service on Monday, May 31st at 10 AM in Chapel Building 81, 200 Springs Road, Bedford. All Veterans who passed away within the past year will be honored and each veterans name will be announced. Please RSVP at 781-687-2384/2385 by May 24th.

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.

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

The Senior Center will be closed on Monday, May 31st due to the Memorial Day Holiday. Confirm class dates with your instructors.

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

BINGO – Fridays, 6:45-9 PM. Doors open ½ hour early.

BOOK DISCUSSION GROUP

On Monday, May 17th, the Cameron Book Discussion group will meet at 10 A.M. to discuss “Wildflower: an Extraordinary Life and Untimely Death in Africa”, by Mark Seal. 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, May 19th 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 Men's Breakfast will be held on **Tuesday, May 11th at 8:00A.M.** Jim DiGiorgio – owner of Senior Helpers in Westford, will be speaking at this breakfast.

Jim recently completed a nine year restoration of a rare 1934 Hudson Convertible and has some great stories and photos to share about the rebuilding process as well as how persistence paid off in locating the many missing parts needed to complete this challenging project. Weather permitting, the car will be on display for us to enjoy after breakfast. Please sign up for the breakfast by calling 978-692-5523 or e-mail jramirez@westfordma.gov. If you have any questions you may call Judy at 978-399-2325. A donation is welcomed.

WOMEN' BREAKFAST – Our Women's Breakfast will be held on **Thursday, May 6th at 8:30 AM.** *Reservations are a must at 978-692-5523.* A donation is welcomed.

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. **Due to the Gay 90's Luncheon there will not be a class on Tuesday, May 18th only.**

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, 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, **May 11th 9:30-10:30 AM** with the Board of Health.
- Fourth Wednesday of the month, **May 26th 8-10 AM** with the Lowell VNA.

PRESCRIPTION ADVANTAGE BENEFITS

What you need to do to protect your Prescription Advantage Benefits if your resources are too high to qualify for Extra Help: To qualify for Extra Help, your assets cannot be more than \$12,510 for a single person or more than \$25,010 for a married couple. If your Resources are more than these amounts, you will need to complete a Verification of Resources form and return it to Prescription Advantage at address listed below. You will not be required to apply for Extra Help and your Prescription Advantage benefits will continue without interruption.

If your resources qualify you for Extra Help – you must re-apply for Extra Help.

You may apply by any of the following methods: **Contact Social Security:** Social Security can process your application over the phone or send you an application form. You can also apply for Extra Help on-line using Social Security's web site. Social Security can be reached at: 1-800-772-1213 1-800-325-0778 (TTY) on the web, www.socialsecurity.gov **Call Prescription Advantage Customer Service:** Prescription Advantage can help you apply for Extra Help over the phone. Please call: 1-800-Age-Info (1-800-243-4636), press 2, 1-877-610-0241 (TTY).

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, May 10th and Thursday, May 27th.

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, May 17th, from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

OUTREACH

The best part of my job is going out and meeting our seniors in town. Now that spring is here hopefully I'll see many of you in your yards or out walking. I try to visit different neighborhoods each week so I may drop by the next time I'm in your neck of the woods! Please call Annette at 978-399-2326 for a visit or any other assistance.

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

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. **During the month of May we will be going to the Pheasant Lane Mall on the 10th and on the 24th.** 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 TOWN VOTING

Don't forget to **Vote on Tuesday, May 4th**.

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

THE INN AT ROBBINS BROOK

Please join us at the Inn at Robbins Brook 10 Devon Drive, Rt. 27, Acton on Wednesday, May 12th at 7:00 PM for a special presentation and book signing with Dr. David Dosa, author of the New York Times best seller "Making Rounds with Oscar", *The Extraordinary Gift of an Ordinary Cat*. Refreshments will be served. **To reserve a seat please call 978-264-4666 or email mcapriccio@theinnatrobbsbrook.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.

SWISS TEAM BRIDGE TOURNAMENT

Will be held at the Billerica Senior Center, 25 Concord Road on **Tuesday, May 11th from 12:30 to 3:30 PM**. Open to all those 60 years of age or over. Space is limited; only one team from each Senior Center. No entry fee. For more information contact the tournament host Dominic at 978-663-6505 or Linda at 978-671-0916 ext. 222

EMPLOYEE OF THE MONTH

Congratulations to **Tina Lamy** our May employee of the month. She is our newest driver and transports our seniors to the Adult Day Program at Tadmuck. She is doing a great job. **Thank You, Tina!**

PAT ON THE BACK WINNER

Congratulations to **Linda Dureault** our May Pat on the Back winner. She is always willing to assist with extra office work such as folding papers, stuffing envelopes, and does it with a smile. **Thank You, Linda!** Please feel free to nominate someone you want to thank for his or her volunteer work.

WISH LIST

We are in need of gift cards that will be distributed on May 18th at our Gay 90's Luncheon. Thank you for all your support.

INDIAN HILL MUSIC

BACH'S LUNCH' CONCERT: Indian Hill Music School's monthly faculty concert

series presents a program of jazz standards, Broadway tunes, and hits from the American Songbook featuring popular vocalist Mary Crowe, pianist Evelyn Harris, and bassist Justin Meyer: **TWO SHOWS - Thursday, May 20th 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 May 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, 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 with vocalist Jeff Ramsey and featuring the steel band music of Trinidad highlighting Carnival Music and all the popular Calypso Tunes. Show, luncheon (choice of stuffed chicken breast or baked haddock), transportation and driver gratuity all inclusive cost for trip is \$72 p/p. Call the Center at 978-692-5523 for departure time.

Thursday, May 20th –“Jersey Boys”, the story of Frankie Valli and The Four Seasons, 7:30 PM show at the Providence Performing Arts Center with Fox Tours departs the Franco American Club at 5 PM.

You can get something to eat in the theatre area prior to the performance or bring your own. The cost for the show and bus including driver gratuity will be \$101.00 p/p.

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.