

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

**COUNCIL ON AGING STAFF**

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

**COUNCIL ON AGING  
BOARD MEMBERS**

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

**FRIENDS OF THE CAMERON  
OFFICERS**

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

**GRAND REOPENING OF THE  
CAMERON SENIOR CENTER**

The Westford Council on Aging cordially invites you to attend our Grand Reopening on Sunday, September 19, 2010 from 1:00 to 3:00 P.M. Cameron Senior Center  
20 Pleasant Street  
Route 225  
Westford, Massachusetts  
Refreshments will be served  
RSVP by September 9, 2010  
978-692-5523

**SEPTEMBER IS NATIONAL SENIOR  
CENTER MONTH!!**

Come join us on **Thursday, September 30<sup>th</sup> at 12:30 PM** for a presentation of “**And Now Mark Twain**” by actor Richard Clark. You will be treated to a compendium of his life and works; laugh along with him at the foibles, follies and fantasies of a bygone era. After the performance we will be serving refreshing **Root Beer Floats**. Please call 978-692-5523 to sign up. “This program is supported by a grant from the Westford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.”

**ALZHEIMER’S ASSOCIATION  
MEMORY WALK 2010**

Walk to end Alzheimer’s disease. This year’s Northeastern MA Memory Walk will take place on Sunday, September 19<sup>th</sup> from 8:30AM to 12 Noon at Brickstone Square, Andover, MA. This annual walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. There will be a 3.5 mile or a 1

mile option. For more information, call 617.393.2050 or contact [memorywalkMANH@alz.org](mailto:memorywalkMANH@alz.org). Anyone interested in starting a local group to walk may contact Judy at [jramirez@westfordma.gov](mailto:jramirez@westfordma.gov).

### **CASH FOR GOLD**

Today is your lucky day because the Friends of the Cameron Senior Center have invited you to Cash in! Bring your GOLD, old Gold, broken Gold, out of style Gold, Gold you never wear, single earring, broken necklace, etc..... A certified tester will be here to test, weigh, remove stones, and hand you a check on the spot! Drop by anytime on **Sunday, September 12<sup>th</sup> between 1:00 and 4:00 PM** and cash in. Come to make money, not spend it! Can't make the party? Drop off the jewelry prior to and we will call you from the party with an amount. Don't keep it a secret, bring a friend. 10% of whatever is bought by the certified tester is donated to the Friends! *Please call 978-692-5523 and sign up by Wednesday, September 8<sup>th</sup>.*

### **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.

**GREETERS:** Greeters are needed to welcome and assist individuals with

directions at Cameron. Three to four hour shifts available. Contact Angela for an application at 978-399-2330 or [agagne@westfordma.gov](mailto:agagne@westfordma.gov)

### **\*BONE BUILDERS\***

These exercise and strengthening classes will be starting on **Tuesday, September 28<sup>th</sup> and Thursday, September 30<sup>th</sup> from 1:00 to 2:00 PM**. Our certified instructors will be Ann, Edna, Pat and Irene. Come and participate in this FREE program that can help you with balance and strength building. ***Call 978-692-5523 to sign up and then stop by to complete the paperwork prior to the start date of class.***

### **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, so come see what we have! First week of September we will be having our \$1.00 an item sale, and the second week will be our \$1.00 a bag sale, stock up! **Please keep in mind we accept donations daily 9AM-12PM, and we will begin taking winter items at the end of the month.**

### **RESTAURANT REVIEW**

Ladies, be sure to mark your calendars for our next outing on **Wednesday, September 29<sup>th</sup> at 11:30 A.M. at Not Your Average Joe's at 305 Main St. (Rte. 27) in 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.

### **GENALOGY AT CAMERON**

Would you like to learn a little about your family history and ancestors? How do you start a genealogy search: chart information:

where can you find information; and more? If there is enough interest, the Cameron Senior Center will be starting a beginner Genealogy Group in September under the leadership of Patti Mason. We would meet once a month, have time during the month to work together on your own or as a group. Call the Cameron Senior Center at 978-692-5523 and leave your name and phone number if interested in this program – let us know if morning or afternoon is better for you to meet.

### **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.

### **FINANCIAL INFORMATION**

#### **TREAD PROGRAM**

Applications for the TREAD Program (Tax Relief for the Elderly and Disabled) will be available mid-October. If interested, call 978-692-5523. If you were a recipient last year, you will automatically be sent an application again this year. 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. Awards will first be made to those with lesser incomes and assets. All applications are treated as confidential. The money for this program comes from the generosity of local businesses and private citizens. **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 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>.**

#### **CIRCUIT BREAKER**

In 2008, 312 Westford households were awarded the Circuit Breaker income tax credit of \$806 on average. Did you apply for the Circuit Breaker; check with you tax preparer you can file back three years if needed.

#### **MONEY MANAGEMENT**

We have money managers that are available to assist those 60 and older having difficulty writing checks and managing their bills. For more information call 978-399-2325

#### **CTI NEEDS YOU!**

If you would like to become an RSVP volunteer please give Joan at CTI a call at 978-654-5080 x 14. Signing up to become a volunteer does not add new commitments to the service you are already providing. It does allow you to track hours of service and combine them with those of over 200 RSVP volunteers. We want to demonstrate that people 55 and up contribute an incredible amount of time in Greater Lowell, Sharing their experience and good will in literally dozens of ways.

## **FOOD PANTRY**

The community Food Pantry is located at the Senior Center and staffed by volunteers.

The dates for **September** are as follows:

- ❑ The third **Monday, September 20<sup>th</sup>** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, September 15<sup>th</sup>** and the third **Thursday, September 16<sup>th</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 978-692-5523 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, September 13<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, September 15<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.

## **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 the \$25 fee at the pro shop prior to your teeing off. This program is available from May thru October 2010.

### **MINI GOLF AT KIMBALL FARM**

Come out and enjoy a game of mini golf on **Thursday, September 9<sup>th</sup> at 10:30 AM**. A lunch will follow with a choice of hot dog or hamburger, a cold drink and a small ice cream. \$14 fee includes all. Register early at 978-692-5523. Arrive and check in at 10:15 AM.

### **KIMBALL GOLF TOURNAMENT**

This year we will be having the twelfth annual Cameron Classic at Kimball's on **Thursday, September 23<sup>rd</sup> at 9:00 AM**. A \$14 entry fee will include eighteen holes of golf, a hot dog or hamburger lunch with a cold drink and a small ice cream. This has proven to be a fun day for beginners and low handicaps as well. You may register with a partner or as an individual. Payment is due at time of registration 978-692-5523. Arrive and sign in at 8:45 AM.

### **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.

### **CAMERON CRAFT CORNER**

***Rubber Stamping with Copic Markers*** starts **Wednesday, September 8<sup>th</sup> at 1PM** and continues every Wednesday. If you haven't signed up yet, please do! Come to Cameron and take a look at examples of what will be made during these classes. Bring your favorite glue and scissors and get

Crafting! Questions? Call Laura at 978.399.2322.

***Rug – Hooking Demonsration*** – with Jean Fallier is on **Thursday, September 9<sup>th</sup> at 10:30 AM**. Coffee and donuts will be served. Jean is an accomplished crafts-woman; don't miss this opportunity to see her work in action!

### **ACTIVITIES**

***The Senior Center will be closed on Monday, September 6<sup>th</sup> due to the Labor 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. There will not be any classes from July 1<sup>st</sup> thru September 7<sup>th</sup>. **Classes resume on September 8<sup>th</sup>.**

**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.*

### **BOOK DISCUSSION GROUP**

On **Monday, September 13<sup>th</sup>** the Cameron Book Discussion group will meet at 10 AM to discuss "The Mapmaker's Wife", by Robert Whitaker. Copies of the current discussion book are available at the Library. Copies of the October 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's, September 1<sup>st</sup> and 22<sup>nd</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 **Men's Breakfast** will be at **8:00AM** on **Tuesday, September 14<sup>th</sup>**. Our guest speaker for this breakfast will be our **State Representative (2<sup>nd</sup> Middlesex District) Jim Arciero**. Jim will be giving a legislative update and will talk about current issues facing us locally in Westford and our state in general. He will be available for questions following his presentation. In addition, we will have some "guest chefs and greeters" who will be joining us. Our **Town Manager, Jodi Ross** and our **Board of Selectmen** have graciously agreed to help us with the breakfast and will also be available to meet and greet all of you. This will be our first Men's Breakfast in the new building so we look forward to seeing as many of you as possible.

Please register for this breakfast at **978-692-5523** or e-mail [iramirez@westfordma.gov](mailto:iramirez@westfordma.gov)  
A donation is welcomed.

### WOMEN' BREAKFAST

Women's Breakfast on **Thursday, September 2<sup>nd</sup> at 8:30 A.M.** Our guest speakers will be Kate and Kelley, they are Massage Therapists and the owners of "All About the Massage" a new Westford business. Also there will be a short informational session about our new Bone Builders exercise and strengthening class preceding the breakfast. *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.

**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!

**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. The fee is \$3.00 per class.

### DANCE MOVEMENT EXERCISE

**Monday's starting on September 13<sup>th</sup> 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 at 978-692-5523 or THIS WILL BE THE LAST CALL FOR THE START OF THIS CLASS.***

### **\*DOMINOES WITH JEAN\***

Come join us on **Fridays at 1:00 PM** to play Dominoes; a new group has just formed. Bring dominoes if you have them. If you are interested please call the Front Desk at 978-692-5523 and 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.

### MAH JONGG

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

### MUSIC MAKERS

They will be resuming rehearsals on **Friday, September 10<sup>th</sup> at 9 AM**. 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 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!

### SCRABBLE

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

### TAI-CHI

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

### WII

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 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 to class. If you are interested in this class please call 978-692-5523 to sign up.

#### **\*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 first monthly clinic will be held at the Cameron Center on **Tuesday, September 7<sup>th</sup> starting at 9 AM**. The cost per session is \$15; you can make an appointment by calling 978-692-5523.

### **\*“ZOOM”\***

Join the fastest growing workout program in the world! You will be surprised to see the benefits you will get from this class! “Zoom” combines a variety of Latin dance moves-salsa, cha-cha, Hip-hop and flamenco with traditional exercise moves. It’s great exercise and great fun all in one! Bring your sneakers and join us for these demonstration classes on Monday, September 13<sup>th</sup> at 10 AM and/or Friday, September 24<sup>th</sup> at 1 PM. Having fun is mandatory! Call 978-692-5523 to register. We will then determine how and when these classes will continue.

### **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, **September 14<sup>th</sup>** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **September 22<sup>nd</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.

### **MEDICARE PRESCRIPTION DRUG “EXTRA HELP”**

Are you struggling to afford costs related to your Medicare prescription drug plan? If you are a Medicare beneficiary with limited income and assets, you may be eligible to receive “Extra Help”, also known as the Low Income Subsidy (LIS). Social Security offers Extra Help to reduce costs related to Medicare prescription drug plans such as monthly premiums, annual deductibles, and prescription co-payments. Contact your SHINE counselor at 978-692-5523 for an appointment to see if you qualify for Extra Help!

### **SHINE PRESENTATION**

There will be a presentation here at the Cameron to address questions about widely-used insurance plans for 2011 and how they may be affected by the Affordable Care Act. This presentation will take place on **Wednesday, September 15<sup>th</sup> at 12:30 PM.** **Please come and be informed.**

### **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 date is **Monday, September 13<sup>th</sup> at 1 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, September 20<sup>th</sup>, from 9:30-11:30AM** at the Senior Center. Tests



are Free and provided by Rogers Hearing Solutions.

### **OUTREACH**

I've been super busy this past summer giving lots of tours of the new facility and meeting so many new folks! It's been wonderful seeing so many new faces and people actively exercising in the gorgeous fitness center. If you haven't visited your new building yet please do so for the Grand Reopening Celebration on September 19<sup>th</sup>. Be sure to check the newsletters over the next few months for new activities and programming. We're adding all kinds of great stuff – dominoes, genealogy, yoga, massage, and more. We want to hear your ideas and suggestions so please be sure to let one of us know. Do drop in even if it's just to read a book, have a cup of coffee or for a change of scenery. Outreach Worker, Annette at 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**

Going to Cameron for one of our new classes or events? Don't know how to get there? Ride with us! Grab a friend and come to lunch, bingo, aerobics, Canasta! Rubber-stamping and our new “Zoom” dance class and many of our other classes are waiting for you! Call 978.399.2322 and book a van to pick you up and bring you home again!

When you call transportation, remember to leave your name, phone number, address, as well as the date and time of your appointment. We make every effort to return your call within 24 hours. If you need to cancel the day of your appointment, call the front desk at 978.692.5523.

Wednesday, September 15<sup>th</sup> has been set aside for a trip to the Burlington Mall area. Call 978.399.2322 by September 10<sup>th</sup> to make your reservation for the van. This area has wonderful eateries and great shopping!

### **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**

#### **FALL SEMINAR**

Financial advisor Marshall Ben-Tisdale of Westford will be hosting an educational seminar titled "Preparing Your Estate Plan" on **Thursday, October 21<sup>st</sup> at 2:00 PM** here at Cameron. Please call 978-692-5523 and sign up. Refreshments will be available.

#### **GAINING GROUND VEGETABLES**

Vegetables are being brought to the Cameron on Thursday afternoons from Gaining Ground in Concord. Also on Mondays we are receiving vegetables from Jones Farm and a resident's garden. *We ask that prior to taking vegetables you sign the registration form that will be on the table.*

**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 Betsy Bulger** she is our **September** Employee of the Month winner. She has been helping us with our move back to Cameron in many ways!  
**Thank You, Betsy!**

#### **PAT ON THE BACK**

**Congratulations to Ed Greenwood** our **September** Pat on the Back winner. Ed has made new Bingo Card Games for the Thursday Bingo group. **Thank You, Ed!**

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 opens its season with a classical & popular music duo featuring pianist Heather Riley and guitarist Will Riley: **TWO SHOWS - Thursday, September 16<sup>th</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).

### **THEATRE III IN ACTON**

Their first production this year will be "The 25<sup>th</sup> Annual Putnam County Spelling Bee", Music and Lyrics by William Finn. This is a hilarious musical comedy tale chronicling the experiences of six quirky adolescents vying for the spelling championship of a lifetime. The date for the dress rehearsal is Wednesday, September 22<sup>nd</sup> at 7:30 PM. This is free to the public.

### **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.

### **VETERAN'S!**

Did you know that Lowe's and Home Depot offer a 10% discount to Veteran's? Ask when you check out and show ID and proof you are a Veteran (discharge papers or DD214).

### **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).

### **OUR HARVEST FAIR**

Come join us for our **New Harvest Fair** at the Cameron Senior Center on **Friday and Saturday October 29<sup>th</sup> and 30<sup>th</sup>**. We are in need of new knitted goods and new gift prizes. Stop by with friends and family; we look forward to seeing you there!

### **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.

### **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. *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.**

**Tuesday, September 21<sup>st</sup> – “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 30<sup>th</sup> – “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 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.