

*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*

**REMINDERS: TIME FALL BACK AND  
ALARM CHECK-UP**

On Saturday Evening, **November 6<sup>th</sup>**, you will need to change your clocks; they should **Fall** back by **one hour**.

We would also remind you to check your smoke/carbon monoxide alarms. Each Fall and Spring 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 the Cameron at 978-692-5523 and you then will be notified when the Fire Department is available, **please do not call the Fire Department.** *If you live in a condo, your condo association should take care of this for you.* Please note that smoke detectors should be replaced every ten years.

**CAMERON HARVEST FAIR**

**PLEASE JOIN US ON Friday, October 29<sup>th</sup> and Saturday, October 30<sup>th</sup> from 9 AM – 2 PM at Cameron, 20 Pleasant Street, Forge Village and support the return of our HARVEST FAIR.**

Support the Friends of Cameron by making a purchase at our ever popular bake sale table. Try your luck with the raffle prizes or place a bid at the silent auction. Our ladies have been busy knitting and crocheting for two years. They now have an assortment of homemade items; gift baskets at great prices for purchase along with new gift items, jewelry, knick-knacks and grab bags for children. The ever popular tombola and penny sale remain. New this year will be a selection of homemade American Doll clothing, doll cribs and cradles and handmade quilts. The “Cash for Gold” table will provide you with information or purchase gold from you.

On Friday there will be coffee and donuts and meatball subs available. On Saturday coffee and donuts and hot dogs will be sold. Our thrift shop "Cameron Closet" will be open on both days for bargain shoppers.

### **SOUPS, SANDWICHES AND SQUARES!**

Come join us for some hearty soups and sandwiches, followed by Square Dancing. Join in or feel free to watch as Bayberry at Emerald Court, voted Tewksbury's #1 Assisted Living Community, will provide soups and sandwiches at 1:00 PM, followed immediately by dancing. Kick up your heels! It's sure to be a swinging time! All levels welcome! **Date: Friday, October 15<sup>th</sup> Time: 1:00 – 3:00 PM.**

### **FALL YARD CLEANUP**

If you are interested in having some light help with yard work this fall, i.e. picking up sticks and raking leaves, please call the front desk at 978-692-5523 by Oct. 15<sup>th</sup>. We will then do our best to match you up with a volunteer organization i.e. Westford Academy Pride students, a church group or scouts. Much of our success depends on the number of volunteers willing to offer this service. Please also note that many of these groups may not be able to get the work done until mid November so if you want your yard cleaned up sooner you may have to seek alternative options. Any questions, feel free to contact Annette, your Outreach Worker.

### **FLU/PNEUMONIA CLINICS**

The Westford Health Department announces the 2010 flu/pneumonia clinics. For residents 60 and over:

**Date: Thursday, October 21<sup>st</sup>**

**Time: 12:30 PM – 3:30 PM.**

Please adhere to the following time schedule. Last names beginning with:

- **A-J – 12:30 – 1:30 PM**
- **K –P – 1:30 – 2:30 PM**

### • **Q-Z – 2:30 – 3:30 PM**

**Location: Franco-American Club**

Transportation is available by calling **978-399-2322** early in the month. For additional information and for those requiring a **home visit**, please call **978-692-5509**.

**The 2010-2011 vaccine provides protection against A/H1N1 (pandemic) influenza and two other influenza viruses – influenza A/H3N2 and influenza B. It will not prevent illness caused by other viruses. It takes up to 2 weeks for protection to develop after the shot. Protection lasts about a year. Anyone with an allergy to egg cannot receive this vaccine.**

***\*\*People with known allergies to eggs should not receive the flu shot. Anyone with a history of Guillian-Barre Syndrome should check with their Doctor before receiving this vaccination.***

### **WISDOM WORKS**

This is an employment program for job seekers age 55 and older 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 next class workshop will be on Wednesday evenings, October 13, 20, 27 and November 3, 2010 from 6 – 8 PM at the Billerica Senior Center, 25 Concord Road, Billerica. If you are interested in participating or want more information please call 978-671-0916. The fee is \$15 and you must commit to the entire four week session.

### **BONE BUILDERS**

We are looking for new instructors for new fall training classes. If you are interested

please call 978-692-5523 and leave your name and phone number.

### **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!**

### **CAMERON CLOSET**

Please visit the Cameron Closet located on the second floor; we are open every day for shopping from 9AM-3PM. We accept only donations in excellent condition. Currently **we will not be accepting knick knacks** as we have an abundance. **Please keep in mind we accept donations daily from 9AM-12 PM. We are now accepting winter items.**

### **RESTAURANT REVIEW**

Ladies, be sure to mark your calendars for our next outing on **Wednesday, October 27<sup>th</sup> at 11:30 A.M. at Fish Bones, 34 Central Square, 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.

### **GENEALOGY TALK**

On **Tuesday, October 19<sup>th</sup> from 9 – 10 AM**, Bob will speak at the Cameron Senior Center on genealogy sources available on line. He will discuss both free and subscription databases that will be used for the weekly Genealogy Workshops and can also be used at home by anyone with a

computer. Call 978-692-5523 to sign up for the talk so that enough handouts will be available.

### **GENEALOGY WORKSHOPS**

Whether you’re stuck on finding information on a distant ancestor or just starting your family tree, genealogists Patti, and Bob and Mary Eve will help you at a one-on-one genealogy workshop. They will show you how to find information as they research your family. Please call the Cameron front desk at 692-5523 to sign up for half-hour sessions on **Tuesdays from 9 to 11 AM starting October 5<sup>th</sup>**. Be sure to bring any information that you have on the family or person you are researching.

### **INTRO-COMPUTER**

If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will then be called once we determine a start date. We have been waiting for WiFi.

### **FINANCIAL INFORMATION**

#### **PROPERTY TAX PAYMENT**

On **Wednesday, October 27<sup>th</sup> from 11:30 – 12:30 PM**, someone from the **Tax Collector’s** office will be at the **Senior Center** to accept tax payments. You can pay by either cash or check and you need to have your tax bill with you at that time. The Senior Center is handicap accessible.

#### **TREAD PROGRAM**

Applications for the TREAD Program (Tax Relief for the Elderly and Disabled) will be available this month. If interested, call 978-692-5523. If you were a recipient last year, you will automatically be sent an application again this year. If you do not receive an application by October 1<sup>st</sup>, please call. This program is income and asset based and for both the low-income elderly and the disabled (of all ages) who have a State

recognized disability. All applications are treated as confidential. **No application will be reviewed unless it is returned complete and accompanied with the necessary documentation.** Awards will be made in December to be applied to the tax bill due in January. Refer all questions to Dorothy, Program Coordinator, at 978-692-5523

**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 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. Call us at 978-692-5523 or stop in at the Senior Center today for your Fuel Savings application.

**FUEL ASSISTANCE APPLICATIONS**

Fuel assistance re-certification applications for those receiving fuel assistance last year were mailed directly to you from CTI in August. Please complete and return the application ASAP.

New applicants’ appointments begin in November at the Senior Center for all residents by calling 978-692-5523. If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities.

If you have less than a quarter of a tank of oil, propane or kerosene call CTI at 978-459-6161 for an October appointment and have your application approved to request a delivery of fuel on November 1<sup>st</sup>. **We cannot pay for any deliveries before November 1<sup>st</sup>. Income Guidelines are:**

Household Size	Maximum Gross Income
1	30,751
2	40,213
3	49,675
4	59,137

**FOOD PANTRY**

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

- ❑ The third **Monday, October 18<sup>th</sup>** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, October 20<sup>th</sup>** and the third **Thursday, October 21<sup>st</sup>** from 8:30-11:30 AM

The Westford Community Food Pantry is located on the first floor at Cameron. We are welcoming new volunteers and implementing new procedures. The dates and times will remain the third Monday, Wednesday and Thursday of the month. The communities in our area of service will be Westford and the towns which border us Littleton, Tyngsboro, Chelmsford, Carlisle, Acton and Groton. Residents of other communities will be supplied with pre-packaged items.

### **MEALS ON WHEELS**

Meals on Wheels clients will now be offered a choice of five special diets. Along with the traditional Meals on Wheels a special diet with a doctor's authorization is available. The five new diets are **Cardiac (heart healthy), Renal, Chopped, Ground and Puree**. Meals on Wheels are available to homebound, age 60 and over, and unable to prepare a hot meal. Let us assist you Monday through Friday by delivering meals to your door around noontime. Call 1-800-892-0890 and ask for Dayna for more information.

### **HEART HEALTHY EATING**

The Merrimack Valley Nutrition Program will be coming to the Cameron on **Wednesday, October 20<sup>th</sup> at 12 Noon** to speak to us about Heart Healthy Eating. Please sign up for this informative thirty minute presentation at 978-692-5523. We hope to see you there!

### **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. Come and enjoy the new dining room!

**ASK OUR REALTOR** – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, October 18<sup>th</sup>, 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, November 17<sup>th</sup>, from 9:30 AM – Noon** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

### **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](http://www.roudenbush.org) or call the Staff at 978-692-0803 for a brochure or to arrange for a FREE day.

### **DID YOU KNOW?**

Fewer than 1 in 10 Medicare recipients are getting all the screenings and immunizations that doctors recommend. If you are a Medicare beneficiary, there are several “preventive” medical services that are covered by Part B such as: Initial physical exams, cardiovascular screening every 5 years, cancer tests, yearly shots (i.e. flu), bone mass measurements every 2 years, diabetes screenings and supplies, yearly glaucoma tests and quit smoking and nutrition programs. For more information contact the Medicare office or go to [www.medicare.gov](http://www.medicare.gov)

### **CAKE DECORATING DEMONSTRATION & FUTURE CLASSES**

Join us **Thursday, Oct. 14<sup>th</sup> from 1-2 P.M.** at the Cameron for a fun demonstration by Jean on the art of cake decorating for the novice. This session is free and no materials are needed. At the presentation she will also

discuss her upcoming holiday classes that you can participate in and she will distribute a list of supplies needed that can be purchased at Market Basket. Enroll now for the demo and/or any of the following sessions: Thurs. Oct. 28<sup>th</sup> Halloween theme; Nov. 4<sup>th</sup> & 18<sup>th</sup> Thanksgiving theme and Dec. 2, 9, & 16<sup>th</sup> Christmas theme. Each cake decorating class costs \$7.00 and is held from 1-2 p.m. There is a maximum of 10 participants per class so preregistration is required by calling 978-692-5523.

## ACTIVITIES

*The Senior Center will be closed on Monday, October 11<sup>th</sup> due to the Columbus Day Holiday. Confirm class dates with your instructors.*

**As we are coming into the Fall season please call 978-692-5523 to register for classes that you are already participating in so that if we need to notify you for any reason we will have current information.**

AEROBICS with Elaine Wednesdays at 9 AM and Fridays at 8:30 AM. The fee is \$3.00 per class. **There will not be any class on Friday, October 29<sup>th</sup>.**

### 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.

BINGO – Thursday's, 7-9 PM. Doors open ½ hour early. *If you need a ride call the transportation line at 978-399-2322 by Wednesday. **Due to our Harvest Fair there will not be Bingo on October 28<sup>th</sup>.***

### BOOK DISCUSSION GROUP

On **Monday, October 18<sup>th</sup>** the Cameron Book Discussion group will meet at 10 AM to discuss the novel "The Lace Reader", by Brunonia Barry. Copies of the current

discussion book are available at the Library. Copies of the November book will be available at the meeting. We are now meeting at the Cameron Senior Center Library Room.

### BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesday, October 13<sup>th</sup> 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, October 12<sup>th</sup> at 8:00AM.** Our guest presenter for this breakfast will be José Ramirez, Westford resident, who has recently published a book recalling his father's chronicles based on years as a country doctor in rural Cuba in the early 1900s. Please sign up for the breakfast by calling 978-692-5523 or e-mail at [jramirez@westfordma.gov](mailto:jramirez@westfordma.gov). We look forward to seeing you here. If you have any questions, please call Judy at 978-399-2325. A donation is welcomed.

### WOMEN' BREAKFAST

Women's Breakfast on **Thursday, October 7<sup>th</sup> at 8:30 A.M.** The presenter will be Penny LaCroix from the Westford Historical Society. The November Breakfast will be on Thursday, Nov. 4<sup>th</sup>, the presenter will be Lisa Slattery RN, BSN, Westford Health Department she will be speaking about strokes. *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.

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

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

#### CHAIR MOVEMENT EXERCISE

**Tuesday and Thursday 10:30–11:15 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. Our new instructor is Jo, please welcome her. The fee is \$3.00 per class.

#### DOMINOES WITH JEAN

Come join us every **Friday at 1:00 PM** to play Dominoes; this is a new group come join the fun! Bring dominoes if you have them. If you are interested please call 978-692-5523 to sign up.

#### FITNESS/STRENGTH TRAINING ROOM

Come join the growing number of seniors who are getting fit the Cameron Way! Fitness Room hours are Monday - Friday, 8AM to 3:30PM. Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form, annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. 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!

#### 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.

#### ALL ABOUT THE MASSAGE

All About the Massage, a new Westford business, will offer custom massages. Fully clothed either on a massage chair or table, the sessions are 15 minutes each with an additional 5 minute interview. Our next monthly clinic will be held at the Cameron Center on **Tuesday, October 5<sup>th</sup>, with appointments starting at 9 AM.** The cost per session is \$15, for an appointment call 978-692-5523.

#### 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. **There will not be any music class on Friday, October 29<sup>th</sup>.**

#### POOL TABLE

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

#### RUBBER STAMPING

Rubber Stamping is off to a great start! The class is limited to 10 people so be sure to get signed up weekly! Classes are on Wednesdays from 1PM to 2PM. Cost is \$4.

#### SCRABBLE

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

### TAI-CHI

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

### WII

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

### COMING TO CAMERON THIS FALL

#### **\*GENTLE STRETCH YOGA: YOGA FOR THE REST OF US\***

Based on Peggy Cappy's wonderful book and videos, *Gentle Stretch Yoga* is a modified series of traditional poses which can be done by almost anyone—of any age or ability. Props, chairs, or walls are used to make poses accessible and to provide support and safety in balance poses. This class is designed to gently help you build strength, increase flexibility, improve mental clarity, and energize the body. *Our instructor Pat is a certified yoga and older adult fitness instructor.* This weekly class will be starting on **Wednesday, October 6<sup>th</sup> from 1:30 – 2:30 PM.** The fee will be \$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.

### PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, October 6<sup>th</sup> 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 December 1<sup>st</sup>.

### 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, **October 12<sup>th</sup>** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **October 27<sup>th</sup>** 8-10 AM with the Lowell VNA.

### MEDICAL EQUIPMENT-

Now that we are settled in we will begin accepting donations of only the following medical equipment: walkers, wheelchairs, commodes, tub seats and canes. Please only donate clean and functional equipment in excellent condition. **We WILL NOT accept the following: crutches, knee/back braces, oxygen tanks and tubing, foam padding, dietary supplement drinks, nor personal hygiene products.** Any questions please feel free to call Annette at 978-399-2326.

### 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 **Thursday's, October 7<sup>th</sup> and 21<sup>st</sup> starting at 1:00 PM.**

### BOARD OF HEALTH CLINIC

#### **Hearing & Hearing Aid Test**

Appointments are required by calling the Board of Health at 978-692-5509. The next date is **Monday, November 15<sup>th</sup>, from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

## **OUTREACH**

It's been wonderful meeting so many new folks here at the renovated center! We hope to keep adding new activities each month so be sure to check the newsletter calendar regularly. Do drop in even if it's just to read a book, work on a puzzle or simply for a change of scenery. Please remember that Judy, our Social Worker, and I are available to you and your family for support and problem solving through phone calls and/or office/home visits. Don't hesitate to call your Outreach Worker, Annette @ 978-399-2326.

## **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. 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](mailto:joconnell@bentley.edu).

## **TRANSPORTATION**

Transportation at Cameron remains very, very busy! Please call as soon as you know you need a ride, no matter how far in advance! Because of state budget cuts, the **vans will begin running at 9A.M.** rather than 8A.M. At 4 o'clock, whenever possible, all vans will be back at Cameron. Please plan your appointments accordingly. Call 978-399-2322 or e-mail [lmathis@westfordma.gov](mailto:lmathis@westfordma.gov) to make a reservation.

## **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**

### **FIRST ANNUAL SHERIFF'S DEPARTMENT SPAGHETTI SUPPER**

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

## **THANKSGIVING DINNER**

Jim Geraghty, family and friends, will host for the **twelfth year**, a Turkey Dinner for

Westford Seniors age 60 and over on **Sunday, November 21<sup>st</sup> at Westford Academy**. Bingo will be from 10 AM to 12 Noon with lunch starting around Noon. Volunteers will serve this full course homemade dinner to you. Seating is limited; reservations are necessary so please call 978-692-5523.

### **HAM AND BEAN SUPPER**

The Annual Ham and Bean Supper will be held at the Franco American Club on **Saturday, November 13<sup>th</sup> at 6 PM, doors open early**. The dinner is being sponsored by the Westford Firefighters Association, the American Legion Post 159 and the Franco American Club. There is no charge for the dinner but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

### **HOLIDAY LUNCHEON**

Join us for a catered holiday luncheon at the **Cameron Senior Center on Friday, December 3<sup>rd</sup> seating at 11:00 A.M.** Lunch will be prepared by Shirley Caterers and served around Noon. Fee for lunch is \$7.00. There is limited enrollment and is opened to Westford Residents Only. Call 978-692-5523 by November 19<sup>th</sup> for reservations.

### **FALL LEAF PICK-UP**

The Acme Company has agreed to have two (2) leaf pickup days. They will be on Saturday, November 13<sup>th</sup> and Saturday, December 4<sup>th</sup>. Your paper leaf bags need to be curbside by 7:00 AM. There will be a \$20 minimum charge for one (1) to sixteen (16) bags. Any additional bags will have an additional cost of \$1.25 per bag. Please call the town clerk's office at 978-692-5515 to get put on the schedule.

### **VETERANS SERVICES**

The town's Veterans Services department will be holding office hours at Cameron Senior Center on the 3<sup>rd</sup> Thursday of the month from **8:30 AM to 12:30 PM**, in October he will be here on **October 21<sup>st</sup>**. If any veteran or relative of a veteran has any questions about what services or benefits a veteran is entitled to, please feel free to stop by. Terry Stader, Westford's Veterans Service Officer, office is located at the Millennium Building, 23 Depot St. Please call 978-392-1170 for an appointment. Office hours are posted on the town website at [www.westfordma.gov/veterans](http://www.westfordma.gov/veterans) or email him at [veterans@westfordma.gov](mailto:veterans@westfordma.gov).

**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.

### **EMPLOYEE OF THE MONTH**

**Congratulations to John Duffet** he is our **October** Employee of the Month winner. He is one of our van drivers and does a great job transporting our clients to and from their various appointments.

**Thank You, John!**

### **PAT ON THE BACK**

**Congratulations to Angela Gagne** our **October** Pat on the Back winner. She is always helpful, pleasant and ready to assist whenever needed. **Thank You, Angela!** Please feel free to nominate someone you want to thank for his or her volunteer work.

### INDIAN HILL MUSIC

**'BACH'S LUNCH' CONCERT:** Indian Hill Music School's monthly faculty series presents a program of traditional Irish tunes with renowned fiddler Laurel Martin: **TWO SHOWS - Thursday, October 21<sup>st</sup> 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. Reserve a table at (978) 486-9524. Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

### NOTARY PUBLIC

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

### CHECK OUT OUR WEBSITE

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

### LAWYER REFERRAL SERVICE

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

### WISH LIST

We are looking for some *new* items for our upcoming Harvest Fair, if you have some to donate please bring them to the Cameron Senior Center. We are also looking for umbrellas (golf size) for use in our vans. *Thank you for all your support!*

### DAY TRIPS

**Call 978 692-5523 for reservation and information on the following trips. Payment is due upon signing up for a trip. Please only register for self and spouse/companion for the trip.**

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

**Wednesday, November 3<sup>rd</sup> - "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 7<sup>th</sup> - "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 5<sup>th</sup> - "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.

**Sunday, January 16, 2011- "The Jersey Boys"**, Depart from the Franco at 12 Noon, going to the Colonial Theatre via Buckingham Motor Coach. The cost is \$87 p/p and is all inclusive.