

The Council on Aging office hours are Monday to Friday 8:00 AM – 4:00 PM and the telephone number is 978-692-5523. MISSION STATEMENT: The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

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

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 29th**. Meet at the Cameron Senior Center, 20 Pleasant Street at 8:00 AM, coffee and donuts will be available prior to the start. All are welcome to attend our ceremonies. The Hour of Remembrance will be at the Town Common at 11 AM with the reading of the Honor Roll. Parade and services are at Noon. Rain date will be May 30th.

SUNDAY HOURS

The Cameron Senior Center is now opened on Sunday afternoon's for socialization; also the Fitness Room will be opened for those members who would like to come in to work out. Volunteers will staff the center and fitness room from Noon until 3 PM. Please bring your own lunch and something to share with others "Pot Luck" style. *Summer schedule may eliminate these hours.*

GAY NINETIES CELEBRATION

The Council on Aging is pleased to once again sponsor our annual Gay Nineties Celebration on **Tuesday, May 17th 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 by "The Upbeats". **Advance registration is necessary, at 978-692-5523 by May 6th**. If you were born in 1921 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.

VOLUNTEER APPRECIATION CELEBRATION!!!

We are very grateful to all of the volunteers that provide invaluable services and assistance to the Council on Aging and our Westford seniors. **We want to honor anyone that has volunteered their time here at the Cameron Senior Center or in the community supporting our seniors. ALL volunteers are invited! Please join us for a dessert social on Friday, June 10th from 1:00-3:00 here at the Cameron.**

Come meet some of our other wonderful volunteers, socialize and enjoy delicious treats and drinks. We couldn't do all we do without our volunteers! Please call the front desk at 978-692-5523 by June 1st to register so we have a head count. Many thanks!

CAMERON CLOSET

Please visit our Thrift Shop located on the second floor of the Cameron Senior Center. We are accepting spring and summer donations in excellent condition. New treasures arriving daily, but will only remain on the floor for 30 days, so don't miss out! Donations accepted daily Monday-Friday 8AM-Noon. Please check in at the front desk and we will be happy to help you unload at the back red door. Thank you for your cooperation.

RESTAURANT REVIEW

Ladies, mark your calendars for our next outing on **Wednesday, May 25th at 11:30 AM at The Elegant Café at Nashoba Valley Tech School on rte. 110, Westford.** There will not be a buffet but you can order from the regular menu. 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.

FRIDAY MOVIE AND POPCORN

Please join us on **Friday May 13th from 1-3 PM** in the Billiards Room on the second floor of the Cameron Senior Center. We will be showing "Eat Pray Love" starring Julia Roberts. It's a great way to spend an afternoon with friends. Refreshments provided. Please sign up by calling our front desk at 978-692-5523.

GENEALOGY CLUB

The Cameron Genealogy Club **will meet on Friday, May 13th from 9 – 11 AM in the Computer Room** at the Senior Center. This is offered by Patti and Bob from the Westford Historical Society. The Club is open to everyone. Call 978- 692-5523 to sign up. This is the last class until Fall.

VOLUNTEER CORNER

Volunteering at the Cameron is fun, meet new people and help out at the same time. We are seeking volunteers to help in the following areas, Fitness Room, Thrift Shop and a volunteer or two willing to pick up fresh produce at a farm in Concord every Thursday beginning in June through October, details to follow. For more information call Angela at 978-399-2330.

ANNUAL TOWN ELECTION

Don't forget to **Vote on Tuesday, May 3rd**. Polls will be open from 7 AM until 8 PM.

"FAITHWORKS 2011"

HOME REPAIRS or YARD WORK

Three local Methodist Churches are working together to offer a day of service on Sat. May 14th from 8 AM - 4:30 PM to local seniors who submitted project requests by the deadline in early April. If you are one of the recipients of this generosity you should have been contacted by the Faith Works coordinator Lori Evans. If you have not

heard yet from Lori, please call Annette at 978-399-2326. A great big “THANK YOU” goes out to these churches and volunteers for reaching out to our seniors.

EDUCATION AND SUPPORT PROGRAMS FOR CAREGIVERS

Are you a caregiver taking care of a spouse, parent, family member or friend? If so, you are invited to attend a series of 3 programs in May which address some specific issues that caregivers face from time to time. The programs will be offered at the Cameron Senior Center on Wednesdays from 6:00 to 7:30PM. Please call to register for these free programs at 978-692-5523.

- **May 4th** “How to Help Your Loved One Plan for the Future: Assisted Living and Healthcare Options” presented by Attorney Margaret Hoag, Eckel Law Offices, Acton
- **May 11th** “Coping with Depression and Other Challenging Behaviors in the Elderly” Dr. Charles Wasserman, Psychiatrist, Emerson Hospital, Concord, MA
- **May 18th** Alzheimer’s Association presentation: “Coping with Memory Loss and Alzheimer’s/ Caregiving Strategies.” The presenter Debra Katt-Lloyd, Manager, Northeastern MA / Merrimack Valley Regional Alzheimer’s Office.

CAREGIVER SUPPORT GROUP

Are you worn out? Let us know. For all the time you give.....give yourself some time. We are hoping to offer a free caregiver support group if enough people express an interest on one Wednesday a month from 6:00 – 7:30PM at the Senior Center. There will be a welcoming, relaxed, open discussion format with speakers tailored to individual requests of attendees. Please take a few minutes to contact us at 978-399-2325 or jramirez@westfordma.gov. By

offering your feedback we will create a program that serves your needs.

DO YOU HAVE CONCERNS ABOUT FALLING?

The Westford Council on Aging is proud to offer **A MATTER OF BALANCE**, an award winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. Participants are learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and learn exercises to increase strength and balance. This is an 8 week program which currently meets for 2 hours each week and has been very successful. We are hoping to offer the program again in the Fall if there is enough interest. There is no charge for this program, but regular attendance is expected. If you think you would like to participate in this program in the fall, please call our main number at 978-692-5523 and leave your name and phone number and we will look at scheduling it again in the September/October timeframe. You will be notified late summer if there is enough interest to confirm dates and times.

INTRO-COMPUTER

If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will then be called by our instructor Mary Eve to set up a time for your instruction. We are now WiFi ready. A donation of \$3.00 is suggested.

WESTFORD AUTHOR BOOK READING

Edward Alessi a Westford resident has just published his first novel titled “Papa”. He will be reading and discussing his book on **Tuesday, May 10th at 9:30 AM in the Library** here at Cameron. Papa tells the story of the trials and tribulations of an Immigrant Italian family growing up in

Boston during the forties and fifties. Papa's authoritative manner almost destroys his beloved family. Mr. Alessi is a part-time professor at some local colleges where he teaches Psychology and Sociology. Please call 978-692-5523 to sign up.

GOLF TIME

We will be playing golf at a senior group rate at the Maynard Country Club, Route 27. Starting on Tuesday, May 3rd, tee time of 9 AM, arrive at 8:30 AM to set up your foursome. Call the Cameron Senior Center at 978-692-5523 to be part of this group of men and women. On Tuesday's May 10th and June 14th only (because of Men's Breakfast) our tee time will be at 10 AM. The \$25 fee includes nine holes of golf and electric cart.

FINANCIAL INFORMATION

TAX WORK PROGRAM – FY 2012

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 apply to 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 '12. 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, 2012. 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 17, 2011.** 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 or

Judy, Tax Work Program Coordinators, 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.**

PRESCRIPTION ADVANTAGE

The Good News is Medicare Part D “donut hole” is closing! The Bad News is not until the 2020. The federal Patient Protection and Affordable Care Act (often known as Health Care Reform) provides for gradual closure of the Medicare Part D “donut hole”. This year when Medicare beneficiaries (who do **not** get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary's cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$300, you will still have to pay \$150!!

FOOD PANTRY

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

- ❑ The third **Monday, May 16th** from 1:00 - 3:30 PM.
- ❑ The third **Wednesday, May 18th** from 8:30-11:30 AM.
- ❑ The third **Thursday, May 19th** from 8:30-11:30 AM and **Thursday evening May 19th** from 6:30 – 8:30 PM.
- ❑ The third **Friday, May 20th** from 8:30 – 11:30 AM.

The Westford Community Food Pantry is located on the first floor at Cameron. We are implementing new procedures. The dates and times will remain the third Monday, Wednesday, Thursday and Friday of the month. The communities in our area of service will be Westford and the towns which border us Littleton, Tyngsboro,

Chelmsford, Carlisle, Acton and Groton. Residents of other communities will be supplied with pre-packaged items.

LUNCH

The Merrimack Valley Nutrition Program provides anyone age 60 and over, or couples with one partner having reached the age of 60, with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-476-2206 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00. Menu can be found on our website www.westfordma.gov/coa. Come and enjoy the new dining room!

MEALS ON WHEELS

Meals on Wheels clients are now 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 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 to register.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, May 9th 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 18th, from 9:30 AM – Noon** call 978-692-5523 to reserve a time with an Attorney

from Attorney Leslie Madge's office. The next date for the lawyer is July 20th.

BEAUTIFUL QUILT PRESENTATION

Join us on Monday, May 23rd from 10:30-11:30 to admire the beautiful quilt work of Roberta Tatelman, previous owner of Busy Fingers. Roberta has been sewing for over 25 years and will graciously display many of her quilts for us. She asks that if you are a quilter to bring one or two of your favorites to share with the group. This is an opportunity to gather with other quilters, share your talents, ask questions, enjoy refreshments and possibly brainstorm future quilting opportunities. If interested in attending please register by calling the front desk at 978-692-5523.

ACTIVITIES

The Senior Center will be closed on May 30th 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.

ART-OPEN STUDIO

Any person who paints in oils or watercolors is welcome to join our open group on Mondays from 12 noon – 3 p.m. A donation of \$1.00 is requested.

ART CLASS with Stella

Bring your medium/project and Stella, a lifelong artist with over 60 years of teaching, will help take you to the next level. It does not matter whether you are a beginner or advanced artist. She is skilled in all mediums, is creative and passionate, and currently teaches at the senior centers in Chelmsford and Dracut and would love to see the program here in Westford expand. Her classes are Wednesday mornings from

9 until 11:30 AM and the cost is \$5.00 per class. Drop ins welcome!

BILLIARD TABLE

We have a billiard table available for your enjoyment Monday-Friday 8 AM - 4 PM; also on Mondays and Wednesdays at 10 AM there will be players available if you would like to come and partner up. The room has a new flat screen television!

BINGO – **Thursday's, 7-9 PM**, doors open ½ hour early; also on **Monday's, 1 – 3 PM**. *If you need a ride call the transportation line at 978-399-2322 in advance.*

BOOK DISCUSSION GROUP

On **Monday, May 16th** the Cameron Book Discussion group will meet at 10 AM to discuss “The Girl in the Italian Bakery”, by Kenneth Tingle. Copies of the current discussion book are available at the Library.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesday's, May 11th and June 1st at 10:45AM**.

BOWLING

Wednesdays at 9:15 AM at Brunswick Lanes in Lowell. Call Norman at 978-692-6792 for more information

MEN'S BREAKFAST

Our next monthly Men's Breakfast will be held on **Tuesday, May 10th at 8:00AM** at the Cameron Senior Center. Our guest presenter will begin at 8:30AM and will be available until 9:30. We look forward to seeing you here. 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. If you have any questions, please call Judy at 978-399-2325.

Breakfast will be sponsored by Home Instead Home Care.

WOMEN'S BREAKFAST

Our May Women's Breakfast will be a Mother's Day theme, it will be held on **Thursday, May 5th at 8:30 AM**. Pastries will be provided by Mary Alcorn. Corsages will be provided by Carol Turgeon, everyone who attends will receive one! The guest presenter will be Deb Kalikow who will do an armchair travel presentation from her trip to Vietnam and Cambodia. This is a breakfast not to be missed. **Please be sure to sign up by calling our front desk at 978-692-5523**. Donations are welcome.

CONTRACT BRIDGE

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

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

CARD-MAKING WITH RUBBERSTAMPS

On **Thursday, May 19th**, a Card-Making class will be held in the Art Room at Noon. A graduation theme is planned for the class. Please come with scissors and glue! Minimum of 6 people. Sign-up at the Front Desk or call Laura at 978-399-2322.

CRIBBAGE

This game minded fun group meets every **Wednesday from 1 to 3 PM**. **Come join us!**

CHAIR MOVEMENT EXERCISE

Tuesday and Thursday 10:00–11:00 A.M. This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity, breathing techniques, stretching, toning and gentle core muscle workout. Hand weights and stretch bands

may be used and are provided as well as optional for the participant. Our instructor is Jo. The fee is \$3.00 per class.

FITNESS/STRENGTH TRAINING ROOM

Come join the 250 seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM and Sundays, Noon - 3 PM. Complete the registration and liability waiver form, annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration Forms are available at Cameron.

KNITTING-BUSY FINGERS – This group meets every Monday & Wednesday in the Welcome Area from 1-3 P.M. to make knitted and crocheted items. Great conversation! Stop in and see what is for sale. If you love to knit we would welcome a donation to our annual Fall Fair.

MAH JONGG

Join this well received group on **Wednesdays at 1 PM**. Mah-Jongg trains your brain with games. All level of players are welcomed.

MUSIC MAKERS

Meet on **Friday mornings from 9 – 10:30 AM**. If you like to sing you are invited to join this lively group of seniors every Friday morning. No auditions just come and sit in on a couple of rehearsals to see if you would like to participate. For more information call Ann at 978-692-6779. The group will be performing on May 20th at Chelmsford Crossing at 2 PM.

PERCUSSION GROUP

If you love “UPBEAT” music, then join the band **Tuesday mornings from 10:15-11:15 AM**. No experience is necessary, simply a

love of music and desire for some carefree fun. Rhythm patterns will be taught. If you already play an instrument, bring it along too. Call 978-692-2851 for more information.

SCRABBLE

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

GENTLE STRETCH YOGA

Based on Peggy Cappy’s wonderful book and videos, *Gentle Stretch Yoga* is a modified series of traditional poses which can be done by almost anyone—of any age or ability. *Our instructor Pat is a certified yoga and older adult fitness instructor*. This weekly class is held on **Wednesdays, from 1:30 – 2:30 PM**. The fee is \$3.00. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up. Call us if you are unable to attend afternoons but would like a morning class.

8 WEEK FREE YOGA SESSION

Fitness Instructor, GERALYN CRIMMINS, will be donating 8 hours of modified yoga for our seniors. She will hold weekly sessions from **10-11 AM every Friday starting May 20th through July 8th**. Yoga has been shown to help folks reduce stress levels and pain levels from arthritis and other chronic conditions. If interested in this program please call and register at our front desk 978-692-5523.

BASIC ZUMBA

Zumba class continues every Monday here at Cameron from 10 – 10:40 AM with instructor Amulya Deepak. The cost per class is \$3.00.

MEDICAL INFORMATION

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, June 8th at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date is August 3rd.

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 10th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **May 25th** 8-10 AM with the Lowell VNA on the second floor of Cameron.

SHINE

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled dates are **Monday's, May 9th and June 13th with appointments starting at 1:00 PM.**

HEALTH FAIR AND CHILD SAFETY DAY

Visit the Cameron table at the Health Fair and participate in our ongoing demonstrations. We will offer chair movement, gentle yoga, bone builders, matter of balance, fitness and strength training demonstrations throughout the morning.

Are you ready to start moving but need new activity ideas? Want to know some baseline health information, by having your cholesterol, thyroid, blood sugar, blood pressure and pulmonary function screened? If so come join us for our town Health Fair and Child Safety Day! The fair will provide

free health screenings, educational information on a variety of health and safety issues, as well as food and exercise demonstrations. The theme will be **“Let's Move Westford”.** The day is FREE and is co-sponsored by the Health Department, Emerson Hospital, Police Department and numerous local businesses. The day will provide families a fun filled educational and family activities held both inside and outdoors.

Date: Saturday, May 21st, Abbot Gym

Times: 9 AM.-12 Noon, Health Fair

**11-3 p.m. - Child Safety Activities-
Outdoors and inside**

FREE SHARPS DISPOSAL

The Health Department will now collect used sharps (syringes and lancets) from **Westford residents only.** Collection sites are at the **Health Department located on the 2nd floor of Town Hall,** or at the **Kiosk located in the Police Department** entry way. All materials must be delivered in a sharps container and it is requested that containers are full before dropping them off. This will help avoid unnecessary costs pertaining to disposal of the materials. No commercial businesses may use this service. Please follow these directions to ensure proper disposal of sharps containers:

- No Loose Needles
- All Sharps must be disposed of in a sharps container
- If you do not have a personal sharps container, you may use a puncture resistant container such as a one gallon bleach bottle; a one pound sealed and taped coffee can or a 1.5 liter plastic soda bottle.
- No glass containers.
- No plastic or paper bags.
- Do not leave any items outside the kiosk or office.
- Ask for assistance if Kiosk is full.

**PLEASE DO NOT DROP OFF
AT CAMERON.**

BOARD OF HEALTH CLINIC

Hearing & Hearing Aid Test

Appointments are required by calling the Board of Health at 978-692-5509. The clinic date is **Monday, May 16th from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions. The next clinic date is July 18th.

DENTAL HYGIENE CLINIC

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

OUTREACH

Spring is here and it's a wonderful time of year for home visits. If you would like to discuss an issue, learn more about senior resources or have some questions, please call your Outreach Worker, Annette at 978-399-2326. I can come to your home or you can meet with me at the senior center. All matters are held in the strictest of confidentiality. I look forward to talking with you.

**DO YOU NEED HELP WITH THE
HIGH COST OF GROCERIES?**

If you are 60 years or older, you may qualify for food assistance. Approximate monthly guidelines are household of one person below \$1,734; two person household below \$2,334. For more information call the Food Source Hotline at 1-800-645-8333.

TRANSPORTATION

We anticipate a very busy van schedule this spring! Please call as soon as you know you will need a ride at 978-399-2322 or e-mail lmathis@westfordma.gov. Transportation

costs remains at the same affordable round trip rate: \$3 within Westford, \$4 nearby towns, and \$6 for out-laying towns. We transport for medical, social, shopping, hairdresser or trips to the Cameron. Let us know where you need to be transported.

SUPPORT GROUPS

ADULT DIABETES SUPPORT GROUPS:

- ✓ Saints Memorial Medical Center in Lowell, call 978-934-8559.
- ✓ Concord Health Care Center, 1st Thursday of each month, 1:30-2:30 PM in the first floor conference room. Call Mary Bannon at 978-202-3520

**ALZHEIMER'S & RELATED DEMENTIAS
CAREGIVER SUPPORT GROUPS:**

- ✓ The Inn at Robbins Brook, Rte. 27 Acton, meets the 4th Wed. of each month, 4-5:30 p.m. and a light supper will be served. Registration required, call Maura Capriccio at 978-264-4666.
- ✓ Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30. For information call 978-251-8880.

BEREAVEMENT SUPPORT GROUP:

- ✓ YANA (You Are Not Alone) meets at the Westford JV Fletcher Library on the second and fourth Thursday's of the month at 7 PM. Call Cathy at 978-552-4904 for information.

PARKINSON'S SUPPORT GROUP:

- ✓ Meets the 1st Wednesday of each month from 2-4 p.m. at the John Cummings Building, Donaldson Room at Emerson Hospital, Concord. Contact Jerry at 978-443-5472 or joconnell@bentley.edu.

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.

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. We are also seeking more volunteers that would love to visit with local seniors. Please call Annette at 978-399-2326 if you are interested in being a visitor or having a visitor.

WISDOM WORKS

The *Wisdom Works* Job Search Training Program helps adults 55+ learn the essential skills required for seeking employment in today's competitive marketplace. The program was developed as part of a state wide initiative through the Executive Office of Elder Affairs in conjunction with Keystone Associates, a premier search firm in Burlington, MA. The program is comprised of four, two-hour sessions during which job search strategies and employment goals are developed. The sessions are facilitated by Human Resource professionals who volunteer their time and expertise. The Billerica Council on Aging (COA) is offering two new sessions to be held at the Billerica Senior Center, 25 Concord Road, Billerica. A minimum of at least six participants will be required for each workshop. Registration fee is \$10 and payable to the Billerica COA. The two workshops will be held on Tuesday evenings from **6:00 to 8:00 p.m.** on **May 3, 10, 17, 24 and June 7, 14, 21, 28.** If you are interested in participating or want more information please call 978-671-0916.

MEDICAL EQUIPMENT

We accept donations of only the following medical equipment: walkers, wheelchairs, commodes, tub seats and canes; with a need in particular for wheelchairs. Please only donate clean and functional equipment in excellent condition. **We CAN NOT accept the following: crutches, knee/back braces, oxygen tanks and tubing, foam padding, dietary supplement drinks, nor personal hygiene products.** Any questions please feel free to call Annette at 978-399-2326.

HANDYMEN

We are fortunate to have two semi-retired men who graciously volunteer many hours to help our local seniors on fixed incomes with small projects i.e. moving air conditioners, fixing lamps, small paint/carpentry jobs, etc. If you have a job that you need assistance with, call your Outreach Worker, Annette to discuss it at 978-399-2326.

MISCELLANEOUS

THIRTY CHANCES TO WIN

Purchase our June calendar raffle ticket for just \$5.00 from any of the Friend's members or at our front desk. The Friends of Cameron have ordered a limited number of tickets for this first time event. **A cash drawing will take place every day throughout the month of June.** *Don't be left out please support your Senior Center!*

COOKOUT

The Cameron Senior Center invites you to our Independence Cookout on **Friday, July 1st, at 11:30 AM.** We will be grilling hot dogs and hamburgers. Please bring a salad or dessert for all to share. We will be eating indoors. **Reservations are a must, call 978-692-5523 and sign up by June 24th.**

YARD SALE

On Saturday, June 18th from 8 AM–Noon
The Friends of the Cameron Senior Center will sponsor a yard sale at Cameron. We plan on holding this outside weather permitting or indoors if there is rain. We are in need of your yard sale donations. The Friends will be at Cameron (rear of building red door) on **Friday, June 17th from 1 – 3 PM to accept donations in good condition** for our sale. Table space is available to rent from us at \$15 per table; please sign up early. Checks are made payable to The Friends of the Cameron Senior Center. Contact us at 978-692-5523 for an application. You may bring your own set up for the same fee but indicate that on your application. Volunteers are needed for set up and or clean up on Saturday, June 18th from 7 – 8:30 AM and 11:45 – 1 PM.

FAMILY SERVICES DETECTIVE

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron monthly on the **2nd Thursday of each month from 11AM to 12Noon** – he will be here on **May 12th**. If you would like to schedule an appointment, you may reserve time with Matt, or walk-ins will also be welcome as time permits. Matters discussed will be kept confidential. Please call 978-692-5523 for an appointment.

CAMERON COLLECTING USED CELL PHONES

The Cameron Senior Center is collecting used cell phones. They will be reconditioned and then donated back to us for distribution use for protective services for victims of domestic violence or others that may need to carry one to reach 911 in an emergency.

FAMOUS TRIALS IN AMERICAN HISTORY

This is series that will be presented by Gary Hylander, PhD, Professor of American History at Stonehill College, where he specializes as a Presidential Historian. The series is being held at The Inn at Robbins Brook at 2 PM on the following dates: Sunday's, May 15th, "The Power and Peril of Celebrity: The Lindbergh Kidnapping"; and June 12th, "Worse than Murder: The Rosenberg Atomic Spy Trial". Refreshments will be served. Please call 978-264-4666 to reserve a seat.

COFFEE/HOT CHOCOLATE FEE

There will now be a 50 cent charge for each cup of coffee or hot chocolate. Thank you for your cooperation.

WISH LIST

We are in need of gift cards that will be distributed at our Gay 90's Luncheon on May 17th. Also we are looking for a socket set and wrenches in the following sizes ½", ¾", 3/8" and 9/16". Thank you for all your support

NOTARY PUBLIC

We will have Notary Publics available at the Senior Center on **Tuesday, May 10th from 1-2 PM**. If you need a document notarized we can assist you. Call us at 978-692-5523 to request a notary at another time.

VETERANS SERVICES

The town's Veterans Services department will be holding office hours at Cameron Senior Center every Thursday from **8:30 AM to 12:30 PM** please feel free to stop by to speak with Terry Stader, Westford's Veterans Service Officer, you can call him at 978-399-1170 or email him at veterans@westfordma.gov.

DAY TRIPS

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

Payment is due upon signing up for a trip. Please only register for self and spouse/companion for the trip. Transportation departs and returns from the parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

Tuesday, May 3rd, “Mohegan Sun”

Buckingham Motor Coach departs from the rear of the Franco American Club at 7:30 A.M. The fee of \$28 includes driver gratuity and is due at time of sign up. Receive bonus and food coupon.

Tuesday, May 17, 2011 “Bill Fosters

Lobsterbake”, Fox Tours departs from the rear of the Franco at 8:30 AM. Stops will be at Nubble Light and York Village followed by the “Authentic Downeast Lobster Bake”. On the trip home there will be a visit to Hampton Beach and scenic Ocean Boulevard. This all inclusive trip is \$64 p/p.

Wednesday, June 15, 2011 “Fox Tours –

Spirit of Boston”, a delicious lunch and fabulous entertainment enjoying the breathtaking skyline and the wonder of the harbor on a two hour narrated cruise. This all inclusive trip is \$71 p/p and departs from the rear of the Franco at 9 AM.

Wednesday, July 20, 2011 Summer

Music Theatre “Hairspray” in Meredith Village and Hart’s Turkey Farm Lunch. Featuring a delicious lunch with your choice of fresh Turkey, baked Haddock or sliced Beef. The cost of this all inclusive trip is \$76 p/p and departs from the rear of the Franco at 9 AM.